

# Board Nomination Form

## Nominee Details

ROLE	
Name	Justine Keohane
Address	
Mobile Phone No.	
email address	

I have read the Person Specification for the role and wish to nominate for the board as follows:

ORGANISATION	KEY CONTACT
Position Nominated for:	Ordinary Director
Nominated By:	Caroline Kennedy
TI Membership Number	

Please complete a motivational statement summary of your skills and experience relevant to the skill sets identified and supporting statement detailing your motivation for applying for the role below. This will be provided to the wider membership of Triathlon Ireland for their consideration prior to the election of candidates at the AGM.

**Please summarise your skills and experience relevant to the skillset and supporting statement detailing your motivation for applying for the role.**

My motivation for the roles lies within my love for this sport.

I discovered Triathlon at the end of 2016 – joining Crosshaven Tri Club in Oct 2016 and never looked back. I have competed at all distances within triathlon from Start Sprints to Full Distance at local level as well as National Series level as well as at Ironman Level.

I am actively involved at a local club level, being an active member of Crosshaven Tri Club since 2016. I held the Secretary position for 2 years, followed by the Chairperson role for 2 years. I then moved into the role of race Director for our club race Tri an Tabhairne in Sept 2022. I continue to be an active member of the Club Committee group as the Social Officer.

I am a qualified technical official regularly officiating at races including IM Cork 2019, Hardman Bantry, Hills of the Harbour as well as many others.

Outside of the sport, I currently work as a Customer Account Manager within the pharmaceutical industry.

Previous to this, I worked in Finance within the pharmaceutical industry, as well as the IT and Communications industry.

I am a qualified Accounting Technician, qualified project Manager. Last November I qualified with a First-Class Honors Masters in Global Business Services

Please highlight particular high-level skill sets that you feel you have in any of the following areas:

Skillset	Detail
Financial	<ul style="list-style-type: none"> <li>Qualified Accounting Technician with experience in Accounts Receivable for 8+ years within the multinational environment</li> </ul>
Legal	N/A
Inclusion & Diversity Expertise	<ul style="list-style-type: none"> <li>Current Women in Sport Advocate with Triathlon Ireland</li> <li>Qualified Mental Health First Aider</li> </ul>
Change Management & Technology	<ul style="list-style-type: none"> <li>Qualified Project Manager with PMI.</li> <li>Completed a Masters in Global Business Services to which there was a module on Change &amp; Team Management</li> </ul>
Corporate Governance	<ul style="list-style-type: none"> <li>Completed a Masters in Global Business Services to which there was a module on GBS Organization &amp; Governance.</li> <li>Integral part of the Crosshaven Tri Club committee for 4 years in the role of Secretary &amp; Chairperson.</li> </ul>
Information Technology	
High Performance Sport	N/A
Commercial / Marketing	
Human Resources	<ul style="list-style-type: none"> <li>Completed a Masters in Global Business Services to which there was a module on Human &amp; Organizational issues</li> </ul>
Risk	

I wish to nominate for the above role, and if elected, agree to act first and foremost in the best interests of Triathlon Ireland and the sport nationally at all times, regardless of any

regional or club affiliation. If elected, I agree I will declare any real or potential conflicts of interest to my fellow board members:

SIGNATURE: *Justine Keohane*

Date: *27th Feb 2023*