

Women in Sport

2014

Four programmes were delivered under the women in sport initiative in 2014: -

1. *Arden View meet & train* 10 people participated on the programme
2. *Dóchas meet & train* Established as a walking meet and train, due to poor numbers, this programme was cancelled
3. *Learn to Run* Modelled on the integrated academy for athletics performance, and meet and train concepts, a learn to run programme was established in Tullamore to support the participation of girls and women from ethnic minorities in running. 37 girls and women participated on the programme which was led out by Pauline Curley.

Nine West African girls transferred from the programme into the Tullamore Harriers, therefore mainstreaming the participation of girls from ethnic minorities in athletics. In addition, two of the parents who participated on the programme now volunteer with the Tullamore Harriers, enabling and ensuring a smooth transition for the girls from group to club participation.

4. *Park Life* One programme was delivered under the Park Life meet and train banner in Tullamore in 2014 under the guidance of Pauline Curley. 15 women participated on this programme.

2013

Three programmes were delivered under the women in sport initiative in 2013: -

1. *St. Mary's Couch to 5k* Following a request from Athletics Offaly and St Mary's Secondary School, Edenderry; Offaly Sports Partnership supported the delivery of a "Couch to 5k" running programme in the school. The programme culminated in the running of a 5k fun run as a school fundraiser in December.
 2. *Park Life* Three programmes were delivered under the Park Life meet and train banner in Tullamore; two of the programmes were a series of morning jog training sessions for women under the guidance of Pauline Curley; while the third was a series of morning walks under the guidance of Offaly Sports Partnership's administrator. Up to 75 women participated on these programmes.
 3. *TV to 10k* The second meet and train group was established in Edenderry; and focused on a TV to 10k programme. The programme consisted of a series of evening jog training sessions for women, under the guidance of Pauline Curley. 20 women participated on this programme. At the conclusion of the 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 under the existing Edenderry Athletics Club.
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2012

One programme was delivered under the women in sport initiative in 2012: -

Pauline Curley "Women's" Marathon Relay Challenge Six post primary schools (St Brendan's Community School Birr, Tullamore College, Sacred Heart School Tullamore, Gallen Community School Ferbane, Banagher College and Presentation Secondary School Killina) participated in the third running of the Pauline Curley "Women's Marathon Relay Challenge in March 2012. St Brendan's retained the cup for a third year.

2011

Six women in sport programmes were delivered under the women in sport initiative in 2011: -

1. *Circuit training:* A four week programme was delivered in Killeigh at which 35 females were in attendance. On completion of this programme, the group made local arrangements for the programme to continue independently.
2. *Community Games minority sports for girls:* This project was established to increase the participation of teenage girls in a range of minority sports on the Community Games calendar of events. After numerous delays, this programme kicked off with a Come Try Day in which 3 sports (Hockey, Rounders and Timber Skittles) were offered. 22 young people participated.
3. *Fit 4 Girls:* With the support of the Health Services Executive, this project was established to support secondary schools to identify and address the barriers preventing girls' participation in sport in a school based environment by developing plans to address the barriers preventing the participation of girls in school and extracurricular sport and physical education. 2 schools (St Brendan's Community School Birr and Banagher College) participated on this programme.
4. *Get active for women with disabilities:* This programme was established to address a need for women with disabilities to become more active more often. 15 women from three services participated on this programme in 2011.
5. *Nightline:* This project was established to provide support for at risk teenage girls to receive an introduction to the sport and leisure industry. A 16 week programme was developed, and an average of 12 of 17 girls participated weekly. Soccer and circuit training were the most popular elements of the programme. Two girls continue to train with Derry Rovers Soccer Club (girls team). An additional two girls train with the Acorn Project senior ladies soccer team. A continuation of the circuit training programme has also been requested.