

Munster Events - European Week of Sport 2016

County	Event	Organiser	Date	Description	Organiser email	Further Info
Nationwide	Tutor In-Service	Special Olympics Ireland	10/09/2016	A training day to up-skill our tutors who deliver coaching courses	elizabeth.lynych@specialolympics.ie	www.Specialolympics.ie
Cork	Glengarriff Park Run	Parkrun	10/09/2016	weekly 5km run through the national park	glengarriffhelpers@parkrun.com	www.parkrun.ie/glengarriff
Cork	Clonakilty Parkrun	Parkrun	10/09/2016	Come and help use celebrate the latest parkrun in Clonakilty as well as our first ever parkrun social - suitable for all ages :D	clonakiltyoffice@parkrun.com	www.parkrun.ie/clonakilty
Cork	Ballincollig parkrun	Parkrun	10/09/2016	Parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in.	ballincollighelpers@parkrun.com	www.parkrun.ie/ballincollig
Cork	Bere Island	Parkrun Ireland	10/09/2016	Bere Island parkrun is a free 5k run walk or jog	johnbipg@gmail.com	https://www.parkrun.ie/bereisland/
Cork	Glengarriff parkrun	Glengarriff parkrun	10/09/2016	Glengarriff parkrun is one of more than 900 parkruns that take place every weekend around the world. Each parkrun is coordinated entirely by volunteers from the local community, and open to anyone who wants to take part. parkruns are free, weekly, timed events, which are accessible to runners and walkers of all ages and abilities. Full details, including directions, can be found on our website.	glengarriffoffice@parkrun.com	www.parkrun.ie/glengarriff
Cork	An Post Rebel Tour 2016	Cork Sports Partnership	10/09/2016	An Post Rebel Tour of Cork 2016 takes place on Saturday 10th September. Starting from the Eccles Hotel in Glengarriff, Cyclists will pedal their way along some of the most breathtaking scenery in the Beara Peninsula. Distances: 160km - Rebel Challenge 85km - Rebel Rider, 10km Rebel Pedal, Family Fun Cycle	reception@corksports.ie	www.corkrebeltour.ie
Cork	Walkie Talkies	Fermoy Community Health Project	12/09/2016	The Walkie Talkies are a social walking group. They meet every Monday at 10.30am in the Courtyard of the Resource Centre in Fermoy. This is a very open and inclusive group and welcomes young and old alike, the walking route is accessible for buggies so parents and carers be sure to come on out and join in. The walk is approximately 3km from start to finish.	chpfermoy@gmail.com	www.fermoyresourcecentre.com
Cork	Doneraile Park Walk	Doneraile Park Strollers	14/09/2016	A one hour walk divided into differing lengths to suit all abilities around this magnificent park which is one of Irelands top visitor attractions followed by tea and a chat in Doneraile Court tea rooms.	tonypalmer768@gmail.com	https://www.facebook.com/Doneraile-Park-Strollers-642009612534524/
Cork	Aura Youghal Leisure Centre	Ireland Active	16/09/2016	Contact the facility directly to find out about National Fitness Day offers.	Tracykenneally@auragroup.ie	024 91614
Cork	Cope Foundation	Ireland Active	16/09/2016	Contact the facility directly to find out about National Fitness Day offers.	Mcsweeney@cope-foundation.ie	021 4507131
Cork	Coral Leisure Cobh	Ireland Active	16/09/2016	Free entry to pool & gym from 12.00pm-2.00pm, Free Aqua Aerobics Class at 11.00am, Free entry to pool & gym from 6.00pm-8.00pm	Ber.rowe@coralleisure.ie	021 4201696
Cork	énergie Fitness Club Cork	Ireland Active	16/09/2016	Open Day - complimentary day membership	paula.lynych@energiefitness.ie	021 6019231
Cork	Fermoy Swimming Pool	Ireland Active	16/09/2016	Contact the facility directly to find out about National Fitness Day offers.	fermoyleisurecentre@eircom.net	025 33272

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Cork	LeisureWorld - Bishopstown	Ireland Active	16/09/2016	2 for the price of 1 on any gym or swim Pay As You Go	ianoleary@leisureworldcork.com	021 434 6505
Cork	LeisureWorld - Churchfield	Ireland Active	16/09/2016	2 for the price of 1 on any gym or swim Pay As You Go	ianoleary@leisureworldcork.com	021 439 7868
Cork	Mayfield Sports Complex	Ireland Active	16/09/2016	Contact the facility directly to find out about National Fitness Day offers.	mayfieldsportscomplex@eircom.net	021450 5284
Cork	Sanovitae Health & Fitness Club Cork	Ireland Active	16/09/2016	We will offer free classes, swim sessions and free gym sessions.	tmgrath@clarionhotelcorkcity.com	021 4224994
Cork	Vital Health & Wellbeing, Macdonald Kinsale Hotel & Spa	Ireland Active	16/09/2016	Contact the facility directly to find out about National Fitness Day offers.	skierans@hotelkinsale.ie	021 470 6625
Cork	Westlodge Hotel & Leisure Centre	Ireland Active	16/09/2016	Free swims 2-5pm	catherine@westlodgehotel.ie	027 50360
Cork	Retreatspa, Radisson Blu Cork	Ireland Active	16/09/2016	Contact the facility directly to find out about National Fitness Day offers.	retreatspa.cork@radissonblu.com	021 429 7080
Cork	Glengarriff Park Run	Parkrun	17/09/2016	A weekly 5km run through the national park	glengarriffhelpers@parkrun.com	www.parkrun.ie/glengarriff
Cork	Clonakilty Parkrun	Parkrun	17/09/2016	Come and help use celebrate the latest parkrun in Clonakilty as well as our first ever parkrun social - suitable for all ages :D	clonakiltyoffice@parkrun.com	www.parkrun.ie/clonakilty
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Cork	Glengarriff parkrun	Glengarriff parkrun	17/09/2016	Glengarriff parkrun is one of more than 900 parkruns that take place every weekend around the world. Each parkrun is coordinated entirely by volunteers from the local community, and open to anyone who wants to take part. parkruns are free, weekly, timed events, which are accessible to runners and walkers of all ages and abilities. e. Full details, including directions, can be found on our website.	glengarriffoffice@parkrun.com	www.parkrun.ie/glengarriff
Cork	Junior Irish Climbing League Round 1 - Munster	Mountaineering Ireland	17/09/2016	The Junior Irish Climbing League is a fun and friendly climbing competition for young climbers.	damien@mountaineering.ie	http://www.mountaineering.ie/events/2013/default.aspx?iid=1007
Cork	Charleville International Half Marathon	North Cork AC	18/09/2016	Ireland's fastest & flattest half marathon in the beautiful heart of the Munster Region. The race is now an established event in its 6th year, well known as being an event for everyone with a course ideal for improving or setting a Personal Best time. Please note: There is a finish time limit of 2 hours 30 mins for the event due to organisational and safety constraints. Participants should be confident of finishing within the time limit. This is a fundraising race for the host athletics club - North Cork AC - which raises money for its own activities and also makes a donation to local Charity, St Josephs Foundation for people with special needs from the proceeds of the event.	charlevillehalf@gmail.com	http://www.charlevillehalf.com/
Nationwide	Family Gymnastics Challenge	Gymnastics Ireland	16/09/2016	We have set a number of gymnastics skills for you to complete and we encourage ALL members of the family to take part from toddlers right up to granny and grandad. You will be in with a chance to have your video posted on the Gymnastics Ireland website and there are some fantastic prizes on offer too! All you have to do is video your family / team carrying out the challenges as outlined below and post it online on Friday, September 16th, using the hashtags #beactive and #gymnasticsireland. You can also tag us @gymnasticsire.	kevin@gymnasticsireland.com	http://www.gymnasticsireland.com/