

Speaker Line Up and Bios

Steve Macklin:



Steve is the National Junior Endurance Coach and endurance coach education lead for Athletics Ireland, having previously spent 6 years working as a development officer in the South. He has 16 years experience of endurance coaching and at the tender age of 34 has built up a strong CV. Steve started his coaching career at Douglas Community School and Togher athletics club in Cork, leading both school and club teams to National Team titles and leading Douglas CS to a 5th place team finish at the World Schools XC Championships. He currently coaches a number of junior/u23 National medallists and Irish internationals. He is an AAI Level 3, USATF Level 3 and IAAF Level 5 qualified Endurance Coach and has worked closely under mentors such as David Sunderland and Chris Jones over the past 10 years. His education includes a First Class Honours Degree in Commerce at UCC, an ITEC Sports Injuries/Massage Diploma and a Higher Diploma in Physical Therapy at the Irish Institute of Physical Therapy. Steve is also part of the Irish Institute of Sport Pursuit of Excellence Program (PEP) for High Performance coaches as well as a qualified Coaching Ireland Tutor.

Steve's presentation is entitled **'Training for the 11-15 year old endurance athletes, what should you be doing and how is it applied in a training setting'**. He will discuss what is seen to be best practice for training 11-15 year old athletes and discuss applicable examples of training for these ages.

Daragh Sheridan:



Daragh Sheridan is the programme lead for the Pursuit of Excellence Podium Programme in the Irish Institute of Sport. The Pursuit of Excellence Programme (PEP) offers a range of innovative learning and development supports to 34 elite coaches across 17 sports. He joined the Institute of Sport in July 2008 as head of performance life skills. This role involved supporting elite athletes as they managed the blend between part time employment and full time training & competition. Over a 5 year period 90 athletes and 45 employers engaged in the programme. He was also responsible for the athlete retirement support service which provided transition support to over 20 athletes as they navigated the athlete retirement transition. Daragh's professional development background includes a B.Sc. in Sport Science & Health from DCU (2004) and an H Dip in Executive Coaching from the IMI (2009). He also played professional football both in Ireland and the UK having retired in 2004. He is currently completing a PhD in the University of Stirling on the role of social support in youth sport drop out.

Daraghs presentation is entitled **'The Pursuit of Excellence Programme (2009 – 2016): Elite Coach Development - Key Lessons Learned'**. He will use the session to share with coaches new forms of learning and development that are central to the PEP Programme experience. He will also share with the coaches how the Irish Institute of Sport evolved the PEP programme over the past 7 years through a culture of continuous improvement.

Chris Jones:



Chris is the former National Endurance Coach for Athletics Ireland and currently the National Endurance Coordinator for Welsh Athletics and National Coach Mentor for England Athletics. He has had a highly successful career in high performance sport spanning 20 years having previously held the role of High Performance Director for Triathlon Ireland from 2010-2012 and Head Coach for British Triathlon from 1999-2007. In his personal coaching, he has guided four athletes to Olympic level (2000/2004) and more recently has coached two time European Cross Country Champion Fionnuala Britton. Chris has now started coaching Aileen Reid and will guide her in her preparations towards the Rio Olympics in Triathlon.

Chris's presentation is entitled **'The role of "Power" in endurance and its application to training'**. Chris will discuss the role of power in an endurance athletes training, a highly unrecognised item in the endurance training menu. He will discuss the athlete profile type associated with low power output and give applied examples on how to work on power output in training.

Joe Ryan:



Joe is a high performance junior coach from Mullingar Harriers working with some of Ireland's leading Junior/U23 endurance athletes. He is a National Junior Team Coach and has worked closely with the National Junior XC panel the past three years in preparation for the European XC Championships. He brings a wealth of experience coaching for almost 15 years now and has an in-depth knowledge and understanding of junior athletics. Joe coaches Kevin McGrath who is arguably Ireland's most exciting up and coming middle distance talent, winning the Gold medal at the European Youth Olympics over 1500m. He has also coached Shane Fitzsimons to participate in World Youth & European Junior Championships over 1500m, achieving a National Youth Record en route and a junior PB of 3 mins 43.33 secs. Other athletes coached by Joe to achieve qualification for major Junior competitions include Jake Byrne (World Youth 3000m), Linda Conroy (European Junior X-Country) and Jack O Leary to the European XC Championships & European Junior T&F Championships in the 5000m. Joe's education includes a Bachelor of Business Studies from Dublin City University and a Higher Diploma in Primary Education. He is an Athletics Ireland Level 2 coach who competed at the World Junior T&F in the 10km race walk in 1996 before injury hampered his competitive career

Joe's presentation is entitled **'The training of a European Youth Olympic 1500m Gold Medalist'**. In his presentation Joe will discuss the progression of training over the past two years for Kevin McGrath and outline the detail of his planning and the specific training that led to the gold medal performance.

Donie Walsh:



Donie is a senior coach from Leevale athletics club working with some of Ireland's leading senior athletes. He brings a wealth of experience to athletics both as an athlete and a coach. In the past year he has coached Michelle Finn to the Olympic Games 3000m steeplechase standard and Lizzie Lee to the Olympic Games marathon standard. Donie's education includes a degree in Business Administration from Villanova, Athletics Ireland Level 2 Coach, NCEF qualified fitness instructor. He has also taught FETAC Level 5 and ITEC courses. Donie was an extremely talented athlete himself attending Villanova University and coming 2nd at the prestigious NCAA XC in 1971. He competed in the 1972 marathon at the Olympic Games in Munich and in 1979 was part of Ireland's silver medal team at the World XC Championships. He currently coaches in Leevale AC and UCC in Cork and continues to produce many successful athletes.

Donie's presentation is entitled **'Marathon Training- A case study with Lizzie Lee 2016 Rio Olympics Qualifier'**. In his presentation Donie will discuss the progression of Lizzie's training and her build up to the Berlin Marathon.

Dr Alan Rankin:

Dr Alan Rankin is a specialist in Sport and Exercise Medicine (SEM). He currently works as a Sports Physician with Athletics Ireland, the Irish Institute of Sport and the Sports Institute of Northern Ireland, as well as in private practice. His current roles involve the provision of medical services to athletes with injury and illness, alongside the development and implementation of strategies for injury and illness prevention. Alan received his medical degree from Queen's University Belfast in 2004 and completed surgical and medical rotations before entering a 4-year specialist-training programme in SEM in 2009, qualifying as a Consultant in SEM in 2013. He has worked in many sports including professional rugby, boxing, cycling and paralympic sport, as well as the London 2012 Olympic and Paralympic Games.

Alan's presentation is entitled **'Blood monitoring in the endurance athlete.'** In this session he will outline the commonly performed blood investigations used in endurance athletes and describe their relevance for athlete health monitoring and performance profiling.

Joe O Connor:

Joe holds an MSc. in Exercise & Nutrition Science and a BSc. Health, Fitness & Leisure and is a Fitness Consultant with Nisus Fitness while also lecturing in Exercise Physiology and Advanced Performance Training in the Institute of Technology Tralee. Having worked with All Ireland winning GAA teams, he is also working with professional and elite level athletes across a number of sports including athletics, golf and equestrian sport. Joe features on RTE's, Irelands Fittest Family as the Fitness & Performance Expert and in 2016, will be the Head of Fitness & Nutrition for the Limerick Senior Hurlers. A competitive runner since childhood, Joe has raced every distance from the 400m to the Marathon and also has competed in many Triathlons & Adventure Races. Joe is also a qualified Coaching Ireland Tutor and regularly tutors on Athletics Ireland Coach Education courses.

Joe's workshop is entitled "**S&C and its place in an endurance athletes program**". In his workshop he will cover the periodization, planning and testing of an appropriate strength & conditioning programme for the endurance athlete.