



### In this newsletter:

- Weekly training time table
- Notes from the AGM
- Upcoming events
- Welcome to new members
- Shout out for volunteers



### Weekly timetable:

Mon	Recovery run & hill work, (strength & aerobic base)
Tue	Training run, 5/7/10K runs (fitness & aerobic base)
Wed	Rest days (please post on group if you are running)
Thu	Speed work & training run (fitness & anaerobic base)
Fri	Casual day (please post on group if you are running)
Sat	Park run/race day/ LSR
Sun	Race Day/LSR (anaerobic base run, slow !!!!!)



### Notes/highlights from AGM, 30<sup>th</sup> Jan 2023

- Huge thank you to all the club volunteers
- Juvenile members:
  - national & international success
  - More coaches needed
  - More participation needed at cross country and county events
- Adult members:
  - National and international participation at multiple events
  - More participation needed at cross country and county events
  - Special mention to coaches and trainers for C25K and other club events
- Training facilities:
  - Thanks to St. Marys GFC for use of grounds
  - The boys school field, need volunteers for marking out the track come March
  - Need to get the container fitted out and tidied up before March
  - Ardee 2040 – includes a 200M track as part of a overall development of riverside walk down by the waterworks, planning to be submitted to an Board Pleanala by Louth County Council by end of March 2023
- Club Gear:
  - New online shop open
  - Singlets available, new “lighter/silkier” material.
- Online registration:
  - New online registration portal via Athletics Ireland website
  - Some difficulty with registering families of 4 or more, but this is hoped to be resolved asap
- Election of new officers:
  - Major Changes are, David Tyhuis Chairperson, Ben Corcoran Adult PRO, Michael Pentony County Board Representative, and Brian Duff Adult Group Co-ordinator



## Club dates for early 2023

- Track and Field events are available for our athletes to compete, it's a great opportunity to medals and they are great days/evening out.
  - Louth's (Early July), Leinster's, All Irelands and internationals.
  - Seniors are 20-35 and Masters is 35 upwards and age grades are every 5yrs for th
  - 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, Long Jump, High Jump, Javelin
- Ras na hEireann, 19<sup>th</sup> Feb.
- Trail Run on 19<sup>th</sup> March, Wicklow mountains, 21K,
- Belfast Marathon – a number of club relay teams are entered, Sunday 30<sup>th</sup> April.
- Couch 25K, commence June/July



Remember if you are out running and want company please post your run on the WhatsApp group – it may be the motivation someone needs to get out and run!!!!

<https://marathonhandbook.com/run-slow-to-run-fast/> Some light reading !!!

Our Club Shop <https://www.teamwear.ie/your-shop/ardee-district-ac-club.html>

## Local events for early 2023

Parkrun League 2023 (dates to be confirmed)

Parkrun is a wonderful initiative - free weekly timed 5km events all across the world.

We are running a Parkrun League to provide some focus for those who are interested.

Over a 1 month period, adult members submit their parkrun details via this survey.

There will be prizes for the overall top female and male in the following categories

Age-grade rating (after each parkrun you are given a percentage score that compares your run to everyone else in your age category and gender), Most improved, Fastest times

We will select a local parkrun each week to provide a common venue, but you can complete your parkrun wherever you want.

The first and essential step is that you must be registered for Parkrun - follow this link to do so <https://www.parkrun.ie/register/>

After that, you simply complete this survey by 6.00pm each Sunday evening and upload a screenshot of your parkrun result



### FAMILY

We act with integrity and always put the customer first.

We believe, We listen, We have our own way of doing things, We are open to new ideas, We are always looking for ways to improve, We are always looking for ways to improve, We are always looking for ways to improve.

### BRAVERY

We are honest, authentic and transparent.

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**FAIRNESS**  
We act with integrity and always put the customer first.

**RECOGNITION**  
We recognize and reward our employees for their hard work and dedication.

**AUTHENTICITY**  
We are honest, authentic and transparent.

## Athletics Louth



[https://www.myrunresults.com/events/dunboyne\\_10k\\_2023/4736/details](https://www.myrunresults.com/events/dunboyne_10k_2023/4736/details)



[https://www.myrunresults.com/events/aon\\_mullingar\\_half\\_marathon/4660/details](https://www.myrunresults.com/events/aon_mullingar_half_marathon/4660/details)

[https://www.myrunresults.com/events/bohermeen\\_ac\\_half\\_marathon/4618/details](https://www.myrunresults.com/events/bohermeen_ac_half_marathon/4618/details)



[https://www.myrunresults.com/events/mcnallys\\_duleek\\_district\\_ac\\_5k\\_/4709/details](https://www.myrunresults.com/events/mcnallys_duleek_district_ac_5k_/4709/details)



[https://www.myrunresults.com/events/lusk\\_4\\_mile\\_2023/4652/details](https://www.myrunresults.com/events/lusk_4_mile_2023/4652/details)

DATE	EVENT	VENUE
Sun 12 Feb	National Masters', Intermediate & Juvenile "B" Cross Country Championships	Gowran
Sat 18 Feb & Sun 19 Feb	National Senior Indoor Championships	Abbottstown
Sun 19 Feb	Rás na hEireann Cross Country	Lawlessstown
Sat 25 Feb	Leinster Juvenile Relay & "B" Cross Country Championships	Stradbally
Sat 25 Feb	Fitzner 5K Road Race (subject to permit)	Dundalk
Wed 1 Mar	Athletics Louth County Board Meeting	Online (Zoom)
Sat 4 Mar	Irish Universities' Cross Country Championships	Limerick
Sat 4 Mar & Sun 5 Mar	Leinster Indoor Championships (1st weekend)	Athlone
Sat 11 Mar	Irish Schools' Cross Country Championships	Waterford
Sat 11 Mar & Sun 12 Mar	Leinster Indoor Championships (2nd weekend)	Abbottstown
Sat 25 Mar	Irish Juvenile Indoor Championships (1st weekend)	Athlone
Sat 25 Mar	Schools' International Cross Country	Liverpool
Sun 26 Mar	AAI Spring Throws	TBC
Sun 26 Mar to Sat 1 Apr	World Masters' Indoor Championships	Toruń
Sat 1 Apr & Sun 2 Apr	Irish Juvenile Indoor Championships (2nd weekend)	Athlone
Mon 10 Apr	Battle of Clontarf 10 Mile Road Race (incorporating Leinster Championships)	St Anne's Park
Mon 10 Apr	Dundalk Gaels 10K Road Race (subject to permit)	Dundalk
Sat 15 Apr	Athletics Ireland Congress	Tullamore Court Hotel
Sun 16 Apr	Great Ireland Run 10K Road Race (incorporating National Championships)	Phoenix Park
Sun 16 Apr	Louth Juvenile Pre-championship T&F Meet	Lourdes Stadium
Wed 19 Apr	Dundalk 10K Road Race (subject to permit)	DkIT Sport
Fri 21 Apr & Sat 22 Apr	Irish Universities' T&F Championships	DSD AC Track
Sun 23 Apr	National Road Relay Championships	Raheny
Sat 29 Apr	Leinster Masters' & Novice Road Race Championships	Gowran
Sun 30 Apr	Drogheda 10K Road Race	Drogheda

Our Committee, Coaches and Members wish to thank Peter for the massive amount of time and work he's put into our club over the past few years, the boundless energy and cheerfulness he brought to the position of Chair. We will miss him on the Committee but thankfully he won't be too far away and we'll undoubtedly see him appear; smiling, at many an upcoming athletic event. Thank you Peter

