

Date	County	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email Address
22-Sep	Donegal	parkrun	Free 5k run/walk taking place at 9:30am. It's a community event run by the community for the community and you do it at your own pace.		Letterkenny parkrun	St Conals, Kilmacrennan Rd, Letterkenny, Co Donegal	<a href="http://www.parkrun.ie/letterkenny/">http://www.parkrun.ie/letterkenny/</a>	<a href="https://www.facebook.com/Letterkenny-parkrun-1050865804976">https://www.facebook.com/Letterkenny-parkrun-1050865804976</a>	<a href="mailto:margaretod06@gmail.com">margaretod06@gmail.com</a>
22-Sep	Antrim	Carryduff GAC G4MO Blitz	Carryduff GAC welcome teams from all over Ulster to participate in their annual Gaelic for Mothers and Others blitz. The players will participate in a spirit of friendship and fun, in line with the ethos of G4MO. All participants will enjoy at least 60 minutes exercise on the day.	Clubs	Carryduff GAC	Knockbracken Drive, Belfast, BT8 8EX	<a href="http://carryduffgac.com/">http://carryduffgac.com/</a>	<a href="https://www.facebook.com/CarryduffGAC1/">https://www.facebook.com/CarryduffGAC1/</a> <a href="https://twitter.com/CarryduffCLG">https://twitter.com/CarryduffCLG</a>	<a href="mailto:colette.morris@live.co.uk">colette.morris@live.co.uk</a>

Date	County	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email Address
22-Sep	Down	ULGFA U10 Development Blitz	This is an Ladies Football U10 Development Blitz. There will be 25 clubs from different counties across the province of Ulster. This blitz is non-competitive and no scores will be kept. Girls will play with no pressure to win and they will develop skills of football and friendship along the way. This event is being hosted by Clonduff LGFA, Co. Down on behalf of Ulster Ladies Gaelic.	Outdoor, Clubs	Ulster Ladies GAA	Clonduff Park, Castlewellan Road, Hilltown, Co. Down		<a href="https://www.facebook.com/UlsterLadiesGaelic/">https://www.facebook.com/UlsterLadiesGaelic/</a>	ciaran.murtagh.ulster@gaa.ie
22-Sep	Down	The Future is bright under the lights, Ballymartin GAC U10 Floodlit Tournament	A unique Floodlit Tournament for U10 Gaelic football teams, from 1830-2130	Outdoor, Clubs	Ballymartin GAC	5-7 Pats Road, Ballymartin, Newry, BT34 4NX	<a href="https://ballymartinnga.com">https://ballymartinnga.com</a>	<a href="https://www.facebook.com/ballymartinGAC">https://www.facebook.com/ballymartinGAC</a> <a href="https://www.twitter.com/ballymartinGAC">https://www.twitter.com/ballymartinGAC</a>	youthofficer.ballymartingac@gmail.com

Date	County	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email Address
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	<a href="http://www.thedailymile.ie">www.thedailymile.ie</a>	<a href="https://www.facebook.com/thedailymile.ie/?ref=aymt_homepage_panel">https://www.facebook.com/thedailymile.ie/?ref=aymt_homepage_panel</a> <a href="https://twitter.com/thedailymile_ie">https://twitter.com/thedailymile_ie</a>	<a href="mailto:dailymile@athleticsireland.ie">dailymile@athleticsireland.ie</a>
26-Sep	Cavan	Go for Life - Basic Principles 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	Other	Age and Opportunity	Stradone Community Centre	<a href="http://www.ageandopportunity.ie">http://www.ageandopportunity.ie</a>	<a href="https://www.facebook.com/ageandopportunity">https://www.facebook.com/ageandopportunity</a> <a href="https://twitter.com/ageandopportunity">https://twitter.com/ageandopportunity</a>	<a href="mailto:sue.guidea@ageandopportunity.ie">sue.guidea@ageandopportunity.ie</a>
27-Sep	Monaghan	"I've always wanted to try.....Canoeing"	Age & Opportunity's Go for Life programme and Cavan and Monaghan Sports Partnership have invited members of Kingscourt ARA, Balllybay ICA, Active Virginians and Kildallan ICA to try their hand at canoeing , a brand	Outdoor	Age & Opportunity	Tanagh Outdoor Education & Training Centre	<a href="http://www.ageandopportunity.ie/what-we-do/physical-activity-sport/european-week-of-sport">http://www.ageandopportunity.ie/what-we-do/physical-activity-sport/european-week-of-sport</a>	<a href="https://www.facebook.com/ageandopportunity">https://www.facebook.com/ageandopportunity</a> <a href="https://twitter.com/ageandopportunity">https://twitter.com/ageandopportunity</a>	<a href="mailto:sue.guidea@ageandopportunity.ie">sue.guidea@ageandopportunity.ie</a>

Date	County	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email Address
27-Sep	Monaghan	National Fitness Day	We are organising a day out for our members to take part in the Hell & Back challenge on the 29th of September - We will be raising monet for Crocus Cancer support as part of this. On the Day itself we will offer happy hour rates for gym, pool and classes all day to anyone that comes in and says "I'm here to Celebrate National Fitness Day". Each person that avails of this will have their name put into a prize draw to win a 3 month Pool & Gym membership.	Outdoor / Leisure / Fitness / Exercise	Coral Leisure Monaghan	Monaghan	<a href="http://monaghan.coralleisure.ie/">http://monaghan.coralleisure.ie/</a>		<a href="mailto:gym@coralleisure.ie">gym@coralleisure.ie</a>
27-Sep	Monaghan	National Fitness Day	Free Wellness Workshop - Understanding and taking charge of your mental health. The Peace Link Clones, Co.Monaghan on Thursday 27th September 2018 from 9.30am - 4.30pm. Book your place online: <a href="https://tinyurl.com/WWPeaceLink">https://tinyurl.com/WWPeaceLink</a>	Health Club	The Peace Link	Monaghan	<a href="http://www.thepeacelink.eu">www.thepeacelink.eu</a>		<a href="mailto:ciaran@thepeacelink.eu">ciaran@thepeacelink.eu</a>

Date	County	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email Address
27-Sep	Donegal	National Fitness Day	Penalty Shootout, Dodgeball, Basketball Shootout, Sportshall Athletics	School	Trentagh National School	Donegal			<a href="mailto:trentaghns@gmail.com">trentaghns@gmail.com,</a>
27-Sep	Donegal	National Fitness Day	Dodgeball v The teachers at lunch Time -Also in class Fitness tests such as most press ups, sit ups, burpees, in 1 min, Longest plank, 100m 200m 400m sprint v the teachers, crossbar challenge - differnet teachers are doing different events in PE classes . Longest squat (squat 1/2 way and hold). Poc Fada.	School	Carndonagh Community School,	Carndonagh	<a href="http://www.carndonaghcs.ie/">http://www.carndonaghcs.ie/</a>		
27-Sep	Antrim	National Fitness Day	We are going to add "Spin" as the proposed activity for this year. We would laso be inviting non-members to get on the spin bikes. We are attempting ot hit 40,075km (24,902 miles) - which is the circumfrance of the world along with the	Gym	F4L Lisburn	Lisburn	<a href="http://www.f4l.com/lisburn">www.f4l.com/lisburn</a>		<a href="mailto:lisburn@f4l.com">lisburn@f4l.com</a>
27-Sep	Antrim	National Fitness Day	We are going to add "Spin" as the proposed activity for this year. We would laso be inviting non-members to get on the spin bikes. We are attempting ot hit 40,075km (24,902 miles) - which is the circumfrance of the world along with the UK energie clubs.	Gym	Energie Colerain	Coleraine	<a href="http://www.energiefitnessclubs.com/coleraine">www.energiefitnessclubs.com/coleraine</a>		<a href="mailto:Coleraine@energieireland.co.uk">Coleraine@energieireland.co.uk</a>
27-Sep	Cavan	National Fitness Day	Physiotherapy Department will run a fitness testing day with 4 stations for staff to get their fitness levels checked and also check if they are getting their recommended. There will be physiotherapist on hand to give advice	Hospital	Cavan General Hospital Staff Fitness Testing				<a href="mailto:mary.sweeney@hse.ie">mary.sweeney@hse.ie</a>

Date	County	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email Address
27-Sep	Donegal	National Fitness Day	Mini fitness tests – blood pressure, body composition, BMI, flexibility, grip strength – to students and staff in the main concourse of the College on the 27th Sept. Time 10.15am-3pm. Free of charge. Also on offer, free exercise	3rd Level Education	Letterkenny Institute of Technology Sport Centre	Letterkenny	<a href="https://www.lyit.ie/Student-Hub/Sports-Recreation/Sports-Centre/">https://www.lyit.ie/Student-Hub/Sports-Recreation/Sports-Centre/</a> ; <a href="https://www.lyit.ie/Student-Life/Sports-Recreation/Sports-Centre/">https://www.lyit.ie/Student-Life/Sports-Recreation/Sports-Centre/</a>		<a href="mailto:helen.kennedy@lyit.ie">helen.kennedy@lyit.ie</a> ; <a href="mailto:sportcent@lyit.ie">sportcent@lyit.ie</a>
27-Sep	Monaghan	National Fitness Day	Take on the Teachers Challenge	School	Gael Scoil Eois, Bóthair Ros Liath, Cluain Eois	Monaghan	<a href="http://www.gaelscoileois.scoilnet.ie/">http://www.gaelscoileois.scoilnet.ie/</a>		<a href="mailto:eois.ias@eircom.net">eois.ias@eircom.net</a>
27-Sep	Donegal	National Fitness Day	Aura Letterkenny are holding a night paddle @8pm with an instructor on Gartan Lake for staff and customers, €20 per head with all proceeds going to the Irish Heart Foundation	Leisure Centre	Aura Letterkenny Night Paddle on Gartan Lake	Letterkenny	<a href="http://www.auragroup.ie">www.auragroup.ie</a>		<a href="mailto:rachelcarlin@auragroup.ie">rachelcarlin@auragroup.ie</a>
27-Sep	Louth	National Fitness Day	Aura Dundalk are holding a spinathon in the Marshes Shopping center from 11am - 4pm with all proceeds going to the Irish Heart Foundation.	Leisure Centre	Aura Dundalk	Louth	<a href="http://www.auragroup.ie">www.auragroup.ie</a>		<a href="mailto:msrdundalk@auragroup.ie">msrdundalk@auragroup.ie</a>
27-Sep	Donegal	Take on the teachers	Obstacle course	Outdoor	Lifford NS	Lifford NS			<a href="mailto:caoimhe.mcconnell6@mail.dci.ie">caoimhe.mcconnell6@mail.dci.ie</a>
29-Sep	Donegal	parkrun	Free 5k run/walk taking place at 9:30am. It's a community event run by the community for the community and you do it at your own pace.		Letterkenny parkrun	St Conals, Kilmacrennan Rd, Letterkenny, Co Donegal	<a href="http://www.parkrun.ie/letterkenny/">http://www.parkrun.ie/letterkenny/</a>	<a href="https://www.facebook.com/Letterkenny-parkrun-1050865804976">https://www.facebook.com/Letterkenny-parkrun-1050865804976</a>	<a href="mailto:margaretod06@gmail.com">margaretod06@gmail.com</a>
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	Outdoor	Get Ireland Walking	Nationwide	<a href="https://www.getirelandwalking.ie/">https://www.getirelandwalking.ie/</a>	<a href="https://www.facebook.com/getirelandwalking/">https://www.facebook.com/getirelandwalking/</a> <a href="https://twitter.com/getirelandwalking">https://twitter.com/getirelandwalking</a>	<a href="mailto:info@getirelandwalking.ie">info@getirelandwalking.ie</a>
23-Sep - 30-Sep	Monaghan	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	<a href="http://www.ppui.ie">www.ppui.ie</a>	<a href="https://www.facebook.com/officialppui">https://www.facebook.com/officialppui</a> <a href="https://twitter.com/officialppui">https://twitter.com/officialppui</a>	<a href="mailto:michael@ppui.ie">michael@ppui.ie</a>

Date	County	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email Address
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	<a href="http://www.getgoinggetrowing.com">www.getgoinggetrowing.com</a>	<a href="https://www.facebook.com/GetGoingGetRowing">https://www.facebook.com/GetGoingGetRowing</a> <a href="https://twitter.com/get_rowing">https://twitter.com/get_rowing</a>	<a href="mailto:mary.moloney@rowingireland.ie">mary.moloney@rowingireland.ie</a>
24-Sep -28-Sep	Donegal	Active Fun at FVC	Activities such as penalty kick out, letterhunts, staff v student challenge, guest speakers will take place during	Education	Finn Valley College	Finn Valley College, Stranorlar	<a href="http://www.finnvalleycollege.donegalvec.ie">www.finnvalleycollege.donegalvec.ie</a>		<a href="mailto:clairemcgranaghan@donegalvec.ie">clairemcgranaghan@donegalvec.ie</a>
24-Sep -28-Sep	Donegal	European Week of Sport	Scoil Mhuire gan Smál, Letterkenny will run several events throughout the European Week of Sport - taster sessions of yoga and golf, a visit and taster session with a World Handball Champion - a Take on the Teachers	Other	Scoil Mhuire gan Smál, Letterkenny	Scoil Mhuire gan Smál, Sentry Hill, Letterkenny, Co. Donegal	<a href="http://www.smgslletterkenney.ie">www.smgslletterkenney.ie</a>		<a href="mailto:gnschlks.ias@eircom.net">gnschlks.ias@eircom.net</a>
24-Sep-28-Sep	Donegal	Tour of Europe Challenge	We aim to complete the Tour of Europe Challenge by visiting a different landmark each day. We aim to do this by running/ walking around the school yard.	Outdoor, Other	Scoil Treasa Naofa	Scoil Treasa Naofa, Drumcarbit, Malin, Co.Donegal			<a href="mailto:dohertyelaine@hotmail.com">dohertyelaine@hotmail.com</a>
24-Sep-28-sep	Donegal	Tour of Europe Challenge	We will choose a European destination and try to arrive there	Outdoor, Education	Glentogher National School	Glentogher, Carndonagh, Co. Donegal			<a href="mailto:glentogherns.ias@eircom.net">glentogherns.ias@eircom.net</a>
25-Sep - 28-Sep	Donegal	Week of Sport	We will be taking part in an active week where we Run Around Europe, play different sports and try new fitness activities.	Other	St. Safan's N.S.	Drumdoit, Castlefinn, Co. Donegal			<a href="mailto:naomikillen@hotmail.com">naomikillen@hotmail.com</a>













[re@lyit.ie](mailto:re@lyit.ie)

