

newsletter | nuachtlitir

Introduction | Réamhrá

Welcome to the Autumn 2012 edition of our bi annual newsletter. Despite Mayo losing out to Donegal in the All Ireland its full steam ahead in Mayo Sports Partnership. In this issue we see the fantastic success of the Men on the Move Programme, West of Ireland Womens Mini Marathon and walking / cycling initiatives in the county. 2013 is the year of the Gathering and we invite all community / sporting organisations to get involved by organising an event in your locality. See more information inside, together we can make it a year to remember.

Men on the Move Initiative |
Tionscnamh 'Men on the Move'



"Men on the Move" is a pilot project which hopes to inform future policy in the area of mens health.

The initial 8 week programme is led by a physical activity leader in each area who tailors the programme to participants needs. Following consultation with the participants a further 8 week programme may follow.

Mayo Sports Partnership in collaboration with HSE West and the Erris Community Health Forum are offering a new programme for men aged 35+ over the coming weeks in the Erris Area. We are calling for men to participate in the 8 week programme which will culminate in a "Men on the Move" 5K walk / run at a date to be arranged.

Following the success of the programme in Ballina, Westport and Claremorris this initiative is being coordinated in Erris in conjunction with the 'Erris Men's Shed' and the 'Men's Community Initiative' which are local community development programmes for men which are in operation all year round.

The programme is also set to continue in the Ballina (starting 17th September) Westport (starting 18th September), And Claremorris (starting 20th September) areas over the coming months. All groups in the 3 areas comprise of men from a wide variety of backgrounds with varying reasons such as health, weight, social etc given for participating in the programme.

Securing future funding to include additional areas in the project would be one such positive outcome from the initiative.

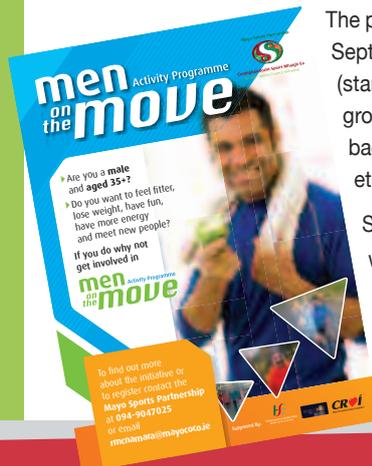
For further information on the initiative contact Ray Mc Namara Mayo Sports Partnership at 094-9047025 or Laurence Gaughan HSE West at 094 9042509



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West of Ireland Womens Mini Marathon 2012 | Mion-Mharatón na mBan 2012

Colette retains title after winning Western People Mini Marathon



Castlebar's Colette Tuohy has retained her title, beating last year's time by one minute and crossing the finish line in first place at the Western People West of Ireland Women's Mini Marathon in Castlebar. The Milltown native - who lives in the county town with her husband Cormac and the couple's young family - was first home, completing the picturesque 10km course in a time of 38 minutes and 29 seconds.

Second placed was Dervilla Holmes from Dunore Harriers, a native of Moygownagh, who ran strongly and finished in 39.25. Angela O'Connor from Mayo AC was third on the day in 40.39, followed by Ann-Marie Hynes (41.20) and Sarah Syron (41.48).

Chris Gallagher was first home in the Over 40 category, while Rosie Hynes was the first junior runner home. Chris and Rosie were almost inseparable at the line in the most exciting finish of the day.

On behalf of the Western People, Cróna Esler welcomed the participants to the event, while Cathaoirleach of Castlebar Town Council, Cllr Eugene McCormack spoke of the benefit of the Mini Marathon for the town. Teresa Warde from the Mayo Sports Partnership - co-organisers of the event with the Western People - also spoke, while the special guest on the day, Tourism Minister Michael Ring, was thrilled to welcome the thousands of participants and volunteers to Mayo.

As with the 2010 and 2011 events, the Western People West of Ireland Women's Mini Marathon on Sunday proved to be a tremendous success and already, many of the participants are looking forward to the 2013 event in Castlebar.

For more information on the mini marathon and other events contact Mayo Sports Partnership at 094-9047025 or log on to www.mayosports.ie



41 Clubs and organisations receive €18,000 in funding

Almost €18,000 was allocated to 41 clubs / organisations in Mayo through both the Partnerships 2012 special participation and Bike Week grant schemes.

This year the scheme has funded initiatives including the further development of Camogie in North Mayo, the start up of the Lake District Athletic Club in Ballinrobe, a come and try it mini triathlon with Westport Triathlon Club, a ladies meet and train group in Charlestown and further development of Clare Island Regatta Clubs activities.

Since 2005 the Partnership has brought an overall investment of close to €4 million to developing sport and recreation within the county. Many projects / initiatives involving pre-schools all the way up to older people have benefited from this significant investment mainly through the Irish Sports Councils direct funding.

Any further information on the above can be obtained by contacting Mayo Sports Partnership at 094-9047025 or by logging on to www.mayosports.ie

The full list of Clubs/Organisations who received funding are:

SPECIAL PARTICIPATION GRANT SCHEME 2012

Name of Club / Organisation - Total Amount Allocated

Claremorris Colts Rugby Club - €250
Cumann Iomannachta Iorrais - €500
Kilmovee Family Resource C - €400
Ballintubber GAA Club - €700
Westport Senior Athletic Club - €300
Lake District Athletic Club - €750
Parke GAA Club - €500
Western Lakes Cycling Club - €400
Castlebar Tennis Club - €400
Newport Town F.C. - €250
Clare Island Regatta Group - €500
Claremorris Hurling - €500 c/o Claremorris GAA Club
Ballyhaunis FRC - €400
Ballyvary Hurling and Camogie Club - €250
Ballina Tennis Club Ltd - €400
Ballina Boxing Club - €500
Ballyhaunis GAA - Ladies Committee - €250
Westport Triathlon Club - €500
Mayo Camogie County Board - €1,000
St Marys Ladies GAA Club - €250
Barnacarroll Area Development - €400
Lecanvey Community Centre - €500

Charlestown Ladies Club - €400

Mayo Traveller Support Group - €300
Sean Duffy Community Centre Ballina - €600
Inferno Youth Club Ballina - €300
Coiste Tuair Mhic Eadaigh Teo - €500
Ballina Family Resource Centre - €500
Mayo Autism Action Sports Club - €500
Total Amount Allocated - €13,000

BIKE GRANT SCHEME 2012

Name of Club / Organisation - Total Amount Allocated

Kiltimagh Business Association - €400
Smart Travel Castlebar - €400
Taugheen Community Council - €300
Achill GAA Club - €400
Erris Beo - €400
Castlebar Cycling Club - €400
Western Lakes Cycling Club - €350
Westport Covey Wheelers - €500
Kilmovee FRC - €300
Castlebar Rotary Club - €350
Ballina Lions Club - €300
Coiste Cultur Teanga & Forbartha Thuar Mhic Eadaigh - €400
Mayo Sports Partnership - €500
Total Amount Allocated - €5,000

Pictured in Ballyheane Community Centre, Mayo Sports Partnership Board presenting cheques to sports and recreation groups, front l-r; Bernice Garrett, Ballina Tennis Club, Councillor Henry Kenny, Chairman and Vincent Fawley, Ballina Tennis Club. Members of Mayo Sports Partnership Board Back l-r; Deidre Kavanagh, Councillor Michael Kilcoyne, Pdraig McHale, Councillor Blackie Gavin, Teresa Warde and Charlie Lambert. Photo © Ken Wright Photography 2012.



Funding Information | Maoiniú



The National Programme for Sport and Physical Activity for Older People

2012 National Grant Scheme for Sport and Physical Activity for Older People Launched

Go for Life has launched its annual grant scheme for older groups and clubs. Almost €300,000 has been allocated to this year's scheme, organised by Go for Life and the Irish Sports Council. Groups and clubs of older people all over the country can apply for grants to spend on equipment, to get an instructor in for a few sessions or to organise a Sports Fest in their area. Typical amounts awarded are between €300 and €700 and the grants generally go to active retirement associations, senior citizens clubs, ICA guilds, day centres and community centres.

"Thousands of older people who get active with Go for Life every week tell us that variety is the spice of life. This small grant helps to spice up Go for Life sessions. Over the years, people have used the grants to do various physical activities like Tai Chi, archery, Pilates, hip-hop, swimming or to get sports equipment like kurling, skittles, Molle balls, bocce discs or parachute and all kinds of other things besides. They've also used their grants to get a bit of competition going with different groups in a local Sports Fest, attracting new members in the process", says Go for Life's Sue Guildea. "We're looking forward to seeing what people request in their grants this year and to hearing about the difference that the money can make."

The Go for Life Programme was developed by Age & Opportunity and the Irish Sports Council. Go for Life gives members of older people's groups around the country the information and skills which enable them to lead sport and physical activity sessions within their own groups.

Go for Life, Age & Opportunity, Marino Institute of Education, Griffith Avenue, Dublin 9. Phone 01 805 7733, email gfl@ageandopportunity.ie or download a form from the website www.ageandopportunity.ie.

An announcement is expected on grant applications early November 2012

Sport and Disability Update I Tuairisc ar Spórt agus Míchumas



Ray McNamara | Sports Inclusion Disability Officer
Contact Ray at 094 9047023

Summer Camp

The Camp took place from the 23rd – 27th July from 10am – 2pm in An Sportslann Castlebar.



The camp is aimed at Children with a disability their family and friends. The camp consisted of various sports with each day having a Theme of a different sport as well as lots of fun games, Skill,

balance, coordination elements to the camp. The participants were aged from 7 – 14 with 20 children in total attending the camp. Mayo arts squad provided cultural and creative activities during the camp which proved to be very popular.

The degrees of ability ranged from physical, learning and behavioral disabilities. Volunteers from both the Sports partnership and enable Ireland helped out for the week and made sure that every child got the best out of the week. The camp has proved to be huge successes with lots of new faces this year which will also feed in to our Saturday club come the autumn. The Saturday club starts back on the 29th September in an sportslann Castlebar and if you are interested in coming along call Ray on 094 9047023

Hand Cycling and Tandem Cycling programme a huge success in Kilmovee



The Hand and Tandem Cycling eight week programme that was set up by Mayo Sports Partnership in conjunction with IWA Sport, Spina Bifida Hydrocephalus Ireland and Cairdeas,

Kilmovee Family Resource centre and supported by Mayo County Development Board proved a huge success. The programme run by Gerry Towey and Donal Harington from Ballaghaderreen Cycling club, giving instruction and showing lots of young cyclists and Para-Cyclists the way forward. Gerry who has been involved in setting up the programme and who is a Para-Cyclist himself has made giant strides in the past year to challenge the top Para-Cyclists in the country and is certainly a name to watch out for in the future. A hand cycling programme took place every Thursday over the summer months. If you are interested in hand or tandem cycling for more information call Ray Mc Namara on 094 9047023 or Gerry on 087 8717656. well done to all our Paralympics athletes who competed in London this summer.

Children's Come and Try Sports Day



Mayo Sports Partnership in Association with Spina Bifida Hydrocephalus Ireland hosted A Children's Sports Day in Breaffy Gaa Club House on Saturday 14th April from 11am - 1pm. The event proved to be a great success with children participating in boccia, Wheelchair hurling, wheelchair basketball and fun games. a positive outcome from the come and try sports day is that a wheelchair hurling session has started every second Saturday and it is hoped that the first Mayo Gaa wheelchair hurling team will be established in October to participate in a all Ireland competition in UL Limerick in November this year.

If you are interested in joining this session contact Ray on 094 9047023 or email rmcnamara@mayococo.ie

Mayo take Honours at National Road Bowling Champions



After a very Successful National Road Bowling Disability Championships held in Aughagower in September, hosted by the Aughagower Road Bowling Club a number of Target Bowl session were held with various organisations. The purpose of the sessions was to highlight the game and Aughagower Road Bowling Club who are actively opening their club up to people with a disability and making their club more inclusive. If you are interested in joining the club or taking part in future workshop please call David Hughes on 087 2327713 or Ray Mc Namara on 094 9047023

Opportunities for People with a Disability

Sports Inclusion Disability Programmes/Events September - December 2012

Programme/Event	Venue	Day / Start Date	Time	Target Group
Children's Saturday Club	An Sportslann Castlebar	Every Second Sat start date 15.9.12	2.15pm - 3.15pm	Children with an Intellectual or physical Disability
Mayo Autism Activity Club	Arás atráctá Swinford	Every Tuesday	4.00pm - 6.00pm	Children with Autism
Boccia League	Breaffy Gaa Club House	8.10 - 5.11 - 3.12	12.00pm - 4.00pm	Adults with physical and sensory disabilities
New Boccia Tournament	Ballina ative 55 Centre	Thursdays	12noon	Everyone welcome Skills and coordination come and try
Breaffy Gaa Club		Saturday 27.10.12	11am - 12.30pm	children
Special Olympics Boccé Club	Westport Leisure Park	Wednesdays	5.00pm - 6.00pm	Intellectual Disabilities
Wheelchair Basketball	Castlebar	29.9.12		Adults and children with physical disabilities
Soccer Blitz	Castlebar Celtic Astro Turf or an Sportslann	27.9 - 18.10 15.11 - 13.12	11.00am - 3.00pm	Adults and young people with Intellectual Disabilities
Inclusive Gym/Fitness Initiative	Westport Leisure Park	Wednesdays	Varied	Pan-Disability (Over 16's only)
Swimming Lessons	Castlebar Swimming Pool	Thursdays	11.30am	Adults with Intellectual Disabilities
Inclusive Sports Day				
School Activity Programme	St Antony's Castlebar	Every Wednesday	1.15pm - 2.30pm	
Wheelchair Hurling	Breaffy Gaa Club	Every Second Sat start date 28th April	2.15pm - 3.15pm	physical Disability
Soccer programme	Castlebar celtic Astro Turf	Every Tuesday	10.30am - 11.30am	Intellectual Disabilities
Tag Rugby	Castlebar Astro Turf	Every Wednesday	3pm - 4pm	National learning Network

Great Western Greenway 10K | 10K an Bhealaigh Ghlais

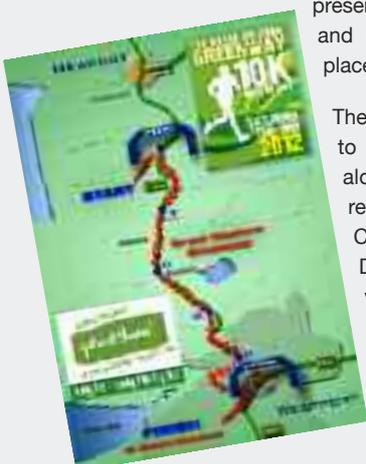
Sweltering Conditions for 2nd Great Western Greenway 10K



The 2nd Great Western Greenway 10k Run/Walk, co organised by Mayo Sports Partnership, Westport Leisure Park and Westport Town Council, took place on Saturday 26th May with over 300 participants lining up for a 2pm start on the Newport side of the Greenway. The event which took place in fantastic weather conditions mainly attracted first time runners of this distance and was unique in the fact that it was an off road trail run / walk.

The first lady to cross the line at a time of 38 minutes 52 seconds was Mary Gleeson from Mayo Athletic Club followed in 2nd by Maura Ginty and in third place Ann Marie Needham. In the mens section Gerry Ryan Craughwell AC finished in a time of 34 minutes 32 seconds, 2nd place went to Noel Gibbons and followed by Brendan Conway in 3rd place. The first over 40 lady to cross the line was Kathleen Barry; the first male was Noel Gibbons, who incidentally are brother and sister. Tony Killarney left his contemporaries behind as the first to finish in the over 50 age group, Pauline Moran was the first lady to finish in this category. All participants were treated to a wide range of refreshments and entertainment at the Westport Leisure Park where presentations to place winners and many spot prizes took place.

The organisers would like to thank the landowners along the Greenway, the residents of St Marys Crescent, Mayo Civil Defence and all the volunteers from various organisations who assisted with the running of the event.



Community Sport Programmes | Clár Pobail Spóirt

Autumn 'Meet and Train' Timetable in Mayo

Castlebar

Meet in the carpark of Castlebar Tennis Club every Mon at 7pm.
Contact Ann Mc Donnell 086 8635534.
Find them on Facebook "castlebar fitforlife".

Ballyhaunis

Meet at the Friary Field every Tuesday evening 7pm and Saturday Mornings at 9am. Caters for all fitness levels from walkers to runners.
Contact Martin: 0872455989 / Anne: 0868115769

Ballinrobe

Meet on Thursdays at 7.45pm at soccer pitch. Runners and Walkers all welcome. Meet Sunday Morning at 10am for longer walk/run.
Contact Joan Walsh 0876726029

Ballina

Meet at Beleek Track at 7pm on Tuesdays and Thursdays. Runners and walkers all welcome.
Find them on Facebook "Ballina Fit4Life"

Swinford

Meet Tuesday at 7pm and Sunday at 12pm in Field opposite Swinford Motors for xcountry. Joggers and Runners all welcome.
Find them at www.swinfordac.com

Claremorris

The Thursday evening running group led by Mayo AC has been suspended until the running track is complete.
Contact Michael Mc Grath 0868534729.
Find them at www.mayoac.com

A beginners Claremorris meet and train group will be underway hopefully this Autumn/Winter under Claremorris AC. Contact Jim Ryan for further information 0876733481.

Find them at www.claremorrisac.org

Further details on setting up a 'meet and train' group in your community contact:

Anne Ronayne
Community Sport Development Project Worker
Mayo Sports Partnership
0876973587 / 0949047022
aronayne@mayococo.ie
Find us on Facebook "Mayo Sports Partnership"

Large crowds attend 'Family Fun Day' in Claremorris

Mayo Integration Forum held a 'family fun day' last weekend in Claremorris. The forum comprises Mayo County Development Board, Mayo Sports Partnership, Family Resource Centers, and Mayo Intercultural Action, Mayo North East Leader Partnership and other agencies and groups. One of the goals of the Forum is to promote active integration of people from different countries of origin who chose Ireland as their home. The event was organized to encourage integration of diverse communities through active sport interaction and cultural exchange.



The Family Fun Day was held at the Claremorris Athletic Club indoor facilities. With over 400 people attending from communities with origins from DR Congo, Lithuania, Latvia, Ireland, Nigeria, Myanmar, Russia, Poland and the Philippines getting together to showcase their traditional food, craft, music and sport.

A number of athletic activities were organized by Mayo Sports Partnership and the Claremorris Athletic Club for children, such as races, high jump, hurdles, high Jump.

Everyone got an opportunity to sample great varieties of food (most of which are now available in local ethnic shops). Attendees also got to take part in sport activities, enjoy music, chat and dance, and pick up a keepsake from another culture.

The day proved to be a fantastic opportunity to get to know other people and make friends with people from all over the world living in our communities.

For more information on the Family Fun Day please contact Mayo Intercultural Action on 0949044511.

Community Sport Programmes | Clár Pobail Spóirt



Anne Ronayne | Community Sports Development Project Worker
Contact Anne at 094 9047022

Castlebar Sports Forum

A recent presentation was made to Castlebar Town Council Area meeting by Charlie Lambert and Anne Ronayne of Mayo Sports Partnership. As part of the presentation a proposal was made by the Sports Partnership to develop a Sports Forum in Castlebar which would ideally be made up of various interested agencies and representatives with view to promoting the usage of the many town facilities such as Lough Lannagh and the new Knockthomas facilities etc. The forum would develop programmes for hard to reach groups that wouldn't normally have access to sport or recreation. The Town Clerk Marie Crowley has put the item firmly on the agenda for next months meeting of the town council.

Further information contact:-

Anne Ronayne
Community Sport Development Project Worker
Mayo Sports Partnership
0876973587 / 0949047022 aronayne@mayococo.ie

Moy Sports Forum Autumn 2012 Update

Moy Sports Forum has rolled out 2 soccer programmes this Autumn in the Ballina area.

Soccer

- Men's soccer 7-9pm on every Friday in Belleek from Fri September 28th for 6 weeks
- Young adults soccer 13-17year olds for 6 weeks in Belleek every 5-7pm on Tuesdays from Sept 18th for 6 Tuesdays

Any queries on Moy Sports Forum Soccer contact James on 0877695137

Tennis

- Some Children from Greenhills who have participated in the ongoing Moy Sports Forum/Allwin tennis programmes over the past couple of years have been invited to coaching lessons at Ballina Tennis Club. Under the tutelage of Olywn O'Toole from Allwin tennis the children are involved in a programme run by Ballina Tennis Club and funded by Mayo Sports Partnership under our special participation grant scheme.
- The Next Meeting of Moy Sports Forum is Thursday October 4th.

Further information on Moy Sports Forum contact:-

Anne Ronayne
Community Sport Development Project Worker
Mayo Sports Partnership
0876973587 / 0949047022 aronayne@mayococo.ie

Participants selected for Goal to Work Coaching Programme for East Mayo

12 jobseekers / social welfare recipients have been selected through interview to participate in a 14 week training course to become fully qualified sports coaches. Goal to Work for East Mayo commenced on the 4th September in Ballyhaunis. The course is facilitated by Mayo North East LEADER Partnership Company and Mayo Sports Partnership in association with Mayo County Development Board, Mayo Mental Health Association, Connacht Rugby (IRFU), the FAI, Mayo GAA, HSE, and the Department of Social Protection.

Goal to Work Ballyhaunis Community Programs

In conjunction with 'Goal to Work' Ballyhaunis 2012 Mayo Sports Partnership is delivering 3 community programs led by the Goal to Work trainees themselves. The 3 programs encompass various target groups for the partnership i.e. children with special needs, men who may be unemployed and older people. The programs are being organised by Goal to Work Ballyhaunis trainees in conjunction with Community Development Worker Anne Ronayne, Mayo Sports Partnership.

Ladies Leisure Cycling

A Ladies Leisure Cycle was held in Swinford on Sunday Morning September 16th The event which was funded by Connaught Cycling, supported by Mayo Sports Partnership and organised by representatives from the various cycling clubs in Mayo (e.g. Swinford, Ballinrobe, Castlebar and Westport) turned out to be a wonderful success.

This event aimed to encourage all women with an interest in cycling to participate in a fun leisurely cycle; at their own pace. The event included early morning teas and coffees at the Amenity Centre in Swinford followed by excellent briefings on safety, nutrition, bike maintenance delivered by Padraic Frain and Ian Gourlay of Connacht Cycling, Marie Fallon from the Swinford Club, Marie Fraser of Ballinrobe Club and many other speakers; before over 50 women set out on their bicycles, on their choice of one of three different routes of distances 32k (18miles), 40k (24miles) and 65k (39miles).

Later when the cycle was complete everyone gathered back at the Swinford Amenity Centre for some soup and sandwiches. A great active and fun day was had by all and it is hoped that a similar event will be held in early 2013.

Anyone interested in joining their local cycling club should make contact with Padraic Frain (padraicfrain@gmail.com) or Ian Gourlay (086 8145611) from Connaught Cycling.

For details of what is their nearest club on log onto www.connaughtcycling.ie

Anne Ronayne - Community Sports Development Project Worker
Mayo Sports Partnership - 0949047022/0876973587 - aronayne@mayococo.ie



Claremorris AC and Mayo Sports Partnership launch their Autumn 2012 Timetable

This Autumn 2012 Claremorris Athletic Club and Mayo Sports Partnership have teamed up to offer 4 varied programmes to the general public. Working together for the past 3 years together they are now in a position to offer:

Men on the Move

Men on The Move: Starts at the Car-Park at the back of De-care every Tuesday at 7.30pm for 6 weeks starting Tuesday September 25th. Cost is €30 for 6-8 weeks once per week. Contact Paul Gleeson on 087 1324239 Men on the Move leader for further information

Autumn 2012 Introduction to Primary School Athletics



The Autumn Programme includes over 10 Primary Schools from the South and East of Mayo. With 4 – 5 sessions per week at the Claremorris Indoor Recreation Centre (Claremorris AC indoor Facilities) this programme is led by 2 Claremorris Athletic Club coaches. The coaches introduce children from all classes to various athletic disciplines. The Autumn Programme is now completely full and schools interested in participating in the 'Winter 2012 Introduction to Primary School Athletics'. The

Winter Programme runs November – December. Interested primary schools should contact Anne Ronayne, Mayo Sports Partnership.

Indoor Fitwalking

Indoor Fit-Walking programme at the Claremorris Indoor Recreation Centre (Claremorris AC indoor Facilities) starts Monday November 5th, Nov 12th, Nov 19th, Nov 26th and Dec 3rd. Indoor fitwalking is a superb way to improve fitness, to learn about heart rate monitor use, how to use a pedometer. The programme covers stridewalking, power walking and shows the participant the difference between aerobic and anaerobic exercise. This programme has limited places so those interested should contact Joan Walsh 087 6726029 to book a place.

Claremorris Women's 'Walking and Jogging' Group

Would you like to get fitter in a fun and relaxed Atmosphere? Would you like to improve your walking or jogging but don't know where to start? Perhaps you would love to walk or jog the women's mini marathon in 2013. Why not come along and start walking or jogging at this once per week women's 'get together' in Claremorris?

For just €2 per session you can walk or jog in a group while receiving tips and hints on walking and running from a trained leader.

Contact Anne Ronayne, Mayo Sports Partnership to add your name to the list of women interested. (Numbers are limited)

Anne Ronayne - Community Sport Development Project Worker - Mayo Sports Partnership
0876973587 / 0949047022 aronayne@mayococo.ie

Fit4Work Autumn 2012 Schedule

Fit4Work is now very well established and is offering a comprehensive programme of classes this autumn. The classes are available for anyone working or studying in Mayo County Council, GMIT, HSE, VEC or Western Care.

The classes are subsidised and are mostly held at the GMIT. This autumn some new classes have been offered such as Yoyalates, a new Pilates and a new Yoga Class, A walking/jogging 'Lough Lannagh Meet up and Train' group has been set up, as well as the usual popular classes such as Metafit, Bootcamp, Boxercise etc



Initiatives for the Unemployed | Tionscnaimh do Dhaoine Dífhostaithe

Discounted Bike Hire rates now Available on Greenway



Mayo Sports Partnership and Clew Bay Bike Hire Co have teamed up to provide unbeatable discounted daily bike hire rates for anyone in receipt of a social welfare payment. The special 5 euro daily rate from outlets in Westport and Newport will be available from the 1st October. This latest initiative under the Sports Partnerships "Link2BActive" scheme continues to encourage participation by those on social welfare in sport and physical activity.

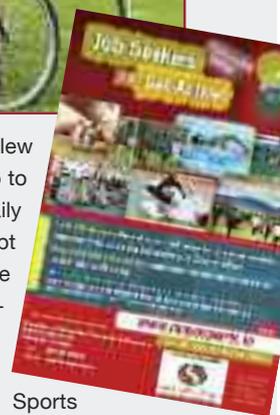
Close to 20 sports facilities / suppliers are now offering discounted rates with full details now available on the Sports Partnerships website www.mayosports.ie

"Through this scheme everybody can experience the thrill of cycling on the Greenway" commented Minister of State for Tourism and Sport Michael Ring when launching the scheme recently.

"I would also like to commend both Mayo Sports Partnership and Clew Bay Bike Hire for coming together to provide accessible participation opportunities on our fantastic Greenway facility." Minister Ring added.

To avail of this special offer participants can call to either of the Clew Bay Bike Hire shops at Westport and Newport and quote the Link2BActive slogan. You should also provide some evidence of being in receipt of a social welfare payment ie latest receipt slip.

You can also call Clew Bay Bike Hire at 098 37675 or email: info@clewbayoutdoors.ie for more information.



Club Profile | Cur síos ar Chlub

Geesala Boxing Club



History: The club was originally founded in the 1950's by the late Fr. Joe Hearte and was re-launched in 1979 by one of its original members Patrick Barrett together with its current Chairman Gerry Coyle.

Aims: The club is open to both males and females and aims to foster boxing training and physical fitness in general to the local community. Currently it caters to members from all over the Barony of Erris, including foreign nationals who have made a home here and others with learning difficulties. It has also promoted the use of the Irish language and has organised events and joint trips with the Rosmuc Club from the Connemara gaeltacht.

Achievements: The club is currently number one in both Mayo and Connacht, with a record 69 National titles to its name. Since its launch it has won county, provincial and national titles in every division from juvenile to senior level. Members and officials have also represented Ireland at international level on many occasions. In 2010 the I.A.B.A. bestowed the "club of the year award" to mark the winning of 17 National titles in one season. Despite the disadvantage of being located in a very small rural area it continues to go from strength to strength.

Schools Section | Rannóg na Scoileanna

Secondary Schools testing your Fitness making the grade and passing the test

Transition year students from second level schools across county Mayo were involved in an eight week programme to increase their fitness level an initiative run by Mayo Sports Partnership with the support of Mayo VEC and Mayo County Council. The Transition year students took part in the bleep endurance test to assess their level of fitness. They were then asked to increase their physical activity for a an eight week period after which they took the bleep endurance test again to see if they had increased their fitness level.

The aim of the programme was be to see if students could improved their fitness levels and have reached the recommended level or bettered it. Students were also given an exercise plan that they could use if they so wished. Expression of interest forms were sent to all secondary level schools/colleges in County Mayo and the following took part in the programme.

The programme enabled the participants/students to increase their activity levels and their confidence. It also gives them an important social outlet where they could feel comfortable and interact with instructors and other participants in a meaningful way. A number of the participants that took part had engaged in little or no physical activity previously. 93% of those participants that were retested had increased their fitness levels.

Some additional outcomes included:

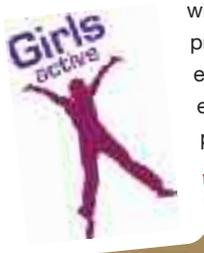
- Increased fitness levels in participants
- Increased confidence levels in participants
- Enhanced social interaction amongst participants
- A genuine interest in physical activity and the impact that physical activity has on life style, was created with a number of participants.
- Participants took part in other activity events such as The West of Irelands Woman's Mini Marathon.

Ray Mc Namara from Mayo Sports Partnership said 'getting students to participate in a before and after test shows the students first hand the benefits of been physically active and how much better you feel when you part take in physical activity and therefore educates students that exercise is good for you and has a massive impact on improving both our physical and mental health'.



Girls Active Signs Off with Jamboree Day

Over 50 teenage girls from 4 second level schools throughout Mayo met in Castlebar recently to celebrate the completion of the Mayo Sport Partnership led Girls Active Project. The initiative, now in its 3rd year, targets girls aged 15 – 17 yrs, who are not involved in regular physical activity, for increased sporting opportunities. Funded through the Get Ireland Active Programme and the HSE the project has proven to be a big hit with schools with over 200 girls from 10 schools participating in the project. Throughout the course of the 10 week programme girls experienced activities such as Zumba Dancing, Boxcercise, Bootcamp, exercise to music, yoga, pilates and much more. All the activities took place at lunchtime or after school.



New initiative for Primary Schools



Mayo Sports Partnership is to deliver a new initiative this Autumn to assist primary schools in providing additional physical activity opportunities. The Be Active After School Activity Programme (ASAP) is an exciting new programme that provides opportunities for children to engage in physical activities in a non competitive after school setting. Led by teachers and supported by parents the Be Active ASAP supports the PE curriculum. It is funded by the HSE, supported by the Irish Sports Council and St. Patricks College of Education in Drumcondra.

The Be Active ASAP is designed for 7-8 year olds and is FREE to all participating schools. The programme includes a comprehensive resource folder, teacher handbook, teacher training, support and school visits.

It is recommended that schools wishing to achieve the Active School Flag should consider the Be Active ASAP as a means of securing the flag.

A series of training workshops will take place across the county for a total of 18 schools. Details are given below:

Area	Date	Time	Venue
South Mayo	Tuesday 2nd October	3.45pm – 6.45pm	St Josephs Primary School Ballinrobe
North Mayo	Wednesday 3rd October	3.45pm – 6.45pm	Crossmolina N.S.
East Mayo	Tuesday 9th October	3.45pm – 6.45pm	St Attractas N.S. Charlestown
West Mayo	Wednesday 10th October	3.45pm – 6.45pm	Derrywash N.S. Castlebar

For more information visit www.beactiveasap.ie . Any additional schools wishing to participate in this programme can express their interest in the 2013 delivery by contacting the contact Mayo Sports Partnership at 094-9047025 or email misp@mayococo.ie

Other News | Nuacht Eile

Get Ireland Active Website 2013

Get Ireland Active is a new website developed as a one stop shop for physical activity events in Ireland and launched in Oct 2011. It's a great opportunity to promote your event, club, facility or group activities for free. People can search by county and by age group, and all activities are displayed in categories, so it's simple to find what you are looking for. For example you could search for children's soccer or walking for adults in Mayo etc.



Anyone can post an event by visiting www.getirelandactive.ie/events and clicking on the pink 'submit event' button. Your event details are then sent to a moderator, and they should appear on the site within a few days.

Thanks for all your assistance and we look forward to a more Active Ireland.

The Gathering Ireland 2013

The Gathering is a unique chance for us all to join a countrywide movement led by the people of Ireland to reach out to our global diaspora. It is time to bring them home for an unprecedented year-long celebration of all that is great about Ireland, her people and their impact on the world. Through authentic local gatherings we will create and renew connections that will benefit our communities and people through 2012 and beyond.



BE PART OF IT - Find out at www.theGatheringIreland.com

Sports Club Directory Update

Mayo Sports Partnership is constantly updating the Sports Club/Organisation Directory. If your club contact details have changed, could you please contact MSP offices on 094-9047025 with up to date contact details for your club (including the name, address, contact no, club facilities, e-mail address of the contact person and their role in the organisation). This information will be used to update our online directory and our sports clubs database.

If you would like to advertise your clubs events on the MSP website or in our Calendar of Events, please contact the Sports Partnership office with all the details.

Walking and Cycling Initiatives I Tionscnaimh Siúlóide agus Rothaíochta

Minister Vradakar Cycles Great Western Greenway



When attending the Fine Gael parliamentary meeting in Westport recently Minister for Transport Tourism and Sport met with Town Council, Smarter Travel and Sports Partnership representatives to discuss the promotion of cycling / walking routes in the area. The Minister then experienced the delights of the Great Western Greenway with other party representatives when he cycled the 25K route to Mulranny. The Minister was accompanied on the cycle with Sports Partnership Co-ordinator Charlie Lambert and was very complimentary on the experience. He has since announced the Departments intention to have a Greenway all the way from Dublin to Galway towards Clifden and then linking in to the Great Western Greenway. How about that for a vision.

NATIONAL TRAILS DAY 2012 Sunday Oct 7th.

The 5th year National Trails Day was organised as a day to celebrate Ireland's wonderful network of trails and encourage people young and old to come out for a walk, cycle or paddle in the Irish outdoors!

Last year over 230 walking, cycling and other outdoor recreation events were organised all over the country attracting over 10,000 people.

A series of events were organised for Mayo and are available to be viewed at www.nationaltrailsday.ie



Did You Get on Your Bike during Bike Week 2012



National Bike Week was launched in 2009 to raise the profile of cycling as a healthy and fun mode of transport. Mayo Bike Week is an integral part of the overall National Bike Week initiative and is organised by Mayo Sports Partnership, Mayo County Council, Westport Town Council, Smart Travel

Castlebar and many other community /sporting organisations across the county.

Bike Week began in Mayo on Saturday 16th June with a very successful Commarket to Castle Family Cycle organised by Western Lakes Cycling Club in Ballinrobe. Other organisations who organised events included Erris Beo who organised a group cycle, Ballina Lions Clubs "Get Off the Couch and on Yer Bike" Family Cycle in Beleek Woods and cycling skills workshops over the whole week in St Gerald's School Castlebar by Castlebar Cycling Club.

Other events included Achill GAA Club and Westport Cycling Clubs family fun cycles on the Great Western Greenway. In total 16 events from Kilmovee to Tourmakeady were run with a total of over 600 participating. More information on Bike Week can be found at www.bikeweek.ie



Are you interested in a 5 week Fit Walk Programme in your Community?



Expressions of interest are now being taken for the Autumn / Winter Community Fit Walking Programme.

The overall aim of this 5 week programme is to promote Fitness through Walking.

The Programme comprises 5 x 1hr once-weekly sessions delivered in an indoor setting. The key outcomes are that participants will;

- understand the key components of physical fitness and how to get best fitness benefits from walking;
- understand how to use Step Counters and Heart Monitors and their function in getting best fitness benefits from walking;
- be familiar with the techniques of Stride-Walking and PowerWalking.

Participating communities must have access to an indoor hall, minimum badminton court size, for 1 hour per week for 5 weeks. The group should be about 20 in number. Classes can also be scheduled in the mornings as well as evening time.

If your community or group is interested in taking up this programme, expressions of interest can be made to the Sports Partnership Office 094-9047025 or by email to mSP@mayococo.ie

PROGRAMME DETAILS

Achill
Wednesdays
TBC

Claremorris Athletic Club
Mondays (Nov 5th)
8-9pm

Tourmakeady Comm Centre
Wednesdays
7 - 8pm

Latest Research | Taighde

Irish Sports Council Publishes Irish Sports Monitor Report 2011

Key Findings

- Participation in sport increased from 34% in 2009 to 46% in 2011
- Sedentarism fell from 16% in 2009 to 13% in 2011
- Rates of volunteering in sport increased from 7% in 2009 to 15% in 2011
- Club membership has increased from 32% to 38%
- Attendance at sporting events rose from 17% in 2009 to 22% in 2011
- Personal exercise (11%) and swimming (10%) are the most popular physical activities
- Increased time a key factor in increased participation with notable increases among the unemployed as well as those among the younger and older groups of adults



The fourth Irish Sports Monitor report, for the year 2011, was published today by the Irish Sports Council. The report, written by Ipsos MRBI on behalf of the Council, measures adult participation in sport and physical activity and compares it with previously published information.

The report shows that there were very significant increases in the levels of engagement with sport across active and social participation measures. This occurred most notably in relation to active participation in sport which recorded a rise from 34% in 2009 to 46% in 2011.

Another key metric is the level of sedentarism which reflects the extent of inactivity within the population. Between 2009 and 2011 this measure recorded a decrease from 16% to 13%. This is important for population health as the biggest health gains are shown to be achieved when getting totally inactive people to participate in some form of physical activity.

Overall personal exercise is the most popular activity (11%). Swimming continues to grow (10%) and the apparent boom in running is captured with 7% participating. Soccer (6%), cycling (6%) golf (5%) and dance (4%) are also very popular. The Irish Sport Monitor reports a rise in levels of voluntary activity for sport between 2009 and 2011 from 7% to 15%. It is also significant to note the increase in club membership from 32% to 38% and attendance at sporting events for 17% to 22% including 8% who had attended a Gaelic football match. Each of these measures indicates that sport makes a very significant contribution to community and economic life in Ireland.

The Irish Sports Monitor (ISM) is a survey of participation in sport and physical exercise in Ireland, which began in 2007 and continued throughout 2008 and 2009. There was a gap in 2010 when there was a competitive process to agree the provider of the ISM to the Council. Based on regular interviews with adults aged 16 and over, the ISM is primarily designed to track levels of participation in sport and recreational exercise, both for the population as a whole and various subpopulations of interest. To achieve sufficient accuracy, it employs large annual samples: 8,749 in 2011, 9,781 in 2009; 6,829 in 2008; 9,767 in 2007.

Older Adult Programmes | Cláir do Dhaoine níos sine

PAL's Training Day

(Physical Activity Leader Training and Active 55 Training) In association with the HSE and Mayo Sports Partnership

Learn how to run fun activities and games to help you and your group become more active. Health Promotion Services, HSE invites 2 member of your group to a Fun Training Day.



Breaffy GAA Club - 9.30-3.00pm - Thurs 25th October 2012

Ballyhaunis Parochial Hall - 9.30-3.00pm - Tues 30th October 2012

- Suitable for Active Retirement Groups, Over 55's Groups, ICA Groups, Community Groups or Care Settings
- It is important that someone who is willing to lead the activities in your group or setting is made available for the training.
- Wear comfortable clothing. Lunch, Tea + Coffee Provided

Places are limited so please call or email Ray before 1pm on 094-9047025 email: msp@mayococo.ie to confirm your place before Friday 19th October 2012. Please note that there is a course fee of €20 to this event.

To avoid being disappointed book early as we cannot accept people who attend on the day without prior booking.

Kind regards Paul Gillen (091-548323) / Ray Mc Namara (094-9047023)

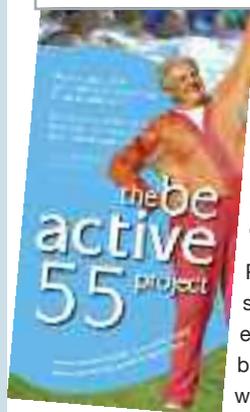
Ballina Boccia Club 2013



Moy Valley Resource Centre in association with Mayo Sports Partnership have hosted two come and try Boccia events in the Kennedy Glasgow Centre in Ballina. As a result of these

come and try days they now have a regular Boccia session every Thursday from 12 noon in the active 55 club on cathedral road in Ballina. This activity is open to anyone that would like to participate in an inclusive game and meet new people if you are interested call Ray Mc Namara on 094 9047023 or email rmcnamara@mayococo.ie

Be Active 55 Autumn 2012



Are you aged 55+ and looking for something to do? Do you want to feel fitter, have fun, have more energy and meet new people? If you do why not get involved in the Be Active 55 Initiative designed specially for you.

The Mayo Sports Partnership, H.S.E. West, Go for Life and leisure / sports centres in Mayo have joined forces in an initiative to get over 55s more active, more often.

Participants can 'come and try' activities such as mobilisers, fun fit, social activities, bowling, games, movement for life, balance activities, exercise to music and much more. You will meet new people, have a bit of craic, take some exercise and have a chat with a cuppa afterwards. It's a win, win, win situation all round.

A full timetable of classes in locations across the county is available below. Why not give it a go!

Is there any cost? . The price of the class will be €5 which will also cover a cup of tea for participants.

To find out more about the Project you can contact the Health Promotion Services of the HSE at 094 9042589 or Mayo Sports Partnership at 094-9047025.

Upcoming Events | Imeachtaí

Autumn 2012 Programme of training / events

www.mayosports.ie

Date & Time	Workshop / Course	Venue	Fee	Further Information
September				
Fri 28th Sept (7pm – 10pm) & Sat 29th Sept (9.30pm – 4.30pm)	Irish Sports Council Sports / Active Leadership Training	Tooreen Community Centre	€20	www.mayosports.ie msp@mayococo.ie (094) 904 7025
Sat 29th September (10am – 2pm)	Buntús Refresher Course (Childcare Practitioners)	Ballyheane	N/A	Mayo County Childcare 094 9047010
October				
Tues 2nd, Wed 3rd, Tues 9th, Wed 10th October (4pm-7pm)	Be Active After School Programme Workshops (Primary School Teachers Only)	TBC	N/A	www.mayosports.ie msp@mayococo.ie (094) 904 7025
Sunday 7th October	National Trails Day	Various	N/A	Anna Connor 094-9047545
Oct 20th & 21st (9:30am-4:30pm)	Occupational Sports First Aid (FETAC level5) (For Sports Volunteers Primarily)	Ballyheane Castlebar	€80	www.mayosports.ie msp@mayococo.ie (094) 904 7025
Tues 23rd October (7pm – 10pm)	Code of Ethics & Best Practice in Sport Awareness Course	Ballina Sports and Leisure Complex	€15	www.mayosports.ie msp@mayococo.ie (094) 904 7025
Thurs 25th October (9.30am – 3pm)	Go for Life Physical Activity Day	Breaffy GAA Centre	N/A	Ray Mc Namara rmcnamara@mayococo.ie 094-9047023
Tuesday 30th October (9.30am – 3pm)	Physical Activity Leader Training (For those working with Older People)	Ballyhaunis Parochial Hall	N/A	www.mayosports.ie
November				
Tues 6th & 13th November (7:00pm-10:00pm)	Childrens Officer in Sport Course (you must have completed Code of Ethics Awareness course before participating in this course)	Mayo Education Centre Castlebar	€25	www.mayosports.ie msp@mayococo.ie (094) 904 7025
Fri 9th Nov (7pm – 10pm) & Sat 10th Nov (9.30pm – 4.30pm)	Irish Sports Council Sports / Active Leadership Training	TBC	€20	www.mayosports.ie msp@mayococo.ie (094) 904 7025
Nov 17th & 18th (9:30am-4:30pm)	Occupational Sports First Aid (FETAC level5) (For Sports Volunteers Primarily)	Ballyheane Castlebar	€80	www.mayosports.ie msp@mayococo.ie (094) 904 7025
Wed 21st Nov (7pm – 10pm)	Code of Ethics & Best Practice in Sport Awareness Course	Curam Centre Claremorris	€15	www.mayosports.ie msp@mayococo.ie (094) 904 7025
Nov 14th (7.30pm – 10pm)	Club Development Seminar Series "Success in Sport what does it take"	Breaffy House Hotel	TBC	www.mayosports.ie msp@mayococo.ie (094) 904 7025
Nov 28th (7.30pm – 10pm)	Club Development Seminar Series "Social media and your club"	Mayo Sports Partnership offices Moneen Castlebar	TBC	www.mayosports.ie msp@mayococo.ie (094) 904 7025

Further information on courses and applications can be downloaded from our website www.mayosports.ie, before posting application, please check with office to ensure places are left on your chosen course by email msp@mayosports.ie or phone:094 9047025, Thank You.

Development Officer Contacts 2012

Sport	Contact for further info.	Tel / E-mail	Sport	Contact for further info.	Tel / E-mail
Athletics	Paul McNamara	0872693675 paul@athleticsireland.ie	Ladies GAA	Noelle Gormely	ngconnachtdev@gmail.com
Badminton	Tom Hehir	086 3998894 tom.hehir@badminton.ie	Mens GAA	Billy McNicholas	087 2497407 billymacn@eircom.net
Camogie	Caroline Murray	087 1251269 cmurray@camogie.ie	Rugby	Lyndon Jones	087 2483073 lyndonjones@gmail.com
Cycling	Gerry Butler	087 2580294 gerardbutler2004@eircom.net	Soccer	Paul Byrne	086 8579678 paul.byrne@fai.ie
Golf	Justin O Byrne	087 9962117 jobyrne@juniorgolfireland.com	Tennis	Gareth Barry	0872935322 gbarry6@hotmail.com
Hurling	Adrian Hession	087-2450566 adrianhess@eircom.net	Swimming	Chantal Gibney	01 6251190
			Volleyball	Paul Mc Keever	087-4195516 ddc@volleyballireland.com