

Date	County	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email Address
22-Sep	Limerick	Limerick parkrun	A free timed 5k event - takes place every Saturday @ 9.30am on the path just above the boathouse in UL. Will you be there? Runners, walkers, buggies etc all welcome. (Children under 11 must be accompanied by an adult at all times) Parking is available in the carpark to the right as you drive down towards the boathouse (after turning left at the roundabout).	Outdoor	parkrun Ireland	The boathouse, University of Limerick, Limerick	http://www.parkrun.ie/limerick/	https://www.facebook.com/limerickparkrun/ https://twitter.com/limerickparkrun	limerickoffice@parkrun.com
22-Sep	Limerick	Mungret Parkrun	Free timed 5km walk/jog/run on Saturday mornings at 9:30am in Mungret Park, Limerick.	Outdoor	Parkrun	Mungret College, Mungret, Limerick, V94 OY56	www.parkrun.ie		tonyapio@hotmail.com
22-Sep	Tipperary	Templemore parkrun	Free weekly parkrun for all levels of fitness.	Outdoor	Templemore parkrun	Templemore town park. Templemore. Tipperary	www.parkrun.ie/templemore		templemoreoffice@parkrun.com

Date	County	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email Address
22-Sep	Clare	Lees Road parkrun	Weekly free timed 5K run in Lees Road Sports Complex Ennis Co Clare	Outdoor	parkrun	Lees Road Sports Complex Ennis Co Clare	https://www.parkrun.ie/leesroad/	https://www.facebook.com/leesroadparkrun/	leesroadoffice@parkrun.com
22-Sep	Kerry	parkrun	Free timed 5k run or walk. inclusive of all ages and abilities. All welcome.	Outdoor	Tralee parkrun	Denny Street, Tralee, Co. Kerry, Ireland.	www.parkrun.ie/tralee/	https://www.facebook.com/Tralee-parkrun-783844575022673/	traleeoffice@parkrun.com

Date	County	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email Address
22-Sep	Cork	parkrun	Free 5km run or walk around Glengarriff Nature Reserve	Outdoor	Glengarriff parkrun	Glengarriff Nature Reserve, Kenmare Road, Glengarriff, Co Cork	http://www.parkrun.ie/glengarriff/	https://www.facebook.com/glengarriffparkrun/	glengarriffoffice@parkrun.com
22-Sep	Cork	Castlehaven parkrun	Free 5k parkrun at Castlehaven parkrun in Rineen forest on Saturday the 22nd of September	Outdoor	Castlehaven GAA healthy club	Rineen Forest, Union Hall, Castlehaven, Co. Cork	http://www.parkrun.ie/castlehaven/	https://www.facebook.com/castlehavenparkrun/	castlehavenoffice@parkrun.com

Date	County	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email Address
22-Sep	Cork	Bere Island parkrun	What is Bere Island parkrun? It is a 5km run - it's you against the clock. When is it? Every Saturday at 9:30am. Where is it? The event takes place at the GAA club Rerrin village, Bere Island, Beara, Co. Cork. See Course page for more details. What does it cost to join in? Nothing - it's free! but please register before your first run. Only ever register with parkrun once. Don't forget to bring a printed copy of your barcode (request a reminder). If you forget it, you won't get a time. How fast do I have to be? We all run for our own enjoyment. Please come along and join in whatever your pace!	Outdoor	Bere Island parkrun	Rerrin Bere Island Beara Co. Cork	http://www.parkrun.ie/bereisland/	https://m.facebook.com/bereislandparkrun/ https://twitter.com/bereisparkrun	john.walsh@parkrun.com
22-Sep	Cork	Ballincollig parkrun	Free Weekly 5km Timed Run - open to all abilities, organised by fantastic local volunteers. You can walk, run, jog, push a buggy or walk the dog.	Outdoor	parkrun Ireland	Regional Park, Innishmore, Ballincollig, Co.Cork	http://www.parkrun.ie/ballincollig/	https://www.facebook.com/Ballincolligparkrun/ https://twitter.com/bcolligparkrun	ballincolligoffice@parkrun.com
22-Sep	Kerry	Listowel parkrun	Free, timed 5k walk/run in Listowel Town Park every Saturday morning starting at 9:30am sharp	Outdoor	parkrun	Listowel Town Park, Bridge Road, Listowel, V31 VK13	www.parkrun.ie/listowel	https://www.facebook.com/Listowel-parkrun-1179713732139890/	listoweloffice@parkrun.com
22-Sep	Tipperary	European Week of Sport	each student will run a certain distance within a certain period of time.	Other	newport college	newport college, newport, co. tipperary			jkeating_1@tipperaryetb.ie
22-Sep	Tipperary	Tour of Europe Challenge	Each class will pick a destination around Europe. Their challenge is to build up enough kilometers on our 1km route to run to that destination.	Outdoor	St.Josephs Primary School	ST.Joesphs P.S, Templemore, Co. Tipperary.	www.stjosephstemplemore.ie		rmnglong@gmail.com

Date	County	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email Address
22-Sep	Waterford	Cycling for young people 16 years plus with mild ID	Participants will learn to cycle in a safe environment covering the basics such as starting, breaking and cycling in narrow lanes similar to greenway or cycle paths.	Outdoor	Waterford Sports Partnership	Regional Sports Centre		https://www.facebook.com/WaterfordSportsPartnership/	slanders@waterfordsportspartnership.ie
22-Sep	Cork	Rebel Pedal	Rebel Pedal is a Family Fun Cycle and Picnic, originally established to mark Car Free Day. The intention has always been to promote cycling in the city, to bring Cork cyclists together for some fun and to make a safe environment for parents and their children to get on	Other	Cork Environmental Forum	Fitzgerald's Park, Cork City	www.cef.ie	https://www.facebook.com/CorkEnvironmentalForum https://www.twitter.com/corkenvforum	bernadette@cef.ie
23-Sep	Cork	LeanWithLesley	LeanWithLesley event with fitness expert Lesley Giltinan in association with Rachel Allen are based on the simple belief that there is no greater wealth than health. To take a morning out and to focus on being the best you can by drawing a focus to a healthier lifestyle on so many important aspects of life and to have fun and be energized by that precious time. Visit event details on leanwithlesley.com	Fitness Centres	Vipr & Tone	Rochestown Park Hotel, Rochestown Rd, Douglas, Cork, Ireland	leanwithlesley.com	https://www.facebook.com/Viprcork/	lesley@choice.ie

Date	County	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email Address
23-Sep	Kerry	Orienteering for All- Come and Try it.	Family friendly orienteering event. Courses for all abilities, ages and fitness levels. Juniors under 12 accompanied by an adult. You don't have to be a member to participate, you can go alone or in pairs.	Outdoor, Clubs	Kerry Orienteers	Rossbeigh Sand Dunes, Glenbeigh	www.kerryo.net	https://www.facebook.com/KerryOrienteers https://twitter.com/orienteeringIRE	comms@orienteering.ie
23-Sep	Cork	2018 Charleville International Half-Marathon	Ireland's Flattest & Fastest Half-Marathon - A personal best Half-Marathon course .	Outdoor	North Cork Ac	Charleville Co .Cork	www.charlevillehalf.com	https://www.facebook.com/CharlevilleHalfMarathon/ https://twitter.com/charlevillehalf	charlevillehalf@gmail.com
23-Sep	Cork	Kinsale Urban	Cork Orienteers invite you to race with us around Kinsale town centre! Navigate your way through the colourful and winding streets to visit all the checkpoints (controls) in the quickest time possible. No experience necessary and beginners are very	Outdoor, Other	Cork Orienteers	Kinsale, Co. Cork	www.corko.net	https://www.facebook.com/corkorienteering	corko@orienteering.ie

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23-Sep	Cork	Orienteering at Long Strand sandhills	Family orienteering on the sandhills at Long Strand beach, Cork.	Outdoor	Bishopstown Orienteering Club	Long Strand, Rathbarry, Castlefreke, Co Cork	https://sites.google.com/site/bishopstownoc/	https://www.facebook.com/Bishopstown-Orienteering-Club	dermus1@gmail.com
23-Sep	Kerry	Tralee junior parkrun	junior parkrun is a free, timed, weekly 2km run/walk for children aged 4-14 years of age. It is non competitive and inclusive of all abilities.	Outdoor	parkrun	Red Door Cottage, Garraun, Firies, Killarney, Co Kerry V93RR20	www.parkrun.ie/tralee-juniors	https://m.facebook.com/traleejuniorkrun/	cplynch2@eircom.net
23-Sep	Cork	INSIGHT 2018 Senior close week	Club Championship	Clubs	Sundays Well Tennis Club		https://sundayswell.ie/		james.cooney@tennisireland.ie

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23-Sep	Cork	Ulster Bank Mallow Senior Open 2018	Tennis Ireland Open Tournament	Clubs	Mallow Tennis Club		https://www.mallowgolfclub.net/tennis/		james.cooney@tennisireland.ie
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	Cork	BeActive Schools' Campaign	Tour of Europe Challenge	Outdoor, Education	Ballinagree National School	Ballinagree, Macroom, Co. Cork			Fionnualagill@gmail.com

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24-Sep	Clare	School Event	Circuits and keeping active	Outdoor, Education	Bodyke NS	Bodyke	http://bodykenscoilnet.ie/blog/	https://www.facebook.com/BodykeNSParentsAssociation/	eimearmcnamar@gmail.com
24-Sep	Waterford	Mum on the Move	A programme aimed at mums who walk and would like to take up running. It's designed to get from beginners from 0 to 5km in 6 weeks	Outdoor	Waterford Sports Partnership	Ferrybank AFC		https://www.facebook.com/WaterfordSportsPartnership/	slanders@waterfordsportspartnership.ie
24-Sep	Waterford	Over 50's Adapted Circuits	adapted circuits for people aged over 50, a wonderful opportunity to get physically active in a fun and social environment.	Fitness Centres	Waterford Sports Partnership	Cill Barra Sports Centre, Ballybeg	http://www.waterfordsportspartnership.ie/	http://www.facebook.com/pages/Waterford-Sports-Partnership/134232259938556	slanders@waterfordsportspartnership.ie

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24-Sep	Waterford	Over 50's Circuits	Adapted circuits for people aged over 50, an opportunity to become physically active in a fun and social environment.	Fitness Centres	Waterford Sports Partnership	Rainbow Hall, Kilmacthomas	http://www.waterfordsportspartnership.ie/	http://www.facebook.com/pages/Waterford-Sports-Partnership/134232259938556	slanders@waterfordsportspartnership.ie
24-Sep	Waterford	Over 50's Circuits	adapted circuits for people aged over 50, an opportunity to become physically active in a fun and social environment	Fitness Centres	Waterford Sports Partnership	Tramore GAA	http://www.waterfordsportspartnership.ie/	http://www.facebook.com/pages/Waterford-Sports-Partnership/134232259938556	slanders@waterfordsportspartnership.ie
24-Sep	Waterford	Over 50's Circuits	adapted circuits for people aged over 50, an opportunity to become physically active in a fun and social	Fitness Centres	Waterford Sports Partnership	Cappoquin Community Centre	http://www.waterfordsportspartnership.ie/	http://www.facebook.com/pages/Waterford-Sports-Partnership/134232259938556	slanders@waterfordsportspartnership.ie
24-Sep	Waterford	Strength & Conditioning for coaches of 12-16 year olds	Strength & Conditioning for coaches of 12-16 year olds. 6.30 - 8.00pm	Fitness Centres	Waterford Sports Partnership	WIT Arena	http://www.waterfordsportspartnership.ie/	http://www.facebook.com/pages/Waterford-Sports-Partnership/134232259938556	slanders@waterfordsportspartnership.ie
24-Sep	Waterford	Tour of Europe Challenge	Each class in the school will take part in the Tour of Europe Challenge	Education	St John of God NS	Passage Road, Waterford city	www.stjohnofgod.net		bridgolden1@gmail.com

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24-Sep	Clare	Move It Monday	All students will drop everything and dance.	Education	Clouna NS	Scoil Cholmcille, Clouna, Ennistymon, Co. Clare	www.clounans.scioilnet.ie	https://m.facebook.com/clounanationalschool https://mobile.twitter.com/clouna_ns	clounans@yahoo.ie
24-Sep	Tipperary	Hillview Club Championships 2018	Club Championship	Clubs	Hillview Tennis Club		www.hillviewsportsclub.net/		james.cooney@tennisireland.ie
25-Sep	Waterford	Mum on the Move	A programme aimed at mums who walk and would like to take up running. It is designed to get beginners from 0km to 5km in six weeks.	Outdoor	Waterford Sports Partnership	Meet at Insomnia Café Euro Spar Abbeyside		https://www.facebook.com/WaterfordSportsPartnership/	slanders@waterfordsportpartnership.ie
25-Sep	Waterford	Walk for Life	Organised walk for over 50's and people with a disability	Outdoor	Waterford Sports Partnership	Waterford Greenway Workhouse car park @10.30			slanders@waterfordsportpartnership.ie

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25-Sep	Waterford	Walk for Life	Organised walk for over 50's and people with a disability	Outdoor	Waterford Sports Partnership	Waterford Greenway Workhouse car park @10.30			slanders@waterfordsportpartnership.ie
25-Sep	Limerick	Activator Pole Walk	A morning walk in Curragh Chase Forest Park starting at 10:30am on Tuesday September 25th using Activator Poles to help with balance and promote good posture. The programme is for all ages and abilities. The programme also involves light strengthening exercises. All is welcome.	Outdoor	Limerick Sports Partnership	Curragh Chase Forest Park, Kilcornan, Limerick	www.limericksports.ie		eshea@limericksports.ie

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25-Sep	Clare	Teamwork Tuesday	Our pupils will complete a series of active teamwork challenges	Education	Clouna NS	Scoil Cholmcille, Clouna, Ennistymon, Co. Clare	www.clounans.scioilnet.ie	https://m.facebook.com/clounanationalschool https://mobile.twitter.com/clouna_ns	clounans@yahoo.ie
26-Sep	Waterford	Cycling for adults with ID (Tory Services)	Learning to cycle in a safe environment covering the basics like starting, breaking and cycling in narrow lanes similar to the Greenway or cycle paths	Outdoor	Waterford Sports Partnership	Regional Sports Centre, Waterford City	http://www.waterfordsportspartnership.ie/	https://www.facebook.com/WaterfordSportsPartnership/	slanders@waterfordsportspartnership.ie
26-Sep	Waterford	Kick to Recovery Soccer	Soccer For participants in mental health services. Participants will have the opportunity to experience 60 minutes of quality soccer training instruction	Fitness Centres	Waterford Sports Partnership	Kingfisher Club Waterford	http://www.waterfordsportspartnership.ie/	https://www.facebook.com/WaterfordSportsPartnership/	slanders@waterfordsportspartnership.ie
26-Sep	Waterford	Abbeyside Couch to 5km	Programme aims to increase physical activity levels in a fun and enjoyable manner.6.30-7.30pm	Clubs	Waterford Sports Partnership	Abbeyside GAA	http://www.waterfordsportspartnership.ie/	http://www.facebook.com/pages/Waterford-Sports-Partnership/134232259938556	slanders@waterfordsportspartnership.ie
26-Sep	Waterford	Come Try It - VI Soccer	Part of the come and try it day in WIT arena	Fitness Centres	Waterford Sports Partnership	Wit arena	http://www.waterfordsportspartnership.ie/	http://www.facebook.com/pages/Waterford-Sports-Partnership/134232259938556	slanders@waterfordsportspartnership.ie

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26-Sep	Limerick	Activator Pole Walking	A morning walk in Worlds End Castleconnell starting at 10:30am on Wednesday September 26th using Activator Poles to help with balance and promote good posture. The	Outdoor	Limerick Sports Partnership	Worlds End, Lacka, Castleconnell, Limerick	www.limericksports.ie		eshea@limericksports.ie
26-Sep	Limerick	Meet & Train	As part of our Women In Sport programme, Meet & Train welcomes participants to take part in a 5km	Other	Limerick Sports Partnership	Meeting Point: Milford Church Car Park	https://www.limericksports.ie/		kfeeney@limericksports.ie
26-Sep	Clare	Walk It Wednesday	Our whole school will walk to school from our local church (>1.2km).	Outdoor, Education	Clouna NS	Clouna, Ennistymon, Co. Clare.	www.clounans.co.ilnet.ie	https://m.facebook.com/clounanationalschool https://mobile.twitter.com	clounans@yahoo.ie
26-Sep	Cork	Carrigaline 2018 Closed	Club Championship	Clubs	Carrigaline Tennis Club		carrigalinetennisclub.com/		james.cooney@tennisireland.ie
26-Sep	Waterford	Senior Club Championships 2018	Club Championship	Clubs	Tramore Tennis Club		www.tramoretennis.com/		james.cooney@tennisireland.ie
27-Sep	Cork	National Fitness Day	Aqua aerobics, fitness classes	Leisure Clubs / Fitness / Exercise	Club Vitae Clayton Hotel Cork City	Cork	clubvitae.com		tmcgrath@clubvitae.com
27-Sep	Clare	National Fitness Day	FREE 2 hour Monster Bootcamp showcasing the best fitness classes SLC has to offer. 7-8:30pm	Fitness / Exercise	Shannon Swimming & Leisure Centre	Shannon	www.shannonleisurecentre.ie	Facebook/shannon_leisure_centre	info@shannonleisurecentre.ie
27-Sep	Kerry	National Fitness Day	Sports Day for local schools PE classes. Offer various classes - badminton, pilates, etc. to the community. Open day 9am-7pm.	Exercise	Killorglin Sports Complex - Open Day at Complex	Killorglin	www.killorglinsportcomplex.com		margaret.osullivan@kslcltd.ie

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27-Sep	Limerick	Go for Life - Stepping & Strolling Workshop	Go for Life workshops are aimed at older people who are members of a group and who would like to become a PAL i.e. Physical Activity Leader. PALs lead their local group in short exercise routines, fun games, simple dances and sports like skittles and pitch and toss. This Stepping & Strolling workshop will introduce participants to a range of walking activities like indoor stepping, line dancing and outdoor strolling and walking suitable for older people.	Other	Age and Opportunity	Southhill Area Centre	http://www.ageandopportunity.ie	https://www.facebook.com/AgeandOpportunity https://twitter.com/age_op	sue.guldea@ageandopportunity.ie
27-Sep	Limerick	Traveller Women's Walking Group	Traveller Women's Walking Group led by trained walking leader's from the travelling community in Limerick. Launching a 5 Week walking programme on National Fitness Day	Other	Limerick City Traveller Health Advocacy Programme/ Limerick Sports Partnership	Learning Hub Limerick, Kileely, Limerick			mfitzgerald@limericksports.ie
27-Sep	Waterford	Social Soccer	PAN Disability. Two groups will be formed based on the participants ability, those with mild to moderate disabilities take part in a competitive match on the astro pitch and those with	Fitness Centres	Waterford Sports Partnership	Dungarvan Sports Centre	http://www.waterfordsportspartnership.ie/		slanders@waterfordsportspartnership.ie
27-Sep	Waterford	Buggy Buddies	cardio exercises, strength and core exercises for parents with their babies. A great way to get out and meet other parents in an environment that is fun and safe for parents and their little	Outdoor	Waterford Sports Partnership	Walton Park, entrance beside Eurospar at 10am	http://www.waterfordsportspartnership.ie/	https://www.facebook.com/WaterfordSportsPartnership/	slanders@waterfordsportspartnership.ie
27-Sep	Limerick	National Fitness Day	Aura Grove Island are holding a "Lunchtime Healthy Heart Bootcamp" on Wednesday the 26th. There will be a fun fitness bootcamp in aid of the Irish Heart Foundation between 1:15pm -	Leisure Centre	Aura Grove Island Healthy Heart Bootcamp	Limerick	www.auragroup.ie		msrgroveisland@auragroup.ie

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27-Sep	Limerick	National Fitness Day	Aura Grove Island will host 'MOVE to help your Heart' on Saturday the 29th. There will be 4 x free 30 minute fitness classes in aid of the Irish Heart foundation. All are welcome	Leisure Centre	Aura Grove Island 'MOVE to help your heart' fitness classes	Limerick	www.auragroup.ie		msrgroveisland@auragroup.ie
27-Sep	Tipperary	National Fitness Day	Take on the Teachers Challenge	School	Scoil Ruain	Tipperary	https://www.scoilruain.ie		cgubbins@tipperaryetb.ie
27-Sep	Clare	Try It Tuesday	The pupils at Clouna NS will take part in a taster Yoga session courtesy of Lahinch Yoga Studio will	Education	Clouna NS & Lahinch Yoga Studio	Scoil Cholmcille, Clouna, Ennistymon, Co. Clare	www.clounans.coilnet.ie	https://m.facebook.com/clounanationalschool https://mobile.twitter.com/clouna_ns	clounans@yahoo.ie
28-Sep	Limerick	LSP Company Relay Marathon Challenge	LSP Company Team Bonding Event. Limerick based company teams attempt to break the marathon world record in relay format. ACI Worldwide, Analog, AMCS Group, AR Global, DCM	Workplaces	Limerick Sports Partnership	UL Sport Arena Athletics Track, University of Limerick, Limerick	www.limericksports.ie	https://www.facebook.com/limericksportspartnership/ https://twitter.com/limericksports?lang=en	mfitzgerald@limericksports.ie
28-Sep	Clare	Fitness Friday Run	Our school will complete the Run around Europe challenge to see how many European countries we could reach. We will also complete some teachers versus pupils challenges.	Outdoor, Education	Clouna NS	Scoil Cholmcille, Clouna, Ennistymon, Co. Clare	www.clounans.coilnet.ie	https://m.facebook.com/clounanationalschool https://mobile.twitter.com/clouna_ns	clounans@yahoo.ie
29-Sep	Limerick	Mungret Parkrun	Free timed 5km walk/jog/run on Saturday mornings at 9:30am in Mungret Park, Limerick.	Outdoor	Parkrun	Mungret College, Mungret, Limerick, V94 OY56	www.parkrun.ie		tonyapio@hotmail.com
29-Sep	Tipperary	Templemore parkrun	Free weekly parkrun for all levels of fitness.	Outdoor	Templemore parkrun	Templemore town park. Templemore. Tipperary	www.parkrun.ie/templemore		templemoreoffice@parkrun.com
29-Sep	Clare	Lees Road parkrun	Weekly free timed 5K run in Lees Road Sports Complex Ennis Co Clare	Outdoor	parkrun	Lees Road Sports Complex Ennis Co Clare	https://www.parkrun.ie/leesroad/	https://www.facebook.com/leesroadparkrun/	leesroadoffice@parkrun.com

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29-Sep	Kerry	parkrun	Free timed 5k run or walk. inclusive of all ages and abilities. All welcome.	Outdoor	Tralee parkrun	Denny Street, Tralee, Co. Kerry, Ireland.	www.parkrun.ie/tralee/	https://www.facebook.com/Tralee-parkrun-783844575022673/	traleeoffice@parkrun.com
29-Sep	Cork	parkrun	Free 5km run or walk around Glengarriff Nature Reserve	Outdoor	Glengarriff parkrun	Glengarriff Nature Reserve, Kenmare Road, Glengarriff, Co Cork	http://www.parkrun.ie/glengarriff/	https://www.facebook.com/glengarriffparkrun/	glengarriffoffice@parkrun.com
29-Sep	Cork	Castlehaven parkrun	Free 5k parkrun at Castlehaven parkrun in Rineen forest on Saturday the 22nd of September	Outdoor	Castlehaven GAA healthy club	Rineen Forest, Union Hall, Castlehaven, Co. Cork	http://www.parkrun.ie/castlehaven/	https://www.facebook.com/castlehavenparkrun/	castlehavenoffice@parkrun.com
29-Sep	Cork	Bere Island parkrun	What is Bere Island parkrun? It is a 5km run - it's you against the clock. When is it? Every Saturday at 9:30am. Where is it? The event takes place at the GAA club Rerrin village, Bere Island, Beara,	Outdoor	Bere Island parkrun	Rerrin Bere Island Beara Co. Cork	http://www.parkrun.ie/bereisland/	https://m.facebook.com/bereislandparkrun/ https://twitter.com/bereisparkrun	john.walsh@parkrun.com
29-Sep	Cork	Ballincollig parkrun	Free Weekly 5km Timed Run - open to all abilities, organised by fantastic local volunteers. You can walk, run, jog, push a buggy or walk the dog.	Outdoor	parkrun Ireland	Regional Park, Innishmore, Ballincollig, Co.Cork	http://www.parkrun.ie/ballincollig/	https://www.facebook.com/Ballincolligparkrun/ https://twitter.com/bcolligparkrun	ballincolligoffice@parkrun.com
29-Sep	Kerry	Listowel parkrun	Free, timed 5k walk/run in Listowel Town Park every Saturday morning starting at 9:30am sharp	Outdoor	parkrun	Listowel Town Park, Bridge Road, Listowel, V31 VK13	www.parkrun.ie/listowel	https://www.facebook.com/Listowel-parkrun-1179713732139890/	listoweloffice@parkrun.com
29-Sep	Limerick	Limerick parkrun	A free timed 5k event - takes place every Saturday @ 9.30am on the path	Outdoor	parkrun Ireland	The boathouse, University of	http://www.parkrun.ie/limerick/	https://www.facebook.com/limerickparkrun/	limerickoffice@parkrun.com
29-Sep	Cork	CrossBarrs	Cyclocross Race. An offriad event that tests racers skills, speed, and fitness to the limits. CrossBarrs is also part of the very competitive Munster CX circuit. Come along to Novartis Park to see it in action	Outdoor	St. Finbarrs Cycling Club	Novartis Park, Ringaskiddy, Co. Cork	www.stfinbarrscyclingclub.weebly.com	https://m.facebook.com/St.FinbarrsCyclingClub/	st.finbarrscc@yahoo.ie
29-Sep	Limerick	Sports Inclusion Club for Children with Disabilities 4-12years	Sports Inclusion Club is held in the Factory, Southside Youth Space on Saturday September 29th from 11-1pm. Children learn gross motor skills through fun games and activities. For	Other	Limerick Sports Partnership	The Factory, Southside Youth Space, Galvone, Limerick	www.limericksports.ie		eshea@limericksports.ie

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29-Sep	Cork	Racquetball Tournament	Racquetball Tournament with various skill divisions	Other	Racquetball Ireland	Community Youth Centre, Fermoy	https://www.racquetball.ie/junior-fundraiser.html	https://www.facebook.com/racquetballireland/ http://www.twitter.com/racquetballire	info@racquetball.ie
29-Sep	Limerick	Inclusive Tag Rugby	This is an inclusive tag rugby event which brings together two groups we at Limerick Sports Partnership work with. The groups are asylum seekers from Mount Trenchard and people with mixed physical and mental disabilities who are part of the Adapted Men on the Move program. Also included are a team called Sundays Well, who are a	Outdoor	Limerick Sports Partnership	University Limerick, Castletroy, Limerick.	www.limericksports.ie		mcummins@limericksports.ie
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	Outdoor	Get Ireland Walking	Nationwide	https://www.getirelandwalking.ie/	https://www.facebook.com/getirelandwalking/ https://twitter.com/getirelandwalking	info@getirelandwalking.ie
30-Sep	Cork	Bandon Cycling club Rebel Pedal	Family Fun Cycle	Outdoor	Bandon Cycling Club	Bandon Cycling	www.bandoncycling.com	https://www.facebook.com/Bandon-Cycling-294758413929363/?ref=bookmarks	jamesclearcork@gmail.com
30-Sep	Cork	Rushbrooke 2018 Club Close Tournament	Club Championship	Clubs	Rushbrooke Lawn Tennis Croquet Club		rushbrooketennis.com/		james.cooney@tennisireland.ie
30-Sep	Waterford	St Annes TC Senior Club Championships 2018	Club Championship	Clubs	St Annes Tennis Club		www.stannestennis.com/		james.cooney@tennisireland.ie

Date	County	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email Address
30-Sep	Cork	Kinsale Senior Closed 2018	Club Championship	Clubs	Kinsale Tennis Club		www.kinsaletennisclub.com/		james.cooney@tennisireland.ie
22-Sep - 30-Sep	Cork	Tour of Europe Challenge	Our children will run the distance from Dublin - The Eiffel Tower	Outdoor, Education	Scoil Chliodhna CNS	Carrigtwohill GAA, Carrigtwohill, Co. Cork	http://scoilchliodhnacns.ie/	https://www.facebook.com/scoil.chliona	ursula@scoilchliodhnacns.ie
22-Sep - 30-Sep	Tipperary	Turas na hEorpa	Ag siúl nó ag rith i gcomhair dúshlán Turas na hEorpa	Outdoor, Other	Gaelscoil Thiobraid Arann	Gaelscoil Thiobraid Arann, Cnoc an Raileigh, Baile Thiobraid Arann		https://www.facebook.com/gaelscoilthiobraidarann	tgaelscoil@yahoo.com
23-Sep - 30-Sep	Cork	Provincial Matchplay	Pitch and Putt Provincial Matchplay qualifying and Finals, taking place in three venues, Collon, Inniskeen and Fermoy.	Outdoor	Pitch and Putt Union of Ireland	Collon, Inniskeen and Fermoy	www.ppui.ie	https://www.facebook.com/officialppui https://twitter.com/officialppui	michael@ppui.ie
24-Sep - 28Sep	Cork	Tour of Europe Challenge	We will run to Stone Forest, Varna in Bulgaria to get our SNA to her sons wedding!	Education	Castledonovan N.S.	Castledonovan, Drimoleague, Co.Cork	www.castledonovanns.scoilnet.ie		castledonovanns.ias@eircom.ie
24-Sep - 28-Sep	Nationwide	Student World Indoor Rowing Challenge	Our Get Rowing students will row around the world with student rowers	Other	Get Going Get Rowing	Nationwide	www.getgoinggetrowing.com	https://www.facebook.com/GetGoingGetRowing	mary.moloney@rowingireland.ie

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24-Sep - 28-Sep	Cork	Tour of Europe challenge	Tour of Europe challenge	Education	Gaelcholaiste Mhuire AG	Gaelcholaiste Mhuire AG, North Monastery, Cork			111507263@umail.ucc.ie
24-Sep - 28-Sep	Limerick	Tour of Europe Challenge	Tour of Europe Challenge	Outdoor, Education	St. Joseph's NS Ballybrown Limerick	Ballybrown, Clarina, CO.Limerick			katiemarie5@hotmail.com
24-Sep - 28-Sep	Limerick	Tour of Europe	502 Children will attempt to clock up some km's to make it across Europe.	Education	Milford National School	Milford National School, Castletroy, Limerick	www.milfordns.ie		aaron.gallagher@milfordns.ie
24-Sep - 28-Sep	Cork	Run around Europe Challenge	Pupils in the school participate in the Run around Europe challenge	Education	Drimoleague N.S.	Drimoleague N.S.			anne2.roberts@gmail.com
24-Sep - 28-Sep	Waterford	The Tour of Europe Challenge	Running laps around school field to reach our chosen destinations	Education	Kilrossanty National School	Kilrossanty N.S	kilrossantyns.scoilnet.ie	https://twitter.com/KilrossantyF	sandraprendergast@eircom.net
24-Sep - 28-Sep	Limerick	European Week of Sport	Whole school intends to run 778km from the Spire in Dublin to Eiffel Tower in Paris. 4th class will complete a cross curricular project on Paris/France and will recorder no. of km run/day/class	Outdoor, Education	Shountrade National School	Adare, Co. Limerick		https://twitter.com/shountrade	shountradens@gmail.com

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24-Sep -28-Sep	Waterford	Fitness week	Tour of Europe Challenge everyday. Run / walk on Waterford Greenway on Friday.	Outdoor, Education, Workplaces	Kilmacthomas Primary School	Kilmacthomas Primary School	https://kilmacthomasprimaryschool.weebly.com/	https://twitter.com/KilmacthomasPrimary	kilmacps@gmail.com
24-Sep -28-Sep	Cork	Tour of Europe Challenge	Running to various landmarks across Europe	Outdoor	Curraglass National School	Curraglass, Co.Cork	https://curraglassns.wordpress.com/active-school-flag/		curraglassns@gmail.com
24-Sep -28-Sep	Waterford	Tour of Europe Challenge	Running to a destination in Europe	Education	Carriglea NS	Dungarvan	carrigleans@hotmail.com		mcollimsclass44@gmail.com
24-Sep -28-Sep	Tipperary	Dúshlán Turas na hEorapa	Rithfidh na daltaí ar raon timpeall clós na scoile. Taistleoidh na ranganna timpeall na hEorapa, ag tabhairt cuairt ar phríomh radharcanna na dtíortha. Ceanglófar an aclaíocht le foghlaim na mata is tíreolaíochta sa rang.	Outdoor, Education	Gaelscoil Durlas	Gaelscoil Durlas, Bóthar na Naomh, Durlas Éile	www.gaelscoildurlas.ie		labhaoise@gaelscoildurlas.ie
24-Sep -28-Sep	Limerick	Tour of Europe Challenge	Children from Junior Infants to 6th Class will walk or run laps (1lap=1km) of the school yard in order to achieve the distance it would take to go from the Spire in Dublin to various locations in Europe.	Education	St. Patrick's NS., Bruree, Co.Limerick	St. Patrick's N.,Bruree, Co. Limerick	www.brureensinfo	https://twitter.com/brureeinfo	roisincussen5@gmail.com

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24-Sep -28-Sep	Limerick	Tour of Europe Challenge	Each day, pupils and their teachers will participate in the Tour of Europe Challenge, recording how far they've gone each day and at the end of the week, recording where in Europe they have reached.	Education	St. Patrick's N.S	St. Patrick's N.S	www.brureens.info	https://twitter.com/brureens	brureens@eircom.net
24-Sep -28-Sep	Limerick	Tour of Europe Challenge	Tour of Europe Challenge. Students and teachers are going to attempt to complete 1800 laps of school track over the course of the week, in so doing it will bring them to a number of landmarks in Europe including the Eiffel Tower and Santiago Bernabeou Stadium, Madrid.	Outdoor, Education	Portlaoise College	Portlaoise College, Mountrath Road, Portlaoise, Co Laois	www.portlaoisecollege.ie	https://www.facebook.com/Portlaoise-College-Official-303504613177681/ https://twitter.com/PortlaoiseColl?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor	mmarum@portlaoisecollege.ie
24-Sep -28-Sep	Cork	Run to Malta	We will divide the running over the week and count each lap as a kilometer.The younger classes run to London and aim for Belgium.The older classes to Malta.It will be a whole	Outdoor	Primary school	Scoil Mhichil Naofa Bere Island Co Cork	Bereislandschool.scoilnet.ie		cinta8@hotmail.com
24-Sep-28-Sep	Tipperary	Tour of Europe Challenge	Tour of Europe Challenge	Education	Slieveardagh N.S.	Slieveardagh N.S., The Commons,			slieveardaghns@hotmail.com
24-Sep-28-Sep	Limerick	Tour of Europe	Target for our school is the Eiffel Tower, Paris.	Outdoor	Rathkeale 2 NS	Rathkeale 2 NS, Church St, Rathkeale, Co.			info@rathkealens.ie

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27th Sept 2018	Cork	National Fitness Day	Lets#BeActive Project. Gym Plus invites participants into our clubs on National	Gym	Gymplus Cork	Cork	www.gymplus.ie		Cork@gymplus.ie
27th Sept 2018	Cork	National Fitness Day	Open all day 6am-10pm. Free entry to those over 16 years. Can trial classes/	Gym	Fit4Less Midelton	Midelton	f4l.com/midleton		midleton@f4l.com
27th Sept 2018	Cork	National Fitness Day	Take On The Teachers Challenge- Tug of War, Penalty Shoot Outs, Obstacle	School	St. Mary's N.S., Enniskeane	Enniskeane	http://stmarysenniskeane.scoilnet.ie/		stmarysenniskeane@gmail.com
27th Sept 2018	Cork	National Fitness Day	We are going to add "Spin" as the proposed activity for this year. We would laso be inviting non-members to	Gym	F4L Cork	Cork	www.f4l.com/cork		Cork@F4l.com
27th Sept 2018	Cork	National Fitness Day	We are going to add "Spin" as the proposed activity for this year. We would laso be inviting non-members to	Gym	F4L Midelton	Midelton	www.f4l.com/midleton		midleton@f4l.com
27th Sept 2018	Clare	National Fitness Day	Free Exercise morning Friday 28th of September. Body blast 10-11am circuit	Leisure Centre	Active Ennis Leisure Complex	Ennis	www.activeennis.ie		info@activeennis.ie