



LONGFORD SPORTS PARTNERSHIP


— SPORT IRELAND —





Summer 2025 Newsletter


TAKE A LOOK AT SOME OF
OUR UPCOMING EVENTS
WITH SOMETHING FOR
EVERYONE


SUMMER WALKING SERIES & TRAIL CHALLENGE

 Longford Sports Partnership and Longford Tourism invite you to explore Longford's scenic trails this summer!

 Dates: Mondays & Wednesdays,
6th August – 1st September

 Time: 6:30 PM

 Distance: 4–6 km per walk

 Bonus: Complete all 8 walks and earn a free Trail Challenge t-shirt!

LONGFORD SPORTS PARTNERSHIP AND LONGFORD TOURISM

SUMMER WALKING SERIES 2025

Wednesdays at 6:30pm	Mondays at 6:30pm
 6 AUGUST Commons Trail Lanesborough	 11 AUGUST Newtownforbes Heritage Trail
 13 AUGUST Royal Canal Longford	 18 AUGUST Corlea Bog Kenagh
 20 AUGUST Aughnaccliffe Waterfall Trail	 25 AUGUST Derrycassin Woods Mullinalaghta
 27 AUGUST Cairn Hill Drumlish	 1 SEPTEMBER Newcastle Woods Ballymahon

Complete all 8 walks
and claim your trail
series challenge t-shirt

To Register Scan this
QR Code

SCAN ME



Join for FREE

Let's get active, enjoy the outdoors,
and make this summer unforgettable!


SCAN ME 



HER OUTDOORS WEEK 2025 IS HERE!

Join us for an exciting week of adventure, connection, and fun in the great outdoors! Whether you're dipping your toes into something new or coming back for more, there's something for everyone with a special focus on inclusion, families, and empowering women and girls to get active in nature.

River Tubing

- Monday 11 August, 7–8pm
- Friday 15 August, 11am–12pm

Inclusive Kayaking

- Tuesday 12 August, 11am–12pm

Inclusive Archery

- Wednesday 13 August, 11am–12pm

Mothers & Girls Kayaking

- Thursday 14 August, 11am–12pm

Inclusive Orienteering

- Thursday 14 August, 11am–12.30pm

Women & Girls Orienteering (8+ yrs)

- Thursday 14 August, 1–2pm

Archery

- Saturday 16 August, 12–1pm

Paddleboarding

- Sunday 17 August, 11am–12pm

 Booking is essential and places are limited – don't miss out!



SPORT4EMPOWERMENT PROGRAMME

The Multicultural Men's Group in Longford has been on a powerful journey, from sharing lived experiences in early design thinking workshops to co-creating a programme that truly reflects their needs. Through open dialogue and creative activities, the group identified key challenges like isolation, pressure, and low confidence, and together designed a weekly Walk & Talk programme. This inclusive initiative, now in full swing, blends physical activity with conversation and connection, showing what's possible when communities are given the space to shape their own solutions.



For more information email mreilly@longfordcoco.ie

ACTIVATOR POLE WALKING PROGRAMME

The Activator Pole Walking Exercise Programme is a free, 8-week community-based initiative in Longford for adults with chronic conditions and older adults. Held at the Longford Sports Hub, it promotes fitness, health, and well-being through supported walking. Activator poles offer added stability, helping improve posture, flexibility, and ease of movement. The programme is especially beneficial for those with low fitness, balance or mobility issues, arthritis, Parkinson's, MS, or recovering from joint surgery. It is inclusive and suitable for all fitness levels.



For more information email paah@longfordcoco.ie

LONGFORD 5K SERIES 2025

🏳️🏳️🏳️ Lace Up for August
5k Wednesdays Are Back!

5k Wednesdays return this August with the scenic Royal Canal Greenway in Longford Town as the venue for this year's exciting series.

📅 Dates: 13, 20 & 27 August

🕒 Start Time: 7.00pm

Whether you're a runner, jogger, or walker – this is the perfect way to stay active and social this summer!

✅ Full series bundle available: includes a t-shirt and medal!

➡️ Entry now open at: MyRunResults.com



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ABILITY COACHING PROGRAMME

The Ability Coaching Programme provides an opportunity for adults with additional needs and those who are from a disadvantaged background to become coaches. Our current coaches are taking part in Athletics Coaching.

Participants receive:

- ✅ Coaching Course
- ✅ Disability Training
- ✅ Safeguarding Training



We are collaborating with Volleyball Ireland and Pitch & Putt Ireland for our next Ability Coaching Programmes



For more information email tgillen@longfordcoco.ie

HANDBALL TASTER SESSIONS

COMING SOON

 Handball Taster Sessions – Try Something New! 🎉

In collaboration with St. Mary's Community Campus and Sports Hub Edgeworthstown, Longford Sports Partnership and proudly funded by Healthy Ireland via Healthy Longford, we're excited to announce Handball Taster Sessions for all ages! Experience the brand new Handball Walls in Edgeworthstown

Session Dates & Times:

Saturday 26th July – 11:30am Teens

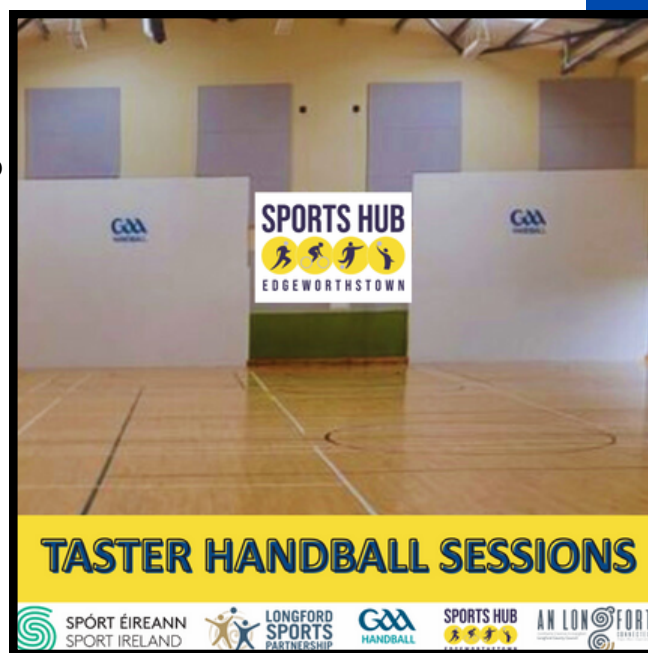
Thursday 31st July – 11:00am Adults

Friday 1st August – 11:00am Children

Tuesday 5th August – 11:00am Teens

Thursday 7th August – 11:00am Adults

Friday 8th August – 11:00am Children



 FREE

 1-hour sessions

 Places are limited click the link to book your spot!

Let's play, learn, and have fun! 🙌

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For more information email tgillen@longfordcoco.ie

MEN'S HEALTH WEEK 2025

Men's Health Week in Longford was a collaborative, week-long initiative aimed at raising awareness of key health issues affecting men and boys, encouraging healthier lifestyle choices, and promoting access to local health supports.

Organised in alignment with Men's Health Week, the Longford programme brought together a range of stakeholders, including the HSE, Longford County Council, local sports partnerships, community health organisations, and social inclusion services, to deliver a diverse and engaging series of events.

The 2025 theme, "Shoulder to Shoulder: Connecting for Health" focusing on heightening awareness of preventable health problems for males of all ages, supporting men and boys to engage in healthier lifestyle choices/activities and to encourage the early detection and treatment of health difficulties in males.





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