

European Week of Sport 2017

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 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 parkrun, c/o Macroom Community Leisure Centre, Castle Grounds. Macroom, Co. Cork	www.parkrun.ie/castledemense/	www.facebook.com/castledemense/	castledemensehelpers@parkrun.com
23-Sep	Kerry	parkrun	Free weekly timed 5K walk/run that takes place every Saturday morning in Listowel Town Park, beginning at 9:30am. Participants can register for free in advance at http://www.parkrun.ie/register/	Outdoors	Listowel parkrun	Listowel Town Park, County Kerry	www.parkrun.ie/listowel	https://www.facebook.com/Listowel-parkrun-1179713732139890/	listoweloffice@parkrun.com
23-Sep	Cork	parkrun	Free participation based 5km timed run	Outdoors	Clonakilty parkrun	The Show Grounds, Park Road, Clonakilty, Co Cork	parkrun.ie/clonakilty	https://www.facebook.com/clonakiltyparkrun/	clonakiltyoffice@parkrun.com
23-Sep	Clare	parkrun	Clarisford parkrun is a weekly timed fun free 5km run held in Clarisford Park, Killaloe, Co. Clare.	Outdoors	Clarisford parkrun	Clarisford Park, Moys, Killaloe, Co. Clare	http://www.parkrun.ie/clarisford/	https://www.facebook.com/clarisfordparkrun/	clarisfordoffice@parkrun.com
23-Sep	Limerick	parkrun	Free weekly 5k timed runs suitable for all abilities. You can run, walk or jog as you please	Outdoors	Limerick parkrun	The boathouse, University of Limerick	http://www.parkrun.ie/limerick/	https://www.facebook.com/limerickparkrun https://twitter.com/limerickparkrun	limerickoffice@parkrun.com
23-Sep	Kerry	parkrun	Free weekly timed 5k walk or run in Tralee town park organised entirely by volunteers.	Outdoors	Tralee parkrun	Denny street, Tralee town park, Denny Street, Tralee, Co. Kerry.	www.parkrun.ie/tralee	https://www.facebook.com/Tralee-parkrun-783844575022673/	traleeoffice@parkrun.com
23-Sep	Kerry	parkrun	The Glengarriff parkrun is a fun, free event organised by volunteers for the benefit of everyone. The 5k course in Glengarriff Nature Reserve is run on a mixture of trail paths and tarmac roads. Walk or Run. Buggies and Dogs welcome.	Outdoors	Glengarriff parkrun	Glengarriff Nature Reserve, Kenmare Road, Glengarriff, Co Cork.	http://www.parkrun.ie/glengarriff/	https://www.facebook.com/glengarriffparkrun/	glengarriffoffice@parkrun.com
23-Sep	Tipperary	parkrun	free weekly family event parkrun 5km	Outdoors	Templemore parkrun	Templemore townpark templemore co.tipperary, Ireland	www.parkrun.ie/templemore	https://www.facebook.com/Templemoreparkrun/	templemoreoffice@parkrun.com
23-Sep	Cork	parkrun	Free 5km timed event for runners, joggers, walkers. Held weekly Saturday 9.30am at Ballincollig Regional Park.	Outdoors	Ballincollig parkrun	Regional park Ballincollig Co Cork	www.parkrun.ie/ballincollig	https://twitter.com/bcolligparkrun?lang=en https://www.facebook.com/Ballincolligparkrun/	Ballincolligoffice@parkrun.com
23-Sep	Limerick	parkrun	Free, weekly, timed 5k run. Open to all. Walkers welcome. Family friendly event	Outdoors	Newcastle West parkrun	The Demense, Newcastlewest, County Limerick	www.parkrun.ie/newcastlewest	https://www.facebook.com/Newcastle-West-parkrun-905065639601301/	Newcastlewestoffice@parkrun.com

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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.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. 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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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/Vandeleurparkrun/	vandeleuroffice@parkrun.com
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-junioroffice@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 Record- participants 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/limerickcitysportspartnership/ www.twitter.com/limericksports	info@limericksports.ie
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