

Date	County	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email
23-Sep	Cork	parkrun	A free, weekly, timed 5km run/ walk held in the beautiful	Outdoors	Castle Demense parkrun	Castle Demense parkun, c/o	www.parkrun.ie/castledemense/	www.facebook.com/castledemense/	castledemensehelpers@parkr
		,	surroundings of the Castle Demense in Macroom, County		·	Macroom Community Leisure			un.com
			Cork. Open to everyone of every ability. It is a run/walk not			Centre, Castle Grounds. Macroom,			
			a race. The event is entirely volunteer led.			Co. Cork			
			,						
23-Sep	Kerry	parkrun	Free weekly timed 5K walk/run that takes place every	Outdoors	Listowel parkrun	Listowel Town Park, County Kerry	www.parkrun.ie/listowel	https://www.facebook.com/Listowel-parkrun-	listoweloffice@parkrun.com
25-3ep	Kerry	parkiuli	Saturday morning in Listowel Town Park, beginning at	Outdoors	Listowei parki uii	Listower rown Park, County Kerry	www.parkiun.ie/listowei	1179713732139890/	ilstoweloffice@parkruff.com
			9:30am. Participants can register for free in advance at					11797137321398907	
			http://www.parkrun.ie/register/						
			nttp://www.purkturn.e/register/						
		<u> </u>							
23-Sep	Cork	parkrun	Free participation based 5km timed run	Outdoors	Clonakilty parkrun	The Show Grounds, Park Road,	parkrun.ie/clonakilty	https://www.facebook.com/clonakiltyparkrun/	clonakiltyoffice@parkrun.co
						Clonakilty, Co Cork			<u>m</u>
23-Sep	Clare	parkrun	Clarisford parkrun is a weekly timed fun free 5km run held	Outdoors	Clarisford parkrun	Clarisford Park, Moys, Killaloe, Co.	http://www.parkrun.ie/clarisford/	https://www.facebook.com/clarisfordparkrun/	clarisfordoffice@parkrun.com
		1	in Clarisford Park, Killaloe, Co. Clare.			Clare			
23-Sep	Limerick	parkrun	Free weekly 5k timed runs suitable for all abilities. You can	Outdoors	Limerick parkrun	The boathouse, University of	http://www.parkrun.ie/limerick/	https://www.facebook.com/limerickparkrun	limerickoffice@parkrun.com
			run, walk or jog as you please			Limerick		https://twitter.com/limerickparkrun	
23-Sep	Kerry	parkrun	Free weekly timed 5k walk or run in Tralee town park	Outdoors	Tralee parkrun	Denny street, Tralee town park,	www.parkrun.ie/tralee	https://www.facebook.com/Tralee-parkrun-	traleeoffice@parkrun.com
25 366	Keny	parkian	organised entirely by volunteers.	Outdoors	Traice parkian	Denny Street, Tralee, Co. Kerry.	www.parkramie/eraice	783844575022673/	traiceonnec@parkrain.com
			organised entirely by volunteers.			Benny Street, Traice, co. Kerry.		7030 11373022073 <u>1</u>	
23-Sep	Kerry	parkrun	The Glengarriff parkrun is a fun, free event organised by	Outdoors	Glengarriff parkrun	Glengarriff Nature Reserve,	http://www.parkrun.ie/glengarrif	https://www.facebook.com/glengarriffparkrun/	glengarriffoffice@parkrun.co
25-3ep	Kerry	parkiuli	volunteers for the benefit of everyone. The 5k course in	Outdoors	Giengariii parkiuli	Kenmare Road, Glengarriff, Co Cork.		Tittps://www.iacebook.com/giengai/impaikiun/	m
			Glengarriff Nature Reserve is run on a mixture of trail			Refillate Road, Gleffgaffiff, Co Cork.	<u>''</u>		<del>'''</del>
			paths and tarmac roads. Walk or Run. Buggies and Dogs						
			welcome.						
			welcome.						
22.6	<u></u>	<del> </del>		0			1		
23-Sep	Tipperary	parkrun	free weekly family event parkrun 5km	Outdoors	Templemore parkrun	Templemore townpark templemore	www.parkrun.ie/templemore	https://www.facebook.com/Templemoreparkrun/	templemoreoffice@parkrun.c
						co.tipperary, Ireland			<u>om</u>
		1							
23-Sep	Cork	parkrun	1, 55	Outdoors	Ballincollig parkrun	Regional park Ballincollig Co Cork	www.parkrun.ie/ballincollig	https://twitter.com/bcolligparkrun?lang=en	Ballincolligoffice@parkrun.co
		1	weekly Saturday 9.30am at Ballincollig Regional Park.					https://www.facebook.com/Ballincolligparkrun/	<u>m</u>
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23-Sep	Limerick	parkrun	Free, weekly, timed 5k run. Open to all. Walkers welcome.	Outdoors	Newcastle West parkrun	The Demense, Newcastlewest,	www.parkrun.ie/newcastlewest	https://www.facebook.com/Newcastle-West-	Newcastlewestoffice@parkru
1		Ī	Family friendly event		·	County Limerick		parkrun-905065639601301/	n.com
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Date	County	Event	Description	Focus Theme	Organiser	Location	Website	Social Media	Email
23-Sep	Cork	parkrun	Free weekly 5k parkrun, its free and run by volunteers	Outdoors	Castlehaven parkrun	Rineen forest recreational area	Www.parkrun.ie/castlehaven	https://www.facebook.com/castlehavenparkrun/	castlehavenoffice@parkrun.c
									<u>om</u>
23-Sep	Tipperary	parkrun	parkrun is a simple concept: turn up every Saturday and run 5km. It doesn't matter how fast you go.What matters is taking part at a local community level in organised outdoor activity. Promoting a healthy active lifestyle tied to local community involvement is a key part of the ethos of parkrun	Outdoors	Clonmel parkrun	Clonmel Racecourse, Powerstown Park, Clonmel, Co. Tipperary	www.parkrun.ie/clonmel	https://www.facebook.com/clonmelparkrun/ https://twitter.com/clonmel_run	clonmeloffice@parkrun.com
23-Sep	Tipperary	parkrun	parkrun is a simple concept: turn up every Saturday and run 5km. It doesn't matter how fast you go. It doesn't matter what you're wearing. What matters is taking part at a local community level in organised outdoor activity. Promoting a healthy active lifestyle tied to local community involvement is a key part of the ethos of	Outdoors	Clonmel parkrun	Clonmel Racecourse, Powerstown Park, Clonmel, Co. Tipperary	www.parkrun.ie/clonmel	https://www.facebook.com/clonmelparkrun/ https://twitter.com/clonmel_run	clonmeloffice@parkrun.com
23-Sep	Clare	parkrun	weekly, free of charge, 5k timed run	Outdoors	Lees Road parkrun	John O Sullivan Park, Lees Road, Ennis, Co. Clare	www.parkrun.ie/LeesRoad	www.facebook.com/leesroadparkrun/ https://twitter.com/Leesroadparkrun	leesroadoffice@parkrun.com
23-Sep	Clare	parkrun	Volunteer led 5k timed run	Outdoors	Vandeleur parkrun	Vandeleur Walled garden, 1 - 8 Wood Road, Stewart Street, Kilrush	http://www.parkrun.ie/vandeleur	https://www.facebook.com/Vandeleurparkun/	vandeleuroffice@parkrun.co m
23-Sep	Waterford	parkrun	Free 5km run walk jog for all the family	Outdoors	Tramore parkrun	The prom, Tramore, Waterford	http://www.parkrun.ie/tramore/	https://www.facebook.com/Tramore-parkrun- Waterford-151134528578875/?ref=bookmarks	tramoreoffice@parkrun.com
24-Sep	Kerry	parkrun junior	FREE run/walk for children aged 4-14 held every week on Sunday mornings at 9.30am in Tralee Town Park. Ethos of parkrun is non competitive and inclusive of all abilities. Aimed to build child's confidence & self esteem, through physical activity and volunteering at our junior event.	Outdoors	Tralee Junior parkrun	Tralee Town Park, Denny St. Tralee, Co Kerry	http://www.parkrun.ie/tralee- juniors/	https://www.facebook.com/traleejuniorparkrun/	tralee- juniorsoffice@parkrun.com
24-Sep	Tipperary	Tipperary Women's Mini Marathon	10k Mini Marathon targeting women over the age of 18. It's for walkers, joggers & runners, and is for women of all abilities. The event will start at 10.45 in Clonmel. All participants will receive an event tech tshirt and all finisher will receive a race medallion. There is a €200 voucher for the largest group registered who are raising funds for		Tipperary Sports Partnership	Clonmel, Co. Tipperary	www.tippminimarathon.ie	https://www.facebook.com/Tipperary-Womens- Mini-Marathon-129688683728221/	Info@tipperarysports.ie
29-Sep	Limerick	Limerick Sports Partnership Company Relay Marathon Challenge	Limerick Sports Partnership invites companies to participate in the Company Relay Marathon Challenge on National Fitness Day. 20 employees per team (15 participants, 3 subs and 2 volunteers). Each team is attempting to beat the Marathon World Recordparticipants complete 14 x 200m sections each in relay	Workplace	Limerick Sports Partnership	UL Sport Arena, University of Limerick, Castletroy, Limerick	www.limericksports.ie	https://www.facebook.com/limerickcitysportspart nership/ www.twitter.com/limericksports	info@limericksports.ie
30-Sep	Cork	parkrun	A free, weekly, timed 5km run/ walk held in the beautiful surroundings of the Castle Demense in Macroom, County Cork. Open to everyone of every ability. It is a run/walk not a race. The event is entirely volunteer led.	Outdoors	Castle Demense parkrun	Castle Demense parkun, c/o Macroom Community Leisure Centre, Castle Grounds. Macroom, Co. Cork	www.parkrun.ie/castledemense/	www.facebook.com/castledemense/	castledemensehelpers@parkr un.com









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30-3ep	Kerry	parkrun		Outdoors	Listowei parkrun	Listower Town Park, County Kerry	www.parkrun.le/listowei	1179713732139890/	listoweiomce@parkrun.com
			Saturday morning in Listowel Town Park, beginning at					11/9/13/32139890/	
			9:30am. Participants can register for free in advance at						
			http://www.parkrun.ie/register/						
30-Sep	Cork	parkrun	Free participation based 5km timed run	Outdoors	Clonakilty parkrun	The Show Grounds, Park Road,	parkrun.ie/clonakilty	https://www.facebook.com/clonakiltyparkrun/	clonakiltyoffice@parkrun.co
						Clonakilty, Co Cork			<u>m</u>
30-Sep	Clare	parkrun	Clarisford parkrun is a weekly timed fun free 5km run held	Outdoors	Clarisford parkrun	Clarisford Park, Moys, Killaloe, Co.	http://www.parkrun.ie/clarisford/	https://www.facebook.com/clarisfordparkrun/	clarisfordoffice@parkrun.com
			in Clarisford Park, Killaloe, Co. Clare.			Clare			
30-Sep	Limerick	parkrun	Free weekly 5k timed runs suitable for all abilities. You can	Outdoors	Limerick parkrun	The boathouse, University of	http://www.parkrun.ie/limerick/	https://www.facebook.com/limerickparkrun	limerickoffice@parkrun.com
20-2 <b>c</b> h	LITTELICK	Parkiuli	run, walk or jog as you please	Gutuoois	Linetick parkium	Limerick	nccp.//www.parkiun.le/lilllenck/	https://twitter.com/limerickparkrun	mmenekonice@parkrun.com
			iran, want or jog as you picase			EIIIIEIICK		neeps.//ewitter.com/innerickparktun	
30-Sep	Kerry	parkrun	Free weekly timed 5k walk or run in Tralee town park	Outdoors	Tralee parkrun	Denny street, Tralee town park,	www.parkrun.ie/tralee_	https://www.facebook.com/Tralee-parkrun-	traleeoffice@parkrun.com
			organised entirely by volunteers.			Denny Street, Tralee, Co. Kerry.		<u>783844575022673/</u>	
30-Sep	Kerry	parkrun	The Glengarriff parkrun is a fun, free event organised by	Outdoors	Glengarriff parkrun	Glengarriff Nature Reserve,	http://www.parkrun.je/glengarrif	https://www.facebook.com/glengarriffparkrun/	glengarriffoffice@parkrun.co
33 33	,,,,		volunteers for the benefit of everyone. The 5k course in		and the same of th	Kenmare Road, Glengarriff, Co Cork.			m
			Glengarriff Nature Reserve is run on a mixture of trail			, , , , , , , , , , , , , , , , , , , ,			
			paths and tarmac roads. Walk or Run. Buggies and Dogs						
			welcome.						
30-Sep	Tinnoroni	norder in	free weekly family event parkrun 5km	Outdoors	Tamplemere parkeup	Tomplement townsels tomplement	www.parkrun.ie/templemore	https://www.facebook.com/Templemoreparkrun/	tomplemers office @parkers o
30-Sep	Tipperary	parkrun	Tree weekly family event parkrun 5km	Outdoors	Templemore parkrun	Templemore townpark templemore	<u>www.parkrun.le/templemore</u>	nttps://www.facebook.com/Templemoreparkrun/	
						co.tipperary, Ireland			<u>om</u>
30-Sep	Cork	parkrun	Free 5km timed event for runners, joggers, walkers. Held	Outdoors	Ballincollig parkrun	Regional park Ballincollig Co Cork	www.parkrun.ie/ballincollig	https://twitter.com/bcolligparkrun?lang=en	Ballincolligoffice@parkrun.co
			weekly Saturday 9.30am at Ballincollig Regional Park.					https://www.facebook.com/Ballincolligparkrun/	<u>m</u>
30-Sep	Limerick	parkrun	Free, weekly, timed 5k run. Open to all. Walkers welcome.	Outdoors	Newcastle West parkrun	The Demense, Newcastlewest,	www.parkrun.ie/newcastlewest	https://www.facebook.com/Newcastle-West-	Newcastlewestoffice@parkru
			Family friendly event			County Limerick	, , , , , , , , , , , , , , , , , , , ,	parkrun-905065639601301/	n.com
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So Sep	CON	partition	The Weekly Skipalikally, its need and tall by volunceits		Castle a ven parkitan			nega, y www.neessock.com/ castiener enpark any	om
30-Sep	Tipperary	parkrun	parkrun is a simple concept: turn up every Saturday and run 5km. It doesn't matter how fast you go. What matters is taking part at a local community level in organised outdoor activity. Promoting a healthy active lifestyle tied to local community involvement is a key part of the ethos of parkrun	Outdoors	Clonmel parkrun	Clonmel Racecourse, Powerstown Park, Clonmel, Co. Tipperary	www.parkrun.ie/clonmel	https://www.facebook.com/clonmelparkrun/ https://twitter.com/clonmel_run	clonmeloffice@parkrun.com
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30-Sep	Clare	parkrun	weekly, free of charge, 5k timed run	Outdoors	Lees Road parkrun	John O Sullivan Park, Lees Road, Ennis, Co. Clare	www.parkrun.ie/LeesRoad	www.facebook.com/leesroadparkrun/ https://twitter.com/Leesroadparkrun	leesroadoffice@parkrun.com
30-Sep	Clare	parkrun	Volunteer led 5k timed run	Outdoors	Vandeleur parkrun	Vandeleur Walled garden, 1 - 8 Wood Road, Stewart Street, Kilrush	http://www.parkrun.ie/vandeleur	https://www.facebook.com/Vandeleurparkun/	vandeleuroffice@parkrun.co m
30-Sep	Waterford	parkrun	Free 5km run walk jog for all the family	Outdoors	Tramore parkrun	The prom, Tramore, Waterford	http://www.parkrun.ie/tramore/	https://www.facebook.com/Tramore-parkrun- Waterford-151134528578875/?ref=bookmarks	tramoreoffice@parkrun.com





