

**MORE SPORT  
MORE LIFE**



Newsletter, Issue 4  
Sept 2019

**Contact Tipperary Sports Partnership:**

**Clonmel Office:**  
Ballingarrane House  
Ballingarrane  
Clonmel.  
**Tel:** 076 106 6201  
**Enagh Office:**  
Civic Offices  
Enagh.  
**Tel:** 076 106 6888

**Email:**  
info@tipperarysports.ie

 Tipperarysports  
 @tipperarysports  
 @tipperarysportspartnership

**Inside this issue:**

Tipperary Women's Mini Marathon 2019	1
Boccia Programme	1
Headin' for the Hills	2
Bike Week	2
On The Water	3
Tipperary Warriors	3
Launch of the Suir Blueway Tipperary	4
Upcoming Courses	4

## Tipperary Women's Mini Marathon 2019

The 2019 Tipperary Women's Mini Marathon will take place in Clonmel on **Sunday 29<sup>th</sup> September at 10.45am**. Now celebrating its 10<sup>th</sup> Anniversary, this 10k Women's Mini Marathon has grown from strength to strength since the inaugural event in Thurles in 2010. Registration is open on [www.tipminimarathon.ie](http://www.tipminimarathon.ie) and is both online and postal. The event provides a great opportunity for participants to raise funds for their own local charities and there is a charitable donation of €200 to the largest group to register that are raising funds for charitable

causes. Details of local **Meet and Train** or **Fit 4 Life** running groups are available on the website to help participants to train. Participants will receive a technical tee-shirt sponsored by LIT Tipperary and all finishers will receive a specially designed race medallion. Spot prizes will also be distributed on the day. All participants will be chip timed and the event is AAI measured and certified. The 2019 Tipperary Mini Marathon is funded through Sport Ireland's Women In



*Special Olympics World Game Medallist Kellie O'Donnell launches the 2019 Tipperary Women's Mini Marathon*

Sport Programme and the 2019 committee comprises of members from Tipperary Sports Partnership, Clonmel AC, Tipperary Athletics County Board, Tipperary County Council, Clonmel Borough Municipal District, Clonmel Gardaí & Tipperary Civil Defence.  
**#20x20**

## Boccia Programme

Boccia is a target sport which can be played by individuals or teams. It is a non-contact sport played using 13 balls (6 red, 6 blue, 1 white). The balls are solid but pliable, easy to grip and have good rolling quality. The game is played from a seated position.

Tipperary Sports Partnership supported a six week Boccia Programme in two

locations—Borrisoleigh Community Hall and Canon Hayes Centre, Tipperary Town. 31 participants took part from the following services:

- IWA Roscrea
- Anusha, Thurles
- The Orchard, Roscrea
- Rehabcare, Nenagh
- The Coach House, Roscrea
- Moorehaven Centre

- IWA Clonmel
- Rehabcare, Clonmel

An autumn programme is due to take place in September / October.



*Participants enjoying Boccia in Borrisoleigh Community Hall*

**MORE  
SPORT  
MORE  
LIFE**



## UPCOMING PROGRAMMES

- **Tipperary Womens Mini Marathon on 29/09/2019 Clonmel**
- **Swimmin Women Starting October 2019**
- **SAFETalk Workshop on 10/10/2019 Nenagh**
- **Ready to Go Orienteering Course on 18/10/2019 Clonmel**
- **Disability Inclusion Training on Saturday 9th November, Moycarkey Borris Community Sports Centre, Littleton**
- **Canoe Slalom Event, Community Sport Hub River Suir in Clonmel on 3/11/2019**

Full details and booking log on to

[www.tipperarysports.ie/](http://www.tipperarysports.ie/)

*Keep an eye on our facebook page for further upcoming programmes*

## Headin' for the Hills

Headin' for the Hills is an urban beginner's hillwalking programme that was piloted by Tipperary Sports Partnership in Clonmel from April-June as part of the Urban Adventure programme of activities. The programme consisted of two nights of walking a week for 10 weeks. Walks started flat and took in the Suir

Blueway over the first two weeks with the introduction of hills gradually. Walks over the following weeks increased in distance and gradient and took in many areas in Clonmel including Careys Castle, Tickincor Woods, Marfield Woods, Canon Woods, Kilnamack Woods and the Holy Year Cross. For the final walk and to test their progress



**Participants in Headin for the Hills**

participants climbed Slievenamon on Sunday 16<sup>th</sup> June and gathered for a social cup of tea and cake to celebrate after in Kilcash community hall. Well done to all participants on their achievements.

## Bike Week 2019

Bike Week took place from the 22<sup>nd</sup> to 30<sup>th</sup> of June 2019 and Tipperary Sports Partnership promoted cycling with an action packed calendar of events with over 1000 participants taking to their bikes. Some of the highlights across the county included:

TSP in association with Tipperary County Council presented the Street Velodrome in Suir Island Car Park, Clonmel. Cycling enthusiasts of all ages came along to test their skills on the velodrome. For the very young participants there was an opportunity to take part in a Balance Bike Road Safety activity.

Cloughjordan Community Development Committee

organised a cycle to Knockanacree Wood. This was followed by a Dr Cycles Bike Maintenance Workshop.

Slievenamon CC hosted a Kids Fun Cycle Evening. Events included a 5km family fun cycle, cyclo cross, bike skills and bike maintenance tuition.

Cyclists from Fethard Pedallars completed an 8 week couch to 50K programme. The club also held their 2nd annual Pink Cycle in which cyclists took part in a 58K tour of South Tipperary. There was also an option of a 20k route.

Carrick Wheelers ran Kids Skills and Training over 3

nights catering for 5 to 12 year olds.

Rock Pedallars hosted a talk on Integrative Natural Health on nutrition and cycling.

TSP in association with Tipperary Childcare Committee hosted their 2nd Balance Bike Blitz. Events were held in Moyle Rovers, Clonmel and the Dome, Thurles.

Tipperary Wheelers offered a Free Care and Maintenance of Your Bike Session in the Canon Hayes Sports Complex.

South Tipp Cycling Club took to their saddles with An Introduction to Cycling at the Ballyhoura Trail Centre with adults and children taking part.



**MORE SPORT  
MORE LIFE**



## On The Water

The Community Sports Hub Co-Ordinator is completing her busy summer programme of activities on the water

- 109 secondary school students from 5 schools took part in **A Paddles Up Programme** in Clonmel
- Summer and Adventure Camps for 116 Kids, Teens were held in Clonmel, Cahir and Ardfinnan
- Canoeing Ireland & Clonmel Canoe Club hosted a Slalom Event on 26<sup>th</sup> May in Clonmel with the support of TSP
- A Blueway 10k Challenge for 20 adult participants of TSP Courses took place on 20th July from Clonmel to Kilsheelan
- Supported the Suir Decent Race from Cahir to Clonmel
- Two local instructors progressed to Canoeing Ireland Level 2 Kayaking Instructors

- 14 Participants took part in Remote Emergency Care Level 3 First Aid Course
- Students from the National Learning Network took part in a programme to learn the fundamentals of kayaking, connect to their local environment and journey along the river Suir. They achieved their Canoeing Ireland Level 1 Sit On Top Kayak Skills

- Facilitation of Slalom and Freestyle Coaching Clinics — coached by Irish International Paddlers
- Two six week adult kayaking courses with 24 participants
- 12 adults progressed to the intermediate Kayaking Course



**NLN Participants on the Sit On Top Level 1 Skill Sessions**

## Tipperary WARRIORS

Tipperary Sports Partnership were delighted to support the Irish Wheelchair Association in setting up the Tipperary Warriors.

Tipperary Warriors is a multidisciplinary sports club for children with a physical disability and their siblings. They meet weekly in the Sports Hall of the Presentation Primary School Thurles on Saturday mornings from 11 – 12.30.

**Their next term starts on 7th September, 2019.**

Last year the children travelled to Cork, Dublin, Belfast, Galway and Carlow

to take part in a number of basketball blitzes. Other activities include ice skating, bowling, climbing wall and athletics.

Tipperary Warriors ran a summer camp this year which included tennis, kickboxing, soccer, and lots more activities. They also had a day in Killaloe where the children and parents had the opportunity to try out kayaking and sailing.

In the coming year the club will continue to enter basketball blitzes run by the Irish Wheelchair Association and plan to



**Tipperary Warriors club members**

have sessions of basketball, tennis, soccer, rounders and strength and conditioning and much more. All children are included in the various activities regardless of ability and the ethos of the club is that members have fun and an opportunity

to belong to a group. New members are always welcome. If you would like any further information please contact:  
**Orla (087) 6550315**  
**Teresa (086) 1505765**  
**Norma (087) 6732207**

**MORE SPORT  
MORE LIFE**

## Launch of The Suir Blueway Tipperary

The Suir Blueway Tipperary was officially opened on the 17<sup>th</sup> May, 2019 by John Treacy CEO Sport Ireland.

Speaking at the launch Mr Treacy said the Suir Blueway—Tipperary was “an excellent base for outdoor activity and recreation for both the local community here in Tipperary as well as visitors from all over Ireland and overseas”.

As part of the official opening on Saturday 18<sup>th</sup> May over 450

participants took part in two Community Walks starting in Clonmel & Carrick-on-Suir with both finishing in Kilsheelan, where a community celebration was held.

The Suir Blueway is a 53km long route where visitors can enjoy watersports trails from Cahir to Carrick-On-Suir. 21km of the Blueway is accessible by bike or on foot where visitors can follow the towpath from Clonmel to Carrick-On-Suir.

Visitors to Cahir can walk from Cahir Castle to the Swiss Cottage and vice versa, this consists of a 4km walk.

The Suir Blueway Tipperary has something to offer all ages and interests —Walking, Cycling, Canoeing, Kayaking and Paddle boarding.

For further information

about Suir Blueway Tipperary go to [www.tipperary.com](http://www.tipperary.com) or call TSP on 0761-06-6201.



*John Treacy CEO, Sport Ireland with members of Clonmel Canoe Club at the Launch of the Suir Blueway Tipperary*

## Upcoming Safeguarding Courses

### Safeguarding 1

Date	Venue
Monday 16 <sup>th</sup> September	Spafield FRC Cashel
Monday 23 <sup>rd</sup> September	LIT Thurles
Monday 7 <sup>th</sup> October	Parish Centre Nenagh
Monday 14 <sup>th</sup> October	LIT Clonmel
Monday 21 <sup>st</sup> October	Rackethall Hotel Roscrea
Monday 4 <sup>th</sup> November	LIT Clonmel

### Safeguarding 2

Date	Venue
Monday 11 <sup>th</sup> November	LIT Thurles

### Safeguarding 3

Date	Venue
Monday 25 <sup>th</sup> November	LIT Thurles

Find us on Facebook, Instagram and Twitter - To book or find out more information check out <https://www.eventbrite.ie/o/tipperary-sports-partnership>