



**LONGFORD
SPORTS
PARTNERSHIP**
— SPORT IRELAND —

LOOK

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

Summer Newsletter

**Welcome to the
Longford Sports Partnership
Spring Newsletter.**

**Inside, you'll find updates on
a wide range of programmes
co-ordinated by our LSP
Development Officers across
the county, along with news on
ongoing research, new
initiatives, upcoming
opportunities, and much more.**



**SPÓRT ÉIREANN
SPORT IRELAND**



**LONGFORD
SPORTS
PARTNERSHIP**
— SPORT IRELAND —

✉ **For more information email
sports@longfordcoco.ie**



**AN LONGFORT
CONNECTED**
Combining Charities An Longfort
Longford County Council

LONGFORD 5K TRAIL SERIES

Longford Trail Run Series 5k Wednesdays return in August as we look forward to bringing back the series in association with Longford Athletics Club and Visit Longford.

The timed events will be held weekly at a different location in the county:

5 August – Royal Canal Longford

12 August – Corlea Bog

19 August – Derrycassin Woods

26 August – Newcastle Woods

Each run starts at 7.30pm. Chip timing by MyRunResults.

Registration is open now to book individual events or to avail of the 4-race bundle:

<https://eventmaster.ie/event/EY34H4EF74>

A great way to see County Longford and some of its natural amenities, the series is also a perfect way to stay active this August.



 For more information email sports@longfordcoco.ie

SUMMER WALKING SERIES 2026

Discover Longford's scenic walking trails this summer with our Summer Walking Series & Walking Trail Challenge.

Join us every Monday and Wednesday at 6.30pm from 5th to 31st August 2026 for a series of guided walks (4km to 6km) across dedicated walking trails throughout the county.

 Complete all 8 walks and receive a FREE Walking Trail Challenge T-Shirt!

The series is free to attend and suitable for most fitness levels. Registration is required.

Register: <https://buytickets.at/longfordsportspartnership/2309820>

Whether you're looking to get active, improve your fitness, or explore Longford's beautiful trails, we'd love to see you there!

Explore. Walk. Challenge Yourself. Discover Longford.

LONGFORD SPORTS PARTNERSHIP AND LONGFORD TOURISM

SUMMER WALKING SERIES 2026

Wednesdays at 6:30pm

5 AUGUST
Royal Canal Longford

12 AUGUST
Corlea Bog Kenagh

19 AUGUST
Derrycassin Woods Mullinalaghta

26 AUGUST
Newcastle Woods Ballymahon

Mondays at 6:30pm

10 AUGUST
Newtownforbes Heritage Trail

17 AUGUST
Commons Trail Lanesboro

24 AUGUST
Aughnaclyffe Waterfall Trail

31 AUGUST
Corn Hill Killoe

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

To Register Scan this QR Code

SCAN ME













For more information email afitzpatrick@longfordcoco.ie

HER OUTDOORS 2026

HER Outdoors week celebrates and encourages females to get out and enjoy the benefits of the outdoors!

Local Sports Partnerships and Outdoor National Governing Bodies are celebrating the week by bringing you plenty of opportunities to experience adventure! The week is all about providing more opportunities for females of all abilities, it's time to #FindYourOutdoors and #EmbraceYourSpace. For such a tiny island, there are so many incredible outdoor activities on offer, waiting to be explored!

HER Outdoors Week will take place from August 10th - 16th, 2026. Find out what's on and book your place below!

#FINDYOUROUTDOORS #EmbraceYourSpace



For more information email afitzpatrick@longfordcoco.ie

GIRLS KAYAKING PROGRAMME

Teen Girls Kayaking Taster Sessions – Free Summer Programme
Calling all girls aged 12–17!

Longford Sports Partnership is delighted to offer a series of FREE Teen Girls Kayaking Taster Sessions at locations across County Longford this August and September.

These fun and beginner-friendly sessions are a great opportunity to get out on the water, learn new skills, build confidence, and meet other girls from around the county. No previous kayaking experience is required.

Dates & Locations

13 August – Lebeen Park

20 August – Clondra

27 August – Lanesborough

3 September – Abbeyshrule

All equipment and instruction provided

Whether you're trying kayaking for the first time or looking to develop your skills, these sessions are a fantastic way to get active and enjoy the outdoors.



For more information email afitzpatrick@longfordcoco.ie

LONGFORD COUNTY COUNCIL SPORTS BURSARY 2026

🏆 ❤️ Huge congratulations to all recipients of the Longford County Council Sports Bursary 2026!

We're incredibly proud to see 10 exceptional Longford athletes recognised and supported as they continue to compete, and excel, at national and international level.

This €10,000 bursary fund is a powerful investment in local talent, helping athletes across a wide range of sports push further, aim higher, and represent Longford with pride. From football and swimming to kayaking, showjumping, cue sports, golf and athletics — Longford athletes continue to shine across diverse disciplines.

Your commitment, resilience and passion inspire the entire county. We're proud to support your journey and celebrate your achievements. Keep flying the Longford flag! ❤️💛



For more information email sports@longfordcoco.ie

OUTDOOR RECREATION

May saw the launch of Longford's first-ever Outdoor Recreation Plan. We were delighted to welcome Minister Dara Calleary to Abbeyshrule on the banks of the Royal Canal for this significant occasion.

More recently, a series of information sessions were held across each of the Municipal Districts regarding the establishment of a stakeholder forum. All sessions were well attended, with participants sharing many fantastic ideas and suggestions for the future development of outdoor recreation in County Longford.

The Stakeholder Forum is scheduled to take place in Outdoor Recreation

May saw the launch of Longford's first-ever Outdoor Recreation Plan. We were delighted to welcome Minister Dara Calleary to Abbeyshrule on the banks of the Royal Canal for this significant occasion.

More recently, a series of information sessions were held across each of the Municipal Districts regarding the establishment of a stakeholder forum. All sessions were well attended, with participants sharing many fantastic ideas and suggestions for the future development of outdoor recreation in County Longford.

The Stakeholder Forum is scheduled to take place in Autumn 2026 and will provide an important opportunity for continued collaboration and engagement with local communities and stakeholders. and will provide an important opportunity for continued collaboration and engagement with local communities and stakeholders.



For more information email mnoable@longfordcoco.ie

INCLUSIVE SWIMMING LESSONS & INCLUSIVE AQUAFIT

Inclusive Swimming Lessons & Aquafit Programmes have been a huge success this summer.

Longford Sports Partnership are delighted to launch our first ever Inclusive Swimming Lessons for Children with Additional Needs and Inclusive Aquafit Programme for Adults with Additional Needs at Longford Sports & Leisure Centre.

Delivered in partnership with Swim Ireland, the programme provides a safe, supportive environment where participants can build confidence, develop skills, and enjoy being active in the water.

A special thank you to Swim Ireland's Luciana, LSP Swim Tutor Mark, and Longford Sports & Leisure Centre for their support. Both programmes are a fantastic success, and we look forward to seeing participants progress over the remaining weeks. 🏊‍♂️💙👏



For more information email tgillen@longfordcoco.ie

WOODLANDS FOR HEALTH

Woodlands for Health Connects People with Nature

The Woodlands for Health programme, funded by the HSE through Section 39 funding, ran from 18 May to 29 June, offering participants the opportunity to experience some of Longford's most beautiful natural environments while supporting their health and wellbeing.

Over the six-week programme, participants visited a range of scenic locations across the county, including Newtownforbes Heritage Trail, Commins Trail, Lanesborough, Newcastle Woods, Derrycassin Woods, Aughnacliffe Waterfall and Corlea Bog.

Each session encouraged participants to enjoy gentle walking in nature, connect with others and take time to appreciate the physical and mental health benefits of spending time outdoors. The programme combined physical activity with mindfulness, relaxation and an opportunity to explore some of Longford's hidden natural gems.

The programme was extremely well received, with participants commenting on how much they enjoyed discovering new walking locations, meeting new people and experiencing the positive impact that nature has on their overall wellbeing. Many reported feeling more relaxed, energised and motivated to continue exploring local trails after the programme had finished.

Longford Sports Partnership would like to thank the HSE for supporting both Woodlands for Health and Aqua Fit initiatives through Section 39 funding, helping to make this valuable community programme possible.



For more information email pafh@longfordcoco.ie

MULTICULTURAL MEN'S GYM PROGRAMME

Longford Sports Partnership ESF & Social Innovation Officer, in partnership with LCRL, recently completed an 8-week Multicultural Men's Gym Programme at Snap Fitness Longford. Running until June, the programme provided participants with the opportunity to improve their fitness, build confidence in a gym environment, and connect with others in a welcoming and supportive setting. The initiative was a great success, with excellent engagement throughout the eight weeks. We are delighted to share a photo of the group celebrating their achievements.



For more information email mreilly@longfordcoco.ie

BEGINNERS CRICKET SUMMER CAMP

Summer Beginners Cricket Camp

Longford Sports Partnership's Outdoor Sports Diversity & Inclusion Officer, in partnership with Longford Cricket Club, recently hosted a successful Summer Beginners Cricket Camp at Longford Sports & Leisure Centre.

Building on the success of our first Cricket Midterm Camp, participants enjoyed learning new skills, making friends, and having fun in a positive and inclusive environment.

A sincere thank you to Bheki, the coaches from Longford Cricket Club, and LSP tutor Sarah for their support throughout the week. Well done to all the children who took part and showed fantastic enthusiasm and teamwork.

This programme was funded by the Longford Community Safety Partnership. 🏏👏



For more information email egillen@longfordcoco.ie

MEN'S AQUA FIT PROGRAMME

Men's Aqua Fit Programme a Great Success

The Men's and Womens Aqua Fit programme (two separate programmes), held at The Mall, Longford from 8 June to 15 July, was a fantastic success, with participants enjoying six weeks of fun, supportive and effective water-based exercise.

The programme provided a welcoming environment where men and women could improve their strength, mobility, balance and cardiovascular fitness while benefiting from the low-impact nature of exercising in water. Just as importantly, it offered a great opportunity to socialise, build confidence and support overall health and wellbeing.

The feedback from participants was extremely positive, with many highlighting how much they enjoyed the sessions and the benefits they experienced both physically and mentally.

If you'd like to continue your Aqua Fit journey or would like to try Aqua Fit, Coral Leisure Longford offers Aqua Fit classes Monday to Friday. To find out class times, availability and costs, please contact Coral Leisure directly.



For more information email pafh@longfordcoco.ie

MEN'S HEALTH WEEK 2026

Longford County Council, Longford Sports Partnership, Healthy Longford, Sláintecare Healthy Communities, Longford Library Services, Longford Community Safety Partnership and other local partners came together to deliver a successful Men's Health Week 2026, offering a wide range of health, wellbeing, sport and physical activity opportunities across the county.

Activities included Kayaking, Health Checks, Exercise classes, Tai Chi, Boxercise, Scooch, Pétanque, Free Haircuts, Wellbeing Talks and the Men's Health Challenge.

A highlight of the week was the community event at Longford Athletics Centre, which provided men with a welcoming space to connect, learn and focus on their health and wellbeing.

A sincere thank you to all partners, tutors, volunteers and participants who helped make the week such a success. ❤️👏



ABILITY COACHING PROGRAMME



Longford Sports Partnerships SIDO Tess was invited to the beautiful Kilkea Castle to present the Ability Coaching Programme to the Sport Ireland Local Sports Partnership Coordinators alongside Longford Sports Partnership Coordinator Sarah. A huge thank you to Sport Ireland's Neal & Ciaran for the invitation and warm hospitality.



The Ability Coaching Programme provides adults with additional needs and individuals from disadvantaged backgrounds the opportunity to gain coaching qualifications and develop their skills through workshops in Safeguarding Level 1, Disability Awareness Training, and Basic First Aid. Participants who complete the programme receive a Coaches Starter Kit, helping them begin their coaching journey with confidence. So far this year, 65 participants have completed coaching courses in Tag Rugby, Athletics, Basketball, Table Tennis, and Pitch & Putt. Congratulations to all participants, partners, tutors and funders who supported the programme, & especially to those now delivering inclusive coaching opportunities across Longford.



For more information email tgillen@longfordcoco.ie

COMMUNITY EVENTS HIGHLIGHTS



FTD Brothers



Garda sports Day



Development Officer Conference



Inclusion Sports Day 2026



Bike Week 2026



Kayak Level 1



Mc Eoin Park Re Opening



Outdoor Recreation Forums



Community Soccer



Pole Walking



National Play day 2026



School Table Tennis



Sport Hub Programmes



St Christophers Colour Run 2026



National Play day 2026



Community Walks



National Traveller & Roma Men's Health Day 2026



Ladies Roma Women Programme



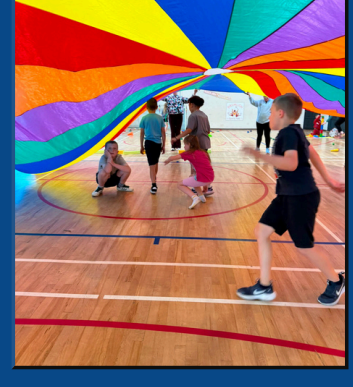
Community Cycling



Bike Week 2026



Community Pétanque



longfordsports.ie



www.facebook.com/longfordsportspartnership



sports@longfordcoco.ie



longfordsportspartnership

Copyright © 2025 * Longford Sports Partnership, All rights reserved.

Our mailing address is:

sports@longfordcoco.ie

Want to change how you receive these emails?

You can click on this <https://forms.office.com/e/ZQnnfNpx6u> to UNSUBSCRIBE from our mailing list.

