

ALL IRELAND KETTLEBELL LIFTING FEDERATION



Welcome

February ended up being a short month! Almost everybody's focus was on the Cup Of Ireland hosted by Wexford Kettlebell Club at the end of the month. Now that we all know who has qualified the joys of booking flights and hotels can begin with gusto!

In this news letter we will chat with Mick Kelly of Wexford Kettlebell Club in our club spotlight section. We also have a list of all the competitors who made the Irish team for Latvia and a quick mention on what is going on in March.

Thanks to Fiona Kelly and Pat Kelly for the use of their photos on pages 8 and 9.

We are in the process of setting up two new Facebook pages, one for AIKLF existing members and one for people competing/going to Latvia. It may help some people who are booking and a good platform to share previous experiences. So expect lots of notifications over the next few days.

Hope you enjoy it. We are starting an AIKLF Members' Event section, so if you are an AIKLF member and you or your club is running an event or has news you would like to share let us know!

Celine King (Feb 2017)

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The cup of Ireland produced some great battles on the platform on the last week end of February. As predicted the level of competition and standard of lifting has increased. Competitors really brought their best and gave their all.

Below is the list of people who have qualified for Team Ireland and the European Championships in Latvia in May.

Congratulations to EVERYBODY who took part, it was a great strong weekend of lifting by ALL involved. Time to get the training heads on again!

BIATHALON

Joshua Hayes	Marble City	32kg
Cian Foley	Waterford	24 kg
Morgan Claffey	Portumna	24 kg
Will Greary	Underdogs	24 kg
David Payne	Waterford	24 kg
Pat Kelly	Portumna	24kg
John McCarthy	Marble City	24kg
Paul Kelly	Wexford	24kg
Craig Thompson	Underdogs	24kg
Steven Ryan	Marble City	24kg

BIATHALON

Steven Kileen	Portumna	24 kg
Damien Carey	South Dublin	24 kg
Mike Nuding	South Dublin	24kg

MENS LONG CYCLE

Dave O Leary	Rebels	24 kg
David Sheehan	Marble City	32 kg
Morgan Claffey	Portumna	24kg
Denis Hegarty	Rebels	24 kg
Kieth Dywer	Wexford	32 kg
David O Callaghan	Rebels	24 kg
Pat Kelly	Portumna	24kg
David Warner	Marble City	32 kg
Derry Horgan	Rebels	24 kg

MENS LONG CYCLE VETERANS

Denis Hegarty	Rebels	24 kg
Steven Kileen	Portumna	24 kg
Derek Deevy	Marble City	24 kg
Mick Kelly	Wexford	24 kg

SNATCH (Adults)

Maria Moran	Kettleheads	16 kg
Kelly Fortune	Wexford	16 kg
Patricia Molloy	Rosslare	16 kg
Rosaleen Flynn	Waterford	24 kg
Hazel Symons	Cork GC	16 kg
Marguerite Daly	Marble City	16 kg
Mary Burke	Portumna	16kg
Ailbhe Ni Chon- ghaile	Rebels	16 kg
Jamie Davis	Underdogs	16 kg
Yolanda Gilbert	Wexford	16 kg
Kathleen Cleary	Wexford	24kg
Maeve Carey	Wexford	16kg
Marie Mullen	Wexford	16 kg
Stacey Brady	Rosslare	16 kg

SNATCH VETERANS

Marguerite Daly	Marble City	16 kg
Jenny McGorman	Cavan	16 kg
Rachel Mc Manus	Wexford	16 kg
Olivia Cahalan	Portumna	16kg
Olivia Phelan	Marble City	16 kg
Sarah Clifford	Wexford	16 kg
Jennie Carthy	Wexford	16 kg
Sinead Byrne	Marble City	16 kg
Fiona Kelly	Wexford	16 kg
Christine Ross	Cork GC	16 kg
Maria Cullen	Wexford	16 kg
Ella Stanton	Galway	16 kg
Yvonne Phelan	Waterford	16 kg
Celine King	Rebels	16 kg
Catherine Catsonides	Waterford	16 kg
Kathleen Cleary	Wexford	16kg
Alison Murphy	Wexford	16 kg

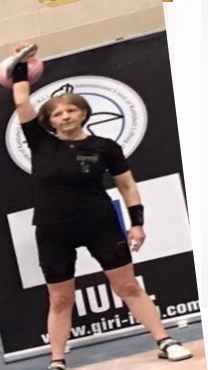
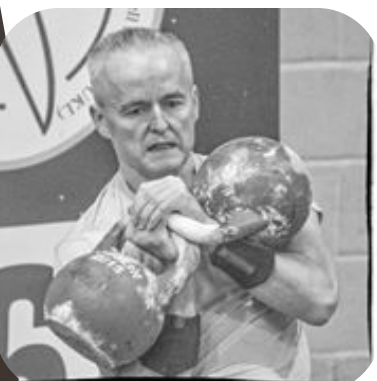
FEMALE LONGCYCLE (ADULTS)

Maria Moran	Kettleheads	16 kg
Patricia Moran	Rosslare	16 kg
Caitriona Meehan	Underdogs	16 kg
Danielle Tubridy	Belfast	24 kg
Marie O Donavan	Rebels	16 kg
Olivia Cahlan	Portumna	16 kg
Mary Burke	Portumna	16 kg
Kayleigh Grant	Waterford	16 kg
Rossana Petruzzi	Underdogs	16 kg
Clara Osbourne	Underdogs	24 kg
Joanne Powell	Wexford	16 kg
Stacey Brady	Rosslare	16 kg

FEMALE LONGCYCLE VETERANS

Marguerite Daly	Marble City	16 kg
Jenny Mc Gor-	Cavan	16 kg
Maggie Duff	Portumna	16 kg
Olivia Cahalan	Portumna	16 kg
Jane Connell	South Dublin	16 kg
Rebecca Horgan	Rebels	16 kg
Imelda Grant	Waterford	16 kg
Niamh Buckley	Rebels	16 kg
Yvonne Phelan	Waterford	16 kg
Sinead Flavin	Rebels	16 kg
Doreen	Waterford	12 kg
Nancy Flexman	Limerick	8 kg

CUP OF IRELAND FEB 2017



CUP OF IRELAND FEB 2017



CLUB SPOTLIGHT:
WEXFORD
KETTLEBELL CLUB



A quick two minute interview with Wexford Kettlebell Club's coach Mick Kelly. Mick has ensured the development of Kettlebell sport through this club and as acting president of the AIKLF.

1. WHERE IS WEXFORD KB CLUB AND WHAT IS YOUR CONTACT INFORMATION?

Wexford Kettlebell Club, Unit 26, Westpoint, Clonard, Wexford.

Email: wexfordkettlebellclub@outlook.com

2. HOW MANY TIMES A WEEK DOES THE CLUB TRAIN?

We train 3 times per week, Monday, Wednesday and Friday and an optional day on Saturday.

3. WHAT IS THE FIRST PIECE OF ADVICE THAT COMES TO MIND WHEN THINKING OF BEGINNER GRIVEKS?

My advice for beginners. Safety, be patient, follow your coaches program.

4. WHAT IS THE ONE THING YOU WISH YOU KNEW WHEN YOU STARTED GALWAY KETTLEBELL CLUB?

The one thing I wish I knew when I started the club, that there was more access to training programs. The first few years was basically guess work!

5. WHAT IS THE FAVOURITE LIFT OF YOUR CLUB OR IS IT AN ALL ROUNDER?

We seem to be a Long Cycle and Snatch Club, with only a few doing Biathlon.

6. WHAT INSPIRES YOUR CLUB TO KEEP GOING? The Clubs' youths.

7. AS A CLUB WHAT IS THE BEST THING ABOUT G.S? It gives our members a great level of fitness for any sport.

8. AS A CLUB WHAT IS THE CHALLENGING THING ABOUT G.S?
The most challenging thing for a club is funding for competitions. As our membership grows and we do better at competitions we need more funding!

9. WHAT IS WEXFORD'S KETTLEBELL CLUB PERSONAL MANTRA?

TRAIN HARD AND RESULTS WILL FOLLOW

10. WHAT ARE THE TOP 3 HIGHLIGHTS OF THE CLUB?

The First Club in Ireland; Some of our members have moved on and formed their own clubs which is fantastic for the growth of the sport; Our youth team.

Thanks to Mick for your time and persistence for driving Kettlebell sport in Ireland.



AIKLF MEMBERS' EVENTS

IUKL KETTLEBELL INSTRUCTOR COURSE

Rachel Mcmanus is running the IUKL KETTLEBELL INSTRUCTOR Level 1 Certificate over two consecutive Sundays; Sunday March 26th and Sunday April 2nd. It's an excellent two days of training and learning. All attendees must undertake to pass the IUKL standardised examination in order to qualify for the completion of the certification.

The cost is 350 euro so if you want to book a spot contact Rachel on [**rackmack@gmail.com**](mailto:rackmack@gmail.com).

If you have previously done and been awarded this certification (in Ireland) you are more than welcome to attend free of charge. There are very limited spaces left on this worth while course, so if you can, get your skates on! It is taking place at:

International Union of Kettlebell Lifting

IUKL LEVEL 1

Sunday 26th March and Sunday 2nd April 2017
The Body Building, Limerick



QUICK NOTES

UPDATED RULES/ REGULATIONS FOR CLOTHING:

At all AIKLF and IUKL competitions athletes must wear a T-Shirt while competing in Long Cycle and Jerk lifts. Lifters can wear vests OR T-shirts while competing in Snatch. .

COMMITTEE MEETING

The next committee meeting is on Saturday the 25th of March. ALL clubs are welcome to send representative to meet with committee members after their meeting at 1.30 pm in the Killeshin Hotel, Portlaoise to receive any updates/information

UPDATED COMPETITION CALENDAR



AIKLF 7min comp

Date : April 15th

Host Club : **PORTUMNA**

IUKL European Championships

Date : May 11th -15th

Location : Daugavpils, Latvia

Cup of Scandinavia 2017

17th June

Location: Grønnegade 1, Zealand, Denmark

Open Youth European Championships & Adult Open European Cup & Grand Prix

Date : July 20th-24th

Location : Wexford, Ireland

National Championships (Qualifier for World Championships)

Date : Aug 19th/20th

Host Club : **SOUTH DUBLIN KETTLEBELL CLUB**

AIKLF 5min Comp

Date : Oct 14th

Host Club : Rebels KB Club

IUKL World Championships

Date : Nov 15th-19th

Location : Seoul, South Korea