

Increasing Adult Participation in Sport and Physical Activity

With support from the Health Services Executive under their Get Ireland Active programme, Offaly Sports Partnership has supported delivery of Meet & Spin, and Meet & Train programmes in an effort to increase adult participation in sport and physical activity.

Offaly Sports Partnership has also partnered with local communities to promote participation in sport and physical activity; and national governing bodies of sport to promote the playing of recreational sport by adults in the county.

2015

Two physical activity and sport programmes for adults were delivered in 2015: -

1. *Community Transformation*

Established in support of Operation Transformation and following a request from the Moneygall community, this programme was an eight week programme offering 24 events from runs and walks to boot camps and kettle bells totaling 2,500 work out hours for almost 150 participants ranging in age from 18 – 63 years. A combined weight loss of 1,000lbs was recorded at the close of the programme.

2. *Meet & Train*

One meet and train group was established in Ballyskenach Athletics Club in 2015 in conjunction with Offaly Sports Partnership and Offaly Athletics.

2014

Two physical activity and sport programmes for adults were delivered in 2014: -

1. *Meet & Spin*

Following the success of Bike 4 Life spins delivered as part of Bike Week 2014, a six week meet and spin programme was delivered in Offaly by a qualified Bike 4 Life tutor. Seven people participated on the programme.

2. *Meet & Train*

Three meet and train groups were established in 2014: -

- i. *Park Life meet and train* - One meet and train group was established under this programme in 2014. 15 women participated on this programme
- ii. *Arden View meet and train* – 10 people participated on the programme
- iii. *Dóchas meet and train* – established as a walking meet and train, due to poor numbers, this programme was cancelled

Existing meet and train groups continued to meet in 2014: -

- **Edenderry meet and train**, since subsumed into Edenderry Athletics Club; the senior branch of the club was established following our TV to 10k meet and train intervention in Edenderry in 2013
 - **Daingean meet and train**, since subsumed into Naomh Mhuire Athletics Club, a club established following our meet and train intervention in Daingean in 2012
 - **Cloghan meet and train**, operating out of St Rynagh's GAA in Banagher following our meet and train intervention in Cloghan in 2011
 - **Portarlinton meet and train**, since subsumed into St Michael's Athletics Club following our meet and train intervention supported by Portarlinton Community Centre in 2011
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2013

Two physical activity and sport programmes for adults were delivered in 2013: -

1. **Meet & Spin**

One meet and spin programme was delivered in 2013 via Grand Canal Sports with the support of Offaly and Westmeath Sports' Partnerships. 46 adults participated in the programme, with at least 20 of these participants continuing to meet regularly on Sunday mornings for meet and spin sessions.

Following on from these meet and spin sessions, a new cycling club, Grand Canal Wheelers was established in 2014. Meeting regularly, the club has gone on to train cycle leaders and supported Offaly Sports Partnership in the national roll out of Bike Week in Daingean, Offaly.

2. **Meet & Train**

Five meet and train programmes were delivered in 2013: -

- Tullamore Harriers after work meet and train** - 30 people participated on the programme. Following the conclusion of the initial eight week programme, the Tullamore Harriers have now incorporated the meet and train group into their programme of events for the year.
- Mount Bolus meet and train** - this programme was established in support of the Gathering Ireland 2013 and in advance of the annual Marion Geraghty Sarcoidosis 5k / 10k runs. 18 people participated on the programme
- Moneygall meet and train** - similarly, this programme was established in support of the Gathering Ireland 2013 and in advance of the Moneygall festival 5 / 10k runs. Upwards of 30 people participated on the programme with approximately 100 people participating in the runs.

Two additional meet and train groups were established under our women in sport meet and train programme in 2013. Two programmes were delivered under the "**Park Life**" meet and train banner in Tullamore - one was a series of morning jog training sessions for women under

the guidance of Pauline Curley; while the second was a series of morning walks under the guidance of Offaly Sports Partnership's administrator.

The second meet and train group established in Edenderry focused on a **TV to 10k programme**, and consisted of a series of evening jog training sessions for women, under the guidance of Pauline Curley. At the conclusion of this programme, participants established a recreational running group open to men and women and later went on to form a senior running club in the town.

Three existing meet and train programmes (**Portarlington, Cloghan and Daingean**) established in 2010, 2011 and 2012 continue to flourish. The Portarlington and Daingean meet and train groups are supported by St Michael's Athletics Club Portarlington and Naomh Mhuire Athletics Club Daingean respectively.

2012

Three physical activity and sport programmes for adults were delivered in 2012: -

1. **Meet and Spin**

One meet and spin programme was delivered in 2012 via Wolftrap Cycling Club with the support of the partnership. 30 adults participated in the winter indoor meet and spin programme.

Of the 30 adults that participated in the indoor sessions, nine continued to cycle thereafter with five joining the club and participating in the spring / summer outdoor meet and spin sessions.

2. **Meet and Train**

One meet and train programme was delivered in 2012 in Daingean. 60 adults registered for the 10 week programme. A 5k fun run was held to finish off the programme. From these activities funding was raised towards the development of a local sports hall, and the Naomh Mhuire Athletics Club in Daingean was established.

Two existing meet and train groups (Cloghan and Portarlington) established in 2010, 2011 continue to flourish.

3. **Peil Abú**

Offaly Sports Partnership partnered with Offaly GAA and piloted the Peil Abú programme. Unfortunately, there was not sufficient interest to keep the programme going.

2011

One physical activity and sport programme for adults was delivered in 2011: -

Meet & Train

One meet and train programme was delivered in 2011; while the first meet and train group established in Portarlington in 2010 continued to flourish.

Following the success of our 2010 meet and train group in Portarlington, Offaly Sports Partnership established a second meet and train group in St Rynagh's GAA, Cloghan. 55 people signed up for a programme with 40 actually completing it. A 10k road race, part of the Midlands run series, was held in Cloghan on the 28th August to finish off the programme at which 125 people participated.

From these activities funding was raised towards the ongoing development of community facilities in the village with the local GAA pitch as its centre. One of the most significant facilities developed to date has been a fully lit 1km walking / running route that starts and finishes at the GAA field and has a security camera installed. This facility was used for the meet and train, and has become very popular locally because of the security it provides and the accuracy of its measurement.

As a result of this programme, there has been a large increase in the number of women participating in a local training group in the nearby town of Banagher.

The local leader for the meet and train has also established new programmes within Cloghan, such has been the demand.

Furthermore in 2011, Portarlington Community Development Association delivered the Portarlington meet and train group. The Portarlington run was staged again in September 2011, and while the numbers were not as high as in 2010, there was still a large turnout. It is anticipated that this event will continue on the sporting calendar well into the future, and will be delivered by Portarlington Community Development Association, in conjunction with the local athletics club, St Michael's AC.