



Dear Athletes & Coaches

I hope your training is going well and that you are enjoying the spring/summer workouts.

My name is James Nolan, Head of Paralympic Athletics Ireland; we currently have a very talented female 1500m runner from Youghal, Co. Cork, Amanda Crotty. Amanda currently has the B standard for the Paralympic Games, London 2012 and is focused on securing the A standard for Qualification.

- 1500m A standard: 5.20
- Amandas time: 5.39
- 1500m B standard: 5.50

Amanda is visually impaired and runs with a guide, unfortunately her guide had to leave the country at short notice and this leaves Amanda in a tricky situation.

My request is for 1 or 2 runners in the Cork area to make themselves s available for:

If we secure 2 guide runners just: 1 hour per week.

If we secure 1 guide runner just: 2 hours per week.

Amanda can do the easy jogging on her own but needs to do 2 faster interval or tempo sessions per week with a guide until September 1st 2011.

This will make all the difference to Amanda's preparations and more than likely lead to her achieving her goal of competing at the Paralympic Games.

So male or female runners who have run any of the following: 1500m under 5min, 1 mile under 5.30 or 5k under 20min and live in the Cork area please support Amanda and the Paralympics Ireland Team on the road to London 2012.

If you feel you can help please contact:

James Nolan

086 8153343

james@paralympics.ie