

Note: On Sunday: Alexia and Natalya will lead the Shot Put and Dan Mecca the Hammer



The 40th Anniversary of the Great Duel in Cork
Youri Sedykh vs. Sergei Litvinov

Bank Holiday
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

Dinner and Ceremony Sunday at Murphy's Pub **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
DAN MECCA Hammer Throw ↑ ↓ ALEXIA & NATALYA 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