

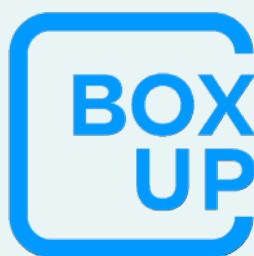


# DÚN LAOGHAIRE - RATHDOWN SPORTS PARTNERSHIP

SPORT IRELAND

# NEWSLETTER

*For an Active Dún Laoghaire-Rathdown*



*Look what's arrived  
at Samuel Beckett  
Civic Campus*



*A thank you to the Chair...*

*Pickleball on the up in  
Sandyford...*

*Bike Week 2025  
is coming...*

INFORMATION

EDUCATION

IMPLEMENTATION



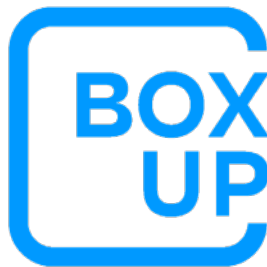
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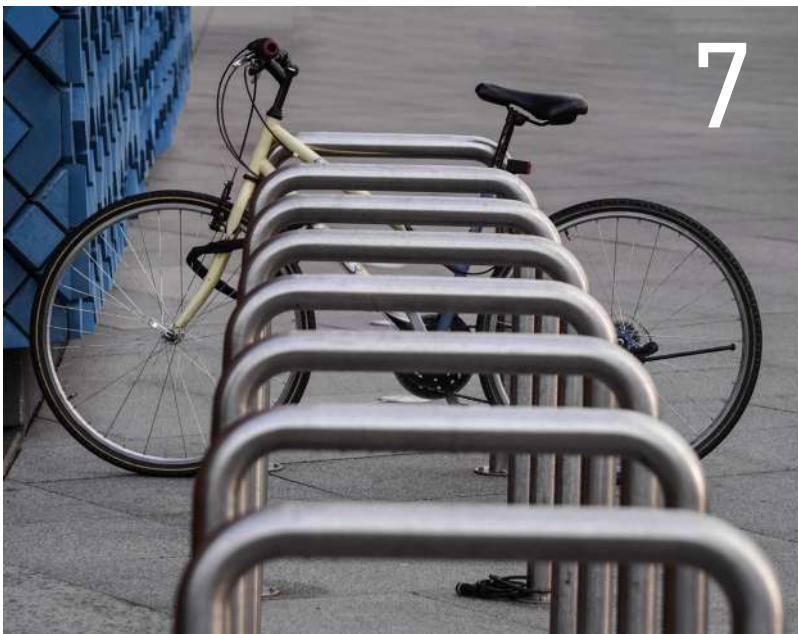
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COMHPHÁIRTÍOCHT  
**SPÓIRT**  
DHÚN LAOGHAIRE-RÁTH AN DÚIN  
SPÓRT ÉIREANN

*Our new logo is here...*



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**SPORTS**  
PARTNERSHIP  
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## DÚN LAOGHAIRE- RATHDOWN SPORTS PARTNERSHIP

Dún Laoghaire-Rathdown Sports Partnership was set up in 2008. DLR Sports Partnership works closely with the Dún Laoghaire-Rathdown County Council's Sports Development Office and other key partners to promote participation, inclusion and coordination in sport at a local level.

All those statutory bodies, organisations and groups operating in Dún Laoghaire-Rathdown with a responsibility for or interest in sports development are invited to participate in the Local Sports Partnership.

This includes the involvement of the Local Authority, Education & Training Board, HSE, third level sector, sports clubs, schools and local voluntary/community organisations.

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# A Thank You to the outgoing Chair



In this edition we would like to mark the occasion of the stepping down of our outgoing Chair of the DLR Sports Partnership Board, **Pat Smith**.

The work of Dún Laoghaire-Rathdown Sports Partnership is overseen and supported by this Board that is made up of representatives of the various local agencies who have an interest in supporting everyone to be active.

One of these key local partners is our Sports Forum that brings together clubs from all across the county and through which we have three members sitting on the Board.

Pat is one of these and has been a keen supporter of our work for many years as well a volunteer for his local GAA club, Ballinteer St. Johns, for decades.

In 2018 he took over the role of Chairperson and has guided the delivery of the County Sports Participation Strategy since that time. An advocate for all sports and at all levels, he has been a great lead and support in the work of the Sports Partnership over the past 8 years. In particular he has been a steady hand on all things governance and importantly including and collaborating with others to achieve our goals.



*All of the Board members and staff of Dún Laoghaire-Rathdown Sports Partnership would like to take this opportunity to thank Pat for his leadership, time and expertise.*

Now that the DLR Local Sports & Physical Activity Plan is complete and a new strategic term is starting, Pat is stepping down as Chair with **Suzanne Bailey** (Sports Development Manager in UCD) taking his place. Thankfully Pat will be staying on as a Board member and continue to represent the Sports Forum and local sports clubs. His passion for sport and in particular supporting volunteers in their invaluable work across all clubs and will continue to be an essential voice on the Sports Partnership Board.



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## Board Members 2025

<i>Organisation</i>	<i>Representative</i>
<i>UCD Sports Centre</i>	<i>Suzanne Bailey (Chairperson)</i>
<i>dlr Leisure</i>	<i>Niall Cull (Vice Chairperson)</i>
<i>DLR Sports Partnership</i>	<i>Shane McArdle (Secretary)</i>
<i>DLR Sports Forum</i>	<i>Pat Smith</i>
<i>DLR Sports Forum</i>	<i>Pat Finnerty</i>
<i>Blackrock Education Centre</i>	<i>Niamh Murray</i>
<i>dlr County Council</i>	<i>Barry Dempsey</i>
<i>DLR Councillor</i>	<i>Cllr. Lorraine Hall</i>
<i>Inclusive Outdoor Activity</i>	<i>Sarah Kerrigan</i>
<i>DLR Councillor</i>	<i>Cllr. Pierce Dargan</i>
<i>Network for Older People</i>	<i>John O'Neill</i>
<i>HSE (Health Promotion &amp; Improvement)</i>	<i>Jim Gorman</i>
<i>IWA Sport</i>	<i>Joanne Wall</i>
<i>Dublin &amp; Dún Laoghaire Education &amp; Training Board</i>	<i>Aoife Heffernan</i>





# BikeWeek

10th - 18th May 2025



Joe Connor  
Active Travel



Save the date for dlr Bike Week 2025 organised by Dún Laoghaire - Rathdown County Council, which will take place between Saturday 10th and Sunday 18th May 2025.

Bike Week is an annual event celebrating cycling and its benefits while promoting sustainable transportation.

Whether you want to get back to cycling, use your bike more, or give cycling a go, Bike Week has something for everyone.

A key focus of Bike Week in Dún Laoghaire-Rathdown is to provide people of all ages and abilities with a variety of cycling events and to create awareness of cycling as an enjoyable form of transport and physical activity.

Last year's dlr Bike Week programme included a wide variety of events throughout the County, some of which are listed below:

- Inclusive Cycling Demonstration
- Bike Safety Information Stands
- Bike Safety Checks & Bike Stencilling
- Bike Accessory Giveaways
- Sofa to Saddle Programme
- Inclusive Cycling Programme
- Training workshops including Children's learn to cycle, Women only and Parent and Child Sessions
- Cargo Bike Championships



## Seachtain na Rothar

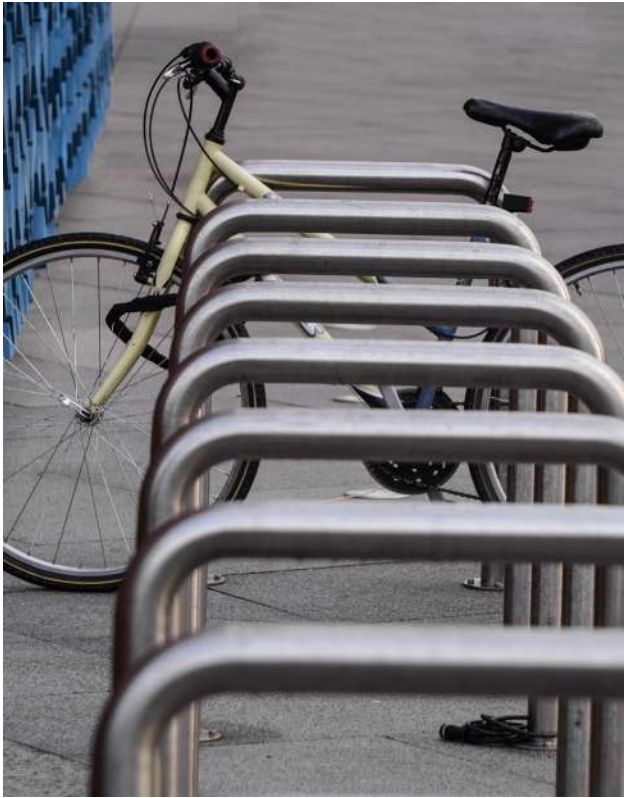
10ú - 18ú Bealtaine 2025

Full details of the dlr Bike Week 2025 programme will be available on the dlr Active Travel page, scan here.





## Active Travel Sports Club Cycle Parking



Dún Laoghaire-Rathdown County Council invites sport clubs to apply for cycle parking stands for locations within their grounds.

The purpose is to encourage more people to cycle to sports grounds for training and matches.

As part of the application process, sport clubs are required to show what they are doing to promote cycling and active travel for their members.

Interested clubs should email the Council for an application form.  
[info@dlrcoco.ie](mailto:info@dlrcoco.ie) with subject heading 'Sports Club Cycle Parking'.

Cllr Jim O'Leary, Cathaoirleach, Dún Laoghaire-Rathdown County Council stated:

*"I welcome the Council's continued support in providing cycle and parking stands to sports clubs.*

*Dún Laoghaire-Rathdown County Council has one of the most active populations in Ireland and I hope the provision of cycle stands makes it that little bit easier for club members to cycle to attend training or matches.*

*I also welcome the continuing support from the National Transport Authority for the development of Active Travel Schemes and of cycle infrastructure around the County, making it safer for our children to cycle."*





# SportsAbility Updates with Gwen



*Gwen O'Looney is the Acting Sports Inclusion Disability Officer for DLR Sports Partnership. She is the point of contact for all of our inclusive programmes, events and information.*  
**GOLOONEY@DLRCOCO.IE**



**The DLR SportsAbility Forum** brings together people with an interest in disability sport and activity in DLR and gives them the opportunity to discuss relevant topics and network with others involved in the same area.

The meetings which are hosted by the DLR Sports Partnership take place 2- 3 times a year, either on-line or in person. There is also an information element, where members can invite particular groups or individual to present on relevant topics.

Within the last year, the DLR SportsAbility Forum has been instrumental in creating the DLR Disability Events Calendar which can be found on the DLR Sports Partnership website. The calendar holds information on disability sport events and activities that are being held in the locality.

The Forum is currently planning a SportsAbility Day, which will bring National Governing Bodies of Sport and local clubs together to showcase what inclusive activities they provide and the event will include 'come and try' sessions for all the family.

## Join our

DLR  
SPORTSABILITY  
FORUM

[golooney@dlrcoco.ie](mailto:golooney@dlrcoco.ie)



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## Athletics Programme in Kilbogget

We are partnering up with Irish Wheelchair Association Sport and Cabinteely Athletic Club to launch this 6 week athletics programme in Kilbogget Park, Cabinteely from March 2025.

Targeted at children aged 7 - 18 years old with a physical disability, participants will get the opportunity to try out the different disciplines in athletics, in a fun and relaxed environment, on the fabulous new athletics track in Cabinteely Park.

If you would like any further information on the programme, please email Gwen - [golooney@dlrcoco.ie](mailto:golooney@dlrcoco.ie)

An opportunity for stakeholders in Disability Sport to network, share ideas, receive information and help guide disability sport initiatives in Dún Laoghaire - Rathdown.



For more information email [sportpartnership@dlrcoco.ie](mailto:sportpartnership@dlrcoco.ie)

To find out more about SportsAbility, scan the QR Code.





### The Start

Established in 2021 Sandyford Pickleball Club was the first Pickleball club established in South Dublin and it was set with a clear goal: to promote the exciting and dynamic sport of Pickleball within the area.

In just 3 years, the club has grown remarkably, becoming a reference in the pickleball scene in the country.



What began as a single weekly session has blossomed into five sessions per week, spread across three different locations.

This expansion not only demonstrates the increasing demand for Pickleball but also reflects the club's commitment to making the sport accessible to more people.

# CLUB FOCUS *Sandyford Pickleball*

Every Newsletter edition we will focus on highlighting great work done by many local sports clubs and organisations. This edition we look at Sandyford Pickleball.

**Pickleball, a sport that combines elements of tennis, badminton, and table tennis, offers an exciting and social way for people to stay active.**

**Whether you're a beginner or an experienced player, the sport was designed for those looking to enjoy a game that's both fun and competitive.**



### More than a Sports Club.

*With sessions catering to players of all levels, the club has created an environment where everyone feels welcome.*

*Beyond just a place to play Pickleball, Sandyford Pickleball Club has become a community hub for locals looking for a fun and active outlet. The club's initiatives have had a positive impact on the health and wellness of its members, encouraging physical activity and offering a social environment where people can connect, share experiences, and build lasting friendships.*

*New members are always welcome! Join us at one of our introductory sessions and become part of our growing community!*



**General Inquiries & Membership:**  
**Email: [sandyfordpickleball@gmail.com](mailto:sandyfordpickleball@gmail.com)**

**Facebook: [@SandyfordPickleball](https://www.facebook.com/SandyfordPickleball)**  
**Instagram: [@SandyfordPickleball](https://www.instagram.com/SandyfordPickleball)**





**Exciting News for Ballyogan!**

Following on from our BoxUps at Marlay and Kilbogget Park, BoxUp has officially landed outside the Samuel Beckett Civic Campus! Dive into fun with our diverse range of sports and leisure equipment—think spike ball, skipping ropes, frisbees, and more! Best part? It's completely FREE for up to 3 hours!

Just download the app register your account (you'll need a photo ID and under 16's require parental consent-do we want to include this), and unlock a world of outdoor fun!

Grab your friends or rally the kids or grandkids and "Give It A Go!"



**SUMMARY OF THE IMPACT ON BOXUP SHARING STATIONS**

What are the effects of sharing stations on quality of life and access to sport for European residents?



**Objective**

The aim of this study is to identify the different types of users of BoxUp sharing stations and to explore the impact of these new services on users' quality of life and access to sport.

**Methodology**

The study is based on the results of surveys carried out by Bax on behalf of BoxUp among a representative sample of over 500 service users.



**Facts about users**

65%

of users do not own the rented equipment at home

55%

of less sporty users are women

1/3

of users use BoxUp spontaneously



**Impacts on spaces**

86%

of users say they will certainly visit the space more often now that a BoxUp station is available.

80%

of users think the space is much more appealing or more appealing with BoxUp.

73%

of users prefer to do a street workout with BoxUp



**Impacts on usage**

+70%

of the less sporty intend to repeat their activity with BoxUp

+3

people taking part in an activity with BoxUp



"I wouldn't of played if the BoxUp Station hadn't been there"

"With the BoxUp sports facilities we now have real practical purpose"

"With the BoxUp you always have an idea what to do and you can invite your friends too!"



## Active Together : Gear Up for the 2025 Race Series

Thanks to our success in 2024, we are thrilled to partner once again with Athletics Ireland for their annual Race Series in Phoenix Park.

This series features three exciting events spread over May, June, and July, aimed at boosting participation, breaking down barriers, and inspiring our communities to engage in a healthier, more active lifestyle through walking, running, or rolling.

We're offering *\*FREE* entries for individuals of all fitness levels to join in the Race Series.

Athletics Ireland will provide tailored training plans for those interested in walking the distances, as well as for both beginner and experienced runners aiming to tackle their first race or achieve personal bests in these enjoyable community events!

For more information on how to get involved email [amonaghan@dlrcoco.ie](mailto:amonaghan@dlrcoco.ie)

*\*Free entries are limited.*

*Once they're gone a 15% discount will be offered for registration.*



IRISH  
**RUNNER**

**BIOFREEZE**  
COOL THE PAIN

**Active  
Cities**  
DUBLIN

**5K: May 17th 2025**

**5 Mile: June 29th 2025**

**10 Mile: July 20th 2025**



**Race Series 2025 - Phoenix Park Dublin**

# Ruby, the Jewell in Monkstown's Crown

FEDERATION OF  
**IRISH  
SPORT**



*Ruby Morrow's journey in hockey began 27 years ago when she first brought her sons to training. Today, she is a Life Member of Monkstown Hockey Club, an honour reflecting her extraordinary contributions. Since 1999, she has served as Match Secretary, overseeing operations for 12 men's and women's teams.*

*When Monkstown's men's 1st team joined the Irish Hockey League, Ruby took on the task of cooking for more than 30 players. When a team was on the verge of folding due to lack of numbers, Ruby stepped in as manager, ensuring the club's stability. Beyond Monkstown, Ruby served as Leinster's Children's Officer, helping to develop the organisation's child protection policies. From volunteer club secretary to advocate for child safety in sport, Ruby's selfless contributions have left an indelible mark on Irish hockey.*



A huge congratulations to Ruby Morrow of Monkstown Hockey Club who received the Volunteer In Sport award for Dún Laoghaire - Rathdown, 2024 at the F.I.S Awards Ceremony recently. Ruby is a huge part of Monkstown Hockey Club and one of the many volunteers in the club, around the county and all over Ireland who dedicate their time selflessly!





# Updates from Kevina & Louise



## Community Walk kicks off the New Year!



We had great fun at our Community Walk in January. A warm up at People's Park, followed by a pier walk in Dún Laoghaire is a beautiful thing on a clear day. Great to see so many new faces too!

## Tea Dances from DLR Sports Partnership



**DLR SPORTS PARTNERSHIP**  
**Tea Dances**

TEA, SANDWICHES, MUSIC & DANCING

SALLYNOGGIN INN  
WEDNESDAY 12TH MARCH 2025  
2:00 - 4:00 PM

To register your interest  
Email: [kmalone@dlrcoco](mailto:kmalone@dlrcoco)  
Phone: Michele 089 2428681





Booking essential for all activities.



**DLR SPORTS PARTNERSHIP**  
**Tea Dances**

TEA, SCONES, MUSIC & DANCING

TAYLORS HOTEL THREE ROCK  
WEDNESDAY 26TH MARCH 2025  
2:00 - 4:00 PM

To register your interest  
Email: [kmalone@dlrcoco](mailto:kmalone@dlrcoco)  
Phone: Michele 089 2428681




## Coming down the track:

We will be running a vintage themed afternoon Tea Dance. Friday 6th of June in Marlay Park, part of the council's Marlay House 50 years under dlr County Council's stewardship, 2-week celebration.

May Thursday 22nd of May. Older Adult Active Fest, St Laurence's Community Hall, Stillorgan, with Zumba, Tai Chi, chair activities etc.

July date to be set for Coastival vintage themed afternoon Tea Dance in People's Park, Dún Laoghaire.

# #WomenInSportIre

## Women in Sport Week | 3rd-9th March 2025

*Women in Sport Week 2025 took place from March 3rd to 9th, 2025.*

*The aim of Women in Sport Week was to:*

*Celebrate every woman and girl who plays, coaches, officiates, volunteers, works in, and leads on Women in Sport.*

*Promote and highlight the ongoing work of Sport Ireland, NGBs, LSPs, and other stakeholders and clubs on Women in Sport. Highlight some of the programmes/initiatives funded by Sport Ireland Women in Sport Programme.*

*DLR Sports Partnership put on some fantastic activities during Women in Sport Week, including;*

***Come Try Tennis***  
***Stronger in Sallynoggin***  
***Aqua Aerobics***  
***Forever Fit in Ballybrack***  
***SportsAbility Dance Class***  
***Marlay Walk***  
***Her Moves Table Tennis Blitz***  
***Forest Bathing Hike***



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# #WomenInSportIre

What a week!  
Find out more!  
Scan me...



# #AccelerateAction



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**Gwen O'Looney:** Acting SIDO Officer - [golooney@DLRCOCO.IE](mailto:golooney@DLRCOCO.IE)

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**Louise Callan:** Community Sports Development Officer - [lcallan@DLRCOCO.IE](mailto:lcallan@DLRCOCO.IE)

**Angela Monaghan:** Active Cities Officer - [amonaghan@DLRCOCO.IE](mailto:amonaghan@DLRCOCO.IE)

**Declan McMahon:** Sports Marketing & Communications Officer - [declanmcmahon@DLRCOCO.IE](mailto:declanmcmahon@DLRCOCO.IE)

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Comhairle Contae County Council

 **SPORT IRELAND**  
LOCAL SPORTS PARTNERSHIPS