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An Post Meath Heritage Cycle Tour 2012

An Post Meath Heritage Cycle tour...
a massive success.

Since 2009 the An Post Meath Heritage Cycle tour has grown from just over 300 cyclists to 3000 cyclists in 2012.

2012 was our 4th year to host the tour, and it's success is due in no small part to the continued support of An Post and the Irish Sports Council. The cycle tour committee were delighted to see over 400 cyclists take part in the 11km family spin—from the very young to the not so young, all turned out to ensure that the family event was indeed a special experience. Also very encouraging is the increase in female participation over the four years—from a humble 78 in 2009 to 784 in 2012.



with the 3000 strong to have an enjoyable and memorable day.

The An Post Meath Heritage Cycle tour committee would like to thank you the residents of Meath for making this a special event in the Meath calendar. Many thanks are extended to the 350 volunteers from all over the county who assisted with registration, food & water stops, giving directions, stewarding junctions or who just shared some words of encouragement with the passing cyclist.

The tour would not take place without the support and assistance of Meath County Council, Trim Town Council, Trim Chamber of Commerce, Meath Heritage Office, OPW, Gardai, Civil Defence, Trim Castle Hotel & local businesses in Trim and local cycling clubs—we thank you all for this support and look forward to working with you again in 2013.

See inside for photos from the day & statistics from the event.

**Meath LSP celebrates 10 years
of Sport & Physical Activity ...**

The cycle tour this year saw John Treacy, Chief Executive of the Irish Sports Council accompany Dominick Chilpott—British Ambassador to Ireland to officially start the event. Other 'noted faces' participating on the day included—Comedian PJ Gallagher, Model Sarah McGovern, ex Meath footballers Colm O'Rourke & Liam Harnan joining forces

Meath LSP celebrate 10 years of Sport & Physical Activity

In 2001, Meath County Council's Department of Community & Enterprise, in association with Meath Community & Voluntary Fora led a submission to the Irish Sports Council to establish a Local Sports Partnership in Meath. They were successful in this bid and Meath Local Sports Partnership was formed in July 2002.

Since then Meath LSP has produced three strategic plans and is currently reviewing the 2007—2012 plan with the view to producing the next strategic plan 2013—2018.

Meath LSP now employ 6 full time staff and 1 part time staff member through the FAS CE scheme.

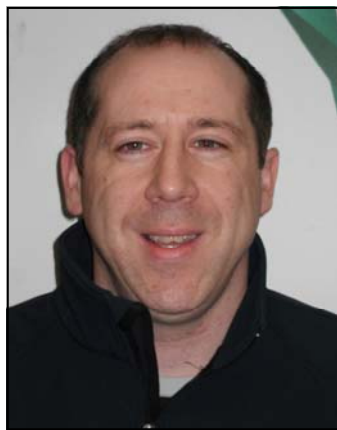
Later this year we will celebrate over 10 years—keep an eye on our website & facebook page for further details.



Meath LSP—the torchbearers for Sport & Physical Activity in Meath

Paul Friel, Be Active ASAP Project Facilitator; Aine Coogan, Sports Inclusion Disability Officer; Mary Murphy, Co-ordinator; Marcella Mitchell, Administrator; David McCaffrey, Sports Development Officer; Ruairi Murphy, Sports Development Officer.

Meet the Development Officers



David McCaffrey
Community Sports
Development



Ruairi Murphy
Generic Sports
Development

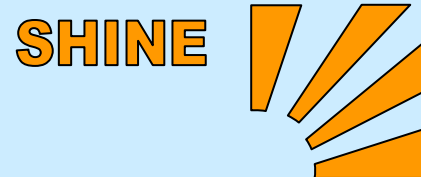


Aine Coogan
Sports Inclusion
Disability Officer



Paul Friel
Be Active ASAP,
Project Facilitator

SHINE 2012



Player / Athlete Development Support

SHINE is a Meath LSP initiative designed to support emerging sporting talent in the county of Meath. It is based around the development of skills and knowledge that will enhance young athletes / players' ability to fulfill their sporting potential.

This year 13 new participants representing various sporting disciplines such as athletics, GAA, boxing and orienteering were accepted onto the programme and will be offered support through workshops in areas such as

- Programme planning
- Performance Psychology
- Media & Communications
- Brand Management
- Nutrition
- Strength & Conditioning
- Role of Physio/Rehab
- Performance Management

Some of Ireland's top practitioners in the above areas will deliver the SHINE programme which is coordinated by Meath Local Sports Partnership.

Participants on this year's SHINE programme:

Karen Dunne	Athletics	Darren Heeney	GAA and Putch & Putt
Jamie Murtagh	Athletics	Conor Gleeson	Triathlon/Duathlon
Oisin Foley	Athletics	Cheyenne O'Brien	Camogie
Aaaron Kealy	Athletics	Niamh Lister	GAA & Athletics
Robert Whelan	Athletics	Ciara Dowling	Boxing
Donal Kearns	Orienteering	James Lynch	Cycling
Niall Cornyn	Athletics		

Upcoming Workshop

Martina McCarthy, high performance manager in DCU will present a strength and conditioning workshop to the SHINE group on November 7th at offices of Meath LSP.

Congratulations!

Meath LSP would like to congratulate former SHINE participant Ryan Mullen who won a silver medal for Ireland at the Junior European Time Trial Championships in Zeeland, Holland

Ryan the national junior road race and TT champion stormed around the course in 30:25.35, but was edged into second place with the winner from Norway going ten seconds faster.



Older Adult Programmes

GAMES FOR LIFE

Games for Life aims to provide Bowls, Kurling and Boccia equipment at a reduced cost and training in the games to older people, community groups, and disability groups.

Boccia League

Meath Local Sports Partnership's Games for Life boccia league commenced back in January. Over 45 teams made up of active retirement groups and disability groups from across Meath participated in the league once a month. This is the 2nd year of the league and it proved to be a huge success again as it provided groups with the opportunity to be more physically active and interact with different groups.

On Tuesday 29th May the top 4 teams battled it out in the league semi finals. Moynalty played Wilkinstown and Dunboyne Rehabcare met Nobber. They were 2 hotly contested games with Moynalty edging out Wilkinstown and Nobber beating last years champions Dunboyne.

The final was an exhibition of boccia as both groups showed their skill and precession. After 6 months of league games, the Games for Life boccia league final would be decided by 2 north Meath teams Moynalty and Nobber. After a tense encounter Moynalty came out on top and were crowned as boccia league winners for 2012.



Thank you to all who participated and refereed throughout the league.



New Age Kurling League

The Games for Life New Age Kurling league got under way on Tuesday 25th September in Simonstown GFC.

There are 22 teams made up of active retirement groups and disability groups from across Meath, Teams meet once a month and play 2 league games per meeting. The league proved to be a huge success as it provided groups with the opportunity to be more physically active and the chance to interact with different groups.

Active Retirement Bowls League

The Active Retirement Bowls in association with Meath Zone Bowls will commence the week beginning Monday 15th October. This will be the 3rd year of the league which is growing from strength to strength.

If your active retirement group or disability group are interested in participating in the Games for Life leagues please contact Ruairi at 046-9067337 or rmurphy@meathcoco.ie

Older Adult Programmes

Participant Profile:

Michael Boylan

In 2011 Michael Boylan was looking for a new challenge as he had been made redundant. That's when he noticed the Sport and Recreation Studies course on the Meath LSP's website.

This was a FETAC accredited course organised by Meath VEC in association with Meath LSP. Michael was always a keen sports man and he saw this course as a great avenue to pursue his dream career in the fitness industry.

Michael started the Sports and Recreation Studies Course in March 2011 and completed the following modules: Active Leadership, Occupational First Aid, Code of Ethics, Disability Training, Anatomy & Physiology and basic gym instruction.

Michael acknowledges how beneficial the course was to him and how it provided him with the base he needed to kick start his fitness career. "The course was straightforward and very effective – it gave me confidence in myself to take the next step and qualify as a fitness instructor". Michael has since completed the NCEF (National Certificate in Exercise and Fitness) qualification.

"On completing the NCEF, Meath LSP gave me the opportunity to gain some work experience through two of their programmes – Mature Movers and Fleetfeet. This gave me valuable experience in working with older adult and with disability groups. The experience gave me a great grounding and really helped me to progress as an instructor".

Michael is now working as a part time tutor for Meath LSP on the Mature Movers Programme along with being privately employed as a TRX trainer in Dublin. Michael has also started his personal training qualification which he will complete in November 2012. He plans to set up his own personal training business in 2013.

"Meath LSP has changed my career path, without the Sports and Recreation course and the opportunity to do work experience I would not have fulfilled my ambition of working in the fitness industry. I am now looking forward to a life long career in fitness".



Mature Movers – 4 years old and growing!

Mature Movers began back in 2008 in Navan Pitch and Putt club with the aim of getting older adults more physically active. The programme runs for 8 weeks and includes activities such as movement for life, resistance training, core stability, balance, seated Pilates and bowls.

In 2008 we started with 15 participants, the initiative has steadily grown and by 2011 we had 45 participants enjoying the programme in Navan. Following the success of the programme in Navan we expanded to the Trim area where we had an additional 35 participants.

In 2012 the programme was expanded further with another 3 new venues in Summerhill, Kilmainhamwood and Carlanstown. 2012 has already been a hugely successful year for the "Mature Movers" Programme - with over 250 older adults from around the county have participated in the programme.



Inclusive **Outdoors** Initiative

As the International Disability Awareness Day is approaching on the 3rd of December, the CARA APA Centre has secured funding from the Department of Justice & Equality for an **Xcessible - "Inclusive Outdoors Initiative"**. Meath LSP will be participating in this National Initiative.

Further details on this initiative will be made available on www.meathsports.ie or contact Aine Coogan Sports Inclusion Disability Officer, Meath LSP at (046) 9067337



www.getirelandactive.ie

GET IRELAND ACTIVE WEBSITE

A one stop shop for:
getting active and staying active

Sports Clubs & leisure Facilities
promote your events and activities here.

To advertise your event log on to www.getirelandactive.ie and simply click on 'Submit Event' on the home page and post your



Meath Local Sports Partnership now has a Facebook Page with updates, upcoming events, news and more...

Please like us on Facebook!
www.facebook.com/meathsportspartnership



FITNESS MADE EASY!



"Fitness Made Easy" is a 5 week programme for over 50's which will commence on Tuesday 13th November at 11am in Club Active, Navan.

The programme will introduce you to the new Easyline equipment in Club Active.



Easyline makes exercise fun, simple and achievable for all abilities.

So come along and bring your neighbours and friends

€20 for 5 weeks (that's just €4 a session!)

To book your place contact Ruairi at Meath Local Sports Partnership on **046-9067337**.

Date for your diary.....

Activity Fest for Over 50's



Monday 3rd December @ 10am

Simonstown GAA Centre, Navan

Fun-filled activity fest to include :

- Disc Toss
- Kurling
- Lobbers
- Dancing

All levels of ability are catered for. A maximum of 6 people from each group are invited to attend.



This event supports the Go for Life programme and is organised in association with the HSE.

All bookings to Ruairi at 046 9067337 before Friday Nov 23rd. **Places are limited** so don't delay in confirming your attendance.

Disability Sport

Ticket to Try Summer Sports Programme 2012

The summer months have been a hive of activity for children with disabilities in County Meath due to the success of the **Ticket to Try Summer Sports programme**. This programme was designed to assist and develop participation opportunities for children with disabilities between the ages of 5 - 15 years, in their local community. Meath LSP is taking a leading role in developing pathways for participation opportunities for children with disabilities in County Meath.



The aim of the **Ticket to Try Summer Sports programme** is to introduce children with disabilities to sport and physical activities which they might not have experienced prior to the programme, at a reduced cost.

Each of the 10 activities took place in a segregated setting, for 1 hour on a weekly basis over 6 weeks - this setting allowed the children to develop their skills alongside children of similar ability. By the end of the programme 106 children with disabilities had participated with many of the children developing skills which has since enabled them to access mainstream sporting clubs. Aine Coogan, Sports Inclusion Disability Officer, expressed her thanks to all the clubs and volunteers who were involved in the programme. As a result of their commitment to the programme all participants on the Ticket to Try Summer Sports Programme had a quality sporting experience."

Aine hopes to build on this success by introducing a **Ticket to Try Autumn/Winter Sports programme**. This programme, based mainly on indoor activities, is open to children of all abilities aged 5-15 years old".

"I think MLSP provides a fantastic service and I hope these activities continue. I really appreciate them"

"This programme has given my son the confidence to try other things that he has been unable to do".

"Excellent programme. I would still be trying to get my child involved in sport only for it".

Rugby 4 All Programme

Meath LSP has teamed-up with Leinster Rugby to further develop tag rugby for children with disabilities in County Meath. Tag rugby is a fantastic way of encouraging the participants to increase their physical activity.

Leinster Rugby Community Club Rugby Officer, Fergus O Boyle provided weekly training sessions which were designed to increase the participant's physical activity levels whilst promoting a sense of fun, teamwork and inclusion for all involved. A huge thank you to Steve Coy, Leinster Rugby; Fergus O Boyle, CCRO and Athboy Rugby Club for facilitating the Rugby 4 All programme.

Disability Sport

Learn to Fish programme

Meath LSP organised the first 6 week *Learn to Fish* programme for families of children with disabilities in July. The programme was run in conjunction with Rathbeggan Lakes and is supported by Inland Fisheries Ireland. The **Learn to Fish** programme tutor Wayne Dharsan of Rathbeggan Lakes firstly introduced the participants to the fun sport of fishing, where each participant learned about personal safety, water safety, our country code, ecosystem and habitat, fishing principles, equipment set-up and the catch and release method by.

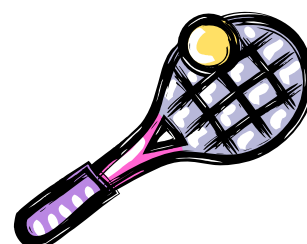


Each participant then put into practice what they learned from the workshop at Rathbeggan lakes which is stocked with rainbow trout. The children and their families were mentored on casting and retrieval, baiting, caring for their catch and hands on catch and release. The programme proved to be one of the most successful programmes of the summer with many of the families now attending Rathbeggan Lakes regularly to fish. Meath LSP would like to thank Wayne Dharsan and Dave Robinson from Rathbeggan Lakes for their outstanding enthusiasm and dedication to the Ticket 2 Try Summer Sports Programme.

"I was a bit worried on the first day bringing my son with special needs fishing if truth be known. I didn't think we would be there by week 2 but my worries were short lived when I saw how amazing Wayne was with the children. Everything was explained everything that they needed to know about water safety before we went near the lake. The calmness in the children fishing was amazing. I would recommend the programme to anybody who wanted to bring their children fishing safely in a fun environment". Farrell Noone family

Tennis 4 All Programme

Kells tennis club provided a Tennis 4 All programme as part of the *Ticket to Try Summer Sports Programme*. The tennis coaches modified the game according to the skill levels of the participants by introducing slower balls to assist the players to develop confidence in their ability and technique, whilst also coaching the players to play both team and individual games. The segregated setting allowed the children to develop their tennis skills alongside children of similar ability. As a result of the programme the participants have gained confidence and competence and are presently participating in the Fun Friday Tennis programme - an inclusive tennis programme, which takes place weekly at Kells Tennis Club.



Disability Sport

Learn 2 Cycle Programme

Meath LSP completed two successful 'Learn to Cycle' programmes, in Navan and Ratoath, during the Ticket 2 Try summer programme. The central aim of the programme is to teach children with disabilities who are unable to cycle, to cycle independently. A fully trained coach from the Cycling Safety and Skills School supported by Aine Coogan, Sports Inclusion Disability Officer, Meath Sports Partnership provided weekly coaching sessions. As with previous Learn 2 Cycle programmes the success rates were outstanding.

A total of 18 children learned to cycle independently over the two programmes. Meath LSP would like to thank Noel Connelly, Cycling Safety and Skills School for his dedication and support to the Learn 2 Cycle Programme. Extended thanks to the board of management at St. Pauls N.S. Navan and St. Pauls N.S. Ratoath for the use of their school premises to facilitate the programme.

"The programme has truly made a difference to Orlaith's life. Her level of physical activity has increased. The success on the cycling programme has boosted Orlaith's self esteem and enables her to do something with the rest of the family. The benefits of learning to cycle are far reaching. I am deeply indebted to Meath Sports Partnership and Aine for all that Orlaith has achieved. A sincere thank you".

"He can cycle with his friends now so he won't be left out of games now with his friends. He now knows what an achievement is. Now we have arguments everyday about doing his homework because all he wants to do is go out on his bike. But this is an argument I don't mind having as I never thought this day would come".

Swimming Programme

Meath LSP in conjunction with Aura Leisure Link, Navan have developed a 6 week learn to swim programme for children with disabilities. The programme consists of small groups and low teacher pupil ratio (1:4) ratio. All new participants are assessed prior to the 6 week programme which ensures each child will be placed in a group according to their swimming ability.

On completion of the 6 weeks, each parent receives a report card detailing their child's progression over the 6 weeks, their swim level and areas to work on. Consequently, children have the opportunity to move into Aura's Swimming Academy programme or continue in this fundamentals programme depending on their swimming ability. Meath LSP would like to commend Aura Leisure Link Navan on their commitment and enthusiasm to the development of this programme.

"Adam always loved swimming and he loves coming to the swimming lessons in Navan each week. He is not afraid of the water anymore. He would not get into the pool without arm bands prior to the programme but he is now at the stage where he does not need arm bands at all. He loves the programme and the tutors."

"The programme is great for the children. It is run with a good sense of the ability and the needs of the child. The teachers could not do a better job than they are already doing with the children".

Disability Sport

Come and Try It Sports Day

Muscular Dystrophy Ireland in conjunction with Meath Local Sports Partnership hosted a **“Come and Try It” Sports Day** in July. The event took place in Claremont Stadium, Navan at 11.00am on Saturday 14th July. The aim of the **“Come and Try It” Sports Day** was to introduce children with muscular dystrophy to sport and physical activities which they might not have experienced prior to the event. The participants had the opportunity to try many sports including indoor athletics, boccia, kurling, archery and much more.



Aine Coogan, SIDO & John Holian, Chairperson of Meath LSP presenting the Rehabcare Sports Volunteer Award to Tony Ennis from Fr. Murphy AC

Ticket 2 Try Autumn/Winter Sports Programme 2012

Activity	Venue	Time	Date	Age	
Yoga Programme (4 week programme)	Navan	4.30pm—5pm	Commencing Tuesday 23rd October	5 years +	€20 per programme
Tandem Cycling Programme (6 week programme)	Navan	TBD	TBD	Adults & children with visual impairment	€15 per programme
Boxing Programme (6 week programme)	Navan Boxing Club	6pm—7pm	Commencing Wednesday 24th October	7 years +	€15 per programme
Ravens Wheelchair Basketball Club	Gormanston College	6pm—7pm	Every Tuesday	12 years +	No charge
Swimming Programme (6 week programme)	Aura Leisure Link, Navan	4pm	Commencing 18th October	5—15 years	€50 per programme
Powerchair Football Club	Claremont Stadium, Navan	7pm—8.30pm	Every Wednesday	Adults & Children	No charge
Boccia Club	Kilcloon	11.30am—1pm	Saturday (fortnightly)	6 years +	Nominal annual fee
Horse Riding Programme (4 week Programme)	Brookfield Equestrian Centre	2pm —Sat 5pm—Wed	Commencing Wednesday 17th & Saturday 20th October	6 years +	€20 per programme
Football For All Programme (weekly)	Dunboyne AFC	2pm—3pm	Every Saturday from 1st Sept.	5—14 years old	No charge
Target Shooting Programme	Wilinstown Target Shooting Club	5pm—6pm	Commencing Thursday 25th October	Adults & Children	€15 per programme
Fun Friday Tennis Programme	Kells Tennis Club	5pm—7pm	Every Friday	5—15 years old	€2 per session

Community Activity Programmes

Walk your way to Fitness!

Meath LSP is committed to developing opportunities for everyone within Meath to become more physically active. To achieve this aim, we are organising the following programmes:

- **FleetFeet (indoor walking programme)**
- **Walk4Fitness (outdoor walking programme)**
- **Learn2Run**
- **Meath Running Group**



FleetFeet Programme

FleetFeet (which is part of the FitWalk programme) aims to support and encourage fitness walking to suit the needs/interests of people of differing ages, genders and abilities.

The Fleetfeet programme is run once a week over 5 weeks and is delivered indoors.

Each 1 hour session includes:

- Educational aspect and a fitness session which includes walking and exercises.
- Participants are taught posture in walking
- Use of heart rate monitors and step counters
- Mobility, resistance and stretching exercises
- Techniques of stride-walking and power-walking.

Upcoming Fleetfeet programmes will commence in the following areas:

- Monday 5th November at 10.30am in Teach Raithneach, Starinagh, Collon.
- Thursday 8th November at 10.30am in Dunshaughlin Community Centre.

Cost per participant is €20. Places are limited therefore advance booking is required

To book a place please call David or Ruairi on 046-9067337 or alternatively you can download a registration form at www.meathsports.ie

Walk 4 Fitness

This is a NEW 5 week outdoor walking programme designed by Meath LSP to suit the needs of those looking to join a walking group and improve their walking fitness in a safe outdoor environment. If you are a casual walker or walk on a regular basis this is the programme for you.

Each 1 hour session will include:

- the 3 key elements of functional fitness – aerobic fitness, muscle strength and joint mobility.
- instruction on improving posture and walking techniques
- the use of heart rate monitors and step counters

In 2013 take your walking to the next level!

Walk 4 Fitness will commence in January 2013.

Community Activity Programmes

Learn 2 Run

Due to the huge success and large numbers which took part in of our Learn 2 Run programme in 2012, Meath LSP will roll out this programme again in an area near you in February 2013.

Learn 2 Run concentrates on:

- Posture
- Running technique
- Breathing

Learn 2 Run is open to men and women – all abilities. Participants must be over 16 years of age. This is an ideal programme to follow on from a walking programme and to progress into the Meath Running Group!!

Remember..... Everyone can run, some of us just need a little bit of help in getting there..... Why not give it a try?

Please view our website www.meathsports.ie for further details on this programme.

Try a Triathlon!

Triathlons (swim, bike, run) duathlons (run, bike, run) and aquathons (swim, run) are related sports that have grown significantly in popularity over the last few years, and in 2008 Tri an Mhi was set up as Meath's local club.

It currently has 68 members covering the age span from juvenile to pensioner, with members training and doing races over the full range of distances from short, sprint events to long full-day outings. Members also get involved in other sporting activities, including short and long distance running and cycling, to channel swimming! This means that the training regimes, and standards also vary widely and anyone who has even just a moderate level of fitness would find a level of training, and training partners to suit their needs or aspirations.

Interested? Contact can be made via email trianmhi@gmail.com Or through the Tri an Mhi Facebook page.



Meath Running Group

For many of the Meath Running Group's participants, the training day has come full circle in that we are back to cold, dark evenings – similar to when they first started last March, the noticeable difference however is the increase in training intensity.

On Monday October 29th, 20 members of Meath Running Group will realise a personal achievement when they line up with 14,500 other participants to complete the 26.2 miles Dublin City Marathon. Most of these same members started training for the 5k run and literally kept going.

Meath Running Group is not a club but rather a gathering of likeminded runners and joggers. For some the goal was to complete their first 5k, others continued onto the distance of a 10k or half marathon, while a cohort of runners will now realise their ambition and take part in the Dublin City Marathon.

Meath LSP who organise and coordinate this running group would like to wish all our members the very best for the upcoming marathon and to extend our gratitude to our volunteer coach Paddy Mangan (Dunshaughlin AC) who delivered the training sessions throughout the year.

If you would like to make jogging or running a regular part of your New Year, then Meath Running Group is sure to cater for you.

By way of introduction to running we also organise Learn 2 Run workshops countywide.

If you would like further details about Meath Running Group or the Learn 2 Run workshops please do contact David at 046 9067337 or email dmccaffrey@meathcoco.ie

Community Activity Programmes

Cycling with Greg Le Mond

As part of ADHD (Attention Deficit Hyperactivity Disorder) awareness week, HADD in association with Meath LSP and Clonard Cycle club organised a charity fundraising cycle in Trim. Special guest of honour for the event was 3 times Tour de France winner American Greg Le Mond.

On the day, Greg cycled with participants on both the 40km spin and the family cycle. Over 300 cyclists welcomed Greg and all reported to have thoroughly enjoyed the day. Greg Le Mond who has ADHD is the international ambassador for the charity HADD.

Greg LeMond



The ADHD cycle event was this big...!

Inaugural Meath Coast run a huge success

The Meath Coast 10k Run/Walk took place on the first weekend of July with over 300 participants and an amazing €8564 raised for people with disabilities in Meath.

The heart warming community event was launched by Ged Tash TD, who welcomed the runners and walkers and congratulated them on being part of the Meath Coast's first ever 10k road race event.

Mark Gamble, The Rehab North East Community Fundraiser, went on to motivate and thank everyone by saying that by being part of this special event, they had played a direct role in raising the funds needed to go ahead with building the Sensory Garden for Rehab Children Respite Home.

She also paid tribute to the enormous amount of work put in by Meath Sports Partnership at St. Colmcilles' GAA Club who had worked so hard to help make the event a success.

The first male home was Eoin Callaghan in a time of 33:44, while Mairead Murphy was the first female in a time of 41:36.

Runners and Walkers were delighted to see local people lining the route to wish them well and cheer them as they took part in the challenge and are already looking forward to the event next year.



Race Around Ireland

The Race Around Ireland is widely considered to be the second most gruelling cycle endurance event in the world (- with the Race Across America being number 1). The race is 2,192km in distance, covers 32 counties and includes

75,000 feet in climbs.

Meath LSP were delighted to host the Race Headquarters for this our 4th year supporting the event.

The Race Around Ireland which is also supported by Meath Tourism and Meath County Council commenced in Trim and saw an international field of nine countries participate.

German rider Bernd Paul set a new course record in a winning time of 106 hours 14 minutes (4 days 10 hours 14 minutes) - all on one hours sleep per day!

The four person team event was won by Strategic Lions from England in a time of 6 hours 1 min, with the 8 person team event going to 'Team Sunflower Pedal Power' in a new course record of 80 hours 24 minutes.



Club's Section

Club Grants 2012

Meath LSP's Club Grant Scheme for 2012 is still running.

Grant Scheme Funding is available under two categories:

- Club Training & Education
- Club Development

All Meath sports/physical activity clubs who are registered with Meath LSP can apply for grants of up to €300 under each of these categories.

The fund for each scheme is limited and the scheme will be closed once funds have been exhausted. Further details are available online from www.meathsports.ie and from our offices @ 046/9067337.

We would encourage all clubs to apply. The closing date for receipt of grant applications is **November 30th**.

Meath LSP are delighted to extend congratulations to the Meath Camogie team who recently won the Junior All Ireland Final and in particular to team member Ashling Mc Loughlin who worked on a student placement with the partnership over the summer months.

Meath LSP worked closely with the Meath Camogie board from 2005 to 2007 in rolling out the three year development plan which has been credited with putting the necessary structures in place to make this year's success a possibility.

Well done Ladies!



The Gathering Ireland 2013

The Gathering is a unique chance for us all to join a countrywide

movement led by the people of Ireland to reach out to our global diaspora.

It is time to bring them home for an unprecedented year-long celebration of all that is great about Ireland, her people and their impact on the world. Through authentic local gatherings we will create and renew connections that will benefit our communities and people through 2012 and beyond.

BE PART OF IT—Find out more at www.thegatheringireland.com

Date for your Diary

Operation Transformation Walk

19th January 2013



Is your Club listed?

We have a comprehensive
CLUB CONTACTS LISTING

on our website www.meathsports.ie

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

If we need to change contact information, please advise us of any changes or new listings by email to mlsp@meathcoco.ie.

Coaching Corner

Pedal Fever 2012 - Cycling Conference

Last year saw Cycling Ireland's 2nd "Pedal Fever" Cycling Conference which was a huge success. Pedal Fever 2012 takes place on the 17th November in the Radisson Blu Hotel, in Dublin City Centre, and promises to be equally interesting. [Don't miss your chance to attend the 2012 Conference by clicking here.](#) The one day conference has an exciting line up of speakers spanning themes from the Olympic Games, Nutrition and Strength & Conditioning to Recording & Planning using Training Peaks Software .



FAI/RAPID Winter Football

The FAI will once again be providing free coaching sessions to 6 – 12 year olds across Navan on the mini-pitches funded by Meath County Council and the FAI.

In November the FAI, RAPID, Navan Community Gardai and the Meath Local Sports Partnership will once again be teaming up to run the successful Friday Night Futsal League for those aged over 16, it will take place every Friday night for 6 weeks from 8pm – 10pm in Claremont Stadium.

"I am delighted to see the interest around Navan in these FAI programmes, it's great to see so many kids and teenagers taking part in our activities and I would like to thank RAPID and the Meath Local Sports Partnership for their help in funding and organising the events and Navan Community Gardai, Beaufort College and all the local agencies for their support. Football is a great way for the young people of Navan to keep fit, make friends and have fun."



Friday Night Futsal

Come along and join us free of charge for our Friday Night Futsal League which takes place from 8pm – 10pm each Friday night in Claremont Stadium.

The league will run from Friday November 2nd – Friday December 7th

and is open to all aged 16 and over. Bring your friends and enter a team in the league, remember there is no cost involved just turn up every Friday night and play! All games are 5-a-side, indoor football!

Contact FAI Development Officer Mark Scanlon on 086-7954353 to enter a team.

Coach Education

Kick Start 1—November 3rd from 9.30am—5.30pm in MDL Grounds, Navan. Cost is €45

Kick Start 2—November 9th, 10th & 11th from 7pm—10pm on Friday. Sat. & Sun. 9.30am—5.30pm in MDL Grounds, Navan. Cost is €75

Schools Section

Play Rugby Programme

Meath Local Sports Partnership has teamed up with the IRFU and Leinster Rugby to roll out the Play Rugby Initiative to Primary Schools in Meath. The Play Rugby initiative was launched recently at Navan Rugby Club. To the absolute delight of the primary schools in attendance a special guest appearance was made by the Heineken Cup.

The goal of Play Rugby is to introduce rugby to as many children as possible. The initiative is aimed at 3rd, 4th, 5th & 6th classes and consists of training sessions with a local Community Rugby Officer (CRO) working on behalf of Leinster Rugby. These sessions are designed to have full participation by pupils in a fun, safe environment. They are suitable for both boys & girls and are non-contact.



As part of the initiative schools will also receive a Play Rugby pack. The Play Rugby pack contains Rugby balls, cones, bibs, game cards & certificates.

The Community Rugby Officer (CRO) will deliver one session per week for a minimum of 4 weeks in the school. Currently there is no cost to the school for the Play Rugby initiative.

Mary Murphy, Coordinator of Meath LSP extended her thanks to Leinster Rugby for their support in rolling out this initiative and for bringing along the special guest, the Heineken Cup, and to Navan Rugby Club for hosting the launch of Play Rugby. She stated that Meath LSP is hugely supportive of the Play Rugby programme and they look forward to the next great Irish rugby player coming from the Play Rugby initiative.



Schools interested in availing of the Play Rugby training can contact Steve Coy, Leinster Rugby at 086 8599774 or Meath Local Sports Partnership @ 046 9067337.

Schools Section

Primary School Hall Athletics:

Meath LSP has once again teamed up with Meath Athletics Board to deliver the school hall athletics programme for the school year 2012-2013.

The programme is specifically aimed at 3rd to 6th class and the training takes place indoors, once a week over a 6 week period.

There are currently a limited number of places available on the programme. Schools with a good sized gym/school hall and have access to athletic equipment such as mini hurdles, speed bounce, medicine balls and soft javelins will be looked at favourably.

Programme sessions are generally limited to 30 students per class.

Any primary school with the above facilities and equipment wishing to register their interest on the programme please contact David at 046 9067337 or email dmccaffrey@meathcoco.ie

Cheerleading introduced to Girls in Action programme in Meath

Dublin Thunder Cheerleading tutors delivered a challenging, exciting and dynamic new activity to this year's Girls in Action end of year fest.

The Girls in Action programme aims to help promote physical activity amongst teenage girls particularly those 12- 17 years old who do not regularly take part in competitive sport.

120 teenage girls from six secondary schools in Meath took to the dance floor in Simonstown GFC recently as part of a Meath Local Sports Partnership and HSE health initiative.

Activities such as Hip Hop, Martial Arts, Zumba Dance and Circuit Training are offered to each school on a weekly basis when they sign up to the "Girls in Action" programme.

The cheerleading was such a hit that schools have already put in a request to see this activity become a regular activity on the Girls in Action programme.



Schools currently on this years programme:

- Beaufort College, Navan
- O'Carolan College, Nobber
- St Fintina's PP, Longwood
- St Oliver's PP, Oldcastle
- Colaiste Na HInse, Bettystown
- St Ciaran's CS, Kells
- Ratoath College

Schools Section

Be Active After School Activity Programme (ASAP)

The *Be Active ASAP* is an exciting initiative aiming to improve the physical activity patterns of school children by introducing them to a wide variety of activities in a fun, supportive, positive environment where everyone is involved. It is available to all primary schools in Meath.



Takes place after school on school grounds.

This offers a safe, familiar, convenient setting for an age-appropriate introduction to after-school physical activity.

Designed for 7-8 year olds.

This is an age at which children begin to make decisions regarding their likes/dislikes or abilities regarding physical activity.

Led by trained teacher leaders.

Teachers were chosen to lead the programme as they have the knowledge to adjust activities to challenge children appropriately, irrespective of ability.

Involves parents in their children's physical activity.

Parental support is crucial to the programme to improve the adult: child ratio, to support the teacher and to set a good example for the children.

Gives children the chance to succeed.

This programme concentrates on building confidence across a broad range of activities echoing the Physical Education Curriculum for Primary Schools experienced by children during the school day.



- The programme is **Free** of Charge to Schools
- The programme offers **Free** training for teachers
- The programme includes **Free** resources, including a comprehensive folder of resource cards and a teacher handbook
- Schools also benefit from ongoing advice and support visits

Schools Section

Active school Flag

The *Be Active ASAP* can help your school achieve the Active School Flag. In order to receive the flag, schools must complete a series of review areas. *Be Active ASAP* complements a number of these review areas enabling schools to attain the flag through participating in the programme within the school.

National Roll out

The *Be Active ASAP* is now available to schools nationwide. This has been facilitated by the network of Local Sports Partnerships. In August 2012 twelve tutors nationwide were trained to deliver the *Be Active ASAP* to teachers and schools around the country.



The *Be Active ASAP* tutors 2012 with head tutor Lisa O Dowd.

New website & DVD

Please visit our new website www.beactiveasap.ie for information on the programme and video demonstrations of *Be Active ASAP* within schools in County Meath.

Contact

For more details on the programme or to express an interest please contact Paul Friel – Project Facilitator on 046 9067346 or pfriel@meathcoco.ie

Schools Section

Schools Safe Cycling Programme

Has your school signed up yet?

The roll out of the Schools Safe Cycling Programme in Meath continues to grow. It is expected that 1000 primary school children (50 primary schools) will receive the training in the calendar year 2012.

The 6 week training programme is coordinated by Meath LSP in conjunction with the Road Safety Authority (RSA) and delivered by the Cycling Safety School's qualified tutors.

Bicycles and helmets are supplied by the trainers with a maximum number of 30 per session. Components of training include:

- Stopping and starting safely,
- Bicycle maintenance,
- Signalling and road positioning.



There is still time and space for a number of new schools to come on board for the school year 2012-2013.

Beaufort College complete World Marathon Challenge

The World Marathon Challenge is a relay event made up of a mixed team of children from the ages of 11 to 13. Countries from all across the globe were invited to enter a team/s to compete against the clock on October 16th last.

Save the Children charity organised this event to highlight the devastating impact malnutrition has on millions of children. The event also coincided with World Food Day.

In Ireland, several Counties got involved through their local sports partnerships. In Meath the event took place in Claremont Stadium, Navan.

The challenge set for each team was to complete a marathon distance (42.195km) or 105 laps of a 400m running track

25 students from Beaufort took to the track at 11am and **2 hours, 31 minutes and 48 seconds** later their marathon was complete with each runner covering a distance of 1800m (9 x 200m sprints)

The time was good enough to put Beaufort College 12th in the Irish entries and placed them 213th in the World rankings of 424 teams.

The winning country of the World Marathon Challenge was a team from Kenya with a time of 1hr.47m.55.

Meath LSP would like to congratulate the 1st year students on their achievement and thank the PE teachers for their support. The Beaufort team was as follows:

Shannon Ryan, Alexandra Mc Gowan, Tayo Ilori, Sophie Mc Guckian, Nodrot Adewunmi, Stacy Cuddlip, Sonita Marcinkiewicz, Karl Breen, Adam Moore, Foyin Akinnufesi, Georgina, John Hand, Richard McKweon, Tola Ilori, ToniCaul, Abdul, Alexander Rennick Grogan, Ben O'Brien. Rachel Gavin, Jade Travers, Kerrie Cudlipp, Michael Rice, Reece Sherry, Steven Brasil, Thomas Glennon, Leva Kur.



A special thanks to Claremont Stadium and the Navan Order of Malta for covering the event.

An Post Meath Heritage Cycle Tour 2012—STATS

Meath Local Sports Partnership is delighted with the growing number of participants in the An Post Meath Heritage Cycle Tour and in particular the number of Meath participants taking part year on year.

This year 1375 Meath people took part across the four distances which represents a massive 46% of total participants.



Route	2009	2009—Meath Participants	2010	2010—Meath Participants	2011	2011—Meath Participants	2012	2012—Meath Participants
10k/11k/12k	-	-	109	99	239	197	404	337
40k/50k	92	59	270	136	413	228	735	361
100k	127	52	512	178	786	265	1275	502
160k	84	33	340	65	380	108	575	175
Total	303	144	1255	475	1818	798	2989	1375
% increase on previous year			314%		45%		64%	

2012 Cycle Tour Routes

	Total Cyclists	Meath Cyclists
11k	404	337
50k	735	361
100k	1275	502
160k	575	175
TOTAL	2989	1375

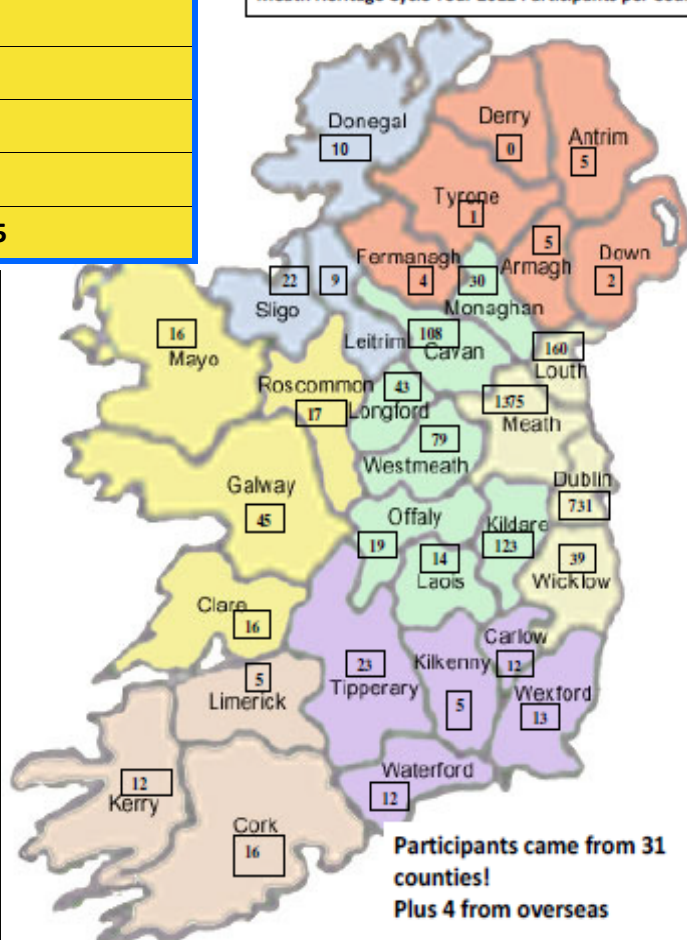
With such large numbers participating, the economic benefits of this event to the locality has been hugely positive.

Over 6800 people including cyclists, family & friends gathered in Trim for this year's event. Based on a post event survey conducted with the cyclists, it is estimated that the economic impact of this year's cycle tour is a very considerable €800K—in excess of €200k of this spend represents amount spent locally in bed nights.

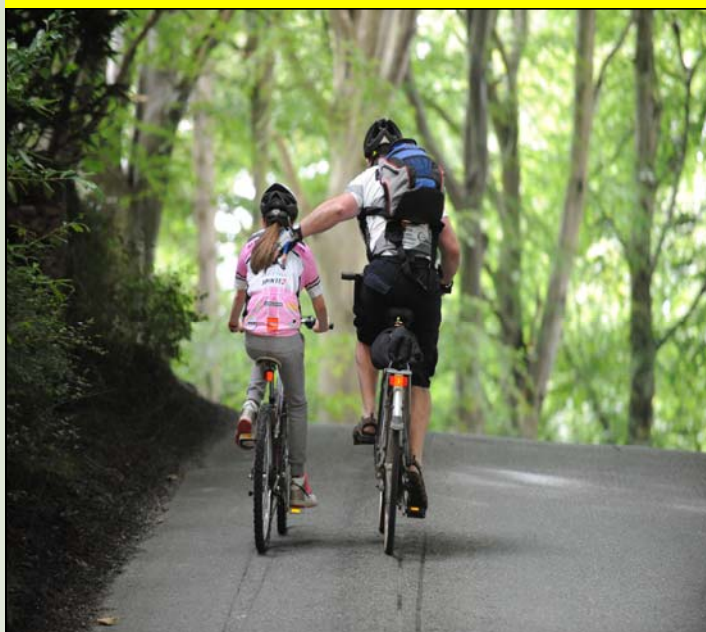
Of those surveyed 94% of the cyclists said that they would participate in the cycle tour in the future, with 85% of those from outside of Meath stating that they would visit the county again - all good news for the tour in 2013.

Date for your diary (Next year's tour) - 28th July 2013

Meath Heritage Cycle Tour 2012 Participants per County



An Post Meath Heritage Cycle Tour 2012—In Pictures



An Post Meath Heritage Cycle Tour 2012—In Pictures



Calendar of Courses and Events Winter2012

Activity	Date	Time	Date
Mature Movers Activity Programme	Wednesdays from 24th October 2012	11am—1pm	St. Michael's GFC, Carlanstown
Fleetfeet Walking Programme	Monday 5th November 2012	10.30am	Teach Raithneach, Collon
Code of Ethics—Children's Officer Training	Tuesday 6th & Wednesday 7th November 2012	6.30pm to 9.30pm	Windtown Unity Centre, Navan
Games for Life Kurling League	Tuesday 6th November 2012	11am to 1pm	Simonstown GAA
Code of Ethics/Child Protection Awareness Workshop	Wednesday 7th November 2012	1pm to 4pm	Enfield
Fleetfeet Walking Programme	Thursday 8th November 2012	10.30am	Dunshaughlin Community Centre
Fitness Made Easy	Tuesday 13th November 2012	11am	Club Active, Navan
Code of Ethics/Child Protection Awareness Workshop	Wednesday 14th November	6.30pm to 9.30pm	Duleek
Code of Ethics/Child Protection Awareness Workshop	Tuesday 20th November 2012	6.30pm to 9.45pm	Trim GAA
Games for Life Kurling League	Tuesday 20th November 2012	11am to 1pm	Simonstown GAA
Buntús Generic Training for Teachers	Tuesday 27th November 2012	3.15pm to 6.15pm	Realt na Mara B.N.S.
Activity Fest for Over 50's	Monday 3rd December 2012	10am	Simonstown GAA, Navan
Operation Transformation Walk	Saturday 19th January 2013	TBC	TBC

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

Meath Local Sports Partnership, Enterprise Centre, Trim Rd, Navan, Co. Meath Tel: 046-9067337 Fax: 046-

9097001 Web: www.meathsports.ie Email: mlsp@meathcoco.ie