

**MORE
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Newsletter, Issue 7
Oct 2020

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Inside this issue

Tipperary Women's Mini Marathon 2020	1
€207,600 Boost for Sport in Tipperary	2
Club Sport & Physical Activity Development Fund	2
Covid-19 Resources	2
Tipperary Bike Week	3
Inclusive Blueway Cycling Initiative	3
Orienteering in Tipp	4
Upcoming Courses	4

Tipperary Women's Mini Marathon Virtual 10k

Over 400 women took part in the first ever virtual Tipperary Women's Mini Marathon 10k which took place over the weekend of 26th / 27th September, 2020 in glorious sunshine.

The event was free, and was open to walkers, joggers and runners. There was an international dimension as participants from County Tipperary, counties across Munster and as far away as

Brazil, Philippines, Switzerland, London, America, Australia, and India completed their 10k.

The Mini Marathon took place during the European Week of Sport and on National Walking Day. It was supported by Sport Ireland's Women in Sport Programme and is part of the #20x20 campaign which aims to increase female participation in sport.



"Challenge completed. It was my 5th Women's Mini Marathon. All my runs in Ireland started from this event. This year I did it with my daughter. Thank you for organising it."



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€207,600 Boost for Tipperary for Sport and Physical Activity

UPCOMING PROGRAMMES

- **Safeguarding 1**
2/11/2020
Online Workshop
- **Autism in Sport**
09/11/2020
Online Workshop
- **Safeguarding 1**
16/11/2020
Online Workshop

Full details & booking on
www.tipperarysports.ie/

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

Coronavirus
COVID-19

If you are feeling worried or stressed during these difficult times, please be aware that resources are available to help mind your mental health & wellbeing. See list of resources below available to support you:

- [You, Your community & Covid19](#)
- [Stay Safe guidelines](#)

For the most up to date information and advice on Coronavirus, please go to:

- [Gov.ie - Coronavirus](#)
- [Health Services Executive](#)
- [Health Protection Surveillance Centre](#)

Sport and physical activity in Tipperary has received a welcome boost through the Dormant Account funds with Sport Ireland. €207,600 was allocated to Tipperary Sports Partnership through this Fund. The allocation is part of a total investment package of €7.3m in Dormant Accounts Funding announced by Sport Ireland for a wide range of sport and physical activity measures countrywide. Sport Ireland's investment aims to engage with communities across the country, focusing on people with disabilities, people who are educationally disadvantaged and from disadvantaged communities. Included in the allocation to Tipperary Sports Partnership are the following projects:



Announcement of Dormant Account Funds Allocation (From L to R) : Kieran Mulvey, Chairman of Sport Ireland, Therese Langan, Director of Community and Culture, Dun Laoghaire Rathdown County Council, Minister Catherine Martin- Minister for Media, Tourism, Arts, Culture, Sport and the Gaeltacht, Cllr. Una Power, Cathaoirleach of DLR CC and DLR LSP Board Member, Niall Cull, CEO of DLR Leisure and John Treacy, Chief Executive, Sport Ireland

- €62,500 Community Sports Hub in Tipperary Town
- €90,000 Innovation project on the River Suir Blueway
- €35,100 for Urban Outdoor Initiative
- €15,000 for Volunteer Supports
- €5,000 for Youth Leadership

Club Sport & Physical Activity Development Fund

The TSP Club Sport & Physical Activity Development Fund has been allocated to 64 Tipperary Sports Clubs. The fund aims to support clubs to increase their capacity to deliver sport and physical activity and in turn increase membership and sports participation. This year the scheme also assisted with new costs associated with '**Return to Sport**' and supported Clubs to adapt their

practices to comply fully with COVID-19 related public measures identified as necessary by the HSE. The coaching element aimed to support and develop quality coaching and to encourage all coaches/volunteers to undertake appropriate education and training.

€20,000 was allocated under the this funding scheme supported by Sport Ireland and Tipperary County Council.

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Tipperary Bike Week

Bike Week took place from 19th to 27th September. This week also coincided with Mobility Week and European Week of Sport.

Tipperary Sports Partnership ran two Bike Week Challenges

- Bike Week School Challenge
- 100km Bike Challenge.

Well done to all who took part in both challenges and congratulations to all our winners.

As part of Bike Week, TSP also facilitated a **'Bike The Blueway Initiative'** with students from 3 secondary schools participating in a cycle along the Suir Blueway Tipperary.

TSP with support from Tipperary Childcare Committee and the HSE Occupational Therapy Department developed an online video tutorial for the **'Wibbly Wobbly Balance Bike Programme'** and printed resource cards to support the delivery of the programme to children with additional needs. This resource was also launched during Bike Week.

A series of initiatives took place across the county during Bike Week supported by the following groups

Cloughjordan Development Community Group

- Bike Check Clinic
- Historical Cycle

- Social Cycles for Adults & Kids
- Big Cycle Out for Experienced Cyclists

Clonmel Mountain Bike Club

- Equipment Advice, Info on Mountain Bike Clubs
- Questionnaire on 'Cycling Clonmel'

Cashel Rock Pedallers

- Free Bike Check & Repairs
- Get back on your bike Social Cycle
- Bike Maintenance & Repair Workshop
- Couch to 50K Cycle

Roscrea Scout Group

- Beaver & Cub Cycle
- Club intro for new members
- Mountain Bike Workshop

Cahir Community Gardaí

- Bike Safety Week & Awareness Programme organised by Community Gardaí in Cahir



Participants in Tipperary Bike Week 2020



Inclusive Blueway Cycling Initiative

As part of Bike Week 2020, Tipperary Sports Partnership launched its "Inclusive Blueway Cycling Initiative". TSP joined forces with Blueway Bike Hire to provide cycling equipment to support people with disabilities to cycle the Suir Blueway Tipperary. Through Dormant Account Funds from Sport Ireland, 2 Tandem bicycles along with a junior and adult handcycle were purchased and are available from Blueway Bike Hire in Carrick on Suir, Co.Tipperary. Further details from Blueway Bike Hire or TSP.



Launch of the Inclusive Blueway Cycling Initiative

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Orienteering in Tipperary

Orienteering is the sport of navigation that requires you to find your way from one point to another using only a map (hard copy or on your phone), your brains and sometimes a compass. It is easy to learn and a fun way to exercise your body and mind, as you enjoy the outdoors. It is a sport for everyone and is a skill that can be easily learned by people of all ages and abilities.

Orienteering is usually done in the woods, hills or parks, with the participants on foot and it develops many skills including problem solving, teamwork, decision making,

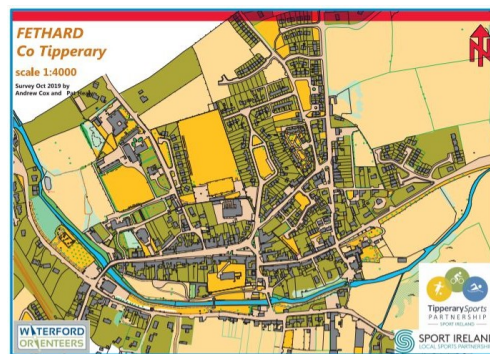
orientation and self awareness. It really is fun for all the family. TSP, in association with Waterford Orienteers and the Irish Orienteering Association is currently developing Orienteering across Tipperary. We have mapped a number of urban areas recently supported by Tipperary County Council and Sport Ireland Urban Adventure. Our aim is, that schools, community groups, families and individuals will try out this exciting, inclusive sport. We encourage you to use these phone apps.

Why not try out orienteering in Fethard, Clonmel or Carrick-On-Suir with the Map Run F app. The courses vary in length

but the medium is between 4 and 5 km with the Long version (where available) a little longer. You can run the courses as often as you like. Why not try and improve your time?

All you need is: Your phone, then download and print the orienteering map from IOA website. This makes navigation much easier. See details on downloading the app on the following links:

Website: <http://maprunners.weebly.com/>
Google play: [https://](https://play.google.com/store/apps/details?id=au.com.fne.maprunf)



Map of the Fethard Orienteering Course

play.google.com/store/apps/details?id=au.com.fne.maprunf

App store: <https://apps.apple.com/au/app/maprunf/id1468994114>

YouTube: https://www.youtube.com/watch?v=qMseXJZEK_8&feature=youtu.be&fbclid=IwAR...

Download the course maps for Fethard, Clonmel & Carrick-On-Suir from: www.tipperarysports.ie

Upcoming Courses

Autism in Sport (Via Zoom)

This 2.5 hour online workshop will provide attendees with an understanding of Autism focusing on the delivery of sport. This workshop is designed to provide course participants with the skills to recognise and understand key areas of difference as well as looking at practical strategies which will help to include people

with autism in sport sessions and physical education sessions to make them more accessible and inclusive for people with disabilities.

On completion of the workshop all participants will receive a Cara Certificate of Attendance endorsed by Sport Ireland.

This workshop is for

Coaches, sports leaders, teachers, special needs assistants (SNAs), third level students, development officers, volunteers, parents or anyone who has an interest in making their sport accessible and inclusive for people with Autism.

Date: Mon 9th Nov 2020
Time: 18.00-20.30

book your place on www.tipperarysports.ie

Safeguarding 1

Two online courses will be delivered in November between 6pm—9pm via zoom.

Should you require any further information contact TSP on 0761 06 6201 or info@tipperarysports.ie

Dates

Monday 2nd November

Monday 16th November

Find us on Facebook, Instagram and Twitter - To book or find out more information check out

www.tipperarysports.ie

www.tipperarysports.ie