



# Draft Blessington Local Area Plan Submission - Report

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Reference:	DBLESSLAP-144100
Submission Made	December 11, 2024 2:49 PM

## Topic

Community Development (incl. sports facilities & schools, etc.)

## Submission

I am writing to ask for your support in helping our local running club Lakeshore Striders AC and Lakeside Community Games secure a new space for its activities. As someone who has been part of this club for 7 years, I've seen firsthand the incredible difference it makes in people's lives—mine included.

When I first joined the club, I wasn't sure what to expect. What I found was a welcoming group of people who supported and encouraged each other, no matter their fitness level or experience. Over time, running with the club became more than just a way to stay fit—it became a source of strength, connection, and community for me.

Health is a big part of why this club matters so much. Running helps people stay active and manage their physical health, but it also does so much for mental well-being. I've seen members tackle anxiety and stress head-on through the simple act of lacing up their shoes and going for a run. It's inspiring to watch people transform, not just physically, but emotionally, as they build confidence and resilience.

Right now, the club operates with limited resources and currently no home from November 2025 due to the rebuilding of the secondary school. A premises would be a game-changer, allowing us to reach even more people in our community especially now with the commencement of the Junior Striders. It would let us host group runs, training sessions, and workshops focused on health and fitness. We could expand programs for kids, giving them a healthy outlet and positive role models. And we'd have a place to gather, rain or shine, to build stronger connections.

The benefits go far beyond our members. A healthier community means less strain on local healthcare, a stronger sense of belonging for everyone involved, and a positive impact on our local economy through events and activities. This is more than a running club—it's a movement toward a healthier, more connected town.

I'm passionate about this club because I've felt its impact in my own life. I believe in what it does, and I know it could do so much more with your support. I hope you'll consider this submission and see the value in investing in something that brings so many benefits to our community.

Thank you for taking the time to read this, and please don't hesitate to reach out if you'd like to hear more about what this club means to me and so many others.

**File**