



An Irish Sports Council Initiative  
Thionscnamh an Chomhairle Spóirt

## Meath Local Sports Partnership News Bulletin Summer 2015

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



### An Post Meath Heritage Cycle Tour 25<sup>th</sup> & 26<sup>th</sup> July 2015



Sligo Clare Meath Waterford Cork

[anpostcycling](#)

[@AnPost\\_Cycling](#)



### An Post Meath Heritage Cycle Tour 2015

The 7<sup>th</sup> An Post Meath Heritage Cycle tour will take place over the weekend of July 25<sup>th</sup> & 26<sup>th</sup>. Entry is now open! Early bird entry prices apply up until the 16<sup>th</sup> July.

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.

Details of maps with elevation, food and water stops are available to download from [www.meathsports.ie/cycle-tour](http://www.meathsports.ie/cycle-tour). Those using smartphones 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](http://www.meathsports.ie) or contact 046 9067337.



**PJ Gallagher & LSP Co-ordinator  
Mary Murphy**

### Cycle Tour 2015 Jersey



Comedian and An Post Cycle Series Ambassador PJ Gallagher will once again be in attendance at this year's event, while PJ will take time out to meet other cyclists, he himself is participating in the 160km distance. Keep an eye out for PJ and give him a cheer along the route!


**Bikeweek.ie**

13th - 21st June 2015

## Bike Week 2015 June 13th - 21st

Meath LSP in association with the Department of Transport are supporting a number of activities for Bike Week 2015.

Bike Week 2015 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
Saturday 13th	Tour de Dunboyne	10km Family Spin	Meet in Dunboyne Village at 11am	Liam 0868128969
Sunday 14th	Couch to 50km	Controlled leisure spin—new/improved cyclists	Ashbourne Retail Park @10am	Alan 087 6117669
Monday 15th	Cycle Fest	5km & 8km Family spins Bike Maintenance Safety Skills	Bohermeen Community Centre @7.30pm	Marie 087 3430785
Tuesday 16th	Bike Right	Bike Maintenance and Workshop	Donaghmore Ashbourne GAA Centre @7.30pm—9pm	Alan 087 6117669
Tuesday 16th	Leisure Spin	Newbie cyclists—approx. 20km	Youth café, Oldcastle @ 7pm	Tom 086 7710099
Wednesday 17th	Bike Right	Sprocket Rocket Bicycle Maintenance workshop Suitable for children age 6—12 years	Threshing Field, Moynalty @7pm	Kieran 087 2077624
Wednesday 17 <sup>th</sup>	Cycling for Beginners	Leisurely cycle for new & improving cyclists – adults only	Moynalty Village @7pm	Shane – 086 7272822
Thursday 18th	Intro to Cyclecross	Cyclecross Training for Newbies—includes Mountain bikes, BMXs etc.	Loughcrew Gardens @ 7pm	Tom 086 7710099
Friday 19th	Cycling for Beginners	Leisurely cycle for new & improving cyclists – adults only	Moynalty Village @7pm	Shane – 086 7272822
Saturday 20th	Leisure Spin (30km controlled spin) 60km spin 80km spin	New and beginner cyclists—adults only Improving cyclists Experienced	Credit Union car park, Oldcastle @ 10am	Tom 086 7710099
Saturday 20th	Bike Right	Sprocket Rocket Bicycle Maintenance workshop Safety skills	Credit Union car park, Oldcastle @2pm	Tom 086 7710099
Sunday 21st	Family 61m Spin	Launch of cycle lanes in Ashbourne	Fredrick Street, Ashbourne	Alan 087 6117669
Sunday 21st	Family 10km  Cycle Games along route	Suitable for cyclists of all ages and abilities. High Nellie users welcome Come and Try comic bike cycling	Old Convent School, Athboy @2.30pm  Old Convent School, Athboy @2.30pm	Sean 087 2857095

## Dunshaughlin AC takes the honours at the Royal County 5k in Kells

It was a clean sweep from Dunshaughlin AC in glorious sunshine in Kells on Sunday last. Shane Boyle took the honours in the men's category with Shauna Moran winning the female category.

In the 5 years of the event, Dunshaughlin AC have dominated – winning the men's category each year. Shane Boyle is a past winner, having won in 2012 also.

### Top 3 finishers per category:

#### Male

- |                     |       |
|---------------------|-------|
| 1. Shane Boyle      | 17:21 |
| 2. Eanan McPartland | 17:29 |
| 2. Davy Byrne       | 18:05 |

#### Female:

- |                        |       |
|------------------------|-------|
| 1. Shauna Moran        | 20:59 |
| 2. Dervilla Finnegan   | 22:36 |
| 3. Bernadette Finnegan | 22:40 |

Prizes for the winners were sponsored by Club Active gym in Kells – each receiving year long membership to the gym.

Thanks were extended by Meath LSP to St Brigid's AC, Kells Gardaí, Civil Defence, Kells Municipal District Council 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 Kells Swimming pool who helped cool down the participants with a free swim.



First Male, Shane Boyle First Female Shauna Moran

## 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 54 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 (a 9 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.

### Block 3

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 19<sup>th</sup> in Claremont Stadium Navan)

For further details please contact David at Meath LSP on 046-9067337 or email at [dmccaffrey@meathcoco.ie](mailto:dmccaffrey@meathcoco.ie).

You can also follow us on [facebook/MeathRunningGroup](https://www.facebook.com/MeathRunningGroup).





## 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
- Girls in Action
- Play Rugby Programme
- First Tee Golf
- 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](http://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](mailto:mlsp@meathcoco.ie)

### Be Active After School Activity Programme (ASAP)

The Be Active after School Activity Programme is available to all primary schools in Meath. It is an initiative aimed at improving 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.



If your school is interested in taking part in Be Active ASAP for September you can complete an online expression of interest form. The expression of interest form can be completed here <http://www.beactiveasap.ie/contact/expression-of-interest>

For more details please contact Paul Friel – Project Facilitator on 046 9067346 or [paul.friel@meathcoco.ie](mailto:paul.friel@meathcoco.ie) or see <http://www.beactiveasap.ie>



### Primary School Cycle Safety Programme

The Cycle Safety programme provides training to classes from 3<sup>rd</sup> up 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 a limit of 30 children per class.

**Training covers the following:**

- Bicycle maintenance
  - Starting & stopping safely
  - Turning on major & minor roads
  - Shoulder checking, signalling and correct positioning on road
- Overtaking

Cycle Safety is co-ordinated by Meath LSP and rolled out with the support of the Road Safety Authority and sponsors EuroLink.



If your school wishes to take part on this programme in the 2015-2016 school year, please contact Meath LSP at 046 9067337 or email [dmccaffrey@meathcoco.ie](mailto:dmccaffrey@meathcoco.ie)

## Older Adult Programmes

# Games for Life

### Boccia League

Meath Local Sports Partnership's Games for Life boccia league commenced back in February 2015. 45 teams made up of active retirement groups and disability groups from across Meath participated in the league on a monthly basis. This is the 5<sup>th</sup> year of the league and it proved to be a huge success again.



**Wilkestown Meath Boccia League Winners**

After 5 months of league games, the Games for Life boccia league final was contested by Wilkestown (previous league winners in 2012) and Slane who were in their first year of entering the competition. The final was an exhibition of boccia with both groups showed their skill and precision. After a tense encounter Wilkestown came out on top to win their 2<sup>nd</sup> league title and were crowned Meath boccia league winners for 2015.

Meath Local Sports Partnership would like to thank all who participated and refereed throughout the league.

### Active Retirement Bowls League

The Active Retirement Bowls League in association with Meath Zone Bowls came to a conclusion with the league cup and shield finals on Thursday 15<sup>th</sup> April in Simonstown GAA Centre.



**Kilmessan Division 1 Winners**



**Dunshaughlin Division 2 Winners**

The top 4 teams in division 1 played for the league cup and the top 4 teams in division 2 played for the league shield. After some very exciting matches Dunshaughlin won the Division 2 shield and Kilmessan won the division 1 cup.

Congrats to all involved and many thanks to Meath Zone Bowls for their excellent organisation throughout the year.



## Older Adult Programmes

# Games for Life



### Box Hockey

Clonmellon Active Retirement were the first group to receive their Box Hockey set (see picture)

If you are interested in the new Box Hockey equipment which can be purchased for a subsidised rate of €100 and want more information please contact Ruairi Murphy, Meath Local Sports Partnership on 046-9067337 or email [rmurphy@meathcoco.ie](mailto:rmurphy@meathcoco.ie)

### Go for Life Games

The Go for Life Games took place on Saturday 6<sup>th</sup> June in DCU. Meath had a team of 12 players selected from the Games for Life county leagues. The Meath team preformed very well and really enjoyed meeting other county teams from around the country.



Team from Meath



Sam Conroy, Team Meath with Age and Opportunity's

Sam Conroy from Dunboyne won the Spirit of the Games Award; Sam was the life and soul of the games on the day and also produced some fantastic performances playing in the Flisk category.

### Active Minds Project – Coming Soon

*Active Minds*, funded by the HSE, is a physical activity based programme designed to combat the early onset of dementia in adults and to offer pathways to physical activity to adults with dementia, their carers and siblings.



*Active Minds* is an initial 8 week programme made up of 2 weekly activity sessions of 30 minutes duration. The programme aims to facilitate and empower people with dementia (early onset), their carers and siblings in maintaining functional independence and improving quality of life. This new initiative will focus on resistance exercises, seated Pilates, fall prevention (balance), strength, mobility and cognitive activities. Other components of the programme include Mindfulness meditation/exercise and musical sing a longs.

Active Minds will be commencing soon so to keep updated on this exciting project check out our website [www.meathsports.ie](http://www.meathsports.ie)

## Older Adult Programmes

### Mature Movers

The aim of the Mature Movers programme is provide older adults (50+) including those with disability both in their local environment and in a care setting with more opportunities to become physically active.

Mature Movers is now in 8 venues around the county. There has already been 235 older adults active on the programme in 2015.

The 8 week programme for adults (50+) includes activities such as seated exercises, 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.

Due to popular demand the Mature Movers programme is now going to be extended over the summer months in 4 areas. Please see details below:

**Trim:** Mondays in Knightsbridge Nursing Home, Village Hall, Trim at 11am-12.30pm.

**Dunshaughlin:** Wednesdays in St. Patricks Hall, Dunshaughlin at 11am- 12pm.

**Kells:** Thursdays in Kells People's Resource Centre at 11am-12pm.

**Laytown:** Wednesdays in St. Colmcilles GAA at 11am-12pm.



**Participants on the recent Mature Movers Programme in Trim**

#### Feedback comments:

**Kells participant** - *"I struggled to get up out of the chair, after 6 weeks I can freely get up out of the chair without thinking about it. It has made such a difference to me".*

**Navan participant** - *"Before I started doing Mature Movers I would have falls on a regular basis, but now I am stronger and my balance has improved. I have had no had a fall for 6 months now".*

**Athboy participant** - *"I didn't enjoy exercise but since I joined Mature Movers I feel part of a group and love exercising with others".*

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.

**Trim participant** - *"I love been part of a group, I have been with this group for 2 years now and I wouldn't miss it, it's a big part of my life"*

## Disability Sport

### Summer Activities Programme 2015

See a full list of Summer Activities for Adults and Children with a disability on the following page. To register for any of these contact Aine Coogan Sports Inclusion Disability Officer at 046 9067337.

### Disability Inclusion Training

Meath Local Sports Partnership in conjunction with the CARA National APA Centre and Coaching Ireland are hosting the Disability Inclusion Training course on Saturday 27<sup>th</sup> June 2015 in Simonstown GFC from 9am-3 pm.



#### Who Should Attend?

Sports Coaches, Instructors, Sport leaders, Teachers, Parents, Volunteers and anyone interested or involved in the provision of Sport, Physical Activity and Physical Education for people with disabilities.

#### Certification:

On completion of the course all participants will receive a Coaching Ireland/CARA APA Centre certificate of completion and a course resource pack.

#### Cost:

€45.00

#### Registration:

Booking is on a first come first served basis. Book now to secure your place!

Booking available at [www.caraapacentre.ie](http://www.caraapacentre.ie)

**Note: Closing date for all bookings is 4pm on Thursday 25th June.**

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

### Learn2Cycle Programme

Meath LSP recognises the importance of cycling for the inclusion of children with disabilities in recreational activities. To address this concern Meath LSP has commenced an outdoor 'Learn to Cycle' programme.

The aim of the programme is to teach each child to cycle independently. This is achieved by concentrating on the participants balance and coordination skills before introducing the skill of pedalling.

To date this programme has been hugely successfully with approximately 80% of participants learning to cycle independently. The next cycling programme will commence in August in Laytown. Venue TBC.

**Booking is essential.**

**For further details contact Aine Coogan, Meath LSP at (046)9067337.**

### Meath GAA Come and Try It Evening

Meath LSP in conjunction with Meath GAA is running a Come and Try it evening for children with disabilities. The event takes place on Wednesday 17th June from 6.30pm to 7.30pm in Pairc Tailteann, Navan.

To register contact Aine Coogan Sports Inclusion Disability Officer, Meath Local Sports Partnership at (046)9067337.



## Disability Sport

### Summer Activities Programme 2015

<u>Activity</u>	<u>Venue</u>	<u>Time</u>	<u>Date</u>	<u>Age</u>	<u>Cost</u>
<b>Football4All Programme</b>	Ratoath College	9.30am	Every Saturday	6-16 years	n/a
<b>Learn 2Cycle</b> (6 week programme)	Laytown	6.00pm-7.00pm	Commencing August	6-16 years	€35 for 6 weeks
<b>Wheelchair Basketball Club</b>	Gormanston College,	6pm-7.30pm	Every Tuesday	Adults	n/a
<b>Powerchair Football Club</b>	Navan	5.-00pm-6pm	Various Dates	Adults & children	€5 per session
<b>Horse Riding</b> (4 week programme)	Brookfield Stables, Navan	Lessons available every Tuesday from 3.30pm onwards	Ongoing	6yrs -16 years	€60 for 4 weeks
<b>Disability Inclusion Training Course</b>	Simonstown GFC, Navan	9am—3pm	Saturday 27th June	6 hour training course for parents/teachers/coaches/SNA/Volunteers	€45 participants receive a Copachign Ireland/ CARA APA Centre certificate
<b>Meath GAA Come and Try it Evening</b>	Pairc Tailteann, Navan	6.30pm – 7.30pm	Wednesday 17th June	6 years +	n/a
<b>Club Ash Special Olympics Club</b>	Ashbourne Comm. Centre	10am-11am	Every Saturday	6 years +	On registration
<b>Royal Rover Special Olympics Ladies Soccer Club</b>	MDL Navan	6pm-7pm	Every Tuesday	16 years +	On registration
<b>Special Olympics Club Navan (Basketball &amp; Athletics)</b>	Claremont Stadium, Navan	7pm-8pm	Every Friday	6 years +	On registration
<b>Rugby4All Programme</b> (6 week programme)	Navan Rugby Club	3pm-4pm	TBC	8 years +	€15
<b>Summer Activity Camp</b>	Claremont Stadium Navan	10am-2pm	10 <sup>th</sup> – 12th August	6 years +	TBC
<b>Learn2Fish Programme</b>	Rathbeggan Lakes	3pm-4pm	TBC	6 years +	TBC
<b>Karate Programme</b> (4 week programme)	Ashbourne Karate Club	11am—12pm	Thursday 2nd July	6 years +	€35

## Calendar of Courses and Events 2015

Activity	Date	Time	Venue
<b>June 2015</b>			
National Bike Week 2015	13th to 21st June	Various	Various
<b>July 2015</b>			
An Post Meath Heritage Cycle Tour 2015	25th & 26th July	Various	Trim
<b>August 2015</b>			
Meath Running Group—Block 3	19th August	7pm	Claremont Stadium, Navan
<b>September 2015</b>			
Safeguarding 1: Child Welfare & Protection Awareness Workshop	22nd September	6.30pm to 9.45pm	Windtown Unity Centre, Navan
<b>October 2015</b>			
Safeguarding 1: Child Welfare & Protection Awareness Workshop	20th October	6.30pm to 9.45pm	Trim GAA
<b>November 2015</b>			
Safeguarding 1: Child Welfare & Protection Awareness Workshop	9th November	6.30pm to 9.45pm	Windtown Unity Centre, Navan
Safeguarding 2: Club Children's Officer Training	17th November	6.30pm to 9.45pm	Windtown Unity Centre, Navan

PLEASE CHECK OUT OUR WEBSITE [www.meathsports.ie](http://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](mailto:mlsp@meathcoco.ie)