

### Section 3 – Partnerships

#### What Club are you in?

#### Newport Vixens

Newport Vixens is an underage ladies' rugby club where you can develop your cardiovascular endurance (fitness), muscular endurance and flexibility by learning the skills of rugby. It is a place where you can make great friends for life. We train twice a week with many matches, travelling to many different club for matches. It provides great opportunity to work as a part of team, make new friends and learn new skills. Last year we even had the opportunity to travel to another continent South Africa which was a chance in a life time, where we trained in a world class facility in Cape Town as well as experiencing a different culture and way of life. It was such an amazing experience!

#### **To Join:**

Come to training (Sunday or Friday) and talk to one of the coaches, you are welcome to join at any time and I am sure you will love it. I recommend everyone to give it a go and see from there, you may be pleasantly surprised. Also, you can check out our social media page for regular updates.



The club I am part of is CrossFit Nenagh. Crossfit classes are suitable for all individuals. Each workout is different focusing on cardiovascular endurance (fitness), muscular endurance and muscular strength. Each class is 60 minutes long designed to increase strength and fitness with a well-rounded program design. Crossfit promotes getting fit not as a task but a way of life with their motto "We train not Exercise".

#### **How to join:**

Firstly, you need to become a member and there is a variety of membership packages on their website. They have student packages as well as teenager's packages available.

To find out more information look up their website: [crossfitnenagh.ie](http://crossfitnenagh.ie).

## Scouts

Scouts are an active group where you do nearly everything outside and you get to go on adventures. Scouts are dedicated to getting outdoors in the spirit of fun and adventure. The spirit of adventure is what drives the Scouts to challenge you to try new things, encouraging Scouts to be more responsible, try more things as a team and even more leadership all while making new friends and learning valuable lifesaving skills i.e. first aid, camping, how to light a fire, build shelter etc. Last year I have been scuba diving, cliff diving, airsoft and camping which has been a lot of fun.

### **To join:**

Contact the scouts and they will put you on a waiting list. It is really fun, I hope you can join. Check out our social media page and/or webpage for more information:  
[www.murroeboherscouts.com](http://www.murroeboherscouts.com)

## Newport Town AFC

Newport Town AFC is a team that was created to address the need of a soccer team among young adults in Newport. Derryleigh Park the home of Newport Town AFC is located just outside the town of Newport which comprises of two sand-based playing pitches, a 60 by 40 metre flood-lit astro-turf pitch and a brand-new modern clubhouse. Newport Town AFC has several age categories fielding teams from U.6 to Junior and have both male and female teams participating in three leagues. Over the years I have participated in several different soccer clubs and from my experiences Newport Town AFC has to be my favourite, the atmosphere around the team is great and motivating, everybody knows everybody and always offers great support. Training is on at a suitable time (Thursday 6-7pm, Tuesday 6.30 - 7.45pm) giving the players plenty of time to catch up afterwards.

### **To join:**

Come along to training and speak with our coaches. I would highly recommend Newport Town AFC because the players are pushed to their limit and there is loads of opportunities to develop further and with the friendly environment, Newport Town AFC is definitely the club to join.

## Newport GAA

Newport GAA is a large club with over 200 members and increasing. Both hurling and Gaelic football are played in the North - Tipperary decisional competitions. Our hurling field is called Lacken Park which is just on the outskirts of Newport town. Lacken Park has 4 changing rooms, a club house, referee room and a meeting room. There are three pitches: a main pitch with a stand

and flood lights facilities, Separating the two juvenile pitches is a hurling wall. Our training is very intense, we train twice a week with a match on a Friday evening. Within training we work on shooting, passing and endurance (fitness).

### To join:

You can follow our facebook page or look up our webpage (<http://www.newport.tipperary.gaa.ie/>) to find out about registration and training.

### Newport Rugby Football Club

Newport RFC is a very large club where you can develop your cardiovascular endurance (fitness), muscular strength and endurance as well as flexibility through learning the skills of rugby. In training we learn the basic skills of rugby as well as developing our tackling, attacking and defending. We train twice a week (Wednesday & Friday 6.30pm - 8pm) with matches every Sunday. It provided me with a great opportunity to work as part of a team, make new friends and learn new skills.

### To join:

Check out our webpage and/or social media pages (facebook & twitter) for information and training times, come along to any training session and speak with the coaches. There is such a variety of position within a rugby team using each person's strengths individually. So, there is a position for everyone on our rugby team so let's give it a go!!

### The Glen Cruisers

To stay active, I play basketball with the local Newport team, the Glen Cruisers. They are always accepting new players and everyone is welcome. Basketball is a great sport and I would strongly suggest to anyone who doesn't play to give it a try. Basketball allows me to stay fit and health as well as make new friends all while learning and developing the skills of basketball and being part of a team.

### How do I sign up?

If you go onto the Newport Community Website or the Glen Cruisers Facebook page, there is information about how you can sign up. On their Facebook page there is a section with all the times of all the training sessions, when you have the times, head over to St. Mary's Secondary

School with €2 for training sessions. Everyone is welcome and we are always looking for new players.

### Castleconnell Warriors Basketball Club

There is a basketball team in St. Vincent de Paul called Castleconnell Warriors. Basketball is a really good and enjoyable sport. It is really good for exercise as it is a very fast sport. It is a great opportunity to make new friends and to train being part of a team.

#### To join:

If you want to come and join it is on Mondays from 7.30pm - 8.45pm. It is a great way to get your fitness up.

### Ballina Fishing Club

Ballina is a great place for fishing because of Lough Derg on the River Shannon. Fishing opens up a whole new world of outdoor adventure with lasting impressions and memories bringing me back to the water time and time again. The fishing starts in March and ends in October. There are competitions most Sundays and fish are caught all the time.

Lough Derg is host to many species of fish and can cater to all level of angling skill. From the novice who just wants to dabble to the angler who is looking for his/her personal best, Lough Derg can produce the fish needed. The lake has become famous world-wide for its beauty and the quality of the fish lurking in its depths.

#### To join:

Ballina Fishing club offer day course where you can learn the fundamental of fishing in a safe and friendly environment as well as learning safety and responsibility near and on the water. There are many summer courses running also. Please check out their webpage for more information: <http://www.fishingforkids.ie/> or <http://www.tjsangling.com/>

### Nenagh Golf Club

Nenagh Golf Club is a golf club in Nenagh Co. Tipperary. It is like every normal golf club with superbly designed holes which feature scenic water hazards and an array of cleverly positioned bunkers offering a demanding but fair challenge to competitive and social players alike. They have a driving range and a restaurant. There are over 500 members in the club. For children/juniors there is practices/training each week which allows us to make new friends and to mix with our peers, develop our golfing skills and enjoy the game of golf.

### To join:

You have to send in an application form (you get the form from the club). Then the club have to approve your form and once they have approved it you pay membership fee. Once all that is done you will get a card that registers you with golfing union of Ireland then you are free to play. Check out their webpage for more information: <http://www.nenaghgolfclub.com/>

### Ballinahinch Handball Club

Ballinahinch handball club is held in Ballinahinch Handball alley which is really fun and great. You meet loads of new friends, have a laugh as well as learning how to play handball, all in only an hour and a half! We have a Juvenile group that train each night. There are different trainers that train us each night. If you want to, you can play in competitions though if you are just doing handball for fun that is fine as well and you don't have to do the competitions. Its great exercise. There is also a racket ball group, usually stating at 9pm. The court is 1x 40x20.

### To join:

You can only sign up in September and you really should! To sign up, go to the Ballinahinch hall and go downstairs and you will be greeted and have an opportunity to sign up. To register, you must pay for insurance at the start of the year, but you need to buy your own handball gloves and goggles.

### Newport Handball Club

Newport Handball club is an emerging and prosperous handball club in the heart of North Tipperary, consists of four 40x20 courts with two one wall courts also. Handball is a GAA sport and an excellent game to play to improve one's fitness and to make new friends. You can play doubles or singles. You need handball gloves and googles to play. We have many games and enter many competitions.

### To join:

You show up at the handball alley at 4 o'clock on a Tuesday or Thursday here at our school Newport College. Bring a handball token that you can get in Denis Kennedys in Newport for lights. They cost one euro each. Check out our facebook page for upcoming fixtures: Newport handball club.

### Castleoaks Swim Team

My swim team is based in Castleoaks in Castleconnell which is made up of loads of smaller teams. There are beginners, amateurs, novices and elites. This club is a great place to start if you are learning to swim or if you just love swimming in general. They do Christmas and summer galas and lifeguard training for teenagers and adults. Membership is reasonable with other great facilities there as well. I hope you will give it a look!

## Seals

Seal Swimming Club is located in Limerick City and was founded in 1972. There are two different categories within the club: competitive swimmers and lifeguard training. Depending on what category you want to work, training times will vary and pools may vary (University of Limerick pool or Bawnmore Swimming pool). The club has over five hundred members and is affiliated to Swim Ireland.

### To join:

Contact [sealswimming@gmail.com](mailto:sealswimming@gmail.com) giving your name, date of birth, landline, mobile and address. Check out their webpage for more information: <http://sealswimming.net/>

## Limerick Swimming Club

Limerick Swimming Club (LSC) has been teaching swimmers competitively for 31 years. Once you get in to swimming you are categorised into levels, the first level are the Cadets, then the C squad, B squad, A squad, high performance, Munster, Ireland. We train four hours a week, usually in University of Limerick and/or Grove Island with competitions at weekends (swim galas).

### To join:

Firstly, you must be able to swim all 4 strokes (breast stroke, butterfly, front crawl and back stroke) From there you would need to send the secretary an email saying why so you want to be in our club or get nominated by the swimming group that are training you e.g. Seals. You can check out our webpage for more information: <http://www.limswim.ie>

## Limerick Master Swimming

Limerick Masters swimming club is a competitive masters club that has a passion for swimming, healthy lifestyle, quality coaching and good fun. Limerick Masters Swimming club trains in the University of Limerick. Training 3 - 4 times as well as early morning training working on endurance and speed. Limerick Masters train every stroke: front crawl, back crawl, breast stroke, inverted breast strokes and butterfly.

### To join:

You have to be able to swim every stroke and to be able to swim 100m in under a minute. Check out their webpage for further information: <http://limerickmasters.com/>

## Fleming Ball Irish Dance Academy

Fleming Ball Irish dance academy is a Limerick based Irish dance school which caters from the age of 4 up. Fleming Ball is a great way to learn Irish dancing with two teachers Brian and Linda and it is a great, fun way of keeping fit. Fleming Ball have competed in the world championships several times and are travelling to Glasgow in March 2018 to compete again. Fleming Ball enters many competitions and shows for festivals and weddings as well as traveling to Disney land Paris as we have been invited to dance in the parade each day for a week in 2019. Fleming Ball have a variety of class times and venues, with Thursday from 17h - 18.45h in Newport Community Centre.

### To join:

Check out Fleming - Ball Irish Dance Academy on facebook for more information or call 086 1071978 for more information.

### Free-style Dancing

Free- style dancing is basically a mixture of hip hop, ballet, slow and fast dance. You train every day and spend long hours in the dance studio. There are five sections: beginners, starter, intermediate, champ and prem - champ. You have three lives in each section. Loosing lives is a good thing, once you lose all three lives you move up a section. You continue doing this until prem-champ. You would normally loose lives by coming 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>. For competitions I have to begin my day at 4.30am, the day of the competition. For competitions you travel everywhere. From limerick to Spain which is really enjoyable.

In beginners, you are only allowed to wear something plain e.g. pink licra material top and blue licra material shorts. In starter, you get to wear costumes e.g. light green leotard with feathers and frills. No diamonds or Rhine stones. In intermediate you are allowed to add diamonds to your costumes. With champ and prem-champ you are allows to have diamonds and feathers and frills.

### To join:

I would recommend free-style dance to everyone because it is such a fun and enjoyable way to keep fit. If you want to join Nicole Sweeney (my school) all you have to do is go to the studio and fill out a form.

### Limerick Yeomen Archery Club

Archery is a sport that you use a bow and arrow based in Murroe. There are loads of different strengths of bow. The bow I use is a 32LB recurve bow. There are 32 3D targets in Glenstal Woods. There are competitions each month however you can choose whether you want to participate in these or not, you are more welcome to be part of the club and just do it for fun.

### To join:

You may come along on a Sunday morning at 10am at Glenstal Woods. All you need is a pair of boots or wellies and clothes you don't mind getting dirty as it can get a little muddy in the woods. The club provides you with the equipment and it is just €5 each week or look up our webpage for more information: <http://www.lmkyeomen.com>

## Newport Athletics Club

Newport Athletics Club provides many events from sprinting (60m, 100m, 200m - 400m), long distance from 800m - 5km as well as providing many field events e.g. shot putt, long jump. We train every Tuesday and Thursday from 5 - 6pm in Nenagh Olympic Indoor Track and University of Limerick outdoor track from January to April. From April onwards we train in Newport, St. Marys Secondary School. I would highly recommend athletics to any one in search of fitness or endurance or basic running skills. Newport A.C. caters for all levels of running skill from new beginners to international athletics.

### **To join:**

Training begins on January 9<sup>th</sup> Tuesday in Nenagh Olympic Indoor track from 5- 6 pm or look up our facebook page for more information.

## Lisnagry Karate

Karate is not just about attack it is a lot more about self-defence with each class focusing on self-confidence, self-development and fun. It is a great way to improve all components of fitness: flexibility, cardiovascular endurance, muscular strength and muscular endurance. With the style we do (tang so do) you start at white then it goes to yellow, purple 1, purple 2, green 1, green 2, green 3, red 1, red 2, red 3. After that you must go for your cho dan bo which states that you are ready to go for your black belt (1<sup>st</sup> Dan). There are 10 Dans and every year you must wait an extra year. So for your 2<sup>nd</sup> Dan you must wait 2 years, 3<sup>rd</sup> 3 years and so on. Each class, with the training, skills and desire from our instructors brings out the very best in each of us. Karate is on at Lisnagry primary school 7.00 - 8.30pm on a Tuesday and Thursday. There is also a beginner's class at 6.00 - 7.00pm on a Thursday.

### **To join:**

Karate is suitable for all ages and people. Just willing to give it a go. To join, please contact Ray Hogan at 087 6656997 and for more information check out their website [www.lisnagrykarate.com](http://www.lisnagrykarate.com).

## Newport School of Taekwando

Taekwando is a really fun way to keep fit as well as developing self-defence skills, confidence, flexibility, strength, power discipline through the martial arts. All are welcome, men and women aged 7 - 100 years! Taekwando takes place in Newport Community Centre every Monday and Wednesday from 7.30pm - 8.30pm.

### To join:

Contact Nick Gleeson on 0868119294 or email: [gleesonnick@gmail.com](mailto:gleesonnick@gmail.com)

### Rowing

My rowing club is Castleconnell Boat Club. We train on the Shannon all year with the exception of August where we take a month off. We are the envy of many as we can row on nearly 4 km of uninterrupted water of the River Shannon between the villages of Castleconnell and O'Briens Bridge. This section of the river is non -tidal and can be accessed all year round. My category for racing is junior 14 women but I train with junior 13, junior 14 and junior 16. Junior rowing program caters for children from 11 - 18 years. We all train on Saturday, Sunday, Monday, Wednesday. During the winter we would go out on the water at 10am and on Monday and Wednesday we train indoors where we do weights, spin section and circuits. During the summer we would always be out on the water and members of the club would be asked to help with the camps. Doing the Summer camp is a way to join our club.

### Join us?

Membership of the club is currently open and welcome applicants from people interested in participating in rowing. Children need to be 11 years or older and need to have basic swimming skills. Check out our webpage for more information: <https://castleconnellbc.wordpress.com/>

### Snooker

The club I am part of is St Johns Snooker Academy. St. Johns Snooker Academy aims to provide a structured, organised, safe, secure and economical Snooker Academy for Junior players from the age of 12 to 18yrs with the aim of instilling the love of the game in them to ensure the future of the sport in our club and City Limerick. For the junior Academy members, we can play fully supervised snooker from 4 - 7pm, it only cost €3 per table per hour. Coaching is available for interested players. We have many opportunities to enter competitions however it is up to you if you choose to enter or not.

### To join:

St. Johns Snooker Academy welcome all and is open to all (seniors and junior players). For more information contact Kevin Mc Mahon at 0858643425 or email [kevin\\_mcmahon@live.com](mailto:kevin_mcmahon@live.com) or on Facebook St John's Snooker or check out their webpage: <http://www.stjohnscyms.com/index.php/snooker>

### Ballinahinch GAA Club

Ballinahinch GAA club is located in the parish of Killoscully and Ballinahinch where we play both hurling and Gaelic football. We train twice a week. Training starts in February and ends at August - October depending on how far we get in competition. The ages are from under 6 to senior. U14 to U21 join up with Templederry due to number of players.

### To join:

If you want to join, go to the GAA pitch in Shlaee (between Ballinahinch and Killoosully villages) any night there is training on.

### **Birdhill Football Club**

Birdhill F.C. are a growing club with both girls and boy's teams ranging from u6s to u17 who participate in the NTSFL. Our pitch is located just past the roundabout on the right going towards Nenagh on the N7. However, we are getting a new pitch soon. Training is great where we develop our fitness and ball skills while have great fun.

### **To join**

Check out our facebook page for more information or come along to training and give it a go, we are always welcome new players and would love everyone to give it a go. You may email [birdhillfootball@gmail.com](mailto:birdhillfootball@gmail.com) for more information.

### **Rearcross F.C.**

Rearcross football club has been running from the late 1960's and now has both boys and girls football teams. I train once a week from 6-7pm for the team, with matches at weekends. Rearcross F.C. has a pitch, an Astroturf, a walking track and a club house. The lights for the walking track are on from 5-9pm and it is free to walk on the walking track.

### **To join:**

Rearcross F.C. welcomes players at any time and always loves to see new players given it a go so come along to training and give it a go, you won't be disappointed. Check out our webpage form more information: <http://www.rearcrossfc.com/>

### **Lough Derg F.C.**

Lough Derg F.C. is a soccer club catering for boys, girls and adults from Ballina/Killaloe and surrounding areas. Our main pitch is clarisford pitch located in Killaloe Co. Clare. Lough Derg F.C. provides training and developmental opportunities for all levels of players from junior infants and upwards. Lough Derg F.C. goal is provide a place for every child regardless of their skills and abilities and to offer an opportunity for each player to develop in character, then teamwork, skill and ability. Lough Derg F.C. has 20+ teams competing and with over 350 players.

### **To join:**

New players and coaches are welcome throughout the year so, if you'd like to see for yourself what Lough Derg F.C. has to offer why not check out their facebook page or contact them on their webpage: <http://www.clubnews365.com/loughdergfc/>

## Show jumping Ireland

Show jumping Ireland is a corporation which run show jumping all over Ireland known as SJI.

### How to join:

Look up SJI webpage (<https://www.sji.ie/>) and pay the membership. It is roughly around €300 for horse and rider. You will get points every clear round (2 points) and a win is 3 points. One of my ponys "Rivers Dale Liath Bell" has around 300 points.

## Scarteen Hunt

Scarteen is a club in Scarteen, Knocklong, Limerick where there is a cross-country course which provides you with a really fun course. There are also opportunities to do competitions. In the winter months there are hunts which are a really fun way to get outdoors.

## South Hill Gymnastics Club

South Hill gymnastics club was originally made to take in people off the streets and children who had nothing to do just to give them an activity to look forward to. When you first start you will not straight away be put in a level, the coach will allow join in with the class and from seeing what you can do they sort you out on a level in GymStart. Gym Start goes from level 1 to level 10. You must pass all levels and gradings to pass onto real levels.

Class times: class times all depend on your level in gymnastics as different levels are on at different times.

### How to join:

To join you must visit the club itself and sign up. A parent or guardian must give their phone number and, or email and fill out a form for you to be put onto the waiting list. A definite idea of when you will get in is not definite as it depends on how many people are on the list, and when they signed up, but you will eventually get in. A text and, or email will be sent giving a notice that you have been accepted in and when you will start.

## Lough Derg yacht club

Lough Derg Yacht Club is located on the eastern shores of Lough Derg, in Dromineer. Lough Derg is the largest lake on the River Shannon, and is 39 km's long, but 12 km's at its widest point, close to LDYC. It covers 130 km<sup>2</sup> and is 33 m above sea level at nearby Limekiln. There are mainly small towns and villages along its beautiful shoreline. LDYC is located in the heart of Lough Derg, and our race area is minutes from the harbour making for very easy access.

Manager

[officeLDYC@gmail.com](mailto:officeLDYC@gmail.com)

Phone +353 (0)67 24455 (Answering Machine)

Commodore

[commodoreLDYC@gmail.com](mailto:commodoreLDYC@gmail.com)

Membership Secretary

[membersecLDYC@gmail.com](mailto:membersecLDYC@gmail.com)

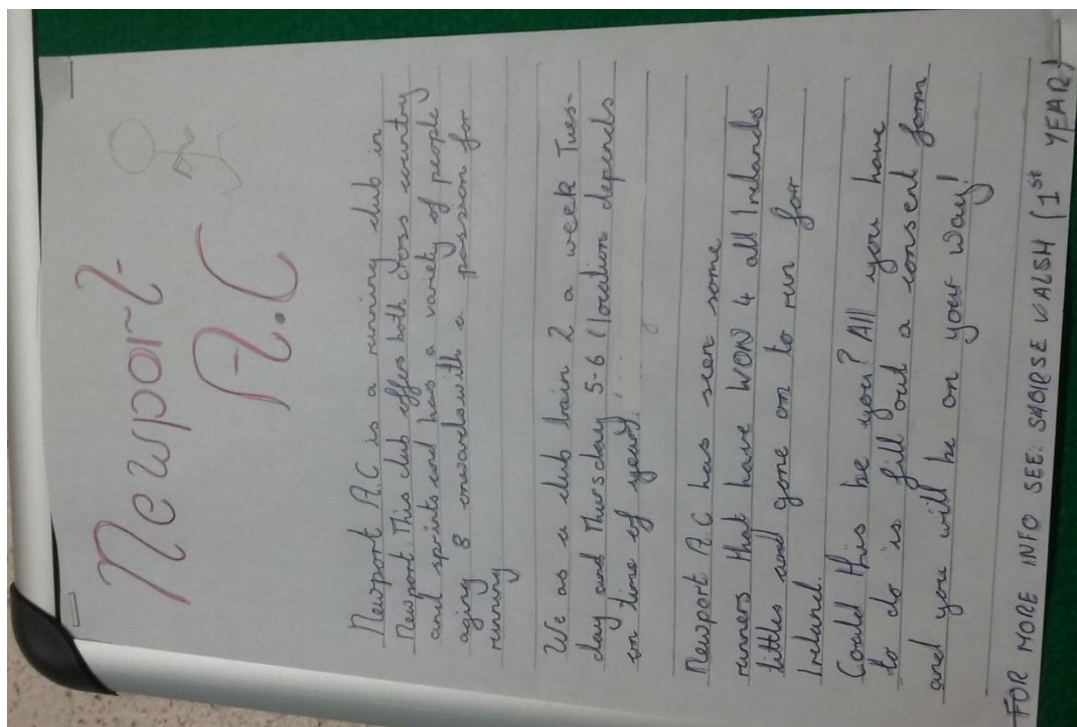


Keelin MC  
RAMDGA

## Birdhill Soccer Club

The Club has been more than just playing on the field. It has been a great source of social interaction and a real sense of community has achieved. Joe Delaney is the chairman of Birdhill Soccer Club. The sponsors of Birdhill soccer club are Sean O'Brien and Tom Mulhgan. If you are interested call 087191...





## Walking/Running Routes Around the Local Community:

### Around the school:

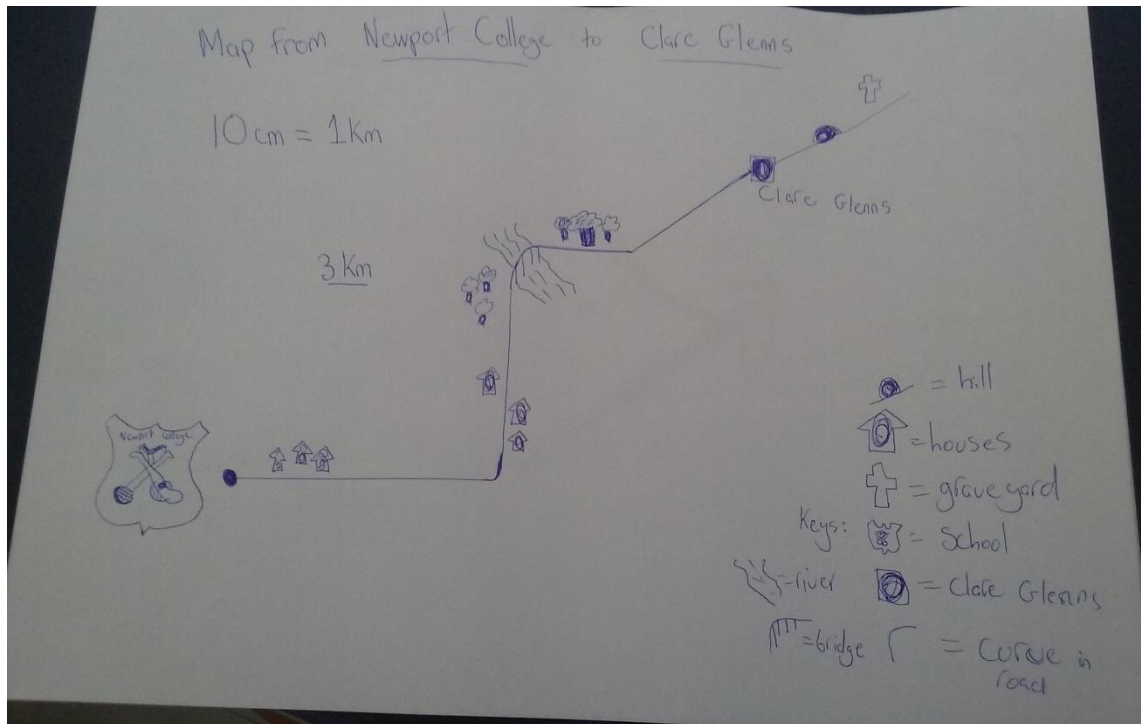
We measured the distance and calculated how many times you would have to do a certain route to reach 1km.



### Clare Glens (4 km)

The route from Newport College to the Clare Glens





The Clare Glens, east of the village of Newport is a distance of 4km from Newport College. Head south on Black road (turning left as you exit the school gates). At the next junction turn left, over the bridge, towards the square, turn right at the square and continue on (towards Tullow). You will arrive at the Clare Glens.

The Clare Glens is a beautiful dense naturally occurring wooded area, adjacent to the banks of the Clare River, separating County Tipperary and County Limerick. This picturesque, quite, forest

park is situated either side of a red sandstone gorge, through which flows the Clare River, displaying numerous waterfalls, natural rock pools and rapids. The Clare Glens is home to many forms of wildlife, such as the rare Red Squirrel, during late spring early summer the river valley is in full blossom with the Rhododendrons. Within the Clare Glens there is further walking you can complete with another distance of 4km.

### The Clare Glens

The Glens consist of a picturesque red sandstone gorge through which the Clare River flows and displays numerous waterfalls.

A-B. The loop starts from a metal swing gate at the left of the bridge over the Clare River. Turn left onto a narrow trail following the purple (and green) arrows - the green arrows are for the shorter Nature Loop. The loop gains ground away from the river and stays to 'upper' paths to pass a stone footbridge, before veering right and downhill to reach the riverbank at a wooden footbridge. The Nature Loop turns right here - you proceed straight.

B-C. The loop takes you uphill again and follows woodland paths through mature woodlands to reach another footbridge near the Clare Falls. This footbridge marks the farthest point of the loop. Cross the bridge (passing from County Tipperary into County Limerick!) and turn right.

C-D. Continue to follow the purple arrows along a sandy woodland path to reach a path joining from your right. Here you rejoin the Nature Loop (green arrows).

C-D. Continue to follow the sandy path along your return to the trailhead.

#### **Ascent**

60m

#### **Distance**

4km

#### **Estimated Time**

1hrs - 1hr 30mins

#### **Grade**

Easy

#### **Minimum Gear**

Trekking shoes and fluid

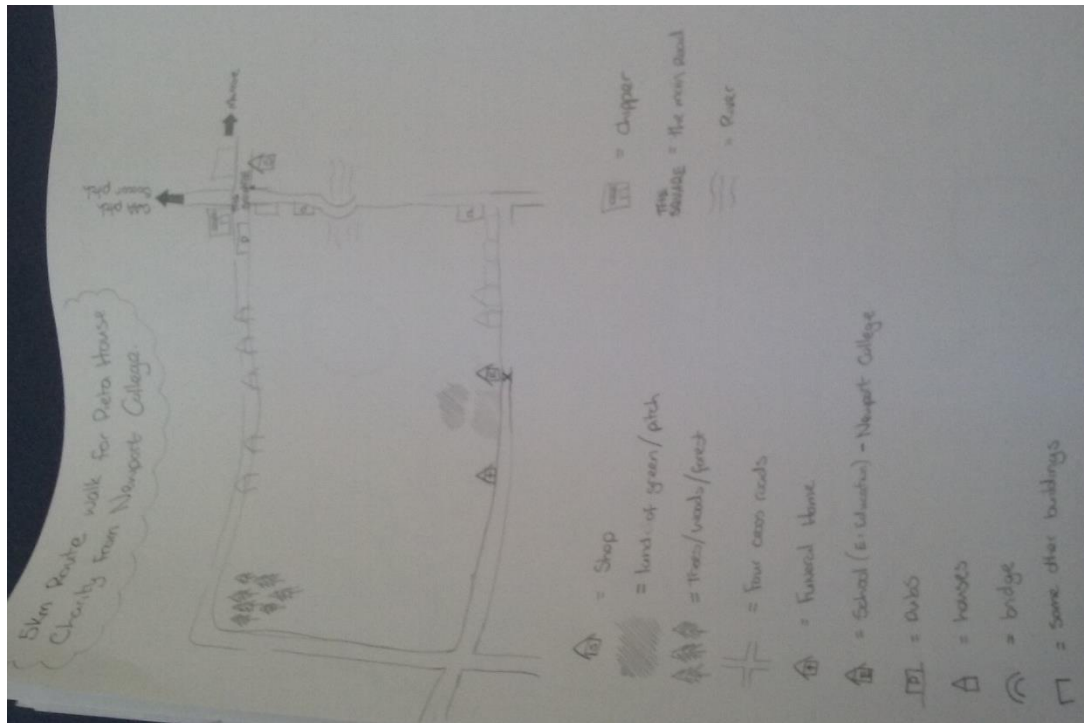
#### **Terrain**

Woodland Paths

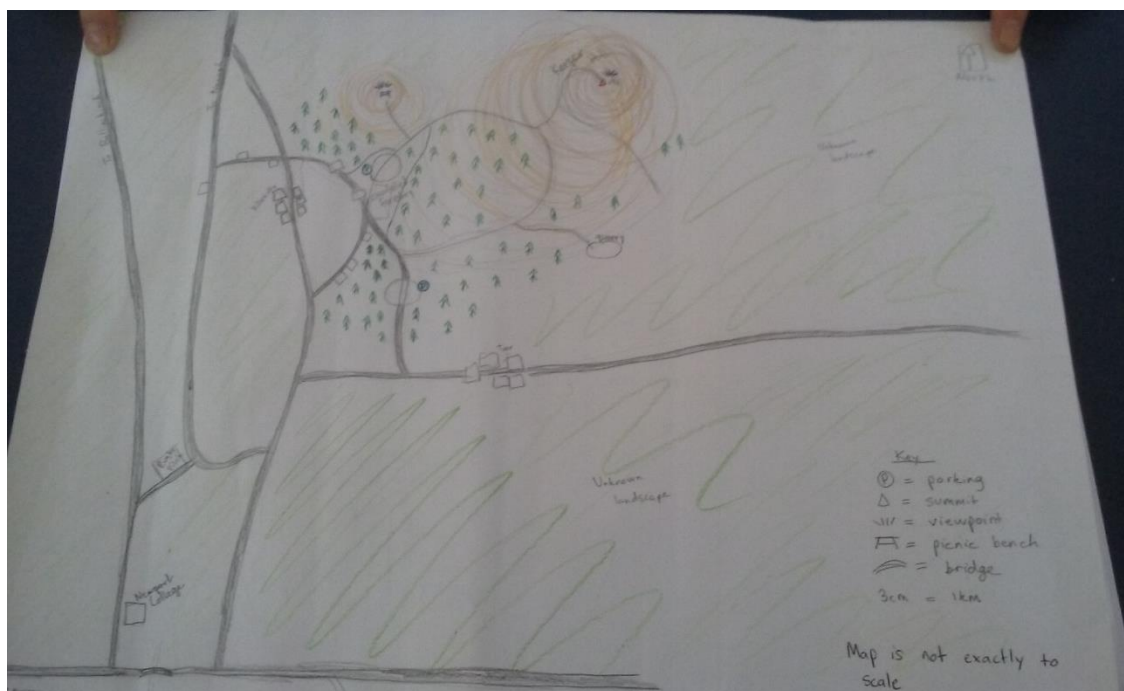


## 5km route

(This is the route our school Newport College did as our sponsored run/walk in aid of Pieta House organised by our Transition years)



## The route from Newport College to the start of Keeper Hill



## Keeper Hill

Keeper Hill is situated in the Slieve Felim mountain range in North Tipperary. The Gaelic name for the hill is Sliabh Coimeálta - the mountain of guarding! Located at the eastern end of the Silvermine Mountains and bounded by the Doonane River, Keeper or Sliabh Coimeálta is the highest mountain in the Shannon area at 694m and is the 117<sup>th</sup> highest in Ireland. The wood has a good species mix that includes: beech, larch, spruce, ash and pines.

The Ballyhourigan Loop (marked with purple arrows) explores the lower shoulders of Keeper Hill, the 'hardy' walker will enjoy incorporating the Keeper Hill 'trek' to the summit (red arrows). These loops follow forestry tracks and woodland trails to the top of Keeper Hill, from where there are fine views of the Shannon Region and into the Midlands.

A-B. Starting from the car park follow the purple (and red) arrow northward along the laneway. The red arrows are for the longer trek to the top of Keeper Hill. After almost 2km the loop reaches a crossroads - turn right here and after 100m enter Ballyhourigan Woods via the metal barrier.

B-C. Ascend along the forestry roadway in the direction of Keeper Hill. After 3km the loop and trek separate at a 3-way junction. Here you have the choice of turning left and following the red arrows to the top of Keeper Hill - the return journey will take you 1hr-1hr30mins. The main loop turns right, following the purple arrow.

C-A. Continue to follow the purple arrows along the forestry roadway. Note that you are also following yellow arrows which are for the long-distance Slieve Felim Way. The loop sweeps south and descends to the townland of Boolatin - passing en-route a stone sweat house. After 4km you regain the trailhead.

### Ascent

550m

### Distance

16km

### Estimated Time

4 - 4hrs 30mins

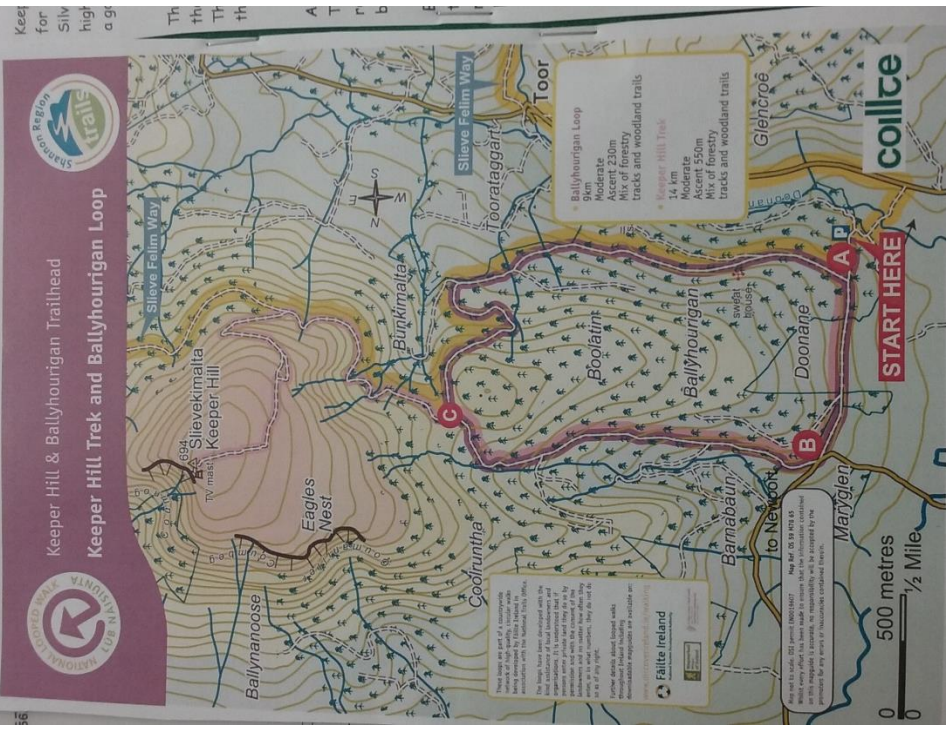
### Grade

Moderate

### Minimum Gear:

Sturdy walking boots, waterproofs, rucksack, fluid, snacks and mobile phone

**To Suit:** Medium levels of fitness



## Taster Sessions:

### **Rugby with Newport RFC and I.R.F.U**





### Better Body Bootcamp with Mr. John Penny - Circuits







**Boxercise with Better Body Bootcamp**





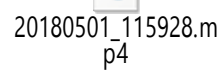
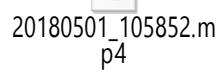
**Rowing with Castleconnell Boat Club**





## CrossFit with CrossFit Nenagh









### Soccer with FAI





  
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## **Local running events and physical activity opportunities**

### **Running**

#### **Parkrun - Clarisford Parkrun, Killaloe, Co. Clare**

It is a free timed 5km run every Saturday morning at 9.30am. All you have to do is register for PARKRUN once and you will be assigned a barcode which you need to bring with you each Saturday.

For more information: <https://www.parkrun.ie/clarisford/>

#### **Parkrun - Limerick Parkrun**

A free timed 5km run every Saturday morning at 9.30am. All you have to do is register for Parkrun once and you will be assigned a barcode which you bring with you each Saturday. This event takes place at The Boat House, University of Limerick, Limerick, V94Y8X4.

For more information: <http://www.parkrun.ie/limerick/>

#### **Darkness Into Light**

Darkness Into Light (DIL) is Pieta House's flagship annual fundraising and awareness event. There is roughly 180 DIL venues across Ireland and worldwide. This 5km walk/run is taken place on Saturday 12<sup>th</sup> of May 2018. The nearest venues to Newport to partake in the Darkness Into Light 5km fundraiser are Murroe (starting at Muintir Na Tire Hall, Main Street Murroe at 4.15am on Saturday 12<sup>th</sup> of May 2018), Ballina/Killaloe (starting at Ballina GAA Complex at 4.15am) and Limerick City. However, students under 18 must be accompanied by an adult.

For more information: <https://dil.pieta.ie/event-information>

### **Cycling**

#### **Cycle Smart, Cycle Safe**

Cycling has never been more popular. And why not? It's fun, fast and affordable. Cycling reduces pollution and eases traffic congestion.

Cycling is very safe too, provided cyclists stick to a few common-sense rules when they're out on the roads. This is the basis for the new 'Cycle Smart, Cycle Safe' campaign from the Road Safety Authority.

1. **Equipment Check:** This covers the correct set-up of a bicycle and the necessary safety equipment. Is the saddle the correct height? Are the tyres nice and firm, and the bell, lights and brakes all working properly? The film also gives advice on the choosing and wearing of a properly approved helmet and the importance of high visibility clothing.
2. **Rules of the Road:** Cyclists need to obey the same rules of the road as every other road user. Stopping at red lights, understanding and heeding road signs and markings is for the good of everyone's safety, including theirs.
3. **Sharing the Road:** Cyclists need to be aware and mindful of other road users. As well as having to obey the same rules, they also have the same rights. This film covers subjects including how cyclists should pass parked cars, cycling in heavy traffic and the importance of maintaining a safe distance from larger vehicles.
4. **Signalling:** Here, cyclists can learn the proper signalling procedures for making turns and using roundabouts, as well as the cautionary aspects of dealing with other vehicles when signalling.

Cycle Smart, Cycle Safe is all about following the simple rules that will allow everyone to enjoy all that cycling has to offer, without the worry.



## Keeper Cycling Club

The objective of Keeper Cycling Club is to formulate a community spirit by bringing together novices, intermediate and advanced cyclist and to improve the overall wellbeing of the surrounding areas.

For more information: <http://kcc.ie/>



# KEEPER CYCLING CLUB CLUB CYCLE

King &  
Queen of  
Shalee  
Prizes

**29 April 2018**

**55km/ 100 KM**

**Entry Fee €25 and €20 with CI License**

***Commencing at 10 am From Newport College  
Newport, Co. Tipperary***

***Registration from 8:30am to 9:30am***

***Cyclists must be over 18 years of age to partake***

***Hot food & Refreshments afterwards***



**www.kcc.ie**



## **CrossFit**

### **CrossFit Nenagh**

At CrossFit Nenagh their mission is to offer the best possible service aimed at helping people of all fitness levels improve their quality of life and learn how to train smarter for life. Their community-based CrossFit programs have been proven effective globally and deliver unparalleled results. CrossFit is the perfect application for any committed individual regardless of experience.

All of their workouts are scaled to suit every individual participating. Every day the work out is different. Routine is the enemy. This keeps training enjoyable and well rounded. Their in-depth program delivers a fitness that is, by design, broad, general, and inclusive. Their specialty is not specialising. Classes are 60 minutes long, they are designed to increase strength and fitness dramatically with a well-rounded program design.

For more information: <https://crossfitnenagh.com/>

## **Triathlon clubs**

Triathlons compose of a swim, cycle and run. They can vary in distance depending on what you choose.

### **Nenagh Triathlon Club – Juniors**

The Nenagh Triathlon Club aim is to provide a training framework for anyone who wants to improve their fitness and compete in duathlons or triathlons. The club are based in Nenagh and have an abundance of excellent facilities for triathlon training.

Membership is open to anyone of any age who would like to give triathlon or the individual components (swim/bike/run) a go. All that we require is that you become a member / associate member of Triathlon Ireland when you sign up.

For more information: <http://www.nenaghtriathlonclub.com/>

### **Limerick Triathlon clubs – Juniors**

Limerick Triathlon Club, the longest running triathlon club in Ireland with a variety of training and support for the beginner, intermediate and advanced triathlete. Limerick Triathlon Club welcome triathletes of all ages, Juniors & Seniors.

For more information: <http://limericktriathlon.com/>

### **Walking Groups**

#### **Nenagh Walking group**

Nenagh walking club is based in Nenagh, Co. Tipperary who have scheduled walks every fortnight and evening walks throughout the summer. They are affiliated to Mountaineering Ireland.

For more information: <http://www.nenaghwalk.ie/>

#### **Limerick Climbing Club**

The club is primarily a hill-walking club. The club runs a range of walks to suit all levels.

See for more information: <http://www.limerickclimbingclub.ie/>