Irish Universities Track & Field Championships 2014



Waterford Institute of Technology



Friday & Saturday the 11th & 12th of April

Waterford Regional Sports Centre

Hosted by

Waterford Institute of Technology

Event:	I.U.A.A Irish Universities Track and Field Championships 2014
Date:	Friday the 11 th & Saturday 12 th of April 2014
Host:	Waterford Institute of Technology Athletic Club
Venue:	Regional Sports Centre, Cork Road Waterford City, Co Waterford

Organising Committee:

1. Andrew Connick	Athletic Development Officer
2. Michael Deady	W.I.T.A.C Chairperson
3. Paul Butler	I.U.A.A/WIT
4. Tom O'Brien	Waterford A.C
5. Damien Walsh	I.U.A.A/W.I.T.A.C
6. Shane Connick	W.I.T.A.C
7. Shannen Ryan	W.I.T.A.C
8. Shane McCormack	W.I.T.A.C Coach
9. Patrick Shannen	W.I.T.A.C Coach
10. Graham Power	W.I.T.A.C
11. Emma O'Toole	W.I.T.A.C
12. Richard Lucas	W.I.T.A.C
13. Eimear Lynch	W.I.T.A.C

I.U.A.A Track & Field Championships 2014

Officials

Event Manager:	Andrew Connick (WIT)
Track Referee:	Paul Butler (WIT)
Field Referee:	Tom Prendergast (Ferrybank AC)
Track Runner/Results:	Damian Walsh (IUAA)
Field Runner:	Neil Fox (WIT)
Results:	Stephen Lipson (IUAA)
Starter:	Cyril Smyth (IUAA)
Assistant Starter/Call Room:	Jackie Mulhall
Call Room Manager:	Mag Malone (Menapians AC)
Line Up Official:	Michael McKeon (Menapians AC)

Electronic Timing:	Brian Price
Programmes:	Shannen Ryan (WIT)
Appeals Committee:	(Any 3 of the following) Stephen Lipson, Cyril Smyth, Paul Butler, Mick McKeon, Damian Walsh
Check In:	Jennifer Mullins, Sile McGrath, Michel Deady, Richard Bresnan, Emma O'Toole
PA:	Claire McGlynn (Friday), Feidhlim Kelly/Andrew Connick (Saturday)
Finish line/Place Judges:	Friday- Paidraig Kelly, Colin Byrne, Declan Harte Saturday- Kieran Leahy, Aubrey Story, Donie Walsh, John Sheehan, Tom O'Brien, Paul Butler
Hand Timers:	John Sheehan & AN.Other
Windgauge Operators:	Paidraig Kelly & A.N.Other
Photography:	Jason Fahy (WIT)
Website Manager:	Andrew Connick (WIT)
Meal Tickets:	Emma O'Toole (WIT)
Medal Table:	Claire McGlynn (IUAA)
Twitter/Facebook Feed:	Michael Deady (WIT)
Music Operator:	Gavin Downey (WIT)
High Jump Manager:	Tom O'Brien (WAC)
Long/Triple Jump Manager:	Pat Shannon (WITAC/Menapians A.C)
Discuss/Hammer Manager:	Brother Patrick Lennon
Shot/Weight Manager:	Eamon Flanagan
Javelin Manager:	Brian Scanlon (WAC)
Hurdles Manager:	Shane McCormack (WITAC/Menapians A.C)
Pole Vault:	Eamon Flanagan
Walk Manager:	Pam Foskin
Kids Coordinators:	Emma O'Brien & Grace Furlong (WAC)

IUAA Track & Field Results 2014

Full Individual Results are available on <u>www.iuaa.org</u>

Medal Tables

Male

Rank	College	Gold	Silver	Bronze	Total
1	DCU	7	9	5	21
2	UCD	2	2	3	7
3	UU	2	2		4
4	UCC	2	1	3	6
5	AIT	2			2
6	DIT	2			2
7	IT Carlow	2			2
8	UL	1	5	2	8
9	WIT	1		3	4
10	<u>QUB</u>	1		1	2
11	<u>GMIT</u>	1			1
12	TCD		2	3	5
13	CIT		1	1	2
14	<u>RCSI</u>		1		1
15	<u>NUIG</u>			3	3
16	<u>DLIADT</u>				
17	Dundalk IT				
18	IT Blanchardstown				
19	IT Tallaght				
20	<u>NUIM</u>				

Female

Rank	College	Gold	Silver	Bronze	Total
1	DCU	9	7	10	26
2	<u>UCC</u>	6	3	3	12
3	UCD	3	3	1	7
4	TCD	3	1	3	7
5	<u>NUIG</u>	1	1		2
6	UU	1		2	3
7	UL		3	3	6
8	CIT		2		2
9	WIT		2		2
10	NUIM		1		1
11	IT Carlow			1	1
12	AIT				
13	DIT				
14	<u>DLIADT</u>				
15	<u>Guest</u>				

16	IT Blanchardstown		
17	<u>IT Tallaght</u>		

Points

Male

Rank	College	1 0 0 m	1 1 0 m H	2 0 0 m	4 0 0 m	4 0 0 m H	8 0 0 m	1 5 0 0 m	3 0 0 m S C	3 0 0 0 m W	5 0 0 0 m	1 0 0 0 0 m	3 5 1 b W f D	4 x 1 0 0 m	4 x 4 0 0 m	C E	D T	H J	H T	J T	L J	P V	S P	T J	Total
1	<u>DCU</u>	5	7	5	12	7	11	7	5	5	5	5	1	10	10	12	9	10		5	1	4.5	6	3	145.5
2	<u>UCD</u>				3	2	8	1	2		3	3	12	6	6		5						10		61
3	<u>UL</u>	3	1	4	4	12	3	5			1	2	3	8	8			5							59
4	<u>UCC</u>		7								4	4	4						3		3		5	7	37
5	WIT									4		7		4	1	3		2	3	4	6			3	37
6	TCD				1				4				2		4	1	5		4	5		3.5	1		30.5
7	UU	1	3			1		7													12			5	29
8	AIT	2		2					7		7			1	2										21
9	<u>CIT</u>								3					2		6		1				5			17
10	IT Carlow	7		7																		2			16
11	<u>QUB</u>	4		3				2											7						16
12	DIT																			7		7			14
13	<u>NUIG</u>		4	1														4						4	13
14	<u>GMIT</u>									7															7
15	<u>NUIM</u>										2						3								5
16	<u>RCSI</u>																		5						5
17	<u>DLIADT</u>				2																				2
18	Dundalk IT											1								1					2
19	<u>IT Tallaght</u>								1																1
20	IT Blanchardstown																								

Female

Rank	College	1 0 0 m	1 0 0 m H	2 0 0 m	4 0 0 m	4 0 0 m H	8 0 0 m	1 5 0 0 m	1 5 0 0 m W	3 0 0 0 m	3 0 0 0 m S C	5 0 0 0 m	4 x 1 0 0 m	4 x 4 0 0 m	8 k g W f D	C E	D T	H J	H T	J T	L J	P V	S P	T J	Total
1	DCU	8	12	5	9	5	6	5	4	4	9	6	10	10	9	10	7	11	8	11	11		5	7	172
2	<u>UCC</u>	8		5	4	7	8					4	4	8	9		10		5	1			12	1	86
3	<u>UL</u>	6	3	3				5	8	1	2		6	1	1	5		6			5		5	3	60
4	UCD			7	3			7		5		2	8	6					7		5			2	52
5	<u>TCD</u>		4			5		5		9	7	10	2	4		5									51

6	<u>UU</u>							3	3					4		2			7	4	23
7	<u>WIT</u>	2		5						1	2	3	2				5				20
8	<u>NUIG</u>			1	5		7								2						15
9	<u>CIT</u>	1				5												1		5	12
10	IT Carlow																5		4		9
11	<u>AIT</u>														3				3		6
12	<u>DIT</u>		2			3															5
13	<u>NUIM</u>																		5		5
14	IT Blanchardstown													1							1
15	<u>DLIADT</u>																				
16	<u>Guest</u>																				
17	IT Tallaght																				

Overall Points

Rank	College	Male	Female	Total
1	DCU	145.5	172	317.5
2	UCC	37	86	123
3	UL	59	60	119
4	UCD	61	52	113
5	TCD	30.5	51	81.5
6	WIT	37	20	57
7	UU	29	23	52
8	CIT	17	12	29
9	<u>NUIG</u>	13	15	28
10	AIT	21	6	27
11	IT Carlow	16	9	25
12	DIT	14	5	19
13	<u>QUB</u>	16		16
14	NUIM	5	5	10
15	GMIT	7		7
16	<u>RCSI</u>	5		5
17	<u>DLIADT</u>	2		2
18	Dundalk IT	2		2
19	IT Blanchardstown		1	1
20	IT Tallaght	1		1
21	<u>Guest</u>			

Middle Distance Trophy

Rank	College	8 0 0 m	1 5 0 0 m	3 0 0 0 m S C	5 0 0 0 m	Male	8 0 0 m	1 5 0 0 m	3 0 0 0 m	3 0 0 0 m S C	5 0 0 0 m	Female	Total
1	DCU	11	7	5	5	28	6	5	4	9	6	30	58
2	<u>TCD</u>			4		4		5	9	7	10	31	35
3	UCD	8	1	2	3	14		7	5		2	14	28
4	UL	3	5		4	9		5	4	2		8	17

5	UCC			4	4	8			4	12	16
6	AIT		7	7	14						14
7	UU	7			7		3	3		6	13
8	CIT		3		3	5				5	8
9	DIT					3				3	3
10	<u>QUB</u>	2			2						2
11	<u>NUIM</u>			2	2						2
12	IT Tallaght		1		1						1

Sprints Trophy

		1 0 0	1 1 0 m	2 0 0	4 0 0	4 0 0 m	4 x 1 0 0	4 x 4 0 0		1 0 0	1 0 0 m	2 0 0	4 0 0	4 0 0 m	4 x 1 0 0	4 x 4 0 0		
Rank	College	m	H	m	m	H	m	m	Male	m	H	m	m	H	m	m	Female	Total
1	DCU	5	7	5	12	7	10	10	56	8	12	5	9	5	10	10	59	115
2	<u>UL</u>	3	1	4	4	12	8	8	40	6	3	3			6	1	19	59
3	<u>UCC</u>		7						7	8		5	4	7	4	8	36	43
4	<u>UCD</u>				3	2	6	6	17			7	3		8	6	24	41
5	<u>TCD</u>				1			4	5		4			5	2	4	15	20
6	<u>WIT</u>						4	1	5		2		5		1	2	10	15
7	IT Carlow	7		7					14									14
8	<u>NUIG</u>		4	1					5				1	5			6	11
9	<u>QUB</u>	4		3					7									7
10	<u>AIT</u>	2		2			1	2	7									7
11	<u>UU</u>	1	3			1			5									5
12	<u>CIT</u>						2		2		1						1	3
13	DIT											2					2	2
14	DLIADT				2				2									2

Throws Trophy

Rank	College	1 6 k g W f D	D T	H T	J T	S P	Male	8 k g W f D	D T	H T	J T	S P	Female	Total
1	DCU		9		5	6	20	9	7	8	11	5	40	60
2	<u>UCC</u>			3		5	8	9	10	5	1	12	37	45
3	<u>UCD</u>		5			10	15			7			7	22
4	TCD		5	4	5	1	15							15
5	WIT			3	4		7	3			5		8	15
6	<u>QUB</u>			7			7							7
7	DIT				7		7							7
8	UU								4	2			6	6
9	UL							1				5	6	6
10	<u>RCSI</u>			5			5							5
11	IT Carlow										5		5	5

12	NUIM	3		3				3
13	Dundalk IT		1	1				1
14	IT Blanchardstown				1		1	1

Jumps Trophy

		H	L	Р	Т		H	L	P	T		
Rank	College	J	J	V	J	Male	J	J	V	J	Female	Total
1	DCU	10	1	4.5	3	18.5	11	11		7	29	47.5
2	UU		12		5	17			7	4	11	28
3	<u>UL</u>	5				5	6	5		3	14	19
4	<u>CIT</u>	1		5		6		1		5	6	12
5	<u>UCC</u>		3		7	10				1	1	11
6	WIT	2	6		3	11						11
7	<u>NUIG</u>	4			4	8	2				2	10
8	DIT			7		7						7
9	UCD							5		2	7	7
10	AIT						3		3		6	6
11	IT Carlow			2		2			4		4	6
12	<u>NUIM</u>								5		5	5
13	TCD			3.5		3.5						3.5

Entries:

Entries were carried out as normal on the I.U.A.A Website. All times and dates were discussed and standard I.U.A.A procedures were used for the event. All colleges were notified by letter regarding the event and all information and dates were displayed on the official IUAA website and the official event website.

Venue:

The I.U.A.A Track and Field championships took place in the recently upgraded Waterford Regional Sports Centre, Waterford City, Co Waterford. There were 2 large changing rooms and toilets used in the main stand and the upstairs area for catering, meal tickets collection and also for the captains meeting. The press box was used as an officials base and check-in and registrations, number collection was allocated at the back of the main stand immediately outside the official press box. The facility was fantastic and credit must go to the venue manager Darren Sealy, his staff, Waterford City Council and the organising committee for providing the facility, the equipment and everything else necessary to run the competition. The venue was provisionally booked in September and finalised on the 26^{th} of November 2013 by Andrew Connick well in advance of the competition. The booking was received in writing as to secure written proof of the booking. The total cost of the venue was agreed at \notin 500.00 per day with a total of \notin 1000.00 for the overall event.

Equipment:

The equipment for the event was organised by Andrew Connick, Tom O'Brien, Damian Walsh, Pat Shannon and the RSC manager and staff. The breakdown of the equipment is listed below.

Other Equipment Used:

- **P.A System:** The P.A System built in at the venue.
- Walkie Talkies: These were secured by Shannen Ryan and loaned free of charge.
- Medals Podium: This was provided and available at the RSC Facility
- Measuring Tapes: These were all provided and available at the RSC Facility
- High Jump/Pole Vault: These were all provided and available at the RSC Facility
- Stationary and Pins: The Pins and stationary, paper, folders, envelopes, pens, highlighters for the registrations and results were organised by Andrew Connick, Shannen Ryan and Paul Butler. At a cost of €83.00.
- **Hurdles:** A complete new set of hurdles were purchased for the event by the RSC facility
- **Starting Blocks:** A complete new set of hurdles were purchased for the event by the RSC facility
- Officials Tent: This was provided by Waterford AC and set up by Tom O'Brien
- **Throwing Cage:** A brand new throwing cage was purchased in the weeks leading up to the event and set up by the RSC facility staff
- Medals: Medals were sourced by Cyril Smyth and paid for by the IUAA
- Bell &Lap Counter: This was provided and available at the RSC Facility
- **Hi-Viz Vests**: The vests were purchased by WITAC @ 2euro each and printed free of charge by Alfie Hales Sports
- **Relay Batons:** Were provided by host college
- **Throwing Equipment:** Shots, Discus, Javelin, Hammer were provided by the RSC Facility
- Weight for Distance: This was sourced through University of Limerick Athletic Club
- **T-Shirts:** The t-shirts for the kids 30 t-shirts were sourced @ 5euro each through Alfie Hale sports and printing was sponsored by them at no cost.

All other equipment was provided by the host college, the facility or sourced from other clubs and colleges.

First Aid

First Aid for the event was provided by Order of Malta. The cost of this was $\notin 250.00$ for the each day with a total of $\notin 500$. This was booked and confirmed by Andrew Connick on the 28th of January 2014. We thank them for their kind help on the day.

Official Sponsor

The official event sponsor was MYGAFF.IE. This was sourced by a member of WIT Athletic Club. This sponsor provided €1000.00 towards the event. In return this sponsor was advertised extensively on social media on the official website, event programme, on the kids t-shirts and placed various signs throughout the venue. The WIT event organising committee extend our sincere thanks to Brian O'Donovan the manager and owner of MYGAFF.IE for his kind contribution towards hosting this event.

http://mygaff.ie/



Official Sponsor of the (IUAA) Irish Universities Athletics Association Track & Field Championships 2014 hosted by Waterford Institute of Technology Athletics Club

Other Funding

The organising committee applied for a hosting grant from Waterford Institute of Technology clubs and societies finance committee. The organising committee were successful on application and received €2500 euro to assist in the hosting of the event.

The organising committee also applied for €1000 hosting grant from the I.U.A.A.

WITAC received four further sponsors outlined in the accounts section to a total or \notin 1400.00 from four different sources.

These sponsors included, AIB (Waterford IT), Army Surplus Warehouse, Alfie Hales Sports the organising committee also provided a further €1000.00 from a private sponsor whom wishes to remain nameless.

Other sponsorship of certain items included sponsorship of water and wristbands. We thank Paul Butler for kindly sponsoring the wristbands.

The remainder of the finances required for the event were obtained through fundraising and sponsorship.

Catering

The catering for the event was provided by Campus services in the College. They provided a Shop and catering in the main stand at the event. Also Tea, Coffee and sandwiches were provided free of charge by campus services in the college upstairs during the event for all officials. These were complimentary and Andrew Connick distributed over 100 meal vouchers to officials over the two days. The host committee thank the campus services and particularly the food and beverages manager Paul Mossisey for this kind gesture.

Programmes

The programmes were designed and printed by Andrew Connick & Shannen Ryan. There was 150 programmes printed in W.I.T clubs and societies office free of charge and were distributed at the captains meeting free of charge.

Captains meeting

The captains meeting took place on Friday prior to the event and again after the event on Saturday at 4pm and WITAC received a number of positive comments. These included that W.I.T were commended on hosting a great event. The organisation, officials, timetable, facilities were complimented. Furthermore Waterford I.T thanked the relevant sponsors, officials and any other relevant bodies. The meal tickets were then paid for and distributed to the colleges.

Officials

All officials were organised through Waterford Institute of Technology Athletic Club these are listed previously in this report with names and positions. Andrew Connick arranged the timetabling and jobs allocation for the officials for the event.

Website

The website was designed by Andrew Connick free of charge with the hosting and URL costs at a total of \notin 70.00 and this was a fantastic site with all the information and relevant content displayed very well and clearly. Andrew designed the site and updated the content regularly.

http://www.iuaatrackandfield2014wit.com/home.html

Photography

The photography was carried out on the day by Jason Fahy this was a great success as all photos were displayed on Facebook on Jason Fahy Photography

https://www.facebook.com/JasonFahyPhotography

Open Races

The Open Races took place on Friday. There was a men's Invitational 100m and an open mixed 1500m at 7.15pm after the last event. The invitational 100m race was by invite only. Entries for this were carried out by Shane McCormack. The 1500m was advertised on various social media sources and the official website. The entries were carried out by Andrew Connick. For access to results please contact Andrew Connick.

Intervarsity Banquet

Venue:	The Woodlands Hotel, Dunmore Road, Waterford City
Time:	Pre Drinks at 7.00pm and Meal was served at 7.30pm
Accommodation:	The Accommodation rates were obtained by Shannen Ryan of the W.I.T organising committee. Shannen contacted and received rates from numerous hotels around Waterford and these were all displayed on the website 4 weeks prior to the event.
Dress Code:	Semi-Formal
Meal Tickets:	€29.00 per ticket for the banquet. The tickets were designed by Andrew Connick and Shannen Ryan and printed in the clubs and societies office. The tickets displayed all relevant information and also indicated all sponsors also.
	Tickets Included:
	 Bar extension until 1.45 4 Course Meal DJ (Sean Byrne) Spot Prizes

• Promotions

Accounts Summary

IUAA Track & Field 11 th /12 th of April 2014										
Waterford IT										
Income		Expenditure								
Details	Amount	Details	Amount							
Opening Bal	0.00	First Aid	500.00							
Clubs& Soc's Hosting Grant	2500.00	Facility	1000.00							
I.U.A.A Hosting Grant	1000.00	Programs	0.00							
Water	0.00	Stationary & Pins	83.00							
Wristbands	0.00	Water (475 bottles)	0.00							
AIB (On Campus)	250.00	Wrist Bands	0.00							
Army Surplus Warehouse	100.00	Website	70.00							
Mygaff.ie	1000.00	Timing	2400.00							
		Relay Batons (12)	37.15							
		T-Shirts	125.00							
	4850.00		4215.15							
		Balance	634.85							

Banquet

IUAA Track	IUAA Track & Field Banquet 12 th of April 2014										
Woodlands Hotel Waterford											
Income		Expenditure									
Details	Amount	Details	Amount								
Opening Bal	0.00	Meals (excluding VAT)	8188.0								
Meal Tickets (356@29)	9284.00	VAT	714.89								
Sponsorship	1000.00	Wine	0.00								
Balance Carried over	634.85	Promotions/Prizes	150.00								
		Accommodation (Officials)	470.00								
		Deposit	500.00								
		Misc	108.00								
		Drinks reception	0.00								
		Guest Tickets	625.00								
		Bar Extension	0.00								
		LDI	150.00								
Total	10918.85	Total	10905.89								
		Closing Balance	12.96								





Welcome,

On behalf of Waterford Institute of Technology Athletic Club I would like to welcome all athletes, supporters and officials to the Irish Universities Track and Field Championships 2014. W.I.T.A.C are very proud to host the event and wish everyone the best of luck in the competition.

Within the hosting of any major event, sponsorship and financial support are fundamental elements associated with the successful running of any championships. On behalf of the organising committee I would like to thank all the sponsors who contributed. Most importantly, I would like to thank our official sponsor Brian O'Donovan of *MYGAFF.IE* who was the main sponsor of these championships. Furthermore I would like to thank all of the companies who contributed to the championships including AIB in Waterford I.T, Army Surplus Warehouse and Alfie Hale Sports, Waterford. W.I.T.A.C truly appreciates your support.

Throughout organising the event there have been a number of people who have had an extremely dedicated role to play. I personally would like to thank Damian Walsh the I.U.A.A Vice- President for his invaluable support advice and help in organising this championships over the year. I would also like to thank Cyril Smyth and Stephen Lipson for their excellent assistance. I would also like to thank club chairman Michael Deady, Shannen Ryan and the extended event organising committee for their individual contributions. I would like to extend my thanks to Campus Services, The Waterford Regional Sports Centre manager Darren Sealy, his staff and Vinnie O'Shea as well as the Waterford City Council. The Clubs and Societies team led by Robin Croke who's assistance during the course of this year is greatly appreciated by me and the committee. Finally I extend my thanks to all clubs and officials over the two days who have been extremely helpful including Waterford A.C and Menapian's A.C for his massive contribution in providing invaluable time and effort during the preparation and running of these championships.

I wish all competitors the best of luck in the championships. I have no doubt that you will enjoy the overall event and thank you for your support.

Yours in Sport

Andrew Connick Athletics Development Officer Waterford Institute of Technology



IUAA Chairs Address



A very warm welcome to the IUAA Outdoors Track & Field Championships in Waterford! WIT becomes the fourth Institute of Technology to host these championships since the formation of the IUAA in academic year 1990–91 in succession to the Intervarsity Committee – CIT (1993, 2002), DIT (2005), and AIT (2012).

It is also the first time that the championships have been held at the stadium in Waterford. In 1898 Peter O'Connor settled permanently here as managing clerk for a well-established solicitor, whose practice he would take over after qualifying in 1912. On the 5th August, 1901 at the Royal Irish Constabulary Sports held at the R.D.S. Showgrounds, Ball's Bridge, Dublin, his long jump (board take-off) was measured at 24 ft 11³/₄ in (7.61 m). In 1912 this 7.61 m mark was registered as the inaugural official long jump World Record by the IAAF. O'Connor's 7.61 m mark became the longest-standing Irish National (Native) record of all time. It was eventually broken by Carlos O'Connell at Emmitsburg, MD on 2^{nd} June 1990 with 7.63 m. His 7.61 m All-Comers record was not bettered until 1968, when Lynn Davies (Olympic Champion 1964) jumped 25 ft 6 in (7.77 m) at Paisley Park, Belfast on 7 August. Peter O'Connor died at his home in Upton-in-Newtown, Waterford, on 9 November 1957.

I would like to thank Andrew Connick, Athletic Development Officer, and the Championships Organising Committee of WIT for all of their efforts in hosting the 2014 IUAA Championships. On behalf of the IUAA, I extend my thanks to all of the officials who are giving of their time to run our championships. To all the participating athletes I wish you good fortune, a PB, an IUAA title, a new IUAA record or even a National record.

Cyril J Smyth Chairman, Universities Committee AAI

Final Thoughts and Recommendations

Overall the event was fantastic. The officials were excellent and the facility was brilliant. There were no issues apart from the weather for the sprinting events which is extremely un-predictable such is the country we live in. I have a few points to make going forward. In relation to the banquet I would ask all colleges to ensure they have ordered tickets on time and to double check entries prior to the event this will alleviate any issues in the hours leading up to the event.

Regarding hosting the competition going forward I would recommend and invite all colleges and students to actively seek hosting a championship. If your college is selected I would say get involved. The life skills that are developed through organising such prestigious events are excellent. Both the competition and banquet are an excellent opportunity to develop organisational skills, time management, self-confidence and various other fundamental skills associated. Furthermore the legacy of organising such events will live on in you, your club and your college and it's a great asset to have on your CV.

I would ask all competitors, students, colleges to take a moment at every competition and where earned actively show your appreciation to the hosts and officials at any event you attend and participate in. It's very easy to go to a competition compete and go home. Sparing a thought and shaking the hand of the official and organiser is something I have learned and a will always respect having hosted such an event. The work that goes on behind the scenes is very excessive and merits serious credit. The IUAA committee do an excellent job given the extremely limited resources, I would ask you give them credit and thanks particularly Cyril Smyth, Stephen Lipson, Eric Brady and Damian Walsh and the extended committee. Furthermore given the opportunity I would recommend students getting involved in the committee in some way whether it be heavily or just a voice on the committee.

Finally for any future hosts the sponsor this year MYGAFF.IE have declared interest in sponsoring the event annually so if your are interested please contact myself and I can assist in arranging this.

Kindest Regards Andrew Connick Athletic Development Officer Waterford I.T 087-6980304