

Antrim Masters

@antrimmastersgaelicfootball

Masters Philosophy

We don't stop playing because we grow old
We grow old because we stop playing



The man who started it in 1995



A 77-year-old former president of the GAA has returned home to Crossmolina, Co Mayo, after winning four medals in the US at the World Senior Games.

Dr Mick Loftus, who was president of the GAA from 1985 to 1988, was competing in the 75-79 year-olds' events category in St George, Utah. Competitors from 50 countries took part in the games.

Dr Loftus, who can still run a mile in 9½ minutes, is a well-known campaigner against excessive drinking. He praised the organisers given there was no alcohol advertising at the games.

"I am very happy with the medals I won. I won gold in the 3,000m in a time of 20 minutes and 8 seconds, and I won silver in the 800m, 1500m and 5000m races. I have been invited back again next year when I will still be able to run in the 75-79 year-old events," he said.

Gaelic Master Association



**12.45PM SHIELD FINAL :
TYRONE VS OFFALY**
REFEREE : JOHN GRIFFIN (SLIGO)

ALL-IRELAND MASTERS FOOTBALL FINALS
CORRAN PARK, BALLYMOTE
SATURDAY 11TH NOVEMBER 2017

**2.45PM ALL-IRELAND FINAL :
SLIGO VS MAYO**
REFEREE : GERRY SHERIDAN (CAVAN)



Gaelic Masters Growth

2015	2016	2017	2018
antrim	antrim	antrim	antrim
cavan	cavan	cavan	cavan
galway	donegal	donegal	clare
leitrim	galway	galway	donegal
longford	leitrim	kildare	down
mayo	longford	leitrim	dublin
monaghan	mayo	leitrim/longford	galway
tyrone	monaghan	london	kildare
westmeath	sligo	mayo	leitrim
	tyrone	monaghan	leitrim/longford
	westmeath	roscommon	london
		sligo	mayo
		tyrone	monaghan
		westmeath	roscommon
			sligo
			tyrone
			westmeath

Antrim Clubs Represented

- St Johns
- St Pauls
- Rossa
- St galls
- Lamh Dearg
- Michael Davitts
- Eire Og
- McDermotts
- St Endas
- St Theresas
- Sarsfields
- St Agnes
- St Patricks Lisburn
- St Josephs Glenavy
- St Ergnats Portglenone
- St Marys Aghagallon
- St Marys Ahoghill
- Erins Own Cargin
- St James Aldergrove
- Ballymena All Saints

Antrim Masters continues to support GMA



Ronan & Collie make it on to the Compromise rules team in 2016



Sponsorship in 2015 secures a set of jerseys

Antrim Masters in Action

Competitive ?



Masters with their Clubs



Health & Well Being

Medical Research

- <http://www.teamsport-health.ku.dk/news/2016/football-training-reduces-the-risk-of-disease-in-elderly-men/>

According to a HSE survey in 2015, probable mental health problems (PMHPs) are prevalent among men, specifically as they progress in age. However, the greatest source of combating mental health among this same group is through “being more physically active”, with 38% of those surveyed stating this improves their mental health and wellbeing.

Football training reduces the risk of disease in elderly men

RESEARCH A new scientific study shows that long-term recreational football training produces a number of marked improvements in health profile for 63-75 year old untrained men - including a reduced risk of developing cardiovascular diseases and diabetes.

So says Thomas Rostgaard Andersen, who conducted the study as part of his recently completed PhD project at the Copenhagen Centre for Team Sport and Health at Copenhagen University's Department of Nutrition, Exercise and Sports.

“The improvements contribute significantly to reducing the risk of developing cardiovascular diseases and diabetes”, he concludes.

How the body changes when you hit your 40s - and why exercise matters

The physiological changes that happen to the body at this age are mostly hormonal in nature, says exercise physiologist and older athlete specialist [Richard Brennan](#).

They cause loss of muscle, reduction in bone quality and loss of functional capacity, which affects how and how often you move throughout the day.

The body will also experience a reduction in maximal oxygen uptake - how much oxygen it can take in and use - which essentially means a reduction in the size of the body's “engine”, crucial for sports performance.