

Mungret St Pauls GAA Club, Limerick
Community 10K Fun Run/Walk

Mungret St Pauls have been running a 10K Fun Run/Walk since 2010 in order to encourage health and fitness in the community and also to create an event within the community where people could come together annually. The event is run over a weekend with the Run/Walk on the Saturday and a barbeque with music on the Sunday to increase the community aspect of the event. The event was borne from a realisation within the club that the community, many of whom were new to the area and may not have been GAA orientated. The club wanted to create something to bring these people together, something in which everyone in the community could take part in. They also wanted to create an ethos of exercise and give the community the collective goal of training for the event.

The Healthy Club Project Team have run the event for the last number of years and were involved in it's inception. They liaise with the various bootcamps being run through the club which are tailored to prepare members for the event. The 10K event is driven from the start of January every year with advertisements and updates on Facebook. They also offer weekly training advice through the Club notes that go to over 600 families within the community. In 2016 Mungrets St Pauls introduced a 5K route into the event in an attempt to make it more inclusive. This option appealed to younger teenagers as well as some of the older members in the community, who walk the 5K.

When the initiative started out almost 1000 people were involved but in recent years they are averaging at approximately 800 in the 5K/10K and a further 100 children involved in the children's race. The event has highlighted the Club's commitment to promoting health and fitness and it creates a fantastic community weekend which has seen club membership increase. Many members of the community continue with walking/running throughout the year as they try and maintain their fitness but also many of them target an improvement in their time year after year.

Since 2010 the event has raised over €60,000 for local charities, the majority of which goes to their partner charity, Limerick Marine Search & Rescue







