



# Summers Here

## July Newsletter 2015

### NI & Ulster Combined Events Championships

Incorporating the 10K Track Championships, Team Trophy and Open Graded Meeting

Date: 22nd & 23rd August 2015  
Venue: Mary Peters Track  
Time: 10am & 11am

For further information [click here](#) or visit

<http://www.athleticsni.org/Events/NI--Ulster-Combined-Events-Championships-Inc-10K-Track-Championships>



### NI & Ulster Age Groups & Senior Track & Field Championships 2015

Great weekend of Championships which took Place on Sat 6th (Senior & U18-U20) and Sun 7th (U14-U15)



at Mary Peters Track and again Sat 13th June (U16-U17) at Antrim Forum.

## Coach Education

2015/16 Coach Education will be advertised at the end of August for the courses being held in October 2015.

For further information visit the link below.

[www.athleticsni.org/Coaches](http://www.athleticsni.org/Coaches)



## First Aid Training Courses

Certified Primary Care (CPR) and Secondary Card (First Aid) Training Courses.

For further information visit

[www.emergencyfirstresponse.com](http://www.emergencyfirstresponse.com)



OR

contact Philip West via email [philip.west3@btinternet.com](mailto:philip.west3@btinternet.com) if you would like to book your club place.

## 3rd ASICS Belfast City Half Marathon

**Sunday 20<sup>th</sup> September, 9am start at Ormeau Park**

The organisers are delighted to announce ASICS as their new title sponsor for the 3<sup>rd</sup> Belfast City Half Marathon which takes place on



Sunday 20<sup>th</sup> September 2015 and is the Half Marathon Championship Race with Athletics Northern Ireland.

The route will again showcase the city of Belfast by passing major landmarks including Belfast City Hall, Albert Clock, Titanic Quarter, Victoria Park and the murals on the Falls Road.

15% discount for entries to the Half Marathon Event, simply enter BHALF15 when entering - Expires Tuesday 14<sup>th</sup> July at Midnight.

For further information click here

Online entry is available now at [www.belfastcityhalfmarathon.net](http://www.belfastcityhalfmarathon.net)

## ASICS Belfast City Half Marathon

Have two free Captaincy entries for the 2015 Sionnach Relay to give away!

Just answer the following question to win one of the free slots

The Sionnach Relay Series will take place in Sligo on Saturday 25<sup>th</sup> July. What province is Sligo in?

- a) Ulster
- b) Connaught
- c) Munster
- d) Leinster

Competition closes on Midnight Sunday 5<sup>th</sup> July. All answers to [info@belfastcitymarathon.org](mailto:info@belfastcitymarathon.org).

## Guide Running Workshop

### Are you interested in Guide Running?

Why not come along to the new Guide Running Workshop which will give you the theoretical knowledge behind Guide Running and also the opportunity to practise Guide Running with other Leaders/Coaches and the opportunity to guide athletes who are Blind/Partially sighted.

Date: Sunday 26th July 2015  
Venue: Mary Peters Track  
Time: 1 - 4pm  
Cost: Free

[Click here](#) to book your place or visit [www.athleticsni.org/coaches](http://www.athleticsni.org/coaches)



## Parallel Success

If you're an aspiring young athlete looking for ways to make waves in Paralympic athletics, then our Athletics NI training sessions are a great way to get started on your road to success!



[Click here](#) to find out more information and the 2015/16 Training sessions.

## Startrack 2015

**Get set for Startrack - Learn to Run, Jump and Throw with expert coaching, and have great fun!**



The scheme is Athletics NI's flagship grassroots athletics programme, aiming to give 8 to 15 year olds real athletics experiences and help them to develop skills.

**Locations:** Belfast, Antrim & Limavady

To find out more contact [info@marypeterstrack.com](mailto:info@marypeterstrack.com) or visit

[www.athleticsni.org/events](http://www.athleticsni.org/events)

Telephone: 02890 600 870

## Sport NI Coaching Awards 2015

There is 2 weeks left to nominate your coaches for the Sport NI Coaching Awards.

Closing date is 10th July 2015.

Information on categories and how to enter can be found on

<http://www.sportni.net/clubs-coaching/coaching-awards-2015-nominate-now/>

## UKA Supplement Position Statement

Athletes may choose to use supplements but should be aware of the facts and risks, so that their choice is an informed one.

**There is no 100% guarantee that any supplement is safe** and UKA has set out their position on supplements, providing clear advice



to athletes, and those who support athletes, on how to reduce the real risk of inadvertent doping posed by supplement use.

View the UKA Supplement Position Statement

<http://www.britishathletics.org.uk/anti-doping/supplements-and-nutrition/>

and any queries can be directed to [antidoping@uka.org.uk](mailto:antidoping@uka.org.uk) or 0121 7138466.

## British Athletics Supporters Club



The British Athletics Supporters' Club (BASC) is looking to assist Coaches and Officials with bursaries, through the 'BASC Peter White Bursary Scheme'.

BASC will award sums of up to £250 'in their pursuit of higher standards possibly, but not exclusively, by attendance on a course run by UKA'. In return the club will expect them to keep BASC members updated on their progress.

Previously we have also awarded bursaries for equipment to support their role and important travel expenses – so if you aren't sure, please apply!

Those interested should write to [Info@basclub.org.uk](mailto:Info@basclub.org.uk) by 31<sup>st</sup> August 2015, explaining why they should receive a bursary. The selection will be at the discretion of the BASC directors.