

The Chequered F1ag



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Pivotal few weeks ahead for Formula 1

THE next few weeks look set to be crucial to the future of Formula 1 with decisions to be made on engine regulations and the financial future of the sport.

This week looks set to see one of the most significant rule changes of recent years with the new engine configuration regulations set to be announced by the FIA. At present the sport uses 2.4 litre V8 power plants that rev to 18,000 rpm. The high revving units were unpopular when they were first introduced but news of

Tomorrow (Thursday) will see the tabling of the new for 2013 engine regulations to the Formula 1 Commission. The proposals will centre on 1.6-litre four-cylinder turbo engines with energy recovery systems and fuel restrictions. In an effort to limit costs the rev limit will be 10,000 rpm. The moves are part of promote Formula 1 as a "greener" sport. Car manufacturers know that it is crucial for their products to be seen as environmentally friendly in the current market and this change should offer benefits to manufacturers.

The implementation of a limit to fuel capacity will mean that it is crucial for engines to be frugal while also powerful. While fuel economy is usually the furthest thing on the minds of people when they discuss high performance cars this move could see a change in attitudes.

Motorsport in general and Formula 1 in particular, is a terrific instigator of innovation with competition breeding the best ideas and performance capabilities. To illustrate this point it is worth remembering that Honda has used motorsport to train their young engineers before moving them into their road car divisions to develop their future cars once they had gained enough experience from their time in motorsports.

Engine change could see new manufacturers enter F1

The rate of development that competition encourages will make it increasingly attractive for new manufacturers to become involved in the sport. During the framing process of these regulations numerous manufacturers were involved, these included the manufacturers in Formula 1 already through FOTA (Formula 1 Teams Association) as well as perspective manufacturers such as Volkswagen.

VW has long been linked with a move into Formula 1 but is yet to pull the trigger. Their pedigree is second to none with a long standing supply of lower formulae engines including winning the last two Macau Grand Prix. Through their Audi brand they have dominated sportscar racing for the last ten years and amazingly made a diesel engine that has revolutionised that category of racing.

With innovation so important to the company it is clear why the new engine configuration would be of interest to them. Fuel efficiency has become ever more important to manufacturers and while hybrid technology, as seen in cars such as the Prius, has gained the popular vote of being environmentally friendly it is questionable whether the mining of nickel needed for its batteries offers "green benefits" over traditional cars.

The new regulations would speed up the process of developing engines that will actually offer tangible benefits to the planet in the short and medium term by reducing the consumption of fossil fuels. The pace of development in the sport will make it possible for the new engines to be on public roads in the near future.

Financial future also on the agenda

Apart from the engine regulations Formula 1 is also coming to a cross roads for the financial future of the sport. The ever contentious Concorde Agreement, the document that governs the sport, is once more up for renegotiation between the FIA, FOTA and the commercial rights holder. The FIA is under pressure to provide the teams with a larger slice of the commercial pie as they struggle to raise the required capital to continue in the sport.

Formula 1 has been turned into one of the most profitable sports in the world by an umbrella of companies called the Formula One Group. Due to their success they have increasingly looked to have more of a say as a regulator as well. The situation is clouded by the fact that the FIA needs to maintain control of the sport while keeping the teams and the commercial rights holders onside. Each party has done its part to make Formula 1 successful but finding the right balance to create harmony could be one of the greatest challenges of Jean Todt's presidency.

That money dominates sport nowadays was made perfectly clear this week, before the end of the year Formula 1 faces a decision that will shape the sport from 2013 onwards.

ATHLETICS Blackrock AC

Rebecca looks forward to national final

REBECCA Carr will close Blackrock Athletic Club's racing activities for 2010 when she takes part in the under-15 Girls 4000m at the All Ireland Juvenile Cross Country Championships on Sunday week in Tullamore.

This follows her excellent top 30 in the under-16 equivalent last week in Derry where Rebecca finished top Louth athlete. Rebecca had also received a special commendation at the recent Louth Awards Night at the Crowne Plaza Hotel.

The final big outing for club athletes had been the previous week in the Noel McGuill/Sandra Floyd Memorial Open Cross Country event held by Dunleer AC out at the magnificent GAA grounds in Darver where the Girl's under-13 team followed up their Louth Championships Gold Medal by taking a wonderful Silver in the 2000m.

The ultra consistent Katie Todd led the team home with individual Bronze from Rachel McArdle, Eimear Curtin, Eimear Shine and Blaitthin Hughes. Pdraig Cunningham was the club's only under-13 boy.

The day had opened with wee Tom O'Brien in the under-7 Fun Run and Neasa Reilly taking a brilliant silver in the under-9 Girls 800m.

Neasa was followed home by Niamh Cunningham, Aoife O'Brien, Una O'Neill Kinney, Clodagh Lynch, Kate O'Brien and Leah McArdle.

And these girls provided the highlight of the afternoon when they bagged Gold as top team for their sterling efforts. In the boy's equivalent Declan Curtin signed off a fine year when coming home in fourth with Donnacha

Killinbeg AGM rescheduled

KILLINBEG AGM has been re-scheduled for Sunday December 19 at 3pm in the club-house.

The course is still closed due to the recent cold snap.

Hughes just behind.

The under-11 races over 1000m saw the biggest Blackrock contingent. Aidan Curtin finished in 5th with Finn Reilly in 7th and Isaac McGahon just outside the top ten whilst the large contingent of girls included Gemma McCrave, Ava Kiernan, Kelly Breen, Sorcha Cassidy, Leah Martin, Stefania Egan, Maeve Rodgers, Jessica Twibell and Clodagh Shine.

Neasa and Finn Reilly's dad and Blackrock coach Fintan showed from where they get their engines when he finished an outstanding fourth in the big race of the day, the Noel McGuill 6k.

The older girls were represented at Darver by the Leinster and National 4x100m relay medallists Aoife Cunningham and Erica Murphy who finished their very successful year by running 30 times as far when, out of their age group, they showed themselves to be all-rounders when battling home in the marathon 3000m race.

Blackrock AC would like to convey a special thank you to all those supporters who braved the icy conditions last week to shake a bucket on behalf of the club. Your efforts will be rewarded with some much needed equipment for the athletes.



Blackrock AC athletes dining out at the recent County Louth Athletics Awards Night staged at the Crowne Plaza Hotel. L-R: Aine McElarney, Amy Smith, Annabelle Morris, Rebecca Carr, Aoife Cunningham, Miriam McCrave and Clodagh Kilcommins.



Enjoying themselves at the County Louth Athletics Awards Night are Blackrock AC athletes. Front L-R: Shauna McMahon, Sorcha Cassidy, Neasa Reilly and Stefania Egan. Back L-R: Aoibhinn McMahon, Penny Morris, Gemma McCrave, Clodagh Roe, Niamh Cunningham, Ava Kiernan and Kelly Breen.

GOLF Club round-up

Record attendance at Cloverhill Golf Club AGM

Cloverhill Golf Club

THE weather failed to stop a record attendance at the club's AGM which was held for the first time on a Sunday afternoon.

Outgoing Captain Charlie O'Hare was lavish in his praise for the assistance and support he had received from the committee and members for what has been a memorable year in office.

The outgoing Captain was delighted with the continuing progress the club made under his direction. Charlie singled out Colin and his workforce for the superb condition the course was kept in all year.

"There is no club making the progress that Cloverhill is making and it is all down to the good relationship which exists between the hard working Colin and an equally hard working club committee. It is with great pleasure that I hand over the reins of Captain to John Byrne who will continue to lead the Club to better things."

DUBLINER John, an adopted son of Dundalk (for the last 30 years or more), has always been a leader of men and is delighted and honored to be given the opportunity to be Club Captain.

"I would hope to build on the legacy of all the past officers of the club by helping the clubs continual growth, without losing it's homely and friendly atmosphere. 2011 is a very important year for the club, as a growing membership and public perception needs to be built upon to keep Cloverhill up there as one of the most progressive clubs in the area".

John announced that his Vice-Captain would be Brian Ryan from Dundalk. Treasurer Raymond Martin painted a healthy picture on the financial front with a very detailed and precise report. Outgoing secretary Brendan Hughes expressed his regret at not being in a position to stay in office for the coming year. The Captain thanked Brendan for his outstanding work.

The election of officers then took place with Charlie O'Hare stepping up to the role of President. Seamus McGivern who has previously filled the role of Captain and Treasurer took over the job as Secretary.

Having returned such a healthy bank balance Raymond Martin was retained as treasurer.

Incoming Captain John will be delighted with the voluntary additions to the committee with outgoing, Declan O'Neill, Barry McKeown, Jim McKay, Peter Byrne and Joe Pilkington retaining their positions to be joined by Colin McParland, Graham Johnston, Shane Muckian, Cathal Hughes, Liam Harte and Seamus McCoy.

There was an update from Colin with regards to the proposed work on the course for the coming year. Colin outlined the areas of the course which needed attention and the said proposals for those areas. Hopefully by the time the Captains Drive-in comes round on March 13 to herald the start of a new golfing season the internal out of bounds at holes five, six and 18 will be done away with. A new tee-box for the ninth hole was to be looked at to replace the existing mat on if feasible.

The issue of Sunday morning and the time sheet was a topic for discussion with Captain John explaining that a starter will be in place to oversee that the time sheet is strictly adhered to. The enthusiasm and infusion of new blood and ideas certainly bodes well for the coming year at Cloverhill. All we need now is for the weather to clear so we can get back to finishing off the Winter League and getting in a few shots before the Open Christmas Scramble to be held in the club on Monday December 27.

The four person Scramble at €40 per team will have a shotgun start at 10.30 am. Anyone wishing to help outgoing Captain Charlie's chosen charity Newry Hospice by putting in a team can contact the clubhouse at 30 889374 to book a slot.

Killin Ladies Golf Club

THE Annual General Meeting of the Killin Ladies Golf Club will be held on Tuesday evening, December 21.

It will commence with the presentation of prizes for the Winter League at 6.45pm. The winners were Maria Fegan, Catherine Mullins, Imelda McDonnell, Ida McDermott and Marion Conlon on a combined score



17-year-old Cian Dullaghan who won six awards, including Golfer of the Year, at the Greenore Golf Club presentation night recently. Cian is pictured with his awards and his parents Fiona and Brendan and grandparents Brenda and Charlie Dullaghan.

of 314pts. Congratulations to the winning ladies and also to our outgoing and very successful Lady Captain Maria Fegan.

When our golfing year and future plans have been discussed we will conclude the evening with a few festive treats. We would like to wish all our members a very happy Christmas and lots of golfing fun in the new year.

Mannan Ladies Golf Club

NOT much golfing news to report in the arctic like conditions around Carrickmacross this week.

The Christmas Floral Demonstration, scheduled for December 9 has been cancelled due to the extreme weather conditions.

Kinder Day has been tentatively rescheduled for Wednesday December 15 (weather permitting).

Mannan Castle Golf Club

POOR weather conditions have meant that weeks six and seven of the Winter League had to be cancelled. Hopefully the snow

and frost have gone now and things will return to normal next weekend.

A number of golfers are in close contention for the overall winner of the winter league so the final week will prove to be decisive. There is a team event this year for novelty Sunday which will be held on December 19. Shotgun start at 10:30am, see website for details.

Anyone interested in joining Mannan for 2011 are asked to contact our clubhouse at 0429663308 or down load application on our website: www.mannancastlegolfclub.ie.

Cloverhill Golf Club

THE Ladies AGM was held in the Clubhouse on Thursday November 25 at 7.30pm. The 2011 Officers and Committee are: Lady President Roisin Daly, Lady Captain Rosemary Hanratty, Lady Vice-capt. Jane Savage, Hon. Secretary Margaret Hanley, Hon Treasurer Roisin Finn, Hon H/cap Secretary Ethna Dowling, Ex-officio Pat Cluskey, Committee: Jane Fegan, Kay Hall, Mary Larkin, Sallyann McDonald, Anne McParland.

ATHLETICS

Glenmore brave snow in Derry

ON November 28 a small contingent of Glenmore athletes travelled to Derry for the even ages All-Ireland Championships. Congratulations to these brave athletes who braved the snow and acquitted themselves well.

In the Girls U14 Kim Murphy came home 24th putting her in the medals as part of the Leinster team which came second. Emmet Hughes and Cormac Barry ran well in the Boys U14 followed by Aine Breen and Eimear O'Connor in the Girls U16.

Training continues every Tuesday and Thursday from 7-8pm and athletes are training hard for the upcoming Uneven Ages All-Irelands in Tullamore on December 19.

Due to weather conditions the AGM is postponed until early January. Also a reminder that registration for 2011 will be due. Why not give someone a Christmas voucher for use of Bush Track?

The annual GOAL MILE will take place at 11am at the Bush Track on St Stephens Day, please come and support this worthy event. Details of all the above can be seen on www.glenmoreac.com.

Rogers frustrated by winter weather

THE sporting casualties of the recent wintry weather have been numerous, and even included indoor events such as last Saturday's Schools' Combined Events' International in the Kelvin Hall in Glasgow.

This was particularly disappointing for Mark Rogers of Dromiskin-based St Peter's AC, who had been due to make his international debut.

Following his victory in the Irish Schools' Championships in September, he had been selected to compete in the Pentathlon as a member of the Irish Under 15 team in their annual contest against England, Scotland and Wales.

However it was decided last Wednesday to cancel the competition, as the forecast adverse weather was expected to make for difficult travelling conditions in Scotland.

It is not expected that the competition will be rescheduled for another date, as the scarcity of indoor tracks in Great Britain and Ireland means that those that do exist are normally fully booked each weekend during the Winter and Spring.

Mark will have a chance of appearing in this international event again in 2011 and 2012, as it is also contested at Under 17 level. It will be difficult for him to make the Irish team next year, as he will be up against athletes up to two years older than himself, but nobody should be surprised if he dons the green vest of Ireland in 2012.

CRICKET Dundalk Cricket Club

Cricket Club set for 2011

AFTER an extraordinarily successful first year in existence, Dundalk Cricket Club anticipates the 2011 season with relish.

The club played 27 inter-club fixtures in 2010, ten at home and 17 away on some of the very best grounds in the country. It reached the semi-final of the Midland (Dick O'Neill) Cup, and has been recognised by no less a prestigious body as Wisden (publishers of the peerless worldwide Cricketers Almanac since 1864) as their Cricket Club of the Month for October 2010. As such, Dundalk CC is in the hat to become Wisden Cricket Club of the Year!

The use of the magnificent ground in Dromiskin really propelled the club, and although a virgin wicket, many compliments were paid by visiting teams.

For 2011, the club has been offered the opportunity to enter teams in the Leinster Leagues and Cups. The numbers are there to

enter two teams, but the Committee has decided that maybe the club should walk before it runs, and so is of the opinion that in the first year of participation just one team be entered.

This will involve playing between 16 and 20 prescribed games (half at home and half away). This preplanning of matches by the Leinster Cricket Union (LCU) will afford the club a lot more time for the arrangement of more Friendlies and Taverners games than last year, and, if there is interest, Women's games and Under-Age games. The club will also probably be entering at least two teams in Leinster Cups. And, it will have another tilt at the Midland Cup. So, there may well be in the region of 40 games next year!

The first team will probably be included at around League 10 (based on the 2010 structure of leagues). And no doubt, there will be keen competition to play in

those league matches. Whilst winning a League would be a wonderful achievement, the most important task in 2011 will be to build the club further so that the interest in cricket around County Louth can be satisfied. However, the club will only grow with increased membership. And so, the priority will be to look after all the members by ensuring there is plenty of batting and bowling for everyone.

Entering a team in the League is not a decision that has been taken lightly. There are serious commitments that the club undertakes, and this, of course, extends to all the players. But the Committee is confident that so organised, skilled and disciplined are the members that the first team will be model Leagueters and will be pushing for promotion from year one. It is all a very exciting development.

Financing the club has been a precarious business as there have been setup costs, and

the club is indebted to the Louth Sports Partnership who donated a precious grant of €1000. The voluntary work has been immense to get Dundalk CC on the map. The sizable amount of club cricket equipment (bats, balls, pads, gloves, stumps etc) has been attained fairly painlessly (with special thanks due to Lurgan CC for donating their mobile pitch covers and sight screens free, gratis and for nothing).

Extra coaching is also being arranged and the club is signing up for both coaching and 'coaching the coaches' courses and umpires courses.

So, all is set sail for the coming year and season. Any interested cricket fans of any age and either gender will find welcoming faces and helpful coaching out at the ground in Dromiskin. Secretary Derek Turner is waiting for your call at 087-2627893 or at derek@spiritstore.ie. You can visit the Dundalk CC website at dundalkcricketclub.com.



Bay Estate man Patrick Kavanagh (sporting his Worcestershire cricket tie) who umpired Dundalk Cricket Club's historic inaugural game against YMCA at Claremont Road, Sandymount in April.

Presenting the facts about

Hydration

FACT OF FICTION?

Water is always the best fluid to drink after an hour or more of moderate to strenuous exercise.

FICTION

Water alone is not always the best fluid to drink after an hour or more of moderate to strenuous exercise.

Water tends to switch off the thirst mechanism and so an athlete can still be dehydrated but not feel thirsty. This is because water does not contain the salt (also known as sodium) which is needed to help restore fluids. Also, water does not contain any sugars/glucose and so it cannot help the body to replace the muscle energy stores that were used during exercise.

Isotonic sports drinks, on the other hand, contain carbohydrate to help restore muscle energy stores and sodium which helps restore fluids in the athletes body.

Recent research suggests that low fat or skimmed milk drinks are effective for re-hydration after exercise. In some cases, skimmed milk has shown to more be effective than sports drinks for restoring fluid balance in athletes. One of the main reasons is because milk contains water and sodium. Milk also contains carbohydrate (in the form of natural milk sugars) to help restore muscle energy stores and protein for muscle recovery.

FLAHAVAN'S®

TIPS

Here are recipes for a homemade isotonic sports drink that can be used during or after moderate to strenuous exercise that lasts an hour or longer:

500ml fruit juice + 500ml water + 1g salt

OR

200ml fruit squash + 800ml water + 1g salt

If an athlete chooses to drink water because they dislike sports drinks then a suitable recovery snack that contains carbohydrate and salt (e.g. meat sandwich or cereal bars) should also be eaten.

**Week 3
in a series
of 9**