



# GAEILGE IORRAIS

<b>Preasráiteas</b> Press Release 22.06.2020	<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>	*Leagan Béarla ar lch. 3 / English summary on pg3.
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## Comórtas Reatha na Gaeltachta 2020: Gaeltacht Iorrais

Tháinig na hoifigigh pleanála teanga thart timpeall na Gaeltachta le chéile le linn na tréimhse dianghlasála chun Comórtas Reatha na Gaeltachta a réachtáil agus chun a fháil amach cén pobal Gaeltachta is aclaí in Éirinn. Tá moladh mór ag dul do chuile rannpháirtí a ghlac páirt sa dúshlán aclaíochta ceithre seachtaine seo. Bhí an dream seo sásta dul amach ag siúl nó ag rith ar a laghad faoi dhó sa tseachtain ar son a gceantar Gaeltachta. Chláraigh os cionn 80 duine don fhoireann áitiúil i nGaeltacht Iorrais.

Cuireadh ceist ar gach rannpháirtí dul amach ag siúl nó ag rith ar a laghad faoi dhó sa tseachtain (taobh istigh den teorann 5km ón teach), cuntas a choinneáil ar a gcuid míleáiste ar aip aclaíochta (cosúil le Strava nó Map My Run) agus seiceáil isteach lena gcomráidithe nua sa ghrúpa WhatsApp a cuireadh le chéile don chomórtas.

Choinnigh Laoise Ní Dhúda (Gaeilge Iorrais) agus Pádraig Brogan (Erris Park Run) cuntas ar mhíleáiste gach duine sa ghrúpa i nGaeltacht Iorrais. Shiúil nó rith an grúpa seo os cionn 9,200km ar an iomlán. Dar le Google distance, is ionann sin agus turas fillte ó Bhéal an Mhuirthead go Boston Meiriceá!

Thug an comórtas deis mhaith do dhaoine dul i dtaithe ar ghníomhaíocht aclaíochta rialta, le tacaíocht agus spreagadh ón gcomhlúadar WhatsApp. Shiúil nó rith gach rannpháirtí thart ar 30km sa tseachtain ar an meán. Bhí roinnt rannpháirtithe eile ag déanamh os cionn 50km sa tseachtain.

Thug an comórtas deiseanna maithe do rannpháirithe a gcuid Gaeilge a úsáid agus a chleachtadh i suíomh neamhfhoirmiúil cairdiúil. Bhí deis acu aithne a chur ar chainteoirí Gaeilge eile ó pharóistí eile sa limistéar fairsing Gaeltachta seo. D'éagraigh Gaeilge Iorrais dúshlán agus duaiseanna gach seachtain chun tacú le hiarrachtaí na rannpháirtithe. Mar shampla, cuireadh ceist ar rannpháirtithe grianghraf a roinnt den áit is fearr leo dul ag siúl nó ag rith, leis an haischlib #seoíanGhaeltacht. Cuireadh grianghraif den cheantar álainn Gaeltachta seo ar a súile do phobal níos leithne ar an gcaoi sin. Is féidir teacht ar fhíseáin de na grianghraif seo ar leathanach Facebook Gaeilge Iorrais ([facebook.com/gaeilgeiorrais](https://facebook.com/gaeilgeiorrais)) nó ar a suíomh ([www.gaeilgeiorrais.ie](http://www.gaeilgeiorrais.ie)). Míle buíochas arís le gach duine a roinn a gcuid grianghraf le linn an chomórtais.

Tháinig Gaeltacht Iorrais sa seachtú háit sa deireadh, an tríú grúpa is mó a chríochnaigh an dúshlán aclaíochta seo. D'éirigh le hos cionn 730 duine an dúshlán ceithre seachtaine seo a chríochnú agus rith nó shiúil siad os cionn 127,000km le linn na tréimhse sin. Sa deireadh, bhuaigh Céim ar Chéim as Iarthuaisceart Dhún na nGall Corn Raidiú na Gaeltachta i mbliana, agus iad dhá phointe chun tosaigh ar Reathaithe Rua ón gCeathrú Rua.

Ní dírithe ar chúrsaí aclaíochta amháin a bhí an comórtas, ach ag iarraidh caidreamh agus cumarsáid trí Ghaeilge a chothú i measc na bpobal éagsúla. Thaitin sé le daoine gur comórtas uile Ghaeltachta a bhí ann agus d'airigh daoine fíorbhródúil as a n-iarrachtaí ar son a bpobal féin.

Buíochas speisialta arís le Gaeilge Iorrais agus le Pádraig Brogan. Bualadh bos eile do na rannpháirtithe go léir. Bhronn Gaeilge Iorrais t-léine ar gach rannpháirtí agus thug Erris Park Run bonn dóibh chomh maith chun tréaslú lena gcuid iarrachtaí ar son na Gaeltachta seo.

Tá sé i gceist ag na hoifigigh pleanála teanga tuilleadh dúshlán a reáchtáil i gcaitheamh an tsamhraidh. Beidh rás 5km na Gaeltachta ag tarlú ar Lá Fhéile tSin Sheáin agus tá imeachtaí do theaghlaigh ar na bacáin acu freisin. Coinnigh súil ar leathanach Facebook Gaeilge Iorrais don nuacht is déanaí maidir leis na gníomhaíochtaí seo.

## Comórtas Reatha na Gaeltachta 2020: Gaeltacht Iorrais

We may not have had a Comórtas Peile na Gaeltachta this year but the Irish language planning officers from all over the Gaeltacht came together during the Covid-19 lockdown and organised the inaugural Comórtas Reatha na Gaeltachta. Bualadh bos mór to each and every participant that undertook this four-week exercise challenge to walk or run at least 10km per week for their Gaeltacht area. Over 80 people registered for foireann Ghaeltacht Iorrais (the North Mayo Gaeltacht team) and participated in this comórtas which set out to determine the fittest Gaeltacht community in Ireland.

Participants were asked to log their mileage on their chosen fitness app on at least two walks or runs each week and also to check in with their team *as Gaeilge* on the comórtas WhatsApp group. Laoise Ní Dhúda (Gaeilge Iorrais) and Pádraig Brogan (Erris Park Run) kept an account of the distances travelled each week. Foireann Ghaeltacht Iorrais walked and/or ran over 9,200km over the four weeks of the competition. According to Google Distance, this is roughly the equivalent of a journey from Béal an Mhuirthead to Boston Meiriceá and back!

Each participant clocked 30km on average per week. For some, the comórtas offered a great incentive to get off the couch, monitor distance and increase exercise on a weekly basis with the support and encouragement from WhatsApp group. Other more seasoned walkers and joggers on the team logged in excess of 50km per week. The comórtas also gave participants ample opportunities to use and practice their Irish in an informal friendly setting and also to become acquainted with other Irish speakers from different parishes in this vast Gaeltacht area. Gaeilge Iorrais organised weekly challenges and raffle prizes to encourage participants and Irish language use. For example, participants were asked to share photos of where they like to run or walk on social media using the hashtag #seoíanGhaeltacht. Our wider Gaeltacht community were then able to view beautiful unspoiled parts of the North Mayo Gaeltacht area through another lens. Montages of these fabulous photographs can be viewed on the Gaeilge Iorrais Facebook page ([facebook.com/gaeilgeiorrais](https://facebook.com/gaeilgeiorrais)) and

website ([www.gaeilgeiorrais.ie](http://www.gaeilgeiorrais.ie)). Míle buíochas arís to all that shared their photos during the comórtas.

Gaeltacht Iorrais came 7th overall in this all-Gaeltacht challenge, the third largest group to finish, out of a total of 730 people that completed the entire challenge. Céim ar Chéim from the northwest Donegal Gaeltacht area took home the winner's trophy, Corn Raidió na Gaeltachta, they were two points ahead of Reathaithe Rua from an Cheathrú Rua.

Buíochas speisialta arís le Gaeilge Iorrais and Pádraig Brogan. Bualadh bos eile to all the participants. They were awarded a Gaeilge Iorrais sports t-shirt and medal from Erris Park Run for their endeavours ar son na Gaeltachta seo.

Language planning officers have organised a virtual 5km walk/run in the Gaeltacht on Tuesday 23 June, Lá Fhéile tSin Seáin. Plans are also afoot for Maratón na dTeaghlach, an event where households will be encouraged to complete a marathon distance over a four week period in July. Keep an eye on the Gaeilge Iorrais Facebook page for further details about these Irish language events.