

# The Smart Community Management Manual

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## Chapter 7 - 1.2a) Sport & Physical Activities



Email [info@etownz.com](mailto:info@etownz.com) for queries or visit us at [www.etownz.ie](http://www.etownz.ie)

## Introduction

eTownz has partnered with a number of highly respected research organisations in Ireland and the EU on research projects in the community development and health spaces over the past eight years. The Smart & Engaged Community Management framework was formed based on this research and the guidance of Dr. Maura Farrell of NUIG and Dr. Maura Adshead of UL.

The framework is designed so that it can be applied to any community and under any thematic area of community development. This manual is created using the dynamic “eTownz Knowledge Hub” database which is continually updated with new project ideas and other useful information. If you would like to contribute new ideas please contact us on [info@etownz.com](mailto:info@etownz.com). This manual can be used as a standalone document or used along with eTownz Community Management Portal.

# Who is involved and what is the structure?

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## Coordination Team

The Coordination Team facilitates coordination and knowledge sharing between different Town Teams. Highly committed Stakeholders experienced in community development are strongly encouraged to join the Coordination Team. Town Teams should retain independence and responsibility for their own areas.



## Town Teams

Town Teams are inclusive smart local teams focused on specific aspects of local development. Town Teams link like minded people together to develop and implement solutions to community problems.



## Stakeholders

A stakeholder can be a business, club, public service provider or interested local people. A stakeholder may represent one or more of these interests. All the stakeholders are invited to join a community council.

## Core Town Teams x4

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Members are invited to form Town Teams related to each of the four main community development Pillars. These are:



Every participating community should aim to have, at minimum 3 to 6 people on each of the four, top-level Town teams.

## Town Teams

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Specialist Town Teams are invited to form teams related to specific areas under the four main Pillars. Members of the council are invited to join the Town teams that are relevant to them.

Members of the action team follow the structured format of the smart community framework. They decide their work schedule as a team, creating and implementing local action plans together.

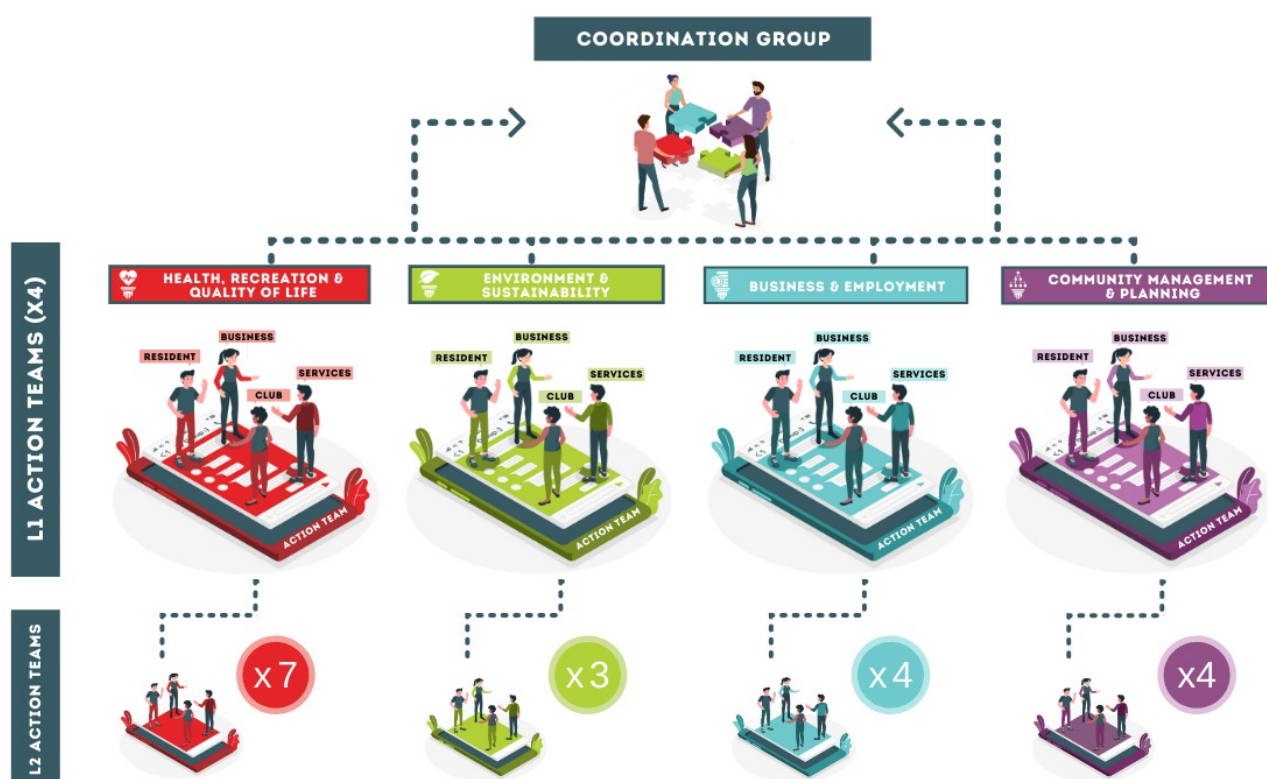
## How to use this manual to build a local action team?

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The Coordination Team will introduce like-minded stakeholders who wish to form Town teams. The action team then follows a 5-step format illustrated below to compile a “Smart Community Action Plan” for their team. The then follows a 5-step format illustrated below to compile a “Smart Community Action Plan” for their team. The plans can be updated internally throughout the year.

Town teams are invited to submit their plan for the coming 12 months annually. This will be integrated into the overall community plan for the year, compiled before the community AGM.

The AGM helps align the various Town teams and encourage cross-community collaboration on implementation of the plan for the year.



## Step 1: Stakeholder Review

The table below can be used by your team to help identify the stakeholders related to this theme. The stakeholders should be invited to provide their ideas, opinions and to join the local action team to help collaborate on initiatives.

### Actions





















- Manage a register of local assets
- Survey local opinions/ideas
- Recruit & engage local action team










































### Outcomes










- Top down understanding of local stakeholders
- Bottom up understanding stakeholder perspectives
- Expand team, increase ambitions, plan succession

	Title	Type	#	Comment
	Bike Rentals ( <a href="#">S573</a> )	Business		
	Bike Sales Shop ( <a href="#">S767</a> )	Business		
	Bike Shops ( <a href="#">S609</a> )	Business		
	Martial Arts Club ( <a href="#">S585</a> )	Business		

	Paintball Park <a href="#">(S586)</a>	Business		
	Personal Trainers <a href="#">(S589)</a>	Business		
	Physical Therapist <a href="#">(S758)</a>	Business		
	Centre for Displaced People <a href="#">(S41)</a>	Public Service		
	Council Cycling Officer <a href="#">(S768)</a>	Public Service		
	Regional Sports Partnership <a href="#">(S769)</a>	Public Service		
	School - Primary / National <a href="#">(S161)</a>	Public Service		
	School - Secondary <a href="#">(S203)</a>	Public Service		
	Acrobatics Club <a href="#">(S271)</a>	Club / Group		
	Badminton Club <a href="#">(S258)</a>	Club / Group		
	Basketball Club <a href="#">(S337)</a>	Club / Group		
	Beach volleyball Club <a href="#">(S318)</a>	Club / Group		
	BMX Club <a href="#">(S339)</a>	Club / Group		
	Bodybuilding Club <a href="#">(S340)</a>	Club / Group		
	Boxing Club <a href="#">(S259)</a>	Club / Group		
	Brazilian jiu-jitsu Club <a href="#">(S341)</a>	Club / Group		
	Breakdancing Club <a href="#">(S319)</a>	Club / Group		
	Camogie Club <a href="#">(S32)</a>	Club / Group		
	Canoeing Club <a href="#">(S343)</a>	Club / Group		
	Climbing Club <a href="#">(S320)</a>	Club / Group		

	Community Games Committee <a href="#">(S61)</a>	Club / Group		
	Cricket Club <a href="#">(S321)</a>	Club / Group		
	Cycling Club <a href="#">(S363)</a>	Club / Group		
	Dance Club <a href="#">(S282)</a>	Club / Group		
	Equestrianism Club <a href="#">(S323)</a>	Club / Group		
	Fencing Club <a href="#">(S265)</a>	Club / Group		
	Field Hockey Club <a href="#">(S324)</a>	Club / Group		
	GAA Club <a href="#">(S96)</a>	Club / Group		
	Golf Club <a href="#">(S581)</a>	Club / Group		
	Gymnastics Club <a href="#">(S266)</a>	Club / Group		
	Handball Club <a href="#">(S347)</a>	Club / Group		
	Hiking Club <a href="#">(S313)</a>	Club / Group		
	Jogging Club <a href="#">(S349)</a>	Club / Group		
	Judo Club <a href="#">(S327)</a>	Club / Group		
	Kayaking Club <a href="#">(S350)</a>	Club / Group		
	Kitesurfing Club <a href="#">(S352)</a>	Club / Group		
	Martial Arts Club <a href="#">(S353)</a>	Club / Group		
	Netball Club <a href="#">(S358)</a>	Club / Group		
	Powerlifting Club <a href="#">(S361)</a>	Club / Group		



	<b>Rafting Club</b> <a href="#">(S362)</a>	Club / Group		
	<b>Rock Climbing Club</b> <a href="#">(S364)</a>	Club / Group		
	<b>Roller Skating Club</b> <a href="#">(S365)</a>	Club / Group		
	<b>Rugby League Club</b> <a href="#">(S330)</a>	Club / Group		
	<b>Rugby Union Club</b> <a href="#">(S195)</a>	Club / Group		
	<b>Running Club</b> <a href="#">(S366)</a>	Club / Group		
	<b>Sailing Club</b> <a href="#">(S367)</a>	Club / Group		
	<b>Set Dancing Club</b> <a href="#">(S207)</a>	Club / Group		
	<b>Skateboarding Club</b> <a href="#">(S371)</a>	Club / Group		
	<b>Soccer Club</b> <a href="#">(S212)</a>	Club / Group		
	<b>Squash (sport) Club</b> <a href="#">(S331)</a>	Club / Group		
	<b>Surfing Club</b> <a href="#">(S332)</a>	Club / Group		
	<b>Swimming Club</b> <a href="#">(S326)</a>	Club / Group		
	<b>Table Tennis Club</b> <a href="#">(S304)</a>	Club / Group		
	<b>Taekwondo Club</b> <a href="#">(S372)</a>	Club / Group		
	<b>Tai Chi Club</b> <a href="#">(S373)</a>	Club / Group		
	<b>Tennis Club</b> <a href="#">(S333)</a>	Club / Group		
	<b>Triathlon Club</b> <a href="#">(S334)</a>	Club / Group		
	<b>Volleyball Club</b> <a href="#">(S268)</a>	Club / Group		
	<b>Walking Club</b> <a href="#">(S374)</a>	Club / Group		

	Water Polo Club <a href="#">(S335)</a>	Club / Group		
	Weight Training Club <a href="#">(S269)</a>	Club / Group		
	Wrestling Club <a href="#">(S270)</a>	Club / Group		
	Yoga Club <a href="#">(S307)</a>	Club / Group		
	Youth Clubs <a href="#">(S256)</a>	Club / Group		
	Persons with: Physical Impairment <a href="#">(S836)</a>	Individual		
	Primary School Student <a href="#">(S843)</a>	Individual		
	Secondary School Student <a href="#">(S844)</a>	Individual		
	Teenagers <a href="#">(S825)</a>	Individual		















## Step 2: Asset Review

Use the table below to help build the record list of assets in your area. Use the eTownz portal or a spreadsheet to register your local assets, discuss conditions and how the assets can be better utilised in the community.



	Title	#	Comments
	Community Centres <a href="#">(A56)</a>		
	Cycle Path - Type 1 <a href="#">(A76)</a>		



	Cycle Path - Type 2 ( <a href="#">A770</a> )		
	Cycle Path - Type 3 ( <a href="#">A772</a> )		
	Cycle Path - Type 4 ( <a href="#">A771</a> )		
	Green Roofs ( <a href="#">A784</a> )		
	Gym ( <a href="#">A107</a> )		
	Lake / Pond ( <a href="#">A135</a> )		
	Marked Bike Road Trail ( <a href="#">A16</a> )		
	Mountain Bike Trail ( <a href="#">A773</a> )		
	Playground ( <a href="#">A176</a> )		
	Private Hospital ( <a href="#">A787</a> )		
	Public Hospital ( <a href="#">A117</a> )		
	Rivers and Streams ( <a href="#">A193</a> )		
	School ( <a href="#">A849</a> )		
	Sea Angling Point ( <a href="#">A6</a> )		
	Soccer Pitches ( <a href="#">A95</a> )		

## Step 3: Goals & Metrics Review

Understanding the goal for each action team and attributing relevant metrics is a key part of the Smart Community Management Framework. Below we provide suggested goals and metrics. Please use these as a support to define goals and metrics that work for your community. In the plan, the action team should define how often the goals are to be reviewed and how often the metrics collected.



**b** Coordinate data collection

**c** Compare & analyse performance to help plan



Goals &  
Metrics  
Review

**b** Leverage data for better decision making

**c** Compare project outputs to planned goals

Title	How is this data collected	Comment	<input checked="" type="checkbox"/>
Number of local community sporting organisations dedicated to children and youth activities (M110)	Through feedback from relevant members of the community (via surveys, interviews or other feedback mechanisms).		<input type="checkbox"/>
Number of local sporting and recreational activities specifically for children and youth. (M111)	Through feedback from relevant members of the community (via surveys, interviews or other feedback mechanisms).		<input type="checkbox"/>
Number and type of local sport and recreational facilities for children (e.g. playground, skater park..). (M112)	Through feedback from relevant members of the community (via surveys, interviews or other feedback mechanisms).		<input type="checkbox"/>
Type of sporting activities taking place within local schools. (M113)	Through feedback from relevant members of the community (via surveys, interviews or other feedback mechanisms).		<input type="checkbox"/>
The number of people taking part in community sporting organisations (M114)	Through feedback from relevant members of the community (via surveys, interviews or other feedback mechanisms).		<input type="checkbox"/>
The number of people involved in physical activity within the community - i.e. walking, cycling (M115)	Through feedback from relevant members of the community (via surveys, interviews or other feedback mechanisms).		<input type="checkbox"/>
Number of sporting organisations within the community (M116)	Through feedback from relevant members of the community (via surveys, interviews or other feedback mechanisms).		<input type="checkbox"/>
The number of parks in the community (M117)	Through feedback from relevant members of the community (via surveys, interviews or other feedback mechanisms).		<input type="checkbox"/>
Level of sporting and recreational activities dedicated specifically to different groups, elderly, youth or children. (M118)	Through feedback from relevant members of the community (via surveys, interviews or other feedback mechanisms).		<input type="checkbox"/>
The number of people involved in physical activity within the community - i.e. walking, cycling (M115)	Through feedback from relevant members of the community (via surveys, interviews or other feedback mechanisms).		<input type="checkbox"/>

<b>The type and number of playground facilities provided in the community for children and teenagers. (M119)</b>	Through feedback from relevant members of the community (via surveys, interviews or other feedback mechanisms).		<input type="checkbox"/>
<b>Number of promotional programmes in place within the community to promote community sports and recreation (M120)</b>	Through feedback from relevant members of the community (via surveys, interviews or other feedback mechanisms).		<input type="checkbox"/>
<b>The level of funding allocated to community recreational facilities (M121)</b>	Through feedback from relevant members of the community (via surveys, interviews or other feedback mechanisms).		<input type="checkbox"/>
<b>Number of sporting organisations within the area (M122)</b>	Through feedback from relevant members of the community (via surveys, interviews or other feedback mechanisms).		<input type="checkbox"/>
<b>Number and type of sporting and/or recreational facilities within the community (M123)</b>	Through feedback from relevant members of the community (via surveys, interviews or other feedback mechanisms).		<input type="checkbox"/>
<b>Number and type of fitness programmes active within the community (M124)</b>	Through feedback from relevant members of the community (via surveys, interviews or other feedback mechanisms).		<input type="checkbox"/>
<b>Number and type of sport and recreational activities taking place within the community for actively retired and elderly. (M125)</b>	Through feedback from relevant members of the community (via surveys, interviews or other feedback mechanisms).		<input type="checkbox"/>
<b>Type of sport and recreational activities taking place within local schools (M126)</b>	Through feedback from relevant members of the community (via surveys, interviews or other feedback mechanisms).		<input type="checkbox"/>
<b>Number of regular cyclists in the community (M127)</b>	* Check census data * Undertake cycling survey at key locations * Conduct survey among local people		<input type="checkbox"/>

	<b>Title</b>	<b>Summary</b>	<input checked="" type="checkbox"/>	<b>Comment</b>
		Sport and recreation is increasingly viewed as an essential part of the sustainability and development of all communities. In addition to the related health benefits, sport and recreational facilities and activities within a community can build social	<input type="checkbox"/>	



## Team Building, Management & Metrics - (G19)

Within a community can build social capital and community spirit. Placing a high value on sport and recreational facilities allows that community to form relationships, networks and friendships which in the longer term can have a lasting impact on the sustainability and development of a community. To ascertain what the community needs within the area of sport and recreational activity and facilities, an initial audit needs to be carried out to determine what are the current sporting activities and facilities and to determine what facilities community individuals feel would enhance their area.



## Awareness, Understanding & Skills - (G20)



## Preserve, Support & Develop - (G21)

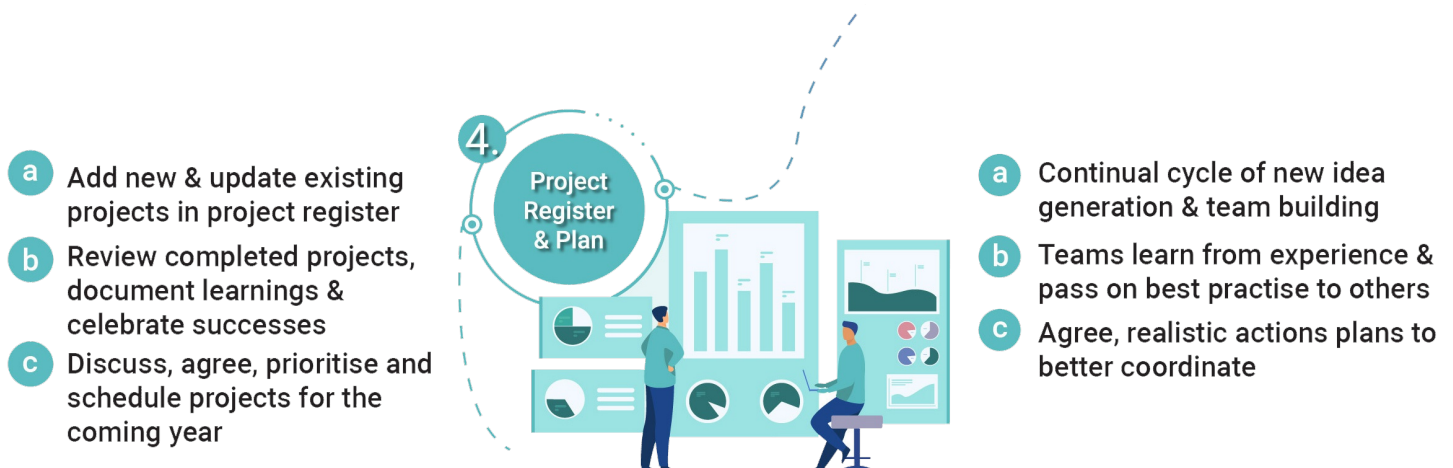
The National Guidelines on Physical Activity for Children and young people recommend that 'all children and young people should be active, at a moderate to vigorous level, for at least 60 minutes every day. Include muscle-strengthening, flexibility and bone-strengthening exercises 3 times a week'. Incorporating this level of activity into children and young people within a community requires a collaborative effort between community groups, schools and parents. \*\*\*\*\* Adult Participation in Physical Activity Maximise numbers involved in sports & recreational activities in the community Community sport and recreation have considerable benefits; health and well-being, social and economic. Nonetheless, a large proportion of people within communities fail to engage in sport and recreational activities for different reasons. To counteract this and to increase the level of community involvement in sport and physical activity it is essential that a community strategy be drawn up. This strategy needs to involve all members of society, children youth, adults actively retired, elderly and those with special needs. In drawing up a strategy, a promotional campaign needs to take place to ensure that all groups are aware of the benefits of physical activity. In addition, facilities need to be upgraded to accommodate all ages and special



populations within the community.  
 \*\*\*\*\* Improve Local Recreational Resources Maximise the availability of facilities and resources for sports and recreation within the community. Community recreational resources are essential for the well-being of community individuals as they enhance physical activity, however community resources such as parks, playgrounds and other public amenities also provide essential social benefits for the local community.

## Step 4: Project Register & Planning

The action team should begin this section by taking consideration of the projects undertaken in the past 2 years, the currently active projects as well as project ideas for the future. Use the eTownz portal to conduct an online discussion on this topic. We also provide a suggested format for huddles related to this.



### Goal: Team Building, Management & Metrics - (G19)

Sport and recreation is increasingly viewed as an essential part of the sustainability and development of all communities. In addition to the related health benefits, sport and recreational facilities and activities within a community can build social capital and community spirit. Placing a high value on sport and recreational facilities allows that community to form relationships, networks and friendships which in the longer term can have a lasting impact on the sustainability and development of a community. To ascertain what the community needs within the area of sport and recreational activity and facilities, an initial audit needs to be carried out to determine what are the current sporting activities and facilities and to determine what facilities community individuals feel would enhance their experience.

Related Project Ideas	Rate	Comments
<b>Audit Sporting/Recreational Facilities (P44):</b> Consult with local sporting and recreation organisations to determine their view on what already exists within the community and what should be developed.		
<b>Ascertain Available Facilities in the Community (P45):</b> Carry out a local survey to ascertain what facilities people, know about, use or would like within their community		
<b>Develop A Strategic Plan for Sport and Recreation (P46):</b> Draw up a strategic plan for sport and creation which is inclusive of all groups within the community. It will seek to encourage more participation in sports clubs.		
<b>Government Financial Aid for Sporting and Recreational Activities (P47):</b> Determine what government funding is available for the development of new sporting and recreational facilities		



## Goal: Awareness, Understanding & Skills - (G20)

## Goal: Preserve, Support & Develop - (G21)

The National Guidelines on Physical Activity for Children and young people recommend that 'all children and young people should be active, at a moderate to vigorous level, for at least 60 minutes every day. Include muscle-strengthening, flexibility and bone-strengthening exercises 3 times a week'. Incorporating this level of activity into children and young people within a community requires a collaborative effort between community groups, schools and parents.

\*\*\*\*\* Adult Participation in Physical Activity Maximise numbers



Adult Participation in Physical Activity Maximise numbers involved in sports & recreational activities in the community  
Community sport and recreation have considerable benefits; health and well-being, social and economic. Nonetheless, a large proportion of people within communities fail to engage in sport and recreational activities for different reasons. To counteract this and to increase the level of community involvement in sport and physical activity it is essential that a community strategy be drawn up. This strategy needs to involve all members of society, children youth, adults actively retired, elderly and those with special needs. In drawing up a strategy, a promotional campaign needs to take place to ensure that all groups are aware of the benefits of physical activity. In addition, facilities need to be upgraded to accommodate all ages and special populations within the community. \*\*\*\*\* Improve Local Recreational Resources Maximise the availability of facilities and resources for sports and recreation within the community. Community recreational resources are essential for the well-being of community individuals as they enhance physical activity, however community resources such as parks, playgrounds and other public amenities also provide essential social benefits for the local community.

Related Project Ideas	Rate	Comments
<b>Research Children's Physical Activities (P35):</b> Collaborate with the local schools to ascertain the level of physical activity children and young people are engaged in  <a href="#">(Case Study: 205)</a> Bray Homeless Forum		
<b>Support Local Community Groups Working with Children (P36):</b> Support local community groups working with children, youth and sport (financial support etc.).		
<b>Promote Youth Sport and Physical Activity (P37):</b> Promote sport and physical activity in a manner that attracts children and youth in your community.		
<b>Community Sport and Recreational Strategy (P38):</b> Draw up a community sport and recreational strategy to support activities in the community.		
<b>Promote Community Sport and Recreational Activities (P39):</b> Carry out a promotional campaign to promote community sport and recreational activities		
<b>Sport/Recreation officer (Volunteer) (P40):</b> Consider employing a dedicated officer for sport and recreation within the community who can support sport and recreation activities in the community. Can be on a voluntary basis		
<b>Funding For Sport Clubs (P41):</b> Assist local sporting organisations to local funding.		

<p>This could be done by a local committee.</p>		
<p><b>Partner with Local Schools to Promote Sport and Recreation (P42):</b> Work in partnership with the local schools to promote sport and recreational activities amongst children and youth.</p>		
<p><b>Understanding Local Recreational Resources (P102):</b> Ascertain the local recreational resources through a feasibility study and determine the level of facilities in accordance with national and regional standards.</p>		
<p><b>Local Recreational Facilities Committee (P103):</b> Establish a local committee or sub-committee interested in improving this aspect of the community.</p>		
<p><b>Funding for Local Recreational Facilities (P104):</b> Determine the level of national, regional and local funding for the improvement of local recreational facilities.</p>		
<p><b>Develop Local Recreational Facilities (P105):</b> Create local awareness of the importance of improved local recreational facilities and ascertain the type of facilities that most suit the needs of the local community.</p>		
<p><b>Promote Hiking (P567):</b> An innovative LEADER project promotes hiking and of an online hiking planner tool, GPS navigation and a smartphone app.</p> <p>(Case Study: 289) GO Eastbelgium</p>		
<p><b>Integrated Sports &amp; Adventure Centre (P569):</b> EAFRD funding enabled the creation of an integrated sports and adventure centre where visitors can enjoy nature and benefit from its environmental education services.</p> <p>(Case Study: 292) Setting up an Integrated Sports and Adventure Centre</p>		
<p><b>Expand Possibilities for Children (P621):</b> A LEADER project tackled the limited possibilities of children in the peripheral part of the capital city of Ljubljana to engage in free-time activities.</p> <p>(Case Study: 397) Subsidiary school - a driving force for local development</p>		
<p><b>Promote Local Activities via SM Profiles (P677):</b> In the creation of social media profile for the community, there should be separation of profiles depending on areas of interest. Creation of a social media profile dedicated to local activities such as sports, arts, festivals etc</p>		



### Break Down Cycling Barriers (P705):

Aim to break down barriers which discourage certain groups from enjoying cycling, such as women from ethnic minorities and people with disabilities.

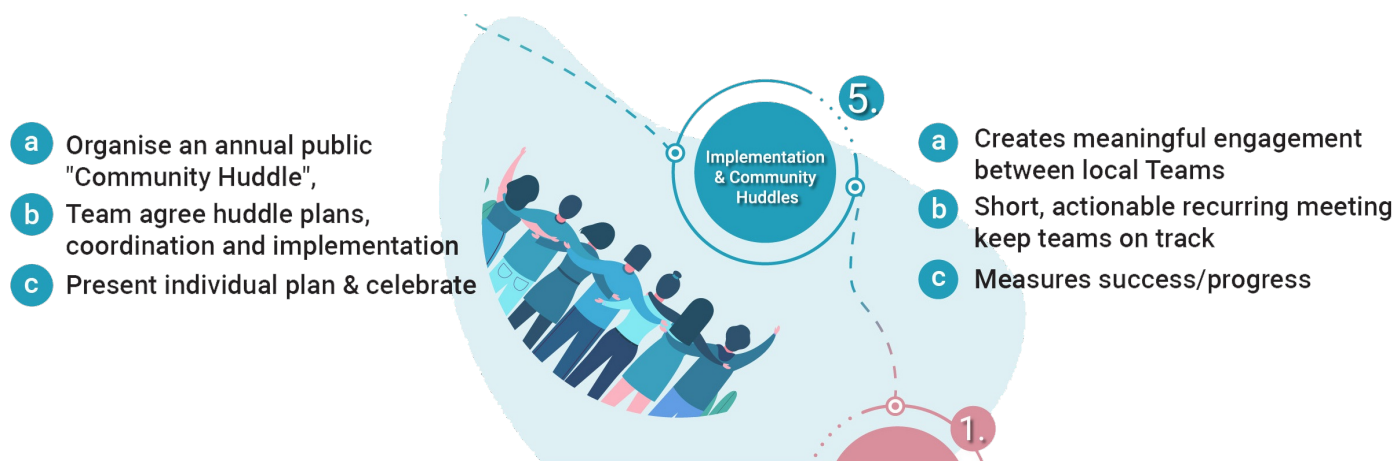
(Case Study: 466) Shetland residents prove age or ability won't stop them from cycling

### Implement The Daily Mile Activity (P737):

This is a simple but ground-breaking initiative, encouraging primary school teachers to take children outside to walk or run for 15 minutes each day. The aim of the Daily Mile is to improve the physical, emotional, social health & well-being of children in Ireland and around the world – regardless of age or personal circumstances, to create healthy habits for life.

## Step 5: Community Huddles & Implementation

Community Huddles cover a variety of different meetings types that take place throughout the year. This includes remote meetings, project planning or project implementation meetings. We provide a suggested one hour format for the main meeting types to help make best use of people's time.



## Appendices: Additional Info

### Quick Win Projects

Summary	<input checked="" type="checkbox"/>
Define all local sports clubs/teams/gyms facilities:	<input type="checkbox"/>
Define all local sports clubs/teams/gyms facilities	
Get list of all disabled friendly recreational facilities :	<input type="checkbox"/>
Get list of all recreational facilities in the area with or without disabled access and	

area with or without disabled access and facilities	<input type="checkbox"/>
Get list of all recreational facilities : Get list of all recreational facilities in the area	<input type="checkbox"/>
Organise training/event schedule: Organise training/event schedule - minimise time clashes	<input type="checkbox"/>

## Relevant/Supporting Organisations

Title	Comment
<input type="checkbox"/> <b>County Carlow Sports Partnership</b> Increasing participation in physical activity & sport in County Carlow. Working with clubs, schools and community groups. Providing progs, info & training.	
<input type="checkbox"/> <b>Carlow Town parkrun</b> <a href="https://www.parkrun.ie/register/">https://www.parkrun.ie/register/</a> Please register before your first visit - <a href="https://www.parkrun.ie/register/">https://www.parkrun.ie/register/</a>	
<input type="checkbox"/> <b>Tullow Mountaineering Club</b> The club walk every Sunday leaving from Barrack St., Carlow at 9.30 a.m,& every Wed & Fri at 6.30pm, Askea car park.Bring a torch!!! We walk in the Blackstairs, Wicklow Mountains, the Comeraghs and the Galtys.The walks are graded easy, medium and hard.	
<input type="checkbox"/> <b>Hacketstown Community Games</b> Hacketstown Community Games train on a tuesday and thursday night in hacketstown sportsfield from 7pm - 8pm	
<input type="checkbox"/> <b>Laois Sports Partnership</b> Supporting sport and physical activity for all the people of County Laois.	
<input type="checkbox"/> <b>Battlebridge Leisure Cycling Club</b> we meet at Beirnes of Battlebridge every sunday morning at 11:00am. All levels of ability welcome	
<input type="checkbox"/> <b>Cullohill Athletics Group</b> Cullohill Athletics Group is a locally run voluntary group who meet in Cullohill GAA Pitch.	
<input type="checkbox"/> <b>Port Trail Walking group</b>	
<input type="checkbox"/> <b>Kilmallock Activity Hub</b> <a href="http://www.kilmallockonline.com">www.kilmallockonline.com</a> Kilmallock Activity Hub; ideal for Cycling, Biking, Walking, Heritage, Horse riding, Theatre, local Irish	

walking, heritage, horse riding, theatre, local Irish produce and much more. Kilmallock is at the Gateway of Adventure in Ballyhoura Country.  
[www.kilmallockonline.com](http://www.kilmallockonline.com)  
[www.ballyhouracountry.com](http://www.ballyhouracountry.com)

### Laois Walks Festival

Annual walking festival in County Laois. Guided walks featuring woodland, mountain, bog, canal and road trails.

### BallyroanAbbeyleix&District A.C

### Kill Cycling Club

Kill, Co. Kildare [Info@killcyclingclub.com](mailto:Info@killcyclingclub.com) New members always welcome You have a choice... Either throw in the towel or use it to wipe the sweat away.