

Date	County	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email Address
22-Sep	Mayo	parkrun	Erris parkrun is a free, fun timed 5k to run, walk or jog at your own pace. Join us for a cuppa and a chat afterwards at the finish line.	Outdoor	Erris parkrun	Cross Lake, Binghamstown, Belmullet, Co. Mayo	www.parkrun.ie/erris	https://www.facebook.com/errisparkrun http://www.twitter.com/errisparkrun	errisoffice@parkrun.com
22-Sep	Mayo	parkrun	Erris parkrun is a free, fun timed 5k to run, walk or jog at your own pace. Join us for a cuppa and a chat afterwards at the finish line.	Outdoor	Erris parkrun	Cross Lake, Binghamstown, Belmullet, Co. Mayo	www.parkrun.ie/erris	https://www.facebook.com/errisparkrun http://www.twitter.com/errisparkrun	errisoffice@parkrun.com
22-Sep	Sligo	parkrun	Free timed 5K walk or run suitable to all ages and abilities providing a social outlet that encourages the practice and development of healthy lifestyle practices.	Outdoor	Sligo parkrun	Doorly Park, Sligo	www.parkrun.ie/sligo/	https://www.facebook.com/sligoparkrun/	jm.rushe2@gmail.com
22-Sep	Roscommon	Lough Key parkrun	A free timed 5k event open to everybody where yuh can walk, run, jog.	Outdoor	Parkrun Ireland	Lough Key forest park, Boyle, Co. Roscommon	www.parkrun.com		patrosekelly@gmail.com
22-Sep	Mayo	Claremorris parkrun get fit	5k run jog walk around an amazing venue with a smile at the finish!	Outdoor	Claremorris parkrun	Clare lake Ballinrobe Road Claremorris Co Mayo	http://www.parkrun.ie/claremorris/		madge2003@gmail.com

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22-Sep	Galway	Beginners Course Week 4	Archery Beginners Course, six weeks tuition with a Pro-Am competition on week 7. Course places will be filled from a waiting list.	Clubs	Galway Archers	Arus Bothar na Tra, Dr. Mannix Road, Salthill	www.galwayarchers.com	https://www.facebook.com/events/978447742341000/	galwayarchers@gmail.com
22-Sep	Galway	Archery Club Practice	Indoor Archery practice for Archery Ireland members	Clubs	Galway Archers	Arus Bothar na Tra, Dr. Mannix Road, Galway	www.galwayarchers.com	https://www.facebook.com/GalwayArchers/	galwayarchers@gmail.com
22-Sep	Galway	TAKE ON THE TEACHERS	Take on the teachers event in school	Outdoor	Killasolan NS	Killasolan NS			peterkane63@hotmail.com

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22-Sep	Mayo	Ballina Parkrun	Free timed 5K run suitable for all abilities and ideal for beginners with the focus on fun rather than competition.	Outdoor	Ballina Parkrun	Belleek Ballina Co Mayo	www.parkrun.ie/ballina	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	pjdurcan@mayococo.ie
22-Sep	Mayo	Westport Parkrun	Free timed 5K run suitable for all abilities and ideal for beginners with the focus on fun rather than competition.	Outdoor	Westport parkrun	Westport Town Greenway Entrance at Mill St / High St Carpark	www.parkrun.ie/westport	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/	pjdurcan@mayococo.ie

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22-Sep	Mayo	Clew Bay Half Marathon & 10K	Louisburgh - Clew Bay Half Marathon and 10km race event will take place in Louisburgh, County Mayo on Saturday, September 22, 2018. Stunning scenery, chip timing, tasty homemade refreshments, medals and t-shirts.	Outdoor	Mayo Sports Partnership		https://www.popu.praces.ie/events/louisburgh-clew-bay-half-marathon-and-10k-2/	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	pjdurcan@mayococo.ie
22-Sep	Galway	Castlegar Cross country athletics	Castlegar Athletics	Outdoor	www.merlinwoods.ie	Merlin Woods City Park Doughiska	www.merlinwoods.ie		merlinwoodssportsclub@gmail.com
23-Sep	Galway	Archery Open Day	As part of the European Week of Sport Galway Archers will host a club open day at Arus Bothar na Tra in Dr, Mannix Road. If you've ever been curious about archery and would like to give it a try this will be a great opportunity.	Clubs	Galway Archers	Arus Bothar na Tra, Dr. Mannix Road, Salthill	www.galwayarchers.com	https://www.facebook.com/events/241078179942312/	galwayarchers@gmail.com

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23-Sep	Galway	Crestwood, Galway Orienteering Event	Come and Try It Orienteering Event	Outdoor	Galway Orienteers	Crestwood Park, Galway	www.wego.orientering.ie		frankryan46@hotmail.com
23-Sep	Galway	"I've always to try.....Orienteering"	Age & Opportunity's Go for Life programme have invited members of the local Renmore Active Retirement Group and others to try their hand at Orienteering by joining the Western Eagles Orienteering Club "come and try " event on Sunday afternoon. They will get the chance to try out this sport which none of the group have ever done before. If you would like more information on the club you can email wego@orientering.ie	Outdoor	Age & Opportunity	Crestwood Park Galway	http://www.ageandopportunity.ie/	https://www.facebook.com/AgeandOpportunity https://twitter.com/age_opp	sue.guildea@ageandopportunity.ie

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23-Sep	Galway	Archery Open Day	An open session for anyone that would like to try their hand at Archery.	Clubs, Other	Galway Archers	Arus Bothar na Tra, Dr. Mannix Road, Salthill, Galway.	http://www.galwayarchers.com/	https://www.facebook.com/GalwayArchers/	galwayarchers@gmail.com
23-Sep	Galway	Netball Open Night	Netball is an exciting, fast and skillful game, a great way to keep fit and have fun playing a team sport. Whether you have played Netball before or want to get involved as a new player, come and give Netball a try.	Fitness Centres, Clubs	Galway Netball Club	The Sports Dome, Salerno, Threadneedle Road, Salthill, Galway		https://www.facebook.com/GalwayNetballClub/	GalwayNetballClub@outlook.com
23-Sep	Mayo	Ballina Junior Parkrun	A free time 2K run/walk for juniors aged 4-14 years	Outdoor	Ballina Parkrun	Belleek Ballina Co Mayo	www.parkrun.ie/ballina	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/	pjdurcan@mayococo.ie

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24-Sep	Nationwide	The Daily Mile	. The Daily Mile encourages children in Primary School to walk, jog or run outside in the fresh air for 15 minutes every day. It is simple, free and improves children's fitness, concentration and mental health.	Outdoor, Education	Athletics Ireland	TBC	www.thedailymile.ie	https://www.facebook.com/thedailymile.ie/?ref=aymt_homepage_panel https://twitter.com/thedailymile_ie	dailymile@athleticsireland.ie
24-Sep	Galway	Fit4Life Training	Fit4life is for beginners starting to jog/run as part of getting more active . It is led by Fit4Life Leaders who give of their time voluntarily to work with participants to improve their fitness levels through regular jogging/running in an appropriate way for their fitness levels. Sessions consist of a	Outdoor	Fit4Life Galway City Harriers	Westside Library	www.galwaycityharriers.com		berniepkelly@hotmail.com
24-Sep	Mayo	Swimming Lessons	Swimming Lessons for Adults with learning difficulties	Other	Mayo Sports Partnership (Ray McNamara)	Castlebar Swimming Pool	www.mayosports.ie	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	pjdurcan@mayococo.ie
24-Sep	Galway	Open Tennis Sessions	Open tennis session	Outdoor	ARD Family Resource Centre	Doughiska & Roscam tennis courts		https://www.facebook.com/profile.php?id=100010301254361	merlinwoodstennis@gmail.com

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24-Sep	Leitrim	Ballinamore Day Time Walking Group	Ballinamore Day Time walking group meet every Monday at Ballinamore Library Main Street. The group completes the Canal walk and enjoys a cup of tea or coffee afterward in the Library. The group is free to join and everyone is welcome.	Outdoor	Leitrim Sports Partnership	Ballinamore Library Main Street Ballinamore Co Leitrim	http://www.leitrimsports.ie		pforde@leitrimcoco.ie
24-Sep	Galway	Volunteer coach education	Delivery of player development plan workshop to volunteer club coaches	Education	FAI	Fahy's Field, Mervue, Galway			nigel.keady@fai.ie
24-Sep	Leitrim	Day Time Walking Group	Ballinamore Day Time walking group meet at the library on Main Street at 12 noon every Monday. Come and join in, the group is free and everyone is welcome.	Outdoor	Leitrim Sports Partnership	Ballinamore Library, Main St Ballinamore Co Leitrim			pforde@leitrimcoco.ie

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24-Sep	Galway	Buggy Buddies	Buggy Buddies: No babysitter, no problem, you can now bring your little ones with you! Well done to all the Mums who took part last week. The programme takes place in Doughiska on a Monday at 10:00am meeting at ARD Family Resource Centre and Ballybane on a Wednesday at 10:30am meeting at Ballybane Resource Centre. The session is very enjoyable with mums completing a warm up and a walk in Merlin Woods with some resistance exercises in Merlin Woods Park. This is a great way for mums to get to know each other in the local area. We all enjoy a cup of tea afterwards. These sessions are suitable for all abilities, with plenty of adaptations and progressions provided throughout. You can join at any point, please contact Paula on 085 8536614 or email paulaw@ardfrc.com The programme is free.	Outdoor	ARD Family Resource Centre	ARD Family Resource Centre 55 Doughiska Rd Doughiska Galway	https://www.facebook.com/ARD-Family-Resource-Centre-Ardaun-Roscam-and-Doughiska-158111197605994/		paulaw@ardfrc.com
24-Sep	Galway	Open participation sessions	SHE Sports Health and Education for girls	Outdoor, Education, Other	www.merlinwoods.ie	Briarhill National School	www.sheforgirls.ie	https://www.facebook.com/mwfc2023/	merlinwoodssportsclub@gmail.com
24-Sep	Sligo	Bunninadden Badminton Programme	6 week Badminton programme for adults in the Bunninadden Community Centre as part of the Bunninadden Community Sports Hub Initiative.	Fitness Centres	Sligo Sport and Recreation Partnership	Bunninadden Sports and Leisure Centre	https://www.sligo.sportandrecreation.ie/	https://www.facebook.com/SligoSportandRecreationPartnership/	denise@sligosportandrecreation.ie

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25-Sep	Leitrim	"I've always wanted to try.....Kayaking"	Age & Opportunity's Go for Life programme and Leitrim Sports Partnership have invited members of Carrick on Shannon Active Retirement Group to try their hand at Kayaking , a brand new sport for all those taking part. They will be enjoying the waters of the Shannon Blue Way with Rivermania Adventure Centre and enjoy a well- earned cuppa afterwards.	Outdoor	Age & Opportunity	Rivermania Adventure Centre Carrick on Shannon	http://www.ageandopportunity.ie/	https://www.facebook.com/AgeandOpportunity https://twitter.com/age_opp	sue.guidea@ageandopportunity.ie
25-Sep	Roscommon	Tour of Europe challenge abd take on the teachers	We will use our local childrens pitch to build up a target of reaching a destination in europe by jogging	Outdoor, Education	Cloonbonniffe NS Castlerea Roscommon	Cloonbonniffe NS Castlerea Roscommon			cbns1875@gmail.com
25-Sep	Mayo	Beginners Couch to 5k Ballinrobe	Beginners Programme for people who would like to walk or jog the 5k distance.	Outdoor	Mayo Sports Partnership	Ballinrobe Co Mayo Mark 0879884388	www.mayosports.ie	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	pjdurcan@mayococo.ie
25-Sep	Mayo	Walking Football	Walking Soccer is a fun game suited to all fitness level especially beginners	Outdoor	FAI and Mayo Sports Partnership	Athletic Centre Claremorris	www.mayosports.ie	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	pjdurcan@mayococo.ie
25-Sep	Mayo	Soccer Blitz for Adults with Learning difficulties	Soccer games aimed at adults with disabilities Ray 09490-64362	Outdoor	FAI and Mayo Sports Partnership	Solar 21 Park Milebush	www.mayosports.ie	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	pjdurcan@mayococo.ie

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25-Sep	Mayo	Rehab Care Soccer Session	Soccer for adults with learning difficulties	Outdoor	Mayo Sports Partnership	An Sportlann, Castlebar	www.mayosports.ie	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	rmcnamara@mayococo.ie
25-Sep	Galway	Go For Life Games	The overall aim of Go for Life is to get older people more active, more often. The aim of the Go for Life Games is to involve older people in recreational sport. The games are run with the support of Local Sports Partnerships and the HSE.	Fitness Centres	Ballinfoile Castlegar Neighbourhood Centre	Ballinfoile Castlegar Neighbourhood Centre, Headford Road, Galway.	www.bcnc.ie	https://www.facebook.com/ballinfoilecastlegarneighbourhoodcentre/	tj@bcnc.ie
25-Sep	Galway	Mixed Adult Basketball	Mixed Adult Basketball, 8pm-9pm - Social Fun Hour	Fitness Centres	Ballinfoile Castlegar Neighbourhood Centre	Headford Road, Galway	www.bcnc.ie	https://www.facebook.com/ballinfoilecastlegarneighbourhoodcentre/	daire@bcnc.ie
25-Sep	Galway	Youth Basketball	Youth Mixed Basketball 7-8pm, Fun Hour, Tester Session	Fitness Centres	Ballinfoile Castlegar Neighbourhood Centre	Headford Road, Galway	www.bcnc.ie	https://www.facebook.com/ballinfoilecastlegarneighbourhoodcentre/	daire@bcnc.ie
25-Sep	Galway	Girls School Football	Soccer Sisters nursery football programme	Education, Other	FAI	Claddagh National School, Galway			nigel.keady@fai.ie
25-Sep	Galway	Nigel.keady@fai.ie	Inclusive football session for adults currently engaging with HSE mental health services	Outdoor, Other	FAI	Westside Community Centre, Galway			nigel.keady@fai.ie

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25-Sep	Galway	Get Walking	Get Walking! Why not grab your walking gear and enjoy some of the wonderful trails in Merlin Woods? It also gives you the opportunity to new people with the same interest.	Outdoor	Ballybane Resource Centre	Ballybane Community Resource Centre, Ballybane, Galway	https://www.facebook.com/Ballybane-Community-Resource-Centre-477399072307906/	https://www.facebook.com/Ballybane-Community-Resource-Centre-477399072307906/	paulaw@ardfrc.com
25-Sep	Galway	Soccer & Athletics open week	Merlin Woods soccer at 4:30pm Castlegar Athletcs at 6pm	Outdoor, Education, Clubs	www.merlinwoods.ie	Merlin Woods City Park Doughiska	www.merlinwoods.ie	https://www.facebook.com/mwfc2023/	merlinwoodssportsclub@gmail.com
25-Sep	Sligo	Zumba Fitness	6 Week Zumba programme in the Bunninadden Community Centre as part of the Bunninadden Community Sports Hub Initiative	Fitness Centres	Sligo Sport and Recreation Partnership	Bunninadden Sports and Leisure Centre, Bunninadden, Sligo	https://www.sligo-sportandrecreation.ie/	https://www.facebook.com/SligoSportandRecreationPartnership/	denise@sligosportandrecreation.ie
25-Sep	Sligo	Stride for Life	10 week walking programme for individuals who are in recovery from cancer. Sligo Stride for Life is delivered in partnership with Get Ireland Walking, Irish Cancer Society, Sligo Cancer Support Services and Sligo Sport and Recreation Partnership. The aim of this programme is to bring the individuals to a level of fitness where they can help reduce their risk of recurrence, improve their health and quality of life and provide a social setting in which the individuals can converse with other cancer survivors and share their journeys.	Outdoor	Sligo Sport and Recreation Partnership	Cancer Support Centre, Ard Aisling, Charlestown Rd, , Tubbercurry	https://www.sligo-sportandrecreation.ie/	https://www.facebook.com/SligoSportandRecreationPartnership/	densie@sligosportandrecreation.ie

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25-Sep	Galway	Get Active With Sports Sportshall Athletics	GSP in conjunction with NUI Galway will be hosting an event to introduce schools and students to Sportshall Athletics i the Kingfisher NUI Galway.	Other	Galway Sports Partnership	Kingfisher Club, NUI Galway, Newcastle Road, Galway	www.galwayactive.ie	http://www.facebook.com/Galway-Sports-Partnership-152559398137673/ https://twitter.com/?lang=en	jason.craughwell@galwaycity.ie
26-Sep	Mayo	Basketball with National Learning Network	Basketball with National Learning Network	Outdoor	Mayo Sports Partnership		https://twitter.com/ www.mayosports.ie	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	rmcnamara@mayococo.ie
26-Sep	Mayo	Tag Rugby	Tag for adults with learning difficulties	Outdoor	Mayo Sports Partnership	An Sportlann Castlebar	www.mayosports.ie	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	rmcnamara@mayococo.ie
26-Sep	Mayo	Beginners Couch to 5k Ballyhaunis	Beginners Programme for people who would like to walk or jog the 5k distance.	Outdoor	Mayo Sports Partnership	Enterprise Centre Ballyhaunis	www.mayosports.ie	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	pidurcan@mayococo.ie

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26-Sep	Mayo	Beginners Couch to 5k Castlebar Elmer 0873347824	Beginners Programme for people who would like to walk or jog the 5k distance.	Outdoor	Mayo Sports Partnership	Lough Lannagh Car Park Castlebar	www.mayosports.ie	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	pjdurcan@mayococo.ie
26-Sep	Mayo	Disability Inclusion Training	Workshop designed to provide participants with the knowledge on how to adapt and modify your sport, physical activity or physical education sessions to make them more accessible and inclusive for people with disabilities	Education	Mayo Sports Partnership	An Sportlann Castlebar	www.mayosports.ie	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	rmcnamara@mayococo.ie
26-Sep	Mayo	Go For Life Pickleball	Activity aimed at older people	Clubs	Mayo Sports Partnership	Parke Community Centre	www.mayosports.ie	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	rmcnamara@mayococo.ie
26-Sep	Galway	Tour of europe challenge	Outdoor activities	Outdoor	Creggs N.S	Woodfield			comercaroline@yahoo.ie
26-Sep	Galway	Kids Volleyball	Free volleyball event for primary school kids. Wednesday 26th September 7-8pm	Fitness Centres	BCNC Volleyball	Ballinfoile Castlegar Neighbourhood Centre, Headford Road, Galway	www.bcnc.ie	https://www.facebook.com/ballinfoilecastlegarneighbourhoodcentre/	tj@bcnc.ie
26-Sep	Galway	Mixed Badminton	Free adult badminton session with guidance from a professional coach. Wednesday 26th September 8-9pm	Fitness Centres	BCNC Badminton	Ballinfoile Castlegar Neighbourhood Centre, Headford Road, Galway.	www.bcnc.ie	https://www.facebook.com/ballinfoilecastlegarneighbourhoodcentre/	tj@bcnc.ie
26-Sep	Galway	Intercultural Football	Inclusive football school sessions with focus on schools with 10-15% of pupils within EMB	Education, Other	FAI	Tirellan National School, Galway			nigel.keady@fai.ie
26-Sep	Galway	Kids Dance Class	Freestyle Dance Class for Kids	Fitness Centres	Ballinfoile Castlegar Neighbourhood Centre	Ballinfoile Castlegar Neighbourhood Centre, Headford Road, Galway.	www.bcnc.ie	https://www.facebook.com/ballinfoilecastlegarneighbourhoodcentre/	tj@bcnc.ie

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26-Sep	Galway	Buggy Buddies	Buggy Buddies: No babysitter, no problem, you can now bring your little ones with you! The session is very enjoyable with mums completing a warm up and a walk in Merlin Woods with some resistance exercises in Merlin Woods Park. This is a great way for mums to get to know each other in the local area. We all enjoy a cup of tea afterwards. These sessions are suitable for all abilities, with plenty of adaptations and progressions provided throughout. You can join at any point. The sessions are suitable for all abilities, with plenty of adaptations and progressions provided throughout. You can join at any point.	Outdoor	Ballybane Resource Centre	Ballybane Community Resource Centre, Ballybane, Galway	https://www.facebook.com/Ballybane-Community-Resource-Centre-477399072307906/	https://www.facebook.com/Ballybane-Community-Resource-Centre-477399072307906/	paulaw@ardfrc.com
27-Sep	Galway	National Fitness Day	Lets#BeActive Project		Coral Leisure Tuam	Tuam	www.coralleisure.ie		tuam@coralleisure.ie

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27-Sep	Roscommon	National Fitness Day	Free Aqua Aerobics class at 11am, 1.15pm & 7pm. Booking is essential. Class - 40mins duration. Free gym assessments all day. Avail of the opportunity to grab time with a gym instructor for a free consultation and fitness assessment. Booking not essential. Like & share to win 1 month pool & gym memberships. Simply like & share out post about National Fitness Day and you will be put in the draw.	Leisure Clubs / Fitness / Exercise	Roscommon Leisure Centre	Roscommon	www.roscommonleisurecentre.ie		roscommonleisurecentre@gmail.com
27-Sep	Galwy	Rugby Minis U7 - U12 Training	Oughterard Rugby has IRFU-trained and Garda-vetted coaches who will show 7 to 12 year olds how to play the game safely, with all the skills, and most importantly, how to enjoy yourself playing rugby! There will be warm-ups, skills practice and mini-matches.	Clubs	Oughterard Rugby	Oughterard, Co Galway	www.orfc.ie	https://m.facebook.com/oughterard.rugby https://mobile.twitter.com/oughterardrugby?lang=en	dervalc@yahoo.com
27-Sep	Galway	Teacher of Physical Education	Students will be encouraged to run various laps of the PE hall or outdoor court over the course of the week to reach their chosen destination on the Tour of Europe Map. Student v Teacher event on Friday 27th September.	Education	Coláiste na Coiribe	Coláiste na Coiribe, Bóthar Bhaile na mBúrcach, Cnoc na Cathrach Gaillimh.	http://www.colaitenacoiribe.ie/		oisin.ohiarnain@gretb.ie
27-Sep	Galway	Fit4Life Training	Fit4life is for beginners starting to jog/run as part of getting more active . It is led by Fit4Life Leaders who give of their time voluntarily to work with participants to improve their fitness levels through regular jogging/running in an appropriate way for their fitness levels. Sessions consist of a dynamic warm up followed by a jogging/running session and a static cool down to finish.	Outdoor	Fit4Life Galway City Harriers	Westside Library	www.galwaycityharriers.com		berniepkelly@hotmail.com
27-Sep	Galway	Open Tennis Sessions	Open tennis session	Outdoor	ARD Family Resource Centre	Doughiska & Roscam tennis courts		https://www.facebook.com/profile.php?id=100010301254361	merlinwoodstennis@gmail.com

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27-Sep	Galway	Mixed Circuit Class	Free mixed circuit class in state of the art class based gym with District Health & Fitness.	Fitness Centres	Ballinfoile Castlegar Neighbourhood Centre	Ballinfoile Castlegar Neighbourhood Centre, Headford Road, Galway.	www.bcnc.ie	https://www.facebook.com/ballinfoilecastlegarneighbourhoodcentre/	tj@bcnc.ie
27-Sep	Galway	Adult Indoor Soccer	Mixed indoor soccer session, free to the public.	Fitness Centres	Ballinfoile Castlegar Neighbourhood Centre	Ballinfoile Castlegar Neighbourhood Centre, Headford Road, Galway.	www.bcnc.ie	https://www.facebook.com/ballinfoilecastlegarneighbourhoodcentre/	tj@bcnc.ie
27-Sep	Galway	Men On The Move	The main aim of the 'Men on the Move Activity Programme' was to increase the level of physical activity amongst men over 35 years of age. The emphasis in the programme was on creating awareness and understanding of the importance of physical activity and the health benefits for not only physical health, but for mental health and well-being as well. Come try this taster event for free.	Fitness Centres	Ballinfoile Castlegar Neighbourhood Centre	Ballinfoile Castlegar Neighbourhood Centre, Headford Road, Galway.	www.bcnc.ie	https://www.facebook.com/ballinfoilecastlegarneighbourhoodcentre/	tj@bcnc.ie
27-Sep	Galway	National Fitness Day	We are running bring a friend fro free. All those attending will be in with a chance to win one month free membership. Refreshments will be served on the day.	Leisure Centre	Oughterard Leisure Centre	Galway			OARDCOMMUNITYCENTRE@HOTMAIL.COM

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27-Sep	Galway	National Fitness Day	<p>To celebrate National Fitness Day Ireland 2018, we are organising a Group Walk around Cappagh Park in Knocknacarra. There is a 1k, 3k and 5k loop so you can choose the distance you like, or do multiple loops.</p> <p>The walk is open to everyone in the area - individuals, families, joggers, runners or walkers, buggies, doggies....</p> <p>Start time: 6.30pm Finish time: 7.30pm</p> <p>No booking needed, you can just turn up - please be advised that parking may be limited on the day due to sports training on the grounds, so please park mindfully if you need to part on the road.</p> <p>Get Up, Get Out, Get Active #FitnessDayIRL</p>	Health & Fitness Club	Carrie Small Plate Health & Fitness - Group Walk in Cappagh Park, Galway	Galway	carriesmallplate.com		carriesmallplate@gmail.com
27-Sep	Galway	National Fitness Day	Take on the Teachers Challenge & Tour of Europe Challenge	School	Scoil Mhuire-Ardeevin N.S. Take on the Teacher Challenge	Galway			ardeevinschool@outlook.ie

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27-Sep	Galway	Fingal Athletics League	The Fingal Athletics league is open to all Fingal Primary schools. The league is made up of two divisions with one in D15 and one in Donabate with each venue consisting of 3 race meets before both divisions come together to race in Morton stadium for a finals days event. This is a fun introduction to athletics cross country running and a great way to encourage running in school and give them a positive and fun event to take part in and represent their school regardless of their ability.	Outdoor	Fingal County Council	Newbridge Demesne, Donabate, Co. Dublin	https://bit.ly/2xlceEe	http://www.facebook.com/FingalSports http://www.twitter.com/fingalsports	niall.mcguirk@fingal.ie
27-Sep	Galway	Get Walking	Get Walking! Why not grab your walking gear and enjoy some of the wonderful trails in Merlin Woods? It also gives you the opportunity to meet new people with the same interest.	Outdoor	ARD Family Resource Centre	ARD Family Resource Centre 55 Doughiska Rd Doughiska Galway	https://www.facebook.com/ARD-Family-Resource-Centre-Ardaun-Roscam-and-Doughiska-158111197605994/	https://www.facebook.com/ARD-Family-Resource-Centre-Ardaun-Roscam-and-Doughiska-158111197605994/	paulaw@ardfrc.com
27-Sep	Galway	Merlin Woods Castlegar Athletics open week	Merlin Woods soccer for 4:30pm Castlegar AC from 6pm	Outdoor, Education, Clubs	www.merlinwoods.ie	Merlin Woods City Park Doughiska	www.merlinwoods.ie	https://www.facebook.com/mwfc2023/	merlinwoodssportsclub@gmail.com

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27-Sep	Mayo	Barnacogue Tour of Europe	We are completing the Tour of Europe Challenge.	Outdoor, Education	Barnacogue NS	Barnacogue, Swinford, Co. Mayo	www.barnacogues.ie	https://twitter.com/barnacogues	barnacogues@gmail.com
28-Sep	Leitrim	Day Time Walking Group	Drumshanbo Day Time Walking Group meets every Friday at 9.30am. The group complete a lovely walk and conclude at the library for a cup of tea and coffee. The group is free of charge and everyone is welcome.	Outdoor	Leitrim Sports Partnership	Drumshanbo Library Market house, Drumshanbo Co Leitrim	www.leitrimsports.ie		pforde@leitrimcoco.ie
28-Sep	Sligo	Bunninadden Basketball	11 Week Youth Basketball programme in the Bunninadden Community Centre as part of the Bunninadden Community Sports Hub	Fitness Centres	Sligo Sport and Recreation Partnership	Bunninadden Sports and Leisure Centre, Bunninadden, Co Sligo	https://www.sligo-sportandrecreation.ie/	https://www.facebook.com/SligoSportandRecreationPartnership/	denise@sligosportandrecreation.ie
28-Sep	Mayo	Take on the Teachers: Hot Shot Hoops	6th class and school staff going head to head to claim bragging rights.	Education	Ardagh NS	Ardagh NS	ardaghns.ie	https://twitter.com/ardaghns?lang=en	ardaghschool@eircom.ie
29-Sep	Galway	End of Season Session & Party	After completing our outdoor Peilpal sessions all summer we have our finale with all the children we have taught to play gaelic football during the summer. We take a break after today to train our trainers on coaching skills for next year. We will be recommencing in January in the Ballinfoile Castlegar Neighbourhood Centre and then outdoors to Crestwood for next season.	Clubs	Fr Griffins Eire Og - PeilPal Finale	Ballinfoile Castlegar Neighbourhood Centre, Headford Road, Galway		https://www.facebook.com/groups/506867109439204/	chairperson.frgriffinseireog.galway@gaa.ie

Date	County	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email Address
29-Sep	Mayo	parkrun	Erris parkrun is a free, fun timed 5k to run, walk or jog at your own pace. Join us for a cuppa and a chat afterwards at the finish line.	Outdoor	Erris parkrun	Cross Lake, Binghamstown, Belmullet, Co. Mayo	www.parkrun.ie/erris	https://www.facebook.com/errisparkrun http://www.twitter.com/errisparkrun	errisoffice@parkrun.com
29-Sep	Sligo	parkrun	Free timed 5K walk or run suitable to all ages and abilities providing a social outlet that encourages the practice and development of healthy lifestyle practices.	Outdoor	Sligo parkrun	Doorly Park, Sligo	www.parkrun.ie/sligo/	https://www.facebook.com/slignoparkrun/	jm.rushe2@gmail.com
29-Sep	Roscommon	Lough Key parkrun	A free timed 5k event open to everybody where yuh can walk, run, jog.	Outdoor	Parkrun Ireland	Lough Key forest park, Boyle, Co.	www.parkrun.com		patrosekelly@gmail.com
29-Sep	Mayo	Claremorris parkrun get fit	5k run jog walk around an amazing venue with a smile at the finish!	Outdoor	Claremorris parkrun	Clare lake Ballinrobe Road Claremorris Co Mayo	http://www.parkrun.ie/claremorris/		madge2003@gmail.com
29-Sep	Galway	Connacht Crunch	A warm up Ultimate Frisbee Tournament for the upcoming varsity season. This is targeted at experienced players (of course beginners welcome) and alumni teams.	Outdoor, Other	Irish Flying Disc Association	The Sportsground and the Galway Greyhound Stadium	https://www.irishultimate.com/e/connacht-crunch-2018	https://www.facebook.com/summerjazseries/	development@irishultimate.com
29-Sep	Galway	Archery Beginners Course Week 6	Archery Beginners Course, six weeks tuition with a Pro-Am competition on week 7. Course places will be filled from a waiting list.	Clubs	Galway Archers	Arus Bothar na Tra, Dr. Mannix Road, Salthill	www.galwayarchers.com	https://www.facebook.com/events/978447742341000/	galwayarchers@gmail.com

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29-Sep	Mayo	Ballina Parkrun	Free timed 5K run suitable for all abilities and ideal for beginners with the focus on fun rather than competition.	Outdoor	Ballina Parkrun	Belleek Ballina Co Mayo	www.parkrun.ie/ballina	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/	pjdurcan@mayococo.ie
29-Sep	Mayo	Westport Parkrun	Free timed 5K run suitable for all abilities and ideal for beginners with the focus on fun rather than competition.	Outdoor	Westport parkrun	Westport Town Greenway Entrance at Mill St / High St Carpark	www.parkrun.ie/westport	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	pjdurcan@mayococo.ie
29-Sep	Mayo	Beginners Couch to 5k Claremorris	Beginners Programme for people who would like to walk or jog the 5k distance.	Outdoor	Mayo Sports Partnership	Athletic Centre Claremorris	www.mayosports.ie	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	pjdurcan@mayococo.ie

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29-Sep	Mayo	BeActive Ballinrobe Festival of Sport Fun Night	A free community event with family activity challenges, fun inflatables, climbing wall, fun run, family Golden Mile, music, entertainment, spot prizes and much more	Outdoor	Mayo Sports Partnership	The Green Ballinrobe Co Mayo	www.mayosports.ie	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	pidurcan@mayococo.ie
29-Sep	Mayo	Westport Parkrun	Free timed 5K run suitable for all abilities and ideal for beginners with the focus on fun rather than competition.	Outdoor	Westport Parkrun	Westport Town Greenway Entrance at Mill St / High St Carpark	www.parkrun.ie/westport	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	westporthelpers@parkrun.com
29-Sep	Mayo	Castlebar Parkrun	Free timed 5K run suitable for all abilities and ideal for beginners with the focus on fun rather than competition.	Outdoor	Castlebar Parkrun	Lough Lannagh Castlebar. Meet at Castlebar Tennis Club	www.parkrun.ie/castlebar	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	castlebaroffice@parkrun.com
29-Sep	Mayo	Erris Parkrun	Free timed 5K run suitable for all abilities and ideal for beginners with the focus on fun rather than competition.	Outdoor	Erris Parkrun	Cross Loop Lake Binghamstown, Belmullet	www.parkrun.ie/erris	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	errisoffice@parkrun.com
29-Sep	Mayo	Ballina Parkrun	Free timed 5K run suitable for all abilities and ideal for beginners with the focus on fun rather than competition.	Outdoor	Ballina Parkrun	Belleek Ballina	www.parkrun.ie/ballina	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	ballinaoffice@parkrun.com
29-Sep	Mayo	Ballyhaunis Social Cycling	Adult cycling programme aimed at non active individuals in a relaxed non competitive environment	Outdoor	Ballyhaunis Chamber	Enterprise Centre Ballyhaunis	Gerard McLoughlin	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	pidurcan@mayococo.ie
29-Sep	Galway	Junior Wheelchair basketball	Come and try wheelchair basketball open to all abilities	Fitness Centres	Galway Speeders	Renmore Community Centre	Galway Speeders		aislinghalliday@gmail.com
29-Sep	Sligo	Ladies Tour of Lough Gill 40km Leisure Cycle	This Ladies Only 40km Leisure Cycle is ideal for all levels of cyclists. The cycle will be conducted at a steady pace with no cyclist being dropped behind and assistance being provided along the route	Outdoor	Sligo Sport and Recreation Partnership	Sligo Sport and Recreation Partnership, Quay Street, Sligo	https://www.sligosportandrecreation.ie/2018/ladies-tour-of-lough-gill-meet-and-train-programme/		theresa@sligosportandrecreation.ie

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30-Sep	Nationwide	National Walking Day	The aim of this national event is to celebrate the efforts of community walking volunteers and to promote the activity of walking at a local level in communities across Ireland. Get Ireland Walking invites community walking groups to participate in our National Community Walking Day whether you are already part of walking group or wish to gather a walking group for the day. Anyone who wishes to take part and be in with a chance of winning a backpack stuffed with goodies can register on the Get Ireland Walking website. To enter the competition, simply post a 20-30 second video of your walk to your Facebook or Twitter page, tagging Get Ireland Walking and using the hashtag (#NWD2018). The walking leaders who led the most creative and colourful walks will receive one out of twenty prize packs. Registration for the event closes midnight 29th September 2018. During European Week of Sport, walking workshops will be held in sixteen selected City and County Libraries throughout the country. Details of these workshops will be on the Get Ireland Walking website, all are welcome. The aim	Outdoor	Get Ireland Walking	Nationwide	https://www.getirelandwalking.ie/	https://www.facebook.com/getirelandwalking/ https://twitter.com/getirewalking	info@getirelandwalking.ie
30-Sep	Galway	Gort and Gladiator rugby bring a buddy fun day	Tap rugby and bbq with visit from connacht pro player to promote the club in the area	Outdoor, Clubs	Gort and Gladiator RFC	St colemans park, gort co galway	www.gortrfc.ie		maryryanmilltown@hotmail.com
30-Sep	Mayo	Ballina Junior Parkrun	A free time 2K run/walk for juniors aged 4-14 years	Outdoor	Ballina Parkrun	Belleek Ballina Co Mayo	www.parkrun.ie/ballina	https://twitter.com/MayoSport1	pjdurcan@mayococo.ie
30-Sep	Mayo	Ballina Junior Parkrun	A free time 2K run/walk for juniors aged 4-14 years	Outdoor	Ballina Junior Parkrun	Ballina Athletic Track	www.parkrun.ie/ballina	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	ballinaoffice@parkrun.com
30-Sep	Mayo	National Community Walking Day	National Community Walking Day	Outdoor	National Community Walking Day	See local walking groups 087 6466293	www.getirelandwalking.ie/nwd	https://www.facebook.com/Mayo-Sports-Partnership-282114873337/ https://twitter.com/MayoSport1	pjdurcan@mayococo.ie
30-Sep	Roscommon	Run Around Europe	Run around Europe challenge will be carried out by all the students in Mount Talbot NS	Education	Mount Talbot National School				sineadkenny100@gmail.com

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30-Sep	Roscommon	Run Around Europe	Run around Europe challenge will be carried out by all the students in Mount Talbot NS	Outdoor	Mount Talbot NS	Mount Talbot NS., Co. Roscommon.			sineadkenny100@gmail.com
30-Sep	Galway	Nations Cup	Enhancing the ideal Ireland Adults to become more active in sports and physical fitness Promotion a cordial relationship between individual country members of the tournament which include countries from European and Africa respectively. Promoting inter cultural relationship between members of the different countries that are participating in the event Promoting the cultural heritage of Ireland alongside those of other countries of the world	Outdoor	Sunday Soccer Group	Westside Corrib Rangers FC, AstroTurf			steve.adex9@gmail.com
22-Sep - 30-Sep	Mayo	Zwift indoor training cycling course	Zwift indoor 6 week Bike fitness & skills training course using digital wahoo training facilities ideal for beginners and improvers	Fitness Centres	Islandeady Cycling Club	Islandeady Cycling club house at jacks old cottage Islandeady		https://www.facebook.com/islandeadycycling/	islandeadycyclinggroup@gmail.com
22-Sep - 30-Sep	Mayo	Inclusive Fitness	Inclusive Gym Sessions	Fitness Centres	Westport Leisure Park	James Street Westport Co Mayo	https://m.facebook.com/westportleisurepark/?tn=8%2As-R		pjdurcan@mayococo.ie
22-Sep - 30-Sep	Mayo	Inclusive Fitness	Inclusive Gym Sessions	Fitness Centres	Westport Leisure Park	James Street Westport Co Mayo	https://m.facebook.com/westportleisurepark/?tn=%2As-R		pjdurcan@mayococo.ie

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22-Sep - 30-Sep	Mayo	Primary School Athletics Programme	Introduction to Athletics for Primary School Children	Outdoor	Mayo Sports Partnership	Claremorris Athletic Track	www.mayosports.ie		pidurcan@mayococo.ie
22-Sep - 30-Sep	Galway	Tour of Europe challenge	We will be doing the Tour of Europe challenge in our school where each class will run to a different landmark in Europe.	Education	Scoil Íde	Scoil Íde, Salthill, Galway	http://www.scoilide.com/		clareg13@yahoo.ie

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24-Sep - 27-Sep	Roscommon	European week of Sport	Four days of active outdoor games and sporting challenges	Outdoor	Castleplunkett NS	Castleplunkett NS Castleplunkett Castlerea Co Roscommon	www.castleplunkettns.com		deirdrehannon77@gmail.com
24-Sep - 28-Sep	Nationwide	Student World Indoor Rowing Challenge	Our Get Rowing students will row around the world with student rowers in Australia, USA and the UK.	Other	Get Going Get Rowing	Nationwide	www.getgoinggetrowing.com	https://www.facebook.com/GetGoingGetRowing https://twitter.com/get_rowing	mary.moloney@rowingireland.ie
24-Sep - 28-Sep	Galway	Tour of Europe Challenge	All second classes will do the Tour of Europe Challenge in our school yard.	Outdoor, Education	Scoil Chaitríona Junior, Renmore, Galway	Renmore, Galway	www.junior.renmore.school.com	https://www.facebook.com/scoilchaitrionajunior.renmore https://twitter.com/renmorejunior/	janemcloughlin@renmorejunior.school.com
24-Sep - 28-Sep	Galway	Pilates	Pilates classes to get active, develop core strength and improve flexibility. Pilates can help you look and feel better in just a few weeks. Low impact exercise, suitable for men and women of all abilities.	Other	Aine Bailey Pilates	Ballinderreen community centre, Ballinderreen, kilcolgan, Co. Galway.	www.facebook.com/ainebaileypilates/		bailey.aine@gmail.com
24-Sep - 28-Sep	Galway	Run Around Europe	The pupils from Scoil Chroí Iosa NS in Galway City will take part in the Run Around Europe initiative during European Week of Sport. Every child in the school will be facilitated to take part and get active. Classes will pick a location out of a hat at assembly on Monday morning, this will be their destination to run to throughout the week. Each class will run varying amounts of laps of the school yard to gradually edge closer to their chosen European city. The map in the school entrance hall will be updated daily with each classes progress.	Outdoor, Education	Scoil Chroí Iosa NS Galway	Scoil Chroí Iosa, Newcastle Road, Galway	www.scoilchroios.a.ie		mrbyrneschool@gmail.com
24-Sep - 28-Sep	Roscommon	Tour of Europe Challenge	We are taking part in the Tour of Europe Challenge as part of our Active School Flag renewal application. We are aiming to walk/run to the Leaning Tower of Pisa.	Education	Lisaniskey N.S.	Lisaniskey N.S. Donamon Roscommon	www.lisaniskeyns.com	https://m.facebook.com/Lisaniskey-NS-587808461563979/?ref=bookmarks	info@lisaniskeyns.com

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24-Sep-28-Sep	Galway	Big Euro Run	Classes in our school are going to run the distance equivalent to the distance from Dublin to a major European city.	Outdoor	Claregalway NS	Claregalway co Galway	6thclassclaregalway.blogspot.com		gormallo@yahoo.com
24-Sep-28-Sep	Galway	Run Around Europe Challenge	The pupils from Castlegar NS in Galway will take part in the Run Around Europe initiative during European Week of Sport. Every child in the school will be facilitated to take part and get active. Classes will pick a location out of a hat at assembly on Monday morning, this will be their destination to run to throughout the week. Each class will run varying amounts of laps of the school yard to gradually edge closer to their chosen European city. The map in the school entrance hall will be updated daily with each classes progress.	Outdoor, Education	Castlegar NS Galway	Castlegar NS, School Road, Castlegar, Galway	castlegarschool.weebly.com	https://www.facebook.com/castlegarnationalschool/	mrbyrneschool@gmail.com
24-Sep-28-Sep	Galway	Tour of Europe Challenge	Tour of Europe Challenge	Education	Kilcroan N.S.	F45 A099	none		kilcroanns@yahoo.com
25-Sep-28-Sep	Roscommon	Tour of Europe Challenge	The 80 pupils and staff in our school will take on the tour of europe challenge to see how many european cities and landmarks we can get to each day. Each class will choose a landmark to go to on the map and run laps around the school which we will convert to the amount of kilometres it will take to reach our chosen place.	Outdoor, Education	Cloverhill National School	Cloverhill National School, Cloverhill, Roscommon	cloverhillns.scoilnet.ie		catmull.99@gmail.com

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27th Sept 2018	Mayo	National Fitness Day	Classes, Taster sessions, gym& swim, healthy eating advice,	Hotel Leisure Club	The Breaffy Club & Spa	Breaffy			leisureclubmanager@breaffyhousesort.com
27th Sept 2018	Roscommon	National Fitness Day	Our school will take part in the 'Take on the Teachers' challenge on the 27th of September in our school Ballyfeeney N.S. A group of pupils will take on the teachers in a number of activities including a penalty shoot out, relay race, basketball hoop shots a team challenge and more.	School	Ballyfeeney N.S.	Roscommon			ballyfeeney4@eircom.net
28-Sep - 30- Sep	Sligo	Sligo Trail Running Festival	Sligo's first Trail Running Festival offers a series of thrilling and picturesque guided trail runs and activities on the surf coast of the Wild Atlantic Way in the Northwest of Ireland. From the picturesque trails of the rugged coastline to the iconic peaks that tower above it. Join the festival community to get all the latest news, preview the trails, get ticket info and discover Sligo's breathtaking beauty!	Outdoor, Fitness Centres	Sligo Trail Running Festival	Sligo, Ireland	http://www.sligotrailrunning.ie/	https://www.facebook.com/SligoTrailRunningFest/ https://twitter.com/SligoTrailRun	info@sligotrailrunning.ie
29-Sep, 30-Sep	Sligo	National target Rifle competition	A national Rifle Target shooting competition. Competitors from all over Ireland. Guests are welcome and club members are available to answer questions about joining the sport. The Irish Gallery Rifle team won the World Cup in July 2017 and won both centre fire and small bore gold at the recent Irish Open. Gallery Rifle and pistol shooting is suitable for all ages from 14 years upwards,	Outdoor, Clubs	NASRPC	Drumnacool Sligo, Ireland	www.nasrpc.ie	https://www.facebook.com/National-Association-of-Sporting-Rifle-and-Pistol-Clubs-788260277973580/	enregan@redsquaremedia.ie