



DÚN LAOGHAIRE - RATHDOWN
SPORTS
PARTNERSHIP
 ——— SPORT IRELAND ———

NEWSLETTER

For an Active Dún Laoghaire-Rathdown



Anyone for Para-Standing Tennis?

**Suspects Softball Celebrates
30 Years this Summer!**

**dlr Local Sports & Physical
Activity Plan launch**

**Active Fest 25
A Big Hit!**

INFORMATION

EDUCATION

IMPLEMENTATION



9



11



14





COMHPHÁIRTÍOCHT
SPÓIRT
DHÚN LAOGHAIRE-RÁTH AN DÚIN
SPÓRT ÉIREANN

Our new logo is here...



DÚN LAOGHAIRE - RATHDOWN
SPORTS
PARTNERSHIP
SPORT IRELAND

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.

CONTENTS

- 4 **dlr Sports & Physical Activity Plan**
A look back at the launch in Kilbogget Park.
- 5 **The New Chair at DLRSP**
Suzanne Bailey takes the reins.
- 6 **Communications Course 2025**
Why your club should get involved...
- 7 **SportsAbility Updates**
Gwen has the news on Sportsability.
- 8 **Active Fest 25**
Zumba, Chair Aerobics and Tai Chi.
- 9 **Club Focus**
Suspects Softball Celebrates 30 years.
- 10-11 **Active Cities**
Parks & Trails returns and potential new parkrun.
- 12-13 **dlr Marlay 50 Celebrations**
Sport, Wellbeing and Dance.
- 14 **Coastival**
What has DLR Sports Partnership got in store?
- 15 **Coming Down the Track**
What coming up for DLR Sports Partnership?



Comhairle Contae County Council

dlr County Council Launches Local Sports & Physical Activity Plan 2025 - 2029

Dún Laoghaire-Rathdown County Council proudly unveiled its Local Sports & Physical Activity Plan 2025 – 2029 at Kilbogget Park, Cabinteely recently.

This launch signifies a significant advancement in dlr's ongoing dedication to promoting sport and physical activity throughout the county.

Cllr. Jim O'Leary, Cathaoirleach, alongside the Chief Executive of Dún Laoghaire-Rathdown County Council, Frank Curran, Dr. Una May from Sport Ireland, Councillors, and representatives from local sports organisations, community groups and St Colmcille's School.



Suzanne Bailey, steps into the role of new Chair of DLR Sports Partnership.



DÚN LAOGHAIRE - RATHDOWN
**SPORTS
PARTNERSHIP**
— SPORT IRELAND —



Suzanne Bailey, Sports Development Manager at UCD & new Chair of DLR Sports Partnership



Suzanne Bailey, speaking at the dlr Local Sports & Physical Activity Plan Launch recently.

Suzanne Bailey

In our March edition we covered the fact that Pat Smith had stepped down from the role of the Chairperson of the Sports Partnership Board and that he has handed over the reins to Suzanne Bailey.

We are very lucky to have Suzanne, who is a long-standing member of the Board with a huge amount of experience and knowledge, to help drive the work of getting more people more active.

Based in UCD as their Sports Development Manager, Suzanne has a key role in driving sport and participation on the Belfield campus as well as sitting on numerous other Boards and Steering Groups.



Dr. Una May of Sport Ireland presents Pat Smith with a token of gratitude from DLR Sports Partnership for his incredible work as Chair of DLR Sports Partnership board at the dlr Local Sports & Physical Activity Plan Launch.

The DLR Sports Partnership Board is made up of the various partners and agencies in the County who have an interest to driving sport and act as the governance and strategic oversight for the team.

We would like to welcome Suzanne to this new role and thank her and the Board for their continuing support.

See What Last Year's Club Volunteers Achieved On Our Communications Course - Now It's Your Turn!

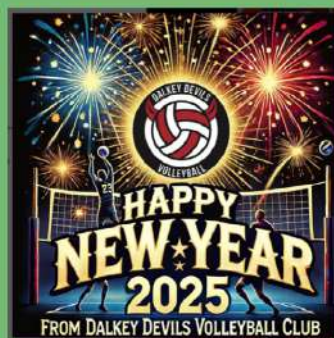
Last year, a group of volunteers from sports clubs across the DLR region joined our Communications Course — and the results speak for themselves.



This free, 5-session course is open again for Autumn 2025 and it's perfect for:
Volunteers doing club social media or communications.
Clubs looking to grow their members, get funding or raise awareness.
Anyone with a passion for their club, no matter their experience level.



2025 Course Details:
-2 in-person sessions (DLR) +
-3 online evenings
-Free to attend – ideal for small or under-resourced clubs
-No design or marketing background needed!



Since completing the training, participants have:
Created eye-catching Canva posts and reels to promote matches, training, new member shout-outs and events.

Grown their club's presence on social media
Built simple websites to welcome new members.

Shared real stories from inside their clubs, helping attract new players and volunteers & much much more!

2024 Sports Club Communications Course Participants



Spots are limited
 Register your interest early
 Email Declan McMahon
declanmcmahon@dlrcoco.ie



DÚN LAOGHAIRE - RATHDOWN
SPORTS PARTNERSHIP
 SPORTS PARTNERSHIP

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



Anyone for Para-Standing Tennis?

Watch this space...Para Standing Tennis, a relatively new sport to Ireland was launched by Tennis Ireland in Castleknock Lawn Tennis Club on the 11th May.

This form of tennis is suitable for people with a physical disability who wish to play tennis without using a wheelchair.

It is a fun, social sport and we are looking for players of all ages and all abilities, to grow the community within Ireland.

So whether it's for fun, fitness or you just want to challenge your competitive side, contact Tennisireland.ie or Para Standing Tennis Ireland on instagram to find your local club.

Also, be sure to keep an eye out for our new and existing Irish Para Standing tennis athletes who are doing well at competition abroad. We wish the lads the best of luck at the Para Standing Tennis World Championship in Barcelona, Spain this Summer.



#JourneyOfInclusion

We picked up the Xcessible Bronze Award in May!

Our commitment to inclusion, accessibility, and breaking down barriers in physical activity and sport is making a real difference in our community.

Here's to building a more inclusive future for everyone!

Join the SportsAbility Forum

The current DLR SportsAbility Forum was established in 2024, bringing together representatives from key organisations, local disability services, clubs and individuals with an interest in promoting inclusion and participation in sport and activity for people with a disability in Dun Laoghaire Rathdown.

If you would be interested in joining the DLR SportsAbility Forum please email Gwen O'Looney, DLR Sports Inclusion Disability Officer on golooney@dlrcoco.ie.



Active Fest Celebrates Movement, Fun, & Community for Older Adults in Dún Laoghaire-Rathdown



Active Fest 2025



Dún Laoghaire-Rathdown Sports Partnership was thrilled to host Active Fest, a fun and energetic day for older adults, at St. Laurence's Parish Centre in Stillorgan. With great attendance, the event was a great success and full of positive energy!

The day offered a range of gentle and enjoyable activities, including Zumba, Chair Aerobics, and Tai Chi. Each session was led by experienced instructors and tailored to suit all levels. Whether it was dancing to upbeat music, building strength through seated exercises, or enjoying the calming flow of Tai Chi, there was something for everyone to enjoy.

Beyond the movement, the event gave participants a chance to connect and socialise – which was just as important! Everyone was treated to a well-deserved lunch, providing a lovely opportunity to relax, chat, and share laughs over a good meal.

Active Fest was all about promoting wellbeing, movement, and social connection for older adults in our community. Judging by the smiles and feedback, it certainly hit the mark!

"Can I just say a big thanks for a great morning. You all did Trojan work. Sandwiches delicious too. It was lovely meeting all the nice ladies".

Phyl

"Thanks very much for the active fest yesterday. I finished working 3 weeks ago and the event was a timely opportunity for me to focus on getting fit and flexible again.

It was also lovely to meet new people, there was a lovely atmosphere in the hall which was down to the attitude of the presenters and the organisers".

Reynagh



30 Seasons Not Out!

*On the surface, the Suspects Softball Club is a 2-team co-ed slow-pitch softball squad based in **Marley Park**.*

But really, they're a group of pals having the craic with a bit of softball thrown in for good measure!



Whilst the game of softball has been played world-wide since 1887, the Suspects began in 1996, this is our 30th season.

*We have two teams the **Usual Suspects** that play in Division 1 and the **Deadly Suspects** that play in Division 3.*

CLUB FOCUS *Suspects Softball*

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

25 years of the Pink Blitz!

This year marks the 25th anniversary of our annual Pink Blitz - our charity tournament that sees teams from all over Ireland and the World compete at St. Mary's Rugby Club in Templeogue whilst raising money for Irish Cancer Research and the Children's Health Ireland..

To date we've raised over €28k and this year will be our biggest event yet with 14 teams competing over 2 days (14th/15th June) for the chance of winning the coveted Pink Blitz Cup. Past and present Suspects will face off against teams from Galway, Belfast, all over Dublin, and even folks from across the pond!

With Softball Ireland team members also playing with their league squads, high-calibre softball will mingle with low-brow shananigans all in the name of giving back.

Family

Suspects are a band of 30 players, but more than 130 players have been Suspects over the years. We are responsible for many relationships and at least 25 children that we know of. We now have 2 generations playing, mother and daughter and father and daughter. We have nationalities from Ireland, France, Spain, USA, South Africa, Australia, Argentina, Venezuela and Chinese Taipei.



Facebook



Instagram



Fancy joining the fun? We're always happy to bring new Suspects onboard!
Once a Suspect, always a Suspect!
 Contact Adrian at Suspects@softball.ie or apforster@gmail.com



PARKS & TRAILS CHALLENGE



Explore 24 of Dublin's beautiful parks and trails throughout July

Get active with family and friends for a chance to win amazing prizes



Scan code & download the **Dublin Discovery Trails** app






WORKING TOGETHER










Park Trails Challenge Returns!

Active Cities Dublin is back with the Parks & Trails Challenge 2025, and we're inviting everyone in Dún Laoghaire-Rathdown and Dublin to get moving, explore nature and win great prizes along the way!

It's easy to take part:

Visit **Dublin Discovery Trails** and download the app, pick from 24 scenic walks, and track your progress throughout July and August.

The more trails you complete, the more chances you'll have to win in our exciting prize draws! In Dún Laoghaire-Rathdown, explore routes in Loreto Park, Kilbogget Park, Shanganagh Park, Deerpark and the Dublin Mountains trails at Ticknock (Fairy Castle) and Tibbradden Wood.

Plus, we'll be hosting organised walks in each of these locations, so keep an eye out for dates and details.

Follow us on social media for updates, walk schedules and prize announcements—and don't forget to share your own challenge photos!

**Download the Dublin Discovery Trails app now
and step into summer!**

5k is done but there's still time to sign up for the Athletics Ireland Race Series 5 mile and 10 mile Runs in the Phoenix Park this Summer!



5 Mile: June 29th

10 Mile: July 20th

Scan the QR Code



For more Active Cities info
amonaghan@dlrcoco.ie

New parkrun being explored...



DÚN LAOGHAIRE - RATHDOWN
**SPORTS
PARTNERSHIP**
SPORT IRELAND

**Would you like to see a
new Parkrun route in
your local park?**

**We are exploring the idea of
setting up a brand new
Parkrun or Junior Parkrun.**

**For more information
amonaghan@dlrcoco.ie**



DÚN LAOGHAIRE - RATHDOWN
**SPORTS
PARTNERSHIP**
SPORT IRELAND

Active Cities Dublin, DLR Sports Partnership and parkrun Ireland are working together to explore the launch of a new parkrun or junior parkrun in one of our local parks.

parkrun is a free, weekly, timed 5km walk or run for all ages, while junior parkrun is a 2km version for children aged 4–14. Both are fun, inclusive, and community-led.

This new event would support our goal of making physical activity more accessible for everyone — especially families, older adults, and beginners. We're currently reviewing suitable park locations and building a team of local volunteers to help run the event each week.

Together, we can bring a new parkrun to life in DLR!

Golden Anniversary of Marlay Park Celebrated with Croquet, Martial Arts, Wellness & Dance



Lets hear it for Marlay Park!

Marlay Park, one of Dublin's most cherished public green spaces, is celebrating a major milestone — 50 years in public ownership.

To mark this golden anniversary the Council have put together a range of events as part of the Marlay 50 celebration.

Linking into this, Dún Laoghaire - Rathdown Sports Partnership organised a number of activities for all ages and abilities.

This included Croquet on the Green with local disability services, a Karate taster session for local primary schools, an Outdoor Yoga event and finally over 200 older adults attending our Vintage Themed Tea Dance.

A great park that is a hub of sport and activity for all.

One of the main drivers behind Marlay 50 was An Cathaoirleach of dlr County Council, Cllr Jim O'Leary who said;

"In my wildest dreams, I never thought this event would be this good!"



Golden Anniversary of Marlay Park Celebrated with Croquet, Martial Arts, Wellness & Dance



More than just a Park!

This event wasn't just about looking back, it was about celebrating what makes Marlay so special today: a shared space that welcomes everyone.

From sport to social connection, Marlay Park continues to be a key part of community life in DLR.

DLR Sports Partnership is proud to support inclusive, fun events like these, where activity meets accessibility and all feel welcome.

Here's to 50 wonderful years of Marlay Park, and many more to come!



CELEBRATE DÚN LAOGHAIRE

COASTIVAL



DÚN LAOGHAIRE - RATHDOWN
SPORTS
PARTNERSHIP
SPORT IRELAND

COASTIVAL

**Coastival Come & Try
Kayaking
Wednesday 9th of July 2025**

Book Now!



COASTIVAL

Book Now!



**Vintaged Themed
Afternoon Tea Dance
Friday 11th of July**



DÚN LAOGHAIRE - RATHDOWN
SPORTS
PARTNERSHIP
SPORT IRELAND

COASTIVAL

**Coastival Dancing in the Baths
Saturday 12th of July 2025**

Book Now!





What's Coming Up

DAY		WHAT'S ON	TIME	How To Book
Wednesday	June-July	Yoga in Fernhill	6.15pm-7.15pm	janewhelanyoga@gmail.com
Friday's	July	Yoga on the Green, Dun Laoghaire	10.30am-11.30am	kmalone@dlrcoco.ie
Wednesday	July 9th	Coastival come & try Kayaking	6.30pm-7.30pm	https://eventmaster.ie/event/r0mWiPmS9y
Friday	July 11th	Vintage Themed Afternoon Tea Dance, Peoples Park, Dun Laoghaire	2pm-4pm	https://eventmaster.ie/event/v4pqSPoSb4
Saturday	July 12th	Dancing in the Baths	11am-12pm	https://eventmaster.ie/event/9vIDFw5HWJ
Tuesday	July 1st	Dun Laoghaire Walking Programme	10am-10.45am	https://eventmaster.ie/event/n529iplH0v
Wednesday	ongoing	Aqua Aerobics- Sandycove ongoing	10am-10.45am	Email gina.hogan@sspship.ie
Tuesday	ongoing	Aqua Aerobics -Sandycove ongoing	10am-11:00am	Email coordinator.swan@womenscollective.ie
Wednesday	ongoing	Aqua Aerobics -Sandycove ongoing	10am-10.45am	Email gina.hogan@sspship.ie
Saturday	July 14 th	Volleyball, Ballyogan- Kids & Adults	TBC	Lcallan@dlrcoco.ie
Tuesday	Ongoing	Forever Fit Ballybrack/ Loughlinstown & Ballyogan	6pm-8pm	Email conor.dowling5337@gmail.com



Stay up to date with
DLR Sports Partnership
Scan the QR Code for
Chosen Platform



DLRSP Website



Facebook



Instagram



LinkedIn



X

SEACHTAIN AMUIGH FAOIN AER DI

HER OUTDOORS WEEK



Coming August...



Shane McArdle: Sports Coordinator - smcardle@DLRCOCO.IE

Gwen O'Looney: Acting SIDO Officer - golooney@DLRCOCO.IE

Kevina Malone: Programmes Officer - kmalone@DLRCOCO.IE

Louise Callan: Community Sports Development Officer - lcallan@DLRCOCO.IE

Angela Monaghan: Active Cities Officer - amonaghan@DLRCOCO.IE

Declan McMahon: Sports Marketing & Communications Officer - declanmcmahon@DLRCOCO.IE

DLR Sports Partnership
County Hall,
Marine Road,
Dún Laoghaire
Co. Dublin
A96 K6C9
Ireland

Contact
www.sportspartnership.ie
sportspartnership@dlrcoco.ie
(01) 271 9502

Editor
Declan McMahon
declanmcmahon@dlrcoco.ie


Comhairle Contae County Council

 **SPORT IRELAND**
LOCAL SPORTS PARTNERSHIPS