| Preasráiteas<br><br>Press Release<br><br>10.05.2021 | **Tuilleadh eolais:**<br>**gaeilgeiorrais@gmail.com**<br>**097-29023**<br>**www.gaeilgeiorrais.ie** | *English language version is available on page 3. |
|---|---|---|

# Críoch le Comórtas Reatha na Gaeltachta 2021

Tháinig na hoifigigh pleanála teanga fud fad na Gaeltachta le chéile arís i mbliana chun Comórtas Reatha na Gaeltachta a reáchtáil agus chun a fháil amach cén pobal Gaeltachta is aclaí in Éirinn. Tá moladh mór mílteach ag dul do chuile dhuine 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 agus ar a laghad 10km a dhéanamh sa tseachtain ar son a gceantar Gaeltachta. Nach iontach iad!

Chláraigh os cionn 60 duine don fhoireann áitiúil i nGaeltacht Iorrais. Shiúil nó rith an grúpa seo os cionn 7,800km ar an iomlán in imeacht ceithre seachtaine. Dar le Google distance, is ionann sin agus turas fillte ó Bhéal an Mhuirthead go Nova Scotia, Ceanada. Thug an comórtas deis mhaith do dhaoine dul i dtaithí ar ghníomhaíocht aclaíochta ar bhonn rialta, le tacaíocht agus spreagadh ón gcomhluadar Gaeilge sa ghrúpa *WhatsApp* a cuireadh ar bun go háitiúil. Shiúil nó rith gach rannpháirtí thart ar 32km ar an meán sa tseachtain. Bhí cuid de na rannpháirtithe eisceachtúil maidir leis an míleáiste a rinne siad le linn an chomórtais. Tugadh aitheantas don dream sin i mbliana. Comhghairdeas ó chroí le Máirín Ní Ghionnáin agus Eilis Nic Giolla Choille, an bheirt is aclaí (a rinne an míleáiste is mó) i nGaeltacht Iorrais le linn an chomórtais. Bronnadh corn Ghaeilge Iorrais agus t-léine orthu beirt.

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'eagraigh Gaeilge Iorrais dúshláin roghnacha agus duaiseanna chuile sheachtain 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 (@gaeilgeiorrais) nó ar a suíomh (www.gaeilgeiorrais.ie). Míle buíochas arís le gach duine a roinn a gcuid grianghraf le linn an chomórtais.

Tháinig Gaeltacht Iorrais san ochtú háit sa deireadh, an dara grúpa is mó a chríochnaigh an dúshlán aclaíochta seo agus an t-aon fhoireann as Maigh Eo. D'éirigh le breis agus 620 duine ó 14 ceantar éagsúil Gaeltachta i 7 gcontae difriúil an comórtas seo a chríochnú. Rith nó shiúil siad os cionn 117,000km le linn thréimhse an chomórtais. Bhuaigh Mí Aclaí as Gaeltachtaí na Mí Corn Raidió na Gaeltachta i mbliana (le meánmhíleáiste de 59.07km) agus iad chun tosaigh ar na Múscrateer as Múscraí (contae Chorcaí) agus Reathaithe Rua ón gCeathrú Rua, Gaillimh.

Ní dírithe ar chúrsaí aclaíochta amháin a bhí an comórtas seo ach ag iarraidh caidreamh agus cumarsáid i nGaeilge a chothú i measc na rannpháirtithe. Thaitin sé le daoine gur comórtas uile-Ghaeltachta a bhí ann. D'airigh daoine fíorbhródúil as a n-iarrachtaí ar son a bpobal féin. Bualadh bos eile do na rannpháirtithe go léir. Bhronn Gaeilge Iorrais t-léine ar gach duine a chríochnaigh an dúshlán in Iorras chun tréaslú lena gcuid iarrachtaí ar son na Gaeltachta seo.

Tá sé i gceist ag na hoifigigh pleanála teanga dúshlán aclaíochta de chineál eile a reáchtáil as seo go mí an Mheithimh atá dírithe ar luas agus sodar/rith agus ní ar mhéid an mhíleáiste nó líon na gciliméadar amháin. Cuirfear plean traenála 6 seachtaine ar fáil do dhaoine fásta ar mhaith leo tabhairt faoin dúshlán seo chun níos mó sodair nó ritheachta a dhéanamh. Tá dhá rogha ann (i) plean do thosaitheoirí, cineál tolg go 5K (ii) plean d'fheabhsaitheoirí nó daoine atá in ann 5k a rith ach ar mhaith leo a bheith níos sciobtha. Má leantar an plean, ba cheart go mbeadh daoine réidh agus in ann do Rith 5k Shin Sheáin ar an 23 Meitheamh. Beidh deis ag daoine a gcuid aclaíochta a mheas ansin mar chuid de **Rith Shin Sheáin** a bheidh ag tarlú ar Lá Fhéile Shin Sheáin, **Dé Ceadaoin 23 Meitheamh 2021.** Cuirfear tús leis na pleananna traenála an tseachtain seo chugainn ón 10.05.2021 i leith. Mar sin, ní mór clárú go beo ag https://forms.gle/tT166VVTR4SNzo5RA agus **roimh an 10.05.2021** más mian leat tabhairt faoin dúshlán. Bronnfar bonn speisialta ar gach duine a chríochnaíonn an dúshlán seo agus a chuireann fianaise chuí ar fáil.

Coinnigh súil ar leathanach Facebook @Gaeilge Iorrais agus ar www.gaeilgeiorrais.ie don nuacht is déanaí. Grianghraif: http://www.gaeilgeiorrais.ie/index.php/feachtais-campaigns

# Comórtas Reatha na Gaeltachta 2021 Comes to An End

We may not have Comórtas Peile na Gaeltachta for another year but the Irish language planning officers from all over the Gaeltacht came together again this year to run the hugely successful and competitive 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 60 people registered for Gaeltacht Iorrais (the Erris Gaeltacht team) and participated in this comórtas which set out to determine the fittest Gaeltacht community in Ireland. Gaeltacht Iorrais walked and/or ran over 7,800km over the four weeks of the competition. According to Google Distance, this is roughly the equivalent of a return journey from Béal an Mhuirthead to Nova Scotia, Canada. 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 the local WhatsApp group. Each participant clocked 32km on average per week. Other more seasoned walkers and joggers logged exceptional mileage each week and their efforts have been acknowledged and rewarded this year. Huge congratulations to Máirín Ní Ghionnáin and Eilis Nic Giolla Choille, both recorded the highest mileage in Gaeltacht Iorrais throughout the competition (c.350km per person). The have been awarded Corn Ghaeilge Iorrais and a t-shirt for their achievement.

This was much more than a fitness challenge as we also encouraged *beagánín* banter i nGaeilge and fostered community spirit on the local WhatsApp group which was in place for the duration of the *comórtas*. Participants had opportunities to use and practice their Irish in this informal 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. Participants were asked to share photos of where they like to run or walk on social media using #SeoÍAnGhaeltacht. Montages of these fabulous photographs can be viewed on the Gaeilge Iorrais Facebook page (@gaeilgeiorrais) and website (www.gaeilgeiorrais.ie). Our wider Gaeltacht community can also enjoy these beautiful unspoiled vistas of the Erris Gaeltacht area too. Míle buíochas arís to all that shared their photos during the comórtas.

Gaeltacht Iorrais came 8th overall in this all-Gaeltacht challenge, the second largest group in the competition and the only team from contae Mhaigh Eo, from a total of 620 people from 14 different Gaeltacht areas in 7 counties ar fud na hÉireann that completed the challenge. Mí

Aclaí from the Meath Gaeltacht area took home the winner's trophy, Corn Raidió na Gaeltachta this year (with an average mileage of 59.07km over 4 weeks) ahead of na Múscrateer from Múscraí (county Cork) and Reathaithe Rua from an Cheathrú Rua.

Bualadh bos eile to all the participants from the Erris Gaeltacht. They were awarded a special Gaeilge Iorrais sports t-shirt for their endeavours ar son na Gaeltachta seo.

Language planning officers have announced another exercise challenge, this time focusing on speed rather than distance alone. If you're interested in following a 6 week training plan with the aim of completing a 5km run on Lá Fhéile Shin Sheáin (23.06.2021) then this may be the challgenge for you. There are two options (i) beginners couch to 5km plan (ii) improvers plan for those who can already run 5km but would like to improve their time. Participants can take part in the all-Gaeltacht **Rith Shin Sheáin** either as part of a race or as a personal challenge. Register for this event before 10.05.2021 at https://forms.gle/tT166VVTR4SNzo5RA. Keep an eye on our website www.gaeilgeiorrais.ie or follow our Facebook page @Gaeilge Iorrais for regular updates. (**CRÍOCH/END**)

**Máirín Ní Ghionnáin (ar chlé) agus Eilis Nic Giolla Choille (ar dheis)**