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An Post Meath Heritage Cycle Tour 2013

The much awaited tour will take place over the weekend of July 27th & 28th. Changes to this year's event will see the Family Spin taking place on Saturday evening with the other 3 distances— 50k, 100k and 160k all taking place on Sunday 28th.



Popular comedian PJ Gallagher who participated in last year's 100k is the Ambassador for this year's cycle series and is already looking forward to completing the distance again in 2013.

Aside from moving the Family spin to the previous Saturday, other smaller changes have been made along the 50k, 100k and 160k routes—elevation and route maps will be available to view from our website www.meathsports.ie from mid June onwards.

The 11km Family Spin is a flat route, open to all, abilities. Those under 12 years must be accompanied by an adult.

The 50 km Tara Loop (actual distance - 52km) is relatively flat with a gradual climb to the Hill at Tara, The Loop is suitable for recreational cyclists.

The 100km Royal Tour (actual distance - 100km) is suitable to those with a reasonable level of cycling ability – novice cyclists are not encouraged to enter this event.

The 160km Royal Challenge (actual distance - 165km) is a test of cycling ability and is suited only to fit, experienced cyclists who relish a serious challenge – not to be undertaken lightly and certainly not for the fainted hearted.

The nominated charity is the Alzheimer Society Meath. This year sees the renewal of the successful working partnership between An Post, Irish Sports Council, Meath County Council, Meath Cycling Clubs, Gardai, Civil Defence, Trim Tidy Towns, Aura Leisure and Meath Local Sports Partnership who together will deliver a highly enjoyable, quality event.



For more information and to download a booking form or enter online see www.meathsports.ie or contact 046 9067337.

Volunteers Required for Cycle Tour!

The delivery of a very successful event is very much dependent on identifying volunteers to assist on the day. Volunteers are needed to 'man' junctions, provide directions & assist with food & water stops. If you have a free hour or two on weekend of 27th & 28th July why not give us a call—046 9067337. Better again, enrol the help of a friend! Over the past 4 years the volunteers on the Meath Tour have been a credit to the county—help us continue this fine tradition & volunteer!



View our website
www.meathsports.ie



Bike Week 2013 June 15th – 23rd

Meath Local Sports Partnership in association with the Department of Transport are supporting a number of activities for Bike Week 2013.

Bike Week 2013 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:

Strider/BMX Family day – Ratoath BMX track. Sunday 16th 2pm – 4pm Strider try out – suitable for 0 – 5yrs
BMX skills, drills, dirt jumping, punt track, 6 years upwards. Contact Gareth 086 9371619

Ballinlough National School – Wednesday 19th
School children participate in National Cycle to School day. Bike maintenance workshop in school grounds
Contact Carmel Reilly 086 3395501

Moynalty Cycling Club – Wednesday 17th @ 7pm
Moynalty Threshing Field, skills and drills and short spin. Contact Kieran Meegan 087 2077624

Inspiration Cycling Club, Dunboyne - Village Cycle, Wednesday 19th @ 7pm
Community Cycle 3.5km, all ages and abilities welcome. Contact Martin Heavey 087 2602328

TC Racing, Oldcastle

Tuesday 18th @ 3-6pm – Cycle info in Oldcastle town square

6pm - Cycling demonstrations covering: road, cross country, downhill cycling & bike maintenance

Thursday 20th @ 7pm – bicycle handling skills – Credit Union carpark. 1 hr leisure spin – all with helmets welcome

Saturday 22nd 10am – Ladies cycle day - beginners welcome. Bicycle fitting and information

12 noon – group cycling display - Credit Union car park

12.30pm – Ladies cycle spin

Contact Tom Clogher 086 7710099

Bohermeen Cycling Club - Family Fun Cycle Thursday 20th @ 7pm – 7km, meeting at community centre
Contact Marie Reilly 087 9458499

Meath Local Sports Partnership – Family Cycle evening. Registration in St Paul's NS, Abbeylands, Navan @ 6.30pm. Evening includes skills, drills and track cycling in the new Blackwater Park in Navan.
Contact Mary 046 9067337

Cormeen Community Centre – Family Fun Cycle (2 routes) Saturday 22nd @ 3pm– 5km & 8km Family cycle
Contact Siobhain McEntee 086/7732649

Athboy Fair Green High Nellie Club – Family Fun cycle 10km Saturday 22nd – Meeting at Fair Green @ 12.30pm. Contact Sean Tiernan 087/2857095



Meath Local Sports Partnership

Family Cycle

Friday 21st June @ 7pm
Registration in St. Paul's N.S. Abbeylands from 6.30pm



Open to children of all abilities up to 13 years.

Parents are invited to participate.

All children must be accompanied by an adult.

Events will include:

Bicycle maintenance, skills & drills and track cycling in Blackwater Park

Each child will receive a free cycling accessory

Cost €5 per family or €2 per person. All participants are required to have their own bikes, helmets are compulsory.

Contact Meath LSP at 046-9067337 to book your place.

Walk4Fitness Get Walking this Summer!

This 5 week outdoor walking programme designed by Meath LSP to suit the needs of those looking to improve their walking fitness in a safe outdoor environment. If you are new to walking, 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 June 2013 take your walking to the next level!

For more information please contact Ruairi/David on 046-9067337 or email us at mlsp@meathcoco.ie



Meath Running Group

Every step is a victory.....

Are you up for a challenge this summer?

Would you like to complete your first 10km, 10 miles, half marathon or full marathon in 2013? Yes?

Meath Running Group helped over 50 recreational joggers & runners last year to reach their target

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

A 12 week track programme has just commenced this (Wednesday May 15th) in Claremont Stadium, Navan.

Summer Session NOW OPEN!

Track and Speed Training	Wednesday 15th May –31st July 2013 7pm—8pm Claremont Stadium, Navan
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Further information please contact David 046 9067337 or email mlsp@meathcoco.ie

Learn 2 Run - Summer Programmes

Due to the success of our Learn 2 Run programmes, Meath LSP is extending this programme in two areas—Kells and Navan. Both will run over 10 weeks and are open to complete novices and those who just wish to improve their running technique.

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

Check out the following dates and venues

Navan— Wednesday 29th May 7pm at Blackwater Park, Windtown, Navan.

Kells—Monday 10th June 7pm at Swimming Pool.



Participants from the Learn2Runs earlier in the year taking part in the Royal County 5k

Learn2Run Kiltale



To register for the Learn to Run programme please download a registration form from our website www.meathsports.ie or contact David on 046-9067337 or email at dmccaffrey@meathcoco.ie

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



Improve Your Fitness this summer....Try our NEW Jogging & Walking Programmes

Take the next step..... **LEARN 2 RUN!**

Where: Blackwater Park, Windtown Rd, Navan
Date: Wednesday May 29th - July 31st at 7pm
Duration: 10 Week Learn 2 Run Programme
Cost: €30 per person.

Learn 2 Run will concentrate on Posture, Running Technique and Breathing.
Open to Men & Women of all abilities. Participants must be over 16 years of age.

Back to basics..... **WALK 4 FITNESS!**

Where: Blackwater Park, Windtown Rd, Navan
Date: Wednesday June 17th at 11am
Duration: 5 Week Walk 4 Fitness Programme
Cost: €20 per person.

Walk 4 Fitness programme includes:
Aerobic fitness and fat burning benefits;
Improves Flexibility and Strength;
Uses Step Counters & Heart Rate Monitors;
Teaches the techniques of Stride Walking & Power Walking

To reserve your place on either programme please call 046 9067337 or registration forms can be downloaded at www.meathsports.ie

These initiatives are designed and delivered by Meath Local Sports Partnership.



From the makers of Celebrity Bainisteoir comes **Ireland's Fittest Family**, a new primetime **RTÉ One** entertainment show that will search the country for twelve of Ireland's fittest, fastest and strongest families. Over six weeks these elite families will compete against each other on the toughest endurance courses in the country.

After each event the weakest family will be eliminated, until there's just one family standing. The winning family will walk away with a **€15k** cash prize and the title of **Ireland's Fittest Family 2013**. Each family team will be comprised of four immediate members e.g. Grandparents/Parents/Children/Step-Children. There must be a minimum of one parent and one male or one female on a team. The minimum age is 14 years old on July 1st 2013. There is no maximum age. Enter your family into **Ireland's Fittest Family** now @ www.rte.ie/irelandsfittestfamily.

Another Royal County 5kanother success!!!

With summer in the air and a spring in their step, 400 participants young and old completed the 5k Fun Run/Walk on Sunday 28th April. From midday they gathered in the Headfort Arms Hotel in their finest lycra to collect their numbers and electric green t-shirts. For most participants this 5k run/walk was the culmination of 6-8 weeks of training, with a lot doing their very first event. They were ably led off by Vincent Duff from the Headfort Arms in Kells and Sarah Reilly, Cathaoirleach of Kells TC.



Meath LSP (event organisers) and Meath Athletic clubs organise Learn2Runs and Meet 'n' Trains around the county – anyone interested in joining a group should contact Meath LSP at 046 9067337 or log onto www.meathsports.ie.

For the third year in a row, a member of Dunshaughlin AC won the Royal County 5k – this year it was the turn of Robbie Matthews who completed the distance in a new course record of 16 minutes 29 seconds. Tracy Brady from the Virginia Triathlon Cycling club was the first woman home in a time of 21 minutes 54 seconds.

The nominated charity for this year's event was the Meath Special Hands Activity group – a Children's charity for those with disability, expressed their gratitude for the funds raised through the Royal County 5km.

Thanks were extended to Kells Town Council, Kells Gardai, Civil Defence, local volunteers, Supervalu Kells, Kells Swimming pool and the Meath Chronicle who assisted on the day. Special mention to the Headfort Arms Hotel who kindly opened their facilities for registration and provided much needed refreshments afterwards free of charge to all the participants and also to the Kells Camera Club for taking all the photographs on the day – images are available to view on their facebook page.

Player / Athlete Development Support Programme

Meath Local Sports Partnership's SHINE programme recently concluded with a sports psychology and performance management workshop

SHINE is based around the development of skills and knowledge that will enhance young Meath players'/athletes' ability to fulfill their sporting potential.

Some of Ireland's top sporting practitioners delivered workshops over a seven month period, giving the participants access to their experiences and shared information on how to best manage nutrition, treat and prevent injury, cope with pressure, the media and how to set goals and plan training programmes.

Robert Whelan - Long Jump & Sprinter.

The Shine programme provided us with the opportunity to learn from some of Ireland's top sports performance coaches, many of whom have worked with Olympic squads. It was this knowledge; passed on to us, that I found most beneficial, we were being provided with the same information that many of the world's top athletes put into practise on a daily basis. In the words of one performance expert, if we can pick the brains of those already at the top, the path to the top becomes a lot easier.

Karen Dunne—Athletics

The SHINE programme has helped me in various ways and has brought to my attention areas like nutrition, goal setting, sports and performance psychology, time management, injury prevention and management which as a result has helped me to maximise my performance both academically and on the running track.



SHINE participants with Alan Heary at the recent Sports & Performance Psychology workshop.

Disability Sport

Navan Hockey Club Makes History!

Meath Local Sports Partnership in conjunction with the Irish Hockey Association is delighted to announce Navan Hockey Club (both ladies and men) as the first Hockey 4 All club in Ireland. Meath LSP has worked closely with the Irish Hockey Association Inclusion Group to develop the Hockey 4 All Programme.

The aim of the programme is to provide regular weekly training sessions for people with disabilities. Aine Coogan, Sports Development Officer, is leading the programme in County Meath and has recently trained 12 coaches in the area of Disability Awareness as approved coaches for the Hockey 4 All programme.

The Hockey 4 All programme takes place in Aura LeisureLink, Navan on Saturdays at 11.00am. The programme is open to all children with a disability aged between 8 to 16 years old.

Registration is essential. To register please contact Aine at (046)9067337.



Do you suffer with reduced joint mobility, if yes check out our programmes below.....

Easy Movers

Our Easy Movers' programme for adults with arthritis will commence in June. The aim of this programme is to introduce both low impact aerobic activities and muscle strengthening exercises to adults with arthritis.

Aquatics Exercise Programme

This programme consists of gentle aquatic exercises and is hugely beneficial to people with arthritis. The water's buoyancy supports the body's weight, reduces stress on the joints & minimizes pain. The first step in the programme is to develop water confidence and once all participants have reached a level of independence the programme progresses to introducing gentle aquatic exercises.

The Aquatics programme commences on the 19th June in Aura Leisurelink. If you are interested in partaking in the aquatic exercise programme please contact Aine at (046) 9067337.

All Ability Summer Activities Programme

This summer Meath LSP is commencing a wide variety of physical activity programmes for people with disabilities.

These programmes are run countywide. Please see our website or contact Aine for the comprehensive list of activities available.

Website—

www.meathsports.ie; Aine - 046-9067337.

Learn 2 Swim

Learn2Swim Programme is commencing Thursday 13th June at 4pm in Aura Leisure Link, Navan. This 6 week Learn2Swim programme in Aura Leisure Link, Navan allows children with disabilities (aged 6-14 years) to be taught in a small group, ratio 1 teacher to 5 children maximum.

The participants will be taught the fundamentals of swimming in a fun environment. The swim instructors will work on improving front crawl and back crawl and floating techniques with the central aim of getting the participants swimming independently of swimming aids. All abilities welcome. Cost is €60 per person. Pre-registration essential. Contact Aura Leisure Link Navan at (046) 9079950



Proud Powerchair League Champions 2013

Older Adults

Meath Active Retirement Bowls League a huge success

On Wednesday 24th April active retirement groups from all around Meath came together for Meath LSP's Active Retirement Bowls League Play-offs in Simonstown Centre. The league has been running on a weekly basis since October 2012.

There were 2 pieces of silverware up for grabs on the day with the top 4 teams (Navan 1, Dunshaughlin, Meath Hill and Navan 2) playing in the Bowls League Cup and the remaining teams (Moynalty, Clonmellon, Ballivor, Oldcastle and Kilcock) playing in the Bowls League Shield.

The bowls skills on display were of a high standard with very tight contests eventually resulting with Moynalty and Oldcastle Active Retirement prevailing to the final in the Bowls League Shield and Navan 2 and Dunshaughlin Social Club making the final in the Bowls League Cup.

The 2 finals produced an exhibition of indoor bowling and were 2 very closely matched games. Dunshaughlin Social Club Bowls Team were crowned Bowls League Cup champions and Oldcastle A.R were crowned Bowls League Shield champions for 2012/13.

If your group are interested in participating in the active retirement bowls league in September 2013 please contact Ruairi, Meath LSP on 046-9067337 or email rmurphy@meathcoco.ie



Dunshaughlin Social Club Bowls Team - from left to right P.J. Dempsey, Gladys Grealey, Joe Lestrangle, Hazel Conroy, John Murphy, Luke Colleran, Pat Naughton and Brid Cahill.

Mature Movers

In association with the HSE, all participants on the 4 countywide Mature Movers programmes received an exercise booklet. The booklet entitled "Easy Exercises for Older People" proved to be a huge success with all participants as it provided them with the necessary information for them to continue their exercise at home. The booklet contains 4 programmes for participants to choose from with colourful illustrations.

Mature Movers takes a break for the summer and will recommence in September 2013.



"The booklet is fantastic, I can now continue my exercise throughout the week"

"The booklet has motivated me to do my exercises at home, I love it!"

"I can never remember the exercises we do in class so this is exactly what I needed"

Schools Section

Sports-Hall Athletics continues to grow in Meath.

A Meath team comprising of children from St Paul's N.S., Ratoath, Ratoath Primary School, Carnaross and Curragha National Schools travelled to the recent National Sports Hall Athletic Championship in Athlone and competed with distinction. This indoor athletics championship which includes relays, long jump and javelin throw is open to all primary school's who enter via their Local Sports Partnership network. Currently 15 counties participate in the School Hall athletics programme.

Meath Local Sports Partnership in conjunction with the Meath Athletics Board has been rolling out the sports hall programme for since 2010. This school year over 500 children received sports hall athletics training in Meath. In Athlone, Meath had participants in both 3rd & 4th class boys and girl's competitions. The team performed very well with favourable results in the field events and on the track; Even with this strong score they narrowly missed out on securing a place in the National Final.

Meath LSP would like to thank all the schools involved for their participation and a special word of thanks to the Meath athletic development officers, Moira Peppard, Paul Tully and Maria Matthews for delivering the programme throughout the year.

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. Everyone has their own particular favourite event and once the date has been set then training commences in the playground. In this time prior to the big day a lot of new skills can be introduced and learned by children of all ages

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.

Training takes place on 6th June from 1.30pm to 4.30pm in St. Paul's N.S., Ratoath.

To book a place on the workshop contact Meath LSP on 046 9067337 or email mlsp@meathcoco.ie



Be Active After School Activity Programme (ASAP)

The Be Active after School Activity Programme 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.



The Programme:

- Led by teachers
- Echoes the PE Curriculum – Games, Gymnastics, Dance, Outdoor & Adventure, Athletics
- Supported by parents
- Usually children in first/second class
- Takes place after school on school grounds.
- Free of Charge to Schools
- Free training for teachers
- Free programme resources, including a folder of resource cards and a teacher handbook
- Ongoing advice and support visits

For more details please contact Paul Friel – Project Facilitator on 046 9067346 or pfriel@meathcoco.ie

Older Adults

St. Brigids win Meath Boccia League

Meath LSP Games for Life boccia league commenced back in January. Over 50 teams made up of active retirement groups and disability groups from across Meath participated in the league on a monthly basis. This is the 3rd 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 each other.

On Tuesday 28th May the top 8 teams played in the quarter final. Moynalty, Wilkinstown, St. Brigids and Nobber progressed to the league semi finals. Wilkinstown edged out Nobber in the first semi final with St. Brigids Day Care Centre beating last years champions Moynalty.

The final was an exhibition of boccia, both groups showed high skill and exact precession. After a tense encounter St. Brigids Day Care Centre came out on top and were crowned Meath boccia league champions 2013.

Meath LSP would like to thank all who participated and refereed throughout the league.

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



Get Ireland Walking is a national initiative which exists to maximise the number of people participating in walking; for health, wellbeing and fitness, throughout Ireland.

Get Ireland Walking seeks to :

- Unify and enable the efforts of all recreation, sporting and health promotion agencies and associations interested in promoting walking;
- Increase awareness and encourage widespread participation in walking;
- Identify and support all existing walking groups;
- Support the development of new walking groups;
- Encourage and inspire those that wish to be independent walkers to do so;
- Promote the benefits of walking.

For details on walking groups in your area and other tips see www.getirelandwalking.ie



The recent launch of the Get Ireland Walking Initiative

Garda Vetting for Sports Leaders & Volunteers

In 2013 new legislation regarding Garda Vetting will come into force. Anyone who has on-going contact with children, in the field of leisure or sport (paid or voluntary), other than those who assist 'occasionally' or in the event of a family or personal relationship, must be vetted. * *Child means a person under the age of 18 years. It is up to clubs to assess whether a persons contact is 'occasional' or not. *Occasional Contact is "now and then" or a once off event, such as a sports day.*

What this means for clubs?

- If you have children involved in your club, all staff and volunteers who have direct contact with children must be vetted. It is not necessary for all committee members to be Garda Vetted but it is essential if they have direct contact with children.
- Additional persons e.g. a caretaker - The club will have to make the assessment themselves. For example, in one club the caretaker may only be responsible for outdoor facilities and may not have any role working with children. In another club the caretaker may be responsible for supervision of changing and shower areas. The legislation only requires vetting of persons working with children. If the caretaker does not have such a role, a club is not committing any offence by not having them vetted.
- Clubs should also look at their current recruitment policies and procedures to ensure that they are properly managed, enforced and comply with the new legalisation. Club members should attend Code of Ethics and Good Practice for Children's Sport workshops with their Local Sports Partnership.
- Clubs should have properly trained Children's Officer. Training is available through the Local Sports Partnership network.



When the legislation is introduced:

- It will be illegal for an individual to start working with children or vulnerable adults before successfully completing the Garda Vetting process.
- Individuals who are registered with a Club and have been vetted successfully prior to the commencement of the legislation are eligible to continue work within the club.

Recommendations

- Start the Garda Vetting process now for all unvetted and new volunteers.
- Present staff and Volunteers can continue their role within the club while their application is being processed.
- Once legislation is introduced volunteers may face a lengthy period before their application is fully processed. During this period they cannot have access to vulnerable adults and children as it will be illegal to do so.
- Clubs not affiliated to a National Governing Body (i.e. Dance) can apply to be Garda Vetted through the Federation of Irish Sports. Contact Conn/Sarah on 01 6251155.

*The definition given by Dept. of Justice

Code of Ethics/Child Protection Awareness	Thursday 19 th September Monday 21 st October Wednesday 13 th November	6.30pm to 9.45pm	Windtown Unity Centre, Navan T.B.C. T.B.C.
Code of Ethics Children's Officer	10 th & 11 th June 15 th & 16 th October	6.30pm to 9.30pm	Windtown Unity Centre, Navan
School Sports Day Training	6 th June	1.30pm to 4.30pm	St. Paul's N.S., Ratoath
Sports First Aid	8 th June	9.30am to 5pm	Windtown Unity Centre, Navan
Easy Movers Walking Programme	22 nd May	10.30am	Claremont Stadium, Navan
Easy Movers Aquatics Programme	19 th June	10am	Aura Leisurelink Navan
Walk4 Fitness	17 th June	11am	Blackwater Park, Navan
Learn2Run – 10 Week Programme	Kells—Monday 10 th June Navan—Wednesday 29 th May	7pm 7pm	Eureka School, Kells Blackwater Park, Navan
Meath Running Group Block 2	Block 2 Speed Training—Wed. 15 th May Block 3—Group Training—Wed. 14 th Aug	7pm to 8pm	Claremont Stadium, Navan
An Post Meath Heritage Cycle Tour	Family Spin Saturday 27 th July Sunday 28 th July	7pm 8am	Trim

Disability Activities Programmes Spring 2013

Activity	Venue	Time	Date	Age	Cost
Learn 2Cycle (6 week programme)	St. Pauls NS, Navan	6.00pm-7.00pm	Commencing 29 th August	6-16 years	€25 for 6 week programme
Ravens Wheelchair Basketball Club	Gormanston College, Gormanston	6pm- 7.30pm	Every Tuesday	Adults	n/a
Learn2Swim (6 week programme)	Aura Leisure Link, Navan	4.00pm	Thursday 13 th June	6- 14years	€60 for 6 week programme
Powerchair Football Club	St. Patricks School, Navan	7.-00pm-8pm	Every Tuesday	Adults & children	€5 per session
Easy Movers (Aquatics) (5 week programme)	Aura Leisure Link, Navan	10am-11am	Commencing Wednesday 19 th June	Adults with arthritis	€25 for 5 week programme
Horse Riding Programme (4 week programme)	Brookfield Stables, Navan	6pm- 6.30pm/6.30pm –7pm/7pm— 8.30pm	Commencing June	6yrs -16 years	€50 for 4 week programme
Football For All Programme (weekly)	Dunboyne AFC	1.30pm-2.30pm	Every Saturday	5- 14years old	n/a

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