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



SPORT IRELAND



SPORT IRELAND MEATH HERITAGE CYCLE TOUR

SATURDAY 29th & SUNDAY 30th JULY 2017

SLIGO | CLARE | MEATH | WATERFORD | CORK



Get off your leg and on your bike!!!

Celebrity OT star, Chris McElligott and local cycling legend PJ Nolan have joined forces to become this year's local ambassadors for the 9th Meath Heritage Cycle tour. Chris who is an amputee and avid footballer, has taken up hand cycling and hopes to lead out the family spin as part of the cycle tour.



PJ - one of the legends of not only cycling in Meath but cycling in Ireland now represents Cycling Ireland on the Olympic Council of Ireland. Between juggling a busy schedule, PJ is also in training to take part in the 100k Royal Tour event.

The 9th Meath Heritage Cycle tour (formerly An Post) is now part of the Sport Ireland cycle series and is organised by Meath Local Sports Partnership in association with the Sport Ireland. The tour will take place over the weekend of July 29th & 30th. The historic town of Trim will play host to the start and finish area under the watchful eye of St John's Castle – an impressive setting for a most memorable event.



L to R: Bernadette Finnegan, Chris McElligott; Mr. Tayto & PJ Nolan

Those wishing to register can do so online at

www.meathsports.ie. Early bird entry prices apply up until the 20th July.

The organisers anticipate in excess of 3500 cyclists will descend on Trim for this weekend. The Sport Ireland Meath Heritage Cycle tour is made up of 4 distances: 11k Family Spin; 50k Tara Loop; 100k Royal Tour & 160k Royal Challenge. The 11k Family spin takes place on Sat 29th with the other 3 distances taking place on Sunday 30th. So whether you are an avid cyclist or just dusting down the bike for the first time this year, there is a distance to suit your ability!

GET ON YOUR BIKE !
Meath
Heritage Cycle Tour
SUN 30th JULY

FAMILY SPIN SAT 29th @ 5pm

Register at:
www.meathsports.ie
or 046 906 7337



SPORT IRELAND



Details of maps with elevation, food and water stops are available to download from the website. Those using smart or iphones will be able to download the maps to their phones – ensuring that they remain on route. Anyone wishing to avail of the early bird price or require further information should check out www.meathsports.ie or contact 046 9067337.

Community Section

Bike Week 2017

Meath LSP in association with the Department of Transport is supporting a number of activities for Bike Week 2017. Bike Week 2017 takes place from June 10th to June 18th. Bike Week 2017 is a cross-community effort to highlight cycling as a fun, cost effective and healthy way to travel. There are a number of initiatives taking place during bike week in Co. Meath which are open to all:



Date	Title	Activity	Venue & Time	Contact
Saturday 10th	Greenway cycle	Inspiration cycling club, Dunboyne	Dunboyne Time t/b/c	Martin 087 2602328
Sunday 11th	10km Peat Run	High Nelly spin to the bog with refreshments	Old Convent school @ 4pm	Sean 087 2857095
Sunday 11th	Family Fun cycle	8km & 12km spins	Cormeen @ 4pm	Leonard 083 3458059
Monday 12th	Fun cycling for all the family	5km & 7km spins Junior obstacle course & skills	Bohermeen Community Centre @ 7.30pm	Marie 087 3430785
Wednesday 14th	Bring a Friend – Boogie Buddy's	Leisurely cycle for new & improving cyclists – adults only	Moynalty Village @ 7.30pm	Mary – 087 6344058
Tuesday 13th	Bike repair evening – High Nelly's	Bike maintenance and repair	Old Convent school @ 8pm	Sean 087 2857095
Wednesday 14th	Navan Educate Cycle together	Greenway cycle	Navan – time t/b/c	Josephine 086 3743240
Wednesday 14th	Bike Fest Boyerstown NS	Cycle to school; Skills & drills in school;	Wed 14 th @ 9am	Niamh 087 6259566
Thursday 15th	Inclusive Cycling Festival	Cycling for All – focus is children with disabilities	Fairyhouse race-course @ 5pm	Elaine 087 4141849
Thursday 15th	Bike Fest Dunboyne Junior NS	Cycle to school – various locations Bike handling skills & drills	Dunboyne @ 9am	Caroline 087 2878210
Thursday 15th	10k – 15k adult spin	Suitable for novice & improving cyclists	Council buildings, Railway street, Navan @ 5.30pm	Lara 087 2602191
Friday 16th	Bike Fest Scoil Chomcilles NS	Cycle to school; Skills & drills in school; cyc-art competition	Skryne @ 9am	Fionnuala 086 2393742
Sunday 18th	Solstice Dawn Cycle	Solstice dawn cycle to Hill of Tara – 70kms	Moynalty @ 6am	Liam 086 827 7212

Community Section

Sunshine, shorts and records were order of the day for Kells Royal County 10k & 5k!

Summer announced its arrival with splendid sunshine on bank holiday May 1st and gloriously shone on the runners and walkers of the 10k and 5k Royal County events.



Female Winners of 10km

With numbers growing year on year, this is fast becoming an annual event not only on the athletic calendar within Meath but also for recreational joggers and walkers alike. Numbers were again up on previous years with 239 participating in the 5k event and 173 in the 10k.

David O'Connell from Bohermeen AC dominated the 10k event with a powerful run of 37:17; Shane Boyle (past winner on other 2 occasions) from the Dunshaughlin AC put in a tremendous run to win the 5k in a time of 17:26. Young Fergus Crilly from the Rathkenny club finished second again this year

but knocked 71seconds off last year's time; whilst the evergreen Dervilla Finnegan (Bohermeen AC) also finished second in the 5k again this year but managed to knock 49 seconds off her 2016 time.

Course records were broken in both the ladies 5k and 10k events. Marie Hegarty (no club) won the 10k in a time of 42:16 with Claire Ni Fhaircheallaigh from the Dunboyne AC setting a course record of 19:56 in the 5k. The organisers – Meath Local Sports Partnership extended their congratulations to all the winners and expressed thanks to Club Active Kells for sponsoring each of the prizes.

Special mention to the 31 students and staff from Beaufort College secondary school, Navan who have been participating in the Couch to 5k initiative in their school over the past few weeks in preparation for the 10k and 5k distances – well done to all. Meath LSP also expressed their thanks to all who supported the event in particular to St Brigid's AC; Kells Gardai; Civil Defence; Kells Municipal District Council and local volunteers. Special acknowledgement to Vincent and Olivia Duff and staff of the Headfort Arms Hotel who kindly opened their facilities for registration and provided much needed refreshments afterwards free of charge to all the participants.



Ruairi Murphy (Meath LSP), Vincent Duff (Headfort Arms Hotel), Noeleen Lynam (2016 OT Leader), Chris McElligott (2017 OT Leader), Mary Murphy (Meath LSP).



Students and teachers from Beaufort College, Navan

Community Section



Community Coaching Programme



Are you interested in Sports Coaching? - Would you like to coach in your Community?

Meath LSP will facilitate the third Community Sports Coaching Programme in Navan this Sep-



Dwyne Hill Volleyball Ireland with the community coaches during the Spikeball coaching course 2016.

tember. The programme is focussed on assisting people to gain employment, coaching, volunteering and further education opportunities in the sports sector.

The Community Sports Coaching Programme will provide the participants with practical and theoretical sports related skills and help them find relevant work experience in their local community. The programme is open to women and men aged over 18 years.

Modules include:

- Sports Coaching – (FAI, GAA, Athletics and more)
- Physical Activity Training
- Sports First Aid
- Disability Inclusion Training
- Job Readiness Skills & Work Placement

"Since taking up this course, I have pursued some further education and expanded my coaching roles. I am now looking to a bright and enjoyable future and can look back on this course as that new beginning I was searching for."

Martin Dillon

The programme is delivered 2 days per week over a 14 week period to include work placement (flexible) if you are unemployed this will not affect your social welfare payment. Places on the programme are limited, short listing applies.

"I would strongly recommend this course to anyone interested in sports and especially those working with children. I definitely feel much more confident going forward with my training sessions. I also got a lot out of my work experience in the school. I would have no problem looking for work in the sports sector now which I did not expect" Rosaleen Heery 2016

For more information please see www.meathsports.ie to download an application form or contact David McCaffrey at 046-9067337 or email dmccaffrey@meathcoco.ie

Community Section



Men on the Move

Are you MALE, aged 30 plus?
Would you like to be fitter, healthier?
And have a bit of craic in the process?



Men on the Move programme is a 6 week physical activity based programme for MEN ONLY



The weekly one hour physical activity session focuses on a dynamic warm up to prepare the body to exercise, then twenty minutes on core and strengthening exercises which are designed to suit everyone's needs. The men then spend the final 20 minutes on the track which includes walking, walk/jogging or running. At all times the session is led by fitness professional, Ciara McCormack. Men are also introduced to a variety of other team sports which include spikeball, indoor hockey and basketball.

A National research project on the sustained impact of Men on the Move was conducted by Waterford IT, the HSE and 9 LSP's.

The provisional Men on the Move research report found:-

- Significant reduction in weight for men who engaged with average weight loss of 2.99kg
- Significant reduction in waist circumference with average reduction of 4.54 cm
- Significant reduction in BMI with an average reduction of 0.93
- Significant improvement in physical fitness with average improvement of 2mins 39 seconds for 1 mile time
- A 30% reduction in the risk of cardio vascular disease
- Significant improvements in men's social and psychological health as a result of programme participation

A new 6 week Men on the Move programme starts this Thursday 8th June at 7.30pm in Claremont Stadium, Navan. For more information, please contact Ruairi on 046-9067337 or email rmurphy@meathcoco.ie

Gaelic Football for Men aged 40+

Meath LSP in association with Meath GAA realise that there is a demand for an adapted version of Gaelic Football amongst men over 40 years of age. Most men have stopped playing competitive football by this age and, in a lot of those cases, this results in the same



men not doing any form of exercise. Adapted Gaelic Football is ideal for those men. This new game is non contact, fun, has short playing intervals and uses modified rules.

Adapted Gaelic Football is suitable for ALL fitness levels and playing abilities.

If you are interested in taking part in this new game, come along to the following areas:

- Navan O'Mahony's on Tuesday's at 9pm.
- Ballivor GAA on Friday's at 8pm
- Trim GAA – coming soon

New areas/clubs interested in starting a group can contact Ruairi Murphy on 046-9067337 or email rmurphy@meathcoco.ie for further information.

JIGSAW Young people's
health in mind

www.jigsaw.ie

ONE GOOD COACH

Promoting young people's mental health

One Good Coach: Promoting young people's mental health

This 1 hour presentation is aimed at One Good Adults who coach or train young people in a wide variety of sports.

Learning Outcomes

As a result of this workshop, participants will:

- Have a greater understanding of mental health.
- Have a greater understanding of the importance of their role as One Good Adult.
- Have a greater awareness of how to promote and support young people's mental health in their role as Coach.
- Learn about their local Jigsaw and how young people can access the service.

We are Jigsaw...

leading the change in youth mental health.

If your club is
interested contact:

Damien on

0469071702

**JIGSAW
MEATH**

Young people's
health in mind

Schools Section

What we offer schools

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

Programmes include:

- Cycle Right Programme
- Sports Hall Athletics
- Sports Leader UK
- Be Active ASAP
- Play Rugby
- The Daily Mile Challenge
- iRun for Fun
- School Sports Day Training
- National initiatives such as Bikeweek and National Recreation Week.

If you would like further information on any of the above programmes see www.meathsports.ie



The Daily Mile Challenge

Meath LSP has launched a new physical activity initiative for primary schools in Meath. **The Daily Mile** is a free and simple programme which aims to improve the physical, social, and emotional wellbeing of the children. It is not PE, sport or cross-country, but a

physical activity programme completed outside each day for 15 minutes.

15 primary schools have commenced the programme with a further 20 due to start in June.

St Mary's Primary School Enfield has commenced the programme and speaking at the recent launch, school Principal Enda Flynn said "We are delighted that there are over 100 children from our senior classes taking part in this initiative. We had a running group in the school last autumn; the Daily Mile initiative has reinvigorated the group"



Enda Flynn- Principal St Mary's Enfield. Katie Clarke -teacher, Mickey Burke -Meath GAA footballer, Noeleen Lynam -Deputy Principal St Patricks NS Baconstown and OT leader 2016, David McCaffrey -Meath LSP, Lisa Clinton teacher with students from St Marys Ns Enfield.

The **Daily Mile** is successful because it is simple and free:

- It takes place over just 15 minutes, with children averaging a mile each day.
- Children run outside in the fresh air – and the weather is a benefit, not a barrier.
- There's no set up, tidy up, or equipment required.
- Children run in their uniforms so no kit or changing time is needed.
- It's social, non-competitive and fun.
- It's fully inclusive; every child succeeds, whatever their circumstances, age or ability.

If you are interested in starting the **Daily Mile** in your school or one of the classes in your school initially, please contact Meath LSP for an expression of interest form or email dmccaffrey@meathcoco.ie

Schools Section

Be Active After School Activity Programme (ASAP)

All primary schools nationwide are invited to for express their interest in Be Active after School Activity Programme (ASAP) teacher training or re-training for the academic year 2017/2018. To date, there are 830 schools trained to deliver Be-Active ASAP.



Be Active ASAP is offered **FREE** of charge to schools. Teacher training lasts approx 2.5 hours and is a one off session. Some schools have integrated the teacher training into their Croke Park hours. Upon completion of the training, schools will receive a resource folder with 30 weeks of session plans that echo the PE curriculum for 1st and 2nd class.

If you are working towards your Active School Flag, Be Active ASAP can help contribute by incorporating the following Active School Flag review areas:

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

Since January 2017, 20 Be Active ASAP training sessions have taken place in Carlow, Cavan, Cork, Donegal, Dublin North Inner City, Dublin South Inner City, Dublin West, Galway, Kildare x 2, Kilkenny, Limerick x 2 Longford, Monaghan, Roscommon, Sligo, Waterford Wexford & Wicklow.

A total of 268 teachers attended the training sessions. Well done to all involved and good luck to any school pursuing an Active School Flag.



Pictured above: St. Mary's Primary School, Edenderry, Co. Offaly participating in Be Active ASAP.

Schools Section

Fundamental Movement Skills

Body Control

Agility
Balance
Coordination
Speed
Rhythm
and more



Locomotor

Running
Jumping
Swimming
Wheeling
Skating
and more



Object Control

Sending
Receiving
Dribbling
Striking
Kicking
and more



Without Fundamental Movement Skills (FMS), a child will have difficulty participating in any sport. They should be introduced through fun activities and modified games.

Be Active ASAP has 30 weeks of session plans designed to guide teachers in after school physical activities in an attempt to develop FMS and Physical literacy. Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities (Whitehead, 2016). FMS aids in the development of a child's physical literacy.

Physically literate children are able to demonstrate a variety of movements confidently, competently, creatively and strategically across a wide range of health-related physical activities. These skills enable individuals to make healthy, active choices that are both beneficial to and respectful of their whole self, others, and their environment.

To express your interest in the Be Active ASAP programme, you can do so on our website [here](http://www.beactiveasap.ie) and we will be in touch in September to schedule training. For further information on the programme please visit www.beactiveasap.ie or contact (046) 9067337.

Older Adult Programmes

Games for Life

For more information on any of the Games for Life programmes, please contact Ruairi Murphy on 046-9067337 or email rmurphy@meathcoco.ie

Active Retirement Bowls League

On Wednesday 26th April the Active Retirement Bowls league finals took place in the showhall, Oldcastle. This newly modernised facility proved to be an excellent choice for the finals.

Division 1:

In the semi finals Dunshaughlin played Kilmessan and Skryne played Oldcastle. After some very entertaining bowls Dunshaughlin and Skryne prevailed to contest the final. Skryne (who finished at top of the group stages) beat Dunshaughlin and were crowned Division 1 champions. Congratulations to Skryne who showed great skill and consistency throughout the league.

Division 2:

The division 2 semi final pairings were Carnaross 1 v Carnaross 2 and Dunshaughlin v Kilcock. Carnaross 2 and Dunshaughlin progressed to the final where the underdogs Carnaross pulled off a great win and were presented with the Division 2 title.



Tom Dunne from Dunboyne participating in the Go For Life Games 2016 in DCU

National Go for life Games

The National Go for Life Games will take place on **Saturday 10th June** in DCU. In 2016, 300 older people from 24 different counties came together to participate in a day of sport and inter-county friendly rivalry.

Meath will be playing the following games:

- Lobbers (adaption of Petanque and Boules)
- Flisk (adaption of Frisbee and Horseshoe Pitching)
- Scidils (adaption of Ten Pin Bowling and Skittles)

Meath will participate with a team made up of our Meath Go for Life Games winners.

Best of luck to all involved!

Older Adult Programmes

Games for Life

Charity Bowls Tournament

Meath LSP in association with Skryne Bowls club organised a one day charity bowls tournament (for adults 50+) in Skryne Hall on Thursday 18th May.

The nominated charity for the event was Whistlemount Day Care Centre who's services provide person centred support and care to the person with dementia and their family.



The tournament was open to all abilities with absolute beginners joining forces with experienced bowlers. In total, 68 participants representing 14 Active Retirement groups from around Meath took part in the Charity event.

Active retirement group's kindly donated prizes for the raffle with all money raised also going to the charity.

The total raised on the day was €1085.00 which was presented to Whistlemount Day Care Manager Gayle Drury.

Thanks to Michael Fitzsimons and the Skryne Bowls Club for hosting the event.



Lorraine Mooney (Killucan), Pauline O'Reilly (Skryne), Paul McGuinness (Beauparc), Eddie Donnelly (Dunshaughlin).



Participants enjoying a well deserved cup of tea!

Boccia League

The Boccia League continues until the end of June. 24 teams are playing fortnightly in central venue Simonstown GAA. The league will culminate in finals which will take place on **Tuesday 27th June** in **Simonstown GAA**.

Older Adult Programmes

Mature Movers

The 6 week programme for adults (50+) includes activities such as seated exercise to music, resistance exercises with resistance bands, core stability, balance, seated Pilates and fall prevention exercises. Mature Movers is ideally suited to older adults as it provides for enjoyable social interaction, fun and activities.

Mature Movers will be delivered in the following areas over the Summer so please come along and try out the activities:



See below when and where they take place:

- **Trim** - Mondays at 10am in Knightsbridge Nursing Home (Village Hall).
- **Navan** - Mondays at 11am in Navan Pitch and Putt Club.
- **Kells** – Thursdays at 10am in Kells Peoples Resource Centre.
- **Athboy** – Wednesdays at 11am in St. James Hall, Athboy.
- **Laytown/Bettystown** – Fridays at 11am in St. Colmcilles GAA.
- **Stamullen** – Wednesdays at 2pm in St. Patricks GAA.
- **Dunboyne** – Fridays at 10.30am in the Old School, Dunboyne.
- **Simonstown**- Fridays at 11am in Simonstown GAA Centre.

If you would like to participate on the Mature Movers Activity Programme in your area please contact Ruairi Murphy on 046-9067337.

Dancing for 50+

Meath LSP's Line Dancing programme was piloted in April in 3 areas – Navan, Kilmessan and Wilkinstown. 36 older adults participated in the pilot programme. Feedback from those who attended was positive.

Final venue of pilot phase will take place in Kells on **Tuesday 13th June at 11am** in the **Kells Resource Centre**.

Programme will then be reviewed with plan to roll out in the last quarter of 2017.

To book your place for Kells, please contact Ruairi on 046-9067337.



Sports Ability

Inclusive Cycling Festival

To celebrate National Bike Week 2017, Meath LSP will host an Inclusive Cycling Festival in Fairyhouse Racecourse on **Thursday 15th June** from 5-7pm.

The event is open to children of all abilities and their families and will include a 3KM Family spin, a cycling treasure hunt, an obstacle course and an ice cream party. It promises to be a great evening for all the family.

If you would like to join in please contact us to register on 0469067337.



INCLUSIVE CYCLING FESTIVAL

15TH JUNE 2017

5-7PM



FAIRYHOUSE RACECOURSE

3km Family Spin for All Ages and Abilities

Cycling Treasure Hunt

Obstacle Course

Come and Try Tandem Bikes and Handcycles

To register please contact:

Elaine Banville, Sports Inclusion Disability Officer, Meath Sports Partnership at (046) 9067337

Sports Ability

Run 4 Fun programme

FUNDamental movement skills are vital for all kids to increase their sporting and physical activity abilities. Meath LSP and Fr Murphy's Athletics Club are teaming up to deliver a 6 week "Run 4 Fun" programme aimed at children with special needs to allow these kids to develop the FUNDamental movement skills needed to run effectively and efficiently.

These skills will be learned through games and relays and with the guided support of qualified coaches and volunteers. The programme starts on **Tuesday 6th June** from 4.30-5.30pm in Fr Murphy's Athletics Club, Athboy.

Spaces are limited so to register your child contact Elaine on 046-9067337.



Pitch and Putt

Our Pitch and Putt programme is currently running with great success in **Stackallen Pitch and Putt** with a fantastic group of children and transition year students along with coaches Mary Farrell and Fergal Barry helping out.

The programme will run for 6 weeks in total and by the end of the 6 weeks the participants will have learned the basics of pitch and putt including, safety and rules, posture, putting, chipping and pitching so that they can continue to play with friends and family in their local club.

The transition year students will receive their coaching certificate from the Pitch and Putt Union of Ireland following completion of the programme. Well done to the Transition Year girls, the programme wouldn't succeed without you.

We hope to continue with this programme in September in Navan and to progress it to other areas throughout the year.

If you are interested in putting your child's name down to be notified of the next programme please contact Elaine on 046-9067337.



Sports Ability

Inclusive Activity Camps

Meath LSP is delighted once again to deliver 3 weeks of summer camps for children with disabilities and their siblings/friends this year. Last year we ran 2 weeks of Inclusive Summer camps and they were thoroughly enjoyed by all, see the info graphic on next page for some insight into these camps.

Following on from the success of these camps, we decided to run an Easter Camp in Karate Ash this year which was a fantastic experience for all involved. The children took part in Karate and Arts and crafts daily; along with trying out Yoga, Dancing, Volleyball and Lego building.

This summer we will run 3 camps as follows:

Camp 1: Children with Autism and Intellectual Disabilities (+Siblings go free)

- **When?** 4th-7th July
- **Time?** 10am-1pm
- **Location?** Karate Ash Ashbourne.
- **Activities?** Karate, Arts and Crafts, Yoga, Zumba, Lego and much more...

Camp 2: Children with Autism and Intellectual Disabilities (+Siblings go free)

- **When?** 18th-20th July
- **Time?** 10am-2pm
- **Location?** Claremont Stadium Navan
- **Activities?** Karate, Arts and Crafts, Athletics, Football, Volleyball, Zumba, Lego, Cycling, Yoga, Day trip.

Camp 3: Children who are Wheelchair Users (+Siblings go free)

- **When?** 8th-10th August
- **Time?** 10am-3pm
- **Location?** Claremont Stadium, Navan
- **Activities?** Wheelchair skills sessions, Wheelchair Sports (Basketball, Badminton, Athletics, Handcycling, Volleyball, Tennis), Yoga, Clay Modelling, Lego.

Spaces are limited for these camps, they fill up very quickly, please contact Elaine on 046-9067337 if you would like to register your child.



Sports Ability



Inclusive Summer Camps 2016



24 children with disabilities took part in our camps



Children of all abilities took part along with their siblings, including the following disabilities:

- Autism
- Intellectual Disability
- Down Syndrome
- Cerebral Palsy
- Physical Disabilities
- Visual Impairment



12 different sports and physical activities delivered by professional local tutors, along with Arts and Crafts, Drama and Dancing and a Farm Trip

"It offered so many opportunities for her that she would not usually get"

"I had lots of fun, and made new friends... when can I come back"

"He loved it and it is so important for him to get out and about during the summer holidays...it gave us a great break too!"



Sports Ability



WATERSPORTS INCLUSION GAMES

A **FREE** event celebrating sailing, rowing and canoeing activities for people of all abilities from the physical, sensory, intellectual and learning difficulty spectrums and representing all ages, demographics and socio-economic backgrounds.

24th / 25th June

Royal St George Yacht Club, Dun Laoghaire

Participant Booking: Contact Watersports Inclusion Games Co-ordinator Johanne Murphy at wsinclusion@gmail.com to register your interest as a participant. Participants can register as an INDIVIDUAL (+ up to 2 guests) or as an ORGANISATION booking as a group.

INVACARE National Para-Cycling Series 2017 Round 5:

Promoted by Sorrento Cycling Club

- Location: The Beehive, Wicklow - Beehive Pub on old N11, (slip road AFTER junction 17 Southbound)
- Date: Saturday 17th June 2017
- Distance: 16km, on the old N11 same course as last year. Para-Cycling categories catered for.
- Sign on: Located at "The Beehive" Pub, Wicklow from 10 a.m. – 11.15 a.m. with the first rider off at 12.00 noon
- Entry Fee: €15 per cyclist and must hold a current licence . **ALL** handbikes must have flag and rear light for racing.

Refreshments and Presentation straight after Time Trial

**Please check www.sorrentocyclingclub.com/
www.cyclingireland.ie for further details**

Contact:

- Phelim Lynch phelim.lynch7@gmail.com (0834477933)
- Declan Slevin declanslevin@hotmail.com (0872500827)
- Gillian Peelo gillian.peelo@gmail.com (0863628280)
- Cathal Miller camiller@eircom.net (0868972900)



Sports Ability

June-September Programme 2017

Activity	Venue	Time	Day	Who	Cost
Football4All Pro-gramme with Ratoath FC *Call Raymond Hoare on 0868203095	CODLISS Soccer Pitches Ratoath	10am – 11am	Every Saturday	6-16 years	N/A
Horse Riding Pro-gramme (4 week programme) *Call Jacinta on 0871381716	Brookfield Stables, Navan	Lessons available from 2pm onwards.	Every Wednesday and Thursday	5 years +	€60 for 4 week programme
Wheelchair Badminton Club *Call Dermot on 086 3830660	Claremont Stadium Navan	7-8pm	Every Wednesday	Children and Adults	TBC
Swimming Lessons *Call Philip on 0872697062	Knightsbrook Leisure Centre Trim	2pm Beginners 2.40pm Intermediate	Every Sunday	6-18 years	€100 for 10 weeks
Special Athletics and Yoga (6 week Programme)	Dunboyne AC	4-5pm (7-13yrs) 5-6pm (13yrs +)	Currently running	6-18 years	€75 for 6 weeks
Learn 2 cycle (6 Week Programme)	Navan or Laytown	5-6pm	Commencing Thursday 7 th September	6-16 years	€35 for 6 week programme
Tag Rugby 4 All	Navan Rugby Club	5-6pm	Commencing Thursday 22 nd June	6 yrs +	Free
Pitch and Putt (6 week programme)	Navan Pitch and Putt Club	4.30-5.30pm	Commencing Wednesday 27 th September	8 yrs +	€25 for 6 weeks
Inclusive Athletics Programme (6 week programme)	Fr Murphys AC Athboy	4-5pm	Commencing Tuesday 6 th June	8 yrs +	€25 for 6 weeks
Inclusive Cycling Festival	Fairyhouse Race-course	5-7pm	15 th June	All Ages	Free
Inclusive Summer Activity Camp 1	Karate Ash, Ashbourne	10am-1pm	Tuesday 4 th - Friday 7 th July	6 yrs+	€40 and sibling goes free
Inclusive Summer Activity Camp 2	Claremont Stadium Navan	10am-2pm	Tuesday 18 th - Thursday 20 th July	6 yrs+	€30 and sibling goes free
Wheelchair Sports Summer Camp	Claremont Stadium Navan	10am-4pm	Tuesday 8 th - Thursday 10 th August	6 yrs +	TBC

Calendar of Courses and Events 2017

Activity	Date	Time	Venue
June 2017			
National Bike Week 2017	June	Various	Various (see page 2 for details)
July 2017			
Sport Ireland Meath Heritage Cycle Tour —Family Spin (11km)	29th July	5pm	Trim
Sport Ireland Meath Heritage Cycle Tour —160km, 100km & 50km	30th July	Various	Trim
August 2017			
Meath Running Group—Block 3	23rd August	7pm	Claremont Stadium, Navan
September 2017			
Safeguarding 1—Basic Awareness Workshop	11th September	6.30-9.45pm	Navan
October 2017			
Safeguarding 1—Basic Awareness Workshop	4th October	6.30-9.45pm	Trim
Sports Injuries First Aid	11th October	6.30-10pm	Navan
Safeguarding 2—Club Children's Officer Workshop	24th October	6.30-9.45pm	Navan
November 2017			
Safeguarding 1—Basic Awareness Workshop	8th November	6.30-9.45pm	Navan
Safeguarding 3—Designated Liaison Person Workshop	21st November	6.30-9.45pm	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