



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

# NEWSLETTER

*For an Active Dún Laoghaire-Rathdown*



Junior Park Run now in Cabinteely Park - Supported by



**Pat Finnerty -  
The Volunteer Award Winner!**

**Men in Motion -  
Gathering Steam!**

**Dublin Rebels -  
Wants You!**

INFORMATION

EDUCATION

IMPLEMENTATION



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## What's On at DLR Sports Partnership



Looking for events near you?  
Want to know more about DLR Sports  
Partnership?  
Scan the QR Code to take you to our  
website.

## 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.

## Support DLR Sports Partnership



Proud to support local sport?  
Download the DLR Sports Partnership  
logo and add it to your website.  
It's a simple way to show you're part of  
a community that champions inclusion,  
activity, and opportunity for all.

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Declan is our Sports Marketing & Information Officer and the Editor and Designer of our newsletter. Get in touch with him if you'd like to feature your club, recognise someone doing great work in the community, or celebrate a sporting or community achievement.

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

**VOLUNTEERS**  
★ IN SPORT AWARDS ★

# Pat Finnerty

*A truly inspiring and well-deserved  
Volunteer in Sport Award win.*

Dún Laoghaire–Rathdown is fortunate to be home to many dedicated community volunteers, and few embody the spirit of service quite like Pat Finnerty.

Recently honoured with the Volunteer in Sport Award for the county, Pat's contribution represents over four decades of extraordinary commitment to sport, inclusion, and community wellbeing.

Pat has devoted countless volunteer hours to supporting local sports clubs, ethnic minority groups, and charitable organisations. His impact stretches far beyond any single club or initiative.

Whether through coaching, governance, facility development, or event organisation, Pat has consistently worked to ensure that people of all ages, abilities, and backgrounds have the opportunity to participate in sport and community life.

He is widely recognised as a cornerstone of Cabinteely Football Club, where he served for over 30 years as a committee member and Director of Coaching.

Among his many achievements, he helped establish the highly regarded Cubs, Kittens and Cougars School of Excellence and was instrumental in developing inclusive programmes such as Special Needs Football and Football for All.

Beyond football, Pat co-founded Cabinteely Athletic Club, helped establish a local cricket club, and continues to play a key role in major community events including the Cabinteely Mini World Cup, the Christmas Goal Mile Run, and the Darkness Into Light walk in Kilbogget Park.

In recent years, he has also been a co-organiser of the India Fest, celebrating diversity and community connection. Now as a board member of the DLR Sports Partnership and an active community leader in the Kilbogget area, Pat Finnerty continues to champion sport, collaboration, and wellbeing for all. His award is not only richly deserved, but a reflection of the lasting legacy he has built within the community. A huge congratulations from all involved with Dun Laoghaire Rathdown Sports Partnership.



Volunteer in Sports Award Winner 2025



Volunteering at the India Fest



Volunteering at Goal Mile, Christmas Day



Volunteering as Goalkeeping Coach at Bray Wanderers



Volunteering as Chef at Cabinteely Athletics Club



## Never Too Late: DLR Local Competes at World Rowing Final at 70!



Mary McBride, a 70-year-old DLR local and member of the Active Retirement Association in Dún Laoghaire, has made a remarkable impact at the World Rowing Virtual Indoor Championships, just months after taking up indoor rowing for the first time.

Competing against athletes from across the globe, Mary finished 4th in the world in the one-minute race and went on to place 5th overall in her category final, finishing behind competitors from the USA, Canada, Germany, and Thailand. She was the only Irish finalist in her category.

Training at 7am, six days a week, Mary credits rowing with boosting her strength, easing arthritis, and delivering a huge lift in energy and confidence. Her achievement is a powerful reminder that it's never too late to get active, try something new, and compete at the highest level.



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*Louise Callan is our Officer on the ground for Schools, Older Adults and is our lead for Her Moves and Women in Sport.*

*[LCallan@dlrcoco.ie](mailto:LCallan@dlrcoco.ie)*



April 29<sup>th</sup> Tea Dance  
Sallynoggin Inn Email  
[lcallan@dlrcoco.ie](mailto:lcallan@dlrcoco.ie) to book



May 5<sup>th</sup>  
Walking Programme  
Cabinteely Park



May 5<sup>th</sup>  
Sofa To Saddle  
Boooterstown Park



May 13<sup>th</sup>  
Women's Paddleboarding  
Dún Laoghaire



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*Want to know more about Women in Sport?  
Want to get involved ?  
Leave some constructive feedback?  
Scan the QR Code to see more.*



May 15<sup>th</sup>  
Hello How Are You  
Dún Laoghaire



May 16<sup>th</sup>  
Climate Action Week Hike  
Fern Hill Park



May 19<sup>th</sup>  
dlr Active Seniors Fest  
Kilmacud

SCAN ME



**Scan the QR code to book  
programmes & events or  
email Louise  
lcallan@dlrcoco.ie  
to book the tea dance & for  
more information**

# SportAbility Updates with Gwen



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*Gwen O'Looney is the 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**



**IRELAND  
SUMMER  
GAMES 2026**  
18th -21st June



Cathaoirleach of dlr County Council, Cllr. Jim Gildea & Sports Coordinator for DLR Sports Partnership, Shane McArdle were in attendance at the launch of the Summer Games in Sport Ireland.

[www.irelandgames.ie](http://www.irelandgames.ie)



Dún Laoghaire Rathdown County Council proudly celebrated our 79 DLR Special Olympics athletes at a special civic event hosted by An Cathaoirleach, Cllr Jim Gildea, on 21st April.

The event recognised the dedication, commitment and hard work of these athletes as the athletes prepare to take part in the Special Olympics Ireland Games in June 2026.

The Games are the largest multi sport event for athletes with intellectual disabilities in Ireland and represent a significant achievement for every athlete involved.

The event provided an opportunity to acknowledge not only the athletes themselves, but also the families, coaches, volunteers and chaperones who play a vital role in their sporting journeys.

Dún Laoghaire Rathdown County Council is delighted to honour these athletes and to highlight the positive impact of inclusive sport across the county.

We wish all 79 athletes the very best as they continue their preparation for the Special Olympics Ireland Games 2026, and we look forward to cheering them on as they compete on the national stage.

*Would you like to volunteer at the Special Olympics this Summer?  
Simply scan the QR code to begin your journey.*



# dlr Inclusive Watercamps Return!



The dlr Inclusive Water Camps are delighted to return to Dún Laoghaire this summer, bringing back a much-loved programme that many families look forward to each year. Running over four weeks, the camps will welcome more than 70 children to enjoy fun, inclusive and supported water-based activities in a safe and welcoming setting.

The programme is made possible through a valued partnership, with funding from Dún Laoghaire–Rathdown County Council, coordination by DLR Sports Partnership, and dedicated 1:1 support for each child provided by Active Connections. We are also very grateful to the Royal St. George Yacht Club for kindly allowing us to use their excellent facilities.

The camps are fully inclusive and welcome children with a wide range of disabilities, including sensory, neurodiverse and physical disabilities. Activities such as kayaking, sailing, water games and exploring Dún Laoghaire Harbour are all about having fun, building confidence and creating happy summer memories on the water.

**Location:**

Royal St George Yacht Club

**Dates:**

15th June - 9th July

**Contact:**

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



Angela is our Active Cities Officer, working with partners across DLR and Dublin to deliver innovative projects and events, helping communities become more active!  
**AMONAGHAN@DLRCOCO.IE**



## Parks & Trails Challenge Returns for 2026

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

Available on the **App Store** | GET IT ON **Google Play**

Now in its third year, the Parks & Trails Challenge 2026 is back and bigger than ever!

This year, the challenge runs from June to August, making it an ideal way to stay active during the summer holidays, when school's out and long bright evenings invite everyone outdoors.

Across 24 locations throughout Dublin, you'll find everything from coastal paths and woodland adventures to peaceful park loops and hidden neighbourhood gems. The challenge is designed for absolutely everyone, from casual walkers to dedicated hikers, so you can explore at your own pace.

Getting started couldn't be easier: simply download the Dublin Discovery Trail App (QR code to be added) choose a trail that interests you and hit the trails. The app will guide your route and help you keep track as you complete each destination.

If you're looking for a simple, enjoyable way to make the most of the summer, this is it. Grab your runners, download the app and discover a new side of Dublin, one trail at a time.

## Junior parkrun, up and running in Cabinteely



Junior parkrun in Cabinteely Park offers a fun, free, and friendly 2km event for children aged 4–14, taking place every Sunday morning.

The programme promotes physical activity, confidence, and enjoyment in a supportive, non-competitive environment.

Junior parkrun is supported by **Active Cities Dublin**, helping more young people in the local community to get active and stay active.

**Event website:**  
<https://www.parkrun.ie/cabinteely-juniors/>



**General contact / volunteering email:**  
[cabinteelyjuniors@parkrun.com](mailto:cabinteelyjuniors@parkrun.com)

**Event details:**  
 Every Sunday at 9:30am  
 For children aged 4–14  
 Cabinteely Park, Dublin 18

**IRISH  
RUNNER**

**Athletics Ireland**

**Active  
Cities  
DUBLIN**

## 5KM - Phoenix Park - May 16 - 2026

We're delighted to announce that, following two successful years of collaboration, we will once again partner with Athletics Ireland for the 2026 - 5km event in Phoenix Park as part of their Race Series.

### 5KM Race Date

Saturday, 16th May 2026 – Phoenix Park

This year, we're putting a strong focus on welcoming anyone who is new to walking or running, as well as those taking on their very first 5km.

Our goal is to break down barriers, encourage participation and create an inclusive, supportive event where everyone can enjoy moving at their own pace—whether that's walking, wheeling, running, rolling or strolling.

We have secured a limited number of €5 reduced cost entries for the 5km event.

These places will be prioritised for:

- ~ First time 5km participants
- ~ Individuals new to walking or running



Scan the QR code to register your interest





## Pioneers!

*Founded in 1995, the Dublin Rebels American Football Club is a South Dublin based club and the most successful team in Irish American Football history. With nearly 30 years of competition and development, the Rebels are recognised as leaders and pioneers of the sport in Ireland.*

## Coaching & Player Development

*The Rebels benefit from a highly experienced coaching team, many of whom are former players. Coaching focuses on skill development, fitness, teamwork, and leadership, creating a consistent club culture across youth, flag, and senior programmes.*

## Community & Participation

*Based in South Dublin, the Rebels have a strong community presence and welcome new players, volunteers, officials, and supporters, including those with no previous American football experience.*



# CLUB FOCUS

Every Newsletter edition we focus on highlighting great work done by many local sports clubs and organisations. This edition we look at Dublin Rebels American Football Club.

## Dublin Rebels American Football Club Wants You!



### Championship Success!

The Rebels are record ten-time Shamrock Bowl champions, with titles won between 2001 and 2023, including multiple undefeated seasons. They have also secured numerous league titles and playoff wins across all levels.

### National & International Impact!

The club has represented Ireland in European competitions, winning trophies such as the Charleroi Trophy and the Atlantic Cup. Many Rebels players and coaches have gone on to represent the Irish National Team, the Wolfhounds.



## Get Involved

**Website:**

[www.dublinrebels.com](http://www.dublinrebels.com)

**Email:**

[play@dublinrebels.com](mailto:play@dublinrebels.com)

**Social Media:**

Search Dublin Rebels

The club currently runs five competitive teams, offering opportunities for players of all ages and abilities:

Senior Full Contact (18+)  
 Youth Full Contact (15–18)  
 Women's Flag Football – The Red Bows (16+)  
 Mixed Flag Football – Premier Division  
 Mixed Flag Football – Division 1

Plans are also underway to launch a Junior Flag Football team for girls and boys aged 12–15.



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*Kevina Malone is the Programmes Manager and oversees all programme development and is a point of contact for the wider team.*  
**KMALONE@DLRCOCO.IE**



## Men in Motion Gathers Momentum!

Men in Motion is a new monthly activity series for men. It's about moving more, trying something different, and doing it alongside like minded lads.

Sessions take place on the **3rd Wednesday evening each month**. Every month brings a new experience, from **Hiking** and **Kayaking** to **Pilates**, **Paddle Boarding**, **Mountain biking**, or a **Hike** followed by **Sauna** and **Plunge**.

The emphasis is on taking part, not performing. This is a safe, supportive, and non judgemental environment. There's no pressure to be fit, skilled, or confident. Men in Motion offers the chance to step outside your comfort zone in a relaxed way. Trying something new can boost confidence, improve wellbeing, and break routine.

Doing it with others makes it easier, more enjoyable, and more social. All ages and fitness levels are welcome. No previous experience is needed. You go at your own pace. Sessions are designed to be welcoming, social, and down to earth.

Costs will be kept minimal, and places are limited. Those on the Men in Motion mailing list will receive early access to sessions before they are opened to the wider public.

To jump on the Men in Motion mailing list  
**Contact [Kmalone@dlrcoco.ie](mailto:Kmalone@dlrcoco.ie)**



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**Active Cities DUBLIN**

### Men in Motion

Monthly Activity Series for Men!  
Every 3rd Wednesday Evening – Starting March 18th 2026.  
Try something new each month:

- Hiking
- Kayaking
- Paddleboarding
- Hiking/Sauna/Plunge
- Mountain Biking
- Pilates

Minimal Cost - All fitness levels welcome!  
Want first access to upcoming events?  
Join our mailing list by scanning the QR Code

**SCAN ME**



*Ciaran Casey focusses on fostering social inclusion to increase participation, and create meaningful pathways for marginalised and socially excluded groups.*  
CCASEY@DLRCOCO.IE



### Stronger Communities, One Match at a Time...

An inclusive Soccer Tournament, held in Cuala Gaa, was a hugely successful four-week initiative delivered in partnership with Dún Laoghaire–Rathdown Sports Partnership, An Garda Síochána Community Unit, DLR Local Authority Integration Team and dlr Leisure Community Sports Officers.

Bringing together participants from Ballyogan, the programme showcased the power of sport to connect people, breakdown barriers, and foster a strong sense of belonging. What made this project particularly special was its clear focus on social inclusion and integration. Football provided a shared language, creating meaningful connections on and off the pitch, including highly positive matches played against the Garda Community Unit, an important step in building trust, understanding, and stronger community relationships.

The programme concluded with certificates and medals for all participants, celebrating commitment, teamwork, and achievement. As a Sports Partnership it was great leading out on the initiative, and thank you to all partners involved, including the dlr Leisure Community Sports Officer team for their refereeing support throughout the programme.

#### Upcoming Events 2026:

- ~ Africa Day takes place on 25 May.
- ~ Filipino National Day on 12 June.
- ~ Inclusion & Integration Week runs from 22–29 May 2026, offering opportunities for the Traveller community, ethnic minorities, and socially disadvantaged groups to take part in inclusive events.

Groups or teams interested in getting involved should contact Ciaran Casey at [ccasey@dlrcoco.ie](mailto:ccasey@dlrcoco.ie).



## DLR Sports Partnership & LAIT Team: Supporting Inclusion Through On-Site Sport

In partnership with the Local Authority Integration Team (LAIT), new sports equipment was recently distributed to Family Hubs and Ukraine centres across the county as part of an ongoing commitment to inclusion, wellbeing, and community engagement.

This initiative aims to support the delivery of on-site sport and physical activity, ensuring residents have increased access to opportunities to be active within a safe, familiar, and welcoming environment.

The provision of equipment allows centres to deliver a range of structured sessions and informal activities suitable for all ages and abilities, encouraging regular participation and enjoyment of sport.

These activities play an important role in supporting physical health, mental wellbeing, and social connection, while also creating positive shared experiences for individuals and families.



By bringing sport directly into these community settings, the initiative helps to remove barriers to participation, such as access, transport, or cost, while reinforcing the value of sport as a tool for inclusion, integration, and community building.

Through shared activity, residents are supported to connect with one another, build confidence, and strengthen their sense of belonging within their local communities.



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 **SPORT IRELAND**  
LOCAL SPORTS PARTNERSHIPS