

IUAA CROSS-COUNTRY CHAMPIONSHIPS 2005 REPORT

Host College: Queen's University Belfast on 26th February 2005

Organising Committee

Event Organisers :	Conor Pollock Mary Dallat
Course :	Gary Mack Gavin McBride Simon Murray
Website :	Simon Taylor
Program :	Mary Dallat Conor Pollock
Registration :	Paul McMullan Donna Lennon Helen Maybin Eilis Renich
Results :	Simon Taylor Stephen Lipson
Post-Race Refreshments :	Laura McCann Sile Brennan Donna Lennon Kerri Lennon
Starter :	Cyril Smyth
Sound :	Paul Wilson
Race Commentator :	Dave McKibbin
Course Stewards :	Bryan Conway Paul Lynas Michelle Lynas Donna Lennon Kerri Lennon Mark Thompson Orla Molony Ken Scholfield David Moore
Entertainment :	Simon Murray

Championship Results

Overall Teams

1. Dublin City University (DCU)
2. University College Dublin (UCD)
3. Trinity College Dublin (TCD)

			<u>Men's</u>	
Individual			Team	
1. Mark Christie	DCU	33.33	1. DCU	58
2. Joe Sweeney	UCD	33.59	2. TCD	114
3. Eoin Higgins	DCU	34.18	3. UCD	115

			<u>Ladies</u>	
Individual			Team	
1. Fionnuala Britton	DCU	14.32	1. DCU	12
2. Linda Byrne	DCU	14.49	2. UCD	61
3. Suzanne McCormick	QUB	15.07	3. TCD	64

History of the Course

The 2005 Irish University Cross Country Championships were held in Belfast on the 26th February. The race was run over the traditional and world famous course at Queen's University's Malone Playing Fields and Belfast City Council's Barnett's Demesne. This course provided the athletes with a true cross-country test, incorporating both a firm, flat and fast playing field surface and also beautiful rolling countryside which incorporated a steep, energy sapping hill section, the toughest section of any Irish University course. The course has successfully hosted the World XC Championships in 1999 where Paul Tergat won his fifth title, the British Universities XC Championships in 2002, and also the Irish University Championships in past years, last held 10 years ago in 1995.

Contact and Information

Two months prior to the event an invitation letter was sent to all IUAA colleges and institutions. A copy of this letter is on the next page. A website for the event was set up and online 2 months prior to the event. The website address was www.qub2005.iuaa.org. All information regarding the event was available on the site. This included contact details, maps of Belfast, directions to the course, a course map, an accommodation list, details of the post event function and other sources of related interest. The website was updated as soon as new information surfaced and race results and photographs were available on the website 2 hours after conclusion of the Championships. A link to the IUAA website, where the results could be accessed was also included in the event site. The organising committee dealt with any additional queries or comments via telephone or an email account, set up by the IUAA.



QUEEN'S UNIVERSITY
HARRIERS' & ATHLETICS' CLUBS

Web site: www.qubathletics.co.uk

Email: athletics@qub.ac.uk

QUB Athletics Club,
Queen's University Students Union,
Queen's University Belfast,
University Road,
Belfast.
BT7 1NF.
Northern Ireland.

Dear Captain,

On behalf of Queen's University Belfast Athletics Club and the organizing committee for the 2005 Irish University Cross-Country Championships, I would like to invite your University to participate in this year's event.

The championships will take place at the QUB Dub Pavilion, Malone Road on February 26th 2005. The evening meal and disco will take place at the Ramada Hotel, Belfast, at 7.30pm. The dress-code is semi-formal. The tickets for this are 30 Euro and the closing date for tickets is the 23rd February. Cheques are to be made payable to QUB Athletics Club. The closing date for entries is also Wednesday 23rd February at 10pm. This years organizing committee are really looking forward to hosting a great event- full of the usual mix of cross-country muck, hills and maybe even a bit of snow! We hope the dinner and disco will be one you won't forget.

The website will be active in the next few days at www.qub2005.iuaa.org . On the website we hope you will find all necessary information for the cross country including transport, accommodation lists and maps of the venue for the race and post-race meal. Any queries you can contact us at the Cross-Country email address qub2005@iuaa.org. We all look forward to seeing everyone in Belfast come the 26th of February.

Yours in sport,

Conor Pollock, Mary Dallat

QUB Athletics Club Captains 2004/05

Course Preparations

Building on the experience of hosting the BUSA Championships two years ago the QUB athletics club got the organisation of the championships underway early, building good relationships with the QUB Sport and Recreation Service, Malone Playing Field staff, Belfast City Council and their Parks Department. Several meetings with those involved and regular club meetings ensured that the event was soon organised and ready for the big day.

The course was set up the day before the event by club members and ground staff. The weather turned out to be perfect, a sunny day with light breeze and the ground was firm underfoot – this provided great conditions for racing. The course was designed to include various features of the surrounding landscape, taking in the hill section and other areas. Where the course crossed roads or paths, sand or gravel was laid out. Where it went through the boundary of University owned ground, some parts of a fence/gate were removed leaving only uprights which were surrounded by rugby post protectors to protect the athletes.

Pre-race

When athletes arrived, signposts pointed the way to changing rooms and where registration would be. A large car park provided plenty of room for buses and cars. Separate rooms were assigned for registration, Irish University Executive Committee and officials, and NIAF officials. All athletes were given a colour programme of the event, highlighting entries for the race and welcome messages. Malone Playing Fields staff ensured that any other problems were sorted out quickly.

The race

During the race athletes concentrated on their running as they found no problems with the course layout as it was set out and marshalled well. Careful consideration was given to providing enough marshals to ensure athletes went around the course correctly, to point out where certain locations were and to solve problems. Some marshals were in radio contact with one another. Officials counted laps and at the end of the race, marshals split athletes according to how many laps they had done to prevent confusion. NIAF officials manned the finishing area and recorded positions. A video camera also recorded the finish in case of disputed positions. Throughout the race, a commentary was given by David McKibbin, an experienced commentator. This is the only Irish University XC race where this is done. Throughout the race there was very close co-operation between QUB organisers, IUAA officials, NIAF officials and marshals to ensure that all jobs were covered, responsibilities were shared and the race was run, efficiently and effectively. A new timing system which was to be trialled at the race was unfortunately not available in time for the race. A digital clock on the finish line did make it to the race but blew the transformer and so was unable to record any times.

Post-race

Athletics finished the race and were given bottles of water. Physio-therapists were available after the race to give treatment to tired athlete's legs, one of the few competitions where this is provided. Soup, sandwiches, fruit, tea and biscuits were provided in a large room at the end of the race to allow the athletes to go somewhere and relax after the race. This food had been provided in the fully equipped kitchens of the Dub Pavilion which we were given the use of. There was great camaraderie between athletes, stories of the race were told and cold bodies were slowly warmed up again. This was certainly appreciated by everyone. The officials had separate rooms and food of their own to thank them for their time.

A captains' meeting was held after the race in a quiet room away from all the other athletes and the race received positive feedback. Following the whole event there were a number of positive comments and emails delivered to the email account from competitors and officials.

Programmes

400 were printed and distributed to athletes at registration and also left in the pre-race and post-race areas within the DUB Pavilion. The programme included a welcome from the organising committee, a list of competitors, a schedule of events, a course map and a list of previous winners.

First Aid

Six St. John's Ambulance personnel were available throughout the afternoon. Two were stationed at the finish whilst the other four were positioned around the course. They were in constant radio contact with the organising committee and race officials.

Post Event Function

The evening event was held in the Ramada hotel on the outskirts of Belfast. Invited guests included Mr Bill Gardner (Development Manager- Student Sport), Professor Kenneth Bell (Pro-vice Chancellor, Queens University Belfast), Mr David Mc Kibbin (President of Northern Ireland Athletics Federation), Mr Robert Rea (Chairperson of Northern Ireland Athletics Federation), Mr Gary Mack (Queens University Head Grounds Man), Dr Stephen Lipson (Honorary President of Irish University Athletics Association), Dr Paul Lynas and Dr Bryan Conway (Past Queens Athletics Captains). The evening began with a power point slide show displaying the photographs taken throughout the day's proceedings. This was followed by a five-course meal, speeches by guest speakers and the presentation of medals to all the winners. Two special presentations were also made to two long serving, influential members of QUB athletics. Finally, the programme of entertainment was concluded with music provided by a local DJ.

Publicity

The race was covered by both local and national newspapers, including The Irish News, The Irish Times and the Newsletter. Information regarding the race was displayed on a plasma screen in Queen's Physical Education Centre. This is used by all students, Queen's University employees and the public. The race results were broadcast on local radio stations- Cool FM and City Beat 96.7fm.

Income and Expenditure

Source of Income (to include sponsorship, fees, university contribution, etc.)	euro €	Expenditure	euro €
IUAA hosting Grant	€400.00	Programmes	£127.88
Queens Hosting Grant	£1565.00	Stationary	£141.51
Meal tickets	£2754.65	Hire of Ramada, DJ & Meals	£3780.00
		Post-race refreshments	£140.68
		Crystal for achievement awards	£80.00
		Laminated Signs	£10.00
		Physios	£50.00
		Thank-you cards and gifts	£20.00
TOTAL EURO (€)	400.00	TOTAL EURO (€)	0.00
TOTAL STERLING (£)	4319.65	TOTAL STERLING (£)	4350.07

Report Compiled by Conor Pollock
(QUB Harriers Captain 2004-05)