

# Meath Local Sports Partnership News Bulletin Spring 2014

All County 5k Fun Run/Walk

www.meathsports.ie / 046 9067337

All abilities welcome

Sunday 6th

April at 12 noon

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

# All County 5k Fun Run/ Walk

The inaugural All County Fun Run & Walk will take place on Sunday 6<sup>th</sup> April at 12 noon in Navan. The event is AAI licensed courtesy of Navan AC and brings to close Meath Mental Health week

3 charities will benefit from the proceeds of the Fun Run & Walk



Cost per entry is €15 over 16yrs (late entry applies after Fri 28<sup>th</sup> March) and €5 per entry under 16yrs. Participants are encouraged to avail of the early bird prices and register now at <a href="www.meathsports.ie">www.meathsports.ie</a>; registration forms are also available from the offices of Navan TC, Meath County Council and Meath Sports Partnership.

### **Date for your Diary: Royal County 5k**

The Royal County 5km will take place on **Sunday 27th April 2014 at 2pm** in Kells.

This is an AAI licensed event run by Meath LSP in association with St. Brigid's AC.

All ages and abilities are welcome..
Registration open from Monday 24th March
on www.meathsports.ie





# Sunday 27th April KELLS @ 2pm



Register @ www.meathsports.ie 046 9067337

**CHIP TIMED EVENT** 

at tiges have seen decrease

# DATE FOR YOUR DIARY



An Post Meath Heritage Cycle Tour 27th July 2014

Family spin will take place on 26th July .

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

Details of routes and opportunities to register will be available from 7th April on our website http://www.meathsports.ie

Be part of this massive cycle event.

### **Launch of Meath Mental health week**

Meath Mental Health week promoting positive mental health will take place from March 31<sup>st</sup> to April 6<sup>th</sup>. This is the brainchild of Navan Town Council and Meath Local Sports Partnership. A number of events will take place during the week culminating in the All County 5k Fun Run & Walk.

A number of agencies are working together to deliver a range of workshops around the county – all of which are free and open to the public. Details of the workshops are:

**Tuesday 1**<sup>st</sup> **April**; 10am-1pm; SafeTALK training with the HSE; Stamullen GAA Centre.

Wednesday 2<sup>nd</sup> April; 10am-12.30pm; 'Positive Living' workshop; Trim Parish Centre

**Thursday 3<sup>rd</sup> April**; 10am- 12.30p.m; 'The Science of Survivor: Resilience and how to bounce back during challenging times' with leading Psychologist Shane Martin in the Newgrange Hotel, Navan

**Friday 4<sup>th</sup> April**; 10am- 12.30pm 'How to manage Stress' Workshop. Dunshaughlin Community Centre.



At the launch were Lorcan Fingleton Jigsaw Meath, Gerry Kelly LMFM Radio, Betty Egan Navan Mental Health, Francis Deane Mayor Navan Town Council, Marie Peale Pieta House and Sean McKiernan Navan Mental Health.

For further details on the workshops above, Contact Kay O'Connor in Meath Partnership at 046 9280 790 extension 206 for more information or to book your place.

**April 1<sup>st</sup>- 30<sup>th</sup> May;** Jigsaw Meath will deliver 2 hour workshops to students of 10 secondary schools to promote positive mental health. Contact Lorcan in Jigsaw for further information 046 9071702

Donations will be accepted at each of the workshops. The nominated beneficiary charities for the week are – Jigsaw Meath; Navan Mental Health Association and Pieta House. Proceeds from the week will be divided equally between the three charities. For further information, please see <a href="https://www.meathsports.ie">www.meathsports.ie</a>.

### Mayor of Navan commits to training for the 5k

Mayor Francis Deane who recently launched Meath Mental Health week and the All County 5k fun run & walk has committed to getting fit and participating in this upcoming event.

Mayor Deane will meet with the walking group each Wednesday evening at 7pm from the 5th of March at the Town Council building in Navan. This walking initiative will be led by a tutor from Meath Local Sports Partnership.

Gerry Kelly from LMFM is supporting the Mayor and will keep in touch with him through his radio show to see how he is progressing each week.

So instead of giving something up for lent, why not take up walking and join the Mayor and his team at 7pm on Wednesday evenings? Just bring a hi vis vest, runners and appropriate clothing.

### **Operation Motivation Meath**

Operation Motivation returned to Meath for a second year in 2014. Operation Motivation provides opportunities for all abilities to become more physically active.

### **Operation Transformation National Walk Day**

Walkers both young and old from all parts of Co. Meath took part in the Operation Transformation National Walk day in association with Meath Local Sports Partnership and the Irish Sports Council. Walks were organised in Trim, Laytown, Slane, Mullagh and Ashbourne.



Despite the wet weather walkers turned out in their 100's to participate in what is becoming a regular calendar event. Out in force to assist the walkers on the day were the Gardai, Civil Defence and volunteers from local clubs.

### **Operation Transformation Meet 'n' Walks**

Following on from the Operation Transformation walk day Meath LSP organised Meet 'n' Walks in Navan, Kiltale and Bettystown.



The walks were FREE and open to all abilities and fitness levels. We had walking experts on hand to offer advice to the groups on a weekly basis for the 6 weeks. 130 people met each week in the 3 areas and thoroughly enjoyed the walking experience.

Our aim is to have a sustainable walking group in each of the areas. To assist with this we have identified 2 walkers from each of the groups to partake in the Community Walking Leader Training. This training is aimed at people wishing to lead a walking group or promote walking in the local community.

Those trained will be supported by Meath LSP staff to lead the walking groups in each of the 3 areas.

If you would like to start walking as an activity in Navan, Kiltale, Bettystown or anywhere in the county please contact David/Ruairi on 046-9067337 or email mlsp@meathcoco.ie



### **Meath Walking Leader Training**

Among the attendees at the Irish Heart Foundation Walk Leader course held at Simonstown GAA Club Navan were Ruairi Murphy Meath Sports Partnership, Anne Regan Summerhill, David McGuinness Slane, Dermot O'Sullivan Bettystown, Anne Mongey Slane and Jane Cregan Trim.



### Struggling with your New Year's exercise resolution?

Meath Local Sports Partnership has a training group to suit you:

Learn2Run to 5 k is a beginner's jogging group suited for both men & women of

all abilities.





Participants at the Learn2run in Navan

This 8 week programme aims to get you from your couch to 5k and to encourage you to stay there!!!!

Meath LSP has commenced Learn 2 Run to 5k programmes in Kells, Navan and Ashbourne. Dunshaughlin AC also has a Learn 2 Run programme and they meet each Thursday at 8pm. Contact Paddy Mangan on 087 2597731.

For those wishing to train for distances of 10k, 10 miles, half and full marathons the Meath Running Group is for you.



**Meath Running Group** is an intermediate/advanced running group. Block 1 is currently running and is an indoor core strength and conditioning programme.

Block 2 is the start of the track season and consists of an 11 week training programme – ideal for middle dis-

tance events such as 10k, 10 miles and half marathon.

Block 2 will commence in: Navan – Claremont Stadium track – Wednesday May 14<sup>th</sup> at 7pm Registration is now open and forms can be downloaded from <a href="www.meathsports.ie">www.meathsports.ie</a> or find us on facebook – <a href="www.facebook.com/meathrunninggroup">www.facebook.com/meathrunninggroup</a>

For more details please contact David at Meath Local Sports Partnership at 046 9067337 or email <a href="mailto:dmccaffrey@meathcoco.ie">dmccaffrey@meathcoco.ie</a>



Participants on the Meath Running Group taking part in the indoor Core Strength and Conditioning

### **Men Only Training- Coming Soon!**

Are you aged 30+, male and want to get fitter? Men Only Training is for you!





Men Only Training is aimed at men aged 30 and over to help them to become more active, have fun and improve fitness levels. It involves weekly activity sessions which are tutor lead. You don't need to be fit to take part- the training sessions are structured so that you can find the level appropriate for you to join and progress your fitness at a pace to suit you.

So watch out for M.O.T in the coming months the project will be delivered in 3 areas in county Meath—Kells, Navan and Ashbourne. To launch the M.O.T project there will be information evenings which will include FREE health checks.

If you are interested in this new project contact Ruairi Murphy on 046-9067337 or email <a href="mailto:rmur-phy@meathcoco.ie">rmur-phy@meathcoco.ie</a>

### **Club Section**









### **Volunteers in Sport Awards 2014**

"The work of volunteers is the foundation on which sport in Ireland is built – without volunteers there would be no sport in Ireland." Minister Michael Ring TD, Minister of State for Sport and Tourism recently launched the Volunteers in Sport Awards 2014. An initiative of the Federation of Irish Sport in conjunction with the Irish Sports Council, the Department of Tourism, Transport and Sport and The Community Foundation of Ireland, the Volunteers in Sport Awards are run to honour the work of volunteers in Irish sport.

The Minister was joined at today's launch by John Treacy, CEO, Irish Sports Council, Olympic Gold Medallist Ronnie Delany, Fiona Coghlan, Captain, Irish Women's Rugby team, Stephanie Roche, Peamount Utd and Republic of Ireland Women's Football Team, Keith Fahey, St. Patrick's Athletic and Republic of Ireland and Irish Olympic Boxer Darren O'Neill.

Ten winners will be selected to receive an award from the nominations received. An Overall or Lifetime award to honour a volunteer, who has consistently given of their time for a sport, a team, or an event over many years, will also be awarded. Full details of the scheme and how to enter can be found on line at <a href="http://www.volunteersinsport.com">http://www.volunteersinsport.com</a>.

The deadline for nominations is 12noon, Friday 25<sup>th</sup> April 2014.

### **Friday Night Soccer League Trim**

Meath Local Sports Partnership alongside other local agencies including the FAI, Trim Family Resource Centre, the SMART Project and Involve Youth Project Meath recently launched a new six week Friday night soccer league for boys & girls aged 12-16 years at the Aura Leisure Centre Trim all-weather pitch.

The action started on Friday February 7<sup>th</sup> and will run every Friday for 6 weeks from 6pm-7pm. These sessions will be taken by qualified FAI coaches and are open to all - only €1 per session!! The team that tops

the league by the end of the six weeks will go forward to a tournament in Dublin.

Anyone interested can contact the Resource Centre on 046 9438850 for more information.



### **CODE OF ETHICS**

### 3 hr Basic Awareness Workshop

The Code of Ethics and Good Practice for Children's Sport Basic Awareness workshop is delivered by Meath LSP. This course is open to sports leaders, coaches, parents, children's officers and other adults involved in the organisation of sport for young people. This module will help to create and maintain a safe and fun environment for young people within the sports club or organisation.

If you or members of your club completed the Code of Ethics Awareness Training more than 3 years ago, it is strongly recommended that you undertake this training again to bring yourself up to date with best practice and current legislation including the National Vetting Bureau Act 2012.

### **Children's Officer Workshop**

Children's Officer training is the next stage in this module. Recommendations from the Irish Sports Council are that every club involved with children and young people should appoint a Children's Officer.

The Children's Officer should be child centred in focus and should have as their primary aim the establishment of a child centred ethos within the club. They are the link between the children and the adults in the club and also take responsibility for monitoring and reporting to the Club Management Committee on how club policy etc. impacts on children and their Sports Leaders.

Click here for more info: <a href="http://bit.ly/1dMpUQR">http://bit.ly/1dMpUQR</a>

# **Older Adult Programmes**

### **Meath Mature Movers**



**Mature Movers Athboy** 

**Athboy** on Wednesdays in St. James Hall, Main St. Athboy at 11am-12pm until Wednesday 26<sup>th</sup> March.

**Dunshaughlin** on Wednesdays in the Pastoral Centre at 11am-12pm until Wednesday 2<sup>nd</sup> April.

**Navan** on Mondays in the Pitch n Putt Club Navan at 11am-1pm until Monday 21<sup>st</sup> April.

**Trim** on Mondays in Knightsbridge Nursing Home, Trim at 11am-12.30pm until Monday 7<sup>th</sup> April.

**Kells** on Thursdays in Kells Parish Hall, Kells at 11am-12pm until Thursday 17<sup>th</sup> April.

The Mature Movers Activity Programme has started with a bang in 2014 with Mature Movers in Navan, Trim, Dunshaughlin and Athboy already in progress. Mature Movers in Kells starts on Thursday 13<sup>th</sup> March.

If you would like to get active and participate in the Mature Movers programme please come along on any of the days detailed here:



**Mature Movers Navan** 

The 8 week activity programme includes activities such as movement for life, resistance training, core stability, balance, seated Pilates and bowls. Mature Movers by its nature provides for positive social interaction both during and after the programmes. This year each participant will receive a specially designed HSE Easy Exercise booklet. This includes chair based exercises with teaching points and colourful illustrations.

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

This year each participant will receive a HSE Easy Exercise booklet. This is a colourful illustration of chair based programme for older adults.

### **Mature Movers Making A Difference**

One participant on the programme living in a quiet rural area stated "Mature Movers is an extremely important part of my lifestyle, before the programme came to the area I had limited contact with the people in my community. This gave me a chance to meet people on a regular basis and get the exercise I need".

Mature Movers creates a link for older people within their community.

"I get up every morning and do my exercises I learned from the Mature Movers class, after I feel free and mobile to get on with my day".

The lady has arthritis and has mobility issues, after the 8 week programme she is mobile again. "I knew I had to exercise regularly but I couldn't find a class to suit me, when I seen the Mature Movers I said I would give it a go. After the first class I was delighted to find something that was suitable for my ability, the tutor made time for everyone and now I have made friends for life

# **Older Adult Programmes**

# Games for Life

### **Boccia League**

On Monday 17<sup>th</sup> February there was great excitement in Simonstown GAA as active retirement and disability groups came together for the first Boccia league meeting of 2014. All groups were delighted to get back playing and meeting old and new friends from around the county. Meath Local Sports Partnership's Games for Life Boccia League is made up of active retirement and disability groups from across Meath. 40 teams are participating in the league on a monthly basis with the finals scheduled to take place on Tuesday 29<sup>th</sup> April. Best of luck to all teams in 2014!

### **Active Retirement Bowls League**

The Active Retirement Bowls League in association with Meath Zone

Bowls restarted on Monday 17<sup>th</sup> February. This is the 3<sup>rd</sup> year of the league with 12 teams participating. The league season is split into 2 blocks from October to December 2013 and February to April 2014. Teams play weekly on a home and away basis against teams in their area. The league will conclude with a one day playoff tournament on Thursday 10<sup>th</sup> April. The top 4 teams play for the league cup and

the rest of the teams play for the league shield. The question on everyone's lips will be - can Dunshaughlin and Oldcastle regain their respective titles in 2014?



In June 2014 our active retirement bowls teams will bring their bowls outside for the first time. Meath LSP in association with Meath Zone Bowls will organise an outdoor bowls taster morning on Wedneday 4<sup>th</sup> June 2014. All

groups are really looking forward to the new bowls challenge in the sun!



Moynalty A.R. Kurling League
Winners 2013

"Games for Life has rejuvenated our active retirement group. Our members really enjoy the activities and meeting up with other groups at the league meetings"

### What Next for Games for Life

Meath LSP is delighted to announce that the Games for Life programme will expand in 2014. There will be 2 NEW elements to the programme; box hockey and Flisk.

### **Box Hockey**

We have linked with Meath Partnership and the Moynalty Men's Shed to design and construct box hockey equipment. Box hockey is a hugely popular and active game played by up to 6 older adults with hockey sticks, a puck and a compartmented box. The box hockey equipment will be showcased at a Taster morning in March. All active retirement and disability groups will have the opportunity to try the activity and then purchase the equipment at reduced cost.

#### Flisk

A NEW Flisk League will commence in 2014. Flisk is a target game played with plastic discs. Since the games introduction in the Go for Life Games, 12 active retirement groups have purchased the Flisk equipment and are practising their skills for the new league scheduled to take place in May 2014. It's still not too late to enter! Contact Ruairi at 046-9067337 if interested.



Johnny Doggett from Wilkinstown AR trying out Flisk

### **Schools Section**



### **Meath Sports Hall Athletics County Final**

Meath Local Sports Partnership in association with Meath Athletics recently held the first Meath SPORTSHALL Athletics County Final in Claremont Stadium. In an action packed day,

185 primary school children from six Meath schools competed in the following team events, 3<sup>rd</sup> & 4<sup>th</sup> class girls, 3<sup>rd</sup> & 4<sup>th</sup> class boys, 5<sup>th</sup> & 6<sup>th</sup> class girls and 5<sup>th</sup> & 6<sup>th</sup> class boys.

SPORTSHALL Athletics is a primary school based programme involving running, throwing and jumping events. The programme is co-ordinated by Meath LSP and the coaching delivered on behalf of Meath Athletics. The following schools that took part in this years programme and who contested the first county final were St Paul's Navan, St Pauls' Ratoath, St Oliver Plunkett's Navan, St Andrew's Curragha, Carnaross N.S and Gaelscoil Eanna, Navan.

The girls from Curragha showed real speed on the track and powered their way through the field events to run out as overall winners of the  $5^{th}$  &  $6^{th}$  class category. St Paul's Navan proved to be the dominant force on the day.





The schools 5<sup>th</sup> & 6<sup>th</sup> class boys and 3<sup>rd</sup> & 4<sup>th</sup> class boys both had comfortable winning margins in their respective categories. Their 3<sup>rd</sup> and 4<sup>th</sup> class girls just held of a gallant effort from Curragha to claim the schools hat trick of wins.

The winning schools will now make up team Meath and will go forward to compete in the National SPORTSHALL Athletics Championship on March 26<sup>th</sup> in the Athlone I.T International Arena. Overall team scores can be viewed on <a href="https://www.meathsports.ie">www.meathsports.ie</a>

Meath LSP would like to thank the Meath Athletics Board for their support in rolling out this pro-

gramme and giving of their time voluntarily in the final. A special mention must go to the coaches Maria Matthews, Wayne Gilroy and David Gould for delivering the training through out the school year.

If your school would be interested in this programme for the school year 2014-2015 or would like to know more about Sports Hall Athletics please contact David, Meath LSP 046-9067337.



St. Andrew's Curragha 5th & 6th Class Girls winning team.

### **Schools Section**

### **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.



We are now making a final call for expressions of interest to complete the Be Active ASAP Teacher Training this academic year 2013/2014. The expression of interest form can be completed here <a href="http://bit.ly/1dlP7Hd">http://bit.ly/1dlP7Hd</a>

### 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 Jennifer McAloon – Project Facilitator on 046 9067346 or jmca-loon@meathcoco.ie or see <a href="http://www.beactiveasap.ie">http://www.beactiveasap.ie</a>



### **Cycle Safety**

The Cycle Safety programme for primary schools in County Meath continues to be hugely popular, so much so that this school year 2013- 2014 is fully booked.. 1300 children will receive training this calendar year.

This programme provides safe cycle training for classes from 3<sup>rd</sup> through to 6<sup>th</sup> class. Schools can opt for annual training, bi annual or every 3 to 4 years depending on the number of children to be trained. Bicycles and helmets are provided for up to 30 children per class. Cycle Safety is co-ordinated by Meath LSP and rolled out with the support of the Road Safety Authority and sponsors Eurolink.





Expression of interest forms are now being excepted for the next school calendar year training (2014-2015. If you wish your school to be part of this programme in 2014-2015. To receive this form please contact Meath LSP at 046 9067337 or email mlsp@meathcoco.ie

# **Disability Sport**

### **Special Needs School Hall Athletics Programme**



Meath Local Sports Partnership in association with the CARA National Adapted Physical Activity Centre has commenced a 6 week Sportshall Athletics training programme in St. Utlans, Navan and St. Mary's special school, Johnstown.

The Special Schools Sportshall Athletics initiative provides children with the opportunity of participating in athletic events in an indoor setting with the emphasis very much on teamwork and fun. This programme targets children with an intellectual disability aged 7-12 years.

The Special Schools Sportshall Athletics programme is tailored to the ability of those participating and therefore there are two categories of entry - mild-moderate and severe. Throughout the coaching sessions children develop the fundamental movement skills of agility, balance and coordination in a fun environment where they can participate at their own level.

The Xcessible Youth Sport Initiative is funded by the Department of Justice, Equality and Law Reform.

### Disability Inclusion Training

Meath Local Sports Partnership is hosting the DIT programme on Saturday 26th April 2014 in Simonstown GFC from 10am-4pm.

On completion of the course all participants will receive a Coaching Ireland/Cara National APA Centre Certificate and a range of course materials. €35 Early Bird Booking

(up to 4pm on Friday 10th April).



his sports coaching course is both theory and practical and is designed to give coaches, volunteers, development officers etc ideas and inspiration to adapt their sessions to include people with a disability

Places are limited, online booking and booking forms available at www.caraapacentre.ie

Further Information can be obtained from: Aine Coogan Sports Inclusion Disability Officer, Meath Local Sports Partnership by email to acoogan@meathcoco.ie or phone (046)9067337.

### Football 4 All programme

Meath Local Sports Partnership in conjunction with the FAI is delighted to announce that Rataoth FC will commence the Football 4 All programme. The central aim of the Football 4 All club programme is to provide regular weekly training sessions for children with disabilities at a local level.

The Football 4 All programme will commence in Ratoath FC on Saturday 5<sup>th</sup> April and is open to all children with a disability aged between 6 to 14 years old. To register for the programme please contact Aine Coogan Sports Inclusion Disability Officer, Meath Local Sports Partnership by email acoogan@meathcoco.ie or phone (046)9067337.

# **Disability Sport**

# ASSOCIATION OF IRISH POWERCHAIR POOTBALL

Activity

### Ireland are hosts of Inaugural European Powerchair Football Nations Cup

Republic of Ireland manager Martin O'Neill announced that the University of Limerick will host the Inaugural European Powerchair Football Nations Cup from Thursday 17<sup>th</sup> to Sunday 20<sup>th</sup> July this year.

The event will host 7 international squads from across Europe competing to become the very first European Powerchair Football Champions, with the top 5 countries qualifying for

the World Cup in Brazil 2015. Power-Chair Football is the fastest growing disability sport in the world, with 20 countries participating across 5 continents.

This year, Ireland has the honour of hosting the very first European Nations cup since the establishment of the European Power-chair Football Association (EPFA) in 2010. Meath powerchair football team are always looking to increase their membership, so if anyone wants more information on how to get involved please contact Aine Coogan Sports Inclusion Disability Officer, Meath Local Sports Partnership by email acoogan@meathcoco.ie or phone (046)9067337.

# **Spring Activities Programme 2014 for Disability Sport**

Activity	<u>venue</u>	<u>IIme</u>	<u>Date</u>	Age	Cost
Football4All Programme	Ratoath FC	11am	Saturday 5 <sup>th</sup> April	6-16 years	n/a
Hockey4All Programme	Aura Leisure Link, Navan	7pm-8pm	Every Thursday	8- 18years	n/a
Learn 2Cycle Programme (6 week programme)	St. Pauls NS, Navan	6.00pm- 7.00pm	Commencing 20 <sup>th</sup> March	6-16 years	€30 for 6 weeks
Learn2Swim Programme (6 week programme)	Aura Leisure Link, Navan	4.00pm	Every Thursday	5- 15years	€60 for 6 weeks
Wheelchair Basketball Club	Gormanston College,	6pm- 7.30pm	Every Tuesday	Adults	n/a
Powerchair Football Club	Navan	500pm- 6pm	Various Dates	Adults & chil- dren	€5 per ses- sion
Horse Riding Programme (4 week programme)	Brookfield Stables, Navan	3.30pm-4.00	Commencing Tues 18 <sup>th</sup> March	6yrs -16 years	€50 for 4 weeks
Horse Riding Programme (4 week programme)	Brookfield Stables, Navan	4.15pm- 4.45pm	Commencing Tues 18 <sup>th</sup> March	6yrs -16 years	€50 for 4 weeks
Horse Riding Programme (4 week programme)	Brookfield Stables, Navan	5pm-5.30pm	Commencing Tues 18 <sup>th</sup> March	6yrs -16 years	€50 for 4 weeks
Club Ash Special Olympics Club	Ashbourne Com- munity Centre	10am-11am	Every Saturday	6 years +	n/a
Royal Rover Special Olympics Ladies Soccer Club	MDL Navan	6pm-7pm	Every Tuesday	16 years +	n/a
Special Olympics Club Navan (Basketball&Athletics)	Claremont Sta- dium, Navan	7pm-8pm	Every Friday	6 years +	n/a
Disability Inclusion Train- ing (certified by CARA)	Simonstown GFC	10am-4pm	Saturday 26th April 2014	16years+	€35 early bird.

Calendar of Courses and Events Spring 2014							
Activity	Date	Time	Venue				
March 2014							
Mature Movers—activity programme							
Navan	Mondays until 21st April	11am—1pm	Pitch and Putt Club				
Trim	Mondays untill7th April	11am—12.30pm	Knightsbridge Nursing Home				
Dunshaughlin	Wednesdays until 2nd April	11am—12pm	Pastoral Centre				
Athboy	Wednesdays until 26th March	11am—12pm	St. James' Hall				
Kells	Thursdays until 17th April	11am –12pm	Parish Hall				
Learn2Run to 5k—8 week programme							
Kells	Mondays from 24th Feb	7pm	Meet at Kells Swimming Pool				
Navan	Wednesdays from 26th Feb	7pm	Claremont Stadium				
Ashbourne	Wednesdays from 5th March	8.15pm	St. Andrew's AC				
Meet 'n' Walk Navan	Wednesdays from 5th March	7pm	Navan Town Council, Watergate Street				
Meath Running Group— Block1 (Core & Conditioning)	Wednesdays from 26th Feb	7pm	Claremont Stadium, Navan				
Child Welfare & Protection Awareness Workshop	31st March	6.30pm to 9.45pm	Navan TBC				
Children's Officer Training	18th & 19th March	6.30pm to 9.30pm	Windtown Unity Centre, Navan				
April 2014							
All County Fun Run/Walk	6th April	12pm	Navan				
Child Welfare & Protection Awareness Workshop	9th April	6.30pm to 9.45pm	Windtown Unity Centre, Navan				
Royal County 5k	27th April	2pm	Kells				
May 2014							
Child Welfare & Protection Awareness Workshop	14th May	6.30pm to 9.45pm	Windtown Unity Centre, Navan				
Meath Running Group— Block 2	14th May	7pm	Claremont Stadium, Navan				
July 2014							
An Post Meath Heritage Cycle Tour 2014	26th & 27th July	Varies	Trim				

PLEASE CHECK OUT OUR WEBSITE <a href="www.meathsports.ie">www.meathsports.ie</a> OR CONTACT THE OFFICE FOR INFORMTION

Meath Local Sports Partnership, Enterprise Centre, Trim Rd, Navan. Tel: 046-9067337 Email: <a href="mlsp@meathcoco.ie">mlsp@meathcoco.ie</a>