



Tipperary Sports
PARTNERSHIP
— SPORT IRELAND —

ANNUAL REPORT

2025

**Tipperary Sports
Partnership**





SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS



Tipperary *Sports* PARTNERSHIP

— SPORT IRELAND —



Comhairle Contae Thiobraid Árann
Tipperary County Council

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Blueway

Suir, Rotharagh, Ceasbriagh / Walk, Cycle, P
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GO YOUR OWN WAY

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Vision:

The community of Tipperary experiencing the fun, health, social interaction and wellbeing from participating in sport and physical activity.

Mission:

Collaborate for more variety, more opportunities and more participants in sport.

No one person or group has all the answers or resources and operating in partnership offers us the most effective way to reach and respond to the people and places in our community.

Principles

- **Everyone:** The opportunity to take part in sport and physical activity is a human right, everyone in our community will have access to that right.
- **Everysport:** For some, sport means team-based competition, for others it is a cycle or jog with friends, dancing or bowling. It is not about one sport, it is about everysport and every activity.
- **Everyplace:** There are many natural and built sport and physical activity venues in our county, we encourage the use of these places for a variety of sports and for all members of the community.
- **Everyplan:** Sport can benefit from and add value to a range of local social, health and community agendas. The potential of sport requires active consideration and an informed presence.

Values

- **Partnership:** we welcome meaningful collaboration with communities, stakeholders, organisations and individuals who share our vision and passion.
- **Inclusion:** community means everyone, especially those at the margins. Others look after the committed and competitive participants, we seek out the reluctant and the absent.
- **Respect:** within our working and community environments there are many perspectives, various needs and diverse appropriate responses regarding sports and physical activity. We treat all with respect, we value their opinions and we communicate with them in a respectful manner.
- **Passion:** the staff and Board of Tipperary Sports Partnership (TSP) are passionate about the role of sport and physical activity and we want to share.
- **Openness:** we only have some of the answers and we also make mistakes. We are open to the ideas of others, their answers and constructive feedback.
- **Sustainability:** not just here today, but here for life. We strive for sustainable programmes, sustainable infrastructure and sustainable, active lifestyles.

To realise our Vision and undertake our Mission within our resources, we will:

- **Be strategic:** As well as operating locally and at 'street level', TSP will take time to step back, monitor and where appropriate act on our relationships with other organisations, national strategies and the way we work.
- **Deliver:** We will directly deliver sport and develop physical activity programmes where others are unable to do so.
- **Coordinate:** We will seek, encourage, facilitate and support others who can identify, respond to and deliver local sports and physical activity opportunities in their communities.
- **Lead:** Where there are gaps or appropriate opportunities for sport and physical activity leadership, TSP will take a leadership role, within a collaborative structure.
- **Drive:** Where appropriate, TSP will take the initiative and advocate, seek resources, identify partners generate involvement and identify sustainability.

Strategic Objectives

Tipperary Sports Partnership has five strategic objectives:

1. **Participation:** first and foremost, TSP will promote the enjoyment that comes from participation in sports and physical activity. In so doing we will increase the numbers, volume and range of participation across our community, especially amongst those who participate the least and those who are excluded the most.
2. **Sustainable Infrastructure:** we will assist in the greater use of existing natural and built infrastructure and we will proactively engage in planning and developing sustainable new infrastructure especially where it addresses a clear need and is accessible and available for multi-use.
3. **Training and Education:** We will continue to support the training and education needs of the volunteer coaches and administrators who are the sport-makers in our communities.
4. **Information and Communications:** Provision is nothing without awareness. TSP will work with others to become an information hub for sports and physical activity for Tipperary.
5. **TSP Structures and Administration:** as part of our governance process, we will continue to make best use of our resources and attract additional ones so as to develop and strengthen sports and physical activity in the County.

Meet our Team



VALERIE CONNOLLY

Sports Co-ordinator



MARIE MAHER

Programme Manager



STEPHEN QUINN

Sports Inclusion Disability Officer



THOMAS DORNEY

ESF+ Social Innovation In Sport Officer



ROBERT MURPHY

Community Sports Development Officer



IAN COLLINS

Sports Development Officer



ROSIE FONTENEAU

Community Sports Hub
Development Officer



MARY STEPHENS

Sports Administrator



SANDRA CUNNINGHAM

Sports Administrator

PARTICIPATION



Overview of 2025 Programmes & Activities

2025 was another very successful year, the Sports Partnership delivered over 266 innovations, programmes, events and courses with over 10,288 participants engaging with the Sports Partnership activities which included 692 participants with disabilities, 7,254 young people and 2,342 adults. 58% of participants were female.

The Sports Partnership successfully secured in excess of €807,000 in funding to support the delivery of its programmes and initiatives in Tipperary from various sources. Sport Ireland is the main funder along with programmes supported by the HSE, Healthy Ireland, Tipperary County Council (TCC) and Dormant Accounts.

At the January meeting, Ms. Amy McGuire, was appointed as Chairperson with Isabel Cambie appointed as Vice Chairperson.

There were a number of changes to the Board membership during the year as follows:

In March the following new members joined the Board: Cora Horgan PPN rep replaced Edel Carey as disability rep and William O’Gorman as Sport Rep through the Tipperary PPN. In October Tipperary County Council rep, Brian Beck resigned from the board and was replaced by Damien Ginty.

A staff change took place during the year. In February, Sandra Cunningham joined the Sport Partnership Team as Sports Administrator.

The LSP Communications officer provides support to the team and LSPs communications officers meet monthly. PR support is provided to TSP and the LSP Network to increase visibility of the LSPs. A Communications training day was held in Dublin where LSP’s Communications staff from the LSP Network met.

TSP worked with Sport Ireland in promoting the following campaigns European Week of Sport, HER Outdoors, Bike Week, Women in Sport Week, Men’s Health Week, Let’s Get Visible, Volunteer in Sport Awards, Positive Ageing Week, Her Moves and National Walking Day. TSP inputted monthly into the Tipperary Together newsletter and Council staff Newsletter.



A review of all the Sports Partnership Health & Safety documentation took place with Tipperary County Council and was part of a successful Audit.

In March, a review of the TSP Public Statement of Compliance and TSP Assurance Statement with the Governance Code took place and was signed off by the Board.

The Sports Partnership continued to actively promote and market all its programmes and events, via Facebook, Twitter, Instagram and on www.tipperarysports.ie along with relevant Press Releases sent to the local media.

During the year the Tipperary Sports Partnership website was restructured to ensure compliance with accessibility.

We continue to promote the 'Ireland Active' National Digital Database and staff received training on the site.

The implementation of TSP Strategic Plan 2016-2025 for Tipperary continued in delivering on the key objectives and actions to develop sport for all in our Community at all stages of life.

Tipperary Sports Partnership were a key partner in the development of the Tipperary County Council Outdoor Recreation Plan for Tipperary 2025 – 2030 'Embracing Tipperary Outdoors'. Tipperary County Council are also in the process of completing a Sports Action Plan for Tipperary with Tipperary Sports Partnership driving the process. It is envisaged the Sports Action Plan will be fully completed in early 2026.

In brief, some of the Sports Partnership's key achievements in 2025 include:



Active Communities

A number of walking initiatives were delivered throughout the year, all of the programmes provided an opportunity for community members to meet new people, improve their fitness and experience a variety of tranquil countryside routes available on their doorstep.

The Activator Walking Pole programme targets older adults to improve balance, coordination, strength, and social engagement. Programmes were held in Cahir and Nenagh and commenced on March 4th and completed on April 8th, with 15 participants registered in each location. On May 7th and 12th, the Activator programme commenced in Carrick on Suir and Thurles respectively with 15 participants and was completed the 11th and 23rd of June. All 4 programmes ran for 6 weeks. An Activator Walking Taster session was held during European Week of Sport in Cashel. The communities are encouraged to continue walking as a group and a partnership has been established with the libraries in Cahir and Nenagh to support the sustainability and legacy of the programmes. The programmes were delivered with support from Healthy Tipperary.



Activator walking participants in Cahir

TSP delivered 4 Swim for a Mile (SFAM) training programmes in Nenagh Swimming Pool; Thurles Leisure Centre, Sean Kelly Sports Centre, and Clonmel Swimming Pool. This 10-week programme involved 2 coached sessions and 1 self-guided swim each week and aimed to progress participants from swimming 2 lengths of a pool to 64 lengths (a mile). The programme commenced on January 21st and was a great success with 55 participants taking part. The participants swam the mile on the final night of the programme in their respective pools. The funding support was provided by Sport Ireland and in the Nenagh Swimming Pool by Healthy Tipperary and Sport Ireland.



Cycling continued to be supported throughout the year starting with Bike Week which took place from May 11th to 19th with a total of 20 initiatives being hosted by 11 different groups across Tipperary.

These initiatives included bike maintenance workshops, bike skills, mountain biking and community cycles. Over 1,700 participants took part in a week-long variety of events.

Tipperary Sports Partnership ran 2 very successful promotional campaigns through social media to encourage engagement for Bike Week which included a Schools' Bike Parade, which encouraged students to decorate their bikes and showcase them for a chance to win a sports voucher for themselves and for their school, with a total of sixteen schools taking part in this event. We held a Community Challenge event with 20 families entering, entrants were asked to track their cycling trips during Bike Week to enter a draw to win a cycling voucher. Over 1,132 participants took part in the two promotional campaigns. In addition, a number of schools participated in heritage cycling which involved taking in local historical sights and areas of cultural significance. Bike Week is supported by The Department of Transport and the National Transport Authority.

There were significant increases in the numbers taking part in the TSP promotional events, with a fifteen-fold increase in participating school students and a four-fold increase in community numbers.



Cycle Cross - Slievenamon Cycling Club



Schools Bike Parade Winner



Bike Maintenance at Cloughjordan CDC

In October TSP linked with Lough Derg Water Sports for an adult 'Learn to Kayak' programme which was held on October 5th and 11th on the waters of Lough Derg, with 10 participants, each successfully receiving their certificate in L1 kayaking skills.

A new community activity 'Playful Streets' was piloted at Glenconnor Hill Estate, Clonmel on June 24th with 30 children participating in games including hopscotch, street tennis, ping pong, table tennis and hula hoops. This was held in partnership with Tipperary County Council, Slaintecare Healthy Communities and Healthy Tipperary. An Garda Síochána were also in attendance to build relationships with the community. Due to the success of the pilot a second 'Playful Streets' was held in on September 23rd with 23 children in attendance.



Playful Streets Glenconnor, Clonmel.

General Public

Tipperary Park Runs continued to be supported and promoted throughout the year through social media channels. Currently there are 5 Tipperary Park Runs happening every Saturday morning in Borrisokane Town Park, Clonmel, Fethard Town Park, Knockanacree Woods, and Templemore Town Park. There is a Junior Park Run for 4 to 14 year olds for a 2k in Fethard Town Park on Sundays.

The 'Couch to 3k' 6-week podcast continued to be promoted. The podcast is free to download from the TSP website. In addition to the podcast a 6-week plan is available to download.

In November and December, TSP collaborated with Dundrum Community Hall and facilitated 4 one-hour exercises classes 'Move-Ember' for men over 45 years of age with 12 participants.



Participants enjoying Move-Ember.

Community Sports Hub/Urban Adventure/Suir Blueway

Support continued to the development of the Suir Blueway with funding applications, promotion and working closely with Tipperary County Council and Tipperary Tourism. Work continues to progress on the development of an Outdoor Community Sports Hub in Clonmel focusing on Canoeing and Kayaking. The following initiatives were held:

The "Paddles Up" school programme was delivered in April and May to three Secondary Schools in Clonmel, Loreto Secondary School, Central Technical Institute/Raheen College and the Presentation Secondary School. 116 Transition Year students enjoyed the programme. As part of the programme the students worked towards receiving their L1 Canoeing Ireland Certification with a focus on journeying in their local environment. This programme was supported by HSE funding.



CTI Students enjoying Paddles UP in Clonmel.

In April and May an Integrated "Paddles Up" schools programme was delivered in Cahir with 64 students from C olaiste D n Iascaigh taking part which was supported by Healthy Ireland funding. 24% of these students were of non-Irish nationality.

An 8 week Inclusive Paddling programme was held in Clonmel and Cahir in April and May with 20 participants from Scoil Aonghusa and 5 participants from the Brothers of Charity. In Clonmel over 4-weeks, 9 participants from the National Learning Network completed the programme. All participants confidence and composure progressed each week on the water. The programme in Cahir was funded by Healthy Ireland.



Students from Scoil Chormaic enjoying Inclusive Paddles UP.

In July we linked with Canoeing Ireland and Clonmel Canoe Club to support the provision of Kids Summer Camps with 48 participants completing the programme. It was held over 2 weeks with each camp lasting for 1 week. There was a morning and afternoon camp. Participants enjoyed a variety of water sports including Kayaking, Canoeing, SUP, Slalom, Canoe Polo, Freestyle and Water Safety Training.



Kids Kayaking Camp on the River Suir.

TSP worked with Lough Derg Water Sports to provide a Kids Kayaking summer camp on Lough Derg in July. 23 participants enjoyed a week-long camp. There was a morning and afternoon session. All participants enjoyed exploring Lough Derg.



Kids Kayaking Summer Camp on Lough Derg.

In May, linking with Pure Adventure a Kayaking taster day was delivered to Ardfinnan National School. Twenty five 6th class students took to the water in Ardfinnan and enjoyed a fun-filled day, learning new skills and developing teamwork on the Suir Blueway.

TSP supported Clonmel Rowing Club's Introduction to Rowing Programme in August with 27 participants

Continued support was provided to Clonmel Mountain Bike Club throughout the year by assisting them with their programmes and activities that promote mountain biking in the area.



Students from Ardfinnan N.S. enjoying a Kayaking Taster Session.

Community Sports Hub Tipperary Town

Support continues for the development of the Community Sports Hub based in the Canon Hayes Recreation Centre. TSP continues to support Tipperary County Council and the Canon Hayes in relation to the centre and supporting funding applications for same. Throughout the year a variety of programmes and initiatives were delivered in the Hub.

Moorehaven Resource Centre continued to use the Centre on a daily basis for activities including Tennis, Soccer, Boccia and Gym use. Other groups such as Youth Work Tipperary, Scoil Chormaic, the Irish Wheelchair Association and the Brothers of Charity availed of the Community Sports Hub for their sporting activities.

We linked in with the FAI and Moorehaven to support the delivery of a Walking Football programme for 6 weeks in the Canon Hayes Centre where 10 men participated.

In April, a primary schools basketball blitz took place in the Canon Hayes Recreation Centre and St. Ailbe's school, 180 children participated from all over county Tipperary. This culminating event was after 6 weeks of basketball coaching, run by St. Ailbe's school completion programme, and supported by TSP.



Students enjoying the primary school's basketball blitz at the Canon Hayes Recreation Centre.

A needs analysis survey was distributed to schools in Tipperary town and the surrounding areas to gauge interest in establishing a juvenile athletics club. As a result of that survey, ongoing work is taking place in consultation with Athletics Ireland to re-establish Tipperary Athletic Club.

To support the establishment of the Club, a number of volunteers have been identified and volunteer coaches have received training through Athletics Ireland Athletics Leader Course, and are aiming to do a level 1 assistant coaching course in 2026. Coaches have also been garda vetted and have completed safeguarding with Tipperary Sports Partnership.

A temporary committee was formed for the athletics club, the CSHDO is acting as secretary and is processing paperwork for garda vetting, organising coaching courses and liaising with Athletics Ireland to provide coaching in primary schools.

In conjunction with Athletics Ireland, TSP supported a new athletics programme in 5 primary schools in Tipperary town called 'Try Track and Field'. A coach employed by Athletics Ireland carried out 6 weeks of coaching basic athletic skills and games in the hope these children would join Tipperary AC when established.

Schools/Pre-Schools

The Sli Nadur Outdoor Learning programme takes the classroom outdoors and runs for 3 hours a week for 4 weeks. This programme was delivered in Lisvernane N.S, Aherlow with 32 students and the Sisters of Charity N.S, Clonmel with 53 students. The participants learned about the outdoors while incorporating movement and physical activity.

Support was provided by Clonmel Rowing Club and Rowing Ireland in the delivery of the 'Get Going Get Rowing' Programmes to 94 pupils from CBS High School Clonmel, 21 pupils from Clerihan NS, 31 pupils from Presentation Primary School Clonmel, 31 pupils from St Marys CBS Primary School, 63 pupils from Loretto Secondary School, 25 pupils from Gael Scoil Cluain Meala, 45 students from Sisters of Charity and 44 pupils from St. Oliver's NS Clonmel. A total of 354 participants enjoyed the programme.

TSP supported the primary schools athletics festival which was hosted by Nenagh Athletic Club on April 10th, with 600 participants.

We linked with Orienteering Ireland to deliver a 'Park O' Event for schools in Templemore Park on February 12th. 178 students participated from 8 different primary schools in Tipperary. This was a great opportunity for young children to gain knowledge and experience orienteering while enjoying the outdoors.

In February we collaborated with Olympic Handball Ireland and supported a school programme which culminated in a school's county final competition which took place at the Canon Hayes Recreation Centre and the Abbey CBS sports hall. In total 15 teams from 9 different primary schools took part with a total of 180 boys and girls.



Students competing at the Olympic Handball Finals.

Active Schools Week 2025 garnered promotion in a total of six schools, including Burncourt NS, Newport College, Rathekeevan NS, Kilcommon NS, Presentation Primary and Knockavilla NS. These schools participated in the initiative, showcasing their commitment to fostering a healthy and active lifestyle among students. The promotion of Active Schools Week served as a catalyst for creating awareness and encouraging engagement in physical activities within the educational community.



Throughout the year, we collaborated with Tipperary County Council and continued to support The Cycle Right programme which is a Cycling Ireland designed course. The National Standard for Cycle Training provides practical cycle safety and skills to promote competent and confident cyclists. This is aimed at 5th and 6th class primary school children. 33 schools across Tipperary fully completed the programme with 1,039 primary school children benefiting from the initiative.

The 6-week Wiggly Wobbly Balance Bike programme aimed at preschool children aged between 2 and a half and 6 years was delivered in association with the Tipperary Childcare Committee and funded by Tipperary County Council. The programme incorporates fun games and activities to help children develop gross motor skills, spatial awareness, bilateral co-ordination and enhance their physical literacy. Upon completion of the programme, children more easily transition to riding a pedal bike in a safe environment. In 2025 the programme was delivered in 36 preschools with over 715 toddlers partaking.



Pre School children enjoying the Wiggly Wobbly Balance Bike Programme

TSP supported the FAI with the delivery of the FAI Coaching programme to 20 transition year students at Colaiste Dun Iascaigh, Cahir. On completion of the programme the students supported the FAI Primary Schools Competition, by helping with organisation and refereeing on the day

TSP supported Borrisokane Community College with a 6 Week Teen Fit/Nutrition Programme for transition year girls, 20 participated in May.

New Communities

The ESF+ Sport4Empowerment programme facilitated a number of activities across the county with “New Communities” throughout the year.

In March we partnered with the Tipperary Local Authority Integration Team to deliver phase 2 of “Thurles Ukrainian Club Pathway Programme”. Four clubs committed to facilitate sessions in their own grounds, this commenced on March 27th. 4 sessions were delivered (Basketball, GAA, Rugby, and Athletics) 17 participants sampled activities and visited the clubs and met with club coaches.

Phase 1 of a CycleRight programme commenced on March 26th in Dundrum IPASS Centre, to develop cycling skills and rules of the road with parents and children with 14 participants, many of the adults had no previous cycling experience.

On April 30th Phase 2 of the 6-week CycleRight programme commenced with mothers at the Dundrum IPASS Centre with 9 participants. The aim was to develop cycling confidence and complete a group cycle on the Blueway which the ladies completed.



Dundrum IPASS Ladies enjoying the Blueway Cycle.

In May we linked with the North Tipperary Development Company and Tipperary Local Authority Integration Team to engage IPASS males in Roscrea and Borrisokane. Soccer was highlighted as the sport of choice. A soccer challenge match was played against TUS in Moylish campus, 20 males participated on October 1st. It was a fantastic opportunity for the participants to play under lights, with the majority of the men never previously playing an organised soccer match.

An integration Table Tennis Taster session was hosted in partnership with Table Tennis Ireland and Tipperary Local Authority Integration Team in Thurles on November 18th with 15 Participants. It is hoped a club will be developed in 2026.



Participants enjoying a Table Tennis Taster in Thurles.

In partnership with Barnardos and Tipperary Local Authority Integration Team, we developed a Volunteer Pathway programme with Ukrainian Women in Thurles. Phase 1 took place on November 27th, 34 participants completed “Disability Awareness in Sport Training”, that was delivered through a mixture of English and Ukrainian.

People with a Disability

On May 16th, we hosted our annual Sports Ability Day in Thurles to showcase inclusive sporting opportunities across Tipperary. Activities on the day included Soccer, Cycling, Golf, Orienteering, Pitch & Putt, Table Tennis, Pickleball and Basketball. 119 people with disabilities attended on the day with their guardians and services.



Sports Ability Day.

This year Transition Year students from the Presentation Secondary School in Thurles supported the Sports Ability Day as volunteers. In preparation for the event Disability Awareness training was provided to the students on May 7th by TSP which included an Autism in Sport Workshop with Pitch & Putt Ireland to support and educate the students to enable them to volunteer.



Presentation Secondary TY Students

We were delighted to support young people with a disability with further opportunities to be active with the Tipperary Warriors Multi Sports Club through the provision of sports wheelchairs, basketball and indoor table tennis playing equipment in 2025. Funding was secured from Sport Ireland through their Dormant Account Sports Inclusion Disability Fund.

These resources will not only enhance training opportunities for the club members in basketball but also introduces table tennis to the club. With the new indoor table tennis and equipment, members will have the opportunity to learn and enjoy a new sport, promoting inclusivity and physical activity. Munster Table Tennis attended a coaching session with Tipperary Warriors Multi Sport Club on November 8th with 10 participants.



Tipperary Warriors IWA Multisport Club, Thurles.

We supported Scoil Chormaic, Scoil Aonghusa (Cashel) in October/November, St. Annes (Roscrea) in March with the delivery of a 6-week programme including yoga and exercise to music with 103 pupils participating from the 3 schools.



Participants on the Inclusive Athletics Programme.

The Sensational Moves ASD Programme was provided to Primary Schools in December to support in delivering appropriate physical activity games for children with ASD and additional needs. The aim is to get children more active, improve fitness and skills while supporting sensory needs if required. This programme is an excellent opportunity to promote active lifestyles at a young age and improve gross motor skills. The national schools were Presentation Primary Clonmel, Ballylooby National School, Gaelscoil Carrick on Suir, Ballina Primary School and Scoil Mhuire Borrisokane.

The Inclusive Swim and Aqua Aerobics programmes were ran in partnership with two organisations in Tipperary. Down Syndrome Tipperary (Thurles and Nenagh) and Rehab Care (Clonmel). This programme facilitated 28 young people with disabilities in swim programmes, ranging from 6 to 8 weeks spanning between May to November. Inclusive swimming lessons were facilitated with Scoil Chormaic for a 4-week period with 12 young people participating in October/November.

An Inclusive Athletics programme took place using the TUS track in Clonmel with Scoil Chormaic (March/April) and Scoil Aonghusa (April/May). This 6-week programme facilitated the use of the track and gave students an opportunity to try a range of track sports while being physically active such as long jump, shot putt, javelin, relay races and hurdles. 102 young people with a disability participated.

Two Learn to Cycle 4 day Camps took place resulting from the successful pilot programme in Thurles last year. They were held in Thurles and Clonmel in August with 16 participants, each participant completed a 45-minute timeslot each day and received individual coaching. Fantastic feedback was received from parents with progression visible from the participants.

An eight-week Ability Programme was held Borrisoleigh in July/August and Clonmel in May/June with adult service users. Boccia was completed for 8 weeks over two blocks in Borrisoleigh with over 34 participants. Chair Exercise to Music, Boccia and Skittles was delivered in Clonmel with 24 participants. Each participant received a certificate of completion and a TSP medal on the final day of the programme.

Boccia was a massive hit in Tipperary Town with the Irish Wheelchair Association, Brothers of Charity and Moorehaven Centre due to its inclusivity, a 6-week Boccia League took place in November with 24 participants with the final two sessions being a tournament where participants received TSP Boccia Medals.

Two inclusive taster sessions took place over the year, the first one took place in Scoil Ruain ASD unit in Killenaule on the 15th January with 13 young people trying Boccia and Curling. An inclusive Golf taster session took place in Moorehaven Centre Tipperary Town on the 30th July with 36 participants.

In 2025 two clubs were supported to establish or expand on their inclusive opportunities, Cahir GAA are in discussion to set up a GAA 4 All section in the club for 2026.

A 4-week pilot Basketball programme was supported with St Mary's GAA, Clonmel in November/December with 16 participants to create a teenage section within the club with the view of creating a new section in 2026.

Throughout the year a number of Active Disability Ireland workshops were delivered to support clubs and volunteers. On March 24th, Active Disability Ireland's Disability Awareness workshop was delivered via online delivery to 10 participants. On May 7th, Active Disability Ireland's Autism in Sport workshop was delivered via online delivery to 10 participants. Participants came from a range of backgrounds including physical activity tutors, sports club coaches, teachers, SNA's, early year educators, community youth workers and development officers. This workshop is designed to help participants recognize and understand key areas of difference as well as looking at practical strategies which will help include people with autism in sport sessions. Upon completion of training all participants received an Active Disability Ireland Certificate of Attendance endorsed by Sport Ireland and a resource manual.

We continued to link in with a number of disability services and representatives from Clonmel, with the aim of establishing a "Social Activity Hub" forum to identify the needs of the community and support them with relevant programmes.

Activity resources for people with a disability are available on our website and are promoted through our social media.

In 2025, through dormant accounts funding from Sport Ireland, Tipperary Sports Partnership collaborated with several local organizations, including Clonmel Sports Hub (TUS), and Tipperary Warriors Multi Sport Club. These partnerships aim to enhance sports accessibility and inclusivity in the community by providing essential sports equipment. The following equipment was purchased throughout 2025, Sports Wheelchairs, Para Throwing Frame, Trikes, Indoor Table Tennis Tables, Handcycle, Portable Basketball Nets and Platform Steps.

Marginalised Communities & Youth at Risk:

We collaborated with the HSE and supported SilverArch in two locations Nenagh in August/September and Borrisokane in May/June in the delivery of 2 Green Exercise Programmes. The Green Exercise Programme was a 6-week programme with two sessions per week targeted at individuals with low physical activity levels and/or those returning to exercise. 40 participants took part over the two programmes.



Green Exercise Programme Nenagh.

In partnership with Tipperary ETB we supported The Youth Reach Olympic Games which took place on May 21st with 220 participants from Community Training Centres in Tipperary, prior to the Games each of the centres familiarised and practiced the Games activities.

In partnership with Edge Youth Diversion Project and Foroige Nenagh, youths from disadvantaged communities engaged with our 'Summer Wellness' programme. In the South, Carrick YDP summer programme (June/July/August) included Golf, Zumba and Swimming. In the North, Foroige Nenagh completed an 8-week summer programme (June/July) which included Circuits, Box Aerobics, Yoga and Gymnastics. Over the two programmes 29 participants took part.

In partnership with Wilderness Youth Project a 4-week soccer programme was delivered in Clonmel (November/December) with 10 young male participants.

As part of the ESF+ programme, TSP Linked with Silver Arch Nenagh to deliver club pathway programme for New Communities in Nenagh, which started in July. 7 clubs (Nenagh Warriors (Basketball), Nenagh Cricket (Cricket), Nenagh Hockey (Hockey), Nenagh Eire Og (GAA), Nenagh Badminton (Badminton), Nenagh Olympic (Athletics), Nenagh Town (Soccer)) delivered taster sessions to participants over the summer where 21 young people participated. The participants got to sample many new sports.

TSP also partnered with Tusla through the Sport4Empowerment programme to deliver activities to engage children in foster families in October. Kayaking taster sessions took place in Clonmel on August 19th with 12 participants took part.

Traveller Participation Programmes

Learn to Horse-Riding Programme, developed in collaboration with Youth Work Ireland Tipperary, aims to provide young people with an opportunity to engage in equestrian activities over a 4-week period. This initiative promoted physical activity, fosters personal development, teamwork and confidence among the participants. Each session was structured to include training safety, riding lessons and group activities which encouraged communication and cooperation with 20 young travellers.



Youth Work Ireland Tipperary
Horse Riding Lessons.

A Learn to Swim programme was supported by Barnardos, delivering two 4-week swimming programmes at Thurles Swimming Pool for 15 participants in July and October.

Through the ESF+ Programme a number of programmes were delivered throughout the year which targeted the Travelling community.

In May we linked with South Tipperary Development Company Traveller Women Health Promotion Team to develop a programme for Traveller Women in Clonmel to help support their "Quit Smoking" campaign. A Series of 4 taster sessions was delivered in Moyle Rovers GAA club which included Yoga, Dance, Aerobics and Circuits with 6 participants.

In the North of the county, Nenagh Traveller Womens Swim Programme in partnership with North Tipperary Development Company commenced 6 weeks of swimming lessons on May 23rd. This was a follow on from an aqua fit programme that took place in 2024.

Phase 3 saw a Water Safety Programme with Traveller Mothers and their children in Nenagh which commenced on July 15th for 6 weeks. The programme consisted of swimming lessons for the juveniles and water safety workshops for the adults. 20 participants consisted of 6 adults and 14 young people.

The Nenagh women also enjoyed 2 fitness programmes. A 5-week Zumba programme commenced in August to build fitness, before they undertook a 5-week walking programme in October in Nenagh Olympic Athletic Club grounds. This culminated with 8 ladies completing Irish Heart Foundation "Walking Leader" certification, which allows them develop leadership roles for walking initiatives in 2026.

Women in Sport

A recreational female futsal programme ran in March in the Canon Hayes Centre, with 10 women taking part.

The Sports Partnership was delighted to continue to provide support to Cahir Meet and Train to host the 2 Johnnies South Tipperary Women's Mini Marathon event on September 20th. The event was a huge success attracting 495 female participants to the streets of Cahir. Both Johnny B and Johnny Smacks were there on the day to provide support to the ladies.



South Tipperary 2 Johnnies Women's Mini Marathon

Her Outdoors Week took place from August 11th to 17th. From August 11th to 13th a teenage girls' kayaking programme called 'Paddle Sisters' took place at Lough Derg with 6 teenage girls taking part. An Introduction to Mountain Biking was held at Carey's Castle Clonmel on the 12th and 16th of with 16 participants. A Women's Dragon Boating Taster session with The Clonmel Dragon Boating Club took place on the 13th with 15 women participating. Two adult learn to kayak sessions were provided on the 11th and 13th with 22 women sampling kayaking in Clonmel. On the 17th we finished the week with a women's hike around the Devil's Bit called 'Summit Sisters' with 9 women taking part. We supported Clonmel Rowing Clubs rowing taster event with 32 participants



Dragon Boating Taster Session

Sport4Empowerment hosted a Pilates Taster session for New Communities in Dundrum House Hotel as part of Her Outdoors Campaign with 5 participants. This was a big hit with the residents, with plans to run future classes in 2026.

A highly successful “How to Train as a Midlife Woman” workshop took place in Cahir on March 1st, coinciding with Women in Sport Week. The event attracted 15 participants and was facilitated by Irene Clarke, The Menopause Coach and targeted women from 35+ years, who are wondering how peri-menopause and menopause is affecting them mentally and physically and how making small changes can increase energy levels, improve sleep, mood and decrease weight gain.

In October and November, Swimmin Women training programmes were delivered in five swimming pools across Tipperary - Clonmel Swimming Pool, Nenagh Swimming Pool, Thurles Leisure Centre, Sean Kelly Sports Centre, Carrick on Suir and Roscrea Leisure Centre. This 8-week programme involved 1 coached session and 1 self-guided swim per week and aimed to progress participants to confidently swim 600m. The programme was delivered to 75 participants.



Swimmin' Women, Clonmel Swimming Pool.

In August, through the ESF+ programme, Ukrainian women took part in a swim programme, where they developed their confidence in the water for 6 weeks, guided by the staff of Thurles Leisure Centre.

Teenage Girls

The Hoops for Girls event was held on March 26th in Thurles, attracting 203 participants from seven schools across the county. Participating schools included: Presentation Clonmel, St. Anne's, Tipperary Town, CTI Clonmel, Coláiste Dún Iascaigh, Cahir, Ursuline Thurles and Rockwell College.

Funding was secured from Sport Ireland through Dormant Account Funding 'Her Moves' to deliver two programmes. 24 inactive transition year girls from St Ailbe's and St Anne's in Tipperary Town and 20 inactive transition year girls from Patrician Secondary School Fethard participated in the programme. Consultations were held with the girls early in the year to plan the programmes based on their input. Activities delivered throughout the year included Basketball, Badminton, Zumba, Yoga, Tag Rugby, Tennis and Pilates. To celebrate the completion of the programme, the students took a trip to UL Limerick and participated in rock climbing, archery and team building activities.

Women In Sport Week took place from March, 3rd to 9th. Two online workshops were facilitated, Training and the Female Menstrual cycle and Fuelling your Fitness for Women in sport. 42 women took part in these online workshops. TSP linked with Britton Outdoors to provide a Summit Sisters hike around Lake Muskry on March 9th with 13 participants. Two six week Cycling programmes for Women took place in Clonmel in 2025. Women on Wheels was launched during Women in Sport Week with 6 women taking part. The purpose of the programme was to encourage women to get back into cycling and learn how to cycle safely on the roads.



Participants on the Summit Sisters hike.

A 6-week Aqua Fit programme for Women was delivered in Roscrea Leisure Centre from October 30th to December 4th with 30 participants.

A successful Women's indoor cycling programme was held at TUS campus Clonmel, using the Clonmel Cycling Club indoor facilities with eleven participants in November.

Older Adults

In the Spring a 6 week Walking Football programme was held in Cashel in conjunction with Cashel Men's Shed with 10 participants playing football.

Funding was secured from Age & Opportunity to host the Go for Life Tournament Games, which took place on May 19th in Littleton. The event featured 10 teams with a total of 41 participants competing in Boccia, Cornhole and Flisk. Borrisokane Men's Shed emerged as the winners of the tournament.

TSP supported an older adult exercise programme at Fethard Day Care Centre with 13 participants in June as part of the TSP Keeping Well Programme.

A team of 12 participants represented Tipperary at the South East Regional Go for Life Games on October 15th in SETU Waterford, where they competed in games of Flisk, Scidlis, and Malai.



Team Tipperary at Go For Life Regional Games

In addition, a series of six Physical Activity Leader (PAL) Workshops were delivered in partnership with Age and Opportunity which concluded on October 20th in Littleton with 12 participants successfully completing the programme. The aim of the programme is to empower older adults to lead fun, inclusive physical activity sessions within their own groups and communities, promoting health, confidence, and social connection.

Funding was secured from Healthy Ireland to host the TSP Masters Boccia Tournament, which took place on the November 24th in the Abbey Court Hotel, Nenagh. 14 teams consisting of 42 participants took part from Men's Shed, Women's Sheds and community groups around North Tipperary.

A 12-week Aqua Fit programme was delivered in both Nenagh Leisure Centre and Sean Kelly Sports Centre, Carrick on Suir with 60 participants taking part in total. This activity proved very popular and was funded by Healthy Ireland and Sport Ireland.

Staff were delighted to be in attendance at the Tipperary Age Friendly Expo in TUS, Thurles on June 18th.

We are part of the Tipperary Age Friendly Group and work closely with partners to develop and support quality of life for older adults. Older Adult Activity resources continued to be available on our website throughout the year.

Mental Well Being

We collaborated with the HSE for a HSE Healthy Dojo in Nenagh (May/June) and Thurles (September/October). This consisted of 2 exercise sessions per week for 8 weeks with 21 participants.



Participants at Healthy Dojo in Thurles

Mental Health Week was promoted through social media. We were delighted to be in attendance at Tipperary Mental Health Week Recovery is Possible event at TUS, Thurles on October 10th.

Club Development

In 2025, a total of 45 clubs were awarded funding of €37,450 under the TSP Coaching and Development Fund. Of these, 37 clubs proceeded to draw down funding amounting to €27,564.65. In addition, one club was successful in securing support under the Urban Adventure Fund.

Training and Education

As part of the Club Development programme, TSP continued to promote Code of Ethics training with 12 Safeguarding 1 workshops delivered via zoom with 159 participants. Two Club Children Officers (Safeguarding 2) delivered in March and November with 28 participants. Two Designated Liaison Person Courses (Safeguarding 3) delivered in April and November with 25 participants. TSP promoted the Sport Ireland Safeguarding Refresher online programme.

14 participants completed Rescue and Emergency Care First Aid on April 5th in Moycarkey Borris Community Sports Centre.

In November, a 4-night Tipperary Sports Club Package was delivered to 13 volunteers. Two workshops were delivered via zoom and two in person in TUS Thurles Campus. This package was delivered by a top-quality line up including Pdraig Roche, Aaron Grant, Dr. Damien Young and Dr. Marion Geary, all experts in their disciplines and they spoke about Strength and Conditioning in Sports, Sports Nutrition, Stats and Data use in Sports, and Sports Psychology.

Volunteers in Sport

Sport Ireland sponsored the Federation of Irish Sport (FIS) – Volunteer in Sport Awards 2024 in collaboration with the Sport Partnership Network. Paddy Fitzgerald of Knockavilla Donaskeigh GAA Club was selected by the FIS judging panel as the Tipperary Volunteer In Sport for 2024.



Paddy Fitzgerald, Tipperary Sports Volunteer, 2024 at the Federation in Sport Awards on February, 28th, 2025

Infrastructure Development

We are represented on the Development Committees for the Regional Sports Hub Development on TUS campus, Frank Drohan Road in Clonmel and Fethard Town Park supporting the development of key multi-sport infrastructure in the County.

TSP is currently working with Carrick MD, Thurles MD and Nenagh MD to support new sports infrastructure in their MD through the provision of 3 V 3 Basketball Courts which are accompanied by biodiversity measures. TSP secured funding through Sport Ireland under Participation Nation Outdoor Fund.

The Sports Partnership secured funding through ORIS to conduct a feasibility study for re-watering of an old millrace channel on Suir Island in Clonmel as a recreational white water kayaking and specialist rescue training channel. This project is in partnership with Tipperary County Council and Canoeing Ireland.

Research

TSP is working with Limerick Sports Partnership, Technological University of the Shannon, South East Technological University, Ladies Football Association and the Camogie Association carrying out research – Exploring Adolescent Girls in Gaelic Games.

Innovation Project - Suir V

Phase 2 of the Suir V Project was completed in 2025.

The VR was used by TSP to encourage young people from disadvantaged backgrounds to try canoeing through three programmes. 25 participants were initially provided with the VR Experience which is followed by trying kayaking in the real world, this worked extremely well with some great feedback from participants on how the skills picked up while using the headset transferred to real-life experience and helped alleviate fears and reservations of being on the water.

TSP Development Officers attended the annual Sport Ireland Development Conference and TSP hosted a section on the day showcasing the VR Headset.

Sport Ireland Regional Development Officer Meeting

This was a dynamic event in Fethard hosted by TSP that brought together 10 local sports partnerships from the region. The day was filled with networking opportunities, group activities while fostering collaboration among the attendees. Participants engaged in insightful discussions on various topics through a walking debate with students from our HER Moves programme in Fethard, while also enjoying the unique experience of trying out VR Kayaking (Suir Blueway) with TUS Tipperary, which added an exciting twist to the day's agenda.

Overall, it was a productive and enjoyable gathering that highlighted the importance of community in sports development.



TSP staff showcasing the VR Headset

ENGAGEMENT METRICS



Engagement Metrics



Participation Engagement
10,288



People with a Disability
692



Training
505

COMMUNICATIONS AND SOCIAL MEDIA METRICS



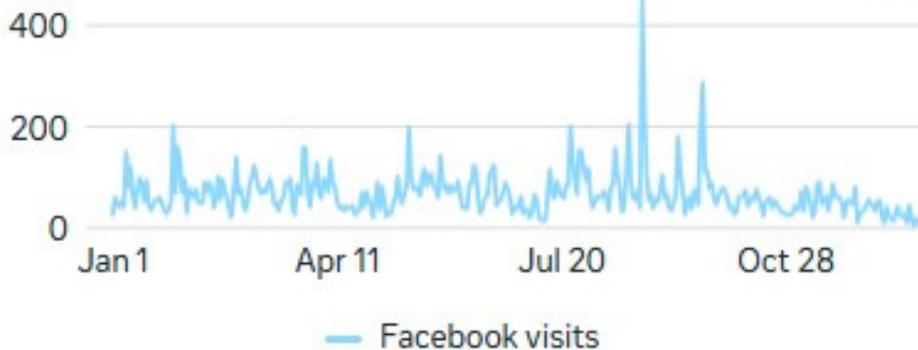
Communications Social Media

Facebook January - December 2025

Visits ⓘ

Export ▼

24.3K ↓ 23.7%

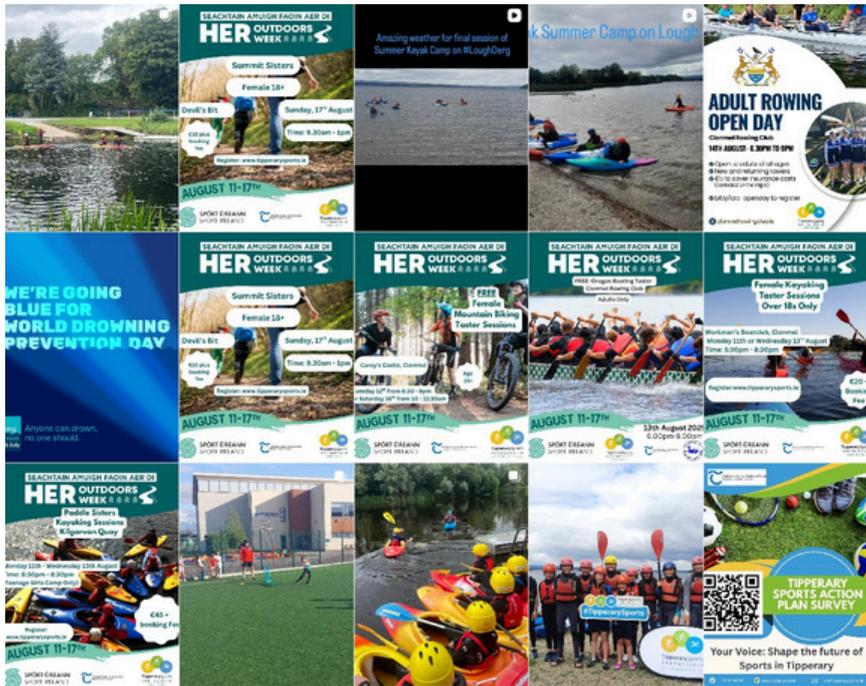


24.3K
Page
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| Title | Date published ↓ |
|---|------------------|
| This post has no text Photo • Tipperary Sports Partnership | Dec 31, 2025 |
| Happy New Year, Wishing you all a Healthy, Active and Sporting 2026. 🎉 Athbhliain faoi mhaise daoibh go léir, 🎉 Sport Irela... Photo • Tipperary Sports Partnership | Dec 31, 2025 |
| Spring 2026 Safeguarding Dates Tipperary Sports Partnership are hosting Online Safeguarding Workshops in Spring 2026 via Zo... Photo • Tipperary Sports Partnership | Dec 29, 2025 |
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| Spring 2026 Safeguarding Dates Tipperary Sports Partnership are hosting Online Safeguarding Workshops in Spring 2026 via Zo... Photo • Tipperary Sports Partnership | Dec 23, 2025 |
| A look back at our inclusive cycling programme in Clonmel earlier in the year, this was the second of our programmes in August with... Reel • Tipperary Sports Partnership | Dec 22, 2025 |
| Why not join your local #parkrun this morning at 9.30am. It's free, fun, and open to all fitness levels. Walk, jog, or run - it's all about ... Multi media • Tipperary Sports Partnership | Dec 20, 2025 |

609
Posts

Instagram January - December 2025

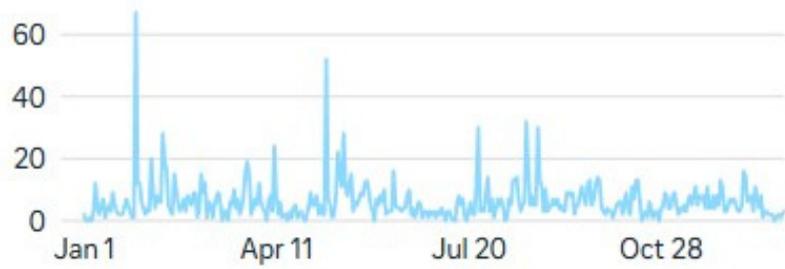


454 Posts.

Visits ⓘ

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2.3K ↓ 9%

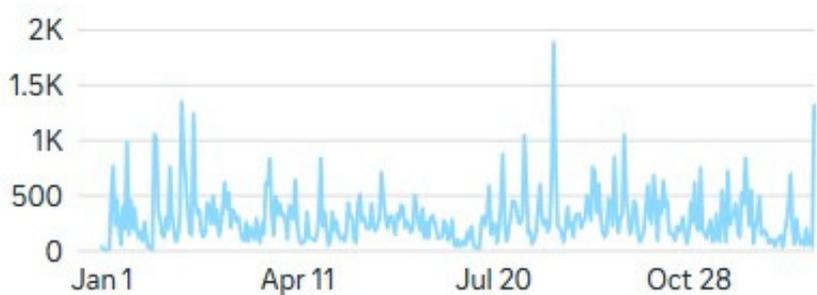


2.3K Page Visits

Reach ⓘ

Export ▼

24.5K ↑ 43.8%



24.5K Reach

— Reach

Twitter January - December 2025



400 Tweets Sent



Website January - December 2025



**Tipperary Sports
PARTNERSHIP**
SPORT IRELAND

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Latest News



Programmes



Training & Education



Upcoming Events



Community Sports Hub



Volunteers in Sport Awards



Publications



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| <input type="checkbox"/> | Record Investment of €11.95M for Sport Ireland's Network of Local Sports Partnerships | News article Leisure and Recreation |
| <input type="checkbox"/> | Tipperary Sports Partnership - Latest News | Newsroom |
| <input type="checkbox"/> | Local Sports Partnership Education and Training Initiative | Service page Leisure and Recreation |

**56 Articles/
Pages
Produced**



INCOME AND EXPENDITURE 2025



INCOME AND EXPENDITURE REPORT 2025

Income 2025

| | |
|-------------------------------|------------------|
| Carry Over from 2024 | 750,402 |
| Sport Ireland | 440,770 |
| Tipperary County Council | 18,000 |
| Health Services Executive | 18,940 |
| Go for Life Grant | 750 |
| Course/Event/Activity Income | 41,636 |
| Bike Week | 10,275 |
| Healthy Ireland Phase 6 | 20,000 |
| Sport Ireland Dormant Account | 75,910 |
| ESF + Programme | 72,000 |
| Participation Nation | 108,750 |
| Total Income | 1,557,433 |

Expenditure 2025

| | |
|-------------------------------------|----------------|
| Staff Costs | 384,895 |
| Non Staff Costs | 42,171 |
| Strategy | 2,410 |
| Education & Training | 24,103 |
| Sport Ireland Programmes | 4,320 |
| Go for Life | 2,896 |
| Women in Sport | 20,820 |
| Sport Ireland General Participation | 40,834 |
| Generic Training | 16,243 |
| HSE Co Supported Programmes | 20,280 |
| Social Inclusion Programmes | 9,423 |
| Dormant Account Funding | 118,572 |
| Healthy Ireland | 20,017 |
| ESF Social Innovation in Sport | 69,433 |
| Outdoor Swimming | 332 |
| Participation Nation | 108,750 |
| Total Expenditure | 885,900 |

All funding is ring fenced for on-going TSP programmes and activities.



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