



**Dublin University Harriers  
and Athletic Club**



**Report for 2010 IUAA Outdoor Track and Field  
Pentathlon Competition**

**Date:** 23<sup>rd</sup> and 24<sup>th</sup> April 2010

**Host:** Trinity College Dublin (Dublin University Harriers and Athletics Club – DUHAC)

**Venue:** Morton Stadium, Santry

## Organising Committee:

**Chief Coordinators:** Claire Mc Glynn & Bryony Treston

**Treasurer:** Bryony Treston

**Programme Coordinators:** Catherine Kiely & Jennifer Holmes

**Ents:** Peter Schwartzstein

**Facilities:** Cormac Doherty

**Secretary:** Maura Mahoney

**Sponsorship:** Ciara Baker, Garret Dunne, Rioghna Moggan and Kate Purcell

**Website:** Cian O'Loughlin and Joe Barry

**'The All-Rounder':** Simon Taggart

## Competition Winners and Runners Up

### Overall Points

Place	College	Male	Female	Total
1st	Dublin City University	127	163	<b>290</b>
2nd	University of Limerick	79.5	88	<b>167.5</b>
3rd	University of Ulster	46	81	<b>127</b>

### Men's Championship

Place	College	Total
1st	Dublin City University	<b>127</b>
2nd	University of Limerick	<b>79.5</b>
3rd	University College Dublin	<b>53.5</b>

### Women's Championship

Place	College	Total
1st	Dublin City University	<b>163</b>
2nd	University of Limerick	<b>88</b>
3rd	University of Ulster	<b>81</b>

### Middle Distance Trophy

Place	College	Total
1st	Dublin City University	<b>61</b>
2nd	Trinity College Dublin	<b>40</b>
3rd	University of Ulster	<b>24</b>

### **Sprints Trophy**

<b>Place</b>	<b>College</b>	<b>Total</b>
1st	Dublin City University	<b>100</b>
2nd	University of Limerick	<b>78</b>
3rd	University College Dublin	<b>55</b>

### **Throws Trophy**

<b>Place</b>	<b>College</b>	<b>Total</b>
1st	University of Limerick	<b>52</b>
2nd	Dublin City University	<b>36</b>
3rd	Trinity College Dublin	<b>24</b>

Full list of results can be found on [www.iuaa.org](http://www.iuaa.org)

**List of University's/College's Entered Athletes**

College	Numbers of unique athletes entered		
	Total	Male	Female
NCAD	1	1	0
Athlone IT	1	1	0
Cadet	0	0	0
Cork IT	29	23	6
DCU	85	50	35
Dublin IT	19	15	4
Dundalk IT	1	1	0
Galway Mayo IT	1	1	0
Griffith	0	0	0
IT Blanchardstown	12	10	2
IT Carlow	7	5	2
IT Sligo	0	0	0
IT Tallaght	1	1	0
IT Tralee	3	3	0
Letterkenny IT	0	0	0
Limerick IT	0	0	0
NUI Galway	13	8	5
NUI Maynooth	10	8	2
QUB	19	12	7
RCSI	0	0	0
TCD	70	38	32
UCC	39	19	20
UCD	62	35	27
UL	33	22	11
UU	29	15	14
Waterford IT	27	21	6
Guest	6	2	4
<b>Total</b>	<b>468</b>	<b>291</b>	<b>177</b>

**A record number of athletes officially took part in the Track and Field Championships 2010: 325 in total.**

**273 took part in UL in 2009.**

**244 took part in UCD in 2008.**

**282 took part in DCU in 2007.**

**220 took part in UU in 2006.**

## Venue

The championships took place in Morton Stadium in Santry. We used the upper room in the stadium's stand for the results and the PA system. The lower room to the left was used for check in and the small kitchen was used for tea/coffee for the organising

committee and officials. Outside, in front of the entrance to the indoor facility (60m track, gym etc) an Information Desk was set up in a marquee with desks and chairs etc, and this was also the station where the Goodie Bags were distributed to participating athletes. Changing rooms and toilets were located in the indoor facility. Many thanks go to all of the staff from Santry Stadium who were a fantastic help before and during the championships.

## **Communication**

The host website <http://www.duhac.tcdlife.ie/iv/> was launched at the beginning of April 2010. The site provided athletes and visitors with information of accommodation, competition and banquet event information, location and directions, sponsors information and event organiser contact details. The IUAA link was also provided.

The IUAA provided TCD with an email address [tcd2010@iuaa.org](mailto:tcd2010@iuaa.org) in which universities and colleges. We received a few queries about guesting, meal tickets, entries and the Intervarsity Banquet.

The IUAA sent out a letter to each college detailing the dates of championship, entry deadlines, banquet information and payment and website details. Entry deadline and banquet ticket numbers closed at 10pm on Tuesday 20th April 2010.

All entries were downloaded on Wednesday 21<sup>st</sup> April using the spreadsheet provided by the IUAA. Race numbers were assigned to each athlete and all colleges' athletes' numbers were put together in packs with safety pins. These packs were presented to each college's captain and were given out before the championships on Friday 23<sup>rd</sup> April.

All check in sheets were printed out for the Check-in Desk and Information Desk (so athletes could be "ticked off" when they received their Goodie Bag on presentation of their valid student card/identification). Back-up lists were also printed in case some went missing.

Captains collected their meal tickets in exchange for payment (by cheque) on the Friday and Saturday.

## **Communication Equipment**

### **PA System:**

Located upstairs in the top tier of the stadium (where results were compiled). A radio mic came with the system and could be used out on the track and in-field. Music was also played in between races and during longer races in the championships. We borrowed the system from Sporting Fingal and would like to thank them for generously allowing us to use the equipment.

Donagh Humphries from UCD was commentator. He was given a programme and information pack with details that he would need throughout the competition.

### **Local area mobile communication equipment:**

In order to ensure the event was run as smoothly as possible, 6 walkie talkies were given to:

Claire Mc Glynn – Chief Co-ordinator

Cyril Smyth – Starter

Jacqui Mulhall – Assistant Starter

Simon Murray – Co-Assistant Starter/Check-in

Stephen Lipson - Reports

Donagh Humphries – Commentator

The walkie-talkies were provided by Cyril Smyth and we would like to thank him for providing them.

## **First Aid**

First Aid was provided by St. John's Ambulance (016688077) for both days of competition. It was provisionally booked on 01 July 2009. An ambulance and mobile treatment unit was provided both days and the cost was 250euro per day. Food and beverages were given to all St. John's Ambulance staff.

## **Physical Therapy**

DCU final year students of the Athletic Therapy and Training course in DCU came to the event on both days and set up a physical therapy area at the very back of the indoor arena in the stadium. The area was cordoned off with mats (up on their sides) and they brought all of their own equipment. Rub downs, massages and other therapy were available to all competing athletes at the event. This work was voluntary.

## **Garda**

The Gardai in Santry were informed that the event would be taking place. Sergeant Daly sent one Garda to help with traffic and parking.

## **Sponsorship**

We had a lot of difficulty in getting sponsorship, due to the poor state of the current economic climate. However, seeing as we were working on organising the Championships since September 2009, we managed to gain some sponsorship in the form of money from private contributors and from some companies. We offered advertising in the programme in exchange for money. Nike, the sporting brand sponsored us with drawstring bags and they sponsored the men's and women's 100m and 1500m metre events. The winner of these events got a voucher to choose any pair of Nike Shoes from Runways on Parnell Street, Dublin.

## **Goodie Bags:**

Goodie Bags were given to all participating athletes. They were drawstring gym sacks which included a t-shirt, water, chocolate, condoms, redbull, nivea beauty products, various flyers, a day free pass in Crunch Fitness gym. They were put together by the organising committee on Thursday 22<sup>nd</sup> April 2010.

Below is a list of Sponsors:

T-shirt King  
Glenpatrick Water  
Sports Co.  
Nike  
Bank of Ireland  
Runways  
Crunch Fitness Gym  
Yo Loki Sports  
Spin 1038  
Redbull  
Nivea  
Sportsister  
Mood Condoms  
TCD Department of Sport  
ALDI  
Fitness, Supplements, Vitamins.

## **Funding**

We also received funding from Dublin University Central Athletic Club (D.U.C.A.C) who covered the cost of most of the competition (timing and renting of the track etc) and First Aid.

## **Fundraising**

We decided that we needed to raise some money ourselves for the Championships, so our Sponsorship Committee decided to organise a Christmas Party in Pygmalion Bar in the Powerscourt Centre in Dublin. Tickets were sold to athletes in Dublin and students of Trinity College Dublin.

## **Programmes**

Programmes were designed and edited by Catherine Kiely and Jenny Holmes. They included advertisements, a timetable of events, all entered athletes under their events, male and female Varsity Records, and results of all of the winners from the Outdoor Track and Field Intervarsities of 2009. A page of information regarding the Varsity Banquet on Sat 24<sup>th</sup> was also included. The programmes were printed in Reads, Nassau St, Dublin 2 on Thursday 22<sup>nd</sup> April 2010. People were asked for a “small contribution” in return for a programme. They were sold at the Information Desk.

## **The Brew Crew**

A company called the Brew Crew set up in the stadium beside the indoor arena on both days and sold food and hot and cold drinks to athletes and spectators. They came

free of charge and offered all officials and organising committee free food and drink over the both days. The company were interested in providing its services at Intervarsities 2011.

Brew Crew (Direct) 087-1504086

info@brewcrewcafe.ie

[www.brewcrewcafe.ie](http://www.brewcrewcafe.ie)

## **Captains' Meeting**

Two captains meetings took place during the championships. The first took place in the indoor arena beside the physical therapy area on Friday 23<sup>rd</sup> April at 1pm. Claire Mc Glynn, Bryony Treston and Simon Taggart outlined the details for the two day event. Information packs were given to all captains.

The second meeting took place on Saturday 24<sup>th</sup> April at 4pm, again, in the indoor arena. Claire Mc Glynn gave all captains details regarding the Varsity Banquet. All captains present were very satisfied with the running of the championships.

## **Officials**

Due to the AAI congress taking place on the same weekend as the Championships, we thought we would be lacking in officials, so we started recruiting officials many months in advance of the event. This was successful in so far as we had plenty of people over the course of the two days. We would like to thank everyone, officials and helpers who came out and gave up their time in order to help us make the event a success.

Below is the Event Management Plan that was printed and given to every official and member on the organising committee. Mobile numbers of co-ordinators were also included. This itinerary was enclosed in an "Officials Pack" along with a timetable, an official thank you letter from Dublin University Harriers and Athletic Club and details of the complimentary food and beverages from The Brew Crew.

# **IUAA Track and Field Championships 2010**

## **Santry Stadium**

### **hosted by Trinity College Dublin**

## **GENERAL INFO**

	<b>Name</b>
<b>Intervarsity Coordinators:</b>	Claire Mc Glynn Bryony Treston
<b>Men's Captain</b>	Simon Taggart
<b>Check in Friday:</b>	Aine Popjoy Mairead Mc Morrow Rioghna Moggan

	Annelies Pletsers
<b>Check in Saturday:</b>	Mairead Mc Morrow Rioghna Moggan Annelies Pletsers
<b>Information Desk Fri and Sat, Id cards and goodie bags:</b>	Ciara Baker Kate Purcell Ciara Mc Callion
<b>Litter Management:</b>	Peter Schwartzstein
<b>Physios (DCU AT&amp;T)</b>	Declan Monaghan
<b>Photographers:</b>	Ruth Carson Ruth Mc Glynn
<b>Video:</b>	Ciara Baker
<b>Commentator:</b>	Donagh Humphries
<b>Medal Table:</b> located on in-field	Rosanna Baker Beatrice Byrne (Fri) Mirjam (Sat)
<b>Results:</b> <b>Results Helper:</b>	Stephen Lipson Peter Fennel

## **TRACK OFFICIALS**

<b>Starter:</b>	Cyril Smyth
<b>Starter Assistant:</b>	Jackie Mulhall
<b>Electric Timing:</b>	Brian Price
<b>Track Referee:</b>	Enda Fitzpatrick
<b>Track Runners:</b>	Peter Fennel
<b>Lap counting:</b>	DCU Pat O'Keefe

Other Track Officials  
Liam Byrne (Fri)

**Finish time place judging**

Liam Byrne (Fri)  
Cahill Donovan (Sat)

**Hand timers**

Cormac Doherty  
Pat O'Keefe

**TRACK EVENTS and OFFICIALS**

**Please note: All times given are times due to start, please be at your allocated area at least 15 minutes prior to the start time.**

**100m Hurdles Friday 1pm**  
**110m Hurdles Friday 2.05pm**  
(if there are finals needed they will take place at **5pm**)

Everyone needed  
to erect hurdles  
  
more people needed (TCD)

**10,000m, 5km Lap Counting**

Liam Byrne  
TCD  
Pat O'Keefe  
Mary Mc Kenna  
Cormac Doherty  
Jackie Mulhall  
Cyril Smyth  
Enda Fitzpatrick

**400m Hurdles**  
usually green lines

Everyone to help  
Takes place during the 10km  
Start erecting them at 2.35pm

**800m Break (at the 1500 start)**  
(cones out, make sure no one breaks)

Mary Mc Kenna  
Catherine Kiely

**3,000m Steeplechase**

Claire Mc Glynn

fat blue lines indicate barrier  
in lane 1 and 2/3  
4 normal barriers, 1 water jump

Catherine Kiely  
Mary Mc Kenna

### **Race Walking**

#### **Judging:**

Hugh Fitzpatrick  
Donnie  
Simon Murray

#### **Relays:**

##### **4x400m**

stay at start/finish line

Enda Fitzpatrick  
Helen Murphy  
Jonathan Miller  
Claire Mc Glynn  
Bryony Treston  
Catherine Kiely

##### **4x100m**

###### **Zone 1:**

Jackie Mulhall  
Claire Mc Glynn

###### **Zone 2:**

Enda Fitzpatrick  
Helen Murphy

###### **Zone 3:**

Jonathan Miller  
Rioghna Moggan

###### **Zone 4:**

Bryony Treston  
Catherine Kiely

white lines=

acceleration zone=lines with "ticks"

## **FIELD EVENTS and OFFICIALS**

**Please note: Officials should be at the designated area of their event  
approx. 30MINS BEFORE START TIME**

#### **Field referee**

Paul Butler

#### **Field**

TCD

#### **Runners:**

Neil Cullen  
Sam Mealy  
Helen Murphy (Sat)

#### **EDM**

Ciaran Doyle (Fri)

#### **Javelin:**

**Men**  
**Fri 2.15pm**

Bart Rogers  
Rosanna Baker  
**TCD M – Fri 2.15pm**  
**UL M – Fri 2.15**

**Women**  
**Fri 4.40pm**

Bart Rogers  
Rosanna Baker  
**UCC W – Fri 4.40**

**Long Jump:**

**Wind guage for long jump**

**Women**  
**Fri 2.35pm**

DCU  
Tom Mc Cormack – Fri  
Dan Kavanagh  
Jonny Ritchie  
**QUB W – Fri 2.35pm**

**Men**  
**Fri 4.30pm**

**Cork IT W – Fri 2.35**  
Tom Mc Cormack – Fri  
Dan Kavanagh  
Jonny Ritchie  
**DIT M – Fri 4.30pm**  
**NUI Galway M – Fri 4.30pm**

**High Jump:**

**Women**  
**Fri 5.25pm**

Paul Butler  
Catherine Kiely  
**UCC W – Fri 5.25pm**

**Men**  
**Fri 2.45pm**

Paul Butler  
Catherine Kiely  
**DCU M – Fri 2.45pm**

**Shot Put:**

**Women**  
**Fri 3.45pm**

Bart Rogers – Fri  
Tom Mc Cormack – Fri  
**UCD W – Fri 3.45pm**

**Men:**  
**Fri 5.55pm**

Bart Rogers – Fri  
Tom Mc Cormack – Fri  
**UU M – Fri 5.55pm**

**Hammer:**

**Women**  
**Sat 9.45am**

Bart Rogers  
Ian Morrison  
**DCU W – Sat 9.45am**

**Men**  
**Sat 10.45am**

Bart Rogers  
Ian Morrison

**DCU M – Sat 10.45am**

**Triple Jump:**

**Women**

**Sat 1.10pm**

Paul Butler

Jonny Ritchie

Dan Kavanagh

**DIT W – Sat 1.10pm**

**UCD W – Sat 1.10pm**

Paul Butler

Jonny Ritchie

Dan Kavanagh

**UU M – Sat 11.05**

**NUI Maynooth M – Sat 11.05**

**Men**

**Sat 11.05am**

**Pole Vault:**

**Women**

**Sat 11.20am**

Noelle Green

Catherine Kiely

**TCD W - Sat 11.20am**

**WIT W - Sat 11.20am**

**Men**

**Sat 1.15pm**

Noelle Green

Catherine Kiely

**UL M - Sat 1.15pm**

**DCU M- Sat 1.15pm**

**Discus:**

**Women**

**Sat 12.15pm**

Bart Rogers

Ian Morrison

**QUB – W – Sat 12.15**

**Men**

**Sat 2.25pm**

Bart Rogers

Ian Morrison

**NUI Galway M – Sat 2.25pm**

**WFD:**

**Women**

**Sat 2.30pm**

Eric Brady

Ian Morrison

**TCD W - Sat 2.30pm**

**Men**

**Sat 12.25pm**

Eric Brady

Ian Morrison

**UL M – Sat 12.25pm**

**Intervarsity Banquet**

**Venue:**

The Intervarsity Banquet took place in the Burlington Hotel, Upper Leeson Street, Dublin 2.

**Time:**

A drinks reception began at 7pm and people took their seats at approximately 815pm. The Function ended at approximately 3am.

**Accommodation Rates:**

The Burlington Hotel agreed on a rate of 79euro per bedroom for one night and the rooms could have up to three people in them, this rate included free parking. All colleges and universities could avail of this offer on quotation of "Trinity College".

**Dress Code:**

Semi formal dress code was required so runners (i.e. trainers, sneakers etc) were not allowed.

**Meal tickets:**

The tickets cost 30euro each and included:

1. Welcome drink.
2. Three course dinner (wine provided, 4 bottles per table of 10).
3. Band: The JazzBerries and DJ: Marcus O'Sullivan
4. Bar Extension until 1.45am
5. A bacon bap at the end of the night.

**Presentation:**

The combined events medals and other trophies were presented after the meal to the respective colleges.

We would like to thank Adrienne Hughes of Preferred Consulting Partners Ltd who we coordinated with in the organisation of the banquet. She is interested in helping to coordinate the Cross Country and Track and Field Varsity Banquets in the future and colleges and universities should contact her at [adrienne@preferredpartners.ie](mailto:adrienne@preferredpartners.ie), mobile:+353 (0)87 2834 860, office: +353 (0)1 2944 990.

**Financial Summary:**

EXPENDITURE			INCOME		BALANCE
Competition	€			€	
Santy Hire	640		DUCAC	3800	
First Aid	500		programme adds	125	
Electronic Timing	2200		Programme sales	62.7	
False start	350				
T-shirts	750				
Officials expenses	23				
Stationary & pins	47				
physio supplies	40				
Programmes	223				
<b>TOTAL</b>	<b>4773</b>		<b>TOTAL</b>	<b>3987.7</b>	<b>&lt;786&gt;</b>

<b>Banquet</b>					
Meals (300x36)	10,800		Meal Tickets	10110	
Wine (120x4)	480		Xmas fundraiser	630	
Corkage	960		Donation	2000	
Baloons	220				
Sweets for tables	31.8				
Band	300				
DJ	200				
<b>TOTAL</b>	<b>12,992</b>		<b>TOTAL</b>	<b>12740</b>	<b>&lt;252&gt;</b>
<b>TOTAL EXPENDITURE</b>	<b>17,765</b>		<b>TOTAL INCOME</b>	<b>16927.7</b>	<b>&lt;1038&gt;</b>

## **Additional Comments:**

We gratefully thank everyone who helped and supported the organising of the event and who officiated and competed at the Championships. We put a lot of time and effort into the organisation of the Competition and Banquet and were delighted at how successful they both were. If any hosting Universities in the future need advice or tips, please don't hesitate to contact us.

Many thanks,

Chief Coordinators

Claire Mc Glynn and Bryony Treston  
[mcglync@tcd.ie](mailto:mcglync@tcd.ie)      [trestonb@tcd.ie](mailto:trestonb@tcd.ie)

22<sup>nd</sup> June 2010