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Operation Motivation

Operation Motivation is a series of county wide physical activity programmes designed to get you up and active for the New Year.

Opportunities to kick start your active year include:

Learn 2 Run to 5k

Meet 'n' Walk

Men on the Move

Meath Running Group

Further info on these initiatives and more, see pages 2 & 3



Walkers transform Kells!

Fordstown's Lucy Dillon (leader with this year's Operation Transformation programme) along with RTE's Kathryn Thomas led off approx 1000 walkers (young & old) in Kells in early January as part of Operation Transformation National Walk day run in association with Meath Local Sports Partnership and Sport Ireland.



Lucy who is the youngest member of the OT leaders this year undertook the 5km walk in Kells along with her partner, Conor, baby Molly Therese and family members. Prior to the start of the walk, Lucy told everyone about how much she was looking forward to being part of the programme, that she appreciated that her journey would be tough, but with the help of her family and support of everyone in

Meath she would get there. Organisers were particularly pleased with the number of families who took part on the day.

Walks organised by Meath LSP in Navan and Trim, saw approx 450 people participate in both areas. Meath LSP would like to extend their thanks to the Gardai, Civil Defence and local club volunteers for their assistance in rolling out the walks in all three areas.

Anyone interested in walking as part of a group should come along to either of the venues below, where local community groups are organising Couch to 5k walks.

Walks are free and open to all walking abilities:

- Walk 2 Fitness in Kells. Meets on Tuesday and Thursday evenings @7pm at Titan Sports in the Business Centre in Kells. Contact Titan for further info: 046 9247527
- Meet 'n' Walk in Navan. Starting @ 7pm on Wednesday 13th January at the Old Barracks (Town Council) in Navan



View our website
<http://www.meathsports.ie>

Community Activity Programmes

Learn 2 Run to 5k

Struggling with your New Year's "get fit" resolution? Why not train in a group?

Learn 2 Run to 5k is ideal for those who are walkers and wish to become joggers or joggers who wish to become runners – open to men & women. An experienced running coach will be in attendance each night to provide advice and support.

Venues for training include:

Area	Details	Contact
Trim	Meet n Train every Tuesday & Thursday @ 7pm meeting opposite White's B & B, Trim.	Ciaran Tobin 086 3445903
Navan	Commencing Tuesday 8th March at 7pm Claremont Stadium	Meath LSP 046 9067337
Dunshaughlin	Registration Wednesday January 13 th Dunshaughlin Community Centre	Paddy Mangan 087 2597731
Ashbourne	Starts 13 th @ 8.15pm January at Greenogue Track	Jim Kavanagh 087 6691559
Athboy	Commencing early March	David Ivers 086-0842109
Tara	Meet 'n Train every Monday & Thursday @ 8pm Tara Sports Grounds	David McCarthy 087 2657770
Dunboyne	Couch to 5k commencing Tuesday 5 th Jan @ 9pm Dunboyne AC track, Rooske Rd	Geraldine Fagan 087 2218540
Laytown	Fit 4 Life commences late January/Feb	Lorraine Hyland 087 2033803
Oldcastle	Learn 2 Run commencing mid May every Monday @8pm in Gilson Park, Oldcastle	Robert Caffrey 087 9916946 www.stbrigidathleticclub.com
Moynalty	Couch to 5k commencing in mid January	Alison Boland 087 7566071 www.facebook.com/moynaltyac
Enfield	Fit 4 Life every Monday & Wednesday at 6.45pm meeting at bypass, Enfield	Geraldine Cusack 087 2376267
Bohermeen	Fit 4 Life every Monday @7pm Wednesday @7.30pm - Bohermeen Community Centre	Stephen Ball 086 0792580

Target: Royal County 5km & 10km on Bank Holiday Monday May 2nd 2016 in



Walk to Fitness

Free walking programme organised by Gormleys Pharmacy, Kells & Titan Strength & Fitness, Kells. Starts Thursday 14th Jan at Titan Strength & Fitness, Kells Business park. Suitable for all walking

abilities!

Free health check in Gormleys (expires end Feb) – weight, height, BMI etc;

Contact: Gormleys: 046 9240950; Titan Fitness: 046 9247527



Kells People's Resource Centre

Walking Group – open to everyone in the community

Morning walks commencing Mon; Wed & Fri @ 9.30am. From week of 11th January.

Includes Healthy Eating workshops with tips on: good nutrition on a budget, portions sizes, recipes, meal planning & shopping tips. Once off registration fee of €5 applies.



Parkrun

**Weekly Free 5km
Timed**

Runs www.parkrun.ie

Parkrun Navan – every Saturday at 9:30am in Blackwater Park, Windtown Road, Navan

Parkrun Oldbridge – every Saturday at 9:30am meet at Battle of the Boyne Visitor Centre, Oldbridge, Drogheda, Co. Meath

Community Activity Programmes



Meath Running Group

Every step - a victory.....

Ever thought of completing a 10km, half marathon or a full marathon, but don't know where to start, how to train for it or simply keep to a regime on your own? Meath Running Group can help you do just that!

Training sessions are tailored to individual abilities and levels from beginner to seasoned professional.

We provide a 30 week programme/3 blocks – depending on your target.

Block 1- Indoor Core & Conditioning Training (9 weeks): Wednesday 9th March at 7pm in Claremont Stadium Navan.

Start your running season on the right foot by working your core strength, flexibility, posture and balance. This training is ideal for injury prevention and to improve your running form.

Block 2- Speed & Middle Distance Training (11 weeks): Wednesday 18th May at 7pm in Claremont

This block is track based where the training sessions will progressively improve your running endurance and speed. This block will prepare you for distances of 5 miles, 10km and 10 miles.

Block 3- Middle Distance to Long Distance Training (10 weeks): Wednesday 17th August at 7pm in Claremont

Tired of running long distances on your own? These group training sessions are a mixture of track and road runs tailored to all abilities. Block 3 is ideal preparation for the half, ¾ and full marathon.

In 2015, Meath Running Group helped over 80 recreational joggers & runners to reach their target – either completing a 10km, 10 miles, half or full marathon. This year that person could be you! Find Meath Running Group on

<http://www.facebook.com/meathrunninggroup>



For all events listed above, please arrive at least 10 minutes before scheduled start time.

All of the above events are organised by Meath Local Sports Partnership. For details of other events, activities and programmes please contact 046 9067337 or visit www.meathsports.ie.

To make sure you are up to date with all of our activities please follow us on facebook and twitter.



Follow link:

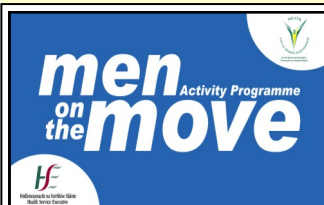
<http://www.facebook.com/meathsportspartnership>



Follow link:

<http://www.twitter.com/MeathLocalSport>

Community Activity Programmes



Men on the Move

Calling all men over 30 years of age!
Would you like to be fitter than you are now?
Would you like to improve your energy levels?



Yes??? Why not come along to our Men on the Move physical activity Programme - you don't need to be fit or even healthy to join, just willing to give it a go!

If you would like to develop a Men on the Move programme in your area or to register your interest or for more information please contact Ruairi on 046-9067337 or email rmurphy@meathcoco.ie

Laytown	St. Colmcilles GAA	Monday 11 th January at 7.30pm
Dunshaughlin	St. Patricks Hall	Tuesday 19 th January at 7.30pm
Navan	Claremont Stadium	Thursday 14 th January at 8pm
Kiltale	Kiltale GAA	Wednesday 20 th January at 8pm

Coming Soon – Men on the Move is coming to Oldcastle in February.

Navan Community Meet 'n' Walk

Following on from the Operation Transformation walk day on Saturday 9th January Meath LSP are rolling out the Navan Community Meet 'n' Walk on Wednesday evening. Walk is FREE and open to all abilities and fitness levels. We will have walking experts on hand to offer advice so come along and get walking with a group on a weekly basis for 6 weeks. Meet at the Old Barracks (Town council) @ 7pm. Please bring a hi-vis vest.



GET IRELAND ACTIVE WEB-SITE

A one stop shop for:

- getting active and staying
- Sports Clubs & leisure Facilities
- promote your events and activities



<http://www.getirelandactive.ie/Facility-Search/>

We have a comprehensive CLUB & FACILITIES LISTING

<http://www.meathsports.ie/clubs-and-facilities.html>

Please check to make sure your club or facility is listed and the contact details are correct.

Please advise us of any changes to mlsp@meathcoco.ie, or if you have a new facility that is not on the directory please complete the following survey: <https://www.surveymonkey.com/r/M8ZJGNP>

New staff members

Elaine Banville has started in the role of Sports Inclusion Disability Officer; Elaine takes over the role from Aine Coogan who has returned to work in her native Kildare.

Elaine is a graduate of Sports Science & Health at Dublin City University, has completed her BSc Degree in Sports Science & Health and is completing a PhD in Inclusive Physical Education.



Lynn O'Reilly, a native of Mullagh, Co. Cavan commenced work with Meath LSP on a Jobsbridge programme working specifically in the area of monitoring & evaluation.

Lynn holds a BSc Honours Degree in Public Health & Health Promotion and is currently working in an administrative role supporting the national Be Active ASAP programme.



The Board & Management of Meath LSP would like to wish both staff well in their roles and also wish to extend their thanks and appreciation to Aine Coogan for her work in developing the SIDO role in Meath, we wish her luck in her new position in Kildare.



safeTALK Suicide Alertness Training

safeTALK is a FREE half day training programme (4

hours) that prepares participants over the age of 18 to

identify persons with thoughts of suicide & to connect them to a suicide first aid resource. These specific skills are called suicide alertness and are taught with the expectation that the person learning the skills will use them to help reduce suicide risk in their community/club/organisation.



safeTALK
suicide alertness for everyone

This training is suitable for anyone over the age of 18 who is prepared to be a suicide alert helper.

Dates	Time	Venue
28/01/16	9am – 1pm	Navan Education Centre
05/02/16	9am – 1pm	Regional Education Centre Ardee
10/03/16	9am – 1pm	Regional Education Centre Ardee

Places are limited to 25, pre booking is essential. Interested participants should contact : **Sandra Okome** - tel: **0871321344**; Sandra.okome@hse.ie



An Post Meath Heritage Cycle Tour 2016:

The committee of the An Post Meath Heritage Cycle Tour 2016 are pleased to announce the dates for this year's event.

The 2 day event will take place on:

Saturday 23rd July—11km family Spin

Sunday 24th July—160km; 100km & 50km spins

An Post, Sport Ireland & Meath County Council have again committed their support to this ever popular and growing event.

Online registration for this year's event will open in mid-February with 'early bird' discounts available to participants. This year sees the development of a partnership agreement between Cycling Ireland, Future Ticketing & Meath Local Sports Partnership. Future Ticketing will provide a secure, cloud based digital registration system.

Meath LSP is looking forward to working with our partners in 2016 and are committed to making this year's tour bigger and better than ever.

Keep an eye on www.meathsports.ie/cycletour for registration opening, details about new routes etc.

Club Section

Community Coaching Programme

Meath Local Sports Partnership recently launched a new coaching programme to help support the delivery of sport and physical activity in communities across Meath.

The Community Coaching Programme is focussed on assisting people to gain employment, coaching, volunteering and further opportunities in the sports sector.

Suited to coaches, players, parents and volunteers, the programme is designed to provide the participants with practical and theoretical sports related skills that they can bring back to their communities, benefiting local clubs, schools or organisations.



GAA, FAI, Athletics Ireland and Triathlon Ireland are just some of the sports governing bodies delivering coaching courses, work experience opportunities are also available. The programme is run over a period of 12 weeks and is held at the Meath and District League facility in Navan.

Further details on this programme can be found on www.meathsports.ie

Club Coaching Corner

Meath LSP has recently updated it's website to include a Club Coaching Corner of NGB training and development courses and workshops along with Meath LSP events.

These workshop and events can be found on our website at <http://www.meathsports.ie/events/>

January 2016

FAI Kickstart 1
January 17 @ 9:00 am - 5:00 pm
MDL Grounds, Trim Road, Navan, Ireland + Google Map
€45
Kick Start 1 - MDL Grounds Contact Barry Ferguson on 087 764 0463 (barry.ferguson@fai.ie) Course Kick Start 1 Contact Hours 8 Hours Start Date 17 Jan 2016 Venue MDL Grounds Address Trim Road, Navan County Meath Times 09:30am - 05:30pm
Find out more >

GAA Foundation Course - Football
January 19 @ 8:00 am - 5:00 pm
Trim GAA, New Hagar Road, Trim + Google Map
Dates: January 19th & 26th
Find out more >

GAA Award One Course - Football Youth/Adult
€70

Upcoming Events

- FAI Kickstart 1
January 17 @ 9:00 am - 5:00 pm
- GAA Foundation Course - Football
January 19 @ 8:00 am - 5:00 pm
- GAA Award One Course - Football Youth/Adult
January 20 @ 5:00 pm
- GAA Foundation Course - Dual (Football & Hurling)
January 21 @ 5:00 pm - January 23 @ 8:00 pm
- GAA Foundation Course - Football
January 25 @ 5:00 pm - January 27 @ 8:00 pm

View All Events

Like Us On

HURLING COACHING CONFERENCE

Meath Centre of Excellence, Dunganny
9am Saturday 20th February
Price €30 (includes lunch)



9:00-10:00
Paul Clarke



10:15-11:15
Paudie Butler



11:30 -12:30
Tommy Dunne & Christy O'Connor (Practical)
13:00 -13:45
Lunch



14:00 - 15:00
Anthony Cunningham



15:15-16:15
Michael Duignan



in conjunction with



Paddy Kelly Phone: 086-8282458 / 087-2875070 Email: secretary.kiltalehurling.meath@gaa.ie

Club Section



Older people in Meath benefit from grant scheme

Meath Local Sports Partnership welcomes the funding of €8710 for older people's groups in Meath and in doing so acknowledged the good work which is being done by local clubs & groups, nationally by Sport Ireland (formerly the Irish Sports

Council) and Age and Opportunity.

31 groups benefited in Meath – 14 of which are Active Retirement Groups

The Small Grant Scheme is a joint initiative between Age & Opportunity's Go for Life programme and Sport Ireland. Grants were available to all eligible local clubs, groups and organisations that promote increased participation in recreational sport or physical activity for older people as a main element of their activities.



The National Grant Scheme aims to assist in the implementation of locally-developed, well-planned initiatives designed to increase participation in recreational sport and physical activity by older people. In particular, **the scheme is aimed at:**

- supporting the work of Go for Life including the network of PALs (Physical Activity Leaders) and the development of Go for Life Games and other initiatives;
- assisting local clubs/organisations to enhance existing opportunities for their members in recreational sport and physical activity;

Ashbourne ICA	250	Irish Wheelchair Association, Navan	260
Athboy ARA	250	Kilmessan Bowls Club	270
Balivor ARA	270	Lismullen ICA	250
Beauparc ARA	250	Meath Local Sports Partnership	1000
Bective ARA	250	Mens Shed Dunboyne	250
Bohermeen ARA	270	Moynalty ICA	250
Carlanstown Community Develop-	270	National Learning Network	250
Carnaross ARA	270	Oldcastle ARA	270
Clonmellon/Killallon ARA	280	Oldcastle GFC	270
Crossakiel Young at Heart ARA	280	Ratoath ICA	250
Drumconrath ARA	270	Skane ARA	270
Duleek Women's Forum	250	Third Age Foundation	260
Duleek-Bellewstown ARA	250	Trim Adult Learning and Leisure Pro-	250
Dunboyne ARA	270	Wilkinstown ARA	150
Dunshaughlin ICA	250	Young at Heart Tierworker	260
Horace Plunkett ICA	250	TOTAL	€8710

Schools Section

What we offer schools

Meath Local Sports Partnership offers a variety of programmes to schools in support of physical education and in particular the Active Schools Flag.

Programmes include:

- Cycle Safety Programme
- Be Active ASAP
- Sports Lead Award
- Buntús Programme
- Sports Hall Athletics
- Be Active ASAP
- Play Rugby Programme
- First Tee Golf
- School sports day training workshops
- National initiatives such as Bikeweek, National Recreation Week and National Playday.

Eurolink commit sponsorship to primary school cycle safety programme



Eurolink Motorway Operations Ltd have committed increased sponsorship support to Meath Local Sports Partnership's Cycle Safety programme for the coming year 2016.

In 2012, Eurolink agreed to become the official sponsor of the Cycle Safety programme. Since then almost 5000 primary school children have availed of this training. Increased sponsorship will see an additional 100 primary students participate in 2016, bringing the total number of children participating for this year to 1700.

David Schuller (Operations Manager with Eurolink) stated how pleased he was that Eurolink will continue to partner Meath LSP in rolling out the primary school safe cycling programme.

Eurolink are committed to improving road safety and would view the cycle safety programme, in particular the safety components of road awareness and positioning as critical to improving the overall safety of children on our roads.



The Cycle Safety programme provides training to classes from 3rd up to 6th class. Schools can opt for annual training, bi annual or every 3 to 4 years depending on the number of children to be trained. Bicycles and helmets are provided—max. 30 children per class.

Cycle Safety is co-ordinated by Meath LSP and rolled out with the support of the Road Safety Authority, sponsors Eurolink and Meath County Council.

If your school wishes to take part on this programme in 2016, please contact Meath LSP at 046 9067337 or email dmccaffrey@meathcoco.ie

Schools Section

Accredited Sports Leadership course for Meath secondary school students

Meath LSP in association with Sport Ireland and Dormant Accounts has secured funding to deliver the accredited Sports Leadership UK level 1 course for secondary school pupils. The programme is currently being delivered in St Michael's Loreto School in Navan.



The Level 1 Award in Sports Leadership provides the ideal starting point for learners aged 13 years plus who wish to develop their leadership skills, whilst under the direct supervision of their Tutor. The Level 1 Award in Sports Leadership is a practical award in which learners must demonstrate their ability to lead others in simple sport/activity.

For students wishing to pursue a career in sports, management or leadership this is their opportunity to get ahead in terms of their own career pathway.

The level 1 Award in Sports Leadership is accredited by Sport Ireland partners, Sports Leader UK.

Meath LSP are now taking expressions of interest from schools who wish to be included in the roll out for 2016.

The number of schools trained is limited to amount of funding received through Dormant Accounts.

Please contact David at 046-9067337 or dmccaffrey@meathcoco.ie for further details.



Be Active ASAP continues to grow in Meath

The success of Be Active ASAP in Meath since programme inception is remarkable. To date, 41% or 60 schools have been trained to deliver Be Active ASAP in Meath. That is the highest percentage in any county nationwide. Expressions of interest are now open for 2016. Please visit our website <http://www.beactiveasap.ie/contact/expression-of-interest> and fill out the form to be considered for training in 2016.



Be Active ASAP and Active School Flag

Congratulations to all schools that have been awarded an Active School Flag – a terrific achievement. If you are a school interested in after school activities we would like to hear from you. If you are a school working towards your Active School Flag, Be Active ASAP can help **YOUR** school attain the Flag through incorporating the following Active School Flag review areas:



1. Physical Activity – extra-curricular activities,
2. Inclusive Physical Activity,
3. Community Links – working with parents,
Community links – working with outside agencies.

For further information on the programme please visit the Be-Active ASAP website on www.beactiveasap.ie or contact 0469067337.

Older Adult Programmes

Meath Mature Movers

2016 marks 8 years of the Mature Movers Activity Programme and we start the new year with the programme running in 7 areas. The 8 week programme for adults (50+) includes activities such as seated exercises to music, resistance exercises with resistance bands, core stability, balance, seated Pilates and fall prevention exercises. Mature Movers is a great social outlet for participants as they get a chance to relax, have a chat after their workout and enjoy refreshments.

If you would like to get active with Mature Movers in your area, please come along and try it out. See below when and where the programme takes place.

Trim: starting Monday 18th January in Knightsbridge Nursing Home, Village Hall, Trim at 10am.

Navan: starting Monday 25th January in the Pitch and Putt Club at 11am.

Kells: starting Thursday 21st January in Kells People's Resource Centre at 11am-12pm and 12.15pm-1.15pm

Simonstown: starting Thursday 17th February in Simonstown GFC Centre at 11am

Athboy: Wednesday 21st January in St. James Hall, Main St. Athboy at 11am.

Laytown: Wednesday 20th January in St. Colmcilles GAA at 11am.

Dunshaughlin: Wednesday 27th January in St. Patricks Hall at 11am.



So if you would like to participate in the Mature Movers Activity Programme in your area please contact Ruairi Murphy at Meath LSP on 046-9067337.

Meath Local Sports Partnership shortlisted for National Award

Active Minds – a physical activity programme designed and rolled out by Meath LSP to combat the early onset of dementia in adults and to offer pathways to physical activity for adults with dementia, their carers and siblings has been shortlisted for the National Elevator Innovation in Dementia Award 2015.

The programme which is funded by the HSE, is in its infancy and is being rolled on a pilot basis in the following 3 areas:

- Meath Alzheimers Society – Day Care Centre in Liscarton
- Meath Mental Health Services (St. Brigids Day Care centre, Donore)
- Knightsbridge Nursing Home, Trim

Dementia Elevator is an education and empowerment programme developed by DCU and the HSE (with the support of Atlantic Philanthropies) to help individuals, communities and health systems engage appropriately with people with dementia. Elevator focuses on ability (rather than disability) and takes a person-centred approach to dementia care.

For more information on the Active Minds programme please contact Ruairi @ 046 9067337.



Ruairi Murphy (SDO, Meath LSP); Mary Manning (HSE lead on National Dementia); Brain MacCraith (President DCU); Dr. Kate Irving (Head of Elevator Dementia, School of Nursing, DCU); Mary Murphy (Coordinator, Meath LSP) & Cathy Tobin (Dementia Champion & Coordinator CNME, Ardee).

Older Adult Programmes

Games for Life

Box Hockey League:

The first ever Box Hockey League will start on Tuesday 26th January at 11am in Simonstown GFC Centre. 20 active retirement and disability groups are already signed up for the league.

Moynalty Men's Shed and Kilmessan Active Retirement groups are busy making 'box hockey' sets for interested groups. This hugely popular activity continues to grow in Meath.

If your group is interested in Box Hockey or participating in the new league please contact Ruairi on 046-9067337.



Active Retirement Bowls League:

The Active Retirement Bowls League in association

with Meath Zone Bowls will recommence on Monday 8th February 2016. Kilmessan and Dunshaughlin will be hoping to retain their division 1 and division 2 titles respectively.



Boccia League:

The Boccia League will commence on Monday 4th April in Simonstown GAA, 45 teams made up of active retirement and disability groups will come together to participate in the league; the league meets each month for competition.

There is huge competition between all of the groups participating in the Games for Life Programme. Meath LSP would like to wish the best of luck to all teams in 2016.

Remember you are never too old to try something new! If you are interested in participating in any of our Older People's Activity programmes but are unsure of where they take place—please call Ruairi@ 046-9067337.



Disability Inclusion Training

DISABILITY INCLUSION TRAINING

COURSE COST €45

This is a **Six Hour** introductory level **COURSE** designed to give participants **ideas and inspiration** to adapt their **Sport, Physical Activity or Physical Education** sessions to make them more **accessible** for children and adults with a disability

BOOK ONLINE Visit caraapacentre.ie and follow the links to Training & Education to **book Online**

Resource Pack
All participants will receive a Resource Pack including Resource Cards and a Disability Inclusion Training Manual.

Course Facilitated by:



WHEN:
Monday 8th February at 9.30am

WHERE:
Meath and District League Grounds, Trim Road, Navan, Co. Meath

CONTACT:
Meath Local Sports Partnership
046-9067337
mlsp@meathcoco.ie

In partnership with:



Calendar of Courses and Events 2016

Activity	Date	Time	Venue
Navan Community Meet 'n' Walk (weekly)	Wednesdays from 13th January	7pm	Meet Navan Town Council
Men on the Move (See page 3 for details)	Varies	Varies	Laytown, Dunshaughlin, Navan, Kiltale, Oldcastle
Disability Inclusion Training	8th February	9.30am to 4pm	MDL Grounds, Trim Road, Navan
Safeguarding 1 Workshop	11th February	6.30pm to 9.45pm	Windtown Unity Centre, Navan
Learn 2 Run to 5k	Varies	Varies	See page 2 for details
Mature Movers Activity Programme (See page 8 for details)	Varies	Varies	Trim; Navan; Kells; Simonstown; Athboy; Laytown; Dunshaughlin
Sports Injuries Workshop	16th February	9.30am to 1pm	MDL Grounds, Trim Road, Navan
Sports Injuries Workshop (Fully Booked)	18th February	6.30pm to 9.30pm	Windtown Unity Centre, Navan
Safeguarding 1 Workshop	9th March	6.30pm to 9.30pm	Trim
Meath Running Group—Block 1 Indoor Core & Conditioning	9th March	7pm	Claremont Stadium, Navan
Safeguarding 2 Workshop	4th April	6.30pm to 9.45pm	Windtown Unity Centre, Navan
Safeguarding 1 Workshop	14th April	6.30pm to 9.45pm	Windtown Unity Centre, Navan
Safeguarding 1 Workshop	4th May	6.30pm to 9.45pm	Windtown Unity Centre, Navan
Royal County 5k & 10k	2nd May	11am	Kells
Meath Running Group Block 2—Speed & Middle Distance Training	18th May	7pm	Claremont Stadium, Navan
Safeguarding 3 Workshop	26th May	6.30pm to 9.45pm	Windtown Unity Centre, Navan
An Post Meath Heritage Cycle Tour	Saturday 24th & Sunday 25th July	Varies	Trim
Meath Running Group Block 3— Middle Distance to Long Distance Training	17th August	7pm	Claremont Stadium, Navan

PLEASE CHECK OUT OUR WEBSITE www.meathsports.ie OR CONTACT THE OFFICE FOR INFORMATION

Meath Local Sports Partnership, Enterprise Centre, Trim Rd, Navan. Tel: 046-9067337 Email: mlsp@meathcoco.ie