

Coach (Running) – Togher

A Volunteer is required to support a residence (Martin) with a running programme, aiming towards him joining a local running group within his locality. Martin has previously run in the Cork city marathon in a relay team in 2014 and 2015. He has also done a couple of local road races 4 to 5 miles in duration. He could run at 9/10 minute mile pace.

He is not at that level of fitness at the moment, but is aiming to get back to that. He would like to run at least once a week, ideally on a Weds evening in the Vicars Road, Togher area.

The volunteer should have an interest and knowledge of running and be able to run at similar speed / distance to Martin. Someone who enjoys running and the benefits of it would be great as Martin really enjoys it.

The volunteer will gain experience of working with and supporting an individual with intellectual disability to partake in running and join a group within the community. The volunteer will have the opportunity to build up a relationship with Martin.

If you can help please contact Milly Farrell, Volunteer Coordinator on 021- 4643294 or e-mail volunteer@cope-foundation.ie