WELCOME

The Mayo Sports Partnership through Charlie Lambert and his team strives to increase participation in all types of sports for all abilities and age groups in the county. They have a proven track record liaising with community groups and clubs to coordinate and promote sport at local level. It was a privilege for me to be elected from the board of the Mayo Sports Partnership last Autumn.

I would like to pay tribute to great efforts being made by the huge numbers of committed volunteers throughout the county as the participation programmes supported by the partnership would not be possible without their efforts.

Liz Murphy

Board Member Mayo Sports Partnership

BOXER KENNETH EGAN HEADLINES SPORTS SEMINAR IN WESTPORT

Olympic silver medallist Kenneth Egan will be one of the sports stars and managers lining out to speak on Achieving Success in Sport – What does it take? - a free, public seminar taking place in Westport on Wednesday, November 11th starting at 7.30 pm.

Kenneth, or Kenny, will be joined by James Horan, Former Mayo Senior Football Manager, Valerie Mulcahy, one of the country’s most decorated sportswomen having claimed nine All-Ireland titles with the Cork Ladies Football side. The seminar will be chaired by Ballinrobe native and well-known GAA commentator Liam Horan. Also speaking is Brendan Murphy, Drugs Service Regional Training Officer with the HSE and expert on substance use within sport.

The seminar is part of the Western Region Drug & Alcohol Awareness Week. It is being organized by the Western Region Drugs Task Force (WRDTF), in partnership with Mayo Sports Partnership and Mayo Community and Enterprise.

The open forum will explore all aspects of sporting life including issues such as the relationship between sport and physical, emotional and mental health, the link between sport and alcohol in society, the demands and pressures on high performance athletes, the impact of performance enhancing substances and the importance of leadership, management and preparation so that teams and individuals can make winning a habit.

To book a place at the seminar, call 094-9047025 or email msp@mayococo.ie
Minister of State for Tourism and Sport, Mr. Michael Ring TD announced an investment package of Dormant Accounts Funding for Sport in Mayo.

The investment will include the establishment of a Community Sport and Physical Activity Hub in Ballyhaunis and the creation of the Mayo Community Coaching Programme.

The aim of the Community Sport and Physical Activity Hub is to bring people together and provide a home for local clubs and sports organisations. Supported by the Mayo Sports Partnership, the hub will provide information, support and advice on a wide range of sports and physical activities and make it easier for people in Ballyhaunis to get involved and engage in a more active and healthier lifestyle.

Announcing the investment, Minister Ring commented “The Ballyhaunis hub and multi sport area will be a focal point for delivery of a wide variety of sport and physical activity programmes including Walking Programmes, Couch to 5k, Girls Active, Sofa to Saddle, Men on the Move and Active 55. I am particularly delighted to announce as part of the Hub, the development of a cricket practice run area which will adjoin a community facility currently under development”.

The Mayo “Goal to Work” Community Coaching Programme aims to deliver specialised training and education courses for jobs seekers. The programme is in line with the Government’s ‘Pathways to Work’ Policy and seeks to empower individuals by providing a clear education pathway for those interested in working in sports development.

ANNUAL WESTERN PEOPLE MINI MARATHON
ANOTHER SUCCESS

The Mall in Castlebar was a sea of colour and excitement as large crowds of men, women and children gathered in the county town for the 6th annual Western People West of Ireland Women’s Mini Marathon. Olympic silver medallist Sonia O Sullivan was the special guest on the day, alongside the Cathaoirleach of Mayo County Council Cllr Damian Ryan.

Arguably, it was the children who stole the show on Sunday, with hundreds signing up for the 2nd Mini-Mini event. Similarly, there were a number of second level schools taking part as part of their initiative to promote sport and physical activity amongst teenage girls.

On the course first home was Cork girl Lizzy Lee of Leevale Athletic Club in a time of 35mins 35 seconds, second place was Nora Newcombe of Mayo AC in a time of 37 minutes 14 seconds and in 3rd place was Regina Casey Galway City Harriers in a time of 37 minutes 25 seconds.

Over the last six years, the Mini Marathon – organised by the Western People and the Mayo Sports Partnership – has helped raise well in excess of €1.5 million for local charities and once again, scores of worthy causes were well represented.

This year, close to 2,000 participants completed the 10km course, while more than 400 others took part in the Mini-Mini event.
GOAL TO WORK SPORTS COACH TRAINING WEST MAYO

12 jobseeker trainees have been selected to undertake a 10 week, 3 days a week, sports coaching training programme based in Westport. Funded through the Dormant Accounts Board training commenced on the 22nd September with a finish date of the 20th November. Trainee coaches will receive foundation level coach education in GAA, Soccer and Rugby.

The Goal to Work Sports Coach Training Programme will include a classroom based learning component including a FETAC accredited module in Occupational First Aid. It will also deliver accredited training in Child Protection in Sport, Irish Sports Council Active Leadership and Disability Awareness. In addition to these accredited modules the programme will also provide information through specialist guest speakers on how to set up and manage your own business, enterprise opportunities, job readiness skills, personal development, building self esteem and self confidence, identification of personal progression options in employment, further education and training.

Courses are planned for Ballyhaunis and Ballina in the new year so please keep an eye on the website and Facebook page for more details.

MAYO SPORTS PARTNERSHIP'S BEGINNER COACH TO 5K PROGRAMME AUTUMN 2015

The Autumn Beginners Couch to 5k is ongoing in 4 areas with approx 150 participants in Ballinrobe, Ballyhaunis, Castlebar and Claremorris. The programme is designed particularly for ‘absolute beginners’ who want to be able to achieve that 5k distance by walking, walking/jogging or jogging. Many of us look at others taking part in the Park Run or the local 5k and wish that it could be us who are participating and this programme is the ideal way to reach that goal. The programme is led by qualified leaders who understand that participants need to build confidence, fitness and change their habits. The programme is an excellent way to meet others that are also starting out. There is a wonderful social side to it all. It is fun, low key, no frills and by Christmas many people will be bitten by the bug and be great ambassadors for physical activity both walking and jogging. The Beginners Couch to 5k was designed by Mayo Sports Partnership in partnership with Claremorris Athletic and leisure club, Connacht GAA and Ballinrobe AC. The target group is teenagers and adults who are not physically active but would like to be.

Contact Anne Ronayne, Community Sports Development Project Worker, Mayo Sports Partnership on 094 9047022 or aronayne@mayococo.ie for further details or if you would like to set up a group in your area.

2ND YEAR HEALTHY LIVING PROGRAMME

A 2nd Year Healthy Living Programme is being held at Ballyhaunis Community School on Tuesday November 17th. The programme is about creating awareness among the teenagers of their health generally. The evidence for this programme relates to teenage drinking statistics but also to inactivity in teenagers and to deliver information about damage caused by drugs and alcohol, the benefits of physical activity and the link between the two in relation to physical and mental health in young people.

4 workshops comprising Drugs and Alcohol awareness, team building, sport and mental health and sporting activities will be rolled out over a 3 hour morning period. In partnership with the Western Regional Drugs Task Force this programme is being delivered by Ballyhaunis Sports Network.

For further information contact Anne Ronayne, Community Sports Development Worker with Mayo Sports Partnership on 094-9047022 or aronayne@mayococo.ie
MEN ON THE MOVE is an activity programme aimed at men aged 30+
- the aim is to get active, have fun and improve fitness. It involves weekly/twice
weekly sessions which are leader led. Training sessions are structured to suit different fitness
levels and progress fitness at a pace to suit you! Your local Men on the Move Leaders are: Achill Caroline 085
7081007; Ballaghadereen Geraldine 086 8105964 Ballina Tarag 087 6471919; Ballinrobe Lakeside Sports
Complex 094 9541364; Ballyhaunis Tracey 086 0618126; Castlebar Taragh 087 6471919; Charlestown
CBD Sports Complex 094 9255420; Claremorris Jim 087 6733481; Crossmolina Ciaran 086 0862542; Erris
Michelle 0877646710; Swinford Geraldine 086 8105964; Westport Deirdre 087 6305577.

MEET AND TRAIN is an initiative where walkers, joggers and runners can come together for an organised
training session under the direction of experienced leaders. Whatever your ability there is a place for you.
Your local Meet and Train Leaders are: Ballina Liz Murphy 0872419309; Ballinrobe Joan Walsh 087 6726029;
Ballyhaunis Martin Fitzmaurice 087 2455989; Castlebar/Claremorris PJ Hall 085 1742816; Erris Area Michelle Healy 087 7646710;
North Mayo Tara Cosgrove 087 6471919; South Mayo Joan Walsh 087 6726029.

FitWALK’s FleetFEET PROGRAMME is a 5-week Indoor fitness walking programme which focuses on
techniques in stridewalking and powerwalking. The sessions also include strengthening exercises and are
appealing to people from all age groups. Your local FitWALK Trainers are: East Mayo Geraldine Finn
086 8105964; Castlebar/Claremorris PJ Hall 085 1742816; Erris Area Michelle Healy 087 7646710;
North Mayo Tara Cosgrove 087 6471919; South Mayo Joan Walsh 087 6726029.

PARK RUN is a weekly, recreational, non competitive free timed 5K jog/run. These events are run by local
volunteers and you need to pre register at www.parkrun.ie Westport – Saturday Mornings 9.30am. Meeting
Point - Mill St / High St Car Park; Castlebar – Saturday Mornings 9.30am. Meeting Point - Castlebar Tennis Club;
Ballina – Saturday Mornings 9.30am. Meeting Point - Ballina Town Soccer Club

WALKING GROUPS There are a number of established Walking / Hillwalking groups throughout
the county. Lake District Walking Club Ann Reid 086 8344340; Moy Mountaineering / Ballina Hill
Walking Club Ron Howko 094 9251357; Ox Mountain Ramblers Janet Moffat 096 22170; Galway
GMT Hill Walking Club Susan Callinan 086 8662583; Burrenshoe Loop Walks Comm Cathleen Fergus
087 3748276; Westport Hill Walking & Mountaineering Club Wendy Palmer 087 3300659;
North West Mayo Hillwalkers Greta Byrne 096 43325; Foxford Walking Club Gerry Tighe 087 7992865;
Castlebar Walkers Anne Timothy 086 6302016; Women on the Move Ballina Kathleen Harrison
086-3006131; Mayo Eagles Ramblers Club Claremorris Mairead Dooley 094 9360891; Straide Walking
Group Kate O Hara 087 6883880; Keenagh on the Move Mary Hegarty Lynn 087 6430598; Arthritis Ireland
(Mayo Branch) Taragh Cosgrave 087 6471919; Cong Social Walking Club Miriam Lennihan 087 2795126;
Newport Walking Group Fiona Hopkins 087 7918172.

COUCH TO 5K This is an 8 week beginner programme for walkers who want to progress to running. A limited number of places available contact Mayo Sports Partnership at 094 9047025 to book.
Ballyhaunis - Contact Tracy Cunnane 086 0618126; Ballinrobe - Contact Joan Walsh 087 6726029;
Castlebar - Contact Deirdre Donnelly 087 6305577; Claremorris - Contact Jim Ryan 087 67334814.

ACTIVE 55 Aged 55+ and looking for something to do? Want to feel fitter, have fun, have more energy
and meet new people? Why not get involved in Active 55 near you: Ballina Meave 096 70905 Active 55s
Club; Ballina Taragh 087 6471919 Community Centre; Ballina Taragh 087 6471919 Newman Institute;
Ballinrobe Reception 094 9541364 Lakeside Fitness; Belmullet Michelle 087 7646710 Broadhaven
Bay Hotel; Castlebar Reception 094 9044150 Breaffy Club; Castlebar Taragh 087 6471919 Tennis
Club; Claremorris Reception 094 9371313 Leisure Centre; Claremorris Eilish 086 0645087 McWilliam
Park Hotel; Crossmolina Bernie 086 3904370 GAA Club; Inver Mary 087 2740428 Community Centre;
Mulranny Reception 098 36709 Park Inn Hotel; Swinford Margaret 087 4150663 Amenities Park; Westport
Paul 098 29160 Westport Leisure Park; Westport Aaron 098-55000 Castlecourt Club C.
BOCCIA
BELMULLET 2 PIPED BY GWEEDORE IN BOCCIA REGIONAL FINAL

Belmullet team 2 were narrowly beaten in the final of the Sports Partnerships inter County north west tournament. Belmullet 2 who played so well throughout the day were beaten in the final by reigning champions Gweedore from Donegal. 5 teams from Mayo participated in the regional event held in Sligo IT with all teams showing well throughout the day. Belmullet 2 had reached the final by scoring 25 points in their matches but despite playing well in a closely fought final were unable to beat Gweedore.

MAYO SPORTS PARTNERSHIP HOST NATIONAL DISABILITY INCLUSION TRAINING COURSE

The new Disability Inclusion Training which is a nationally recognized course came to Mayo on 18th April 2015. It is a theory and practical course that covers terminology, barriers to participation, legislation and guidance and an introduction to disability sports and ways of adapting activities to make them inclusive. This course has been designed for a range of audiences including National Governing Bodies, Coaches, Volunteers, Teachers/ SNA, Administrative staff, Leisure Personal and Sports Development Officers. The course can also have a ‘sport Specific’ focus based on demand. 17 participants took part in the course which was held in Davit College Sports Hall.

On completion of the course all participant received a Coaching Ireland /CARA APA Centre Certificate of Attendance and a range of course material. For more information contact Ray Mc Namara Sports Inclusion Development Officer on 094 9047023 or rmcmnamara@mayococo.ie

TAG RUGBY

The xcessible Tag Rugby initiative got place in Mayo in association with Connaught Rugby. The two clubs that were involved in the programme were Castlebar Rugby Club who sent a coach in to St. Anthony’s Special School and Ballina Rugby Club who send a coach in to St. Dymphna’s Special School in Ballina.

The programme started the week of the 27th January and continued for 8 weeks in both schools. The feed from the schools and the coaches was excellent the pupils really enjoyed the programme. The coaches also got a lot out of the programme and gained valuable experience working with children of varying abilities. Over 70 pupils took part in the programme with 12 teachers and assistants also took part in delivering the programme.

Both Rugby Clubs are hosting activity days in their clubs for the schools in May to further develop the programme.

TAG RUGBY

SPORT AND DISABILITY UPDATE

Tuairisc ar Spórt agus Míchumas

WHEELCHAIR HURLING REPORT BREAFFY HOUSE RESORT

The Breaffy House Sports Arena was the venue as Connacht GAA hosted Match Day Three of the M.Donnelly Interprovincial Wheelchair Hurling league on Saturday 18th October.

The Connacht GAA side came to Breaffy with a strong hand of players, but went down to a stronger Ulster side on a score line of 1-0 to open the day’s proceedings.

The Westerners later got back onto winning ways later in the day as they went on to beat reigning league holders Munster on a scoreline of 3-1. The final game of the day saw the hosts come from behind to record another 3-1 win - this time over their Leinster opponents.

The day’s events were put together by Connacht GAA along with the support of the Mayo Sports Partnership, while the cameras and interviews by Irish TV also brought a sense of occasion to the day.

Match Day 4 of the league now moves onto Munster GAA which will be hosted in the Kingfisher Club in Waterford City on Saturday 7th November.

MAYO SPECIAL OLYMPIC ATHLETES WIN MEDALS IN L.A.

Aoife Beston and Martina Walsh represented Ireland at the Special Olympic Games In L.A. on July 25th. The Athletes Flew out to the states on Tuesday 21st July. There are 88 athletes representing Ireland at the games, with Aoife and Martina the only 2 athletes from Mayo and both returned home with Medals from the games. Mick Fahy from Castlebar Kyack Club is the Irish Kyack coach and also headed to L.A. Mayo.ie sponsored gear for the Athletes which was presented by Martina Hughes before the Athletes began their hugely successful journey to L.A.

T: 094 904 7025 F: 094 904 7480 E: msp@mayococo.ie www.mayosports.ie
ACTIVE COMMUNITY WALKING PROGRAMME FOR MAYO

In association with Get Ireland Walking the Active Community Walking Programme aims to support the creation of vibrant walking communities throughout Mayo.

Target for 2015
The programme will target communities that have little or no organised walking activity. During 2015, the programme will incorporate the following:
• Mayo Sports Partnership will have at least one County Community Walking Facilitator trained.
• Deliver the Active Community Walking Programme in 6 communities.
• Enable these 6 communities to foster a vibrant walking culture through the establishment of walking groups.

Mayo’s 2015 Bike week from the 14th – 21st June was yet another very successful and fun-filled week with over 600 people participating in 19 local events varying from bike workshops, to cycling training, bike maintenance and a variety of short family spins throughout the week. Once again Mayo’s Bikeweek steering committee organised 7 lunchtime cycles throughout Mayo which were a brilliant success and helped to raise awareness around bike safety for children and families.

BIKE WEEK IN MAYO
National Bike week was launched in 2009 to raise the profile of cycling as a healthy and fun mode of transport. Mayo’s Bike Week is an integral part of the overall National Bike Week initiative and events throughout the week are organised by the Bike Week committee incorporating Mayo Sports Partnership, Mayo County Council, An Taisce, Smarter Travel and the Road Safety Authority.

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• Deliver the Active Community Walking Programme in 6 communities.
• Enable these 6 communities to foster a vibrant walking culture through the establishment of walking groups.

Mayo Sports Partnership sought expressions of interest from groups / communities across the county to participate in the above programme. The below groups participated in this year’s programme. If you are interested in being involved in this community initiative please contact the below groups to express interest

<table>
<thead>
<tr>
<th>Name of Group</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>Charlestown District and Development Association</td>
<td>Brid Kenny 0879749366</td>
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<td>Newport and District Development Company</td>
<td>Fiona Hopkins 087 7918172</td>
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<td>Mayo Traveller Support Group</td>
<td>Keith Maughan 087 3874777</td>
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<td>Carracastle Community Council</td>
<td>Caroline Henry 086 1660196</td>
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<td>Erris Heartbeat Defibrillator Group</td>
<td>Ann Nallen 086 1611799</td>
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<td>The Non Prophet Organisation- Claremorris</td>
<td>John Farragher 085 7506104</td>
</tr>
</tbody>
</table>

To find out more about the Community Walking Activation Programme contact Mayo Sports Partnership at 094-9047025.

BIKE FOR LIFE 6 WEEK CYCLING PROGRAMME FOR BALLINROBE AND CASTLEBAR

Cycling Ireland in conjunction with the Irish Sports Council and the local Sports Partnerships rolled out a 6 week Bike For Life Programme in Ballinrobe and Castlebar. Cycling Ireland has tied in the programme with the Great Dublin Bike Ride and their target was to get 500 new cyclist to cross the finish line and have fun on the 13th of September in the Great Dublin Bike Ride.

Each Participant paid €20 and will received a significantly discounted entry to the Great Dublin Bike Ride, a 6 week Bike For Life programme, a GDBR Jersey(first 1000 enties), a buff, socks, a logbook and Insurance to cover them for the running of the programme.

Further Bike for Life and beginner Sofa 2 Saddle Programmes are planned for 2016. Anybody interested in participating in these programmes are asked to contact Anne Ronayne Mayo Sports Partnership at 094-9047022
**GO FOR LIFE GAMES**

As a result of interest from local active 55’s and active age groups in becoming more physically active the Go For Life Games were a perfect programme to run for interested groups. Following blitz days held earlier in 2015 a team from Turlough went to represent Mayo at the national Go for Life Games Day in Dublin.

Go for Life Games Bags can be purchased for as little as €350 and contain equipment for LOBBERS- which is an adaption of Petanque and Boules FLISK – which is an adaption of Frisbee and Horseshoe Pitching SCIDIL – which is an adaption of Ten-Pin Bowling and Skittles

If you would like more information on Go for Life Games contact Ray Mc Namara at 094 9047023

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**FIND YOUR TRAIL**

The Irish Sports Council launched a digital Video #FindYourTrail to encourage people of all ages and ability to enjoy the great Irish outdoors.

Recreational trails help people to enjoy the outdoors and facilitate, promote and manage a range of outdoor activities including countryside walking and hiking, on and off-road cycling, trail running, canoeing, horse-riding and even motorised sports, all with the aim of providing a pleasant, safe and enjoyable experience to trail users.

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**IRISH HEART FOUNDATION**

**WALKING LEADER TRAINING COURSE**

**7TH & 8TH NOVEMBER 2015**

**LOUGH LANNAGH HOLIDAY VILLAGE, CASTLEBAR, CO MAYO**

Walking Leader Training is primarily aimed at people wishing to lead a voluntary walking group or to promote walking in the community or workplace. The course comprises of a weekend of training (15 hours) and then a follow up 4 week walking programme to try out your new walking leaders skills. The course will commence at 7.00pm on Friday and finish on Sunday afternoon after lunch.

Irish Heart Foundation, Irish Sports Council, Mayo County Council and Mayo Sports Partnership are subsidising the Walking Leader Training weekend and there is a nominal cost of €50 for the 2 and a half day course. However if you are a member of a Fit4Life, Men on the Move or a Walking Group / Club in Mayo the cost will be further reduced to €25 per person. The course fee will cover your tutor costs, materials and pedometer. It will also include 2 lunches and tea/coffee breaks throughout the weekend.

Places on the course will be limited so if you are interested in attending contact Mayo Sports Partnership at 094 9047025 or email msp@mayococo.ie

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**BE ACTIVE 55**

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.

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.

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.
### Funding Information | Máoinsíú

**OVER €19,000 IN FUNDING DISTRIBUTED TO 40 SPORTS AND COMMUNITY GROUPS BY MAYO SPORTS PARTNERSHIP**

Over €19,000 in funding distributed to 40 Sports and Community groups by Mayo Sports Partnership. At a recent Mayo Sports Partnership Board meeting €19,000 was allocated to 39 clubs / organisations in Mayo through both the Partnerships 2015 special participation grant scheme. Special guest at a recent presentation evening, Minister of State for Sport and Tourism Michael Ring, complimented the work being done on the ground by many volunteers and how it was important to recognise their contributions in whatever way possible.

This year the scheme has funded initiatives including the set up of a new cycling club in Islandeady, the new development of a rowing club in Ballycroy, ladies soccer in Greenway Utd Newport, community summer camps, participation programmes in camogie and table tennis, support for masters participation in basketball and GAA. Programmes in the travelling community and the Irish Wheelchair Association were also supported under the scheme.

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

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### €1.3 MILLION ALLOCATED TO 36 MAYO SPORTS GROUPS IN 2015 SPORTS CAPITAL PROGRAMME

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<tr>
<td>St.Aannes Boxing Club</td>
<td>€400</td>
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<tr>
<td>Swinford Tri Sports</td>
<td>€600</td>
</tr>
<tr>
<td>Achill Shu Ho Jujitsu</td>
<td>€300</td>
</tr>
<tr>
<td>Newport Town FC</td>
<td>€600</td>
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<tr>
<td>Parks Tennis Ballina</td>
<td>€300</td>
</tr>
<tr>
<td>Westport Camogie Club</td>
<td>€700</td>
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<tr>
<td>Claremorris Lawn Tennis Club</td>
<td>€300</td>
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<tr>
<td>Mayo Masters Gaelic Football Club</td>
<td>€500</td>
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<tr>
<td>Fahy Foroige Club</td>
<td>€400</td>
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<tr>
<td>Castlebar Kayak Club</td>
<td>€700</td>
</tr>
<tr>
<td>Castlebar Celtic</td>
<td>€300</td>
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<tr>
<td>Sean Duffy Community Centre</td>
<td>€400</td>
</tr>
<tr>
<td>Erris Womens Group</td>
<td>€300</td>
</tr>
<tr>
<td>The Non Prophet Organisation</td>
<td>€500</td>
</tr>
<tr>
<td>Erris Mens Shed &amp; Erris Mens Initiative</td>
<td>€700</td>
</tr>
<tr>
<td>Ballina Carers Support Group</td>
<td>€200</td>
</tr>
<tr>
<td>Parke Community Hall Ltd</td>
<td>€500</td>
</tr>
<tr>
<td>Mayo Travellers Support Group (MTSG)</td>
<td>€700</td>
</tr>
<tr>
<td>Shanaree Community Council</td>
<td>€400</td>
</tr>
<tr>
<td>Coiste Pobail Thuar Mnich Eadaigh Teo</td>
<td>€500</td>
</tr>
<tr>
<td>Irish Wheelchair Association Castlebar</td>
<td>€500</td>
</tr>
<tr>
<td>Irish Wheelchair Association Erris</td>
<td>€400</td>
</tr>
</tbody>
</table>

**Total Amount Allocated** | **€19,300**

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SPECIAL PROJECT PARTICIPATION INITIATIVE GRANTS 2015

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

- **Ballina Town FC & Ballina FRC**
- **Baile an Chaisle Cycling Club**
- **Islandeady Cycling Club**
- **Ballina Tennis Club**
- **Westport Squash Club**
- **Ballinrobe Golf Club**
- **Mayo Table Tennis Academy**
- **Achill Rovers**
- **James Stephens Camaigo Club**
- **Moy Valley Freestyle Martial Arts**
- **Mayo Ladies Basketball Masters**
- **Kilmoremoy LGFC**
- **Niamh Michael Rowing Club**
- **Ballina Water Polo Club**
- **Castlebar LeCheile FRC**
- **Na Brideoga Camaigo Club**
- **Greenway United**
- **St.Aannes Boxing Club**
- **Swinford Tri Sports**
- **Achill Shu Ho Jujitsu**
- **Newport Town FC**
- **Parks Tennis Ballina**
- **Westport Camogie Club**
- **Claremorris Lawn Tennis Club**
- **Mayo Masters Gaelic Football Club**
- **Fahy Foroige Club**
- **Castlebar Kayak Club**
- **Castlebar Celtic**
- **Sean Duffy Community Centre**
- **Erris Womens Group**
- **The Non Prophet Organisation**
- **Erris Mens Shed & Erris Mens Initiative**
- **Ballina Carers Support Group**
- **Parke Community Hall Ltd**
- **Mayo Travellers Support Group (MTSG)**
- **Shanaree Community Council**
- **Coiste Pobail Thuar Mnich Eadaigh Teo**
- **Irish Wheelchair Association Castlebar**
- **Irish Wheelchair Association Erris**

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**OVER €19,000 IN FUNDING DISTRIBUTED TO 40 SPORTS AND COMMUNITY GROUPS BY MAYO SPORTS PARTNERSHIP**

Minister for Sport, Michael Ring, TD, announced €41 million in funding nationally under the Sports Capital Programme (SCP) 2015.

** Mayo €1,325,307**
**WHAT WE OFFER SCHOOLS**

Mayo Sports Partnership offers a variety of programmes to schools in support of physical education and in particular the Active Schools Flag.

**Programmes include:**

<table>
<thead>
<tr>
<th>Primary</th>
<th>Secondary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tennis Blitz Days</td>
<td>Disability Awareness</td>
</tr>
<tr>
<td>Introduction to Athletics</td>
<td>Active Teens</td>
</tr>
<tr>
<td>Be Active After School Activity Programme</td>
<td>National initiatives such as Bikeweek, National Recreation Week and National Playday.</td>
</tr>
<tr>
<td>Annual Mini Mini 1km Run as part of Mini Marathon</td>
<td>Girls Active</td>
</tr>
</tbody>
</table>

*Please note that some of the above programmes may not be available in every location in the county. If you would like further information on any of the above programmes see [www.mayosports.ie](http://www.mayosports.ie) or if there is email [msp@mayococo.ie](mailto:msp@mayococo.ie)*

**JOIN THE FREE BE ACTIVE AFTER SCHOOL PROGRAMME**

20 Mayo Primary Schools have received training in The Be Active After School Activity Programme (ASAP) since 2013. The Be Active ASAP is an exciting initiative that provides opportunities for children to engage in physical activities in a non competitive after school setting. The programme is led by teachers and supported by parents. Be Active ASAP supports the PE curriculum. It is funded by the HSE and supported by the Irish Sports Council and St. Patricks College of Education in Drumcondra. The programme is designed for 7-8 year olds and is FREE to all participating schools. Resources include 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. Recently a Mayo workshop took place in Manulla N.S. on the 21st October with several schools attending. It is planned to run another phase of the programme in Spring 2016 however if you would like to register your school for the programme contact Mayo Sports Partnership at [094-9047025](tel:0949047025).

For more information visit [www.beactiveasap.ie](http://www.beactiveasap.ie), contact Project Facilitator, Paul Friel at [046 9067346](tel:0469067346) or pfriel@meathcoco.ie

**ACCREDITED YOUTH SPORT LEADERSHIP TRAINING TO BE DELIVERED THIS AUTUMN**

The Level 1 Award in Sports Leadership provides the ideal starting point for learners aged 13 years and over who wish to develop their leadership skills, whilst under the direct supervision of their Tutor/Assessor or other suitably qualified adult.

The syllabus is designed to develop generic leadership skills that can be applied to a variety of sports and/or recreational situations as well as contributing to the personal development of the learner. The Level 1 Award in Sports Leadership is a practical award in which learners must demonstrate their ability to lead others in simple sport/activity. Mayo Sports Partnership plans to work through second level schools and youth organisations to roll out this new course. Earlier in 2015 the Active Teens junior assistant leader programme was piloted in 4 second level schools and proved to be a great success. This accredited programme will build on the Active Teens initiative and make it available to more schools across the county. Initially it is planned to work with second level schools in Ballyhaunis and Crossmolina areas.

To register interest or to get more information can be got by contacting the office at [094-9047025](tel:0949047025).

**SPIKEBALL**

The Volleyball Association of Ireland (VAI) is now looking for team entries to our first SpikeBall Club league tournament.

Due to the hugely increasing popularity and participation numbers the VAI are eager to help establish a national club league so that children in Mayo can new teams and have fun across variety of school hours.

We hope that schools from different schools, areas and ages can come together to play with each other during our winter tournament.

For more info. & team entry forms please contact [cdo@volleyballireland.com](mailto:cdo@volleyballireland.com)

**ERRIS LITTLE ATHLETICS JAMBOREE 2015**

The ‘Little Athletics’ Programme for all primary school classes and ages proved to be an outstanding success in the Erris area over the 10 week period. 15 schools in total took part in the programme and received two visits from coaches over the ten weeks. On June 16th all 15 schools with approximately 500 pupils came together for our Little Athletics Jamboree. The day was a brilliant success and thoroughly enjoyed by all pupils, teachers and coaches. Many thanks to St Brendans College Belmullet for the use of their fantastic sports hall for the day.

For more information contact either Anne Ronayne Community Sports Project Worker or Ray Mc Namara Sports Inclusion Disability Officer at [094-9047025](tel:0949047025)

**PRIMARY SCHOOL ATHLETICS AUTUMN 2015**

Primary school athletics continues at Claremorris Athletic Centre this Autumn/Winter. Children from a variety of classes in schools around South and East Mayo are treated to coaching of many athletic disciplines by trained coaches. Children can take part in relay running, hurdles, high Jump, long Jump and many other disciplines. 1500 children will take part in the Autumn/Winter Programme. This programme is run by Mayo Sports Partnership in conjunction with Claremorris Athletic Club. Primary Schools wishing to participate can contact Anne Ronayne Community Sports Development Project Worker, Mayo Sports Partnership on [094-9047025](tel:0949047025) or aronayne@mayococo.ie
MORE WOMEN THAN MEN NOW PARTICIPATING MORE REGULARLY IN SPORT

Minister of State for Tourism and Sport Michael Ring TD recently launched The Irish Sports Council, Report of Participation in Sport by Adults in Mayo & Sligo. The report has been developed using data from the Irish Sports Council Irish Sports Monitor survey as a means of accurately monitoring and tracking active and social participation in sport among adults in Ireland. The key findings to emerge from the report are the high levels of participation in sport among females and that there is no gender gap in participation in sport in Mayo / Sligo. The report also highlights a range of other positive findings including:

Women (49.0%) participate slightly more than men (47.1%). Exercise and swimming are the most popular activities overall. The proportion of women partaking in running is higher than the national average. Over 64% of Mayo/Sligo residents take part in recreational walking, women (71.1%) are more likely to take part than men (57.8%). Almost 50% take part in some form of social participation, either belonging to a club, volunteering for sport or attending a sporting event.

Locally Mayo Sports Partnership has been to the fore in developing initiatives which targets groups such as women, unemployed, people with a disability, ethnic minorities, disadvantaged youth etc. More information can be found by contacting Mayo Sports Partnership at 094 9047025, or log on to their website at www.mayosports.ie

MINISTER RING LAUNCHES IRISH SPORTS COUNCIL SAFE SPORT APP

Minister of State for Tourism and Sport Michael Ring launched the Irish Sports Council Safe Sport App at the Code of Ethics Information Day. The app is aimed at creating greater awareness and understanding about safeguarding best practice in children’s sport.

Users of the app will have access to exclusive video messages from Michael McKillop (Irish Paralympian), Mary Davis (President & Managing Director, Special Olympics Europe Eurasia), Liam Sheedy (Sports Analyst) and Alan Brogan (Dublin Football GAA). The app includes a ‘Travel Tracker’ which allows parents, coaches, who are driving someone else's child/children home, for example after a training session, to permit the child’s parent, or guardian to view and have oversight of their location for a specified period of time while they are travelling on a journey.

The Safe Sport app is presented in two formats and you can choose to read or listen to the information. The native app is available for free download and available on IOS and Android platforms.

GRAinne MHaOIL DRAGoN BoAT CLUB

Congratulations to Louise Rodgers and all the ladies in the recently formed Dragon Boat Club. Formal training began on July 11th at 11am with the boat’s maiden voyage on the lake. Most of the ladies in the club have had cancer with paddling a fantastic exercise routine for those who participate. Following training and events over the summer months the club has recently had come and try it events for all women.

The club meets at Lough Lannagh every Saturday morning and is open to anyone who would like to try out this fantastic sport.

ISLANDEADY CYCLING CLUB

Islandeady Cycling Club located in Jacks old cottage Derrycoorane, Islandeady, Castlebar was established as a leisure cycling club in 2014. The club is a leisure cycling group and has members ranging in age from 14 to 70 years of age and of all cycling abilities. Islandeady cycling club offer cycle runs for beginners, improvers and more advanced riders, the club is split into different categories of cyclists depending on their skill and distance they would like to cycle for but the ethos of community and fun are at the heart of this club. We currently have 85 paid up members who cycle regularly on club organised cycles and at sportive events through the country.

The club members cycle as a group every Sunday morning leaving Jacks old cottage in Islandeady at 10am and returning there for a much needed cup of tea.

Support

The club has received fantastic support from Mayo Sports partnership including training on child protection for officers, advice and best practise in running our club and some funding for Cycling events and training. The support and advice from Charlie and the team at the sports partnership was essential in the rapid development of Islandeady cycling club over the past twelve months.

New members are always welcome to join, or avail of a free cycle with the group on any Sunday morning at 10am.

Islandeady cycling club is affiliated with Cycling ireland and all members are covered by insurance.

Cycling is becoming one of the fastest growing participant sports throughout Ireland and especially in mayo with the provision of cycle lanes and the development of the greenway facilities.

For more information on Islandeady cycling club visit their face book page at https://www.facebook.com/islandeadycycling or contact club president Joe Moylette on 0879443626
MINISTER RING ANNOUNCES JOHN TREACY AS THE FIRST CEO OF SPORT IRELAND

The Minister of State for Tourism and Sport, Michael Ring TD recently announced that Mr John Treacy will be appointed as the first CEO of Sport Ireland. The appointment will be for an interim period of one year to facilitate the transition to the new agency. Mr Treacy is currently the CEO of the Irish Sports Council, and was first appointed as CEO in 1999.

Mr Treacy’s appointment will be for a period of one year. The Board of Sport Ireland will be responsible for the second and subsequent CEO appointments, in accordance with the Sport Ireland Act.

The Sport Ireland Act 2015, which was enacted on 13th May, provides for the establishment of Sport Ireland. Sport Ireland is the new organisation resulting from the merger of the Irish Sports Council and the National Sports Campus Development Authority.

BUDGET 2016 - INCREASED INVESTMENT IN IRISH SPORT

Sport Ireland Welcomes Increased Sports Investment In Budget 2016

Sport Ireland welcomes the increased investment in Sport Ireland and the broader sports sector announced in Budget 2016. Chief Executive of Sport Ireland, John Treacy said: “The increased investment will support the advancement of the participation strategy and the implementation of the National Physical Activity Plan that will drive the participation agenda”.

Full details on the announcement can be found here - www.dttas.ie/press-releases/2015/budget-2016

CHILD PROTECTION IN SPORT

Code of Ethics and Good Practice for Children’s Sport – Safeguarding 1

This course is a must for anyone working with children!

All Coaches, Club Children’s Officers and Designated Liaison Persons must complete the 3 hour Safeguarding 1 Child Welfare & Protection Basic Awareness Course. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport.

Further Information of upcoming courses and to download an application form go to www.mayosports.ie/CoursesandEventsEventsCalendar/

Safeguarding 2: Club Children’s Officer (CCO) Training

Thursday 12th November 2015 | 7pm to 10pm | Mayo Education Centre, Castlebar | Cost: €15

It is recommended that all clubs should appoint a designated Children’s Officer who should then attend this training for the role which is vitally important in keeping adults and children safe and happy within the club environment (Participants must have completed the Safeguarding 1 basic 3 hour Child Welfare & Protection Training Course in advance of this training). For further details see www.mayosports.ie/CoursesandEventsEventsCalendar/

Safeguarding 3: Designated Liaison Person (DLP) Workshop

The third part of the ISC Child Welfare & Protection Training Programme is the Designated Liaison Person workshop.

Every club or organisation should designate a person to be responsible for dealing with any concerns about the protection of children. The Designated Liaison Person is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency or Social Services and/or An Garda Siochána. It is recommended that this person is a senior club person. A club may appoint the same person to both the CCO and DLP positions however best practice advises that they are kept as separate roles.

This workshop will be available to clubs in early 2016

2014 ANNUAL REPORT HIGHLIGHTS

INCREASED PARTICIPATION

Initiatives such as Operation Transformation, Couch to 5K, Men on the Move, Walking and Cycling Programmes, School Healthy Living programmes, Little Athletics, Goal to Work Coaching Programmes, Go for Life Games for Older People etc are contributing to a positive environment of active participation across the county.

The report, describing the workings of the Sports Partnership during 2014, highlights that 49% of the female population in the county now participate in sport / physical activity at least once a week, compared to 47% of the male population in Mayo.

Other highlights from the report shows that Mayo Sports Partnership and its stakeholders provided physical activity opportunities for some 10,632 people through 78 locally delivered sports programmes, 4,259 women through 10 Women in Sport initiatives and 403 people with a disability in 18 Sports Inclusion Disability Programmes. In addition the sports umbrella body ran 45 training and education workshops with 665 participants, supplied information to 580 clubs / organisations and over 10,000 people contacted the Partnership for general and sports specific information.

Participation across the county.

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### Upcoming Events | Imeachtaí Eile

#### Autumn/Winter 2015 Programme of Training / Events

<table>
<thead>
<tr>
<th>DATE AND TIME</th>
<th>WORKSHOP / COURSE</th>
<th>VENUE</th>
<th>FEE</th>
<th>FURTHER INFORMATION</th>
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<tbody>
<tr>
<td><strong>November</strong></td>
<td></td>
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<tr>
<td>Sat 7th Nov (9am – 5pm) &amp; Sun 8th November (9am – 2pm)</td>
<td>Walking Leader Training Course (Accredited by Irish Heart Foundation)</td>
<td>Lough Lannagh Holiday Village Castlebar</td>
<td>€50</td>
<td>Irish Heart Foundation <a href="mailto:tcurran@irishheart.ie">tcurran@irishheart.ie</a> Tel: 01-668 5001</td>
</tr>
<tr>
<td>Sat 7th Nov (9.30am-12.45pm)</td>
<td>Marketing Fundamentals (Volunteer Training Programme)</td>
<td>Sligo Park Hotel</td>
<td>FREE</td>
<td><a href="https://www.eventbrite.ie/e/marketing-fundamentals-sligo-half-day-tickets-18201782020">https://www.eventbrite.ie/e/marketing-fundamentals-sligo-half-day-tickets-18201782020</a></td>
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<tr>
<td>Sat 7th Nov (13.30-16.45)</td>
<td>PR/Media Management Course (Volunteer Training Programme)</td>
<td>Sligo Park Hotel</td>
<td>FREE</td>
<td><a href="https://www.eventbrite.ie/e/pr-media-management-sligo-half-day-tickets-18201988638">https://www.eventbrite.ie/e/pr-media-management-sligo-half-day-tickets-18201988638</a></td>
</tr>
<tr>
<td>Wed 11th Nov (7.30pm – 9.30pm)</td>
<td>Success in Sport – What Does it Take? The Dangers of Drugs in Sport</td>
<td>Town Hall Westport</td>
<td>FREE</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a> (094) 904 7025</td>
</tr>
<tr>
<td>Thurs 12th Nov (7.00pm-10pm)</td>
<td>Children officer in Sport Course (you must have completed code of Ethics Awareness course before participating in this course)</td>
<td>Mayo Education Centre Castlebar</td>
<td>€15</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a> (094) 904 7025</td>
</tr>
<tr>
<td>Tues 10th Nov 7pm-10pm</td>
<td>Code of Ethics &amp; Best Practice in Sport Awareness Course</td>
<td>Civic Centre Belmullet</td>
<td>€15</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a> (094) 904 7025</td>
</tr>
<tr>
<td>Wed 18th Nov (7pm-10pm)</td>
<td>Code of Ethics &amp; Best Practice in Sport Awareness Course</td>
<td>Curam Centre Claremorris</td>
<td>€15</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a> (094) 904 7025</td>
</tr>
<tr>
<td>Sat 21st Nov (9.30am-16.45)</td>
<td>Finance Fundamentals (Volunteer Training Programme)</td>
<td>Sligo Park Hotel</td>
<td>FREE</td>
<td><a href="https://www.eventbrite.ie/e/finance-fundamentals-sligo-full-day-tickets-18202191244">https://www.eventbrite.ie/e/finance-fundamentals-sligo-full-day-tickets-18202191244</a></td>
</tr>
<tr>
<td>Sat 28th Nov (10am – 12 Noon)</td>
<td>Mayo Primary Schools Spikeball Tournament</td>
<td>Davitt College Castlebar</td>
<td>€5 per child</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a> (094) 904 7025</td>
</tr>
<tr>
<td><strong>December</strong></td>
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<tr>
<td>Sat 5th December (10am – 12 Noon)</td>
<td>Mayo Primary Schools Spikeball Tournament</td>
<td>Davitt College Castlebar</td>
<td>€5 per child</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a> (094) 904 7025</td>
</tr>
<tr>
<td>Monday 14th December</td>
<td>Operation Transformation Planning Workshop For Communities</td>
<td>Cedar House Moneen Castlebar</td>
<td>FREE</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a> (094) 904 7025</td>
</tr>
</tbody>
</table>

Further information on courses and applications can be downloaded from our website [www.mayosports.ie](http://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.

### Sport Development Officer Contacts

<table>
<thead>
<tr>
<th>SPORT</th>
<th>CONTACT NAME</th>
<th>TEL / EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletics</td>
<td>Paul McNamara</td>
<td>087 269 3675 <a href="mailto:paul@athleticsireland.ie">paul@athleticsireland.ie</a></td>
</tr>
<tr>
<td>Badminton</td>
<td>Tom Hehir</td>
<td>086 399 8904 <a href="mailto:tom.hehir@badminton.ie">tom.hehir@badminton.ie</a></td>
</tr>
<tr>
<td>Camogie</td>
<td>Caroline Murray</td>
<td>087 258 0294 <a href="mailto:cmurray@campgie.ie">cmurray@campgie.ie</a></td>
</tr>
<tr>
<td>Cycling</td>
<td>Gerry Butler</td>
<td>087 258 0294 <a href="mailto:gerardbutler2004@eircom.net">gerardbutler2004@eircom.net</a></td>
</tr>
<tr>
<td>Golf</td>
<td>Justin O’Byrne</td>
<td>087 996 2117 <a href="mailto:jobyrne@juniorgolfireland.com">jobyrne@juniorgolfireland.com</a></td>
</tr>
<tr>
<td>Hurling</td>
<td>Adrian Hession</td>
<td>087 245 0566 <a href="mailto:adrianhess@eircom.net">adrianhess@eircom.net</a></td>
</tr>
</tbody>
</table>

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<tr>
<th>SPORT</th>
<th>CONTACT NAME</th>
<th>TEL / EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ladies GAA</td>
<td>Noelle Gormely</td>
<td><a href="mailto:ngconnachtdev@gmail.com">ngconnachtdev@gmail.com</a></td>
</tr>
<tr>
<td>Mens GAA</td>
<td>Billy McNicholas</td>
<td>087 249 7407 <a href="mailto:billymacn@eircom.net">billymacn@eircom.net</a></td>
</tr>
<tr>
<td>Rugby</td>
<td>Lyndon Jones</td>
<td>087 248 3073 <a href="mailto:lyndonjones@gmail.com">lyndonjones@gmail.com</a></td>
</tr>
<tr>
<td>Soccer</td>
<td>Paul Byrne</td>
<td>086 857 9678 <a href="mailto:paul.byrne@fai.ie">paul.byrne@fai.ie</a></td>
</tr>
<tr>
<td>Swimming</td>
<td>Chantal Gibney</td>
<td>01 625 1190</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Paul McKeever</td>
<td>087 419 5516 <a href="mailto:ddc@volleyballireland.com">ddc@volleyballireland.com</a></td>
</tr>
</tbody>
</table>