

Meath Local Sports Partnership News Bulletin Summer 2014

In this Issue

- An Post Meath Heritage Cycle Tour
 2014
- Cycle Tour Jersey
- Bike Week 2014
- Royal County 5k
 2014
- All County 5k 2014
- Meath Running
 Group
- Men Only Training
- Shine 2014

Schools Section

- First Tee Golf
- Be Active ASAP
- National Sportshall Athletics Championship

Older Adult Programmes

- Games for Life 2014
- Box Hockey

Disability Sport

- Powerchair Football
- Tag Rugby
- Learn2Cycle
 Programme
- Summer Camp
- Special Needs
 Schoolhall Athletics
- Summer Activities Programmes

Calendar of Courses & Events



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

An Post Meath Heritage Cycle Tour 2014

A collection of celebrities from the sporting and entertainment worlds were on hand to launch the 6th An Post Meath Heritage Cycle tour. Meath ambassador, comedian and avid cyclist – PJ Gallagher was joined by fellow cycle series ambassadors athlete Marian Heffernan, radio presenter Matt Cooper, Kerry footballer Paul Galvin and RTE's Voice judge and tri-athlete Bressie.

The much awaited An Post Meath Heritage Cycle tour will take place over the weekend of July 26th & 27th. Entry is now open! Early bird entry prices apply up until the 17th

July. Despite the rising costs of running an event of this scale, the committee of the cycle tour are committed to offering the best value to the participants on the tour and have managed to keep the cost at 2013 prices.

The An Post Meath Heritage Cycle tour is made up of 4 distances: 11k Family Spin; 50k Tara Loop; 100k Royal Tour & 160k Royal Challenge. The 11k & 50k distances remain the same as previous years.

There are changes to the other 2 distances which include the following: 100k – the 3 Hills of Meath: Tara, Skryne & Slane. 160k – inclusion of the rolling hills of Loughanleagh mountain (this will test the fittest of cyclists!)



Cycle Tour 2014 Jersey



Details of maps with elevation, food and water stops are available to download from the website. Those using smart or iphones will be able to download the maps to their phones – ensuring that they remain on route.

Anyone wishing to avail of the early bird price or require further information should check out www.meathsports.ie or contact 046 9067337.



Bike Week 2014 June 14th - 22nd

Meath Local Sports Partnership in association with the Department of Transport are supporting a number of activities for Bike Week 2014.

Bike Week 2014 is a cross-community effort to highlight cycling as a fun, cost effective and healthy way to travel. There are a number of initiatives taking place during bike week in Co. Meath which are open to all:

Date	Title	Activity	Venue & Time	Contact
Monday 16th	Bike Safety workshop— Navan	Young people age 10— 15yrs	Navan Travellers Workshop @7pm	Kay—087 7572010
Tuesday 17th	Town Bike Night	12km cycle spin for new- comers & cyclists	Meet Lenihan's Car Park, Trim @6.30pm	Ali—086 1779155
Tuesday 17th	Bike handling, demon- strations and bike main- tenance workshops	All cyclists—particularly new cyclist	Credit Union care ark, Oldcastle @7pm	Tom—086 7710099
Tuesday 17th	Sprocket Rocket Bicycle Maintenance workshop	Suitable for children aged 6—12 years	Threshing Field, Moynalty	Kieran— 087 2077624
Wednesday 18th	Sprocket Rocket Bicycle Maintenance workshop	Suitable for children aged 6—12 years	Threshing Field, Moynalty	Kieran— 087 2077624
Wednesday 18th	Bike safety workshop— Trim	Young people age 10— 15yrs	T.B.C.	Kay— 087 7572010
Wednesday 18th	Community Cycle	Family fun cycle spin for all ages and abilities— circuit 3.5km	Community Centre, Dunboyne @7pm	Martin—087 2602328
Thursday 19th	Women on Wheels	Suitable for beginners and new female cyclists— 12-20km spin	Meet Lenihan's Car Park, Trim @6.30pm	Ali—086 1779155
Thursday 19th	Family Fun Cycle Bike Check	Suitable for cyclists of all ages and abilities—new cyclists welcome. 2 routes—5k & 7k	Bohermeen Commu- nity Centre @7pm	Marie—087 3430785
Saturday 21st	Leisure Spin	New and beginner cy- clists—adults only	Credit Union car park, Oldcastle @10am	Tom—086 7710099
Saturday 21st	Children and Youth cycle	Cycle safety skills, bike maintenance	Credit Union care ark, Oldcastle @2pm	Tom—086 7710099
Sunday 22nd	High Nellie Challenge	Suitable for cyclists of all ages and abilities. High Nellie users encourages to participate	Athboy Fairgreen @7pm	Sean - 087 2857095

Meath Running Group

Every step - a victory......

Meath Running Group Continues to Grow in Numbers

Block 2 of the traditional summer training season continues to prove popular for those signing up to the Meath Running Group. This year 48 members have now registered for the 11 week training programme which is rolled out annually by Meath local Sports Partnership.

Block 2 which follows on from block 1 (an 8 week indoor core and strengthening 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. Each year the group welcomes beginners. Block 2 is now closed for registrations.

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

For those joggers/runners wishing to improve their preparation for the half or full marathon block 3 - (10

week group training programme will commence on Wednesday August 20th in Claremont Stadium Navan)

For further details please contact David at Meath LSP on 046-9067337 or email at dmccaffrey@meathcoco.ie.

You can also follow us on <u>facebook/</u> MeathRunningGroup.



Men Only Training is coming this August 2014!

Feidhmeannacht na Seirbhíse Sláinte Health Service Executive



Men Only Training is aimed at men aged 30 and over to get them active, have fun and improve fitness levels. It involves weekly activity sessions which are tutor led.

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.

Men Only Training will be delivered in Laytown/Bettystown, Navan and Kiltale.

The M.O.T project will be launched in early August with information evenings to follow in the 3 areas on week commencing **Monday 25**th **August**, information evenings will also include FREE health checks.

If you are interested in this new project contact Ruairi Murphy on 046-9067337 or email rmurphy@meathcoco.ie

New course record for Royal County 5k

Tom Moran from Dunshaughlin Athletic Club came home in an impressive time of 15:54secs in what is a new course record for the Royal County 5k. Nicola Welsh came home quickest of the women in 20:27secs. This is the 4th year of the event and the 4th year for the winner to come from the Dunshaughlin club. Tom Moran was also the first winner back in 2011 in a time of 17:05secs. The first junior home was Cian Monaghan (age 15yrs) in a very respectable time of 20:34secs.

From midday on 28th April 350 participants, both young and old gathered in the Headfort Arms Hotel in their finest running gear to collect their numbers and Hawaiian blue 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. This year saw a huge increase in the number of children participating, prompting organisers to commit to a category prize in 2015.



Finnegan Family participated on the day

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 further details.



Female Winner Nicola Welsh

Meath Athletics clubs also run a comprehensive schedule of fun runs around the county over the coming months which are open to all abilities. Those interested in finding out when the next run is taking place should see the fixtures list on www.meathathletics.ie. The nominated charity for this year's event was Jigsaw Meath who expressed their gratitude for the funds raised through the Royal County 5km.

Thanks were extended to Kells Town Council, Kells Gardai, Civil Defence and local volunteers. 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 Swimming pool who helped cool down the participants with a free swim.

All County 5k

Over 250 participants took part in the inaugural All County 5k Fun Run/ Walk in Navan in April. All proceeds from the All County 5k were donated to 3 charities promoting positive Mental Health – Jigsaw Meath, Meath Mental Health and Pieta House. The All County 5k was the culmination of a series of week long events all promoting positive Mental Health.

The week was the brainchild of Navan TC who was ably assisted by Meath Local Sports Partnership. Other events throughout the week included: SafeTalk training by the HSE; Positive Living workshop by Eist Counselling; the Science of Survivor workshop with Psychologist Shane Martin and How to Manage Stress workshop. The talks were organised



by events partner Meath Partnership. All talks were well received by those who attended, with suggestions to develop and expand the range and breadth of workshops for 2015.

The former Mayor of Navan Francis Deane extended thanks to Navan Town Council, Meath Local Sports Partnership, Navan Gardai, Civil Defence, Navan AC and local volunteers for rolling out the 5k. Special thanks were also extended to the sponsors – Club Active; Subway Navan, Valley Café, Smartstop and official water sponsors Supermacs. Special mention to the Stonehouse public house who kindly opened their facilities for registration and comfort breaks. Results and photos from the day are available on www.meathsports.ie



Athlete / Player Development Support SHINE

SHINE is a two year programme designed to support emerging sporting talent in county Meath. SHINE is a Meath Local Sports Partnership initiative rolled out every two years and has been going since 2010. To-date over 30 talented 15- 23 year olds

in their sporting disciplines has taking part on this programme

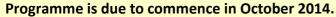
Robert Whelan – (SHINE 2012) Long Jump & Sprinter Navan AC

The Shine programme provided me 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 that I found most beneficial. SHINE participants were provided with the same information that many of the world's top athletes

put into practice 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.

SHINE 2014 - Eligibility

Athletes/players aged between 15 and 23 years currently participating in ISC affiliated are eligible to apply for a place on this programme. Places are limited. Selections will be made by a panel based on a number of factors including sporting potential and need.



SHINE application forms can now be downloaded from our website www.meathsports.ie .

Closing date for applications is **Wednesday September 30th 2014**. Candidates will be shortlisted for interviews based on information supplied on applications.**For more information contact:** David McCaffrey, Meath LSP: dmccaffrey@meathcoco.ie or on Tel: 046-9067337



Schools Section

First Tee Golf

Primary Days is a primary school based Introduction course to the basic skills of golf using the child friendly SNAG golf equipment. Sessions are approx. 1.5hrs in duration and are delivered over the course of 1 day to students from 3rd class upwards.

Course content includes:

- Communication Activities
- Team building activities
- Basic golf instruction
- Golf activities
- Relative life skills application reinforcing how the values in golf can be used in everyday life.
- Introduction to the Good-Better

 How (G-B-H) theory on feedback.

Schools interested in participating should contact John Warren of First Tee Ireland at 051 34654 or 08 8251610.



Eoin Ryan, PGA Golf Professional advises the children of St. Oliver's N.S. in Navan on their golf technique.

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.

If your school is interested in taking part in the Be Active programme for September you can complete an online expression of interest form. The expression of interest form can be completed here http://bit.ly/1dlP7Hd

For more details please contact Jennifer McAloon – Project Facilitator on 046 9067346 or jmca-loon@meathcoco.ie or see http://www.beactiveasap.ie



Team Meath take 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 for the National **SPORTSHALL** Athletics Finals. This was Meath's third year to qualify for the All Ireland finals. To date silverware had eluded the schools from the Royal County but this year proved to be more fruitful.

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 represented by St Paul's national school Navan and St Andrew's Curragha who both won the Meath County Finals. There were 15 counties competing across 4 different categories, 3rd & 4th girls, 3rd & 4th boys, 5th & 6th class girls and 5th & 6th class boys. St Paul's Navan proved to be very strong on the track and held their own in the field events to finish third overall in both boy events and third in the 3rd and 4th class girl's event. The 5th & 6th class girls from Curragha showed real speed on the track winning the majority of their heats and were also consistent in the throwing and jumping events to ensure team Meath came home with yet another top three finish.



St. Andrew's N.S., Curragha



St. Paul's N.S., Navan

Meath LSP would like to thank the Meath Athletics Board for their support in rolling out this programme across the county. 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 the **SPORTSHALL** programme for the school year 2014-2015 or would like to know more about this programme please contact David, Meath LSP 046-9067337.

Older Adult Programmes

Cames for Life

Beauparc ladies win Meath Boccia League

Meath LSP's 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 monthly in the league. This is the 4th year of the league and continues to prove to be very popular with all groups.

On Tuesday 29th April the top 8 teams played in the quarter final. Moynalty, Wilkinstown Beauparc and Bohermeen progressed to the league semi finals. They were 2 hotly contested games with Moynalty edging out Bohermeen and Beauparc beating Wilkinstown.



The final was an exhibition of boccia as both groups showed their skill and precision. After 5 months of league games, the Games for Life Meath boccia league final would be decided by Moynalty and Beauparc. After a tense encounter Beauparc ladies came out on top and were crowned Meath boccia league winners for 2014. Meath LSP would like to thank all who participated and refereed throughout the league.

Dunshaughlin and Oldcastle retain Bowls League titles!

On Thursday 10th April active retirement groups from all around Meath came together for Meath LSP's Active Re-



Oldcastle Team

tirement Bowls League Play-offs in Trim GAA clubhouse. The active retirement groups have been playing in the league on a weekly basis since October 2013.

There was 2 pieces of silverware up for grabs on the day with the top 4 teams (Navan 1, Dunshaughlin, Moynalty and Navan 2) playing in the Bowls League Cup and the remaining teams (Ballivor, Oldcastle, Carnaross and Kilcock) playing in the Bowls League Shield. There was some exciting bowls played in the semi finals which saw Carnaross and Oldcastle prevail to the final in the Bowls League Shield. Navan 2 and Dunshauhlin Social Club made it to the final in the Bowls League Cup.

The 2 finals produced an exhibition of indoor bowling and were 2 very closely matched games with only 1 point separating the teams at the finish. Dunshaughlin Social Club Bowls Team were crowned Bowls League division 1 Cup winners and Oldcastle A.R were crowned Bowls League division 2 Shield winners for 2013/14 season. Dunshaughlin and Oldcastle retained their title for a second year and will hope to make it 3 in a row next year. In re-

taining the league cup Dunshaughlin Social Club have dedicated their victory to the memory of their esteemed colleague Ronnie Boyland husband of Anne and chairman of the club who sadly passed away on the 2nd April 2014. Meath Local Sports Partnership would like to thank Trim Bowls Club for all their help on the day.

If your older adult or disability group is interested in participating in any of the Games 4 Life Activities please contact Ruairi Murphy, Meath Local Sports Partnership on 046-9067337 or email rmur-phy@meathcoco.ie



Dunshaughlin Team

Older Adult Programmes

Master Craftsmen in Moynalty Men's Shed

Meath Local Sports Partnership teamed up with Meath Partnership through the Men's Shed project in Moynalty with the aim to design and construct box hockey equipment for active retirement and disability groups. We wanted to give older adults and people with disabilities the opportunity to play a new exciting game so we turned to the master craftsmen in Moynalty's Men Shed.

The men did an excellent job on the equipment which will be showcased at the National Go For Life Games in DCU in June 2014. 21 counties from across Ireland will have the opportunity to try out the new equipment.

Meath LSP would like to thank Moynalty Men's Shed for all their hard work and commitment in designing and making the new equipment.

The Men's Shed Moynalty is now take orders for the equipment, active retirement and disability groups now have the opportunity to buy their own Box Hockey set.

If your group would like to purchase the equipment or find out more about box hockey please contact Ruairi, Meath Local Sports Partnership on 046-9067337 or email rmurphy@meathcoco.ie



Go for Life Games 2014

On Saturday 7thJune 15 participants from Meath LSP's Games for Life Programme represented Meath in the Go for Life Games in DCU.



The participants from Moynalty, Beauparc and Donore competed in 3 target games over the day. There were some exciting matches on display and a great atmosphere with over 300 older adults from around the country

competing in the games.

Moynalty's Men Shed were the guests of honour, they showcased the Box Hockey equipment they constructed recently.

Counties from around the country were very impressed with the work they done and will look to replicate it in their own county.



Games for Life Summer Outdoor Bowls

On Wednesday 4th June we hosted the first outdoor bowls taster session in Aura Leisure Centre Trim. Groups from Dunshaughlin, Moynalty, Canaross and Ballivor attended and really enjoyed the day.

The next outdoor bowls session will take place on Wednesday 25th June at 11am in Aura, Trim.

If your group would like to participate please contact Ruairi Murphy, Meath Local Sports Partnership on 046-9067337 or email rmurphy@meathcoco.ie



Disability Sport

Tag Rugby for children with disabilities

Meath LSP in conjunction with Leinster Rugby is commencing a 6 week Tag Rugby summer programme for children with disabilities. Tag rugby is a non-contact form of Rugby with a focus on ball handling, spatial awareness and fitness.

The programme will take place in Navan Rugby Club on Wednesday 9th July from 3pm-4pm. Registration is essential. To register contact Aine Coogan Sports Inclusion Disability Officer, Meath Local Sports Partnership at (046)9067337.



Ireland are hosts of Inaugural European Powerchair Football Nations Cup

The University of Limerick will host the Inaugural European Powerchair Football Nations Cup from Thursday 17th to Sunday 20th 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.

Powerchair Football Players Wanted!



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. Are you a powerchair user and interested in played soccer on a regular basis? Meath Powerchair Football is looking for new players. This action-packed team sport combines the skill of the wheelchair user with the speed and power of the chair itself, to participate in an extremely challenging game of soccer. Powerchair Football is the first competitive team sport de-

signed and developed specifically for power wheelchair users. Training takes place in various locations in County Meath. For further information on the programme please contact Aine at (046)9067337.

Learn2Cycle Programme

Meath LSP is commencing an outdoor 'Learn to Cycle' programme . The central aim of the programme is to teach each child to cycle independently. A fully trained coach from the Cycling Safety and Skills School will provide weekly coaching.

The 6 week block will commence on Thursday 11th September in Ratoath from 6pm - 7pm. Places are limited. Preregistration is required. To register for the programme please contact Aine at (046) 9067337.

"I think it is the most rewarding thing we have done with him. He is so proud of himself and we are so proud of what he has achieved"

Summer Camp

Meath LSP in conjunction with the Irish Wheelchair Association Navan, Muscular Dystrophy Ireland and The Meadows Respite Centre are running a 3 day activity summer camps for children with disabilities.

The camp will run form Monday 11th August to Wednesday 13th August. The summer camp will include a range of activities from various sports, cooking demonstrations, arts and crafts and lots more.

Places on the camp are limited and booking is essential. For further information on the camp please contact Aine at (046)9067337.

Disability Sport

Special Needs School Hall Athletics Programme

Meath LSP in association with the CARA National Adapted Physical Activity Centre completed a 6 week Sportshall Athletics training programme in St. Ultan's special School, Navan and St. Mary's special school, Johnstown.

The Special Schools Sportshall Athletics initiative provided children with the opportunity to participate in athletic events in an indoor setting with the emphasis very much on teamwork and fun.



The programme was tailored to the ability of those participating and therefore yielded significant improvements in the fundamental movement skills of agility, balance and coordination for many of the participants. One of the teachers commented "I have seen great progression with pupils throwing skills - pupils are achieving longer distances with javelin throw and one pupil who struggled to let go of object when throwing now has achieved this".

The programme that was funded by the Department of Justice, Equality and Law Reform was ran in a fun environment where children had the opportunity to participate at their own level. The success of the programme is echoed by the positive feedback received from the participating schools "I congratulate Áine and coaches on a well organised and run programme and would love for more programmes like these to be available to us in the future".

Summer Activities Programme 2014

<u>Activity</u>	<u>Venue</u>	<u>Time</u>	<u>Date</u>	<u>Age</u>	<u>Cost</u>
Football4All Programme	Ratoath FC**	11am	Every Saturday	6-16 years	n/a
Hockey4All Programme	Aura Leisure Link, Navan	7pm-8pm	Every Thursday	8- 18years	n/a
Learn 2Cycle (6 week programme)	Ratoath	6.00pm- 7.00pm	Commencing 11 th September	6-16 years	€30 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 & children	€5 per ses- sion
Horse Riding (4 week programme)	Brookfield Sta- bles, Navan	3.30pm- 4.00	Various Dates and Times	6yrs -16 years	€50 for 4 weeks
Club Ash Special Olympics Club	Ashbourne Comm. Centre	10am- 11am	Every Saturday	6 years +	On registration
Royal Rover Special Olympics Ladies Soccer Club	MDL Navan	6pm-7pm	Every Tuesday	16 years +	On registration
Special Olympics Club Navan (Basketball & Ath- letics)	Claremont Sta- dium, Navan	7pm-8pm	Every Friday	6 years +	On registration
Rugby4All Programme (6 week programme)	Navan Rugby Club	3pm-4pm	Commencing 9 th July	8 years +	€20
Summer Activity Camp	Claremont Sta- dium Navan	11am- 3pm	Commencing 11 th August	8 years +	€30
Learn2Fish Programme	Rathbeggan Lakes	3pm-4pm	Commencing Tuesday 1 st July	6 years +	ТВС

Calendar of Courses and Events 2014								
Activity	Date	Time	Venue					
June 2014								
National Bike Week 2014	14th to 22nd June	Various	Various					
Games for Life—Summer Outdoor Bowls	25th June	11am	Aura Leisure Centre, Trim					
July 2014								
National Play Day 2014	6th July	Various	Various					
An Post Meath Heritage Cycle Tour 2014	26th & 27th July	Various	Trim					
August 2014								
Meath Running Group— Block 3	20th August	7pm	Claremont Stadium, Navan					
Men Only Training— Information Evenings	Starting 25th August	T.B.C.	Varies					
September 2014								
Child Welfare & Protection Awareness Workshop	29th September	6.30pm to 9.45pm	Windtown Unity Centre, Navan					
October 2014								
Children's Officer Training	8th & 9th October	6.30pm to 9.30pm	Windtown Unity Centre, Navan					
Child Welfare & Protection Awareness Workshop	22nd October	6.30pm to 9.45pm	TBC					
November 2014								
Child Welfare & Protection Awareness Workshop	12th November	6.30pm to 9.45pm	Windtown Unity Centre, Navan					

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

Meath Local Sports Partnership, Enterprise Centre, Trim Rd, Navan. Tel: 046-9067337 Email: mlsp@meathcoco.ie