



# GAEILGE IORRAIS

<b>Preasráiteas</b>  Press Release  07.07.2021	<b>Tuilleadh eolais:</b>  <a href="mailto:gaeilgeiorrais@gmail.com">gaeilgeiorrais@gmail.com</a>  <b>097-29023</b>  <a href="http://www.gaeilgeiorrais.ie">www.gaeilgeiorrais.ie</a>	<b>*English language summary is available on page 2.</b>
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## Críoch le Rith Shin Sheáin 2021: dúshlán aclaíochta uile Ghaeltachta

Ba mhaith le Gaeilge Iorrais comhghairdeas ó chroí a dhéanamh le chuile dhuine a chríochnaigh an dúshlán aclaíochta seo i nGaeltacht Iorrais le déanaí. Chuir Rith Shin Sheáin dúshlán aclaíochta de chineál eile ar fáil, a bhí dírithe ar luas agus sodar nó rith agus ní ar mhéid an mhíleáiste nó líon na gciliméadar amháin.

Chríochnaigh 57 páiste bunscoile as 3 scoil Ghaeltachta in Iorras an dúshlán aclaíochta seo. Lean siad plean traenála ar feadh sé seachtaine, thug siad faoi aclaíocht rialta sa chlós scoile agus d'éirigh leofa 2km a shiúl nó a rith ar a luas féin roimh dheireadh na scoilbhliana. Comhghairdeas leofa agus lena gcuid múinteoirí. Bhronn Gaeilge Iorrais bonn speisialta ar gach duine acu. D'éirigh le tuairim is 1,500 gasúr i 27 bunscoil Ghaeltachta thart timpeall na tíre tabhairt faoi Rith 2k Shin Sheáin ar an iomlán. Nach iontach iad!

Chláraigh 12 duine fásta ó Ghaeltacht Iorrais do leagan eile den dúshlán seo. Lean cuid acu a rogha plean traenála (i) plean do thosaitheoirí, cineál tolg go 5K (ii) plean d'fheabhsaitheoirí nó do dhaoine atá in ann 5k a rith ach ar mhaith leo a bheith níos sciobtha. Thug 9 duine fásta faoi Rás 5k Shin Sheáin ar Lá Fhéile Shin Sheáin, Dé Céadaoin 23 Meitheamh 2021. Comhghairdeas ó chroí le chuile dhuine a ghlac páirt sa Rás fíorúil Gaeltachta seo.

Bualadh bos speisialta do bhuaiteoirí as Gaeltacht Iorrais. Tá dhá ghradam buaite ag Pádraig Ó Brógáin (Béal an Mhuirthead) (i) an fear is sciobtha i nGaeltacht Iorrais don dara bliain as a chéile (ii) an 1ú fear os cionn 50 sa Rás uile Ghaeltachta seo. Is í Jackie Mc Guire (an Geata Mór) an bhean is sciobtha i nGaeltacht Iorrais. Nach iontach iad. Bhronn Gaeilge Iorrais

duaiseanna ar na daoine seo agus bonn speisialta ar chuile dhuine as Gaeltacht Iorrais a chríochnaigh an Rás.

Is iad Bríd-Síle Ní Fhlatharta ón gCeathrú Rua, a raibh am dochreidte de 16:50 aici agus Charlie Ó Domhnaill as na Rosa, Dún na nGall, a raibh sár rás aige in am 15:18, na daoine is sciobtha sa Ghaeltacht go léir. Bheadh Rás 5k in aon áit sa tír buaite acu le torthaí mar sin. Maidir le Bríd-Síle, is é 16:50 curriarracht ban na hÉireann ina haois ghrúpa (40-44), a thugann le fios chomh sciobtha is atá sí. Maith sibh go léir.

### English summary

Irish language planning officers throughout the Gaeltacht announced another virtual exercise challenge during May and June which focused on speed rather than distance alone and culminated in a virtual 5k race on Lá Fhéile Shin Sheáin, Wednesday 23 June 2021.

Gaeilge Iorrais would like to congratulate all those from Gaeltacht Iorrais that completed this challenge. They have been awarded a special medal from Gaeilge Iorrais for this achievement.

57 primary school children from 3 local Gaeltacht scheme primary schools completed a 2km version of this challenge. They followed a 6 week training plan under the guidance of their teachers in the school yard and they jogged or ran 2k at their own pace before the end of the school year. Maith sibh.

Bualadh bos speisialta to local winners Pádraig Ó Brógáin (Béal an Mhuirthead) who was successful on two counts (i) the fastest man in the Erris Gaeltacht for the second year running (ii) the fastest man over 50 in this all Gaeltacht race. Pádraig was followed by Eachléim resident Evin Ó Siúlaí in second place.

Congratulations also to local lady Jackie McGuire (an Geata Mór) the fastest woman in the Erris Gaeltacht this year, followed by Caitlín Ní Dhubhsaigh (Gaoth Sáile). All winners have been awarded prizes from Gaeilge Iorrais to mark their success.

Keep an eye on our website [www.gaeilgeiorrais.ie](http://www.gaeilgeiorrais.ie) or follow our Facebook page @Gaeilge Iorrais for regular updates.

**(CRÍOCH/END)**