



Athletics NI (2008) Annual General Meeting

Monday 12th December 2022 at 7pm
Dunsilly Hotel, Antrim, BT41 2JH

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Imagery in this report is courtesy of Bob Given Photography



Agenda

The Annual General Meeting of Athletics Northern Ireland (2008) (the Company) will be held on Monday 12th December 2022 at 7.00pm in the The Bracken Room, Dunsilly Hotel, Antrim. The meeting will be in person, however voting by Proxy is permitted.

- 1: Welcome & Apologies
- 2: Chair's Remarks
- 3: President's Remarks
- 4: CEO's Remarks
- 5: To approve the minutes of the previous AGM held on 24th November 2021 and the minutes of the reconvened AGM held on 16th March 2022
- 6: Matters Arising
- 7: To receive the Annual Report of the activities of the Company of the year ended 31st March 2022, to include Senior Staff Reports
- 8: To receive the Accounts for the financial year ended 31st March 2022, to include Directors Report and Auditor's Report
- 9: To Appoint the Company's Auditors for the period ended 31st March 2022
- 10: Presentation by the Board on Governance Review Project
- 11: Motions before the meeting
 - a: To retain membership fees as detailed in the Notice of AGM
- 12: Appointment of the President and Vice-Presidents
- 13: Appointment of the Sub-Committees
 - a: Election to the Cross Country & Road Running Committee
 - b: Election to the Track & Field Committee
- 14: Interim amendments to Memorandum & Articles of Association
- 15: Response to Members' Questions
- 16: Close

Minutes from the 2021 AGM

ATHLETICS NORTHERN IRELAND (2008) ANNUAL GENERAL MEETING
Minutes of the meeting held on 24th November 2021

Attendance

Gerry Carson	President /Lagan Valley and VPCAC
David Abrahams	Chairperson / Glens Runners
Paul Lawther	Vice-Chair/Annadale Striders AC
Tony Wall	Honorary Treasurer/North Down AC
Valerie McDonough	Minutes Sec / North Down AC
Joy Alexander	NI Technical Officials Association
Pam Brown	Life Member ANI
Gerry Carson	President /Lagan Valley AC
Lawson Cochrane	Willowfield Temperance Harriers
Roy Corry	Willowfield Temperance Harriers
Adrian Daye	Ultra-Marathon Club Irl/Jog Lisburn
Ghislain Demeuldre	Victoria Park and Connswater AC
Raymond Fullerton	Lagan Valley AC
Liz Glover	Staff/Lagan Valley AC
John Glover	Lagan Valley AC
Glenn Grant	Championship Ireland / club?
Alan Kennedy	City of Lisburn AC
Raymond Leitch	Victoria Park and Connswater AC
Robin Mack	PSNI AC
David Marrs	Board Member
Mags Mathieson	Northern Ireland Civil Service AC
John McGarvey	North Down AC
Graham Moffett	Ballymena & Antrim AC
Wendy Phillips	Mary Peters Track/City of Lisburn AC
Michael Roberts	QUB/NIMAA
Barbara Scott	NI Technical Officials Association
David Seaton	Board Member/North Down AC
Joan Smith	NI Technical Officials Association
Ian Taylor	Board Member/Belfast Assoc RC & FR
Kathryn Walls	Board Member/ Willowfield AC
Paul Younger	Annadale Striders

ANI staff:

Fergus Cooper	Interim CEO
Shauna Bratten	Marketing & Communications Manager
Laura Kerr	Talent Lead
Eilish Ward	Development Manager

David Abrahams ("DA") welcomed everyone to the meeting and checked that all had signed in perCovid guidelines and, where needed, had received voting cards.

Valerie McDonough and Kathryn Walls were appointed the designated scrutineers for the evening.

1. Apologies

Jim Alexander, Trevor Alderdice, Clare Duffield, Lyn Fisher, Brian Hill, Paul Magee, Ann Maguire, Brendan McDaid, Paddy McGrattan, Lucy O'Dell, Mary Peters and Kurtis Scott.

The attendees recognised the passing of the following members and observed a moment's silence:

John McKeag	Ballydrain Harriers AC
Kirsty Moffett	City of Lisburn AC
Daphne Hamill	North Down AC
Paddy Cassidy	North Belfast Harriers
Dick Miller	
Natania Hagan	East Down AC
Michael Spotswood	Duncairn Nomads
Davie Gourley	North Belfast Harriers
Ernie Beck	North Belfast Harriers
Dorothy McKibben	
Francis Boal	Ballydrain Harriers
Alex Dodds	North Belfast Harriers

2. Previous Minutes

The Minutes of the 2020 AGM were deemed to be accurate and were approved by a majority vote. Twenty people out of a total of 25 voted to accept them. There were no matters arising from those minutes.

3. Annual Report including Senior Staff Reports

The reports had been distributed in advance of the meeting, uploaded to the website and hardcopies were available to every attendee on the night. Fergus Cooper ("FC"), interim CEO, summarised his foreword and the Board report. Thanks were expressed to the ANI staff who have worked through an unprecedented period with a global pandemic, encountering much change both external and internal to the organisation. FC also thanked ANI's commercial partners, funders and the community of volunteers within the sport.

Several members commented on the Annual Report. John Allen ("JA") expressed concern that the Chairman's report could be interpreted as criticism of the previous administration, which he rejected. He also stated that the Chair's report specified ambitions for governance that were, in his opinion, not achievable. He also questioned the timing of the distribution of the AGM papers as he felt they were done late in the day. JA also expressed the view some of the proposals outlined in the report could impact on the Ulster Athletics Council relationship and ANI's cross-community credentials and needed to be carefully managed should they be implemented. Finally, JA also appealed to the Chair to be more visible at athletics events. John Glover ("JG") noted that none of the senior staff reports were credited to their authors. He also questioned if the talent and youth academies are successful and considered value for money.

The Chair reassured members that comments contained within the report did not imply any criticism of the previous administration and reflected the challenges that lie ahead in ensuring the sustainability of the organisation. The Board's goals are indeed ambitious and aim to help us meet the five-year strategy that has been agreed for the future success of the sport in NI. Working with athletics partners, both on the island of Ireland and across GB forms part of this agenda.

He acknowledged that the issue of the Annual Report to members had been delayed because of the preparation of the Annual Accounts taking much longer than expected. This was entirely unexpected and outside the Board's control and indeed many hours of work had been put in by the Interim CEO, the Honorary Treasurer, and staff to get them ready.

The Chair reminded members that the role of the Board is one of oversight and in setting the strategic direction of the organisation. In contrast, the CEO and management team are tasked with delivering the business and sport of athletics. Whilst he attends many athletics events, it is not feasible to attend all. The Board receives feedback from many sources that influence the decisions it makes.

FC and Laura Kerr ("LK") responded to the queries on the effectiveness of various talent programmes. Analysis that is currently taking place will be shared with all members on completion. It shows an upward linear trend in performance. Funders hold ANI to account and key metrics are constantly measured and targets met and exceeded. LK noted that the fact senior staff reports had not been attributed was not intentional and she

Raymond Fullerton ("RF") expressed his disappointment that the Board signed off on the Chair's report, that there was a lack of timely information and a lack of governance evident in the reports prepared for the AGM.

Wendy Phillips ("WP") in her role as a club member commented that information was not always sent out on time in advance of an AGM and reminded the assembled members that the Annual Report and Senior Staff Reports are historically only made available on the night of the AGM. She further noted that the Annual Accounts have often only been distributed at the AGM and not in advance.

Although a vote to accept the Annual Report was not required by the Memorandum and Articles of Association, the Chair put it to a vote of hands for acceptance with 9 members voting to receive the report, 12 members abstained, and no one voted against.

4. Honorary Treasurer's Report

Tony Wall ("TW") apologised for the delay in producing the accounts and explained that the audit process took longer than normal, hence the delay. He expressed his thanks to Kerry Woods ("KW"), who has left the organisation and to all the staff in supporting the financial success of the business. He noted that KW's involvement in the application for the Sports Sustainability Fund has significantly improved our net profit. TW paid thanks to Sports Northern Ireland for their financial support. Registrations and event income are reduced, due to the impact of Covid on training and competition. Some staff costs were covered by the Furlough Scheme during the year. The surplus is higher than usual, and members need to be cognisant that the Reserves contain funds that are ring-fenced for the delivery of certain programmes.

JA queried how a previous donation that was earmarked for the purposes of preparing athletes for the Commonwealth Games was dealt with within the accounts. TW confirmed this amount appears within current creditors and will not be spent on anything other than CWG preparation. He noted that ideally it should be moved to within restricted funds. RF expressed concern that some figures just did not add up and that the accounts do not stand up to scrutiny. TW assured members that the audited accounts represent a "True & Fair" view of the company's financial position. He noted that, ideally, some items e.g., staff costs, would be reallocated to different lines within the accounts but the overall position carries his support. He reiterated his opinion that while there may be errors in the accounts or aspects of them, he did not fully agree with that they did represent a True and Fair view.

FC confirmed that the financial information was given to the Auditors on time.

Michael Roberts ("MR") felt there was an ebbing of confidence in the accounts and that the auditors were being blamed. He suggested the accounts should be re-presented.

Kathryn Walls (KW) stated that if the Treasurer was now saying he disagreed with how the accounts were presented, then the Board needed to withdraw them from the meeting, have them rectified to his satisfaction and re-presented to the members at a later EGM.

Those attending agreed with this approach and the Interim CEO and TW undertook to revert to Hill Vellacott as soon as possible.

It was noted that a date for the EGM and presentation of updated accounts could not be set at this time and would likely be in the new year.

5. Motions before the meeting

5.1 Resolution 4 'To approve the Accounts for the year ended 30th March 2021' was therefore withdrawn.

It was proposed that an EGM is called once the accounts have been restated. Proposed: Ian Taylor, Seconded: Graham Moffett

5.2 Resolution 5 'To appoint Hill Vellacott as the Company's Auditors for the period ended 31st March 2022' was not passed, as voted by the 20+ members in attendance. One proxy vote approved their re-appointment.

5.3 Resolution 6 'to agree the membership fees for 2022-2023'

FC and TW outlined the rationale for the increase in fees, emphasising the need to invest in staff, training, and IT, amongst other things. The proposal being discussed extended to a £6 increase in Senior Adult Registration from £12 per annum to £18 per annum. All other classes of registration to remain the same as the previous year. FC spoke of his experience in a different sport, which developed and invested to widen access, grow participation, and build commercial partnerships to benefit all athletes. He noted that we operate within a very competitive environment and standing still is not an option. TW emphasised that costs continue to rise, and delivery of events is expensive.

MR asked for clarification around the purpose and ambition of ANI to which FC replied and spoke of the 5-year strategic plan and what we could take from the success of other sporting bodies. JG thought it unfair to compare athletics to GAA to which FC explained the journey the GAA has undergone in the past 20 years and lessons that could be translated to our sport. JA raised concerns about value for money and the disproportionate effect an increase would have on endurance athletes, which make up most registrations.

A call was made by JA to appoint an Endurance Lead, as is in place in the other HCAFs, to support this element of the sport. He noted the need to appoint a replacement Competition Manager and full-time assistant. Recognition was given to the ongoing decline in adult T&F participation. However, NI athletes are performing well on the national and international stage due to investment in key personnel in the past.

DA confirmed that this focus is set to continue albeit the responsibilities for it have changed within the staff matrix. The new staff structure is as planned and as communicated to members, in person and via Zoom in August. He reiterated that embedding change of this size takes time and requires support of all stakeholders. The Chair did note that without an increase in revenue it would be uncertain if all the necessary appointments could be made. The Chair repeated that he listens to feedback from many sources to help form decisions. Whilst not being able to attend all races, he receives input from those on the ground.

JA emphasised that an Endurance Lead needed to be delivered and that he would support the fee increase if this was forthcoming. DA affirmed that he has previously agreed with JA that such a role is needed.

David Seaton ("DS") lent his support to the fee increase and agreed there were some voids in the staff due to recent departures.



Gerry Carson ("GC") commented that the Northern Irish performance athletes are all now being coached outside NI. WP expressed the view that endurance running is benefiting at the expense of T&F and suggests more resources are put behind it to develop it more. However, WP gave praise to Shauna Bratten for taking on a huge amount of work and doing it successfully. She urged the assembled members to work together for the future of the organisation.

Paul Lawther ("PL") voiced his support of the modest fee increase comparing it favourably to the price of race entries being charged by organisers.

RF asked where the £100k saving on salaries had gone given the departure of three staff and questioned if this meant additional funds were available. The Chair explained that there were no surplus funds as the staff re-organisation involved a re-allocation of these funds – including the creation of the CEO role and the interim CEO's appointment and additional roles as discussed previously. The details of this were set out in the Board's presentation to the Committees at the time of the staff restructuring and can be shared with RF.

KW asked the meeting to distinguish between the two issues being discussed – one was a modest increase in adult membership fees and the other being the overall financial strategy for the organisation and investment in key areas of activity. She responded directly to JA's earlier comments on the board's ambitions and stated the current board only wanted to continue the hard work and achievements of the predecessors and felt passionately about securing a strong foundation for the sport. The Chair's report is indeed ambitious and likely not all can be achieved, but it reflects the board's desire to be fully transparent. She further commended all of the staff who had each worked tirelessly in the past 18 months of Covid under difficult conditions, some of whom were in attendance. Their reports make it clear how much has been achieved in the past year. The hard work and contributions of the staff were acknowledged by those in attendance.

JA agreed the need to move forward and to support change within ANI.

The motion was voted upon and passed with 18 votes for, 3 against and 3 abstentions.

6. Election of Sub-Committees

There were 12 nominees for both the Cross Country & Road Running committee and Track & Field committee. A correction to the agenda was noted as one nominee had been excluded accidentally. The Chair suggested that, given that each committee could facilitate all who had put their names forward, rather than go to a vote, each person would be accepted onto the relevant committee and their voluntary work would be much appreciated by all. Proposed: Wendy Phillips, Seconded: Robin Mack

Cross Country & Road Running Committee

John Allen
Raymond Black
Lawson Cochrane
Roy Corry
Adrian Daye
Deane Fisher
Raymond Fullerton
Paul Magee
Mags Mathieson
John McGarvey
David Seaton
Tony Wall

Track & Field Competitions Committee

Jim Alexander
Joy Alexander
Raymond Fullerton
Liz Glover
John Glover
Alan Kennedy
Paul Lawther
Robin Mack
Paddy McGrattan
Wendy Phillips
Barbara Scott
Kurtis Scott

7. Keynote Speech – Ian Beattie UKA

Ian joined the meeting via MS Teams and spoke of the core issues facing the sport. With regards to commercial aspects and promotion, UKA are engaging the BBC, and strengthening sponsorship links. Investment is required in national and local T&F facilities and working with key partners in delivering better facilities is paramount. The domestic competition structure is being examined as is international competition as supported by World Athletics. Each pathway has interdependencies. There is legitimate criticism of the coaching strategy, shortage of officials and development opportunities for all. Participation levels need to be encouraged through clubs to capitalise on the increase in recreational running. Linking with some big races such as the Great North Run and the Virgin Money London Marathon, and Parkrun should drive more people into clubs.

The Athletics Unified Strategy brings all the HCAFs together for the betterment of the sport and to share a common vision. He wanted to recognise the enormous volunteer effort and emphasised its importance in long term planning. Ian thanked the Board for inviting him to address the assembled members.

8. Chair's Remarks

As many of the Chair's comments had been made earlier in proceedings, DA gave a brief speech expressing his thanks for the work of the ANI staff, in particular to Kerry Woods, Jackie Newton and Catherine Ashford, all of whom had departed for new pastures during the year.

DA also recognised the commitment of the various sub-committee members, the host of volunteers, Officials, Coaches and Board Members. DA gave tribute to Sport NI and all sponsors and supporters. He acknowledged the tireless work of the dedicated ANI staff. He also acknowledged the work of the HR and Finance Partners, Viable, and finally, to the great work done to date by the Interim CEO, Fergus Cooper.

9. Members' questions and AOB

Gerry Carson ("GC"), in his role as President of ANI, addressed those assembled and thanked the countless volunteers within the sport. He also acknowledged the difficult environment within which the paid staff operated. He paid tribute to the Chair and members of the Board, who all gave their time voluntarily.

GC noted that, as President, he continues to contribute to the direction of ANI, albeit not from a Board membership or sub-committee position. He noted a personal view on the effectiveness of the academies but welcomes all communication regarding their success. He looks forward to witnessing the delivery of the ambitious targets set by the Board and wished everyone in the athletics family the best for the year ahead.

The Chair thanked everyone for attending and closed the meeting at 9.40pm.

Valerie McDonough
Minutes Secretary



Minutes from the 2021 Reconvened AGM

ATHLETICS NORTHERN IRELAND (2008) ANNUAL GENERAL MEETING (reconvened) Minutes of the meeting held at the Stormont Hotel on 16th March 2022

Attendance		
Mandated	Name	Position/Club
	Gerry Carson	President/ Lagan Valley & VPCAC
x	David Abrahams	Chairperson/ Glens Runners
x	Tony Wall	Honorary Treasurer/ North Down AC
	Valerie McDonough	Company Secretary/ North Down AC
x	John Allen	Willowfield Harriers
	Joy Alexander	
x	Ralph Coetzee	Victoria Park & Connswater AC
x	Michael Cooke	St Malachy's AC
x	Roy Corry	Dromore AC
	Clare Duffield	Willowfield Harriers
x	Lyn Fisher	City of Lisburn AC
x	Raymond Fullerton	Lagan Valley AC
x	John Glover	Lagan Valley AC
x	Raymond Leitch	Victoria Park & Connswater AC
x	Robin Mack	PSNI AC
x	David Marrs	Board Member
x	Malcolm McCausland	Derry Track Club
x	Peter McGonigal	Scrabo Striders
x	Cathal McLaughlin	Derry Track Club
x	Wendy Phillips	Mary Peters Track/ City of Lisburn AC
x	Hannah Robinson	Scrabo Striders
	Barbara Scott	NI Technical Officials Association
x	David Seaton	Board Member/ North Down AC
x	Ian Taylor	Board Member/ Belfast Asoc RC & FR
	Kathryn Walls	Board Member/ Willowfield Harriers
x	Michael Williamson	NICSAC
x	Paul Younger	Annadale Striders
Auditors		
	Paddy Hegarty	Hill Vellacott
	Susan McKittrick	Hill Vellacott
Staff		
x	Paul Lawther	Caretaker ANI/ Annadale Striders
	Shauna Bratten	Marketing & Communications Manager

David Abrahams ("DA") welcomed everyone to the meeting and checked that all 22 mandated delegates had received voting cards.

Valerie McDonough and Kathryn Walls were appointed the designated scrutineers for the evening.

Apologies

Pam Brown, Ann Maguire and Mags Mathieson

Honorary Treasurer's Report

Tony Wall ("TW") addressed those assembled and explained the changes that had been made to the accounts since last presented at the AGM in November 2021. None affected the overall position in the Profit & Loss Account nor in the Balance Sheet, it was more a case of reallocation to allow direct comparison with the previous year's accounts. Specifically, TW mentioned Note 5 and the reclassification of employee salaries. Note 12 had been added for the purposes of transparency regarding grants received. Administrative expenses within the Detailed Income Statement had also been reapportioned but the bottom line had not changed. A question raised by John Allen at the AGM regarding the ringfencing of funds for the Commonwealth Games was further clarified and it was explained that this sum was included in "Other Creditors". The concept of restricted/unrestricted funds within accounting is reserved for registered charities, which is not relevant to ANI. The treatment of furlough payments received to support salaries during Covid was also explained. Malcolm McCausland sought a breakdown of Other Creditors and this was answered by the Auditors and TW. The treatment of grant income is complicated due to timing issues of receipt and delivery of programmes and can inflate/deflate cash at bank. Raymond Fullerton asked for clarity around Note 5 Staffing Costs where the note to the accounts did not correspond with the figures within the P&L. This has been corrected. The conventions for listing Directors of the Company on the audited accounts was also explained by the Auditors.

Motions before the meeting

To receive the Company's accounts for the financial year ended 31st March 2021 together with the reports of the Directors and the Auditor thereon.

This motion was passed with 20 votes in favour, 2 abstentions.

To approve the Executive implementing a tender in relation to the auditors of the Company for the financial year ended 31st March 2022 and that the Board are hereby granted the authority to select and appoint auditors from tender responses.

This motion was passed with 22 votes in favour, no abstentions.

The Chair thanked everyone for attending and closed the meeting at 7.35pm.

Valerie McDonough
Minutes Secretary





Chair's Foreword



Chair Person
David Abrahams

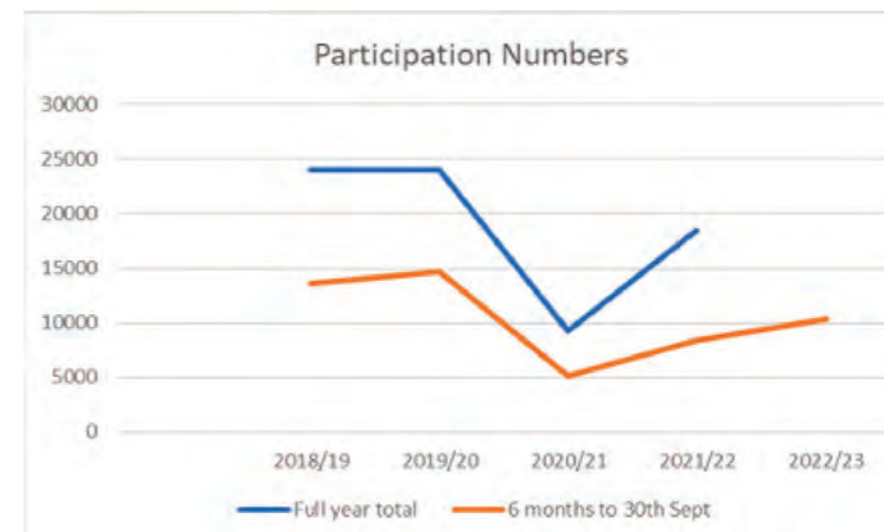
Year 2021/2022 and into 2022/2023

Officials, Coaches and Volunteers

First and foremost, I pay tribute to the tremendous work done by our officials, coaches and volunteers during 21/22 and going forward into 2022/23. My thanks to everyone who has enabled our sport to function throughout the year. Every individual makes a significant contribution to the lives of the athletes taking part and more broadly to the health of our communities. Thank you to one and all.

Environment

The operating conditions for 21/22 remained difficult. Whilst activities did resume during the year, the impact of Covid remained significant, with smaller participation numbers continuing to impact on the sport. Looking at event entry numbers managed by ANI's online entry system, participation numbers were significantly depressed in 2020/21 due to Covid, but have shown a steady increase thereafter. Current figures appear to be on target for a good return to sport by the end of 22/23.



Finances

Following last year's AGM, a tender process for accountancy services was run and Finegan Gibson were successful. In addition, the services of Viable Corporate Services have been most helpful in working through changes to our financial systems and preparing reports for the auditors. I thank both companies for their advice and support.

Please see the treasurers report for more detail.

The event entry system used by Athletics NI reached the end of its life cycle during 2021/22 and ultimately, after considering the various options, OpenTrack was selected as the entry and membership system; this launched in April 2022. Online registration payment will be in place for 2023 memberships.

Membership 21/22

2018-2019		2019-2020		2020-2021		2021-2022	
Clubs	91	Clubs	93	Clubs	95	Clubs	95
Total Registrations	9,065	Total Registrations	9,400	Total Registrations	6,634	Total Registrations	8,476
Seniors	7,636	Seniors	7,944	Seniors	5,886	Seniors	7,307
Juniors	1,429	Juniors	1,456	Juniors	748	Juniors	1,169

Recognizing the current economic climate and the finances of members, the board is not recommending an increase in membership fees for 2023/24. This might cause a small reduction in the capacity of ANI to deliver services, but it is hoped that changes in strategy will make delivery more efficient.

The membership numbers quoted do not adequately represent the true size of our sport and work is underway to resolve this. It is essential to count properly the numbers participating in the sport within the current recording system. Member clubs are asked to register ALL members of their clubs with the option to register under 11's for free.

Recommended registration fees for 2023 are:

Category	Price
Club £120	no change
Associates	£60 no change
Seniors 16 or over	£18 no change
Junior 11 to 15	£6 no change
Under 11	Free but please register them
Unattached £18 –	no change

Athletics remains one of, if not the lowest cost of participation sports. All club fees are due 1st April annually. Some of the benefits of membership are detailed opposite:

Benefits of Affiliation
ATHLETICS NORTHERN IRELAND

For Registered Athletes

Benefits

- Personal Profile on Power of 10
- NI & Ulster Championship Competitions
- Unique Lifetime registration number
- Exclusive events and experiences
- Support from Governing Body staff

Insurance

Registered athlete Public Liability insurance provided by UKA and Marsh Insurance

Discounts

- Discounts of 15-20% from companies such as Runner's Need and Revive Active
- Registered athlete discount for Kingsbridge Private Hospital

Reduced Prices

- Reduced membership fee to use the Mary Peters Track
- Reduced entry fees across a range of road race, cross country and track & field events throughout the year.

For Affiliated Clubs

Benefits

- Exclusive events and experiences, including club entries to London & Dublin Marathons
- Access to funding schemes
- Monthly newsletter with updates on events, coaching courses and workshops
- Recognised on the Athletics NI website
- Annual Club Affiliation Certificate
- Eligibility for recognition at Annual Awards

Insurance

Registered athlete Public Liability insurance provided by UKA and Marsh Insurance to cover Clubs, athletes and licensed coaches.

Club Support

- Club Welfare support
- Club Development Support
- Coach Development Opportunities
- Club Administrative support
- Access to the Athletics NI Club Portal for athlete registrations and events.

For more information contact: info@athleticsni.org

Athletics Ireland and UK Athletics

Athletics NI is fully recognised as a Home Countries Athletic Federation (HCAF) within UK Athletics (UKA). We have representation across a number of working groups and at board level. Relationships with UKA operate well with the many HCAF initiatives. Significant areas where Athletics Unified has contributed to the sport in Northern Ireland are safeguarding, coach and official governance and the pathway to UK representation, to name but a few.

Due to the pandemic and ANI leadership changes, there had been a pause in meetings between Athletics NI, Athletics Ireland and the Ulster Athletics Council. These meetings resumed during 21/22. Athletics NI has continued to promote combined NI and Ulster Championships and Teams recognizing the importance of the pathway to Irish representation for our athletes.

Ulster Schools have always affiliated directly to Athletics Ireland; however, Athletics NI continues to foster

relationships with the schools acknowledging that the schools feed directly to the club structure and are an important part of the Northern Ireland athletics structure.

Athletic Ireland (AAI) as you might know, is introducing a day license system by way of charging non-member race/event entrants. ANI Permits have a requirement for event organisers to charge an uplifted entry fee from non-registered athletes along with a sliding scale of permit fees to recognise those unregistered entrants. ANI and Athletics Ireland have agreed that registered members of Athletics NI will not need to pay the day permit fee for AAI permitted events. Reciprocally, AAI members are not required to pay the increased race fee for ANI permitted events.

Achievements for the year 21/22 and early 22/23

The summer of 2022 saw major sporting events, in particular the Commonwealth Games in Birmingham. The athlete and coach assistance programs of 2021/22/23 supported these Games which were very successful for Northern Ireland athletes.

We encourage you to read the reports in this publication, covering the wide areas of delivery by Athletics NI; highlighting the many achievements within the sport and of our athletes. Congratulations to all sections of the sport.

Governance matters 21/22 and forward

Following structural changes introduced in autumn 2021, Fergus Cooper took up an Interim CEO role with ANI. Unfortunately, he experienced some health problems and stepped down towards the end of the 21/22 financial year. At the time and given the expectation of a new CEO arriving relatively soon, Paul Lawther vice chair, agreed to act as interim CEO. Paul relinquished his votes on the board during the period he stood in as CEO. Remuneration for the post was agreed subject to legal advice, which was sought and given approval.

Elaine Grant subsequently joined ANI as CEO in May 2022 following an open recruitment process. Elaine has been in post for six months at the time of writing and has had a very busy summer of activity. The board looks forward to supporting Elaine well into the future.

Following the departure of Tony Wall at the end of 21/22, the board was delighted to welcome Sharon Louise McKay as treasurer. Sharon brings both private and charity sector accountancy experience to her post.

The board continues its commitment to the Northern Ireland Code of Governance for Sport and the governance refresh project initiated in late 2021 is on track.



The major thematic areas of progress through 2021/22 include:

- 1: Selection Policy** – David Marrs is working on delivering a consistent selection policy that satisfies good governance policies.
- 2: ANI Memorandum and Articles** - Kathryn Walls leads on updates to the company memorandum and articles along with committee structures and representation.
- 3: Audit & Risk committee established** - Sharon Louise McKay as treasurer tackles updates to our finance policies and procedures. The committee has been happy with the thorough nature of this year's audit conducted by Finnegan Gibson. We are working our way through any recommendations. The committee will also be monitoring the risk register.
- 4: Strategy** – Elaine Grant is leading on producing a new strategy for the sport.
- 5: Culture** – Elaine Grant is dealing with cultural change. This will be reflected in new operational processes as well as being reflected in the overall strategic direction.

Toward the end of 21/22 the Board agreed to invite the President as a permanent observer at board meetings. Gerry Carson has been a welcome contributor to board discussions.

Codes of Conduct

Athletics NI subscribes to the UKA Codes of Conduct published April 2021. Sadly, our officials, volunteers and staff have at times been subjected to unacceptable behaviour. I take this opportunity to ask every member club to ensure that their membership criteria formally include the need for compliance with the UKA Codes of Conduct. The wellbeing of everyone participating in our sport is paramount.

Clean Athletics

UK Anti-Doping requires a formal confirmation of compliance with Anti-Doping regulations. There will be guidance issued soon to formal wordings that will be required for all event entries. Athletics NI reaffirms our commitment to the UKA Clean Athletics code. Please look out for updates to the entry regulations.

Sport NI

We gratefully acknowledge the support of Sport NI who have been our largest grant provider, as well as also supporting athletes with the use of Sports Institute Northern Ireland facilities.

Partners and Sponsors

Our thanks go to those who have helped us by way of sponsorship, provision of member discounts and event partnership.

Event Sponsors	Discount providers	Event Partners
Lisburn and Castlereagh City Council	AfterShokz	Proparamedics
Belfast City Council	Kingsbridge Private Hospital	Championship Ireland
Department for Communities	Runners Need	Graham's Traffic Management
Flahavans Porridge Oats		



CEO's Foreword



CEO
Elaine Grant

It is a privilege to lead Athletics NI into a new chapter and over the past six months I have felt incredibly grateful to be living and breathing Athletics alongside you all day in, day out. In that time, I have witnessed the dedication and expertise of the staff, athletes, coaches, officials & volunteers across the sport and I wish to thank you all for your tireless efforts that enable our sport to deliver its many benefits to our members and wonderful experiences for all our participants.

The Sport of Athletics, as defined in the rules & regulations of World Athletics includes track & field, race walking, road, cross-country, fell, hill, mountain, trail & ultra-running. Bearing in mind Olympic track and field alone has 23 men's & women's events (and 1 mixed relay), isn't there something incredibly exciting and rewarding about being part of the "Greatest" sport in the world. I know we are all biased but young and old, beginner to elite, for pleasure & career goals, this sport has so much to offer and we are privileged to be custodians of Athletics in 2022. The breadth of Athletics is its beauty and what draws us in, however in its beauty lies the greatest challenge. How do we cater for all ensuring high quality experience across every discipline and at all levels of the pathway whilst:

- Showing a duty of care to all.
- Ensuring everyone achieves their desired outcomes & personal goals.
- Ensuring everyone feels safe, respected, recognised, valued and treated with dignity & fairness on a daily basis.
- Delivering effectively against the expectations of our partners, funders and members.

This in itself is no easy feat and it would be remiss of me not also to mention the added challenge facing all of us in the dual jurisdiction and dual representative pathways that exist in Northern Ireland.

In order to achieve all of this we need strong leadership, good governance, clear lines of accountability, effective decision making and a clear direction for all including clarity of purpose, roles and responsibilities. This is where I believe my role as the first substantive CEO of Athletics NI and the Mary Peters Track must focus and take the lead and over the past six months, I have begun to gain a full understanding of the challenges that all of this presents to begin to establish a realistic, yet ambitious Strategy for the Sport. I would like to thank everyone who contributed to our recent Our Sport, Our Strategy Survey. It is great to receive feedback and your views on our future direction will form a strong basis to what is written and delivered going forwards.

Although in some ways Covid feels like a distant memory, its lasting effects are still visible and the pandemic highlighted the importance of our staff and volunteers to keep things moving in the midst of it all but also shone a spotlight on the fragility of the Sport when we rely so heavily on

a small but highly committed volunteer base. Traditionally our sport relies on a small number of stalwart volunteers who work assiduously and take little time out for recovery. This approach is effective in the short term but does not future proof the Sport and can lead to losing volunteers to burn out and put future success in jeopardy. We do not aim to dampen the enthusiasm of these volunteers but instead protect their longevity and retain knowledge and skills whilst ensuring a succession plan exists.

This requires a cultural change within the sport and an acceptance by all that time out is necessary to ensure the health & wellbeing of our staff and volunteers. This can take many forms and can be as little as a lunch break for an official during a busy day's competition, a coach having cover at a club session to attend an important family engagement, committee member attending a meeting virtually to reduce the need for a round trip or a staff member booking some lieu time after a long spell of weekend working during the height of the competition season. These small opportunities for recovery should be welcomed, encouraged and facilitated throughout the sport to ensure long term success.

I understand that the Sport recognises the need for evolution and being more representative of the whole sport is a key driver of this need for growth & change.

"There is no royal road to anything, one thing at a time, all things in succession. That which grows fast, withers as rapidly. That which grows slowly, endures"

This quote by American poet Josiah Gilbert Holland captures my approach to tackling change. A considered and measured approach is required as too much change at once will lead to destabilisation. Therefore, your patience is required to ensure the success of all necessary changes. Please continue to engage as much as you can around the future of the Sport and in particular, at this stage I would like to encourage each of you to embrace our current Change Project around the Memorandum & Articles linked to a potential new committee structure led by our Board Member Kathryn Walls. This is an opportunity for a wider representation of our community to engage more formally in the direction of the Sport through a new committee offering representing the whole Sport. We would like the committee's to be representative of the whole sport throughout Northern Ireland and accommodations will be made to allow new volunteers to engage more easily using technology and flexibility of venues in future. This is a call to action to get involved and play your part in making this Sport the best version of Athletics Northern Ireland in 2022 and beyond.

Many thanks to whole Athletics Community for your support but in particular I would like to thank all the Athletics NI & Mary Peters Track Staff. Your expertise, skill and commitment to your roles is exemplary and has been a great support and motivation to me in the first six months in post. I would also like to thank all of the Athletics NI Board & Committee's for their time & commitment to the Sport and their support & challenge to me in my new role.



President's Note



President
Gerry Carson

I am the first President who has been, in an earlier age, a sprinter and I am the first President to be a current holder of a sprint record, as well as being the best in my age group for the Victoria Park 5K parkrun at the time of appointment.

I am proud to be the honorary President of Victoria Park and Connswater AC as well as being a sprint coach of a very talented young group of sprinters in Lagan Valley AC.

So, what does the President of Athletics NI actually do? Well, the primary role is to act as an ambassador for the organisation which means attending athletics fixtures, presenting prizes, giving speeches, and in general walking about as often as possible wearing the chain of office, which is really quite spectacular- and very heavy!

Over the recent two years I have been at fixtures all over Northern Ireland plus journeys to Dublin and Donegal, experiencing wonderful receptions and hospitality everywhere.

However, another key role is listening to athletes, to their coaches, to the bands of volunteers, to the paid staff of the organisation and the many others who have an interest in our sport. I attend board meetings and having listened to those voices, quite enjoy putting questions to the members and the Chief Executive. I try to ask the questions which people would pose themselves if they had the opportunity.

I believe that the President acts as the representative of all those volunteers everywhere without whom the sport of athletics simply would not exist.

Our sport covers many disciplines, track and field, cross country and road running, ultrarunning, mountain running and para- athletics. It offers competition in all these areas, but it does much more. It helps people everywhere to become fitter, healthier, to make friends and better able to face the challenges of everyday life. And it's a sport which can become a life long activity, from the very young like Emer McKee who set a world record for parkrun, to the very old, like me.

Our sport is the number one attraction at both Olympic and Commonwealth Games, yet in spite of the many wonderful events held annually, it's very difficult to get better local media coverage, in particular, of our schools and young athletes' fixtures such as the Firmus events. We must all try to establish better relationships with our sports journalists.

Which brings me to senior competition which, after the pandemic, is slowly increasing numbers in all the various disciplines from endurance to ultra and mountain running. On the international scene there were great performances from the two silver medallists at the Commonwealth Games, Ciara Mageean and Kate O'Connor, plus tremendous achievements for those who gained representative honours at World and European championships, those Commonwealth Games, the World Mountain Running Championships, U20 and U18 World Championships and at the European Olympics Festival.

Of course, there was that gala day of athletics at the Belfast International Meet to celebrate the 50th anniversary of our Patron Lady Mary Peters winning that great gold medal in Munich. That special fixture also saw the presence of the wonderful Heidi Rosendahl and Olympic 800 metres champion Ann Packer. Great memories indeed, however, I do believe we need to encourage more of our 90 plus affiliated clubs to take a bigger role in promoting track and field activities to ensure a great depth in all events.

There are many challenges facing Athletics Northern Ireland, the past few years have been difficult, the board of management members- all volunteers - have spent many hours wrestling with problems of all kinds, as indeed have those on the various sub committees, our club officials and coaches, also all volunteers. New memorandum and articles of ANI are nearing completion and with goodwill, the changes being consulted on will help steer us to a brighter future for our sport.

I thank most sincerely our chairman - who in an earlier life competed in the Commonwealth Games as a high jumper on the England team- and his colleagues for their unstinting efforts, and I acknowledge the pressures on Elaine our CEO of less than a year; but I know that her achievements as a former international 400 metres star will help sustain her and her very hard-pressed staff as they strive to move forward. But most of all I thank those scores of volunteers, coaches, mums and dads, without whose support and dedication our sport would simply not exist.



Treasurer's Report



Honorary Treasurer
Sharon Louise McKay

It gives me pleasure to report to members at the Annual General Meeting on the financial statements for the 12 Months ending 31st March 2022 as presented in a separate document.

The accounts as presented have been approved by the Management Board and carry the appropriate auditor's certificate in accordance with our Memorandum and Articles of Association. It has been a difficult year for Athletics NI with the reports showing a loss of -£40,578 and retained earnings of £72,754.

However, it is important to point out that this is not reflective of the true trading position. In particular we have made an adjustment to the figures to defer £28,285 income in relation to the Erasmus Grant 2 as it was appropriate to defer from FY21/22 as this portion of the grant had not been delivered until after March 22 the year end. Erasmus Grant 2 of £52,175 had previously been fully recognized in the year FY20/21 but with the cost being incurred in FY21/22 and FY22/23. This treatment brings the accounts back in line with revenue recognition rules and is a one-off adjustment to the accounts.

It is also worth pointing out that we are comparing to a Covid year and variances on the previous year can look odd due to that reason. A couple of key elements on the variances to note are that while income has increased so have the travel costs and Athletic Development Costs which are in relation to the camps that have been funded during this financial year. Sundry income of £17,705 is built up of Athlete Contributions and some Paralympics Ireland income.

Staff costs have gone from £390K to £357K, £32K of cost sits in Consultancy in relation to the interim CEO. Which won't be incurred again in consultancy but rather the salary line next financial year. We also have finance outsourcing fees (Viable) a cost that would have been incurred predominately in the salary line last year.

In relation to Staff welfare costs, we will be looking to change the Chart of Accounts terminology on this as it relates to staff expenses, Staff training, CPD qualifications and a small amount of recruitment costs.

Other items to highlight on the balance sheet is the increase in debtors. This is in relation to £49K received from the Sports NI Covid Recovery Plan and £94K in Sports NI Grants.

Trade Creditors have increased by £66K due to £28K deferral of Erasmus Grant 2 and £38K monies owed to third parties which is predominately travel costs. Note £25K is deferred in here for the Commonwealth Games Grant within the other creditors line.

One of the financial aims will be to implement a Reserves Policy and over the next 5 years and actually deposit this into an actual reserves bank account to make it more 'real'.

In relation to budgetary control ANI have started to implement some key elements to policies and procedures so that event management is clearer from a financial perspective. The CEO has already started driving out a purchase order process and business case approvals for events and travel. We have also started work on adjusting the Chart of Accounts to make comparisons clearer for the future years.

Conclusion

Overall, I am expecting the next year to be tough year as well as we must mention the overall economy. However, a number of changes have been put in place to take more control.

There have been a number of structural changes in the past year. A new CEO, a new Treasurer and newly appointed Accountants Finegan Gibson Ltd.

We have a newly appointed Audit and Risk Committee, Ian Taylor, Jim Alexander, David Abrahams, Paddy McGrattan and Elaine Grant. The committee with the help of the newly appointed Accountants Finegan Gibson Ltd will be taking on the responsibility of driving forward and delivering the identified financial control improvements that have been highlighted through both the committee and the accountants.

May I take this opportunity to thank all who have assisted me during the last three months, in particular our Chair David Abrahams and our newly appointed members of the Audit and Risk Committee as well as the representatives of the Management Board and all committees. I would also like to thank all our professional and administration staff for their valued support and assistance.

Company registration number: NI059740



Athletics Northern Ireland (2008)

Financial statements

31 March 2022

Athletics Northern Ireland (2008)

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Directors and other information

Directors

DC Seaton MBE IR Taylor	
B Scott	(Resigned 24th November 2021)
MWJ Cooke KTA Walls	
DJ Abrahams	
SL McKay	(Appointed 10 August 2022)
P Lawther	
DL Marrs	(Appointed 7th January 2022)
V McDonough	
B McDaid	(Appointed 15th May 2021)
C Duffield	(Resigned 5th October 2022)
J Alexander	(Appointed 7th January 2022)
AP Wall	(Resigned 31st March 2022)

Secretary

V McDonough

Registered Office

Old Coach Road
Belfast
BT9 5PR

Company Number

NI059740

Auditor

Finegan Gibson Causeway Tower
9 James Street South Belfast
BT2 8DN

Bankers

Danske Bank Limited
122 Upper Lisburn Road Belfast

Solicitors

Edwards & Co
Solicitors
28 Hill Street Belfast
BT1 2LA

Athletics Northern Ireland (2008)

Directors report

Year ended 31 March 2022

The directors present their report and the financial statements of the company for the year ended 31 March 2022.

Directors

The directors who served the company during the year were as follows:

DC Seaton MBE	
IR Taylor	
B Scott	(Resigned 24th November 2021)
MWJ Cooke	
KTA Walls	
DJ Abrahams	
SL McKay	(Appointed 10 August 2022)
P Lawther	
DL Marrs	
V McDonough	
B McDaid	(Appointed 15th May 2021)
C Duffield	(Resigned 5th October 2022)
J Alexander	(Appointed 7th January 2022)
AP Wall	(Resigned 31 March 2022)

Directors responsibilities statement

The directors are responsible for preparing the directors report and the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and the profit or loss of the company for that period.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgments and accounting estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Auditor

Each of the persons who is a director at the date of approval of this report confirms that:

- so far as they are aware, there is no relevant audit information of which the company's auditor is unaware; and
- they have taken all steps that they ought to have taken as a director to make themselves aware of any relevant audit information and to establish that the company's auditor is aware of that information.

The auditor is deemed to have been re-appointed in accordance with section 487 of the Companies Act 2006.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

This report was approved by the board of directors on 12 December 2022 and signed on behalf of the board by:

DJ Abrahams
Director & Chair

SL McKay
Director & Treasurer

Independent auditor's report to the members of Athletics Northern Ireland (2008) Year ended 31 March 2022

Opinion

We have audited the financial statements of Athletics Northern Ireland (2008) (the 'company') for the year ended 31 March 2022 which comprise the statement of comprehensive income, statement of financial position, statement of changes in equity and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the company's affairs as at 31 March 2022 and of its loss for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the directors use of the going concern basis of accounting in the preparation of the financial statements is appropriate. Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue. Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

Other Information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The directors are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the directors' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and the returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the directors' report and from the requirement to prepare a strategic report.

Responsibilities of directors

As explained more fully in the directors' responsibilities statement, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, we considered the following:

- " the nature of the industry and sector, control environment and business performance including the design of the remuneration policies, key drivers for directors' remuneration, bonus levels and performance targets;
- " results of our enquiries of management about their own identification and assessment of the risks of irregularities;
- " any matters we identified having obtained and reviewed documentation of their policies and procedures relating to:
 - " identifying, evaluating and complying with laws and regulations and whether management were aware of any instances of non-compliance;
 - " detecting and responding to the risks of fraud and whether management have knowledge of any actual, suspected or alleged fraud;
 - " the internal controls established to mitigate risks of fraud or non-compliance with laws and regulations.
- " the matters discussed among the audit engagement team including significant component audit teams and relevant internal specialists, including tax and valuations specialists regarding how and where fraud might occur in the financial statements and any potential indicators of fraud.

As a result of these procedures, we considered the opportunities and incentives that may exist within the organisation for fraud and identified the greatest potential for fraud. In common with all audits under ISAs (UK), we are also required to perform specific procedures to respond to the risk of management override.

We also obtained an understanding of the legal and regulatory frameworks in operation, focusing on provisions of those laws and regulations that had a direct effect on the determination of material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included ongoing compliance with the UK Companies Act and tax legislation.

In addition, we considered provisions of other laws and regulations that do not have a direct effect on the financial statements but compliance with which may be fundamental for their ability to operate or to avoid a material penalty.

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Paul Dolan FCA (Senior Statutory Auditor)

For and on behalf of
Finegan Gibson
Chartered Accountants and Statutory Auditor
Causeway Tower 9 James Street South
Belfast
BT2 8DN

12 December 2022

	Note	2022 £	2021 £		Note	2022 £	2021 £
				Fixed assets			
				Tangible assets	6	25,100	26,431
Turnover		834,524	661,118				
Other operating income		17,705	11,280			25,100	26,431
				Current assets			
Staff costs		(357,191)	(390,448)	Debtors	7	180,532	39,035
Depreciation and other amounts written off tangible and intangible fixed assets		(5643)	(4069)	Cash at bank and in hand		101,913	216,354
						-----	-----
						282,445	255,389
Other operating expenses		(529,973)	(239,331)	Creditors: amounts falling due within one year	8	(234,791)	(168,488)
				Net current assets		47,654	86,901
Operating (loss)/profit		(40,578)	38,550	Total assets less current liabilities		-----	-----
						72,754	113,332
Other interest receivable and similar income		-	11	Net assets		-----	-----
						72,754	113,332
				Capital and reserves		-----	-----
				Profit and loss account		72,754	113,332
(Loss)/profit before taxation		(40,578)	38,561	Shareholders funds		-----	-----
						72,754	113,332
Tax on (loss)/profit		-	(3,564)				
(Loss)/profit for the financial year and total comprehensive income		(40,578)	34,997				

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with Section 1A of FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

These financial statements were approved by the board of directors and authorised for issue on 12 December 2022, and are signed on behalf of the board by:

DJ Abrahams
Director

SL McKay
Director

1. General information

The company is a private company limited by shares, registered in Northern Ireland. The address of the registered office is Athletics House, Old Coach Road, Belfast, BT9 5PR.

2. Statement of compliance

These financial statements have been prepared in compliance with the provisions of FRS 102, Section 1A, 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'. The Triennial review 2017 amendments to the standard have been early adopted.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through profit or loss.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Turnover

Turnover is measured at the fair value of the consideration received or receivable for goods supplied and services rendered, net of discounts and Value Added Tax.

Revenue from the sale of goods is recognised when the significant risks and rewards of ownership have transferred to the buyer (usually on despatch of the goods); the amount of revenue can be measured reliably; it is probable that the associated economic benefits will flow to the entity; and the costs incurred or to be incurred in respect of the transactions can be measured reliably.

Taxation

The taxation expense represents the aggregate amount of current and deferred tax recognised in the reporting period. Tax is recognised in the statement of comprehensive income, except to the extent that it relates to items recognised in other comprehensive income or directly in capital and reserves. In this case, tax is recognised in other comprehensive income or directly in capital and reserves, respectively. Current tax is recognised on taxable profit for the current and past periods. Current tax is measured at the amounts of tax expected to pay or recover using the tax rates and laws that have been enacted or substantively enacted at the reporting date.

Deferred tax is recognised in respect of all timing differences at the reporting date. Unrelieved tax losses and other deferred tax assets are recognised to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date that are expected to apply to the reversal of the timing difference.

Tangible assets

Tangible assets are initially recorded at cost, and are subsequently stated at cost less any accumulated depreciation and impairment losses.

Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other comprehensive income and accumulated in capital and reserves, except to the extent it reverses a revaluation decrease of the same asset previously recognised in profit or loss. A decrease in the carrying amount of an asset as a result of revaluation is recognised in other comprehensive income to the extent of any previously recognised revaluation increase accumulated in capital and reserves in respect of that asset. Where a revaluation decrease exceeds the accumulated revaluation gains accumulated in capital and reserves in respect of that asset, the excess shall be recognised in profit or loss.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fittings fixtures and equipment - 20% straight line

If there is an indication that there has been a significant change in depreciation rate, useful life or residual value of tangible assets, the depreciation is revised prospectively to reflect the new estimates.

Impairment

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date. When it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that are largely independent of the cash inflows from other assets or groups of assets.

Government grants

Government grants are recognised at the fair value of the asset received or receivable. Grants are not recognised until there is reasonable assurance that the company will comply with the conditions attaching to them and the grants will be received.

Government grants are recognised using the accrual model and the performance model.

Under the accrual model, government grants relating to revenue are recognised on a systematic basis over the periods in which the company recognises the related costs for which the grant is intended to compensate. Grants that are receivable as compensation for expenses or losses already incurred or for the purpose of giving immediate financial support to the entity with no future related costs are recognised in income in the period in which it becomes receivable.

Grants relating to assets are recognised in income on a systematic basis over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income and not deducted from the carrying amount of the asset.

Under the performance model, where the grant does not impose specified future performance-related conditions on the recipient, it is recognised in income when the grant proceeds are received or receivable. Where the grant does impose specified future performance-related conditions on the recipient, it is recognised in income only when the performance-related conditions have been met. Where grants received are prior to satisfying the revenue recognition criteria, they are recognised as a liability.

Financial instruments

A financial asset or a financial liability is recognised only when the company becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the transaction price, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Debt instruments are subsequently measured at amortised cost.

Where investments in non-convertible preference shares and non-puttable ordinary shares or preference shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in profit or loss. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in profit or loss, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised in profit or loss immediately.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets or either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised in profit or loss immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction

in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised in finance costs in profit or loss in the period in which it arises.

Share-based payments

Equity-settled share-based payment transactions are measured at fair value at the date of grant. The fair value is expensed on a straight-line basis over the vesting period, with a corresponding increase in equity. This is based upon the company's estimate of the shares or share options that will eventually vest which takes into account all vesting conditions and non-market performance conditions, with adjustments being made where new information indicates the number of shares or share options expected to vest differs from previous estimates.

Fair value is determined using an appropriate pricing model. All market conditions and non-vesting conditions are taken into account when estimating the fair value of the shares or share options. As long as all other vesting conditions are satisfied, no adjustment is made irrespective of whether market or non-vesting conditions are met. Where the terms of an equity-settled transaction are modified, an expense is recognised as if the terms had not been modified. In addition, an expense is recognised for any increase in the fair value of the transaction, as measured at the date of modification.

Where an equity-settled transaction is cancelled or settled, it is treated as if it had vested on the date of cancellation or settlement, and any expense not yet recognised in profit or loss is expensed immediately.

Cash-settled share-based payment transactions are measured at the fair value of the liability. Until the liability is settled, the fair value of the liability is re-measured at each reporting date and at the date of settlement, with any changes in fair value recognised in profit or loss for the period.

4. Staff costs

The average number of persons employed by the company during the year amounted to 72 (2021: 78).

	2022	2021
	£	£
Coaching and development	275,443	281,384
Business & operational staff costs	81,748	109,064
	357,191	390,448

No director received salary as a director. For a few months Paul Lawther was acting CEO during which time he relinquished his board voting rights and received a salary

5. Loss/profit before taxation

Loss/profit before taxation is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation of tangible assets	5,643	4,069
Fees payable for the audit of the financial statements	4,500	3,700

6. Tangible assets

	Fixtures, fittings and equipment	Total
	£	£
Cost		
At 1 April 2021	60,129	60,219
Additions	4,312	4,312
	64,441	64,441
At 31 March 2022	64,441	64,441
Depreciation		
At 1 April 2021	33,698	33,698
Charge for the year	5,643	5,643
	39,341	39,341
At 31 March 2022	39,341	39,341
Carrying amount		
At 31 March 2022	25,100	25,100
At 31 March 2021	26,431	26,431

7. Debtors

	2022	2021
	£	£
Sport NI debtor	143,173	-
Other debtors	37,359	39,035
	180,532	39,035

8. Creditors: amounts falling due within one year

	2022	2021
	£	£
Corporation tax	77,499	-
Social security and other taxes	-	3,565
Other creditors	10,989	8,299
	146,303	156,624
	234,791	168,488

9. Related parties

UK Athletics (UKA)

David Abrahams acts as a Non Executive director of UKA and during 2021/22 joined the audit & risk committee. David was the ANI UKA Member during 2021 (he has since resigned as member and been replaced by Paul Lawther who also sits on the Standards & Ethics Committee)

Mary Peters Track Ltd (MPT)

MPT remains a legally unconnected entity and is strictly not a related party. David Abrahams, Paul Lawther and Tony Wall (resigned) are directors of MPT. A Management contract exists with ANI and is reflected in the accounts. Athletics NI deliver Athlete and Coach programs on behalf of MPT as well as provide management and HR support. Progress has been made with Edwards and Co appointed as Solicitors to bring MPT under ANI as a subsidiary.

Athletics Association Ireland

David Abrahams is a non exec member of the Athletic Association of Ireland Board

10. Conflicts of Interest

An annual conflicts of interest declaration is required of Board and Committee Members. This is supplemented by retaining the need for a declaration of conflicts at each meeting

11. Clubs Coaches & Officials -

All directors are effectively involved in the sport by way of club affiliation, coach or official status. The board is conscious of these potential conflicts but makes every effort to avoid conflicts as they may arise.

**The following pages do not form part of the statutory accounts.
Detailed income statement Year ended 31 March 2022**

	2022	2021
	£	£
Turnover		
Cross country and road running income	5,046	5,617
Cross country and road running sponsorship	6,000	3,000
Track and Field income	13,025	8,870
Sport NI Grant Income	432,364	312,389
Affiliation fee income	7,952	9,000
Management fee income	30,000	29,796
Course Fee Income	64,981	40,006
Associate affiliation fees	-	50
Registration fee income	97,942	61,884
Permits and deposit fee income	5,991	2,275
Income- Squads	-	1,572
Grant Income	171,223	186,659
	<hr/>	<hr/>
	834,524	661,118
Gross profit	834,524	661,118
Gross profit percentage	100.0%	100.0%
Overheads		
Project revenue costs		
Squad expenses - general	(8,155)	-
Event Equipment and Services Hire	(33,276)	(34,511)
Travelling expenses	(129,718)	(5,344)
Prize Money	(4,835)	(1,530)
Athletic Development Costs	(124,170)	(58,338)
Marathon Potential	-	(226)
Event Costs	(37,463)	(40,431)

	2022	2021
	£	£
Administrative expenses		
Wages and salaries	(324,685)	(390,448)
Equity-settled share-based payments	(1)	-
Employer's social security contributions	(24,841)	-
Pension costs	(7,664)	-
Coach development expenses	(4,022)	-
Casual Coaches and Tutors	-	(1,709)
Committees and officials	(8,126)	(6,200)
IAAF, UKA, EAA Costs	(4,130)	(215)
Clothing and medals	(10,897)	(1,093)
Insurance	(11,121)	(12,097)
Promotional Costs	(9,056)	(3,115)
Computer bureau costs	(20,171)	(19,139)
Light and heat	(3,151)	(5,643)
Repairs and maintenance	(902)	(2,974)
Printing, postage and stationery	(2,589)	(1,699)
Telephone	1	(9,789)
Website and Online Costs	(11,177)	-
Hire of equipment	(2,614)	(1,365)
Entertaining	(1,135)	(1,071)
Legal and professional	(16,635)	(22,873)
Consultancy fees	(32,000)	-
Outsourced finance fees	(25,078)	(2,016)
Auditors remuneration	(4,500)	(3,700)
Bank charges	(783)	(927)
Staff expenses	(20,377)	(3,167)
General expenses	(3,893)	(4)
Charitable donations	-	(155)
Depreciation of tangible assets	(5,643)	(4,069)
(892,807) (633,848)		
Other operating income		
Government grants recognised directly in income	-	9,636
Sundry income	17,705	1,644
	17,705	11,280
Operating (loss)/profit	(40,578)	38,550
Operating (loss)/profit percentage	4.9%	5.8%
Other interest receivable and similar income	-	11
(Loss)/profit before taxation	(40,578)	38,561

Performance Pathway Report



Performance Lead

Tom Reynolds

Introduction

Athletics NI Performance Programmes, Commonwealth and Olympic Potential support help athlete-coach pairs from NI to win more medals and perform at major championship events. The Sport NI Performance Environment Transition Programme (PETP) funded programmes have associated targets relating to medals, top 8, 16 and 32 performances at European Championship level and above.

Cross Country and Road

European Cross Country 2021

The 2021 European Cross Country Championships held in Dublin had a number of local athletes performing on the international stage including Ciara Mageean (Steve Vernon) running a superb first leg of the mixed relay to give Ireland the lead with them eventually finishing 4th. Eilish and Roisin Flanagan (Damon Martin) were impressive finishers in the Women's event with 15th and 26th respectively and Ryan Forsyth (Richard Rodgers) was 58th in the Men's event.

Track and Field

World Indoor Championships, Belgrade

Megan Marrs (Alex Nwenwu) finished 6th in her heat of the 60m Hurdles when representing GB & NI.

World Championships, Oregon

John Kelly (Vesteinn Hafsteinsson) and Lauren Roy (Adam McMullen) were selected for the World Championships in Oregon. John had a top 32 finish in the Men's Shot and Lauren was part of the Irish 4x100m team that had a top 16 finish at the Championships hitting Sport NI targets set for this championship.

Commonwealth Games 2022

The Athletics NI Nomination Panel Nominated fifteen athletes to Commonwealth Games Northern Ireland (CGNI) in June, twelve of those athletes competed in Birmingham with the best results seen since the 1986 Games. The Athletics Team achieved the ambitious target of bettering their excellent performance from Gold Coast 2018 of a medal and four top 8 positions.

These targets were achieved by:

- Kate O'Connor (Michael O'Connor) – Heptathlon Silver
- Ciara Mageean (Helen Clitheroe) – 1500m Silver
- Mark Millar (Heather Ardis) – T54 Marathon 6th
- Anna McCauley (John Lane) – Heptathlon 6th
- Eilish Flanagan (Damon Martin) – 3000m SC 6th
- Ellie McCartney (Kate Rooney) – Pole Vault 7th

An additional target hit was that 75% of the team equalled or bettered their ranking at final entry with a number of athletes setting seasons and personal bests and with all athletes contributing to a great team performance which included:

- Kevin Seaward (Andy Hobdell) – Marathon 9th
- Stephen Scullion (Nic Bideau) – Marathon 10th
- Eve Walsh-Dann (Roger Sexton) – T38 100m 10th (PB)
- Roisin Flanagan (Damon Martin) – 5000m 11th (PB / NR)
- Megan Marrs (Alex Nwenwu) – 100m Hurdles 12th

Unfortunately Hannah Irwin (James Thie) had to pull out of the 10,000m due to injury.

Points table for Team NI Athletics results this century

8 points for Gold, 7 for Silver, 1 for 8th...

I would like to thank all fifteen athletes and personal coaches for their effort, dedication throughout 2022 and for working effectively with us and CGNI. I would like to thank Ronan McLoughlin (Physio) and Team Coaches Laura Kerr, Jackie Newton and Amy Foster for going above and beyond, before and during the Games to ensure all athletes were able to perform at their best.

European Championships

Ciara Mageean (Helen Clitheroe) finished second in the 1500m again to Laura Muir when adding to her silver from the Birmingham Commonwealth Games which makes three senior major championship silver medals for NI athletes in 2022. Kate O'Connor (Michael O'Connor) withdrew prior to her Heptathlon with injury and Leon Reid was a travelling reserve for the 4x100m Relay.

Other Sport NI targets hit in Munich were Ann-Marie McGlynn (Emmett Dunleavy) with 28th in the Marathon (5th in team event), Roisin Flanagan (Damon Martin) 14th in the 5000m and Eilish Flanagan (Damon Martin) 24th in the 3000mSC.



Ultra World Championships

In August, Armagh based Gareth King (Bashir Hussain) was GB & NI's top finisher at the 100k world championships in Berlin where he ran back to back 2:24 Marathons as part of the ultra race.

European Mountain Running Championships

Zak Hanna (Richard Rodgers) has had his most successful summer on the mountains placing 5th at the European Championships in July before getting two medals at World Cup level and most recently he finished 5th at the World Mountain & Trail Running Championship in Thailand in Nov 2022 a brilliant achievement for the Mourne Native. Although there are no current Sport NI targets related to these two branches of endurance running, it will still be logged as a success at world level and an additional benefit.

Records

In the past year four outdoor Northern Ireland senior records fell with three women and one man setting new marks. John Kelly (Vesteinn Hafsteinsson) bettered his previous Shot Put record three times in 2022, the second of these records surpassed 19 metres for the first time in Norway in June and the third astonishingly sailed over the 20 metre mark for an Irish record of 20.16m in Cork. Roisin Flanagan (Damon Martin) broke her own 5000m record twice in 2022, first taking 10 seconds off her old mark in California in April and then rising to the occasion at the Commonwealth Games to set the new mark of 15:26.76. Hannah Irwin (James Thie) took 24 seconds off Emma Mitchell's 10,000m record set at the Gold Coast Commonwealth Games when racing at the Night of 10K PBs in Parliament Hill in May. The final record of the season was unquestionably the highest standard Northern Ireland Record of all with Ciara Mageean (Helen Clitheroe) taking the Brussels Diamond League title by storm and shattering the four-minute barrier for the first time with a truly world class time of 3:56.63 to go 30th on the World All-time List.

Centralised Training Camps

In line with our Sporting Winners strategy, centralised staff and service-provider-supported training camps took place prior to Commonwealth Games and European Championships for selected athletes. Camps took place in Tenerife in February and May, Portugal in April and the Commonwealth Games holding camp was held in X Bionic Sphere, Slovakia while a number of the endurance athletes based themselves in St. Moritz for altitude. These camps were supported by SINI who inputted on S&C, Physiology and Physiotherapy. We thank the service providers for their contribution to performances this year.

Sport NI Athlete Award

Athletics NI had successful applications approved for funding towards living costs of the following athletes who are not fully funded by BA / AAI but are training towards Birmingham and future major championships and games. Recipients of last year's awards, Kate O'Connor and Eilish Flanagan, achieved Sport NI's aim for this project and made it onto International Carding. 2022 successfully awarded athletes are:
Roisin Flanagan Sommer Lecky
Paul Pollock Hannah Irwin Megan Marrs Anna McCauley Ellie McCartney

Thanks

I would like to thank Athletics NI staff members, programme personal coaches and SNISI service providers who have made the performance programmes stronger over the past year and contributed to the international successes in 2022. I would also like to thank the Clubs and Volunteers who are increasingly engaging with Athletics NI programmes and working hard to develop athletes across our sport.

TALENT REPORT

Nurturing Junior Talent, Aspiring to Senior Success

Athletics NI seek to raise the potential of junior athletes aspiring to achieve senior success. We aim to achieve this through early exposure to the physical preparation and lifestyle planning that facilitates performance training. Through our Academies Athletics NI deliver an athlete, parent and coach focused curriculum aimed at improving physical qualities, sporting knowledge, psychological skills and performance behaviours in young athletes whilst educating parents and coaches on what it takes to perform consistently on the international stage as seniors. In doing so we believe Northern Ireland will develop a pipeline of junior athletes who will become successful seniors representing Northern Ireland at the Commonwealth Games and Great Britain or Ireland at major championships.

Talent Staff

Amy Foster, Academies Manager is responsible for planning and operations of both the Youth Academy and Speed-Power Academy and communications with athletes, coaches and parents. Scott Paulin is the Pathways Coach and delivers Academy sessions at both Jordanstown and Coleraine. Laura Kerr departed from the Talent Lead role at the end of September 2022.

Academies

The Youth Academy and Speed-Power Academy are vehicles to deliver our junior athlete, parent and coach curriculum. After disruption of Academy weekly programs in 2020-2021 Academy program delivery returned for 2021-2022 launching in November and running weekly until August. Along with weekly physical preparation sessions the athletes, parents and coaches received:

- 2 half term camps in October and February
- Physical preparation to support teenage athletes webinar
- Supporting the retention and progression of talented junior athletes webinar
- Championship policies webinar
- Competition Support for BMC Races and English U20 Championships
- 13-night Erasmus+ Endurance Camp in Portugal

Youth Academy

The Youth Academy launched in October 2022 with 15 new athletes selected and 21 returning. In 2022-2023 Academy support will include
Weekly speed development and strength and conditioning
Quarterly strength diagnostics
Integrated Physiotherapy clinics provided by Anna Lawther (Jordanstown) and Stephen Haslam (Coleraine)
Athlete, parent and coach education
Easter Warm Weather training camp for new athletes



Speed- Power Academy

The Speed-Power Academy, delivered at Ulster University Jordanstown recommenced in October 2022 with 20 athletes from NI & Ulster aged 14-18 years old selected. Speed-Power Academy assists athletes and their coaches with improving physical preparation & performance behaviours. Athletes have the opportunity to sample aspects of the Youth Academy curriculum and access strength and conditioning, speed development, electronic timing and movement screening. The Speed Power- Academy has previously proven useful in accelerating a number of young athletes towards Youth Academy.

JUNIOR PERFORMANCES

2022 saw record breaking performances from junior athletes with Nick Griggs becoming European U20 record holder for the indoor mile and breaking Irish and NI U20 3000m indoor and outdoor records. Finn O'Neill became NI U18 Decathlon record holder scoring 6838 points.

European Cross-Country Championships

The European Cross-Country Championships took place in Dublin in December 2021 with 4 junior athletes selected to represent Ireland in the U20 age group. Nick Griggs (Mark Kirk) finished in 16th position helping Ireland to win a team silver medal, Aoife McGreevy (Mark Kirk) was the first Irish finisher in the U20 ladies' team with representation also from Roise Roberts (Jim McGuinness) and Rebecca Rossiter (Andrew Han). NI's Mark Kirk was selected to manage the Irish U20 Men's Team.

European U18 Championships

3 Northern Ireland Athletes were selected to represent Ireland at the European U18 Championships in Jerusalem, Israel in July 2022. They were Finn O'Neill (Decathlon, Wendy Phillips) Kirsti Foster (1500m, Davy Foster), Lughaidh Mallon (1500m, Jim McKeown)

World U20 Championships

3 Northern Ireland Athletes represented Ireland at the World U20 Championships in Cali, Colombia in August 2022. Nick Griggs and Callum Morgan, coached by Mark Kirk, competed in the 3000m with Nick Griggs reaching the final and finishing in 9th position. Oliver Swinney, coached by Adam McMullen was selected in the 100m but unfortunately had to withdraw due to injury.

European Youth Olympic Festival (U17)

2 Northern Ireland Athletes represented Ireland at the European Youth Olympic Festival in Banská Bystrica, Slovakia in July 2022. Toby Thompson (Phillip Snoddy), selected in the 200m, and Lucy Foster (Davy Foster), selected in the 1500m, both reached their respective finals with Toby finishing in 5th position and Lucy in 10th.

World Para Athletics Grand Prix

Andrew Greer (Heather Ardis) was selected to represent GB & NI Juniors in the T54 100m and 400m in Jesolo, Italy where he won both of his events.

European Athletics Off Road Running Championships Ryan Smith was selected to represent Ireland in the U20 age group at the European Off Road Running Championships Palma, Mallorca in July 2022

Welsh International

After being cancelled in 2021 the Welsh U20 International returned in August 2022, held in Swansea, with 9 athletes selected to represent NI & Ulster. Stand out performances came from Adrienne Gallen with a personal best performance in the hammer, Nick Griggs with a solo 4:02 mile and Fintan Dewhurst produced an U20 stadium record of 53.46 in the 400m hurdles. Team management was provided by Amy Foster, Laura Kerr and Luke Dinsmore.

UK School Games

In September 2022 12 U17 Northern Ireland Athletes were invited by the Youth Sports Trust to take part in UK School Games. The reformatted competition is a high-level competitive experience for the young athletes and this year saw impressive performances from Andrew Greer (U20) winning Gold in the Boys 100m Wheelchair event, Finn O'Neill (100m Hurdles) and Jonny McLaughlin (Para Shot) winning bronze medals and personal best performances from Ashleigh McArdle (Shot) and Erin McBriar (Discus). The team was jointly managed and funded by Athletics NI and the Ulster Schools Athletics Association.

London Mini Marathon

A Northern Ireland team of 36 athletes travelled to London on Saturday 1st October to compete at the Virgin Money London Mini Marathon, with Emer McKee (Willowfield Harriers) winning a bronze medal in the U15 event. Thanks to the Ulster Schools Athletics Association who organised and managed this team.

Erasmus+ Funding

24 athletes and 7 club coaches were funded by Erasmus+ to take part in a warm weather training camp in Portugal during Easter 2022. Delivery of this project in addition to the Halloween 2021 Endurance Camp project saw key deliverables met for a grant Athletics NI were awarded in 2019. Final reports were prepared and submitted on 30th September 2022.

Educational seminars/workshop delivered on camp included:

Championship Environments-Laura Kerr & Tom Reynolds

Body Image & Nutrition-Katie Kirk

Injury Prevention-Evan Burke

Performance Behaviours- Amy Foster & Laura Kerr Hydration & Daily Wellness-Thomas Rogan/Evan Burke/Anna Lawther

75 % of the 24 Erasmus+ supported athletes achieved personal best performances in the 8 weeks since returning. Para Athletes Andrew Greer & Eve Walsh Dann used this camp as preparation for European Para Grand Prix where Andrew achieved his first Great Britain and NI selection and Eve continued her bid to qualify for the Commonwealth Games 100m.

One further Erasmus+ grant remains to support 20 athletes and 5 staff for Warm Weather training camp in 2023.

Mary Peters Trust Funding

The Trust have supported six athletes in 2021 with a total of £6500:

Nick Griggs Callum Morgan Finn O'Neill

Toby Thompson Eve Walsh-Dann Zak Hanna

Athletics NI are very appreciated of the ongoing support from Lady Mary and everyone at the Trust.



Thanks

I would like to thank the hard-working coaches in Northern Ireland who provide year-round expertise and guidance to our talented young athletes. Thanks also to the parents and guardians of our young athletes who provide transport, encouragement and daily support. We very much appreciate parents having engaged with us in during the past year as we have delivered the Academy curriculum and prepared athletes to travel with teams and on camps.

I would like to thank Athletics NI staff who support the delivery of Academy programmes and ensure the smooth running of weekly delivery. I would also like to thank physiotherapist Evan Burke, Anna Lawther and Stephen Haslam for their continued support with Academy physiotherapy provision and Academy coaches, Thomas Rogan and Kate Gourley, who came on board last year and have been invaluable in their contribution to Academy programs. We will continue to support talented young athletes and their coaches across Northern Ireland and thank them for their continued efforts and commitment to fulfilling their talents and representing Northern Ireland with pride.

PARA ATHLETICS REPORT

2021/22 was a good year for Para Athletics as we had 2 athletes compete at the Birmingham 2022 Commonwealth Games in August with Eve Walsh Dann in the T38 100m & Mark Millar in the T54 marathon finishing 6th. Mark Clougherty won 3 Gold medals & 1 Bronze medal at the Invictus Games in April. We also had 4 athletes classified, with 2 on the British Athletics pathway and 2 on the Paralympics Ireland pathway.

We ran 8 Sunday Para sessions between September 21 – May 22 to make up for some we missed during Covid. We were also able to run 2 Junior Try It sessions over the Summer, from which we got 4 new athletes attending.

Para Pathway

We provide a pathway for para athletes from beginners through to high performance and competition for various levels of para athletics. We run taster sessions for children aged 8 – 17 at different times during the year including Easter and Summer. We

run six para sessions between September – April for athletes 12 years through to seniors, and these sessions are suitable for beginners to developmental athletes. We want as many athletes to join local athletics clubs as possible. Athletes also have the opportunity to join the Youth Academy sessions once they reach this standard. When athletes reach the Event Specific or Performance Levels of the Athlete Development Pathway they work with Tom Reynolds Performance Lead and Amy Foster Academies Manager.

We run regular workshops for coaches including an Athletics Disability Inclusion Workshop and Basics of Wheelchair Racing & Chair Maintenance as well as master classes for further development.



Website

This year we have updated the web page with more information of our aims & objectives, what we offer including, our Para Coaching sessions through winter and the workshops we offer coaches. We have added more information about classification including a list of events for different classification at top level competitions such as Commonwealth Games and Paralympics and have designed a specific Para Athletics logo, seen above.

Strategy

With our aim of discovering more para athletes that could train to be competitive at Commonwealth and Paralympic level, we have been asking ourselves where we should look for athletes. Are there athletes already in clubs that can be classified? Can we find new athletes who are already involved in our sport and perhaps haven't considered the para pathway? Can we find athletes from different sports and facilitate a transfer to Athletics?

We hope to work more closely with other organisations such as Disability Sport Northern Ireland (DSNI), Angle Eyes (children with a visual impairment), Musgrave hospital (rehabilitation for amputees, strokes etc.) to reach athletes across a range of sports in Northern Ireland. We have tried to work with some in the past with mixed results and we are considering how we may gain greater engagement with them.

In addition, we would love to hear from coaches and teachers who are aware of athletes in their squads or classes that could be our future Para stars.

Raising the profile of para athletes

Last year we tried to use our high-level para athletes to promote the sport through videos on social media where they tell their story of how they got into athletics and what the benefits the sport provides.

We have a mix of athletes from those that were involved in athletics before moving to the para pathway such as Jason Smyth, Michael McKillop and Eve Walsh Dann and those that have come from another sport including James Hamilton (swimming), David Leavy (football) and Jack Agnew (basketball). This served as good promotion for our athletes and the sport in general, ahead of the Summer Paralympics.

Race/Frame Running (name to change to Frame Running in 2022)

Last year we wanted to hold a Race/ Frame Running workshop here for coaches and athletes. British Athletics brought over 2 Race/ Frame Running coaches in July. We had 4 coaches attend the workshop but unfortunately no athletes applied to attend. I think it's still very new and people aren't that sure what the event is or who can take part in it. For the workshop we were able to borrow 2 frames from Ability Ireland for the weekend. We have since had a few people email about wanting to try Frame Running but we have not been able to secure funding to purchase any frames yet



Development Report



Development Manager

Eilish Ward

Coach Education and Development

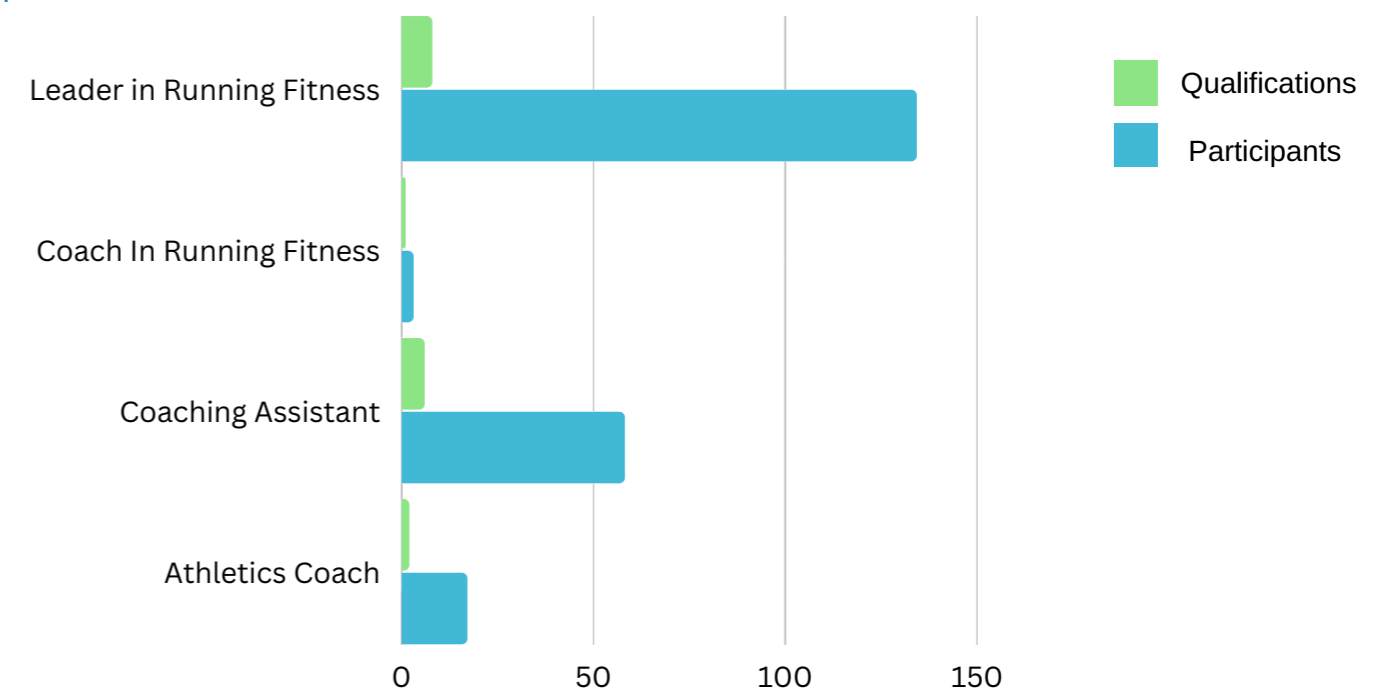
Formal Coaching Qualifications

Throughout the last year, we have been working to clear the backlog for coaches awaiting to undertake their formal coaching qualification following Covid restrictions. Currently within Northern Ireland, there are 901 actively licensed coaches. A huge thank you to Luke Dinsmore, Athletics Development Assistant, who supports clubs, coaches & officials with the licensing process. Over the past 12 months, the following coaching qualifications have taken place:

Event Group

1 Participant completed the Endurance Integration Day through England Athletics.

Over the past year, there has been a focus on ensuring there is a better geographical spread across Northern Ireland (particularly at LiRF and Coaching Assistant level). In recent months, we have held courses in Omagh and Coleraine with future courses planned for Galbally. In 2022-23, we are aiming for 50% of formal Level 1 courses to be held outside of Belfast (where possible).



As we continue to work with UK Athletics and the other Home Country Athletics Federations to support Coach Education, there have been numerous other developments in Coach Education in the past 12 months including:

- The launch of the new online First Aid training (as part of the Mandatory module) for all newly qualified coaches.
- A new blended Coaching Assistant course pilot took place in June 2022 to trial self-guided online modules as part of this course.
- Updates to the current UK Athletics Tier 1 & Tier 2 Safeguarding Training.
- Senior Coach Developer Programme through UK Athletics currently being undertaken.
- Updates to Coaching Codes of Practice and Guidance.
- 1 newly qualified tutor to support Coach Education delivery.

Verification Process

Over the past year, we have been conducting an internal and external verification process regarding our formal coach education delivery & assessment process to ensure that we meet continuous high standards and a level of consistency within this area. This process has been conducted at Level 2 courses (CiRF and Athletics Coach) to ensure consistency with other Home Country Delivery and has supported tutor and coach development.

Coach Development and CPD

Following the return from Covid, we have looked to improve our informal coach development offer and return to face-to-face delivery resulting in:

- The return of Athletics 365 workshops with 3 workshops running with over 40 participants.
- The creation and launch of a "How to Run a Successful Couch 2 5K" Workshop for newly qualified LiRF's. A pilot of this workshop was delivered to the Western Trust in August 2022 and will be rolled out further in upcoming months as needed.
- The return of the face-to-face Teachers CPD Day in March 2022 which supported foundation and fundamental development of over 30 teachers.

Through collaboration across the Pathways teams (Development, Talent, Performance) a series of workshops were planned to cascade the knowledge and expertise of talented junior athletics coaches in Northern Ireland & the UK. Expert coaches delivered Zoom seminars and practical workshops for junior club coaches working with those aged 14+. The 8-part series ran between January- March 2022 and engaged 300+ coaches with continuous professional development with workshops including:



1. Physical Preparation to Support Teenage Athletes Amy Foster, Laura Kerr & Scott Paulin, Thursday 20th January 2022 (Zoom.) 123 Registrations.

2. Physical & Technical Development for Discus Throwers David Sweeney, Sunday 23rd January 2022, University Ulster, Jordanstown. 8 Registrations.

3. Supporting the Retention & Progression of Talented Junior Athletes Laura Kerr, Thursday 3rd February 2022 (Zoom.) 83 Registrations.

4. Introducing Steeplechase to Junior Middle Distance & Endurance Athletes Bashir Hussain, Saturday 5th February 2022, Mary Peters Track, Belfast. 8 registrations.

5. Junior Training for 400m Ian Neely, Sunday 6th February 2022, 11am – 2pm, Mary Peters Track, Belfast. 9 Registrations.

6. Exploring Mountain Running as an Opportunity for Junior Endurance Athletes Phil Hodge, Jackie Newton & Zac Hanna in partnership with NIMRA, 18th March 2022 (Zoom.) 53 registrations.

7. Supporting the Identification & Unique Physical Preparation Needs of Para Athletes Sam Heathcote & Joe McDonnell – Hosted by Laura Kerr, Thursday 24th March 2022. 22 Registrations

8. Maximum Velocity & Speed Endurance Training for 100m & 200m. Amy Foster, Sunday 27th March 2022, Mary Peters Track, Belfast. 10 Registrations.

CLUB DEVELOPMENT & GOVERNANCE

Club Self-Assessment Tool

Athletics NI launched the Club Self-Assessment Tool mid- 2021 to support clubs in relation to various topics of club development & governance. The tool focuses on 7 main areas critical to club development: governance & planning; financial management; club operations; marketing & communications; facilities & equipment; coaches & officials and; athlete development and is free to all Athletics NI registered clubs. Club across Northern Ireland have utilised the tool over the past year to support their own development and create their own annual development plan for their club.

Club Education Workshops

Following the launch of the Club Development & Modernisation Strategy and the initial Club Conference last year, a series of mini-conference style workshops have ran across multiple topics of club development such as developing club culture, funding, running an effective committee, safeguarding, mental health awareness and creating development plans. These workshops have been open to clubs across Northern Ireland with over 70 individuals attending.

Additionally, through our partnership with Sport NI, in April 2022, we launched a series of four workshops which Athletics NI clubs can avail of at any time. To date, 3 closed workshops have run with over 40 attendees. Further workshops are planned through partners such as Sport NI, Sported and Kyniska Advocacy for the remainder of 2023 to continue to support club development.

FUNDAMENTAL & FOUNDATIONAL PROGRAMMES

Over the past year, there have been several staffing changes within this area with Jonny Whan initially joining the team as Club & Coach Development Officer from Oct 2021-March 2022 and Declan Leung taking over this role.

During this 12-month period, we have been able to sustain fundamental & foundational programme delivery at the Mary Peters Track with flagship programmes continuing to run with over 250 children accessing these programmes in the past year.

Additionally, we have been able to trial several club-based programmes through partnerships with clubs such as Armagh AC (StarTrack pilot in Easter 2022), Orangegrove AC (Rising Stars ongoing programme) and Newcastle AC (StarTrack pilot Coaching Day in August 2022). Based on current resources, we are currently working to make all programmes more club & community friendly to provide a best-practice curriculum for delivery across Northern Ireland making it easier for more children to become involved in Athletics at the earliest stages.

RUNNING PARTICIPATION

Run NI

Our running participation arm, Run NI continues to support grassroots running groups and run leaders across Northern Ireland through our two Running Participation Coaches: Patricia Campbell (West) and Paula Wallace (East). Run NI supports the delivery of recreational running through Coach 2 5K Mentoring programmes for newly qualified LiRF's (8 of these have ran since Jan 2022 with 3 new running groups established as a result); ongoing guidance, support and information through regular club & group visits as well as the Run Leaders Toolkit; the annual Run NI Birthday 5K (held on 9th Oct) and a Run Leaders Day which included First Aid Training took place in March 2022.

Additionally, Run NI has supported local trusts including the Western, South-Eastern and Northern Trusts the NI ambulance service and other local councils with their own virtual and face-to-face Coach 2 5K programmes to support the development of recreational running programmes throughout Northern Ireland.

The Daily Mile

Following the initial formalisation of a partnership between Athletics NI, UK Athletics, the other Home Countries and The Daily Mile, we have been working with the organisation over the past year to promote the programme within school settings as well as link in with promotional events including The Daily Mile Santa Run (Dec 2021), The Daily Mile Run to Stormont (Feb 2022) and the 10th Anniversary Daily Mile Event (Aug 2022). We continue to work with The Daily Mile Network in NI to raise the profile of recreational running amongst children and create connection between the programme and lifelong participation in the sport.

Safeguarding & Welfare

Following the recommendations of the Quinlan Review, Athletics NI, along with the other HCAF's launched the new safeguarding policies and procedures set to bring heightened levels of safeguarding expertise and improved processes throughout the sport across the UK. Athletics NI have implemented a new format for submitting safeguarding concerns, using a new online platform called MyConcern. This tool has been created by child protection and safeguarding professionals, relentless in their efforts to keep children, young people, and adults at risk safe from harm. MyConcern is a simple to use, safe and secure software for recording and managing all safeguarding concerns in any setting. This system can be used to submit a safeguarding concern by clubs, athletes, coaches, parents or any other individual.

Ongoing work with UKA, other HCAF's and the CPSU continues to take place to ensure that the highest standards of welfare and safeguarding are implemented within the sport so that a safe environment is created for all those who participate within the sport. In June 2022, Athletics NI were involved in the CPSU led, Sport NI audit which looked at how robust organisations Safeguarding procedures were. Athletics NI continue to work closely with the CPSU to improve their processes, procedures, and practices.

Athletics NI have continued to support Kyniska Advocacy and their work to safeguard young athletes in sport. We have held discussions around the creation of bespoke workshops and resources aimed at different cohorts e.g., club officers, coaches, athletes & parents.

Recently we shared a survey with all our designated officers to get their insight as to what they would like to get from each of these sessions and resources.

Additional training has taken place throughout the year to complement the UKA Online Safeguarding Tier 1 module for Coaches and Officials including Designated Safeguarding Children's Officer training, Safeguarding Children & Young People Training and Mental Health Awareness Training with over 30 attendees. Further Safeguarding and Welfare workshops are immediately planned for Nov & Dec 22.

ONGOING WORK WITH SPORT NI

In November 2021, Sport NI released a one-year transition funding application process for 2022-23 for which governing bodies were eligible to apply. Through collaboration with the Talent and Performance Leads as well as the Interim CEO at the time, Athletics NI submitted a successful funding application for both Club Environment and Performance Environment Transition Funding. This funding is essential for financing both programmes and posts at all stages of the pathway.

As part of the ongoing work within the Club Environment space, we regularly report to Sport NI on our current project progress to date in areas such as club and competition modernisation, duty of care, coach education and development, running participation and development programmes. We also report on current figures within the sport such as coaches, officials, clubs, and participants as well as aiming to support key cornerstones such as providing a duty of care, supporting mental health & wellbeing, driving connection in rural areas and inclusion.

Thanks

Firstly, a huge thank you to everyone involved in the sport such as our coaches, clubs, athletes, committee members, officials, and everyone else in between. Grassroots sports simply can't run without you.

A sincere thank you also to the Athletics NI staff, both past and present, with particular thanks to Declan, Jonny, Luke, Paula, Patricia, and Allister for their work in the Development area over the past year as well as my colleagues across the organisation for their collaboration and support.





Marketing & Events Report



Marketing, Communications & Events Manager

Shauna Bratten

The past year has seen a lot of changes within the Events & Marketing department with significantly reduced staffing and, coupled with structural changes in the organisation as a whole, this has made for some challenges.

Despite the pressures on resources, the department delivered a full roster of events, including track and field, cross country and road races, as we continued to work within the ongoing Covid restrictions during the latter part of 2021, as well as promoting every aspect of the sport, through our various Marketing & Communications channels, and looking after the office administration, including Club Registrations and Permits.

Below I give an overview of the year covering some of the work within the department:

Club Affiliation & Registrations

For the 2021-2022 year, Athletics NI had 95 affiliated clubs, with a membership of 8,476, of which 1,169 were Junior athletes and 7,307 were Senior athletes. The three biggest clubs for the 2021-2022 year were North Down AC, North Belfast Harriers and Ballymena Runners.

For the 2022-2023 year, Athletics NI have moved to a new membership and online entry system, with OpenTrack. The aim of the new system is to provide a better service for clubs and event organisers, reducing admin work and enhancing the offering by linking to live results systems; displaying live start lists; linking athlete profiles, which allow athletes to keep control of their own data and much more.

Development of the system is still ongoing to ensure that the system will continue to serve the athletics community.

We would like to welcome, CNDR Track Club, St Colman's College, Wednesday Night Runners and The Carryduff Running Club who have all affiliated to Athletics NI over the past year.

Permits

As the national governing body, we administer the permits for all events across Northern Ireland, in road races, cross country, mountain running and track and field, as well as providing assistance and support for event organisers.

Below shows details of the Permits issued from 2017- 2022:



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				Running	Track & Field	
16-17	27	16-17	324		2017	7
17-18	19	17-18	258		2018	13
18-19	32	18-19	315		2019	15
19-20	26	19-20	137		2020	16
20-21	14	20-21	102	15	2021	19
21-22	25	2022	134	22	2022	22

While cross country and track and field have mostly recovered from the Covid restrictions in terms of the number of events, unfortunately road races are yet to fully return, due in part to the road race regulations and increased costs of hosting events.

Equality, Diversity & Inclusion

We continue to work with UKA, the Home Country Federations, in all aspects of the Equality, Diversity and Inclusion work, including project work to address the findings of the Transgender Inclusion in Domestic Sport Review.

EVENTS

Below I will give an overview of each of the events:

Podium4Sport Seeley Cup 10k- Saturday 4th December 2021

Hosted by Willowfield Harriers, sponsored by Podium4Sport and supported by Athletics NI. The 2021 event saw over 750 runners take part in the annual event in Ormeau Park.

Flahavan's Primary Schools Cross Country League 2021-2022- November 2021-March 2022

The League was once again sponsored by Flahavan's Porridge. This year's event had one round and a final, due to continued Covid restrictions within the school environment. The round was split into 9 areas, to ensure the races could be held safely, while maintaining social distancing protocols. There were over 1,500 pupils competing from over 400 schools, many for their first time at cross country, with 350 children qualifying for the Final in March 2022.

The top 20 girls and boys from the Final then continue on to the Flahavan's Endurance Squad, which meets 6 times per year, led by Athletics NI Running Participation Coach, Paula Wallace. The Squad meet for social and fun training sessions, and they also get to compete at the International Cross Country and Belfast International. I am extremely pleased to continue to work with Flahavan's Porridge and have their ongoing support for the League, as this event would not happen without them. I would also like to thank the clubs and individual volunteers who assist with Flahavan's each year.

UUJ Indoor Meets- January & February 2022

Athletics NI hosted the annual Sprints & Hurdles Meet on Saturday 15th January at Ulster University, Jordanstown, and the Jumps & Throws Meet on Saturday 5th February 2022, with over 160 entries for each. Covid restrictions meant things were a little different than normal, including having no spectators inside the venue, however this was the biggest entry to these events that we have had in some years.

Northern Ireland International Cross Country- Saturday 22nd January 2022

World Cross Country Champion, Helen Obiri was the headline athlete for the 2022 installment of the International Cross Country, which included the Home Countries International, the Celtic Games and the British Cross Challenge, with visiting teams from England, Scotland, Wales and Ireland and was once again supported by Lisburn & Castlereagh City Council. Despite the ongoing covid restrictions affecting the event, there were over 450 runners take part of the day, ranging from primary school children to masters athletes. The live stream coverage of the event had over 18,000 views, showcasing Northern Ireland and athletics to a worldwide audience.

NI & Ulster Intermediate & Masters Cross Country- Sunday 30th January 2022

Hosted at the Queen's Upper Malone playing Fields, the event had 335 athletes competing across 4 races. The NI & Ulster Intermediate Men's Champions for 2022 were North Belfast Harriers and the Women's Champions were Annadale Striders. In the Masters Women, Newcastle & District AC won the team prize, with Annadale Striders picking up the Masters Men title as well.

NI & Ulster Senior Cross Country Championships- Saturday 26th February 2022

Hosted at Gransha park, with support from City of Derry Spartans and the use of Oakgrove College facilities. 181 athletes competed across 2 races, with North Down AC taking the Women's NI & Ulster Senior title and Annadale Striders taking the Men's title.

NI & Ulster Indoor Age Group Championships- Saturday 5th & Sunday 6th March 2022

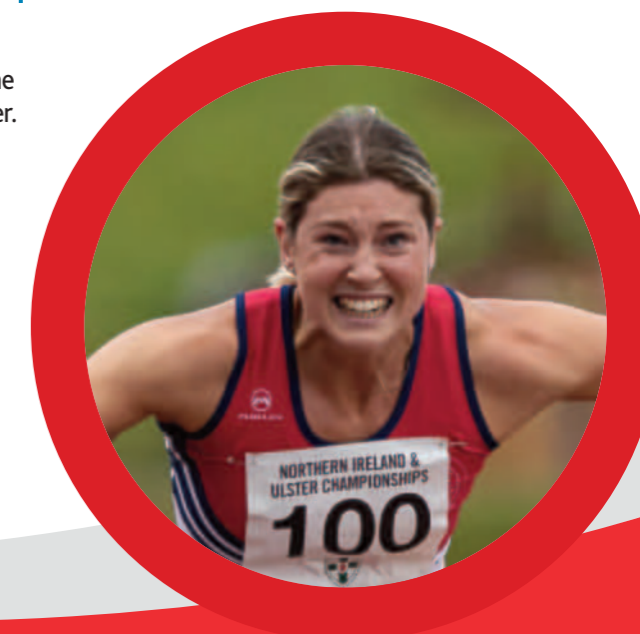
The competition returned, after a 1 year break due to Covid. Hosted at the AIT, Athlone, the event had 652 athletes, both age groups and seniors, taking part in a range of events, supported by over 30 officials from both Athletics NI and the Ulster Athletics Council.

Spar Craic 10k- Thursday 17th March 2022

Athletics NI staff and XC & RR Committee supported the event, hosted by Aisling Events, bringing runners from across Northern Ireland to Belfast for the St Patrick's Day celebrations. The event had over 1700 runners taking part, many of whom raised money for charities.

Titanic 10k- Sunday 3rd April 2022

The annual Titanic 10k rebranded, and moved to a new course around the Belfast Harbour, moving from the growing and ever-busy Titanic Quarter. The event was blended, with some runners competing in person on the day, while others ran a virtual 10k, following the fully Virtual event in 2021. There were over 730 runners taking part on the day, with Willowfield Harriers' Aaron Woodman winning the men's event and Donore Harrier's Sorcha Nic Dhomhnaill winning the women's event.



ANI Open Meet- Saturday 30th May 2022

Held at the Mary Peters Track, the first outdoor open meet of 2022, forming part of the competition strategy to provide shorter format event opportunities. The event hosted Long Jump, Shot Put, Discus and Hammer events for senior athletes.

Mash Direct Belfast City Marathon- Sunday 1st May 2022

Athletics NI staff and the XC & RR Committee supported the annual Belfast City Marathon, hosted by the Belfast City Marathon office. The 2022 event was the NI & Ulster Marathon Championship, with Annadale Striders claiming the Men's team prize and Coalisland Na Fianna Runners winning the Women's team prize.

Belfast International & Schools Celebration Event- Friday 27th & Saturday 28th May 2022

The annual Belfast International Meet was supported by the Department of Communities and Belfast City Council, and was a special celebration of Mary Peters 50th Year since winning her Olympic Gold Medal. The event was once again part of the European Area Promotions circuit, attracting athletes from across Europe to take part. Local schools took part in a special Celebration Event on Friday, each receiving a commemorative certificate and goodie bag presented by Lady Mary Peters and the Athletics NI mascot, Goldie. The Saturday events celebrated Lady Mary Peters, with NI's own Tokyo Olympians, Ciara Mageean and Leon Reid taking part. The competition was one of the final chances for athletes to secure Commonwealth Consideration standards, so provided good competition for local athletes and those from the UK, Ireland and Europe. The live stream coverage of the event had over 4,000 views, showcasing the Mary Peters Track to a large audience.

ANI Open Meet- Sunday 5th June 2022

Held at Antrim Forum, the next outdoor open meet provided local athletes with the opportunity to compete in sprints, Javelin, High Jump, Triple Jump and Pole Vault events.

NI & Ulster Children's Games & U12-U13 Championships- Sunday 5th June 2022

Hosted by the Ulster Athletics Council in Clones, the event provided younger athletes the opportunity to compete and also hosted the Championship events for those in the U12 and U13 age groups.

NI & Ulster U14-U20 Age Group Championships- Saturday 11th & Sunday 12th June 2022

The annual Age Group Championships took place across two days at the Antrim Forum, with over 560 athletes taking part, supported by over 35 officials. Athletes from each age group qualify through to the All Ireland Championships later in the year.

NI & Ulster Senior Championships- Saturday 18th June 2022

The annual Senior Championships took place at the Mary Peters Track. Just over 300 took part, with over 3,600 people watching the event via the live stream coverage, provided by East Down AC Youtube.

NI & Ulster 10,000m & Relay Championships- Saturday 20th August 2022

The annual Championships were held at Antrim Forum with over 70 relay teams taking part and 7 runners in the 10,000m Championships. North Belfast Harrier's Conan McCaughey won the Men's 10,000m title while, Grainne Kearns of Foyle Valley AC won the Women's 10,000m title.

NI & Ulster Combined Event Championships- Saturday 3rd & Sunday 4th September 2022

On a weekend which marked the anniversary of Lady Mary Peters Olympic Gold medal, ANI hosted the annual Combined Event Championships at the Mary Peters Track, with guests from England, Scotland, Wales and Ireland competing against local athletes.

Les Jones Memorial & Run NI Birthday 5k- Run NI Birthday 5k- Sunday 9th October

The annual Les Jones Memorial event was combined with the Run NI Birthday 5k, which invited athletes to the Mary Peters Track, to compete and for some, to graduate from their Run NI C25k programme.

International, NI & Ulster Even Age Group Championships and Bobby Rea Cross Country- Saturday 22nd October 2022

Supported by Lisburn & Castlereagh City Council, the event was hosted at the Billy Neill MBE Country Park, incorporating the 2023 edition of the International Cross Country, with the annual Even Age Group and Bobby Rea events. This marked the second International Cross Country of 2022, with over 1500 athletes taking part. The live stream coverage had over 7,300 views to date, once again showcasing Northern Ireland as an ideal venue for International events.

NI & Ulster Uneven Age Group & Novice Championships- Saturday 5th November

The annual Uneven Age Group and Novice Championships were hosted by the Ulster Athletics Council, with support from Athletics NI. The event was hosted in Stranorlar, Co Donegal, with over 800 athletes taking part.

MARKETING & COMMUNICATION

The Athletics NI marketing channels span, two websites, 11 Facebook pages, 3 Instagram pages, 2 Twitter accounts, as well as email marketing. With the before mentioned strain on resources within the department, this posed an issue to the continuation of a consistent marketing approach. While campaigns across a range of the Athletics NI channels have continued to provide the wider athletics community with information and news stories, such items as the monthly newsletters and news stories, including event previews and reviews, have unfortunately not been as regular during this period.

Athletics NI continues to work with press and media, online, as well as print and broadcast media to ensure athletics retains the profile built across the last few years, including regular coverage in the News Letter, Irish News, Ulster Herald and Belfast Telegraph.

Website & Email

Overall visits to the Athletics NI website continue to grow, with the introduction of a 'Upcoming Courses' page for coaching courses, along with the Club Development section, and regular updates to the most used pages, including Fixtures, Results and the Coronavirus Advice page (which has since been moved from the main menu).

The Athletics NI website is an important asset as the organisation's main digital location, alongside our various social media channels, which drive traffic towards it.

We have an email contact database of 58,356, with monthly newsletters sent to a membership of over 19,094 across 2021-2022.

Social Media

Continuing from the latter end of 2021, Covid messaging was still a regular feature on the social media channels. As we moved away from restrictions, there was an uplifting return to regular pieces around events, programmes and courses across the country.

The social media channels allowed the athletics community to interact and follow along with live tweets of the Birmingham 2022 Commonwealth Games, and to share their support for the athletes competing.

Thanks

I would sincerely like to thank the XC & RR Committee, Track & Field Committee, Officials and the Mary Peters Track staff for their continued support throughout the past few rather challenging years. Their support to the sport as a whole is invaluable. I would like to thank the Athletics NI staff who have shown their support over the last 12 months, and am delighted to welcome Isaac, Anna and Kristen to the team.

I would also like to thank the various council bodies, Lisburn & Castlereagh City Council and Belfast City Council for their ongoing support of the Athletics NI events.



Mary Peters Track Report



Mary Peters Track Manager Wendy Phillips

The lifting of Covid restrictions saw a resurgence of Clubs and Athletes returning to winter training. Usage figures indicate that the younger age group between 12-16yrs showed a marked increase with new groups emerging and existing ones gaining new members. School Sports days have reverted to pre-covid levels with several new schools making bookings. In addition, there was an increase in the number of Schools PE training sessions.

The track continues to develop excellent working relationships with Schools, Colleges, Health Board Trusts, Charities and Corporate Businesses, as well as a wide range of Media, Promotional and Film Companies. The Buggy Club continues to attract new members and flourishes all year round, whilst the after schools MPT Panthers scheme remains steady as does the Startrack summer schemes. The Rising Stars programme has declined compared to previous years, and is now delivered by Orangegroove AC.

This year we had our highest number of International Championships, with the IMC attracting a wide range of international athletes who performed at the highest level many gaining personal bests and standards for World and European Championships. This was followed two weeks later by the Belfast International on 28th May which celebrated the 50th Anniversary of Lady Mary Peters winning her Olympic Gold Medal. Funding was secured from the Department of Communities for the first time, along with continued support from Belfast City Council.

We attracted the Schools International SIAB for the first time with over 500 athletes from across England, Scotland and Wales, giving local athletes an opportunity to compete against their rivals on home ground.

The NI Combined Events Championships were a great success with numerous athletes competing from England, Scotland and Ireland making it the most successful Combined events ever held in Northern Ireland, with the largest Senior entries. The event also attracted several former Olympic, World and Commonwealth Games athletes including Daley Thompson, Anne Packer, and Heidi Rosendahl who won her Olympic Silver medal in the Pentathlon behind Mary Peters in Munich. Other well know Decathletes included Mike Bull and Colin Boreham.

The first day saw torrential rain but despite this and better weather on the Sunday all the athletes achieved excellent performances. Positive feedback was received from the international athletes, coaches and Team managers who commended ANI's Event organisation, Officials and Mary Peters Track Staff

Financial and staff resources remain an issue, with limited officials and volunteers covering a wide range of events in a hectic timescale. Despite this all competitions were delivered to a very high standard with timetables all running to plan.

Maintenance

A significant number of long-standing maintenance problems were resolved. A new toilet block has been put in place behind the Grandstand offering much needed additional toilets. Groundwork has finally been carried out by the council to rectify the sewage problems which have been outstanding since 2013.

The car Parking spaces for disabled users had broken pavers which have been dug up and replaced with new tarmac and painted. New planted flower beds have been put in place behind the Mary Peters Statue along with two memorial benches for Mary Peters Coach Buster McShane and High Jump Coach Mollie Phillips.

A new bicycle stand has recently been put in place at the side of the Grandstand. Ongoing discussions are ongoing with the council to replace the rusting storage containers which are decades old as equipment inside is being destroyed.

Plans are under way for next year to ensure the Track achieves UKA TrackMark accreditation which is essential to secure international events. It was the 5th Track out of 360 in the UK to achieve the standard in 2018. The Belfast City Council Tender is another significant piece of critical work to be delivered next year to ensure that Athletics NI continue to operate and manage the track as winning the Tender is a vital component in the sustainability of the sport.

Track & Field Committee Report

The Track and Field Competitions Committee is composed of a number of sub groups: including facilities and technical and this year members of the committee have also supported the work of ANI memorandum and articles of association working group. Each group meets on a regular basis to deal with their areas of responsibility and from this a report is presented to the main committee for information and discussion at each committee meeting. Up until May, because of continuing Covid restrictions, all meetings were held via Zoom; however in June the first face to face meeting, for a considerable time, was held and perhaps fittingly it was the first T&F meeting attended by the newly appointed CEO.

The Track & Field committee is mostly comprised of volunteers, supported by staff members, and the aim is to deliver high level competition for athletes of all abilities. It is therefore disappointing when on a few occasions throughout the season that officials, staff and volunteers have had to endure inappropriate behaviour from coaches/spectators. This is an issue the committee will continue to monitor and take appropriate action, if/where necessary.

The year started with the usual indoor meetings at UUJ – but unusual as we were still observing Covid restrictions, however the events were a great success. It was good then to get back to the outdoor meetings, especially as restrictions were relaxing and we could all get back to enjoying participating in our sport.

There were many great highlights during the season, not least the recognition of the achievements of Lady Mary Peters. Indeed the combined events championships at the end of the season were one of the most successful events of the year. There have been many compliments from those throughout the UK who travelled to compete. All those involved in the organisation are to be commended, as they are for every competition. There is much behind the scenes work goes into an event and the whole committee are to be thanked for their time and commitment.



throughout the year, and provided feedback and recommendations to the Track & Field Committee. Our aim is to help deliver high quality competition for all levels of athletes in Northern Ireland.

This year we have been able to return to face to face meetings although on occasions we continued to meet using WhatsApp and Zoom calls. Our duties have included:

- Deploying officials to local competitions and making local referee and chief appointments.
- Managing of NI officials for UKA Competitions Approving progression of officials through the pathway.
- Communicating to officials all rule changes from UKA, AAI and World Athletics.
- Providing help and advice on planning timetables and formats for competitions
- Providing a safe and welcoming environment for officials at competitions.
- Monitoring officials' development.
- Monitoring feedback from athletes and officials following competition.

2022 was another busy season for Athletics NI officials of all levels. Locally we provided officials for all Athletics NI Indoor and Outdoor Competitions, 17 meetings in total plus another 16 competitions for other organisers.

We would like to thank all our officials for officiating at these competitions. It is the same group of dedicated officials who give up so much of their personal time and turn up each week to help local athletes, of all standards, achieve the best performance possible and enjoy the experience of fair competition.

It is encouraging to see clubs organising competitions and we were happy this year to provide the following clubs with officials for their events:

- Annadale Striders AC – Night of 3000m races
- Irish Milers – Belfast Competition
- Lagan Valley AC – Firmus Fab 5 Open Meetings Northern Ireland Masters Association T&F and Cross Country Championships
- North Belfast Harriers – Afternoon of 5000m races Athletics Ireland National League – Round 1
- Ulster Schools

- Track & Field Championships
- Schools International Athletics Board – Schools International
 - Victoria Park & Connswater AC – Road Relays

Hopefully these clubs and competition providers will encourage their club volunteers to register for an Officials Course and support their club by joining our team of qualified officials.

Officials Selections

Congratulations to Athletics Northern Ireland Officials who were selected to officiate at UKA meetings in 2022. We had representatives at both of the UKA Indoor Competitions in Birmingham:

- The Grand Prix
- British Indoor Championships, where Wendy Davis was appointed as Track Referee.

Athletics NI was also well represented at the following UKA Outdoor Competitions

- Diamond League in Birmingham where Pam Brown was selected as Call Room Referee
- British Champs in Manchester in June,

Seven Athletics Northern Ireland Officials had a great experience when they officiated at the Commonwealth Games in Birmingham in July

- Joy Alexander
- Ian Atkinson
- Pam Brown
- Wendy Davis
- Eilis Ferguson
- Barbara Scott
- Kurtis Scott

Very well done to all these officials.

Congratulations also to all our new Track & Field Officials who after attending a Level 1 course, completed their four experiences and are now qualified Level 1 officials.

This year five Endurance Officials completed the requirements to upgrade to become UKA Level 2 Endurance officials. They are now gaining more experiences at Cross Country and Endurance Races and working towards the Level 3 qualification.

Unfortunately we decided not to run courses in March this year due to a very low number of people showing interest in attending. Hopefully there will be more interest in the November courses and we will have several new officials next season.

Officials are a vital part of our sport, so thank you to all Athletics NI officials for providing the opportunity for high quality competition, without your dedication and skill there would be no competition for our athletes. Your hard work is greatly appreciated.

Many thanks to all for your support throughout what was a very busy year.

We look forward to a great season in 2023
Barbara Scott
Secretary



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Many thanks to all for your support throughout what was a very busy year.

We look forward to a great season in 2023
Barbara Scott
Secretary



Cross Country & Road Running Committee

We are delighted to report that relative normality has returned this year following the Covid restrictions so we were able to run off our cross country championships successfully over the year as follows:

Saturday 22nd January 2022- Northern Ireland International Cross Country, incorporating the Home Countries International and Celtic Games at Billy Neill MBE Country Park.

Sunday 30th January 2022- NI & Ulster Intermediate & Masters Cross Country Championships at Queen's Upper Malone Playing Fields.

Saturday 26th February 2022- NI & Ulster Senior Cross Country Championships at Gransha Park. **Saturday 22nd October-** International, NI & Ulster Even Age Group Championships and Bobby Rea Cross Country at Billy Neill MBE Country Park.

Saturday 5th November- NI & Ulster Uneven Age Group & Novice Championships at Stranorlar.

In January, we hosted the Home Countries and Celtic Internationals at Billy Neill MBE Country Park with generous sponsorship from Lisburn and Castlereagh City Council. It was a very successful day with some very impressive performances from our teams as well as Kenyan Hellen Obiri and the visiting teams from England, Scotland, Wales and Ireland.

In February, we hosted the NI & Ulster Senior Cross Country with support for City of Derry Spartans, who assisted with course set up and take down as well as marshalling on the day.

The recent Even Age Championships in October also incorporated the annual Bobby Rea Memorial races. Once again, we received generous help from Lisburn and Castlereagh City Council, so these races included some International guests and were live streamed.

Staff at the Billy Neill MBE Country Park have been very helpful over the past number of years and we are pleased that we have established, with the councils cooperation, a semi-permanent cross country course, which provides all of the necessary facilities, particularly car parking and changing on site. It is becoming increasingly difficult to source adequate cross country courses with adjoining facilities of the required standard and we are very pleased to have use of such an outstanding course.

The Athletics NI Cross Country League again proved very successful and is proving to be a key element in increasing adult participation in cross country running.

Road Races

Road racing has returned following the Covid restrictions, however participant numbers in many events are not yet as high as in pre-covid times.

The NI & Ulster 2022 Road Race Championships were as follows:

- 5k- Deep RiverRock Queen's 5k on 6th April.
- 10k- Bangor 10k on 24th September.
- Half Marathon- Waterside Half Marathon on 4th September.
- Marathon- Mash Direct Belfast City Marathon on 1st May.
- Road Relays- NI Road Relay Championships on 1st October.

Athletics NI also promoted the Titanic 10k on Sunday 3rd April and the Les Jones Memorial 5k on Sunday 9th October, in conjunction with the Run NI Birthday 5k.

The new legislation on road closures is still causing considerable confusion and frustration particularly among race promoters. Having been promised that changes would be made following consultation, nothing much appears to have happened apart from rumours of extra training requirements for race marshals. We will continue to work as best as we can, to obtain more clarity and to alleviate some of the more onerous aspects of the legislation.

NI Masters Athletics Association Report

The period from November 2021 through to November 2022 has very much been one of "normal service resumed" for Northern Ireland Masters Athletics.

After all the lockdowns and restrictions due to Covid we have at last been able to return to the normality of regular competition. In the year 2020/21 our numbers, including athletes who had their membership rolled over free of charge as a result of no competitions during the restrictions, stood at 231. This year saw that rise to 251 with 57 first-time members.

During the winter season we were able to resume our cross country league, which saw keen competition among both men and women throughout the age groups.

On 25th June this year we again held our Track and Field Championship at Mary Peters Track. 190 athletes competed in throws, jumps, sprinting and middle distance races. There were many fine performances. Most athletes entered more than one event, with some competing in 5 or more. As always this great day of age group athletics would not have been possible without the assistance of our own volunteers, and the officials from Athletics Northern Ireland to whom I wish to convey my sincere thanks.

As was our custom before Covid on Saturday 8th October we staged our Cross Country Championship, and International Trial, at the Dub Playing Fields, Upper Malone. An excellent day of competition saw John Craig triumph in the M35-M59 event. In the Women's race laurels went to Catherine O'Connor, with a convincing win for Gerry O'Doherty in the M65 and over race.

5 weeks after the trial saw both men and women's teams travel to Dublin for the Autumn Cross Country International, now taking place for the first time in 3 years. On a beautiful day at Santry Demesne there were a series of highly competitive races, which saw Northern Ireland Masters return home with a significant haul of medals. In the W50 and W55 there were silvers for Elisoa Crawford and Deborah Rushman. The evergreen Brigid Quinn matched this in the W75.



NI Mountain Running Association Report

The overall winners of the nine race NIMRA Championship were Timothy Johnston (Mourne Runners) and Alice Flint (BARF). Second places in the Championship were filled by Adam Cunningham and Esther Dickson with Jonny Scott and Martsje Hell 3rd. Category winners were M40 Jonny Steede, M45 James Lappin, M50 Pete Grant, M55 Dale Mathers, M60 Paul Le Blanc & M70 Ricky Cowan. In the females the winners were F45 Karen Wilton, F50 Adele Tomb, F55 Aine McNeill and F65 Mary Mackin. 11 Women and 29 Men completed the Championship.

Mourne Seven Sevens British Championship Race 9th April

NIMRA hosted this event being the first of the British Championship races. 163 finishers of the Seven Sevens route on a glorious dry, bright day with just 14 having pulled out at various stages but thankfully no serious injuries. Finlay Wild won while setting a new men's record of 3 hrs 28 minutes, just as the race organiser had predicted! Victoria Thompson from Helm Hill Harriers won the Womens race, with the top 4 women finishing in under 5 hours and within 6 minutes of each other.

First local runner was Adam Cunningham who came in 6th overall, with Steven Shields 2nd local in just over 4 hours and 11th overall. Jonny Steede and Gary Bailey claimed the 2nd and 3rd M40 prizes. In the Womens class Elizabeth Wheeler from Glen Runners put in an awesome performance to take 15th place overall.

Inter Counties – 7th May, Llanberis, Wales

As usual, the Inter-Counties challenge was a very competitive event, over a seven mile course. Timothy Johnson was first NI man home followed by Aaron McGrady, Jared Martin (U23), Jonny Scott and Adam Cunningham. The Men's team finished 7th overall from 21 teams. In the Womens, Martsje Hell had a great run to finish 22nd followed by Ciara Coffey, Debbie McConnell and Karalee McBride. The Women finished 9th team overall from 14 teams.

Senior Home International – 22nd September, Alva, Scotland

A female team of Martsje Hell, Elizabeth Wheeler, Karalee McBride and Ciara Coffey made the journey to compete in this tough 11.5 mile 3000ft ascent/descent. They all competed strongly and succeeded in securing the team Bronze medal.

Snowdon International Mountain Race – 16th July

Our teams performed well in what turned out to be a very hot day. In order of finishing, the Men's team was Adam Cunningham, John Marrs, Andrew Tees & Jack Proctor and the Womens' team comprised Elizabeth Wheeler, Esther Dickson, Martsje Hell and Karalee McBride.

World Masters Mountain Running Championships, Comeragh Mountains, Clonmel, Co Tipperary 3rd September

A number of NIMRA runners made the journey to Clonmel to compete in this great event. Stand out results were Jim Patterson who won individual gold in M75 and team gold for GB & Northern Ireland. Ernest Hall also had a great run to come 6th in M70 and got team Silver. Anne Sandford in F55 category for GB & Northern Ireland secured Gold Team Medal. Aine McNeil came 8th in F55 and secured Team Silver for Ireland. Elizabeth Wheeler won an individual bronze in F45 and Team Gold for Ireland. Ruth Aiken and Karen Wilton secured team Bronze in F45 for GB & Northern Ireland. Alan Bogle got bronze individual medal and team bronze in M40 category. Nat Glenn also secured a Team Silver in M55 category for Ireland.



Junior Mountain Running

2022 saw the U18 International resume in Saluzzo, Italy, after its scaled back format in 2021 as the Home Countries International.

For many of the talented team that had been selected at the Trial on Slieve Croob, this was their first International Selection and their opportunity to wear the NI & Ulster vest, across the 4.35km distance, with a 155m ascent and descent.

The race started in the town square with a temperature of 33deg, and a rapid pace was required to negotiate a 3m pinch point 100m after the line, before a further 450m loop around the centre of Saluzzo, before runners went on a long 3.8km loop into the hillsides west of the town.

Once they had climbed the cobble streets, they had the novelty of racing through the corridor of a prison (now museum), through the exercise yard and into the woods of a private estate, opened specially for the athletes.

The climb summited with a lap of a vineyard, some further switchbacks in the woods before a last dash down the cobbles and into the town square for the finish.

The Girls' team, consisted of Finn Valley AC's Eimear McCarroll; Mid Ulster AC's Niamh Campbell, Lagan Valley AC's Jessica Blaney and Newry AC's Eve Welsh, who all worked together to finish in 11th place overall with a total of 111 points.

The first NI & Ulster athlete across the line was Eimear McCarroll in a time of 21:09, following by Niamh Campbell, making her NI & Ulster debut and finishing in 23:13, with Jessica Blaney finishing in 23:42. Sadly Eve Welsh succumbed to the heat in the woods and had to withdraw from the race, though she was leading the N.I. team at that point.

The boys' team, of North Down AC's Ben Acheson; East Down AC Oliver Robinson; Newcastle & District AC's Ethan McMullan and Slieve Gullion Runners' Joshua Muckian finished in 13th place overall with 127 points in total. Leading the way was Joshua Muckian, in a time of 19:05, while Ben Acheson finished in 19:55, followed by Oliver Robinson in 20:03 and Ethan McMullan in a time of 21:12.

Trial and Junior Home International

In August a trial was hosted at Scrabo, selecting 16 of the 17 athletes that were to travel to Ambleside for the Junior Home International, that also doubles as the British & Irish Championship.



In a two race format, the U17s started first, with Joshua Muckian of (Slieve Guillion Runners) leading the N.I. & Ulster contingent over the first climb, closely followed by Ben Acheson (North Down AC) and the four International debutants of Ciaran McCarroll (Finn Valley AC), Jacob Crawford (East Down AC), Ethan Isles (North Down AC) and Yasin Brannigan (Newcastle AC). This order stayed the same throughout with the exception of Jacob and Ethan who battled to and fro throughout the race, with Ethan getting the upper hand in the final descent, making his attack which gained a few positions in the final stages as they raced for the finish.

The girls were lead in the early stages by Katie Graham (Lagan Valley AC) making her debut for N.I. & Ulster, followed closely by another debutant Poppy Hastings (Mid Ulster AC) before the two girls who had competed in Italy passed, Eve Welsh and Niamh Campbell. Niamh sadly took a fall at a turn, which curbed her enthusiasm somewhat, but she gained a spot when her teammate Eve unfortunately took a wrong turn, being chased by spectators to call her back to the route. Poppy struggled to find a space to pass the girls in front, but finally made her move on the descent to finish a fantastic 12th.

U17 Junior Home International NI & Ulster Results

Joshua Muckian 13th 23:56	Poppy Hastings 12th 27:21
Ben Acheson 15th 24:19	Katie Graham 13th 28:05
Ethan Isles 18th 26:05	Niamh Campbell 15th 29:11
Jacob Crawford 19th 26:21	Eve Welsh 16th 29:35

Open Competition – Ciaran McCarroll 25:06 and Yasin Brannigan 29:03

The U20 started 45 mins later, with just shy of a 1km extension to the farthest point of the course. Sean McGinley (Finn Valley AC) set a blistering pace, sitting close behind the lead 4 through the middle section, with Tom Crudginton (Newcastle AC) fresh from his stunning 11th at the European Championships next, before Ryan Smith (Annadale Striders) and the two Ethans, Ethan O'Kane (Unattached) and Ethan McMullan (Newcastle AC) came through. Sean kept the pace to finish really strongly in 5th, Tom, moving up to 8th, though frustrated in a race with energy levels lacking on the day. Ryan Smith came next achieving 14th, the 3rd counter, to add to the team result with Ethan McMullan, achieving Team Bronze in the process. Ethan O'Kane in his debut race, finished extremely strongly, gaining places in the latter stages of the race, showing real promise for next year in the mountains.

U20 Junior Home International NI & Ulster Results

Sean McGinley 5th 25:02	Eimear McCarroll 9th 32:16
Tom Crudginton 8th 25:37	Ciara Savage 16th 37:30
Ryan Smith 14th 27:40	
Ethan McMullan 20th 29:58	



Open Competition – Ethan O’Kane 29:09

Eimear McCarrroll had finally seen off the injured ankle that had held her back in Italy, allowing her to put her fearless descending skills to good effect, finishing a fantastic 9th. Ciara Savage back for another year on the Ambleside hills ran strongly throughout, finishing in a really pleasing 37:30 on the long U20 course.

Ireland selection. NIMRA were delighted to have four of the six U20 athletes selected to represent Ireland at the U20 European Mountain Running Championships, coming from N.I. and Ulster. Those selected were: Tom Crudginton – Newcastle AC, Sean McGinley – Finn Valley AC, Ryan Smith – Annadale Striders, Amy Greene – Finn Valley AC. Tom had the most significant result, achieving 11th (28th place having been the highest recent result achieved by Tony McCambridge in 2019).

It was great to be back to a full calendar for junior athletes and NIMRA look forward to helping these athletes progress further in International competition in 2023. We would like to thank Catherine McIntosh and Tracy Savage (both Newcastle AC) and John Rogan (Finn Valley AC) for the assistance they provided Phil Hodge in managing these teams.



NI Ultra Running Association Report



Despite Covid still being about, Ultra Running events still went ahead with some amazing performances throughout the different distances in 2022 by local and International athletes.

World Records 2022

Stephen Mokoka ran the 50k in a time of 2.40.13 in March. Aleksandr Sorokin ran the 100k in a time of 6.05.41 in April.

Patrycja Berezowska set a distance of 250.61 mile/403.32km in the 48 hour and was the first women ever to break the 400km barrier. Aleksandr Sorokin broke his own record to run 198.6 mile/319.61km for the 24 hour, averaging 7.15 per mile.

The Backyard World Record now sits at 100 hours, 416.7 mile set during the world championships.

Anglo-Celtic Plate 100k Home International Team The event was organised by Scottish Athletics in Perth in April 2022. The NI & Ulster men’s team had a great run with the men’s team finishing 3rd to take the Bronze medals.

Men’s team- Gareth King, Tim Brownlie, Angus Irvine, Dave Andrews, Johnny Breen.

Individual Women- Karen Wilton.

During this event Gareth set a new national record in 6.47.33 beating his own record by 25 min. Gareth is the only Irish runner to ever go below 7 hours for the 100k.

We also had Ed McGroarty, Matthew Collins and Barry McCarrroll from NI & Ulster running on the Irish team.

Belfast 24 Hour

Again this year saw the 100 mile and 24 hour NI & Ulster Championships held during the Belfast 24 hour event, doubling up with the Irish 24 hour championships at Victoria Park and organised by Atlas Running. During the 24 hour race Ed McGroarty broke the 100 mile record passing in 14.27.03. He also went on to win the 24 hour race and take the title.

During the 50k race we also saw Gareth King breaking the NI & Ulster record for the 50k, running 2.55.48.

NI & Ulster title holders 100 mile
Men- Mark Walker 14.48.22
Women- Gillan Connolly 21.34.08

NI & Ulster 24 hour
Men- ED McGroarty 254,306.82km
Women- Donna Convery 170,088.33km



The Four Nations Backyard Championships

The All Ireland team won the event. This was over 4 events, one in each country. The Irish team was mainly made up from runners from Northern Ireland. This was the first year the event took place.

IAU 100k World Championships

Gareth King was selected to run for GB as part of their team to go to Germany in August. Gareth finished 9th overall, first on the British team and smashed the NI & Ulster record again in 6.32.05. This would have been a new Irish record but he was running for GB, so it didn't count. Gareth is getting closer to the British record of 6.19.20.

European 24 hour Championships

Here we had Dave Andrews, Niall McGuigan and Ed McGroarty running for the Irish team in Italy during September. Ed McGroarty improved on his own NI & Ulster and Irish 24 hour record by running 160.823 mile/258.820km.

Whitespace & NIURA 100k & 50k Championships

With this event having been postponed earlier on in the year because of the Queens death. We had to drop the 100k event due to daylight.

With a new venue at Craigavon Lakes Leisure Center, the 50k was ran as the championship but also as a test run for the ACP and British team championship that will be held and hosted by NIURA next year in April.

50k NI & Ulster Champions Men's- Neill Walker 4.34.56 Women's- Karen Wilton 4.18.42

Acknowledgement

We would like to acknowledge the on going work from Atlas Running, We Run Wild, GaitHouse and 26 Extreme for putting on Ultra running events that gives NIURA a platform for picking athletes to take part in Championship events.

Special Thanks

Thanks you to the NIURA Committee for the work they did behind the scenes in organising and picking teams to go to events and put on Championship events.

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