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Calendar of Courses and Events

Royal County 5km/10km Run/Walk returns to Kells

The 6th Royal County Run/Walk will take place on Bank Holiday Monday 2nd May in Kells. This year sees the return of the 5km event along with the added attraction of a new 10km event. The event is organised by Meath Local Sports Partnership with the support of the Club Active, Kells; Headfort Arms Hotel; St. Brigid's AC; Kells Gardaí; Kells Swimming Pool, Kells Municipal District, Civil Defence and local volunteers. The Royal County 5k/10k event is licensed by the AAI.

On sign in/registration all participants will receive their chip number, which will allow them to accurately record their time. The Royal County 5km/10km is open to runners, joggers and walkers of all abilities. Children under 16yrs must be accompanied by an adult. The 10km event will start at 10.30am, with the 5km starting at 11am.

Registration is now open online. Early bird registration is €15 for 10km event and €10 for the 5km event. Cost includes t shirt, refreshments and chip timing.

Spot prizes will be given out on the day with prizes for winning male and female runners in 3 categories. Last year's winners Shane Boyle and Shauna Moran from Dunshaughlin AC have set a challenge for all other club runners!

Anyone interested in participating in the 2016 Royal County 5km/10km should contact Meath LSP @ 046 9067337 or log onto www.meathsports.ie to register.



DATE FOR YOUR DIARY

An Post Meath Heritage Cycle Tour 23rd & 24th July 2016

The An Post Meath Heritage Cycle Tour involves 4 different routes: 11km, 50km, 100km & 160km

Family spin (11km) will take place on 23rd July. The 50km, 100km & 160km will take place on the 24th July.



Details of routes and opportunities to register are available now on our website

<http://www.meathsports.ie/cycle-tour/how-to-enter/>

Be part of this massive cycle event!



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

Community Activity Programmes



Meath Running Group

Would you like to train with a group of likeminded joggers & runners this summer?

Why not join Meath Running Group's track sessions in Claremont Stadium Navan.

This 11 week training programme is ideal for those wishing to take part in 5 miles, 10k's and 10 mile events this summer but also the perfect preparation for the half or full marathon's later in the year.

Each session is coach led and tailored to suit all abilities. Meath Running Group is not an elite club but rather a gathering for those interested in jogging and a pathway for those wishing to join an athletic club in the future.

Meath Running Group members are encouraged to take part and support local events throughout the year.

Speed & Middle Distance Training (11 WEEKS) starts May 11th at Claremont Stadium, Navan from 7pm to 8pm.

Online registration is now open or alternatively you can download a registration from our website www.meathsports.ie or find us on facebook/Meath Running Group.

If you require more information, please ring David at 046-9067337.

Return of Slane 5km Trail Run/Walk

Slane Castle 5km Trail Run/Walk

In aid of St. Patrick's National School, Slane

Fun For All The Family!

Taking Place in the Picturesque Grounds of Slane Castle

All Abilities Welcome

No Pets Admitted in the Castle Grounds

Sunday 8th May 12.30pm

New Scenic Route
through the Castle Grounds!



Slane Castle 5km Trail Run/Walk returns on Sunday 8th May at 12.30pm.

See <https://www.facebook.com/slanecastle5ktrailrun/> for further details.

Pictured on the right is Lord Henry Mount Charles leading the Slane Castle 5km Trail Run/Walk 2015.



Community Activity Programmes

Community Coaching Programme



The first Community Coaching programme organised by Meath Local Sports Partnership has just been completed.

The Community Coaching programme is focussed on successfully assisting unemployed people to gain employment, coaching, and further education opportunities in the sports sector for example as coaches, referee's, physical activity leaders etc.

Over the course of 12 weeks the following practical modules were delivered ;FAI kick-start 1 & 2; disability inclusion training; athletics leader; GAA coaching and sports first aid. Career preparation and work experience were also an integral part of the programme.



Meath Local Sports Partnership plan to deliver another community coaching programme in September.

For more information please contact David at 046-9067337 or email dmccaffrey@meathcoco.ie

The Community Coaching programme is supported by Sport Ireland through the dormant accounts fund.

Pictured above are participants who received their programme certification



Walk this Way – Meath Walking Leader Training Course

The Irish Heart Foundation in conjunction with Meath Local Sports Partnership and HSE Health Promotion will run a Community Walking Leader Training Course, April 16th-17th in Simonstown GFC, Navan. The training is primarily aimed at those wishing to lead a local walking group or promote walking in their community or workplace. The course comprises a *weekend of training* and followed up with a *4 week leader task*. This task allows you to try out your new walking leader skills.

During the weekend you will gain a greater understanding of the health benefits of walking, learn to develop and lead a local walking session for mixed fitness levels, receive advice on starting a new walking group or promoting an existing group and gain a greater understanding of posture, technique, stretching and safety issues for a successful walk.

The course will run on Saturday April 16th, 9am-5pm and Sunday April 17th, 9am-2.00pm. The course cost is €50 which will cover your training, materials and two lunches.

For more information on the course or to register please contact Tara Curran, tcurran@irishheart.ie or download an application form from www.irishheart.ie/sli.

Community Activity Programmes

Learn 2 Run Programme

Over 130 participants have registered for the Learn 2 Run to 5k initiative currently running in Navan. This large group which includes this year's RTE Operation Transformation leader Lucy Dillon meet each week to take part in coach led training sessions in Claremont Stadium.

Learn 2 Run to 5k is a beginner's jogging group suited for both men & women of all abilities. This 8 week programme aims to get you from your couch to 5k and to encourage you to stay there!



(O.T Leader Lucy Dillon training with Learn2Run Navan)

On completion of the programme, participants will be encouraged to test their new found fitness and running ability by taking part in the Royal County 5k & 10k in Kells on Monday May 2nd.

Meath LSP would like to thank Navan AC for their coach's support in rolling out the weekly sessions.

If you would be interested in taking part in a similar programme in your local area please visit our website for www.meathsports.ie/learn2run for further details.

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??? 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!



To register your interest please contact Ruairi on 046-9067337 or email rmurphy@meathcoco.ie

| Area | Venue | Day and Time |
|--------------|--------------------|---------------------|
| Laytown | St. Colmcilles GAA | Mondays at 7.30pm |
| Dunshaughlin | St. Patricks Hall | Tuesdays at 7.30pm |
| Navan | Claremont Stadium | Thursdays at 7.30pm |
| Kiltale | Kiltale GAA | Wednesdays at 8pm |

Information evening in the Showhall, Oldcastle on Wednesday 20th April at 7.30pm.

Club Section

Coaching Corner Courses / Events

| Activity | Date | Time | Venue | Further Details |
|---|------------|---------------|--------------------------------------|---|
| Athletics Ireland—Athletics Leader Course | 9th April | 10am-5pm | Claremont Stadium, Navan | http://www.meathsports.ie/event/athletic-leader-course/ |
| Irish Olympic Handball Association—Category 0 Coaching Course | 10th April | 11am-5pm | University of Maynooth (Sports Hall) | http://www.meathsports.ie/event/category-0-coaching-course/ |
| Athletics Ireland—Endurance Running Course | 16th April | 10am-5pm | Claremont Stadium, Navan | http://www.meathsports.ie/event/endurance-running-course/ |
| Athletics Ireland - Assistant Coaching Course | 23rd April | 10am-5pm | Claremont Stadium, Navan | http://www.meathsports.ie/event/assistant-coach-course/ |
| FAI - 7v7 Small Sided Games Workshop | 11th May | 6.30pm-9.30pm | MDL, Trim Road, Navan | http://www.meathsports.ie/event/fai-7v7-small-sided-games-workshop/ |

We have a comprehensive CLUBS & FACILITIES DIRECTORY

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

Please check to make sure you 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>

Safeguarding 3: Designated Liaison Officer

The **NEW** Designated Liaison Person 3 hour workshop is taking place on 26th May 2016.

The Designated Liaison Person is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency or Social Services (NI) and/or An Garda Síochána / PSNI. It is recommended that this person is a senior club person.

A person appointed to this position in a club must have completed the Safeguarding 1—Basic Awareness Workshop in Child Welfare & Protection before completing this workshop.

To book your place contact MLSP office on 046-9067337.

Older Adult Programmes

Mature Movers



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 as participants get a chance to relax, have a chat after their workout and enjoy the refreshments.

Mature Movers will be in the following areas over the next 8 weeks so please come along and try it out. See below when and where they take place.

Trim: starting Monday 4th April in Knightsbridge Nursing Home, Village Hall, Trim at 10am.

Navan: Mondays in the Pitch and Putt Club at 11am.

Kells: starting Thursday 31st March in Kells People's Resource Centre at 11am-12pm.

Simonstown: Thursdays in Simonstown GFC Centre at 11am

Athboy: Wednesday 14th April in St. James Hall, Main St. Athboy at 11am.

Laytown: Fridays in St. Colmcilles GAA at 11am.

Dunshaughlin: Wednesday 30th March in St. Patricks Hall at 11am.

Coming Soon: Mature Movers will be coming to Dunboyne in the next few weeks.

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

Older Adult Programmes

Games for Life

Box Hockey League

The first ever Box Hockey League started on Tuesday 26th January at 11am in Simonstown GFC Centre. 20 active retirement and disability groups played in the monthly league.

The Box Hockey league final took place on Tuesday 22nd March in Simonstown. The semi finals saw Moynalty play St. Brigids and Dunboyne play Moynalty Men's Shed. St. Brigids and Dunboyne prevailed to make the first ever Box Hockey final. After a closely contested match Dunboyne came out on top to become the Box Hockey League Champions for 2016.



Moynalty Men's Shed and Kilmessan A.R are busy making box hockey sets. A number of groups have already ordered sets with demand still high.

If your group are interested in Box Hockey or participating in the leagues please contact Ruairi on 046-9067337.

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 which is in its 5th year is run on a monthly basis.

This well established league allows old and new friends to meet in what is quickly becoming a very competitive but friendly competition.

Best of luck to all teams participating.



Active Retirement Bowls League

The Active Retirement Bowls League in association with Meath Zone Bowls recommenced Monday 8th February 2016. Kilmessan and Dunshaughlin 2 will be hoping to retain their division 1 and division 2 titles. The league finals will take place Wednesday 20th April in Simonstown GAA Centre.

Go for life Games

The Go for Life Games county final in Meath will take place on Tuesday 17th May from 10am to 1pm in Simonstown GAA Centre.

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:

- Buntús Programme
- Cycle Safety Programme
- Sports Hall Athletics
- Be Active ASAP
- Play Rugby Programme
- School Sports Day training workshops
- National initiatives such as Bikeweek, National Recreation Week and National Playday.

If you would like further information on any of the above programmes see www.meathsports.ie or if there is any other way that Meath LSP can assist your school contact us at 046 9067337 or email mlsp@meathcoco.ie

School Sports Day Training

Meath Local Sports Partnership organises school sports day training workshops for primary schools in the county. A common issue many schools encounter is in relation to organising the school sports day. To assist schools in this regard, Meath LSP has developed a school sports day training pack that consists of a guidebook, training workshop and resource cards.

Sports Days are one of the most eagerly awaited days in the school calendar. It is a time for all children to participate in different sporting events for fun and enjoyment.

The school sports day training involves a practical session. The training and accompanying guidebook is designed to equip the participant with the knowledge and skills required to deliver a sports day that is more accessible, easily organised, safe, successful and most importantly fun.

Training is open to teachers, special needs assistants and parents from primary schools in Meath. To date, 140 representatives from over 70 schools around the county have availed of school sports day training.

The sports day training involves a practical session and is designed to equip the participant with the knowledge and skills required to plan a safe and fun sports day. Training is open to teachers, staff and parents from primary schools in Meath.

There is a workshop fee of €10 per participant. **Places on the workshop are limited, but we will try to accommodate all schools that wish to attend.** To register your interest, please contact Meath LSP office on 046-9067337.

School Sports Day Guidebook



buntús
a special chance to boost your school

Schools Section

Team Meath take Silver & Bronze at the National SPORTSHALL Athletics Championship.

A team of 60 primary school children representing Meath recently travelled to the International Athletics Arena in Athlone to participate in the 6th National **SPORTSHALL** Athletics Finals.

SPORTSHALL Athletics is a primary school based programme involving running, throwing and jumping events. The programme is co-ordinated by Athletics Ireland and rolled out in each county through the Local Sports Partnerships.

Team Meath were made up of primary children from the following schools who won the county finals:

- St Paul's NS, Navan
- St Oliver Plunkett's, Navan
- Kentstown N.S
- St Joseph's NS, Navan
- St Mary's Enfield.
-

There were 15 counties competing across 4 different categories:

- 3rd & 4th girls
- 3rd & 4th boys
- 5th & 6th class girls
- 5th & 6th class boys

Meath's 3rd and 4th class girls proved to be very strong on the track and held their own in the field events to finish second overall. The 5th and 6th girls and 5th and 6th boy's teams lost ground on the track but made up for it in the field events to take third place in each category. Meath's 3rd and 4th class boys acquitted themselves well and narrowly missed out on a third place finish.

Meath LSP would like to thank Athletics Ireland for their support in rolling out the teacher training sessions to the schools involved.

If your school is interested in the **SPORTSHALL** programme for the school year 2016-2017 or would like to know more about this programme please contact David, Meath LSP 046-9067337.



Team Meath

Schools Section

Be Active After School Activity Programme (ASAP)

Be Active ASAP is calling all schools that wish to express an interest in the programme for the 2015/2016 school year to express your interest by completing an online expression of interest form. **The expression of interest form can be completed here <http://bit.ly/1dIP7Hd>**

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. Teachers are trained to deliver the programme at a teacher training workshop which is available to all primary schools in Meath.



The programme is funded by the HSE in association with Sport Ireland and DCU institute of Education.

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

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 helping schools to attain the flag through participating in the programme within the school.

For more details please contact Paul Friel on 046 9067346 or paul.friel@meathcoco.ie or see <http://www.beactiveasap.ie>

Disability Sport

Tag Rugby for All

Adults from Prosper Meath and the National Learning Network centres have been enjoying taking part in weekly Tag Rugby sessions run by Leinster Rugby Community Coaches and Sports Inclusion Development Officer Elaine from Meath LSP.

Each week these adults have been learning new skills including throwing, catching, passing and of course the all important skill of scoring a Try. The enthusiasm from the participants has been fantastic and we hope they will continue to take part in these sessions and showcase their skills in the Tag Rugby tournaments this summer.



Children from Meadows Respite Centre in Navan have also been taking part and have shown a great interest in continuing with the programme. The aim of this programme is to introduce children and adults of all abilities to Tag Rugby with a view to commencing a weekly Tag Rugby Club this coming Spring/Summer in addition to the Tag Rugby Tournament.



If you or someone you know would be interested in taking part in these Tag Rugby for All sessions please contact Elaine on 046 9067337. School Groups, community organisations and disability service providers are all welcome to get involved also.

We want your feedback

If you are a person with a disability, a service provider, a member of sports club or a parent of a child with a disability we would love to hear from you regarding the Sports Inclusion Disability Programme here in Meath.

A short survey can be completed at: <https://www.surveymonkey.com/r/Sportsinclusion>

Learn 2 Cycle Programme

Before Easter our first "Learn 2 Cycle" Programme of 2016 commenced in St Paul's National School in Navan. Over the next 6 weeks 15 children with disabilities will participate in the programme and start their journey to cycling independently.

An additional Learn 2 Cycle Programme may be run in Navan during the summer. This is subject to demand so please contact Elaine on 046-9067337 if this is something you would like to register your interest in.

Disability Sport

Cycle Safety and Road Skills Programme

For all those children who have successfully completed our Learn 2 Cycle programmes and are now cycling independently, we are organising the rest level in cycle safety skills.

On 9th May we will be commencing our first ever 6 week “Cycle Safety and Road Skills Programme” in Ratoath.

In this course, children will learn safety rules for cycling on the road and in groups while also learning how to:

- Use breaks safely
- Change gears effectively
- Do hand signals for cycling on the road
- Control their bike and their speed.

Cost is €35 per child for the 6 week programme.

To register your interest, contact Elaine on 046-9067337. Register your interest ASAP as places are likely to fill up fast!



Pictured above is Fergus Cosgrove who completed his first ever 11km in the An Post Meath Heritage Cycle Family Spin last year.

Fergus successfully learned to cycle independently through Meath LSP's Learn 2 Cycle programmes.

Disability Sport

Summer Time Pitch and Putt

Would you like your child to try out a new outdoor sport this summer?

In May this year we will be running an after school 6 week Pitch and Putt programme for children with a disability aged 8 years +. This programme will take place in Navan Pitch and Putt Club and will give participants the opportunity to learn the basic skills of golf while gaining the benefits of socialising with peers outdoors. The programme will run on Mondays and Wednesdays from 4pm-5pm and will cost €12 per child for the 8 weeks.



To register your interest or if you would like a similar programme to be developed in your area please contact Elaine on 046-9067337.

Parent and Child Yoga



The benefits of yoga and mindfulness for children with disabilities have been widely promoted in recent times. Therefore, Meath Local Sports Partnership, in conjunction with The Meadows Respite Centre, ran a two week Parent and Child Yoga pilot programme to determine if this is an activity which we should consider providing for children with disabilities in Meath.

It is hoped that this programme will run again, with suggested changes, for a 6-8 week period towards the end of April. Thanks to the child yogi's and their parents who took part in the programme and to the wonderful Yoga teacher Anne Marie O Connell. If this is an activity you are interested in taking part in contact Elaine on 046-9067337.

Wheelchair Multi Sport Come and Try Evening

On April 27th from 5-8pm a Wheelchair Multi Sport Come and Try Evening will be held in Beaufort College Navan. This event is open to children and adults of all ages and abilities and will consist of sports such as badminton, basketball, powerchair soccer, archery, hurling and box hockey. Siblings, cousins and friends are all very welcome to attend and try these sports out.

Call Elaine on 046-9067337 to register your interest.

Disability Sport

Spring Activities Programme 2016

| <u>Activity</u> | <u>Venue</u> | <u>Time</u> | <u>Date</u> | <u>Age</u> | <u>Cost</u> | <u>Contact De-tails</u> |
|--|------------------------------------|------------------------|-----------------------------|---------------------|--------------------|--|
| Football4All with Ratoath FC | CODLISS Soccer Pitches Ratoath | 10am—11am | Every Saturday | 6-16 years | N/A | Raymond Hoare - 0868203095 |
| Horse Riding Programme (4 weeks) | Brookfield Stables, Navan | Lessons from 2pm | Every Wed & Thurs | 5 years + | €60 for 4 weeks | Jacinta—0871381716 |
| Learn 2 Cycle Programme (6 weeks) | Laytown | 5-6pm | Starting 13th May | 6-16 years | €35 for 6 week | Elaine—0469067337 |
| Cycle Safety and Road Skills Programme (6 weeks) | Ratoath | 6-7pm | Starting 9th May | 6-18 years | €35 for 6 weeks | Elaine—0469067337 |
| Pitch & Putt Programme (6 week programme) | Navan Pitch & Putt Club | 3.30-5pm | Starting 4th May | 8-18years | €12 for 6 weekS | Elaine—0469067337 |
| Tag Rugby for All (3 Week Programme) | Navan Rugby Club | 11-2pm (TBC) | Starting 19th April | Adults | N/A | Elaine—0469067337 |
| Tag Rugby for All (3 Week Programme) | Navan Rugby Club | 3.30pm (TBC) | Starting 24th May | 6-18 years | N/A | Elaine—0469067337 |
| Navan Wheelchair Sports Club 'Come and Try Day' | Beaufort College Sports Hall Navan | 4-9pm (provisio nally) | 27th April (provisionall y) | Children and adults | €2 | Elaine—0469067337 |
| Special Olympics Swimming, Trim | Aura Leisure Centre | 7-8pm | Every Wed | 6 years + | | Lynda – 0861705400 |
| Special Olympics Navan Arch Club | Beaufort College Navan | 7.30-9.30pm | Every Thurs-day | 6 years + | | Tony Brady – 0879480482, |
| Special Olympics Club Ashbourne | Ashbourne Community Centre | 10am-11.30am | Every Saturday | 6 years + | | Deirdre Keaveny- 018256593/ 0868868917 |
| Special Olympics Royal Ladies Soccer Club | MDL , Trim Rd, Navan | 7-8pm | Every Tuesday | 16 years + | | Margaret Houlihan – 0469029355 |
| Special Olympics Club Navan | Carlanstown (Equestrian) | 5pm | Every Wed | 6 years + | | Karen Kinahan 0863222256 |
| Special Olympics Club Navan | Claremont Stadium (athletics) | 7pm | Every Friday | 6 years + | | Karen Kinahan 0863222256 |
| Ardee Wheelchair Sports Project | Ardee IWA | Various | Mon-Sat | Children & Adults | N/A | Robert Hurr – 0872629750 |

Calendar of Courses and Events 2016

| Activity | Date | Time | Venue |
|---|----------------------------------|----------------------------|------------------------------|
| April 2016 | | | |
| Mature Movers | Varies | Varies | Varies (see pg 6) |
| Boccia League | 4th April | 11am | Simonstown GFC, Navan |
| Safeguarding 2—Children's Officer Training | 4th April | 6.30pm-9.45pm | Windtown Unity Centre, Navan |
| Safeguarding 1—Child Protection Awareness Workshop | 14th April | 6.30pm-9.45pm | Windtown Unity Centre, Navan |
| Community Walking Leader Training | 16th April | 9am to 2pm | Simonstown GFC, Navan |
| May 2016 | | | |
| Royal County 5km/10km | 2nd May | 10km: 10.30am 5km: 11am | Kells |
| Safeguarding 1—Child Protection Awareness Workshop | 4th May | 6.30pm-9.45pm | Windtown Unity Centre, Navan |
| Go for Life Games | 17th May | 10am-1pm | Simonstown GAA Centre |
| Slane Castle 5km Trail Walk/Run | 8th May | 12.30pm | Slane Castle |
| Meath Running Group Block 2 (Speed & Middle Distance Training) | 18th May | 7pm | Claremont Stadium, Navan |
| School Sports Day Training | May TBC | TBC | TBC |
| Safeguarding 3—Designated Liaison Person Workshop | 26th May | 6.30pm-9.45pm | Windtown Unity Centre, Navan |
| June 2016 | | | |
| National Bike Week | 11th—19th | Varies | Varies |
| July 2016 | | | |
| An Post Meath Heritage Cycle Tour | Saturday 23rd & Sunday 24th July | Varies | Trim |
| August 2016 | | | |
| Meath Running Group Block 3 (Middle 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