



Great Start to the New Year!

February 2015

ChampionChip Ireland NI & Ulster Intermediate and Masters Cross Country Championships

Saturday 17 January 2014
Race Categories: Masters Men, Masters Women, Intermediate Men and Intermediate Women.

Despite the snowy weather conditions, there was a great turnout for all categories at the University of Coleraine Campus. This year saw the largest attendance within the Masters Men's race, with some competitive results.

For further information and results please visit www.athleticsni.org

 **ChampionChip**
IRELAND



NI & Ulster Age Group Indoor Track & Field Championships

Saturday 31 January & Sunday 1
February 2015

Many athletes from across the province competed in the Track & Field Championships at Magherafelt. For those who have qualified visit www.athleticsni.org for further information. The All Ireland dates and registration will be published on the above link mid to late February.



NI & Ulster Senior Cross Country Championships

Saturday 14 February 2015
Race Categories: Senior Men and Senior
Women

Online entries Extended to 4 February
2015

For further information and to register
online please visit
www.athleticsni.org/Events

Please note due to a revision in fixtures,
the Senior Championships are now the
final race of the Cross Country League
Series. To view the date changes [click
here](#).



IAAF Antrim International Cross Country

The Antrim International will be running at a later date this year and will incorporate the Home Counties International.

[Register](#)

Saturday 14 March 2015

Online Entries Close 4th March 2015

For further information [click here](#)



TQ10K 'Bringing home its 10 000th Runner'

Following the success of last year's TQ10K, 2015 is shaping up to be just as exciting. With a brand new exclusive medal design in the pipeline, and the announcement that TQ10K 2015 is celebrating its 10,000th runner to cross the finish line, it is undoubtedly a race any runner would want to be part of.

Sunday 12th April 2015

Online Entries Close 31st March 2015.
Closing date to get your name on your Bib is 20th March 2015.

For further information visit www.athleticsni.org/events



Deep RiverRock Belfast City Marathon

The Deep RiverRock Belfast City Marathon is one of the leading marathons in the UK and Ireland.

Monday 4th May 2015

For further information visit www.belfastcitymarathon.com



Marie Curie Cancer Care

Official Charity of the TQ10K and Deep RiverRock Belfast City Marathon. If you are thinking about signing up or have done so already, why not join the Marie Curie Daffodil Team and raise money for a great cause.

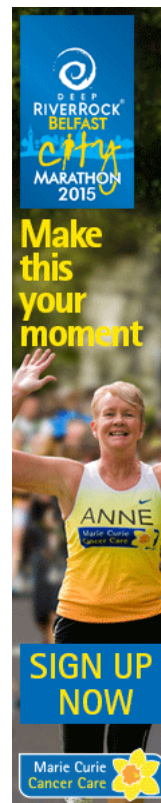
[Register](#)

When you join the Daffodil team you will receive:

- A Nike Dri-FIT Running Vest
- A Training Guide with top tips for setting your training goals
- Friendly fundraising support
- The loudest cheerers and great on the day support

Marie Curie's largest fundraising campaign returns this March. They'll be donning hats, collecting coins and handing out daffodil pins across Northern Ireland throughout the month. They need more collectors than ever to hit the streets for them this year, so please [sign up today](#) and help us make 2015 the best year yet.

www.mariecurie.org.uk/get-involved/daffodil-appeal



Athletics Northern Ireland AGM

The Athletics Northern Ireland Annual General Meeting will be held on Tuesday 10th March 2015 in the Les Jones Room, Athletics House.



Officials Education

Level 2 Officials Course

[Register](#)

This course lets you specialise in a particular event and develop your skills so you will be able to officiate on your own at any athletics events. Participants must have completed the Level 1 Officials Course, Level 2 Qualification awarded following 4 practical attendances at future events.

Date: 1st March 2015
Time: 10am - 6pm
Venue: Mary Peters Track
Fee: £15.00

For further information on Officiating visit
www.athleticsni.org/Get-Involved



Coach Education

Athletics Coach (Belfast) Rescheduled

Part 1 - 14 & 15 March 2015
Part 2 - 25 April 2015
Part 3 - 8 August 2015

Coaching Assistant

7 & 8 March 2015 (Belfast)

www.athleticsni.org/Coaches



2015 World Anti-Doping Code

On 1 January 2015, a new World Anti-Doping Code will come into effect. The changes are aiming to further protect clean athletes and come down harder on those who cheat.

The main changes are:

- **Accidental ingestion of a banned substance will carry a minimum TWO year ban.**

Strict Liability means that you are completely responsible for anything that you put in your body. If you take something by accident you will still be banned.

- **Deliberate doping will now carry a FOUR year ban.**

Which will guarantee those who cheat will miss the next Olympics

- **Complicity**

It is now an offence to help someone cover up doping or avoid detection

- **Prohibited Association**

Athletes can now be banned for associating with coaches, doctors or physios who have been found guilty of doping violations. Keep up to date by using the following links: Athletics NI Anti-Doping Page

www.athleticsni.org/Athletes/Anti-Doping



Education and Training

Safeguarding & Designated Courses

It's important that any coaches working with under 18s have their Access NI Certificate up to date and that they have attended a Safeguarding course in the last three years.



Safeguarding Children and Young People in Sport

[Register](#)

Date: 4th February 2015

Time: 6.30pm – 9.30pm

Venue: Bangor Aurora Centre

For further information [click here](#).

Athletics NI Endurance Coaching Network

[Register](#)

Date: 17th February 2015

Time: 7pm - 9.30pm

Venue: Ramada Plaza (Shaws Bridge), Belfast



For further information [click here](#).

MPT Panthers 2015

After School Athletics for children Aged 8-12 **Fundamentals in Run / Jump / Throws**



Venue: Mary Peters Track, Belfast BT9 5PR

Time: Age 8 - 9 years: 3.30pm - 4.30pm

Age 10 - 12 years: 4.30pm - 5.30pm

Term 6 2015: Commences Monday 23 March 2015

Cost: £35 per term per child

To find out more contact
info@marypeterstrack.com

www.marypeterstrack.com

Facebook: www.facebook.com/MPT-Panthers

Telephone: 02890 600 870

Athletics 365 Workshop

Wednesday 18 March 2015
University of Ulster, Jordanstown
[Register Online](#)

This workshop will introduce the Athletics 365 Coach Pack and discuss the British Athletics Athlete Development Model.

Athletics 365 focuses on developmental age rather than chronological age and there will be a discussion on child maturation and how this should influence session content for 8-16 year old athletes.

Through the supporting manual (included in the workshop cost) club coaches will be provided with a skills based syllabus of progressive athletics activities. This will help to ensure a consistent approach to developing young athletes across Northern Ireland.

Practical elements of the workshop will allow attending coaches to observe and take part in delivery of sample RUN, JUMP, THROW sessions from the 365 manual. Topics included will be dynamic warm up, acceleration mechanics, maximum velocity running drills, jumping and landing activities, pull and push style throwing and hurdling techniques.

Each activity is broken into 9 progressive stages. There will also be a focus on age



appropriate physical conditioning.

Coaching Panel Survey

The Coaching Panel gives you the chance to tell sports coach UK, Sport Northern Ireland and other bodies charged with developing sport what it is like to be a coach in 2014/15. Information you provide will help shape future plans for coaching and improve the support and services offered to you.



Please take a few minutes to complete the survey below and share your thoughts. The survey should take around 15 minutes to complete and includes the option to save your answers should you need to complete another time.

Sports coach UK want the voice of coaches to be heard and hope you can spare some time to complete this survey. As a thank you for taking part you can enter a free draw with five prizes of £50 shopping vouchers on offer.

[Take Survey Now](#)

Please take a moment to forward this information to your club members.