

## European Week of Sport 2017

Date	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email
23-Sep	parkrun	Free weekly timed 5k run/jog/walk	Outdoors	Hartstown parkrun	Hartstown Park, Hartstown, Clonsilla, Dublin 15	<a href="http://www.parkrun.ie/hartstown">www.parkrun.ie/hartstown</a>	<a href="https://www.facebook.com/hartstownparkrun/">https://www.facebook.com/hartstownparkrun/</a>	<a href="mailto:hartstownoffice@parkrun.com">hartstownoffice@parkrun.com</a>
23-Sep	parkrun	Free 5km walk or run every Saturday in Malahide Castle park	Outdoors	Malahide parkrun	Malahide Castle, Malahide, Co. Dublin	<a href="http://www.parkrun.ie/malahide">http://www.parkrun.ie/malahide</a>	<a href="https://www.facebook.com/MalahideParkrun/">https://www.facebook.com/MalahideParkrun/</a>	<a href="mailto:malahideoffice@parkrun.com">malahideoffice@parkrun.com</a>
23-Sep	parkrun	Weekly free timed 5k run/ walk, open to all, run by volunteers for the community	Outdoors	St. Anne's parkrun	St. Anne's Park, Raheny, Dublin 5	<a href="http://www.parkrun.ie/stannes">www.parkrun.ie/stannes</a>	<a href="http://www.facebook.com/stannesparkrun">www.facebook.com/stannesparkrun</a>	<a href="mailto:stannesoffice@parkrun.com">stannesoffice@parkrun.com</a>
23-Sep	parkrun	5k, walk, jog or run	Outdoors	Bushy Dublin parkrun	Bushy Park, Terenure, Dublin 6	<a href="http://www.parkrun.ie/bushydublin">www.parkrun.ie/bushydublin</a>	<a href="http://www.facebook.com/bushydublin">www.facebook.com/bushydublin</a> <a href="https://twitter.com/bushydubparkrun?lang=en">https://twitter.com/bushydubparkrun?lang=en</a>	<a href="mailto:Bushydublinoffice@parkrun.com">Bushydublinoffice@parkrun.com</a>

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23-Sep	parkrun	A free, weekly, timed 5k run or walk open to everyone of any ability.	Outdoors	Ardgillan parkrun	Ardgillan demesne, Balbriggan, Co Dublin	<a href="http://parkrun.ie/ardgillan">parkrun.ie/ardgillan</a>	<a href="https://www.facebook.com/ardgillanparkrun/">https://www.facebook.com/ardgillanparkrun/</a>	<a href="mailto:ardgillanoffice@parkrun.com">ardgillanoffice@parkrun.com</a>
23-Sep	parkrun	River Valley parkrun is a free, timed 5km run that takes place each week in Ward Valley park. We welcome people of all ages, abilities and fitness levels.	Outdoors	River Valley parkrun	Ward Valley Park, River Valley, Swords	<a href="http://www.parkrun.ie/rivervalley">www.parkrun.ie/rivervalley</a>	<a href="http://www.facebook.com/rivervalleyparkrun/">www.facebook.com/rivervalleyparkrun/</a>	<a href="mailto:rivervalleyoffice@parkrun.com">rivervalleyoffice@parkrun.com</a>
23-Sep	parkrun	A free 5k timed run, walk or jog for all ages and abilities. 9:30am Saturday	Outdoors	Donabate parkrun	Newbridge House, Hearse Road, Donabate, Co Dublin	<a href="http://www.parkrun.ie/donabate">www.parkrun.ie/donabate</a>	<a href="https://www.facebook.com/Donabate-parkrun-837533829688096/">https://www.facebook.com/Donabate-parkrun-837533829688096/</a>	<a href="mailto:donabateoffice@parkrun.com">donabateoffice@parkrun.com</a>
23-Sep	parkrun	parkrun is a free weekly timed 5K event. Everyone is welcome; walkers, joggers and runners. parkrun continues to strive for a healthier happier planet	Outdoors	Cabinteely parkrun	Cabinteely park Dublin 18	<a href="https://www.parkrun.ie/cabinteely/">https://www.parkrun.ie/cabinteely/</a>	<a href="https://www.facebook.com/Cabinteely-parkrun-1393759177603616/">https://www.facebook.com/Cabinteely-parkrun-1393759177603616/</a>	<a href="mailto:olwyn.dunne@parkrun.com">olwyn.dunne@parkrun.com</a>

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23-Sep	parkrun	Free 5km timed run	Outdoors	Marlay parkrun	Marlay park, Rathrarnham	<a href="http://www.parkrun.ie/marlay/">http://www.parkrun.ie/marlay/</a>	<a href="https://www.facebook.com/marlayparkrun">https://www.facebook.com/marlayparkrun</a>	<a href="mailto:marlayoffice@parkrun.com">marlayoffice@parkrun.com</a>
23-Sep	parkrun	Free timed 5k event suitable for walkers, joggers and runners. We welcome everyone. No barriers to entry.	Outdoors	Griffen parkrun	Griffen Park, Hayden's Lane Lucan K78 CK70	<a href="http://www.parkrun.ie/griffen">http://www.parkrun.ie/griffen</a>	<a href="https://www.facebook.com/griffenvalleyparkrun/">https://www.facebook.com/griffenvalleyparkrun/</a>	<a href="mailto:paul.richardson@parkrun.com">paul.richardson@parkrun.com</a>
23-Sep	parkrun	5k parkrun. Run , Walk, or Jog .	Outdoors	Shanganagh parkrun	Shanganagh Park. Shankill. Co Dublin.	<a href="http://www.parkrun.ie/shanganagh">www.parkrun.ie/shanganagh</a>	<a href="https://www.facebook.com/shanganaghparkrun/">https://www.facebook.com/shanganaghparkrun/</a>	<a href="mailto:shanganaghoffice@parkrun.com">shanganaghoffice@parkrun.com</a>
23-Sep	parkrun	parkrun is a volunteer led weekly timed 5 kilometre run in local parks. They take place worldwide. Tymon parkrun is 3 years old and attracts between 100 and 150 runners every week.	Outdoors	Tymon parkrun	Limekiln road entrance to Tymon park	<a href="http://www.parkrun.ie/tymon/">www.parkrun.ie/tymon/</a>	<a href="http://www.facebook.com/tymonparkrun">www.facebook.com/tymonparkrun</a>	<a href="mailto:tymonoffice@parkrun.com">tymonoffice@parkrun.com</a>

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23-Sep	parkrun	A free timed 5k event open to walkers, runners and joggers of all ages and levels!	Outdoors	Poppintree parkrun	Poppintree park, Poppintree, Dublin 11	<a href="http://www.parkrun.ie/poppintree">www.parkrun.ie/poppintree</a>	<a href="https://www.facebook.com/poppintreeparkrun/">https://www.facebook.com/poppintreeparkrun/</a>	<a href="mailto:poppintreeoffice@parkrun.com">poppintreeoffice@parkrun.com</a>
23-Sep	parkrun	Free Timed run or walk every Saturday morning at 9.30am. All abilities welcome	Outdoors	Waterstown parkrun	Waterstown Park Waterstown Ave. Palmerstown. Dublin 20	<a href="https://www.parkrun.ie/waterstown/">https://www.parkrun.ie/waterstown/</a>	<a href="https://www.facebook.com/Waterstown-parkrun-Dublin-785513901481939/">https://www.facebook.com/Waterstown-parkrun-Dublin-785513901481939/</a>	<a href="mailto:waterstownoffice@parkrun.com">waterstownoffice@parkrun.com</a>
23-Sep	Self Defence & Protection Workshop	The ethos of the Hard Target Academy is to create a learning environment where friends are made, skills are strengthened, character is built and fun is foremost. As with all Hard Target classes/courses, everyone is welcome, no experience is required. We teach basic 'common sense' gross motor protection skills that are quick to learn and easy to retain. The Hard Target system is designed to encourage, empower and facilitate the spiritual, mental and physical growth of everyone who attends. Suitable for all fitness levels.	Clubs	Hard Target Self Defence Academy	Unit 1, Roseville Business Park, Turvey, Co. Dublin Exit 4 off M1.	<a href="http://www.hardtargetselfdefence.com">www.hardtargetselfdefence.com</a>	<a href="https://www.facebook.com/hardtargselfdefence/">https://www.facebook.com/hardtargselfdefence/</a> <a href="https://twitter.com/Hard_Target_SD?lang=en">https://twitter.com/Hard_Target_SD?lang=en</a>	<a href="mailto:info@hardtargetselfdefence.com">info@hardtargetselfdefence.com</a>
23-Sep	The Irish International Karate Open 2017	International Tournament. Age 8 up to Adult. Including Disability. We have teams coming from England, Wales ,Scotland, Canada, Belgium, Luxemburg, Turkey, Portugal	Clubs	Karate Ireland	National Indoor Arena	<a href="http://www.karate-ireland.ie">www.karate-ireland.ie</a>	<a href="https://www.facebook.com/irelandkarate/">https://www.facebook.com/irelandkarate/</a> <a href="https://twitter.com/onakai_karate">https://twitter.com/onakai_karate</a>	<a href="mailto:info@karate-ireland.ie">info@karate-ireland.ie</a>

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23-Sep	Porterstown parkrun	weekly 5k run walk jog in local park (free community event)	Outdoor, Clubs	parkrun	Porterstown park, Castleknock, Dublin 15	<a href="http://www.parkrun.ie/porterstown/">http://www.parkrun.ie/porterstown/</a>	<a href="https://www.facebook.com/porterstownparkrun">https://www.facebook.com/porterstownparkrun</a>	<a href="mailto:porterstownoffice@parkrun.com">porterstownoffice@parkrun.com</a>
23-Sep	Zip Lining	"I've always wanted to try zipLining" A group of FitLine mentors from Kilcross will try ZipLining in the Tibbradden woods.	Older People increasing their physical activity levels.	Age & Opportunity	Tibradden Woods	<a href="http://ageandopportunity.ie/">http://ageandopportunity.ie/</a>	<a href="https://www.facebook.com/AgeandOpportunity/">https://www.facebook.com/AgeandOpportunity/</a> <a href="https://twitter.com/Age_Opp">https://twitter.com/Age_Opp</a>	<a href="mailto:info@ageandopportunity.ie">info@ageandopportunity.ie</a>
23-Sep	Be Active in Ballyogan	A FREE 2 hour inclusive family fun event running the 23rd of September. This event will help families & the community get active by introducing them to some new sports and local clubs in a fun environment, at no cost. All the activities on offer will be ones that you can pick up easily and where families can join in together, this includes Judo, Ultimate Frisbee, Soccer, Yoga, Fitness classes, Tug of War and many more.	Clubs	Dun Laoghaire Rathdown Sports Partnership	Samuel Beckett Civic Campus, Ballyogan, Dublin 18	<a href="http://www.dlrsportspartnership.ie/">http://www.dlrsportspartnership.ie/</a>	<a href="https://www.facebook.com/dlrsportspartnership/">https://www.facebook.com/dlrsportspartnership/</a> <a href="https://twitter.com/dlrSportsTeam">https://twitter.com/dlrSportsTeam</a>	<a href="mailto:rsinnott@dlrcoco.ie">rsinnott@dlrcoco.ie</a>
23-Sep	International Liffey Descent	28,2 km canoe marathon from the K Club in Kildare to Islandbridge in Dublin city	Outdoor, Clubs	Canoeing Ireland	River Liffey Dublin	<a href="http://canoe.ie/liffey-descent/">http://canoe.ie/liffey-descent/</a>	<a href="https://twitter.com/LiffeyDescent1">https://twitter.com/LiffeyDescent1</a>	<a href="mailto:ceo@canoe.ie">ceo@canoe.ie</a>

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23-Sep	Lead Climbing League	The Lead Climbing League features three rounds of fun and friendly lead climbing within a competition setting. Each round features ten routes, with competitors being given two attempts per route. The Lead Climbing League is an ideal opportunity for keen climbers to get together and test themselves on top-quality routes in a competition setting.	Clubs	Mountaineering Ireland	The Dublin Climbing Centre, Unit 3, The Square Industrial Complex, Dublin 24	<a href="http://www.mountaineering.ie/Climbing/CompetitionClimbing/LeadClimbingLeague/default.aspx">http://www.mountaineering.ie/Climbing/CompetitionClimbing/LeadClimbingLeague/default.aspx</a>	<a href="https://twitter.com/MountainIreland/">twitter.com/MountainIreland/</a> <a href="https://www.facebook.com/MountaineeringIreland/">https://www.facebook.com/MountaineeringIreland/</a>	<a href="mailto:damien@mountaineering.ie">damien@mountaineering.ie</a>
23-Sep	No Suits, No Scales - Weightlifting without the weigh-in	Capital Strength are running a weightlifting event for beginner and intermediate competitors who want to try a competition-style experience, without the stress of weighing in, or wearing a lifting suit.  <a href="https://capitalstrength.wufoo.eu/forms/no-suit-no-scales-september-2017/">https://capitalstrength.wufoo.eu/forms/no-suit-no-scales-september-2017/</a>  This a wonderful opportunity for newcomers to the sport of Weightlifting to try out the competition environment, and for those curious about the sport to come along to spectate, talk to	Clubs	Capital Strength Weightlifting Club	Capital Strength, The Millennium Centre, 9 Dolphin's Barn, Dublin 8, D08 WD35 Republic of Ireland	<a href="http://defygravity.ie">defygravity.ie</a>	<a href="https://twitter.com/DefyGravityIE">https://twitter.com/DefyGravityIE</a> <a href="https://www.facebook.com/CapitalStrengthWeightliftingClub/">https://www.facebook.com/CapitalStrengthWeightliftingClub/</a>	<a href="mailto:defygravityireland@gmail.com">defygravityireland@gmail.com</a>
24-Sep	parkrun junior	A free, weekly 2k run or walk for 4-14 year olds of all abilities.	Outdoors	Rush junior parkrun	Kenure Woods Rush	<a href="http://www.parkrun.ie/rush-juniors/">http://www.parkrun.ie/rush-juniors/</a>	<a href="https://www.facebook.com/Rush-junior-parkrun-915335988548600/">https://www.facebook.com/Rush-junior-parkrun-915335988548600/</a> <a href="https://twitter.com/Rushjuniors">https://twitter.com/Rushjuniors</a>	<a href="mailto:rush-juniorshelpers@parkrun.com">rush-juniorshelpers@parkrun.com</a>
24-Sep	parkrun junior	Junior parkrun is a free, weekly, timed event for children aged 4-14. Participants run, jog or walk 2km around the park, which is fully marshalled. A fun way to get kids interested in exercise.	Outdoors	Balbriggan junior parkrun	Bremore Castle Regional Park (off Bath Road) Balbriggan, Co. Dublin	<a href="http://www.parkrun.com/Balbriggan-juniors">www.parkrun.com/Balbriggan-juniors</a>	<a href="https://m.facebook.com/profile.php?id=1768673776793021">https://m.facebook.com/profile.php?id=1768673776793021</a>	<a href="mailto:balbriggan-juniorsoffice@parkrun.com">balbriggan-juniorsoffice@parkrun.com</a>

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24-Sep	Fingal September Scatter Series / No. 4	Fingal September Scatter Series / No. 4	Outdoors	Fingal Orienteers	Newbridge House Demesne, Donabate, Co. Dublin		<a href="https://www.facebook.com/FingalOrienteers">https://www.facebook.com/FingalOrienteers</a> <a href="https://twitter.com/fingalo?lang=en">https://twitter.com/fingalo?lang=en</a>	<a href="mailto:FingalOrienteers@gmail.com">FingalOrienteers@gmail.com</a>
24-Sep	Newbridge House Orienteering	Orienteering Event in Newbridge House Demesne, Donabate. Fingal Scatter series 4. 3 courses, long, medium, and short. Controls will be placed throughout Newbridge House demesne. Event is open to all, suitable for all ages and levels of fitness. Registration from 11.00 AM, all competitors start at 12.00 noon	Outdoors	Fingal Orienteers	Newbridge House Demesne, Donabate, Co. Dublin		<a href="https://www.facebook.com/FingalOrienteers">https://www.facebook.com/FingalOrienteers</a> <a href="https://twitter.com/fingalo?lang=en">https://twitter.com/fingalo?lang=en</a>	<a href="mailto:fin@orienteering.ie">fin@orienteering.ie</a>
24-Sep	parkrun junior	It is a fun 2k run for juniors only (4-14 year olds). The event takes place in St Anne's Park, Mount Prospect Avenue, Clontarf, Dublin 5. It is held every Sunday at 9:30am. It's a free event! but please register before your first run.	Outdoor	St. Anne's junior parkrun	St Anne's Park, Mount Prospect Avenue, Clontarf, Dublin 5	<a href="http://www.parkrun.ie/stannes-juniors/">http://www.parkrun.ie/stannes-juniors/</a>	<a href="https://www.facebook.com/stannesjuniorparkrun/">https://www.facebook.com/stannesjuniorparkrun/</a> <a href="https://twitter.com/St_Annes_Jrs">https://twitter.com/St_Annes_Jrs</a>	<a href="mailto:Stannes-junioroffice@parkrun.com">Stannes-junioroffice@parkrun.com</a>
24-Sep	parkrun junior	Albert College junior parkrun invites 4-14 year olds to take part in a fun free 2km run in the beautiful Albert College Park in Dublin 9. Our junior parkrun takes place every Sunday morning at 9:30am and we meet at the playground in the park.	Outdoor	Albert College junior parkrun	Albert College Park, Ballymun Road, Glasnevin, Dublin 9	<a href="http://www.parkrun.ie/albertcollege-juniors/">www.parkrun.ie/albertcollege-juniors/</a>	<a href="https://www.facebook.com/Albert-College-junior-parkrun-1134317876620372/">https://www.facebook.com/Albert-College-junior-parkrun-1134317876620372/</a>	<a href="mailto:albertcollege-junioroffice@parkrun.ie">albertcollege-junioroffice@parkrun.ie</a>

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24-Sep	Rathfarnham 5k Run	5k Run around the streets of Rathfarnham and Terenure	Outdoor	Rathfarnham WSAF AC	Rathfarnham	<a href="http://www.rathfarnham5krun.ie">www.rathfarnham5krun.ie</a>	<a href="https://twitter.com/rathfarnhamac">https://twitter.com/rathfarnhamac</a> <a href="https://www.facebook.com/Rathfarnham5krun/">https://www.facebook.com/Rathfarnham5krun/</a>	<a href="mailto:rathfarnham5krun@athleticsrathfarnham.ie">rathfarnham5krun@athleticsrathfarnham.ie</a>
24-Sep	IOHA EWOS Ladies Event	"As part of the Irish Olympic Handball Associations events to mark the European Week of Sport (September 23rd to 30th) the associations Women's handball development committee is hosting a ladies event in the UCD Sports Hall. Among the amazing activities you can enjoy are showcase matches between different countries, handball classes for the youngest and matches for everyone. Join us for a day of sports, teamwork and fun, as well as an opportunity to learn about this amazing game. So whether your a handball ""expert"" or want to try something different why not come along on the	Clubs	Irish Olympic Handball Association	UCD Sports Hall	<a href="http://www.olympichandball.org">www.olympichandball.org</a>	<a href="http://www.facebook.com/IrelandHandball">www.facebook.com/IrelandHandball</a> <a href="https://twitter.com/IrelandHandball">https://twitter.com/IrelandHandball</a>	<a href="mailto:michaelmoloney@olympichandball.org">michaelmoloney@olympichandball.org</a>
24-Sep	Fingal September Scatter Series / No. 4	Orienteering	Outdoor	Fingal Orienteers	Newbridge House Demesne, Donabate, Co. Dublin	<a href="http://www.orienteeing.ie/fixtures/full?id=990">http://www.orienteeing.ie/fixtures/full?id=990</a>	<a href="https://www.facebook.com/events/315808828882748/?acontext=%7B%22source%22%3A5%2C%22page_id_source%22%3A407101312694827%2C%22action_history%22%3A%7B%22surface%22%3A%22page%22%2C%22mechanism%22%3A%22main_list%22%2C%22extra_data%22%3A%22%7B%5C%22page_id%5C%22%3A407101312694827%2C%5C%22tour_id%5C%22%3Anull%7D%22%7D%2C%22has_source%22%3Atrue%7D">https://www.facebook.com/events/315808828882748/?acontext=%7B%22source%22%3A5%2C%22page_id_source%22%3A407101312694827%2C%22action_history%22%3A%7B%22surface%22%3A%22page%22%2C%22mechanism%22%3A%22main_list%22%2C%22extra_data%22%3A%22%7B%5C%22page_id%5C%22%3A407101312694827%2C%5C%22tour_id%5C%22%3Anull%7D%22%7D%2C%22has_source%22%3Atrue%7D</a>  <a href="https://twitter.com/fingalo">https://twitter.com/fingalo</a>	<a href="mailto:FingalOrienteers@gmail.com">FingalOrienteers@gmail.com</a>
26-Sep	Beach Splash, Dash & Dance for over 50's	"I've always wanted to try swimming" This is a public event run by Age & Opportunity and Swim Ireland. Registration is essential.	Older People increasing their physical activity levels.	Age & Opportunity	Portmarnock Beach near Martello Tower	<a href="http://ageandopportunity.ie/">http://ageandopportunity.ie/</a>	<a href="https://www.facebook.com/AgeandOpportunity/">https://www.facebook.com/AgeandOpportunity/</a> <a href="https://twitter.com/Age_Opp">https://twitter.com/Age_Opp</a>	<a href="mailto:info@ageandopportunity.ie">info@ageandopportunity.ie</a>



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27-Sep	Walking Football	"I've always wanted to try walking football" Go For Life PALs try walking football. Registration is essential.	Older People increasing their physical activity levels.	Age & Opportunity	National Indoor Arena, Sports Campus	<a href="http://ageandopportunity.ie/">http://ageandopportunity.ie/</a>	<a href="https://www.facebook.com/AgeandOpportunity/">https://www.facebook.com/AgeandOpportunity/</a> <a href="https://twitter.com/Age_Opp">https://twitter.com/Age_Opp</a>	<a href="mailto:info@ageandopportunity.ie">info@ageandopportunity.ie</a>
28-Sep	Twilight Team Challenge	The Twilight Team Challenge is a fun 5k event which starts at 7.30pm on Three Rock Road in Sandyford on September 28th. This is our third year and teams of four and individual walkers, runners and joggers are welcome. Free commemorative medal and technical tee shirt plus goodie bag for all who finish. Entry is open via our website <a href="http://www.twilightteamchallenge.com">www.twilightteamchallenge.com</a> and we welcome in particular everyone working and living locally in Sandyford, Dundrum and neighbouring areas.	Fitness Centres, Clubs, Workplace, Local community	Dundrum South Dublin AC	27 Sandyford Office Park, Dublin 18	<a href="http://www.twilightteamchallenge.com">www.twilightteamchallenge.com</a>	<a href="https://www.facebook.com/twilightteamchallenge/">https://www.facebook.com/twilightteamchallenge/</a> <a href="https://twitter.com/DSDTwilight5k">https://twitter.com/DSDTwilight5k</a>	<a href="mailto:fintanhourihan@gmail.com">fintanhourihan@gmail.com</a>
28-Sep	Croquet	"I've always wanted to try croquet" Go For life PALs in Cabra try croquet.	Older People increasing their physical activity levels.	Age & Opportunity	Newbridge House	<a href="http://ageandopportunity.ie/">http://ageandopportunity.ie/</a>	<a href="https://www.facebook.com/AgeandOpportunity/">https://www.facebook.com/AgeandOpportunity/</a> <a href="https://twitter.com/Age_Opp">https://twitter.com/Age_Opp</a>	<a href="mailto:info@ageandopportunity.ie">info@ageandopportunity.ie</a>
29-Sep	Guinness Record Attempt: 100 x 50m Relay	Swim Ireland's squad at our National Centre in Dublin will lead on the record attempt of a 100 x 50m Relay at the NAC on Friday September 29th at the National Aquatic Centre. 100 participants will swim 50m with the time to beat 55 minutes 22.24 seconds.	Fitness Centres, Clubs	Swim Ireland	Sport Ireland National Aquatic Centre	<a href="http://www.swimireland.ie">www.swimireland.ie</a>	<a href="http://www.facebook.com/swimireland">www.facebook.com/swimireland</a> <a href="https://twitter.com/swimireland">www.twitter.com/swimireland</a>	<a href="mailto:pr@swimireland.ie">pr@swimireland.ie</a>

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30-Sep	parkrun	Free weekly timed 5k run/jog/walk	Outdoors	Hartstown parkrun	Hartstown Park, Hartstown, Clonsilla, Dublin 15	<a href="http://www.parkrun.ie/hartstown">www.parkrun.ie/hartstown</a>	<a href="https://www.facebook.com/hartstownparkrun/">https://www.facebook.com/hartstownparkrun/</a>	<a href="mailto:hartstownoffice@parkrun.com">hartstownoffice@parkrun.com</a>
30-Sep	parkrun	Free 5km walk or run every Saturday in Malahide Castle park	Outdoors	Malahide parkrun	Malahide Castle, Malahide, Co. Dublin	<a href="http://www.parkrun.ie/malahide">http://www.parkrun.ie/malahide</a>	<a href="https://www.facebook.com/MalahideParkrun/">https://www.facebook.com/MalahideParkrun/</a>	<a href="mailto:malahideoffice@parkrun.com">malahideoffice@parkrun.com</a>
30-Sep	parkrun	Weekly free timed 5k run/ walk, open to all, run by volunteers for the community	Outdoors	St. Anne's parkrun	St. Anne's Park, Raheny, Dublin 5	<a href="http://www.parkrun.ie/stannes">www.parkrun.ie/stannes</a>	<a href="http://www.facebook.com/stannesparkrun">www.facebook.com/stannesparkrun</a>	<a href="mailto:stannesoffice@parkrun.com">stannesoffice@parkrun.com</a>
30-Sep	parkrun	5k, walk, jog or run	Outdoors	Bushy Dublin parkrun	Bushy Park, Terenure, Dublin 6	<a href="http://www.parkrun.ie/bushydublin">www.parkrun.ie/bushydublin</a>	<a href="http://www.facebook.com/bushydublin">www.facebook.com/bushydublin</a> <a href="https://twitter.com/bushydubparkrun?lang=en">https://twitter.com/bushydubparkrun?lang=en</a>	<a href="mailto:Bushydublinoffice@parkrun.com">Bushydublinoffice@parkrun.com</a>

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Date	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email
30-Sep	parkrun	A free, weekly, timed 5k run or walk open to everyone of any ability.	Outdoors	Ardgillan parkrun	Ardgillan demesne, Balbriggan, Co Dublin	<a href="http://parkrun.ie/ardgillan">parkrun.ie/ardgillan</a>	<a href="https://www.facebook.com/ardgillanparkrun/">https://www.facebook.com/ardgillanparkrun/</a>	<a href="mailto:ardgillanoffice@parkrun.com">ardgillanoffice@parkrun.com</a>
30-Sep	parkrun	River Valley parkrun is a free, timed 5km run that takes place each week in Ward Valley park. We welcome people of all ages, abilities and fitness levels.	Outdoors	River Valley parkrun	Ward Valley Park, River Valley, Swords	<a href="http://www.parkrun.ie/rivervalley">www.parkrun.ie/rivervalley</a>	<a href="http://www.facebook.com/rivervalleyparkrun/">www.facebook.com/rivervalleyparkrun/</a>	<a href="mailto:rivervalleyoffice@parkrun.com">rivervalleyoffice@parkrun.com</a>
30-Sep	parkrun	A free 5k timed run, walk or jog for all ages and abilities. 9:30am Saturday	Outdoors	Donabate parkrun	Newbridge House, Hearse Road, Donabate, Co Dublin	<a href="http://www.parkrun.ie/donabate">www.parkrun.ie/donabate</a>	<a href="https://www.facebook.com/Donabate-parkrun-837533829688096/">https://www.facebook.com/Donabate-parkrun-837533829688096/</a>	<a href="mailto:donabateoffice@parkrun.com">donabateoffice@parkrun.com</a>
30-Sep	parkrun	parkrun is a free weekly timed 5K event. Everyone is welcome; walkers, joggers and runners. parkrun continues to strive for a healthier happier planet	Outdoors	Cabinteely parkrun	Cabinteely park Dublin 18	<a href="https://www.parkrun.ie/cabinteely/">https://www.parkrun.ie/cabinteely/</a>	<a href="https://www.facebook.com/Cabinteely-parkrun-1393759177603616/">https://www.facebook.com/Cabinteely-parkrun-1393759177603616/</a>	<a href="mailto:olwyn.dunne@parkrun.com">olwyn.dunne@parkrun.com</a>

## European Week of Sport 2017

Date	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email
30-Sep	parkrun	Free 5km timed run	Outdoors	Marlay parkrun	Marlay park, Rathrarnham	<a href="http://www.parkrun.ie/marlay/">http://www.parkrun.ie/marlay/</a>	<a href="https://www.facebook.com/marlayparkrun">https://www.facebook.com/marlayparkrun</a>	<a href="mailto:marlayoffice@parkrun.com">marlayoffice@parkrun.com</a>
30-Sep	parkrun	Free timed 5k event suitable for walkers, joggers and runners. We welcome everyone. No barriers to entry.	Outdoors	Griffeen parkrun	Griffeen Park, Hayden's Lane Lucan K78 CK70	<a href="http://www.parkrun.ie/griffeen">http://www.parkrun.ie/griffeen</a>	<a href="https://www.facebook.com/griffeenvalleyparkrun/">https://www.facebook.com/griffeenvalleyparkrun/</a>	<a href="mailto:paul.richardson@parkrun.com">paul.richardson@parkrun.com</a>
30-Sep	parkrun	5k parkrun. Run , Walk, or Jog .	Outdoors	Shanganagh parkrun	Shanganagh Park. Shankill. Co Dublin.	<a href="http://www.parkrun.ie/shanganagh">www.parkrun.ie/shanganagh</a>	<a href="https://www.facebook.com/shanganaghparkrun/">https://www.facebook.com/shanganaghparkrun/</a>	<a href="mailto:shanganaghoffice@parkrun.com">shanganaghoffice@parkrun.com</a>

## European Week of Sport 2017

Date	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email
30-Sep	parkrun	parkrun is a volunteer led weekly timed 5 kilometre run in local parks. They take place worldwide. Tymon parkrun is 3 years old and attracts between 100 and 150 runners every week.	Outdoors	Tymon parkrun	Limekiln road entrance to Tymon park	<a href="http://www.parkrun.ie/tymon/">www.parkrun.ie/tymon/</a>	<a href="https://www.facebook.com/tymonparkrun">www.facebook.com/tymonparkrun</a>	<a href="mailto:tymonoffice@parkrun.com">tymonoffice@parkrun.com</a>
30-Sep	parkrun	A free timed 5k event open to walkers, runners and joggers of all ages and levels!	Outdoors	Poppintree parkrun	Poppintree park, Poppintree, Dublin 11	<a href="http://www.parkrun.ie/poppintree">www.parkrun.ie/poppintree</a>	<a href="https://www.facebook.com/poppintreeparkrun/">https://www.facebook.com/poppintreeparkrun/</a>	<a href="mailto:poppintreeoffice@parkrun.com">poppintreeoffice@parkrun.com</a>
30-Sep	parkrun	Free Timed run or walk every Saturday morning at 9.30am. All abilities welcome	Outdoors	Waterstown parkrun	Waterstown Park Waterstown Ave. Palmerstown. Dublin 20	<a href="https://www.parkrun.ie/waterstown/">https://www.parkrun.ie/waterstown/</a>	<a href="https://www.facebook.com/Waterstown-parkrun-Dublin-785513901481939/">https://www.facebook.com/Waterstown-parkrun-Dublin-785513901481939/</a>	<a href="mailto:waterstownoffice@parkrun.com">waterstownoffice@parkrun.com</a>

## European Week of Sport 2017

Date	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email
30-Sep	Porterstown parkrun	weekly 5k run walk jog in local park (free community event)	Outdoor, Clubs	parkrun	Porterstown park, Castleknock, Dublin 15	<a href="http://www.parkrun.ie/porterstown/">http://www.parkrun.ie/porterstown/</a>	<a href="https://www.facebook.com/porterstownparkrun">https://www.facebook.com/porterstownparkrun</a>	<a href="mailto:porterstownoffice@parkrun.com">porterstownoffice@parkrun.com</a>
30-Sep	Laser Run - Fingal	Pentathlon Ireland is hosting a laser run on September 30th in Swords Castle Park. This event is open to the public and anyone from age 8 upwards can participate. This is a fun and inclusive event that will cater for differing ages and abilities. Laser-Run consists of an 800m circuit with a laser-pistol shooting range at the start. The competitor runs the circuit four times stopping to shoot the target five times at the beginning of each loop. That's 3.2 kilometres of running and 20 hits on the target. The above parameters can be adjusted to facilitate for differing needs.	Outdoor	Pentathlon Ireland	Swords Castle Park	<a href="http://pentathlon.ie/">http://pentathlon.ie/</a>	<a href="https://www.facebook.com/Pentathlon.ie/?ref=aymt_homepage_panel">https://www.facebook.com/Pentathlon.ie/?ref=aymt_homepage_panel</a> <a href="https://twitter.com/Pent_Ireland">https://twitter.com/Pent_Ireland</a>	<a href="mailto:info@pentathlon.ie">info@pentathlon.ie</a>
30-Sep	Capital Strength - International Open Day	Come see the inner workings of an active, all level, multicultural Weightlifting Club. See how much fun it can be to train this fast and powerful Olympic Sport and find out more about the benefits to health and performance and find out how you can get involved with other members of this vibrant community.  For more details email us at <a href="mailto:defygravityireland@gmail.com">defygravityireland@gmail.com</a> - all are welcome and there is no charge!	Clubs	Capital Strength Weightlifting Club	Capital Strength, The Millennium Centre, 9 Dolphin's Barn, Dublin 8, D08 WD35 Republic of Ireland	<a href="http://defygravity.ie">defygravity.ie</a>	<a href="https://twitter.com/DefyGravityIE">https://twitter.com/DefyGravityIE</a> <a href="https://www.facebook.com/CapitalStrengthWeightliftingClub/">https://www.facebook.com/CapitalStrengthWeightliftingClub/</a>	<a href="mailto:defygravityireland@gmail.com">defygravityireland@gmail.com</a>

## European Week of Sport 2017

Date	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email
01-Oct	IOHA Handball Masters Event	The IOHA is hosting its first Masters Handball event as part of the European Week of Sport. The event is open to Ladies over 30 years of age and to Men over 35 years of age. It is being hosted in an effort to highlight the opportunity for older athletes to continue in the sport they love while offering a new sport to those who never played handball all in a fun atmosphere.	Clubs	Irish Olympic Handball Association	Tallaght Sports Complex, Balrothery Estate, Tallaght, D24.	<a href="http://www.olympichandball.org">www.olympichandball.org</a>	<a href="https://www.facebook.com/IrelandHandball/">www.facebook.com/IrelandHandball/</a> <a href="https://twitter.com/IrelandHandball">https://twitter.com/IrelandHandball</a>	<a href="mailto:michaelmoloney@olympichandball.org">michaelmoloney@olympichandball.org</a>
23rd-30th Sep	Get Going...Get Rowing programme	Schools wishing to take part in an on the water taster session will be facilitated to do so at Rowing Ireland affiliated clubs in Get Going...Get Rowing centres around the country.	Outdoor, Education, Clubs	Rowing Ireland	Schools wishing to take part in an on the water taster session will be facilitated to do so at Rowing Ireland affiliated clubs in Get Going...Get Rowing centres around the country.	<a href="http://www.getgoinggetrowing.com">www.getgoinggetrowing.com</a>	<a href="https://www.facebook.com/GetGoingGetRowing">https://www.facebook.com/GetGoingGetRowing</a> <a href="https://twitter.com/get_rowing">https://twitter.com/get_rowing</a>	<a href="mailto:michelle.carpenter@rowingireland.ie">michelle.carpenter@rowingireland.ie</a>
23-Sep -30-Sep	Go Green Go Blue Go Outdoors	We are interested in promoting and tracking responses to exercise in different settings -from gyms, pitches and outdoor activities in green and blue natural spaces (termed green or blue exercise). We use twitter hashtags (explained with infographics on our twitter feed and web sites) to help participants track their activity and how it makes them feel (using emoticons). For example: #greenexercise #natureandus (or #natureandme if with others) #parkrun #9 (effort out of 10) #-: (-) (how you feel before and after exercise).	Outdoor, Fitness Centres, Clubs	GO GREEN EX (University of Limerick) and NEAR health (NUI Galway)	Virtual	<a href="http://www.gogreenex.org">www.gogreenex.org</a> <a href="http://www.nuigalway.ie/near-health/">http://www.nuigalway.ie/near-health/</a>	<a href="https://twitter.com/Gogreenex">https://twitter.com/Gogreenex</a> <a href="https://www.facebook.com/gogreenex/">https://www.facebook.com/gogreenex/</a>	<a href="mailto:tadhg.macintyre@ul.ie">tadhg.macintyre@ul.ie</a>

## European Week of Sport 2017

Date	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email
23-Sep -30-Sep	Staff Step Challenge 2017	St Vincent's University Hospital is taking part in the National Step Challenge 2017 that is The National Transport Authority's 10th annual walking challenge. The Step Challenge is a fun, free walking challenge where teams of 3-6 people aim to increase their daily step counts, to have fun and to win prizes!	Workplace	St Vincent's University Hospital	St Vincent's University Hospital, Elm Park, Dublin 4.	<a href="http://www.smartertravelworkplaces.ie">www.smartertravelworkplaces.ie</a>	<a href="https://www.facebook.com/StepChallenge2017/">https://www.facebook.com/StepChallenge2017/</a>	<a href="mailto:LaKinsella@st-vincents.ie">LaKinsella@st-vincents.ie</a>
25-Sep - 29-Sep	Capital city row	Schools in the Get Going...Get Rowing programme will be encouraged to row to capital cities in the Active Schools challenge	Education	Rowing Ireland	Schools across the country taking part in the Get Rowing programme	<a href="http://www.getgoinggetrowing.com">www.getgoinggetrowing.com</a>	<a href="https://www.facebook.com/GetGoingGetRowing">https://www.facebook.com/GetGoingGetRowing</a> <a href="https://twitter.com/get_rowing">https://twitter.com/get_rowing</a>	<a href="mailto:michelle.carpenter@rowingireland.ie">michelle.carpenter@rowingireland.ie</a>
25-Sep - 29-Sep	Run Around Europe Challenge	Each child in our school will run a km or two to cumulatively run the distance to Brussels.	Education	Mary Mother of Hope JNS	Mary Mother of Hope JNS, Littlepace, Clonee, Dublin 15	<a href="http://www.hopeins.ie">www.hopeins.ie</a>		<a href="mailto:ermccabe@gmail.com">ermccabe@gmail.com</a>



## European Week of Sport 2017

Date	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email
25-Sep - 29-Sep	Run Around Europe Challenge	Whole School Run Around Europe	Education	Balbriggan ETNS	Balbriggan Educate Together NS, Moylaragh, Balbriggan, Co. Dublin	<a href="http://www.balbrigganetns.com">www.balbrigganetns.com</a>		<a href="mailto:derval@balbrigganetns.com">derval@balbrigganetns.com</a>
25-Sep - 29-Sep	Run Around Europe Challenge	Classes from infants to 6th will choose a country and run laps of our yard. Teachers will keep track of the distance they have run. Younger classes will choose shorter distances such as London with the older classes choosing greater distances.	Education	St Teresa's Primary School	St Teresa's Primary School, Hampton, Balbriggan, Co. Dublin.	<a href="http://stteresasps.org">stteresasps.org</a>		<a href="mailto:msgriffin@stteresasps.org">msgriffin@stteresasps.org</a>
25-Sep 26-Sep 28-Sep	Get active stay active	A whole school skipathon and a whole open week of sports on offer	Education	Jesus and Mary College, Our Lady's Grove	Goatstown road, Dublin	<a href="http://Olgrove.ie">Olgrove.ie</a>		<a href="mailto:D.mcdermott@jesusandmarycollege.ie">D.mcdermott@jesusandmarycollege.ie</a>