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Foreword

I am delighted to introduce the 2010-11 Sport Northern Ireland Annual Review. What a journey the past 12 months have been. I am extremely proud to be able to present the work of this organisation to you and reflect, not just on the success of 2010-11, but also on the upcoming challenges and opportunities we face in 2011-12.

This annual review is testament, not only to the progress achieved by Sport Northern Ireland staff but, to the strength of the partnerships which have been built over the years. The successes highlighted in this document tell the story of what these partnerships are achieving.

As you know, Sport Northern Ireland is dedicated to developing people in sport, especially young people, and providing facilities for people of every age group and ability to be able to participate, enjoy and perform sport and physical activity. We want everyone to benefit from the enjoyment and individual sense of achievement that participating in sport brings, and from the excitement and pride generated by strong performances.

Championing the value of sport is a key focus for Sport Northern Ireland. Sport is often justified by its contribution to other areas of Northern Ireland life, such as health, social and economic development, education, and community development. While these benefits are extremely valued, they are not the reason that we get passionate about sport.

At Sport Northern Ireland we believe in the enjoyment and sense of achievement that sporting participation can bring to anyone, regardless of age, income, background or level of ability. In short, sport is a real positive – that’s why we need it to be more than a minority interest in Northern Ireland.

We are committed to delivering not just more people playing sport, but building a world leading community sports environment which retains its participants and helps those with talent to flourish. The beneficiaries of such an environment won’t just include those already immersed in sport, but also those who are yet to discover its power. All of our work – the expertise we provide, advice we give, funds we invest, and relationships we build – is focused on delivering this legacy.

Sport Matters: The Northern Ireland Strategy for Sport and Physical Recreation, 2009-2019 was launched in May 2010 and outlines a new vision for sport and physical recreation in Northern Ireland. It also establishes key targets and priorities for sport’s future development as identified by the sports sector, the community at large and a range of other interests across central and local government, the voluntary sector and business.

However, Northern Ireland sport today faces major challenges and significant difficulties particularly in terms of participation, high performance and the quantity and quality of existing infrastructure. There needs to be a new long-term vision and direction for sport, so that we secure all the potential benefits it offers society and the individual.

Sport Matters offers that vision and that direction. I want not simply to preserve our sporting culture, but to cultivate it and strengthen it now and for the future. In short, I want Northern Ireland to realise the vision of Sport Matters – ‘a culture of lifelong enjoyment and success in sport’.

I want to take this opportunity to pay tribute to my colleagues on the Board who have given their time and considerable expertise so readily on behalf of sport in Northern Ireland. I also wish to thank the Chief Executive Eamonn McCartan, and staff at Sport Northern Ireland, whose commitment, dedication and considerable ability led to the achievement of the our goals in 2009-10.
Sport Northern Ireland Annual Review 2010-11

Eamonn McCartan
Chief Executive
Sport Northern Ireland

Statement

The London 2012 Olympic and Paralympic Games offer considerable sporting opportunities for the people of Northern Ireland; for our athletes, our officials and our volunteers.

The Olympic Games will provide a positive benefit in terms of encouraging sport and physical activity, performance sport, boosting the active contribution of volunteers, generating business, showcasing Northern Ireland, and leaving a lasting legacy that will benefit society long after the Olympic flame in London has been extinguished.

One of the fundamental principles of Sport Northern Ireland is to increase participation in sport. Therefore the ‘participation legacy’ from the Olympic Games is of crucial importance. We must utilise the enthusiasm for sport that will grow in the build up to the Olympic Games, and convert it into long-term participation by both young people and adults beyond 2012.

Sport Northern Ireland has worked extensively in conjunction with many governing bodies, local councils and sporting venues during the last two years to encourage key stakeholders to attract and secure athletes and teams who will train or qualify for the Olympic and Paralympic Games in London next year. Northern Ireland has the facilities and expertise to develop and hone the necessary skills for Olympic and Paralympic competition.

Despite many challenges and hurdles these collective efforts are starting to bear fruit and the considerable groundwork has paved the way for pre-Olympic qualifying events such as the Boccia World Cup in August and the Yonex Irish International Badminton Championship in December.

My thanks go to all those organisations and individuals who have worked with Sport Northern Ireland to further the development of sport in Northern Ireland. On behalf of Sport Northern Ireland I look forward to your continued co-operation and support.

So many people work hard to make things happen in sport – coaches, volunteers, officials, teachers, athletes, and participants – and I would like to thank them all for their continued enthusiasm and dedication.

Increasing participation and improving performance is always going to be a team effort, and Sport Northern Ireland plays a critical part. I, along with our fellow Board Members, look forward to an exciting and challenging year in sport.

Sport provides us with inspirational and invaluable moments. This is particularly relevant With the 2010 Commonwealth Games in Delhi, and the approach of the London 2012 Olympic and Paralympic Games, the World Police and Fire Games 2013 being hosted here in Northern Ireland, and the 2014 Commonwealth Games in Glasgow. All of the events are bringing sport right to our doorstep.
Participation and Facilities

There are many benefits to be accrued from participating in sport and physical recreation, particularly health. Sport contributes to tackling health issues such as obesity, cardiovascular disease, diabetes, and mental health issues. It also enables both physical and psychological development while providing a vehicle for enjoyment and fun, but also ensuring people have access to locally available sporting facilities.

Sport Northern Ireland’s Participation and Facilities Unit support sporting opportunities to increase participation levels in sport and physical recreation among people – of all ages and abilities, and to promote lifelong physical activity. This relies on a range of developments and interventions; places for sport, coaches, governing bodies, volunteers, events, quality programmes based on best practice, and marketing and promotion. Sport Northern Ireland is working on many fronts to deliver improvements across all these areas in Northern Ireland.
Sport in Our Community

The Sport in Our Community Programme concluded during 2010 having invested £4m in 34 projects in a range of organisations over a four-year period across Northern Ireland.

Over the four years the programme reached out to 121,171 participants; of these 53,289 participants were women and girls, 6,758 participants had a disability and 6,759 participants were older people.

A final evaluation of the Sport in Our Community Programme ‘Get Active - Stay Active’ and four thematic factsheets were published in March 2011 which include a number of case studies and personal stories that demonstrate the positive impact of the programme on the host communities and individual participants.

Active People

‘Active People: Healthy Communities – The Impact of Community Sport Investment on Public Health’ was published in April 2010 and launched during Men’s Health Week in June 2010 at the ManAlive! Men’s Health Conference.

Delivered in partnership with the Ulster Cancer Foundation, the conference delivered a practical guide for men’s health, looking at the implications of an increasingly sedentary population and how the private, statutory, voluntary, community, and sports sectors can work together to address inactivity and the associated public health issues. 120 delegates also enjoyed a range of interactive sessions and sporting challenges along side practical taster sessions of the Ulster Cancer Foundation’s PACE (Physical Activity and Cancer Engagement) Programme.

Four topical ‘Active People’ factsheets have been produced to support the role of sport and physical activity in health improvement on weight management, mental health, coronary heart disease, and reducing the risk of cancer.
Disability Mainstreaming Policy

Sport Northern Ireland primarily invests in Disability Sports Northern Ireland (DSNI) to support the implementation of its Disability Mainstreaming Policy (DMP).

An ‘Impact Review of Sport Northern Ireland’s Disability Mainstreaming Policy’ was carried out by Wharton Consulting in February 2011. The review concluded the policy has fulfilled a wholly worthwhile purpose, has achieved a number of notable successes over its four years to date and has created a unique platform from which the promotion and development of sport for people with disabilities could be effectively launched. The report also includes four in-depth case studies that identify the key enablers of success in a variety of settings and across themes:

1. Tollymore National Outdoor Centre - an example of an entity funded and managed by Sport Northern Ireland;
2. Irish Football Association and its disability football development programme - an example of a programme delivered by a large governing body of a focus sport for both Sport Northern Ireland and DSNI;
3. Fermanagh Inclusive Sports and Leisure Project - an example of a bespoke project begun by a District Council in response to the DMP; and
4. Sports Institute Northern Ireland (SINI) – an example of an organisation involved in elite sport and the provision of services to Olympic, Paralympic and other world class athletes with and without disabilities.

Activ8 Eatwell

Sport Northern Ireland established a unique partnership with the Food Standards Agency which delivered the Activ8 Eatwell pilot initiative to 50 primary schools across Northern Ireland between March and June 2010.

An evaluation of the Activ8 Eatwell pilot initiative highlighted changes in physical activity and eating behaviour amongst P5 school pupils and presented measurable evidence of Activ8 Eatwell in delivering genuine behavioural and attitudinal change, which included:

- 69% increase in the number of days per week that pupils achieved the minimum 60 minutes of physical activity;
- 55% increase in the average number of days per week that pupils drank the recommended minimum of six glasses of water; and
- 4% increase in the number of pupils who had eaten a healthy breakfast.

Between May and June 2010, 20,171 children participated in Activ8 Eatwell themed sports days held in 63 primary schools throughout Northern Ireland.

Twenty-four teachers were trained to deliver the Activ8 Eatwell Programme through the Regional Training Unit Summer School, and further training was delivered to 106 trainee teachers through Northern Ireland’s three Initial Teacher Education Colleges.
Active Communities

Active Communities is a Sport Northern Ireland lottery funded initiative that aims to increase participation in sport and physical recreation, especially among underrepresented groups including women and girls, people with a disability and older people. Active Communities will provide a network of 110 coaches and leaders with a responsibility to deliver sport and physical recreation in communities throughout Northern Ireland.

The first Active Communities Coaches and Leaders commenced employment in April 2010. To date, 86 coaches have been recruited across Northern Ireland. During 2010-11 Active Communities created:

- Opportunities for 48,344 people to take part in sport and physical recreation, including 56% women and girls, 12% with a disability and 9% older people;
- 472,156 participation opportunities, of which 334,954 were realised;
- 22,639 coaching hours in local communities throughout Northern Ireland; and,
- 312 training opportunities to support the professional development of Active Communities Coaches and Leaders.

One national launch and eight regional launches were held across Northern Ireland to publicise Active Communities. In November 2010, Active Communities was awarded the prestigious London 2012 Inspire Mark in recognition of the contribution of the project towards increased participation.

During 2011-12, Active Communities will continue to grow and develop, and will provide opportunities for approximately 70,000 people to participate in a range of sports and activities. Over 100 Active Communities Coaches will be deployed, and Sport Northern Ireland will continue to invest in the development of the coaching workforce.
Outdoor Recreation

In December 2010 Sport Northern Ireland began the work of promoting and supporting ‘Adventuremark’, which is an accreditation scheme for outdoor activity providers. Adventuremark ensures that a provider’s safety systems and procedures are appropriate for the activities and size and nature of their operation. This scheme will give participants a lot more confidence so that when they take part in outdoor activities they do so safely and with competent leaders and instructors.

Further research has been commissioned in preparation for the development of a new Outdoor Recreation Strategic Action Plan for Northern Ireland.

The Countryside Access and Activity Network was commissioned to undertake two pieces of research:

1. ‘Trends in Walking, Cycling and Horse Riding in Northern Ireland 1995-2010’, which, like the trends in adventure sports completed in 2008, has identified significant increased participation in these activities since 1995; and
2. ‘Publicly Owned Land Used for Outdoor Recreation in Northern Ireland’, which looked at all public land that is over 1 hectare in size and has identified what activities are carried out and/or permitted by the landowner. It has also identified other facilities such as car parking, toilets, cafes, etc.

Outplan was commissioned to undertake some research into the actual cases against landowners under the Occupier’s Liability legislation as well as out of court and insurance settlements. This research has concluded that the number of cases is extremely low and many are to do with built facilities rather than natural features. The indications from the courts are that the principle of ‘volenti non fit injuria’ is being applied. (This means that if someone willingly places themselves in a position where they know that harm might result they cannot then sue if they actually do get hurt.)

Sport Northern Ireland has also produced a policy position paper on Access to the Natural Environment for Sport and Physical Recreation which is currently going through the various consultation processes.

The development of the Outdoor Recreation Strategic Action Plan for Northern Ireland has been ongoing with nine key topics agreed:

1. Healthy lifestyles;
2. Widening participation (accessibility);
3. Environmental awareness, engagement and sustainability (supporting conservation through outdoor recreation);
4. Governance and partnership working (integrated outdoor recreation management) incorporating access;
5. Promotion and raising awareness;
6. Volunteering and community engagement / participation;
7. Activity tourism and entrepreneurship (including rural and economic development);
8. Facilities; and
9. Monitoring and evaluation.

The governing bodies for the outdoor sports including canoeing, orienteering, mountaineering, and equestrian sports have continued to develop their programmes and procedures with considerable successes. Two canoe clubs have achieved the new Clubmark NI accreditation, the participation numbers at each of the clubs based at climbing walls is almost at capacity, and the NI Schools Orienteering Association set up by NI Orienteering in 2009 now has 16 member schools.

The Mountain, Cliff and Cave Rescue Service continues to be well supported by Sport Northern Ireland, and ten members of the Mourne and North West teams attended a winter training course hosted by Tollymore National Outdoor Centre (TNOC) in Scotland in 2010. The teams were also provided with additional funding to buy new wheels and tyres for their vehicles to make them more useable in extreme weather.
Small Grants Programmes

‘Awards for Sport’ and ‘Sport Matters: Capital and Equipment Programme’ are small grants programme developed, funded and administered by Sport Northern Ireland.

Small grants programmes aim to increase participation in grassroots sport and increase the number of athletes with improved sporting performance.

Awards for Sport

In 2010 Awards for Sport received 484 applications requesting £3.2m of funding. Sport Northern Ireland invested £1.04m in 162 successful projects. These successful projects represented 23 district council areas and 34 sports. Baseline participation figures indicate that 57,000 people will benefit from Awards for Sport funding.

Sport Matters: Capital and Equipment Programme (SMCEP)

SMCEP was launched in July 2010 for awards of up to £30,000. A key priority for the programme was to ensure a wide spread of awards by sport and by geographic area, particularly for sports and groups not previously in receipt of significant Sport Northern Ireland capital funding. A total of 357 applications were received.

135 awards have been made in 2010-11. Awards were made to sports clubs, governing bodies and other community / voluntary organisations representing 23 district council areas and 35 sports. Baseline participation figures indicate that almost 90,000 people will benefit from SMCEP funding.
Explorers, adventurers and all those with a love of the outdoors came out in force in June 2010 to celebrate the re-launch of Sport Northern Ireland’s new multi-million pound adventure sports facility - Tollymore National Outdoor Centre.

The stunning new building is a state of the art and purpose built facility with amenities which are second to none. On entering the Centre there is a three-storey dining atrium which is supported by huge curved laminated timber columns. The Centre now has three meeting rooms, a large lounge area, fully stocked equipment stores, a heated indoor pool for teaching kayak rolling skills, a new gym, and a new climbing training wall as well as the existing Hotrock Climbing wall. There are 20 twin bedrooms all furnished to the highest standard with en-suite facilities and tremendous views over the forest and Mourne Mountains. The new building is built to be very eco-friendly incorporating a biomass boiler system, solar panels, and rain water recycling system.

During the year, the Centre met everyone’s expectations and over 4000 individuals visited the Centre to participate in a range of programmes and courses. A number of new courses are being developed, making use of developments such as the purpose built mountain bike coaching course. In 2011, TNOC will become the first centre in Ireland to provide the GO Mountain Biking proficiency scheme.

Visit www.tollymore.com for further information.
Building Sport

‘Building Sport’, a capital programme from Sport Northern Ireland’s Lottery Fund, aims to provide partnership funding for major capital projects that will increase access to opportunities for sporting development and participation for as many people as possible; particularly in disadvantaged communities to enable older people, people with disabilities, ethnic minorities and other underrepresented groups to participate in sporting activities.

Each unique project addresses essential sporting criteria:
- Increasing participation in sport;
- Being sustainable;
- Addressing the factors of social need;
- Tackling social exclusion;
- Promoting equality of opportunity and good community relations;
- Promoting sporting excellence;
- Addressing health inequalities; and
- Providing the structures for long-term athlete development.

This investment by Sport Northern Ireland’s Lottery Fund is a major contribution in tackling social injustice and inequalities. The programme demonstrates the ability of sport to heal divided communities, improve health and well-being, and lift those most disadvantaged out of the poverty of aspiration.

The following case study illustrates the benefits resulting from this type of Sport Northern Ireland investment…

Shaftesbury Community and Recreation Centre

The new and improved Shaftesbury Community and Recreation Centre was officially opened with special VIP guest Mary McAleese, President of Ireland. A total of £2.2m was invested to provide a wide range of new facilities to enhance the service provision to the local community.

Speaking at the official opening event, LORAG Chair John Gormley said: “This area has a high level of health problems, and our social agenda is to help people get fit and feel better. Exercise is great for the body as well as the mind; we want to make fitness accessible for all.”

A major element of the project was the £1.7m funding from Sport Northern Ireland for extensive sporting provision in the form of new 3G soccer pitches with floodlighting and additional changing, a community fitness suit, and a new sports studio.

A further £155,000 has also been provided by Sport Northern Ireland over a five-year period for a Sports Development Officer who will assist in the sports development objectives of the centre.

Eamonn McCartan, Chief Executive of Sport Northern Ireland commented: “Sport Northern Ireland is delighted to support projects such as this and contribute to the achievement of vital community and sports development objectives. The facilities provided here will meet the needs of people from all social groups and all ages residing in the Lower Ormeau and wider South and East Belfast areas. Ultimately the centre will contribute to increasing levels of participation in sport and physical exercise, and hence improved health within our society; improved academic performance of individuals taking part; reduced crime in communities; and socio-economic regeneration of our communities.”

The Shaftesbury Community and Recreation Centre has been and will continue to be a model of good practice. The facilities and programmes it provides are open and accessible to a wide range of local residents, and are interlinked into the goals of community development and regeneration.
**Places for Sport**

The Sport Northern Ireland Places for Sport Programme is designed to assist with the delivery of the new ten-year Strategy for Sport and Physical Recreation in Northern Ireland – ‘Sport Matters’, to provide a vision of ‘a culture of lifelong enjoyment and success in sport’. To achieve this vision, the Strategy recognises the need to develop a range of new, improved and shared sports facilities to a standard comparable with other regions in the UK.

The programme specifically focuses on five areas:

1. Pitches and other outdoor sports surfaces e.g. athletic tracks, tennis courts, etc;
2. Indoor specialised sports surfaces;
3. Floodlighting for training pitches and main pitches (only available for strategically important venues);
4. Buildings - construction of a new two or four changing room pavilion / extensions to existing changing pavilions where there is a demonstrated need for additional provision; and
5. Purchase of equipment - equipment must be based permanently in one location and must be new and not replacement or maintenance equipment.

The following case study illustrates the benefits resulting from this type of Sport Northern Ireland investment…

**Ballymote Sports and Wellbeing Centre**

The Ballymote Sports and Wellbeing Centre in Downpatrick launched a new multi-million pound facility which boasts a range of modern facilities including a dedicated centre of excellence for boxing, a four court badminton facility and championship netball court, state of the art fitness suite, and SEALB youth facility which will deliver a wide range of youth work programmes to the local community.

Sport Northern Ireland provided £1.275m towards this new facility and a further £72,000 towards the employment of a Sports Development Officer.

Sport Northern Ireland Chair Dominic Walsh commended the development: “Sport Northern Ireland is delighted to have funded the Ballymote Sports and Wellbeing Centre. This Lottery investment project was developed to encourage local people who do not usually take part in sport and physical activity to come to a local and dedicated sports facility, so keeping individuals and the community fit and healthy for the future.”
Facilities

50m Pool

The 50m pool facility will provide state of the art sports facilities for the North Down local community as well as training and strength and conditioning facilities for elite swimmers and athletes.

The new 50m pool facility will include the following facilities:

- Storage for hall equipment;
- Dry changing rooms;
- Children’s soft adventure play area, including vending and relaxation area for parents;
- Crèche;
- Village changing for aquatics facilities;
- Swim Ulster Offices;
- Timing office;
- Staff room accommodation;
- First aid room;
- Pool storage area;
- Pool hall – 50m x 25m x 2m, 10 lane pool (with two submersible booms and two moving floors);
- Diving pool - 5m, 3m and 1m boards (with moving floor);
- Leisure Water (wave pool, side winder, two flumes, interactive climbing tower, children’s paddling area with galleon feature and relaxation spa / bubble pools); and
- A Performer Development Centre.

The 50m pool project will form part of a new leisure centre at Valentine Playing Fields in Bangor. The total project cost is currently calculated at £37,839,333. The grant eligible cost of these works is £19,251,517 of which the Sport Northern Ireland Grant at 75% equates to £14,438,638. The 50m pool project is currently under construction and the expected completion date is summer 2012.
Access to Sports Facilities for People with Disabilities

Sport Northern Ireland in conjunction with DSNI have developed sports facility access guidelines – ‘Access To Sports Facilities For People With Disabilities: Design and Management Guidelines’ to help ensure that all new, extended and altered sports facilities in Northern Ireland meet the best possible levels of good practice in terms of access for people with disabilities.

The guidelines, which are also endorsed by Northern Ireland’s main disability rights organisation Disability Action, are based on optimum levels of best practice in relation to the design and management of facilities which fully meet the needs of disabled sports people.

The guidelines provide detailed guidance and advice on four key areas of facility design and management:

1. Design and technical issues, including standards for car parking, signage and changing areas;
2. Sports specific technical guidelines for 14 Paralympic sports;
3. Guidance on putting in place relevant policies and procedures; and
Performance Sport

Sport Northern Ireland is committed to developing a world-class sporting system in Northern Ireland, enabling athletes and teams to maximise their sporting potential and reach their optimum level of performance.

Sport Northern Ireland’s Performance Sport Team works to bring about an environment that will enable athletes to improve athletic performance.
Ten Medals for the Northern Ireland Commonwealth Games Team

The Northern Ireland Commonwealth Games team returned home from Delhi with extra, glittering baggage, following the best performance in 16 years.

Three gold, three silver and four bronze medals saw Northern Ireland finish high up the medal table in 13th place.

There were also a number of personal bests, top ten finishes, season’s bests, pre-Games targets and Ulster and Irish records achieved across a number of sports.

The medal target was five - conservative but not surprising considering only two silvers were won four years ago in Melbourne.

Boxing was a terrific example of preparing a squad to compete at their optimum level at a major championships.

The team was chosen in July and the Ulster Boxing Council used its relationship with the Irish national set-up to send the boxers to the High Performance Centre in Dublin for five weeks. When they returned to Belfast they were invited to avail of the support services and facilities at SINI to fine-tune their preparations before leaving for the Indian capital.

The hard work reflected in the results - gold medals for Eamonn O’Kane, Paddy Barnes and Paddy Gallagher, and silver medals for Tommy McCarthy and Steven Ward.

The cycling team was able to take the best from the British system as Wendy Houvenaghel represented her native country, winning a silver medal in the pursuit. There was also a bronze in the men’s team pursuit for Martyn Irvine, David McCann, Sean Downey, and Philip Lavery.

There were bronze medals in shooting for David Calvert and Matthew Hall, with another bronze for bowler Gary Kelly.
During the period 2010-11, 62 medals were won by athletes directly or indirectly supported by Sport Northern Ireland, in a range of Commonwealth, European and World level events.

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<td>2010 European Senior Boxing Championships</td>
<td>Gold</td>
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<td></td>
<td>Tyrone McCullagh</td>
<td>2010 European Senior Boxing Championships</td>
<td>Bronze</td>
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<td></td>
<td>Eamonn O’Kane</td>
<td>2010 Commonwealth Games</td>
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<td>Patrick Barnes</td>
<td>2010 Commonwealth Games</td>
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<td>Patrick Gallagher</td>
<td>2010 Commonwealth Games</td>
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<td>Stephen Ward</td>
<td>2010 Commonwealth Games</td>
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<td></td>
<td>Tommy McCarthy</td>
<td>2010 Commonwealth Games</td>
<td>Silver</td>
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<td></td>
<td>Ryan Burnett</td>
<td>2010 Youth Olympics</td>
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# Medal Achievements

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<thead>
<tr>
<th>Sport</th>
<th>Athlete</th>
<th>Competition</th>
<th>Medal</th>
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<tbody>
<tr>
<td>Canoeing - Slalom</td>
<td>Hannah Craig</td>
<td>2010 Dutch Open</td>
<td>Gold</td>
</tr>
<tr>
<td>Canoeing - Surf Kayaking</td>
<td>Corin King</td>
<td>Junior HP - European Surf Kayaking Championships</td>
<td>Gold</td>
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<tr>
<td></td>
<td>Corin King</td>
<td>Junior IC - European Surf Kayaking Championships</td>
<td>Silver</td>
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<td></td>
<td>Andy McClelland</td>
<td>Junior IC - European Surf Kayaking Championships</td>
<td>Gold</td>
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<td>Junior HP - European Surf Kayaking Championships</td>
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<tr>
<td></td>
<td>Jonny Bingham</td>
<td>Men’s IC - European Surf Kayaking Championships</td>
<td>Silver</td>
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<tr>
<td></td>
<td>Chris Hobson</td>
<td>Men’s IC - European Surf Kayaking Championships</td>
<td>Bronze</td>
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<tr>
<td>Cricket</td>
<td>Ireland Senior Team</td>
<td>2010 European Championships</td>
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<td>Ireland U18 Team</td>
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<td>Ireland U23 Team</td>
<td>2010 European Championships</td>
<td>Silver</td>
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<tr>
<td>Cycling</td>
<td>Wendy Houvenaghel</td>
<td>2010 Commonwealth Games</td>
<td>Silver</td>
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<td>Men’s Pursuit Team</td>
<td>2010 Commonwealth Games</td>
<td>Bronze</td>
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<tr>
<td>Golf</td>
<td>Jan Dinsdale</td>
<td>2010 South African Open</td>
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<td>2010 World Blind Golf Championships</td>
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<td>Judo</td>
<td>Lisa Kearney</td>
<td>IJF World Cup</td>
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<tr>
<td>Motor Sports</td>
<td>Kris Meeke</td>
<td>2010 Intercontinental Rally Championships</td>
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<td>Rowing</td>
<td>Holly Nixon</td>
<td>2010 Coupe de la Jeunesse</td>
<td>Silver</td>
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<tr>
<td>Shooting</td>
<td>David Calvert</td>
<td>2010 Queen's Cup</td>
<td>Gold</td>
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<td>2010 Commonwealth Games</td>
<td>Bronze</td>
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<tr>
<td></td>
<td>Matthew Hall</td>
<td>2010 Commonwealth Games</td>
<td>Bronze</td>
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<tr>
<td>Skiing</td>
<td>Kelly Gallagher</td>
<td>2010 IPC Alpine Skiing European Cup Giant Slalom 1</td>
<td>Silver</td>
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<td>2010 IPC Alpine Skiing European Cup Giant Slalom 2</td>
<td>Silver</td>
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<td></td>
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<td>2010 IPC Alpine Skiing European Cup - Slalom</td>
<td>Bronze</td>
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<td>IPC Alpine Skiing World Championships - Slalom</td>
<td>Silver</td>
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<td>IPC Alpine Skiing World Championships - Giant Slalom</td>
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Providing Aspiring Athletes with a Springboard to Success

Based at the University of Ulster, Jordanstown Campus, SINI continues to prove itself to be a successful partnership between Sport Northern Ireland and the University. When an athlete becomes a SINI athlete they have access to a high level of performance support. Each athlete is individually screened and a specific programme is tailored for their exact needs. Athletes have access to the following support services:

- Programme Planning;
- Sports Medicine;
- Performance Science;
- Strength and Conditioning; and
- Performance Skills.

SINI also delivers, in partnership with Sport Northern Ireland, specific development programmes for athletes and coaches, endeavouring to build skills and gain exposure to cutting to edge practice to enable the athletes and coaches to become world class.

SINI continues to deliver vital support services to a range of athletes from 23 sports including bowls, cricket, Gaelic football, hockey, judo, rugby, sailing, triathlon, and wheelchair basketball.

SINI has recruited additional staff to support service delivery to the Sport Northern Ireland Performer Development Centres (PDCs). In this first phase the support focus is on Strength and Conditioning and Physiotherapy.

Visit by Lord Coe - 2 March 2011

SINI was delighted to welcome Lord Sebastian Coe, Chair of the London Organising Committee of the Olympic and Paralympic Games (LOCOG), to a reception at SINI. During his visit, Lord Coe met with several SINI athletes aiming for Olympic qualification in 2012, including Olympic and Commonwealth medal-winning boxer Paddy Barnes, Commonwealth medallists Matt Hall and Martyn Irvine, and sailor Stephen Milne. Lord Coe also met up and coming swimming sensation Sycerika McMahon.

LOCOG Chair Sebastian Coe commented: “Northern Ireland boasts some of our brightest hopes for medals in 2012, and the Sports Institute Northern Ireland is testament to the commitment to sport here.”
Visit by Minister for Sport and Olympics, Hugh Robertson - 9 March 2011

SINI welcomed the Minister for Sport and Olympics Hugh Robertson MP who was excited to see how SINI is working with Northern Ireland’s Olympic hopefuls as they vie for qualification. As well as giving the Minister an opportunity to meet with some of Northern Ireland’s elite athletes, the tour also allowed him the chance to see SINI’s state of the art technology in action. Irish Hockey star Michelle Harvey demonstrated the Ballistic Measurement System, and SINI’s Senior Strength and Conditioning Coach Mark Kilgallon explained how he uses the system to test and monitor force and power production to help him perform strength diagnostic assessment of athletes like Michelle.

Later the Minister met SINI’s Soft Tissue Physiotherapist Paul O’Neil and sailor Ryan Seaton, who showcased the SINI’s RedCord device which allows Ryan to simulate the racing position he adopts when competing in his 49er boat.

The Minister also saw a demonstration of SINI’s new Anti Gravity Treadmill with Ulster Rugby Academy player James McKinney. SINI Physiotherapist Chris McNicholl was on-hand to explain how the treadmill will enhance the Institute’s work with athletes - with gravity increased or decreased to counter the weight of the runner to varying degrees. Chris described how the effect is like running in lower gravity, and how this will be extremely beneficial for SINI athletes in training, medical rehabilitation and other areas in the run-up to next summer’s Games.

Further information can be obtained from www.sini.co.uk.
Investing in Performance Sport Programme

In May 2009, Sport Northern Ireland announced two-year confirmed and two-year in principle awards for the 2009-13 period to 35 organisations, through the Investing in Performance Sport Programme.

This proposed investment of up to £13,277,060, over the four-year period, is part of the broader process of designing and delivering high performance sports systems in selected sports in Northern Ireland.

90% of the investment has been targeted towards increasing the number of professional staff working within governing bodies. Currently 88 posts are in place supporting volunteers in sport and building expertise with regard to business, talent, and high performance systems.

Despite a reduction of 17.8% in the planned programme budget for 2010-11, the programme has achieved the majority of its targets during the year. For example:

- 11 organisations have achieved either a satisfactory or substantial assurance rating following a Sport Northern Ireland governance and management audit;
- 28 organisations are fully compliant with the World Anti-Doping Code;
- 17 organisations have achieved a Reasonable Assurance Level in the NSPCC Safeguarding Children and Vulnerable Adults audit covering the ‘Getting it Right’ Standards.
- 11 governing bodies have club accreditation systems in place;
- 15,993 participants have been reported in a range of participation and talent development activities (12,258 sustained participation and 3,735 talent identification and development);
- 473 coaches have been trained;
- 238 athletes from 27 sports have represented either Ireland or UK at international competitions in 2010-11; and
- 54 medals have been won in international competition by athletes from Northern Ireland.

As Sport Northern Ireland enters the final two years of the programme, an interim evaluation is currently being undertaken which will inform future practice and plans for investment in the 2013-17 period.
Sport Northern Ireland’s Athlete Support Programme (ASP) is an investment programme designed to support athletes to develop to their full potential and achieve international sporting success at Olympic, World, European, and Commonwealth level.

The 2010 ASP was revised to fall within the calendar year from 1 January 2010 – 31 December 2010. Sports costs awards were offered to 127 individual athletes and six squads totalling £799,823 with a further £29,900 awarded in June 2010 to 17 athletes who had met the quality standard of the programme, but due to budget restrictions at the time of award, had fallen beneath the budget line.

Within this time period the programme changed from a Lottery funded programme to an Exchequer funded programme which offered challenges to efficiently deliver the programme within a calendar year. This led to the programme reverting back to a financial year basis with those athletes receiving funding in 2011-12 being offered a three-month extension to ensure no break in funding.

The total investment to date for sports costs, including extensions and various increases in award, for the 15 month period was £928,430. An additional £206,294 was made to 29 athletes in respect of living costs for the 15 month period culminating in a total investment of £1,134,724 to date.

Paddy Barnes

Paddy Barnes is a 24 year old amateur boxer from Belfast who has excelled at various international competitions over the last four years. Paddy won a bronze medal at the 2008 Olympics in Beijing in the 48kg division at the age of 21. Since then he has continued to improve and he has won the Irish Elite title for the past five consecutive years.

2010 saw him firmly establish himself as one of the top 49kg boxers in the world and this was reinforced when he won the gold medal at the European Elite Championships which were held in Moscow. He then followed this up by winning the Commonwealth Games gold medal in October.

2011 started well for Paddy when he won his 5th consecutive Irish Elite title but his primary focus for the year will be geared towards competing in the World Elite Championships which will be held in Azerbaijan in September. This Championship will act as the first qualifying tournament for the 2012 Olympic Games and all boxers who attain a top eight finish will qualify for the Olympics.

Paddy will compete in several multi-nation tournaments over the next few months which will act as preparation for the World Championships.

Paddy is a member of SINI and frequently avails of a range of services there.

Apart from qualifying for the Olympic Games, Paddy’s main aim for 2011 is to win a medal at the World Elite Championships. This would complete the set for him (i.e. Olympic, Commonwealth, European and World medals) and cement his place as one of the most successful Irish amateur boxers ever.
Kelly Gallagher

Kelly Gallagher has been receiving Sport Northern Ireland investment since April 2009, first as a developmental athlete, then International, and currently as a world class athlete.

Kelly was first spotted as having potential in August 2008 by the British Disabled Ski Team (BDST). The BDST, at that time, identified Kelly as a potential medallist at the 2014 Winter Paralympic Games.

In recent years however, Kelly has experienced a significant improvement in her performances and during her international debut at the New Zealand Winter Games (August 2009) won a gold medal in the Giant Slalom event.

Due to the significant improvement in performances Kelly qualified for the 2010 Winter Paralympic Games – four years earlier than anticipated. Kelly is the first skier from Northern Ireland to represent Great Britain and Northern Ireland at the Winter Paralympic Games. At the 2010 event Kelly placed 4th and 6th in the Giant Slalom and Slalom events. In the Giant Slalom event Kelly produced Britain’s best result by a Paralympic skier since 1994.

Kelly’s success has continued and her performances continue to improve. In December 2010 Kelly, together with her guide Charlotte Evans with whom she has been racing with since the start of these season, picked up three medals at the 2010 IPC Alpine Skiing European Cup.

In January 2011 at the IPC Alpine Skiing Championships, Kelly and Charlotte, claimed two further medals in the Slalom (silver) and Giant Slalom (bronze).

Kelly added to her medal count at the Europa Cup Finals in March 2011, claiming a silver medal in the Giant Slalom event and gold in the Slalom event.

Sycerika McMahon

Sycerika McMahon is one of the most exciting prospects in Irish Swimming and during 2010 she won a silver medal at the European Junior Championships and multiple medals at the British Age Group Championships.

A member of the Leander Swimming Club, coached by Bobby Madine, Sycerika has benefitted from Sport Northern Ireland investment over the past two years that has enabled her to access several warm weather and altitude camps.

Sycerika has also benefited from support services through the PDC programme in Lisburn, where she received strength and conditioning, and physiotherapy services. Peter Banks, Swim Ireland Performance Director, stated that the support Sycerika receives from Sport Northern Ireland has been fundamental in creating a world class training programme for this extremely talented athlete.
Cricket Ireland

In 2010-11 Cricket Ireland's senior men's squad, achieved a number of significant results; defeating test playing nation Bangladesh, increasing their world ranking to ten, and narrowly losing to the, then, current world champions Australia by 38 runs.

However the headline success was on 2 March 2011, when Ireland produced one of the biggest sporting shocks, defeating the current Ashes holders England at the ICC World Cup in India by three wickets. In achieving this result Ireland scored not only the fastest 100 in World Cup history (100 off 50 balls by Kevin O’Brien), but they also achieved the highest ever run chase in cricket World Cup history scoring 329 off 49.1 over's.

Although Ireland did not reach the knock-out stages at the 2011 World Cup, like they did in 2007, they did finish as the highest placed associate nation and were competitive in all of their group matches, narrowly losing to the West Indies and Bangladesh and defeating the Netherlands in their final match.

The men’s senior squad has been in receipt of Sport Northern Ireland World Class Athlete Support funding; in addition to this the men’s squad has benefited from specialist sports science and sports medicine services from SINI.

The men’s squad has progressed significantly in the last four years, with 13 of the squad now on full-time playing contracts, but also the sport has recruited a number of full-time sports science, medicine and coaching support staff, which will hopefully ensure that the sport achieves their performance goal of a World Ranking of eight by 2015.
Clubs Development

Sport Northern Ireland’s Clubmark NI programme continues to grow and develop. To date a total of 42 clubs have been accredited through the 19 Clubmark NI endorsed accreditation schemes, delivered by 13 governing body and six regional consortia partners. Approximately 200 clubs are currently working towards accreditation.

A presentation evening was hosted by Sport Northern Ireland at the University of Ulster to recognise the contribution to sport and achievements of the clubs who have gained Clubmark NI accreditation to date.

Feedback from clubs achieving Clubmark NI accreditation has been very positive, with clubs citing improved club profile; more efficient and effective ways of working; strengthened coaching plans; and through the creation of a development plan, a clear focus for the future.

Coaching Development

Sport Northern Ireland continues to work closely with Coaching Ireland and sports coach UK to support identified governing bodies / Ulster branches in the production of coaching delivery plans. Athletics, canoeing, cricket, hockey, Gaelic games, and rugby now have delivery plans in place, and work is ongoing with a number of other governing bodies to develop effective plans for their sport.

During this process, it became apparent that coach personal development planning and mentoring were areas which several sports were keen to address. In response, Sport Northern Ireland is piloting a cross-sport mentoring project with cricket, hockey and rugby which will provide coaches with:

- A tailored plan of personal development;
- Training and support to identified mentors and project managers; and
- Opportunities for sports to share learning and address areas of commonality.

The Southern Sports Partnership Coach Academy Programme and the North West Coach Development Programme were established in 2010-11 following the success of the Emerging Performance Coach Programme in 2009-10. These programmes will provide generic and individual development opportunities for 27 coaches across ten local authority areas. Key generic themes emerging include basic sports psychology, communication and planning skills, performance profiling, and performance analysis.
Practitioner Development Programme

The Practitioner Development Programme (PDP) is a Sport Northern Ireland funded programme that aims to develop the next generation of coaches, scientists and medics for the Northern Ireland sporting performance system. The PDP programme is modelled on the highly successful fast-track programme used by UK Sport to assemble their current batch of coaches and practitioners.

During 2010-11, 12 practitioners from coaching and support personnel backgrounds availed of a financial bursary to support personal development opportunities, and attended a series of workshops that allowed them to reflect on their particular coaching style and initiate and support positive changes within their work environments.

Anti-doping

With the run up to the Commonwealth Games in Delhi in October and looking ahead to the London 2012 Olympic and Paralympic Games, awareness of drugs in sport has never been more relevant. As such, Sport Northern Ireland launched its Anti-Doping initiative ‘Pure Winner’. The initiative, endorsed by the World Anti-Doping Agency (WADA), has been established to educate and inform athletes and athlete support personnel about key issues concerning doping in sport in order for athletes to prepare and succeed in competition.

Sport Northern Ireland is committed to drug-free sport and the primary goal for the Pure Winner education programme is to protect the spirit of sport, while at the same time enforcing integrity, fairness, equity and respect: the values essential to success in sport.
Sporting Events

Hosting major events is an opportune way to showcase what Northern Ireland has to offer, and enhance its image on the world stage.

Sporting events, large or small, provide an excellent platform to inspire young people to participate in sport, for talented athletes to raise their game, and instil a feeling of possibility among individuals, teams and society.
Belfast City Marathon

The 2010 Belfast City Marathon was a huge success – with a record-breaking 18,650 runners taking to the streets of Belfast, making the occasion the biggest mass participation sports event in the Northern Ireland sports event calendar.

Urga Negewo’s time of 2:16:56 robbed favourite John Mutai (2:17:02) of his fourth successive Belfast win. Third placed David Kirkland was a further ten minutes behind the two Africans, finishing in 2:28:47.

The women’s race was won by Belfast debutante Sarah Stradling in 2:44:03. Letterkenny’s Maria McCambridge finished second in 2:58:17. Third place in the women’s race went to local heroine, Breege Connolly, of the North Beflast Harriers, who finished in 3:00:48.

Milk Cup

Since it began in 1983, the Milk Cup has grown into one of the most prestigious and successful football competitions in the world.

The competition brings together the finest of young footballing talent from across the globe; bringing the excitement and challenge of competing to the young players and officials and great entertainment for the spectators.

Many famous names have graced this competition in the past with players such as Wayne Rooney, Ryan Giggs, David Beckham, Robbie Fowler and Peter Crouch all competing.

Now in its 28th year, the Milk Cup continues to provide a great opportunity for young players to experience international competition at the highest level.

The 2010 event, once again sponsored by Sport Northern Ireland, didn’t disappoint with the USA taking the Elite crown; Etoille Lusitana (Senegal) triumphing in the Premier section; and Chelsea coming out top in the Junior category.
Sporting Events

Girl Power at Runher

The popular female-only charity race, which this year raised thousands of pounds for charity Cash For Kids, is fast becoming a regular fixture on the athletics calendar with two annual events (June and November).

The event is now in its fourth year, and proved to be a great success, with the event going from strength to strength - from 220 women in the first year to a massive 2,200 in 2010.

Runher is now the third-biggest indigenous running event in Northern Ireland, just behind the Belfast Marathon and the Lisburn Half Marathon.

Boston Bruins v Belfast Giants

NHL side Boston Bruins paid Belfast a visit to play a challenge match with a Belfast Giants Selects side in October 2010.

This was a big day for the Giants and an event of great significance for the entire league; the Bruins are one of the most famous hockey teams in the NHL and one of the league’s original six teams, officially forming back in 1924.

A packed Odyssey Arena revelled in the presence of the Boston Bruins as they beat a Belfast Giants select 5-1 in an entertaining friendly clash.
Belfast Telegraph Sports Awards - Celebrating an Outstanding Year in Sport

It was a knockout night for boxing at the Belfast Telegraph Sports Awards - sponsored by Linwoods and supported by Sport Northern Ireland.

Paddy Barnes was a popular winner of the Player of the Year Award having last year picked up gold medals at the Commonwealth Games in Delhi and the European Championships in Moscow.

Paddy Barnes and the rest of Northern Ireland’s boxers were an integral part of the entire Commonwealth Games team and their collective performances in Delhi, which reaped 10 medals, saw them pick up the Team of the Year Award last night.

And the men behind the magic were given their place in the spotlight, too, as Northern Ireland’s Commonwealth Games boxing coaches Stephen Friel and Michael Hawkins shared the Manager of the Year Award.

Sports Star of the Year went to Graeme McDowell. He famously won the US open at Pebble Beach and in October claimed the priceless point that regained the Ryder Cup for Europe. He was also successful in the Wales Open, Andulcian Masters in Valderrama and the Chevron World Challenge, where he defeated host Tiger Woods in a play-off, moving to a career high fifth in the world and being awarded an MBE.

Another sporting hero, jump jockey legend Tony McCoy, was inducted into Hall of Fame. McCoy has been a champion jockey or the last 15 years.

Ciara Mageean’s potential was further acknowledged as the athlete won the Young Player of the Year prize.

Young Team of the Year went to Tyrone Minors GAA side, who beat Cork to win the All-Ireland Minor title at Croke Park.

Still with teams and an entire school of them picked up the Local Heroes Award as Banbridge Academy’s boys’ hockey teams were rewarded for their fantastic achievement in winning a ‘clean sweep’ of trophies throughout all age groups.

The George Best Breakthrough Award has seen some winning starlets go on to bigger and better things and Northern Ireland footballer Craig Cathcart was the latest recipient, thanks to his displays in the Premier League in an entertaining Blackpool this year.

The NI Sports Forum Paddy Patterson Award went to Bobby Platt for a lifetime of service to rowing in Northern Ireland, while Ulster rugby hero Bryn Cunningham was given a Special Award.

The Sportsperson with a Disability Award, sponsored by Disability Needs went to impressive sprinter Sally Brown, a member of Team GB.
Corporate Services

Corporate Services are seen to be the ‘backbone’ of Sport Northern Ireland – ensuring efficient and effective administration in sport.

The Corporate Services Unit provides a good working environment for the whole organisation through effective delivery of: Financial Management; Human Resources; Information Technology; Internal Audit Procedures; Investment Assurance; Marketing; and Policy Planning and Research.
Research

Sport and Physical Activity Survey – Baseline Report

SAPAS was commissioned by Sport Northern Ireland to provide statistically robust data on participation, club membership, volunteering, coaching attitudes to sport, and spectating amongst a representative sample of Northern Ireland adults (aged 16 years and over) in order to reliably enhance our understanding of sport and physical activity patterns and determinants across the population.

Main Findings

- 35% of Northern Ireland’s adult population achieve the recommended amount of physical activity.
- On average, people are active for eight hours (487 minutes) / week.
- Most of the total time stems from the home (183 minutes) and work (151 minutes).
- Women are significantly less active than men (402 minutes compared to 576 minutes).
- People with disabilities and older people are least active among all analysed groups.
- 23% of all adults are a member of a club, with the proportion of men being members of a club double that of women (31% / 15%).
- 36% participated in sport in the last seven days.
- The main reasons for doing sport are ‘just to enjoy it’ and ‘to keep fit’.
- Only 8% are aware of the Chief Medical Officer’s recommendation.
Coaching Workforce Survey

The Coaching Workforce Survey provides information on the state of the sports coaching workforce in Northern Ireland in terms of the profile of the coaches themselves, their roles within sport, the people to whom they deliver coaching, their experience, qualifications and the challenges and opportunities they face.

Main Findings

- Coaches in football (176), Gaelic football (211) and rugby union (229) accounted for 42% of responses to the survey. Hockey coaches (143) accounted for a further 10%.
- The timing of the survey in 2010 allows an impression to be gained of coaches as the London 2012 Olympic Games approaches. On the one hand, the coaching workforce is young, well educated and well qualified. Furthermore, coaches are keen to develop their coaching skills. On the other hand, the majority of coaching is done on a voluntary basis by people who are married and hold down full-time jobs, generating conflicting demands.
- Survey responses confirm the importance of clubs in providing facilities and coaching opportunities for adults and juniors - 84% of coaches deliver sessions in a club setting.
- Sports coaching in Northern Ireland is very reliant on volunteers, particularly in the club context. The relatively small numbers of paid staff in the workforce are employed mainly by governing bodies and local authorities.
- Most coaches responding to the survey possess a valid coaching qualification, and of these 39% are qualified at Level 2 or above. There is a clear desire expressed by a significant number of coaches, to develop as coaches, and achieve higher level qualifications in the process. Coaches frequently cite time and cost as the most significant barriers to their progress through the system.
- Coaches in Northern Ireland are well educated and well motivated, with most expressing a desire to develop as a coach. The overwhelming majority aim to continue coaching for the foreseeable future. They frequently identify and implement innovative solutions to the challenges of coaching, and exhibit a high degree of commitment to their roles.
121,171 People participated in the Sport in Our Community Programme over a four-year period

50 Primary schools participated in the Activ8 Eatwell pilot initiative

135 Awards were made to projects through the SMCEP

86 Coaches have been recruited across Northern Ireland through the Active Communities initiative

42 Clubs have been accredited through Clubmark NI endorsed accreditation schemes

162 Clubs / organisations were successful in the first round of awards for Awards for Sport

150 Athletes / squads supported through the ASP

4,000 People visited TNOC to participate in a programme or course

50 Sports practitioners took part in the PDP

10 Medals won by the Northern Ireland Commonwealth Games Team
Who’s Who in Sport Northern Ireland

Sport Northern Ireland Board Members...

Chair: Dominic Walsh
Vice Chair: Alan Moneypenny
Members:
Olive Brown
Murray Cowan
John D’Arcy
Una Duncan
Barry Macaulay
Brian McCargo
Danny O’Connor
Jim Rodgers
Alan Strong
Patrick Turnbull

Sport Northern Ireland Key Staff...

Chief Executive
Eamonn McCartan

Director of Corporate Services
Andrew Sloan

Director of Performance Sport
Shaun Ogle

Director of Participation and Facilities
Nick Harkness

Sport Northern Ireland Annual Review 2010-11