



The 40th Anniversary of the Great Duel at Cork Bank Holiday
Youri Sedykh vs. Sergei Litvinov
 June 1st thru 3rd 2024

At the
 Throws
 Center



Meet Natalya Sedykh
 Women's WR in the Shot Put
 Alexia Sedykh and
 Dan Mecca

Throws Workshops
 Masters Saturday
 U20, U23s & Seniors Sunday
 U12 up to U18 Monday



Throws Coaching Weekend

LOKI SPORTS
 Irish Supplier of Freelap, Nelco,
 Nordic and Eveque Athletics
 Equipment



SATURDAY CLINICS - MASTERS



10.00 AM to 12.30 PM	12.30 PM to 1.30 PM	1.30 PM to 2.30 PM	2.30 PM to 5.00 PM
DAN MECCA Hammer Throw DAVE FRATTAROLI Shot Put	CARL SHIELDS JOHN DWYER Throw Like Youri Introduction	LUNCH Murphy's Pub	JOHN TERRIT Discus Throw JOHN SHEEHAN Javelin Throw



SUNDAY CLINICS U20, U23 & SENIORS



10.00 AM to 12.30 PM	12.30 PM to 1.30 PM	1.30 PM to 2.30 PM	2.30 PM to 5.00 PM
ALEXIA & NATALYA Hammer Throw DAN MECCA Shot Put	CARL SHIELDS JOHN DWYER Throw Like Youri Introduction	LUNCH Murphy's Pub	ALEXIA & NATALYA Discus BRIAN SCANLON Javelin JOHN MENTON Weight for distance



MONDAY CLINICS U12 UPTO U18



10.00 AM to 12.30 PM	12.30 PM to 1.30 PM	1.30 PM to 2.30 PM	2.30 PM to 5.00 PM
BRIAN & RACHEL AKERS Hammer Throw MARY BARRETT Shot Put	CARL SHIELDS JOHN DWYER Throw Like Youri Introduction	LUNCH Murphy's Pub	SHANE SCANLON Discus DAN MECCA Javelin

Lunch in Murphy's each day 1.30 PM to 2.30 PM (only 200m away from track)
 Registration: Athletes can register by emailing John Dwyer siphi77@yahoo.co.uk
 John will send you the Templemore Athletic Club IBAN to pay & confirm booking

€ 25 per workshop or € 40 per day

LUNCH IS INCLUDED

Throw Like Youri is Free

