

## PRESS RELEASE- Operation Transformation 2020

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Looking to get more active in 2020? Need some support? RTEs Operation Transformation is once again joining forces locally with Cork Sports Partnership to encourage people to become more physically active in 2020.

A number of walks will take place across the country on Saturday 18<sup>th</sup> January with 2 highlighted walks for Cork in Bishopstown and Youghal. A number of local communities across Cork will also host walks in a bid to encourage people to get active for 2020.



**2020 OT Leaders from Cork;  
Couple Barry & Andrea Rea and  
Tanya Carroll with Kathryn  
Thomas.**

The walks approx 5k in length will be led by suitable leaders and supported by local walking groups and volunteers who will be on hand guide participants through the walk. Details of the events are as follows Bishopstown- 11am from the CIT Athletics Track. Youghal- 11am from Youghal GAA Club. Participants are encouraged to arrive 15 mins early to warm up!

This year Cork will have 3 leaders participate on the 6 week Operation Transformation show. Ballinlough couple Barry and Andrea Rea and Glanmire mum Tanya Carroll will be flying the flag for Cork and encouraging the county and country to get behind them as they commence their Operation Transformation journey. *"We are both deeply honoured to be selected as leaders ..... This walk on the 18th will be a great opportunity for people to join in and be part of a community instead of going it alone"*- Andrea & Barry Rea. You can join Barry, Andrea, and Tanya on Saturday 18<sup>th</sup> January at the Bishopstown event where they will

participate in a 5k walk from the athletics track in CIT.

The walk in Youghal on January 18<sup>th</sup> will be the finale of Youghal Health Week. A series of FREE workshops, activities and events aimed at promoting the physical, mental and social health of local people will be held 11<sup>th</sup>018<sup>th</sup> January. The event which is being coordinated by a number of local organisations, groups and agencies seeks to promote the health and wellbeing of the local community.

County co-ordinators Cork Sports Partnership and local organisers such as, Happy Feet Walking Group, Youghal Community Health Project and local Gardaí are encouraging people of all age groups to turn out on the day to support our Cork leaders. Walks are suitable for all abilities and fitness levels. In all the events there is NO COST involved, participants are asked to wear loose clothing and to bring some water. Pre-Registration is essential for all events online at [www.corksports.ie](http://www.corksports.ie)

Over 20 other community walks and programmes will also take place from January 18<sup>th</sup> across Cork city and county. If your community is hosting an Operation Transformation walk or programme please contact Cork Sports Partnership and we will be delighted to promote it for you.

To register for the walks or to get further information on any of the above contact Cork Sports Partnership on 021 4347096 or email [boconnell@corksportst.ie](mailto:boconnell@corksportst.ie)

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