

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.

2010

One physical activity and sport programme for adults was delivered in 2010: -

Meet & Train

One meet and train programme was offered in 2010. In conjunction with our neighbours in Laois, a 10 week meet and train programme was established in Portarlinton to increase participation among adults in physical activity and sport. Over 60 people signed up for the programme.

The programme was delivered primarily on the local Coillte trail in Garryhinch Woods. Originally planned as a ten week programme, two days per week, the majority of the group agreed to undertake a third training day after a few weeks into the programme.

The programme culminated in the running of an inaugural 10k in the town; and many of the participants continue to meet and train under the direction of the training leader.