



Feasibility Study

Prepared For:



By:

CEASC

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Our Support

† Midleton AC † Ballymore Cobh AC † East Cork AC † St Catherines AC † Carraig na Bhfear AC
 † Watergrasshill AC † Youghal AC † Ballintotis Fit4Life † Carrigtwohill AC † Fota Island RC † Aghada RC †
 Saint Nicholas AC, † East Cork Athletics Division † Cork Athletics County Board † Munster Athletics † Athletics
 Ireland † Cork Sports Partnership † Finisk Valley AC † Cork city Marathon † Coral Leisure Cobh † Carrigtwohill
 Community Council, † Midleton Chamber of Commerce, † Dr Mike Thompson and Members of the CME
 † Rebel Wheelers † Special Olympics † Irish Wheelchair Association † Bloom Neurodiversity group, † Aslam,
 † Cope Foundation † Brothers of Charity † Midleton FC † Castlemartyr Camogie

† Cobh Mixed National School, † Gaelscoil Cobh Carraig Na Fia, † Rushbrooke Convent Of Mercy National
 School † Scoil Iosaef Naofa Cobh † Walterstown National School † Midleton Educate Together N.S. † Gaelscoil
 Mhainistir Na Corann † Midleton CBS Boys Primary School, † Scoil Bhríde Midleton, † St John The Baptist NS
 Midleton, † Saleen NS † Cloyne NS, † Aghada NS, Whitegate NS, † Ballintotis NS, † St. Fergals Killeagh NS, †
 Scoil Chlochoir Mhuire NS, † Glounthaune NS, † Carrigtwohill CNS, † Gaelscoil Ui Drisceoil, † Scoil Realt na
 Mara Ballycotton, † Castlemartyr NS, † Bunscoil Mhuire Youghal, † South Abbey NS, † Little Island NS, † Scoil
 Naomh Eoin Ballincurrig † Ballycraheen NS, † Scoil Chill Ruadháin Brooklodge † Carrignavar Scoil An Athar
 Tadhg, † Scoil Chlíodhna Community National School, † Dungourney Central National School, † Leamlara Mixed
 National School

† Scoil Mhuire Naofa, Carrigtwohill, Scoil Naisiunta Baile guairne, Cloyne, † St Marys NS Cobh † Conna NS
 † Glenville NS, Scoil na nOg, Glanmire † Inch NS Killeagh † Kyle NS, Youghal, † Park NS, Youghal † Ladysbridge NS,
 Shanagarry NS † Watergrasshill NS † Gaelscoil Chorain, Youghal, † Clonpriest NS

† Conna Community games, † Cloyne Ladies GAA, † Castlemartyr GAA, † Castlemartyr Community Council,
 † Midleton Mens Shed, † Midleton Tidy Towns,

† Christian Brothers Secondary School, Midleton † Saint Mary's High School Midleton, † St Colman's College
 Midleton,
 † Midleton College, † Carrigtwohill Community College, † Cobh Community College, † Coláiste Muire,
 Carrignafay Community College, † St. Aloysius College, † Pobalscoil na Tríonóide, † Colaiste an Phiarsaigh, †
 Glanmire Community College, † Loreto Catholic College Fermoy, † Saint Colman's College Fermoy

1.Executive Summary:

1.1 The Proposal:

CEASC are asking for 15-20 acres of highly accessible land, to be acquired, funded & developed by
 Cork County Council and supported in every aspect by the Government to deliver an accessible & self-
 sustainable, 8 lane 400m Centre of Excellence athletics Track and Field facility (T&F) within a regional,
 municipal park equipped with accessible exercise trails, much needed grassy training grounds for
 athletic clubs, outdoor gym, sensory gardens, garden allotments, multipurpose 3G surface pitches to
 the communities of East Cork.

1.2 Feasibility Objectives

Drawing from successful models such as Clonmel TUS in Co. Tipperary, An Ríocht in Castleisland,
 Templemore AC located in the town park, & Limerick Regional Development Hub in Newcastle West,
 and inspired by highly accessible European T&F Facilities, the study aims to demonstrate how

maximum community engagement (usage), and sustainability are ultimately reliant on the accessibility/location of the proposed facility and Political/Council backing and funding.

This feasibility study underscores the importance of delivering an Athletics Track & Field Facility within a Park to the catchment area defined under ECAD: East Cork Athletics Division (Cobh, Glanmire, Rathcormac, Watergrasshill, Conna, Glountaune, Carrigtwohill, Whitegate, Ballycotton, Aghada, Cloyne, Midleton, Castlemartyr, Killeagh, Youghal).

It is a collective effort written by local athletic experts, informed by a nuanced understanding of the sport's potential to beneficially impact on the region's social, physical, and mental health. This report aims to capture and express the information gathered as a result of in-depth consultation with the following experts in their fields and clubs: Engineers, International athletes, IWA, Rebel Wheelers, Special Olympics, Bloom, regional support services, Schools, GP's, An Garda Síochána. Templemore AC, Clonmel TÚS, An Ríocht, Athenry AC, West Limerick AC, St Mary's AC. CEASC wish to express sincere appreciation for everyone's input.

1.3 Who we are: CEASC Committee Members:

Declan Dorgan : Chairperson & Principal of Gael Scoil Ghoist Alainn ;**Sinéad O'Driscoll**: Secretary, Environmental Scientist MSc, Level 1 athletics coach & International Master ;**Catherine Carroll**: Treasurer, Sports Development Operations Manager IRFU, Chairperson of Bloom, Level 1 athletics Coach ;**Séamas O'Connor** : PRO, Principal of Scoil Bhride NS;**Joan Hough** : Secondary School teacher(retired), Level 2 athletics coach, Midleton AC Treasurer, International athlete, SEC AD, UCC placement tutor; **Philip Roche** : Senior Health & Safety Advisor, Level 1 athletics coach ;**Ger O'Regan**: Agriculture Technician, Vice Chairperson of Midleton AC; **Liam O'Brien**: Former Olympian, PE teacher (retired) Technical Director of the International Cork City Sports Meet Committee Chairperson East Cork AC; **Shane Meyler**; Irish Defense Forces paramedic (retired) (Vice Chairperson Ballymore Cobh AC); **Maeve Hurley**: Marketing & Business: Juvenile Club Committee Member of Midleton Juvenile AC; **Brendan Boyce**: International Racewalker & former Olympian; **John Cashman**; Communications expert, Journalist & Commentator;**John Hennesy**: Chemical Engineers, International masters athlete, Chairperson of ECAD; **Colette O'Donoghue**: Purchasing Manager Down2Earth & Level 1 Athletics Coach WatergrassHill AC; **Seán Manning** : MD of Ground Engineering Company; **Thomas O'Riordan**: Financial accountant & Level 1 Athletics Coach **Kevin O'Brien**: Financial accountant, Member of East Cork AC; **Michelle McRea**: Solicitor & Level 1 Athletics Coach; Cllr Ann-Marie Ahern: County Councillor and Auctioneer. **Kevin Hayes**: Saint Catherine's AC representative, **Noel Curtin**: Youghal AC, **Wille Walshe** Carrig na Bhfearr AC

CEASC supporters whose knowledge was included in the study:

Rowena Sweeney Twomey: Treasurer of Rebel Wheelers **Olivia Keating**: Athletics Coach and PRO for Rebel Wheelers **Eóin Ó Béara**: Munster Regional Director: Special Olympics Ireland
Dr Mike Thompson: Local GP and member of CME **Gárda**: Eddie Crocket

2. Key Findings

The key findings of this report are as follows:

Sport is recognised as a contributor to the empowerment of individuals, such as women, young people, and communities. Participation in sport offers opportunities for the empowerment of people with disabilities; it showcases ability, not disability, thus raising awareness and promoting respect. Sport can therefore be effectively used for the inclusion of all irrespective of age, sex, race, ethnicity, origin, sexual orientation, gender identity, religion or economic or other status.

Athletics, while at times “high profile” is a minority sport in Ireland. Highlighting athletics as more than just running, the study emphasises its inclusive nature and the safe environment athletics provides, catering to diverse age groups, abilities, genders, cultures, and social backgrounds. Irish athletics proudly provide T&F competitive events at local, county, provincial and national levels for members aged 7+ through juvenile, junior, U23, senior, and master T&F Championships.

The lack of safe inclusive outdoor spaces in the East Cork region, particularly across athletic clubs, schools, and those with additional access needs, signals the extreme necessity for a facility that accommodates all members of the community. Demographic analysis reveals a significant underserved population within the catchment area, including school-going children, further emphasising the facility’s importance for future generations, health, and well-being.

The announcement in March 2024 that the Mardyke Track facility was to be closed with immediate effect due to health and safety concerns, and that complete resurfacing of the track surface would be required has been devastating news to the athletic community of Cork County. No T&F training facilities are available for Cork County Clubs. No competition can take place in Cork County this coming outdoor track season. The negative impact of this on clubs’ current members, future memberships, in particular 8,9- and 10-year-olds is extremely worrying for all clubs.

The regional catchment population of East Cork from the 2022 census was 87,700 (20,379 aged 5-19, from the 2022 census and the rate of growth across the county is estimated at 7.6%. However, housing data taken from the Cork County Development Plan and population data from the 2022 census presented in Table 1 below demonstrate the dramatic population expansion forecast for 3 towns of the region. There are no plans for municipal sporting and recreational facilities for the region, which is extremely concerning for existing residents of the region especially from social and community aspects.

| | No of units | Estimated population (using average of 2 people per unit) | Population from census 2022 | Target population for 2028 | % population Increase |
|---------------|-------------|--|-----------------------------|----------------------------|-----------------------|
| Carrigtwohill | 2780- 4013 | 5560-8026 | 5,568 | 9,749 | 75.1% |
| Midleton | 2,647 | 5,294 | 13,906 | 19,423 | 55.2% |
| Cobh | 700 | 1400 | 14,148 | 15,836 | 10.7% |

All schools expressed sincere gratitude to the efforts of CEASC to deliver T&F/ sporting facilities to the Region. Mental and physical health across all school going children is a worrying concern for primary and secondary educators.

Outdoor sporting facilities such as a T&F venue provide a far more natural setting to nurture communication, learning and self-help skills that are vital to mental and physical health and well-being than any classroom or sports hall. Schools believe that it is difficult to cater for children and young people who do not like team sports with their current facilities and recognise how athletics is a sport

that can offer more diversity through its many throwing, jumping, running, walking disciplines than any grass-based sport.

Providing T&F Facilities within a Municipal Park can positively impact and help reduce antisocial behaviour and crime by providing constructive engagement, fostering discipline, and promoting teamwork. Athletics tracks offer a supportive community that empowers individuals to make positive choices, contributing to safer neighbourhoods and cohesive communities. This facility is supported by An Garda Siochana. The endorsement of such initiatives by An Garda Siochana underscores their importance in fostering societal well-being and harmony.

Location of the proposed facility must comply with the Cork County Development Plan. It must be close to schools, populated areas, the N25, greenways, cycle and walking paths, to train & bus services if we are to deliver an accessible sustainable facility. It underscores the critical role of political and financial support in realising the project's timely completion to meet the growing needs of East Cork's expanding population.



This facility is strongly supported/endorsed by Local GP's (CME) & Schools. Support from secondary stakeholders including Special Olympics, IWA, Rebel Wheelers, Cope, Bloom, Brothers of Charity, Middleton Family Resource Centre, Tidy Towns, Men's Shed groups, has been confirmed. All have indicated they will use the facility when it is in place but would not have a direct role in ownership/operations or management. Tertiary stakeholders such as local employers & businesses have also been supportive as they can envisage the economic and social benefits a Facility like this can bring to the region.

The proposed facility has been endorsed by 11 ECAD athletic clubs, Cork County Board, Munster Athletics, Athletics Ireland, Cork Sport Sports partnership, by 58 primary and 11 post primary schools surveyed. This study indicates the core users of a T&F Facility will be the ECAD athletic clubs, and schools in the catchment, but could reach and provide much needed training facilities for West Waterford athletic clubs.

After consultation with many athletic clubs, and experienced athletic coaches a flexible porous track (tartan track) is the preferred surface option due to softer impact on runners' limbs, its lower capital cost, adequate performance, and durability. The financial summary of the feasibility study highlights substantial initial costs for constructing an inclusive 8 lane 400m tartan T&F facility in East Cork at approximately € 3,134,579 million.

The site purchase cost has been omitted from this study.

| | |
|---|---------------------|
| Phase 2 & 3: All excavation and levelling groundworks Subsurface material, tarmac layer, and tartan layer for 8 lane track Flood Lights (8) Infield drainage system 2 sets of fencing & gates A stone surfaced car park for 30 cars Cage and concrete circles for throwing events/ Pits for Long jump and triple jump. Sole (Track Specialists) Quote March 2024 (inclusive of VAT at 23%) | €1,722,714.60 |
| Quotes for toilet facilities, dressing rooms, a storage building for equipment, electric and water connectivity to the site have been requested and are estimated at: | €200,000 |
| Phase 4 & 5 must be completed to allow hosting of T&F events, max usage, and secure revenue streams | |
| Total Field Equipment Phase 2 | €126,903 |
| Club House (3000 msq) and 80m seated stand | €800,000 |
| Cost of Phase 1 & Phase 2 combined | €2,849,618 |
| Cost of Phase 1 & Phase 2 combined/ 10% Eng Costs included | €3,134,579.6 |

Despite the upfront investment, the facility promises significant returns in terms of reducing our carbon footprint, improving our physical, mental, and social community well-being, healthcare, and economic prosperity through sports tourism destinations utilising our local amenities such as hotels, restaurants, shops, beaches, greenways, and local heritage, helping to develop East Cork into a self-sustaining low carbon economy.

CEASC see this facility positively impacting all aspects of life in the Region of East Cork, helping to bring a self-sustaining local economy, and reducing our regions carbon footprint by way of sports tourism, and staycations to the area. With a predicted increase in the yearly rainfall, and storm events for Ireland, grass playing pitches are becoming more frequently unplayable. All weather facilities such as a Track & Field Facility can sustain the impending wetter and stormier climates.

Projections for the Track & Field Facility show a conservative annual revenue of approx. €223,190 in Phase 1-2. Revenue projections are intrinsically dependent on usage of the Facility by athletic clubs, and a strong Fit-4-Life Programme.

Innovation and inclusion are key elements to the success of the Facility with respect to a successful sustainable operating model.

- Running the facilities on a low or zero cost basis (involving Council employment schemes, Tidy Towns/ men's Shed groups), community allotments.
- Acquiring investment from local multinational companies who will reap the benefits for their employees by living in a region with top class facilities,
- Sports Tourism

- Annual events such as the planned 3km Winter Road race series in Little Island, and 10-mile Road race.
- Ongoing fundraisers such as GoFundMe and Fit4Life programme through Cork Sports Partnership.
- Engaging with local artists, art, and environmental institutions to design a biodiverse creative park.

The projected running costs for Phases 1-2 would be €57,790 including the contribution to the sinking fund, insurance, marketing, promotion, and the running costs for full flood lighting (1 lux) for 22 weeks per annum.

There are decision points for CC. If the co-fund participation option for example is pursued a decision would need to be made whether to charge casual users, statutory agencies, and schools a fee to access the facility. In addition, rates charged may need to be agreed at CC Councillor level.

While there are in some cases significant savings to be made from developing reduced facilities it is proposed that a T&F Facility should strive to develop the “Gold standard” – an 8 lane 400 metre track. This will allow for the facility to cater for local, county, provincial and national events over time.

For clarity, the development of this facility is split into 3 phases. Phasing the proposed development may also assist in maximising all available grant funding opportunities.

[The proposed specifications and phasing for the development are as follows:](#)

The preferred site is an area of approx. 15-20 acres, allowing sufficient space for the development of, and future expansion of a fully accessible, sustainable, inclusive Track & Field Facility within a Municipal Park. All of which complies with the Cork County Development Plan. The development phases and specifications are outlined and prioritised in the following order.

The ideal situation is where 15-20 acres of agricultural land is purchased for the development of this facility. Consideration to sectioning a portion of the site to allow immediate design and development of a biodiverse site and accessible 3m wide wheelchair accessible training, walking, cycling trails & paths as part of the municipal park will promote community interest, engagement, support, and use of the development. This would also allow timely facilitation of much needed athletic club training facilities, park runs, fit4life events.

With clever design, and two highly accessible entrances required for the park we envisage these paths to be permanent rather than temporary, and facilities such as outdoor exercise gyms, picnic tables (wheelchair accessible), and garden allotments to be facilitated at this phase. Where possible, permanent boundary fencing (6 to 8m high) should be constructed, and security cameras installed. Ideally, planting of native Irish trees (Irish oak, hazel, Irish orchard varieties, whitethorn), wetland consideration should commence in this phase to enable us to deliver on our environmental goals outlined in our environmental mission statement 8.7). We envisage topsoil generated from ground clearance to be used in the construction of rolling hills for the park. We anticipate collaboration with local artists, arts, and environmental institutions to deliver a park with maximised biodiversity, creativity, and beauty.

Phase 1: Design and development of a municipal park:

- 6-8-metre-high fencing with access gates and security cameras
- 1 – 1.5 km accessible exercise trail/path: 3 m wide minimum
- All access toilet and wet room changing facilities x 2.
- Exercise gym equipment.
- Wheelchair accessible picnic tables
- Flood lighting.
- Rolling hills generated from ground clearance works.
- Planting of native Irish tree and hedge species.
- Garden allotments.

Phase 2: Development of an IWA standard 400M 8-Lane athletics track including:

- 100m / 110m straight,
- Track side storage facilities for high jump, hurdles, and pole vault.
- Steeple chase barriers and water jump.
- Accessible walking circuit around the track.
- Flood lighting.
- Electronic start/finish equipment.
- 4-foot-high track perimeter fencing with 3 access gates and arm rest for spectators,
- 6-foot-high security perimeter fencing with dual access dates,
- Mag lock fob-controlled access gate for users,
- Security camera system,
- Parking for bikes, scooters, disability users (6-8), cars (20) adjacent to the track entrance.
- Overflow parking for buses (10-15),
- Site services,
- Reception/ site office,
- All access wet room changing facilities & toilets for all users, located trackside.
- Shared storage units for club equipment.

Phase 3: Installation of field equipment to include:

- Discus & Hammer Throwing circles and cage,
- Long Jump pits x 2 and Triple Jump pit x 2 and run up, High Jump area, Javelin area,
- Shot Put circles x 2, Pole Vault, Hurdles.
- Admin area building for electronic timing and photo finish viewing must be located directly opposite the finish line.

Phase 4: Construction of a Club house (3000sq m) equipped with, or designed to allow the future development of the following:

- Kitchen,
- Shared club storage area,
- Treatment rooms to hire out to physios, yoga, meetings etc.
- Sport hall large enough to facilitate indoor circuit training, hosting of championship meets, pre- and post-race registrations and presentations respectively.
- Toilet, shower and changing facilities Including wheelchair wet room changing facilities.
- High performance gym equipped for warm-up, resistance, strength, and flexibility training.

- Recovery area equipped with plunge pool, sauna, jacuzzi, hyper oxygen therapy chamber.
- Facilities to be powered via geothermal heating system, solar panels, rainwater recovery systems.

Phase 5: Installation Construction of a seated 80m roofed viewing stand with the following all weather training area underneath:

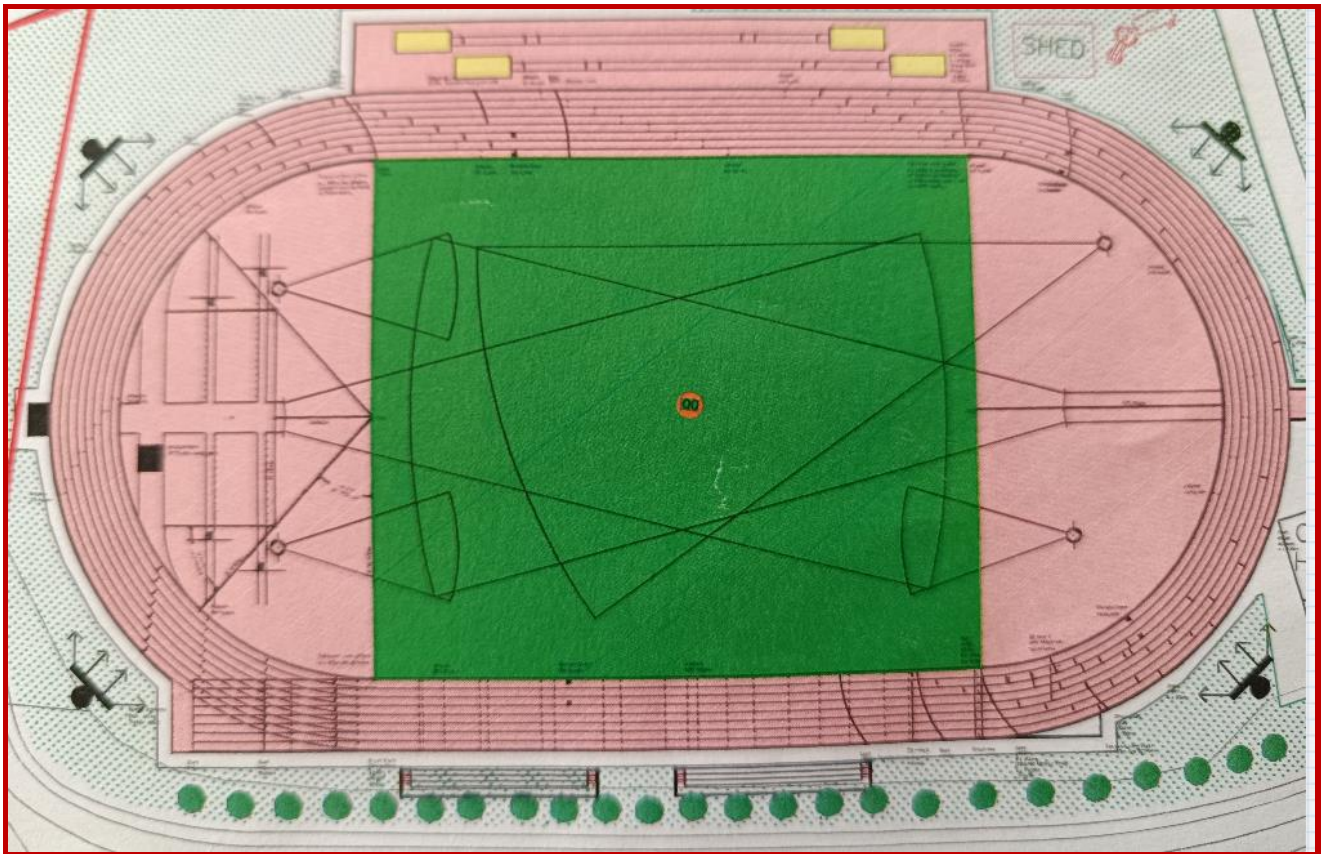
- 4 x 60 m sprint lanes
- Long Jump/ Triple Jump run up lane and pit.
- High Jump training area
- Indoor Throws Cage
- Additional toilet facilities accessible to park users (minimum of 4 ladies, 4 gents and 2 wheelchair accessible adult toilet and wet room changing units (there are none at present in the East Cork region)

Phase 6:

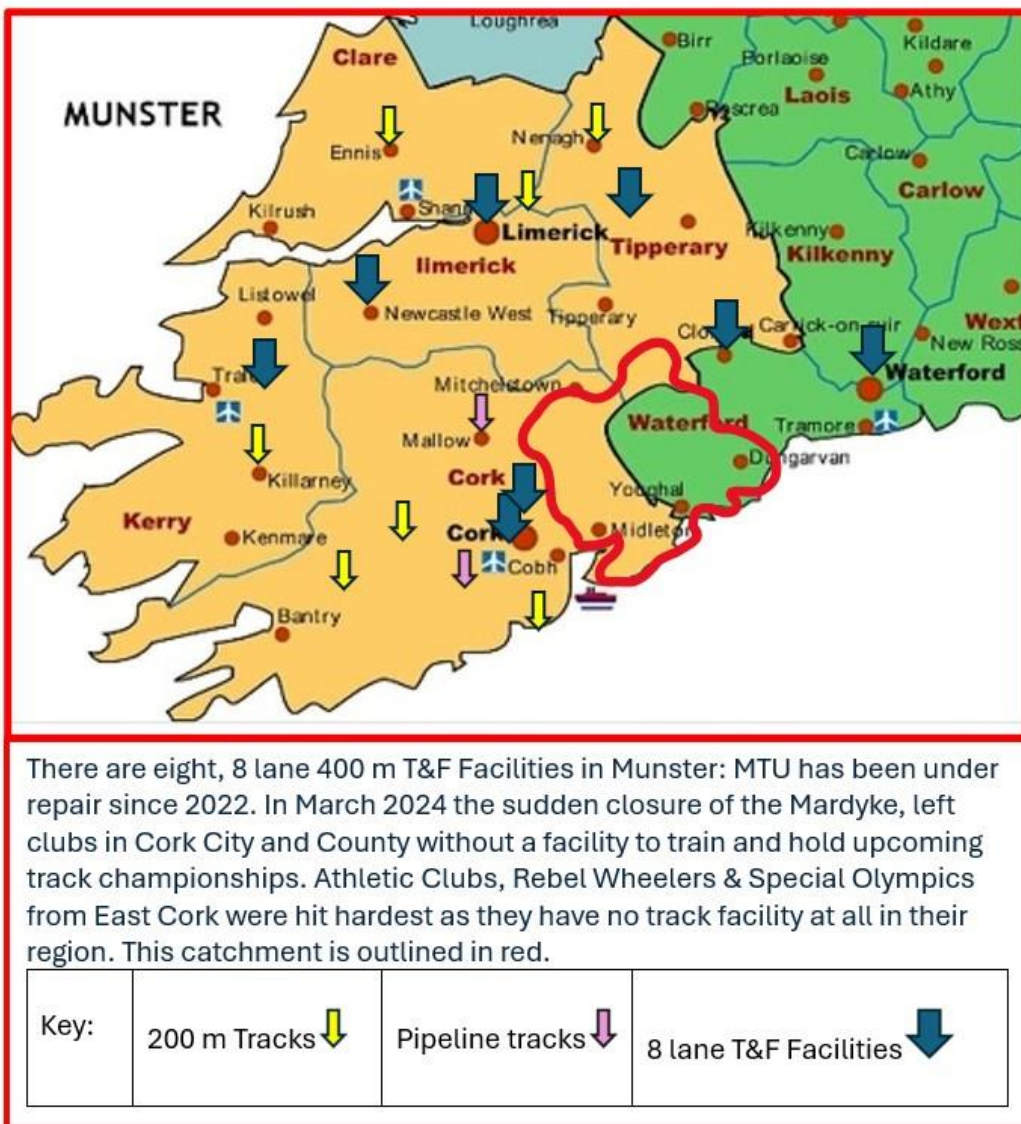
- Biodiversity continued through further planting of native Irish trees and hedges and wetland area,
- All weather full size 3G astroturf pitch,
- Skatepark,
- Playground,
- Tennis courts,
- Basketball courts.

A range of options are available to the CC: enabling both to participate in the development of the Track & Field Facility and to influence the business model to be used in future operation and running of the facility:

| Option | Comment | Advantages | Disadvantages |
|--------------------------|---|---|---|
| Provide the Land | Provide the local club(s) with a land bank for future development | <ul style="list-style-type: none"> • Fulfils the CC's role to support the project. • Enabler for development • Leaves the option to get involved as the project develops | <ul style="list-style-type: none"> • Acquire land. • No guarantee of a facility • May have to takeover in future |
| Co-Fund and Lease | Agree to co-fund and lease to club | <ul style="list-style-type: none"> • Fulfil the CC's role. • Capping funding • Club(s) to provide funding. • Guarantees facility | <ul style="list-style-type: none"> • Left to council to run |
| Fund and Lease | Agree to fund the full development and lease to club | <ul style="list-style-type: none"> • Fulfils role. • Guaranteed facility • No management & maintenance role | <ul style="list-style-type: none"> • Left to council to run. • No guarantee of success • Ongoing upgrade cost |
| Fund and Operate: | Provide the funding and operate as a CC facility | <ul style="list-style-type: none"> • Fulfils role. • Guaranteed facility • 100% control | <ul style="list-style-type: none"> • 100% cost • Future management issues • Demand for facility in other locations. • No guarantee of success. • Ongoing cost Base |

**3.****Introduction****3.1 The Presentation to Local Representatives July 2023**

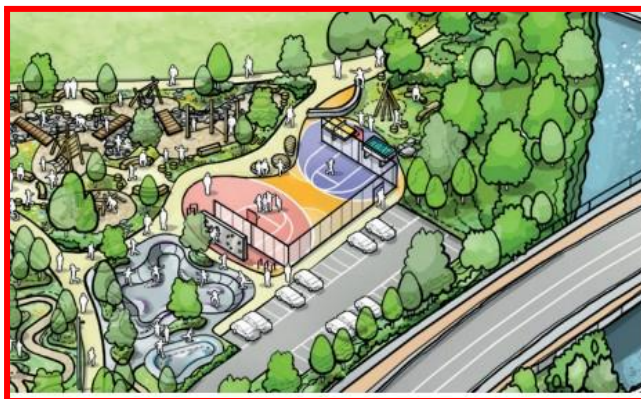
CEASC is a group of experienced, innovating & committed volunteers, who are deeply invested in athletics and the community of East Cork. We represent the athletic clubs under the East Cork Athletic Division (ECAD) who struggle with the lack of training facilities for Athletics Track and Field. Most clubs do not own their own premises and are in precarious situations regarding the rental of training venues. We are proud to have the support from the wider community of East Cork, be it from local para groups like Rebel Wheelers, primary and secondary schools, to GPs. Predominantly due to the lack of inclusive, outdoor, safe spaces, currently available to our communities. From day 1, CEASC has placed inclusivity at the core of the proposed facility, and we continue to do so. We believe a Facility that is fully inclusive and accessible, benefits the entire community and will boost usage from all cohorts of East Cork society.



In July 2023 CEASC invited all public representatives from East Cork to a presentation highlighting the lack of Athletic Facilities in the East Cork region, the long and unsuccessful attempts to acquire/purchase suitable and sufficient land in the Midleton Area to facilitate even just training amenities to the many juvenile and senior athletic clubs in the region. The success of the night was undoubtedly the enlightenment of our attendees to the inclusivity and diversity Athletics as a sport and a track facility has to offer an entire population of a region. The planned housing development for the region compounded the lack and the immediate need for sporting facilities in East Cork. It was recognised that our vision of finding land to deliver a Track and Field Amenity to the East Cork Region was a community driven project, and not just driven through our love of Athletics. As a result of this meeting, land at the Northern Relief Road was identified as a site which could deliver on excellent accessibility, due to its close proximity to the N25, the greenway, highly populated communities, cycle and walking paths, the train station and the Water Rock Linear Park with all its amenities, playgrounds, greenspaces, multisport area (Figure 1).



Figure 1 Water Rock Linear Park Midleton



Even though this land is zoned for housing, a delegation from CEASC was invited to generate, submit, and present a proposal to the Municipal District on October the 2nd, 2023, with the hopes that a 'change of use' request for this Council owned land could be pursued.

3.2 CEASC: The Proposal Submitted to the Municipal District October 2nd, 2023.

The Northern Relief Site Midleton Athletics Track & Field Facility within a Park

Initially CEASC investigated the site, obtained maps, surveys, and engineer reports. With the assistance of an engineer, a site layout plan was drafted for an Athletic Track & Field Facility detailed below (Figure 3). Due to the Northern relief site's proximity to the planned Linear Park, we saw an opportunity to interlink both projects and incorporate a Park with interesting running trails and rolling hills which would sit and connect seamlessly with the Linear Park (Figure 2).

Such a park would enable athletic club training, park runs, and Fit for Life programmes to be held. It is important to note that athletes cannot train every day on a track, and that grass training for all athletes, and recreational runners is the safest and most beneficial surface in the prevention of injury and therefore as a result builds consistency and good habits which are intrinsic to one's improvement in fitness and sustenance of a healthy lifestyle.

Our Proposal (outlined below in further detail) was unanimously supported by members of the Municipal District on October 2nd, 2023.

Athletics Track & Field Arena Specific details:

- Athletics track to International World Athletics standard (8 lane 400m).
- Track surface to be one colour, requested by special Olympics (bi coloured tracks have found to be more confusing for athletes with intellectual disabilities).
- Steeplechase/ water jump.
- Floodlighting for track facilities
- All associated track facilities equipped with wheelchair access and wheelchair accessible track perimeter.
- Field sports such as shot putt, discuss, hammer, javelin, long jump, high jump, and pole vault.
- Throwing cage x 1 and grass inner area for landing
- Spectator viewing perimeter- large enough to pitch club tents and picnic blankets.
- Clubhouse with hall, kitchen, storage area, admin area for electronic timing and photo finish viewing (must be located at the finish line).
- Extra rooms to hire out to physios etc to help generate revenue streams.
- Car, bus, and bicycle parking
- Toilet, shower and changing facilities Including wheelchair bed changing facilities, water point.

Municipal Park Outline:

- Park run/ wheelchair accessible loop paths (1-2 km), facilitating park runs, Fit for Life programmes. Internal grassy area to facilitate additional training areas for clubs.
- It is important to note that athletes cannot train every day on a track, and that grass training for athletes, and recreational runners is the safest and most beneficial surface in the prevention of injury and therefore as a result builds consistency and good habits which are intrinsic to one's improvement in fitness and sustenance of a healthy lifestyle.
- Toilet facilities Including wheelchair bed changing facilities.
- Outdoor gym equipment, green spaces with fully lit walkways, sensory garden/ Handball alley/Tennis courts for example



Figure 2



Figure 3

In our opinion the area highlighted in blue (Flood Plain) is a suitable location for the creation of a purpose-built rolling hill course using the topsoil from ground works in other parts of the development. We proposed that the area marked in green be the locations for the track and clubhouse.

However, October 18th, 2023, brought devastating floods to the town of Midleton. The biblical flooding of the Owenacurra river returned the focus again on CEASC and County Councillors to identify suitable sites that could facilitate our Proposal and compile a Feasibility study for an Athletics T&F Arena within a Park.

Our Feasibility study is one with a difference; written by people who have the highest understanding of athletics. We understand that usage is key to the sustainability and success of a project such as this, and for this reason take inspiration from Ballina AC, Clonmel and Newcastlewest Facilities, European and Australian Track Facility Models where accessibility and inclusion must be a priority to deliver the maximum benefits to all communities of East Cork.

4.

Athletics

4.1 Athletics Track & Field: an inclusive and diverse sport in Ireland

United Nations 2030 Agenda for Sustainable Development and its 17 Sustainable Development Goals (SDGs), identifies the role of sport as an important enabler of sustainable development and the contributions it makes to peace, to the promotion of tolerance and respect, and to the empowerment of women and of young people, individuals, and communities, as well as to health, education, and social inclusion objectives. Sport can be a powerful platform for advocacy and awareness raising for gender equality. It can contribute to abolish all forms of discrimination against women and girls; human rights-based rules of a sport can help to replace culturally discriminative norms that exclude women and girls from sport.

Athletics, while at times “high profile” is a minority sport in Ireland. Athletics provides more than just running/sprinting events, it includes race walking, long jump, triple jump, hurdles, steeplechase, high jump, pole vault, discus, hammer, shot & javelin.

Our clubs actively encourage our members to try every event: taking example from Sophie O’Sullivan, European U23, 1500m Gold medallist (2023) winning the national high jump title at U12 and medalled in 600m on the same day wearing runners. Sophie ran as an U14 in day 1 of the East Cork cross country championships representing Ballymore Cobh AC. Meabh Corkery (Midleton AC) 2024 National Indoor Junior Pole Vault Champion (U20) (3.30m), and silver medallist at the National Indoor Senior Championships 2024, who has competed in sprints, cross country, long jump, and high jump in her juvenile years. In the 2024 National Junior Indoor Championships, 2 of the top 3 800m competitors were from ECAD, Senan O’Reilly of St. Catherine’s AC won silver and Odhran O’Sullivan of Midleton AC won bronze.

Athletic Ireland members and successes have significantly grown over the last decades. Female athletes already qualified for the 2024 Olympics are Rhasidat Adeleke, Sarah Lavin, Ciara MaGeehan, Sarah Healy, Sophie O’Sullivan, all track specialists who are presently more high profile than their male counterparts and leading the way for women in sport. Male athletes qualified for 2024: Brian Fay,

Paralympic team for Paris 2024 of Orla Comerford (sprints), Mary Fitzgerald (shot put), Jordan Lee (high jump), Patrick Monahan (marathon), Jason Smyth (100m), Greta Streimektem (1500m) Michael McKillop (800m and 1500m). Niamh McCarthy flies the flag for Cork in discus: winning bronze in 2015, silver in 2017 and bronze in 2019 World Championships, not forgetting silver in Rio Olympics. Discus again, and Cork native Orla Barry’s awesome performances won her Olympic Silver and Bronze at Rio and London Games respectively, and 2-time European Champion in Discus.

Irish athletics/ Para Ireland/ Irish Special Olympics proudly provide T&F competitive events at local, county, provincial and national levels for members aged 7+ through juvenile, junior, U23, senior, and master T&F Championships. Ireland punches above its weight in Olympic, Special Olympic and Para

Olympic Games, in World and European Championships. Much like soccer and the World Cup, athletics and the Olympics have the ability to cross language, gender, social and cultural barriers.

Paris, 2024 is an exciting year for the Irish Olympic & Paralympic teams, bringing more profile, excitement, and expectation to the Nation. These Games will be watched the world over, and here in the East Cork area, like everywhere else in the world young people will watch, revel, and dream of competing, and maybe sign up to their local athletic club. Aspiring athletes will soon discover that the athletic experience is not quite what they had expected, with no 400M T&F Facility in the locality. 2023 Special Olympic World Games in Berlin was a huge success, the Irish team of 73 brought home a haul of 75 medals. On this occasion, the ECAD catchment was not represented on the Irish team.

4.2 Athletics: a growing and high-profile sport (not in ECAD)

Athletic Ireland, Special Olympics and Paralympics Ireland member numbers are growing across Ireland.

The number of AI members registered for County Cork Athletic Clubs has grown by roughly 2 % each year (excluding covid years), when figures over the last 10 years are examined.

However, athletics membership for ECAD Athletic Club's in 2023 have not grown or even regained pre covid numbers despite long waiting lists for membership. It is clear from the responses from the athletics clubs and Rebel Wheelers participating in this feasibility consultation process (see questionnaire in Appendix) that a large proportion of clubs do not own their own training grounds, and fear that the circumstances surrounding the grounds that they hire may change, leaving them with no facilities at all. Many Athletic clubs have long waiting lists for juveniles, restricted by a lack of training facilities. ECAD members believe this is directly linked to the lack of facilities.

- 2016: ECAD AI members 2369: 30% of Cork County Registered members
- 2020: ECAD AI members 2191: 32% of Cork County Registered members
- 2023: ECAD AI members 2129: 25% of Cork County Registered members

Since the opening of the Newcastlewest Regional Athletics Hub, clubs like West Limerick AC are testimony to how a facility can be accredited directly to a dramatic increase in club participation, where club memberships have increased by 75% from 2021 to 2024.

T&F training is required all year round for Athletic Clubs. The athletic season is outlined as follows:

- Indoors Jan to March ●Outdoor T&F April to August ●Cross Country Sept to February.

It is worth noting that track training is still part of clubs weekly training plan for the cross-country season to develop and maintain athletes speed for schools C.E competition. Athletics can only promote and provide inclusive T&F training when accessible T&F facilities are provided. A survey carried out by CEASC with athletic clubs and rebel wheelers highlights the current obstacles clubs in the ECAD catchment face with respect to T&F Facilities.

The barriers to availing of Cork city training facilities have been identified as:

- No track times available/ or unsuitable available training times (school nights)
- Most clubs do not avail of any T&F facilities in Cork City.

- Athletic clubs in the city have the best training slots and long-term rental times.
- Travel time and traffic congestion, contributing to pollution.
- The round trip from juvenile and coaching members of Midleton AC to avail of 1 hour on the track in the Mardyke, from 7-8 on a Wednesday evening requires almost 3 hours to ensure reaching the Mardyke on time, 1 hour on the track, and the return trip. Add another hour if travelling from Youghal.

The East Cork Athletic Division organises Track & Field, Road, and Cross-Country Competitions for the 11 Clubs in the East Cork Area affiliated with the Division. ECAD also schedules coaching seminars and cross club specialised coaching sessions; to facilitate these events ECAD must hire out Cork City T&F facilities. Approximately 30% of ECAD coaches have achieved Level 1 training (Midleton AC has 11 Level 1 coaches), enabling them to coach sprint, jumping and throwing events. It's the hard work and dedication of coaching volunteers, parents, and athletes of ECAD that the athletes we support are achieving success with limited access to T&F facilities. Not forgetting the competition organisers and stewards, also volunteers; without whom athletes would not get to experience competitive events at local up to national level.

The 11 Athletic Clubs in the Region will be the main potential users and ultimate beneficiaries of the proposed T&F Facility. The 11 clubs have a combined active membership of 2,129.

The core users will be the 9 clubs under East Cork Athletics Division (ECAD) and Rebel Wheelers – ensuring the facility would be used on an almost daily basis for juvenile, junior, senior, and master members, all year round. All 9 clubs, and Rebel Wheelers would use storage facilities – which will assist buy-in. Athletic Clubs in West Waterford have also been identified as potential users.

The statement from Rebel Wheelers Committee representative and athletics coach Olivia Keating below demonstrates how club numbers are growing and their need for track facilities.

“As a Club the Rebel Wheelers have worked very hard to revitalise the Athletics program both field and track and in doing so, we saw numbers grow each season and every year.

To be able to have use of a safe track that's accessible for all would be fantastic. Some of our athletes and coaches would need to bring track chairs, Petra Race Runners and field equipment along with their regular chair or frame and with accessible parking this would be so much easier for the parents and coaches.

We found ourselves without any track facility for the past year (2023) and this year is unfortunately looking the same. More importantly the fact that we are growing means we now would need a track for more than one session per week and to be able to book a slot for our younger athletes and another for our teenage athletes would be so beneficial and help us keep this program going and growing”.

Rebel Wheelers Committee representative and athletics coach Olivia Keating



4.3 The Lack of Athletic Facilities in the ECAD catchment

Over 2,000 potential participants do not have access to Track & Field Facility in this catchment. Most athletic clubs are grateful to have rented/public training grounds, but this situation leaves uncertainty and fear across those 9 clubs. Clubs often must check on a weekly basis with regard to availability for these grounds.

For clubs who train outdoors on grass pitches, only 2 clubs have floodlight capabilities. For clubs who do not have floodlighting rented venues training times are tied to daylight training hours year-round. During the winter months this puts pressure on coaches, parents, and athletes young and old to attend training times of 4.15- 5.00 before it gets too dark, often in wet, cold, and mucky conditions with no toilet facilities. Clubs training on public facilities must also deal with the public hazard of dog fouling.

A large proportion of senior club training takes place on an individual level on public roads, which is particularly apparent during the winter months due to poor underfoot conditions and long dark evenings, bringing its own dangers with respect to traffic and lone running. It is well documented that the impact of road running is not ideal for the joints and bones of any athlete regardless of age; Running on varying surfaces, such as hills, forest trails, grass, road, and track greatly reduces the risk of injury and builds consistency in one's mental, social, and physical health.

Clubs like Midleton Juvenile AC are very grateful to have access to a 3 lane 60m track after school hours (4.30 too late during Winter months due to fading light) and at weekends. This track is located adjacent to the N25 and raises health and safety concerns regarding tyre particles because of vehicles breaking on approach to the Lakeview roundabout, engine fumes and deafening noise at times.

Other Clubs use hockey pitches and karting tracks where running bends are too tight and/or slippery to maintain speed and are health and safety concerns for clubs. One club who uses a karting track for training can have their training session cancelled at the shortest notice if a booking is made. Juvenile Clubs express their disappointment in not being able to offer more places to wheelchair juveniles, due to the current dire facility situation. Demographic analysis of the catchment area covered in Section 5, but even without reading it, everyone knows that the planned population in East Cork is increasing rapidly due to the Housing laid out in the County Development Plan. The situation is already dire and will get worse.

And then came the devastating announcement that the Mardyke Track facility was closed with immediate effect due to health and safety concerns, and that complete resurfacing of the track surface would be required. No T&F training facilities are available for Cork County Clubs. No competition can

take place in Cork County this coming outdoor track season. This negative impact is witnessed across all ECAD current club members, future memberships, in particular 8,9 and 10-year-olds, and for teenagers trying to maintain their interest in the sport through their formative years.

March 26th, Midleton juvenile AC travelled to Templemore with a bus load of athletes to be able to prepare for the upcoming All Ireland T&F on 6th & 7th of April, and with athletes that are also preparing for the outdoor T&F season for their club & schools. The cost for the day was €1000 for hiring bus/coach and track hire.

This travel cost is not sustainable for any club, it adds to our carbon footprint for the East Cork Region. Now, more than ever, we need self-sustaining facilities in the region to promote self-sustaining communities.

There are currently over 52 synthetic running tracks in Ireland – with 14 in Munster – of the tracks in Munster only three are club owned and managed and two have full T&F facilities – An Ríocht (Castleisland) & Templemore AC. The other club owned facility has a 200-metre track – suitable for training only. With tracks being developed or in the pipeline for Mallow (8 lane 400m T &F facility within a Community Sporting Complex on 19.3 acres site) Carrigaline and Bandon.

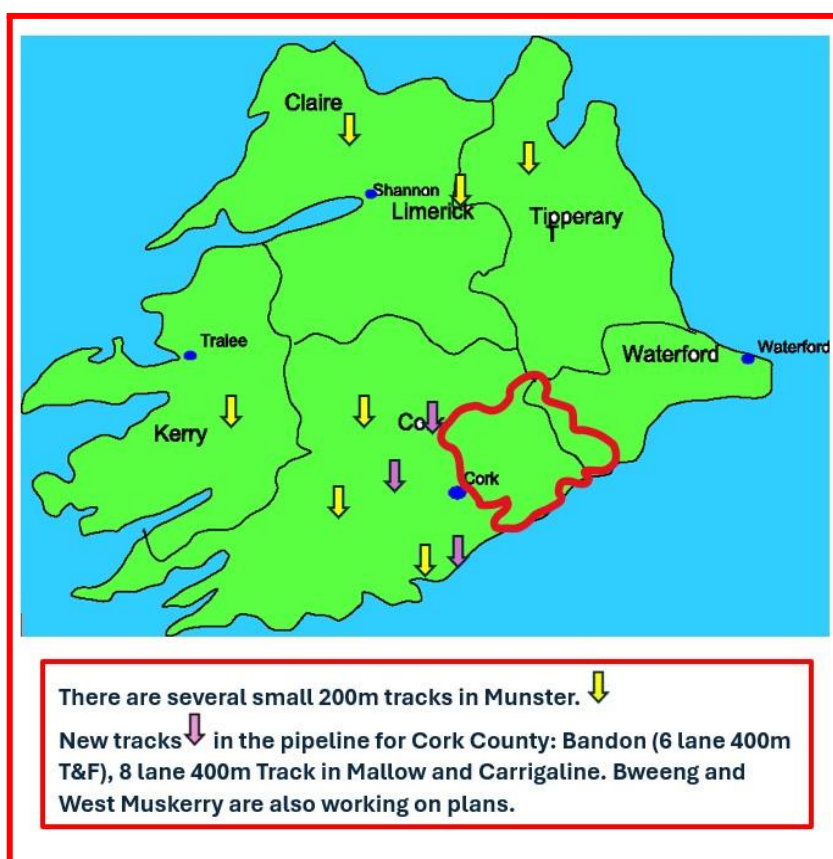


Figure 4

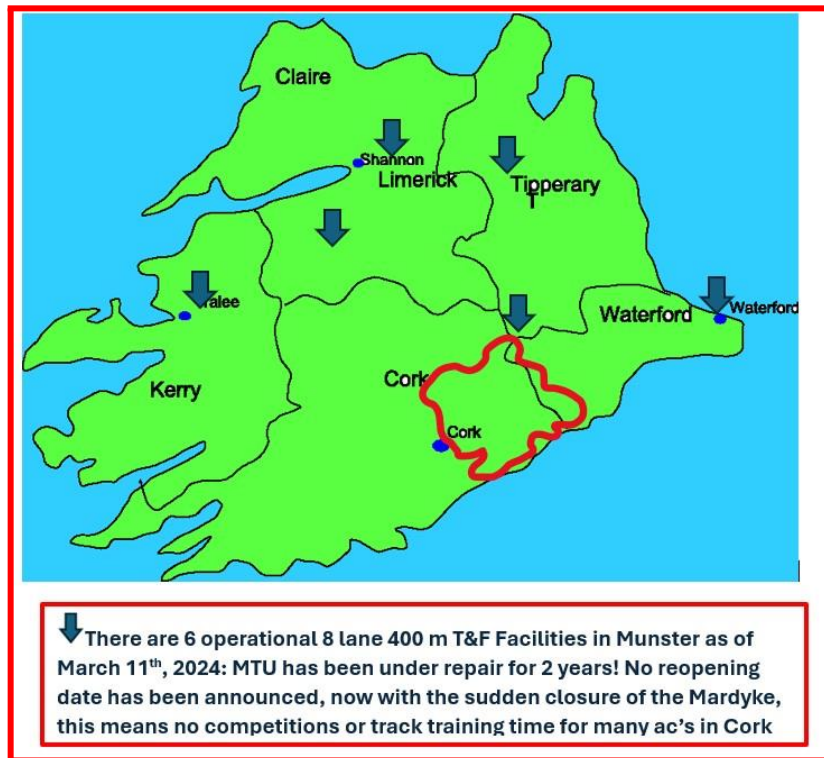


Figure 5

4.4 Local Authority's and Sporting Amenities

It is important to note that Local Authorities have provided Greenfield facilities for athletics clubs in many municipal area's: Here is an example of 3 taken from the Newcastlewest Feasibility study.

| | Ownership | Managed | Opened in | Site Size | Lessons Learned |
|---|---|---|---|------------|---|
| Ballina Co Mayo 8 lane 400m T & F facility | 100% Mayo Co. Council | Ballina AC | 2015 Cost exc land: €600,000 | 7 acres | <ul style="list-style-type: none"> • LA Champion • Include ducting for timing. • CCTV for security |
| Enniscorthy Co. Wexford 6 lane 400m T & F facility | 100% Wexford Co. Council | Wexford Co. Council | 2015 Cost exc land : € 1,000,00 | 7 acres | <ul style="list-style-type: none"> • LA Champion • Build IAAF standard 8 lane. • Include all Field Sports • Quality of site important • Include ducting for timing. • Fence and CCTV for security |
| Newcastlewest Regional Sports Hub 8 lane 400m T & F facility | 100% Limerick City & County Councils | 100% Limerick City & County Councils | 2023 Cost exc land €4.2 million | 9.25 acres | <ul style="list-style-type: none"> • LA Champion • Storage for high jump • Insufficient parking places • Insufficient toilet facilities • Limited in ability for further development |

Below is a list of the amenities supported and funded by Local authorities (City & County Councils, Municipals) across the Island of Ireland: Those highlighted in green indicates where Councils owned or purchased land for the development of athletic facilities. For the purpose of this study universities have been omitted.

Munster:

1. Co. Clare: John O'Sullivan's Park, Lees Road, Ennis a Sports & Amenity Park including a 400m Tartan Track. Opened in 2005 and located 1km from Ennis town is set in 135 acres of feature-rich, biodiverse woodland and parkland. Clare County Council & Active Ireland (Active Ennis Sports & Leisure Facilities)

2. Co. Limerick: Limerick Regional Athletics Hub in Newcastle West, developed and operated by Limerick City and County Council.

3. Co. Tipperary:

A. Templemore AC Track built in the Town Park on Tipperary Council land with a long-term lease.

B. Moyne Track (4 lane 400m track) provided by BORD NA MONA

4. Co. Waterford: Waterford Regional Sports Centre (RSC) includes a 400m Mondo track and is part of the Waterford Corporation Municipal sporting facilities of the Waterford Council.

Connaught:

1. Co. Mayo: Mayo County Council

A. Ballina Track; Amenity Area (400m Tartan; Cross-Country running area) adjacent to Belleek Woods, Soccer pitches.

B. Claremorris 400m Mondo Track plus 60m Indoor Track and dressing rooms.

2. Co. Galway: Galway City Council

A. Westside Running Track (6 lane, 400m Tartan)

B. O'Sullivan Park Athletics Facility (200m, 5 lane Tartan Track)

3. Galway County Council

A. Dunlo Ballinasloe Community; Sporting Amenity (400m 6 lane Tartan Track)

Leinster:

1. Dublin City Council

A. Irishtown Stadium, Ringsend (400m Tartan Track)

B. Tallaght (400m Tartan Track)

2. Fingal County Council; Sport Ireland supported DCU and contributed in the upgrade of Morton Stadium.

3. Dun Laoghaire-Rathdown County Council:

Kilbogget Park Running Track & Pitch: In partnership with local clubs are upgrading the running track and inner pitch (September 2024)

4. Co. Louth: County Louth County Council

A. Drogheda: Lourdes Stadium (Public facility with a 400m Tartan Track)

5. Co. Meath: Meath County Council

A. Claremont Stadium Community & Recreational Sports Hub. Multi-

purpose including a 400m Tartan Track.

B. Bohermeen Community Centre. (400m track).

C. (Dunboyne Track & Sporting Facilities – Eirgrid)

6. Co. Wicklow:

A. Shoreline Sports Complex: (400m Tartan Track) Greystones AC

7. Co. Wexford:

A. Enniscorthy Sports Hub (400m Tartan Track)

(Obtained two LSSIF Grants 300,000 followed by 150,000 a few years later)

8. Co. Kilkenny:

A. Kilkenny Scanlon Park (400m, 6 lane track). Included in the Watershed Complex.

Ulster:

1. Co. Donegal:

A: Lifford - Donegal Sports Hub (Mondo 400m Track)

B. Donegal Town (200m Tartan Track)

5.

Demographics:

5.1 Demographics of the ECAD catchment - Projection for 2028/2034

Taking data from the 2022 census, the population for the ECAD catchment area was 87,700, equating to 24.3% of the population for Cork County (excluding Cork City), and 15% of the entire Cork City and County population. The % population increase for Cork City and County between 2016 and 2022 was 7.6%, with Cork County seeing the second largest % increase in population across the country as a result of natural growth and migration.

Using this 7.6% population growth over the next 6 years, we can predict the population for the ECAD catchment population to increase by 6,600 to 94,300 in 2028, approximately 7,000 to over 101,000 by 2034. This estimation does not account for the population boom expected for the East Cork Region as a result of the planned housing laid out in the County Development Plan. (see Table 1 for details).

Our population age profile in East Cork is consistent with the age profile of the country as a whole. We are getting older. With the health system under increasing pressure to cope, it is imperative that the Government strive to facilitate positive mental, physical health of our society and tackle the issues related to health, obesity from the ground roots up.

East Cork has been greatly underserved as a region; such is the overwhelming support we are receiving from our social media campaign from GAA clubs to men's sheds. We have the support because we are so deprived as a region.

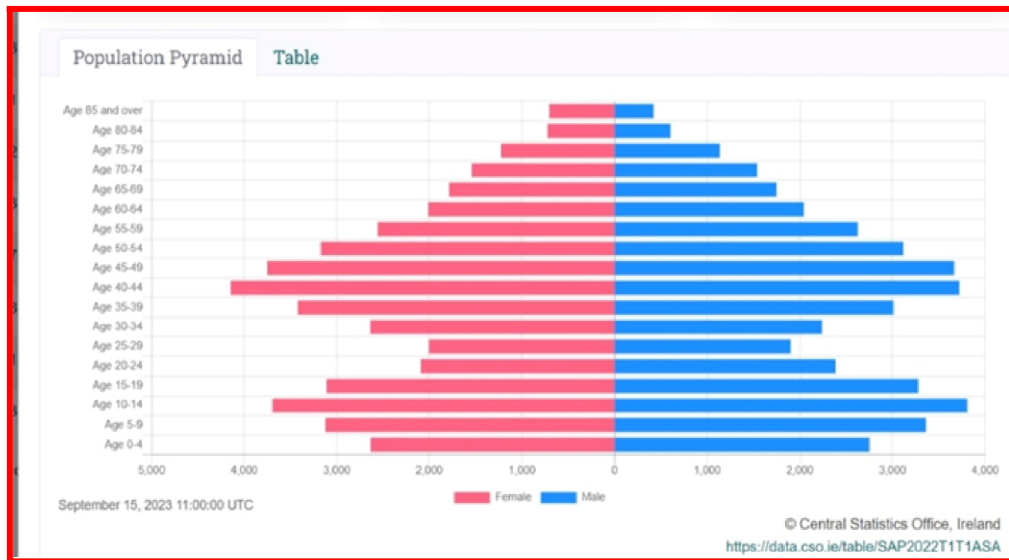


Figure 6

From the 2022 census, 4.3 million people who usually lived in Ireland indicated that they had either Irish only or dual Irish citizenship. This made up 84% of the population of usual residents. The number of non-Irish citizens increased in 2022, accounting for 12% of the population. The biggest non-Irish groups were Polish and UK citizens followed by Indian, Romanian, and Lithuanian.

Brazilian, Italian, Latvian and Spanish citizens were also among the larger non-Irish groups. This same trend is being followed in Cork County, with a shift from 88.8% 'Irish' citizens falling to 83.6% from 2016 to 2022 (source 2016/2022 CSO), see figure 7 on following page. Providing evidence of the need for social structures and support for communities, enabling them to embrace integration and build functioning communities. We want to embrace the diversity of cultures setting up home in the region but need help by providing facilities to do so.

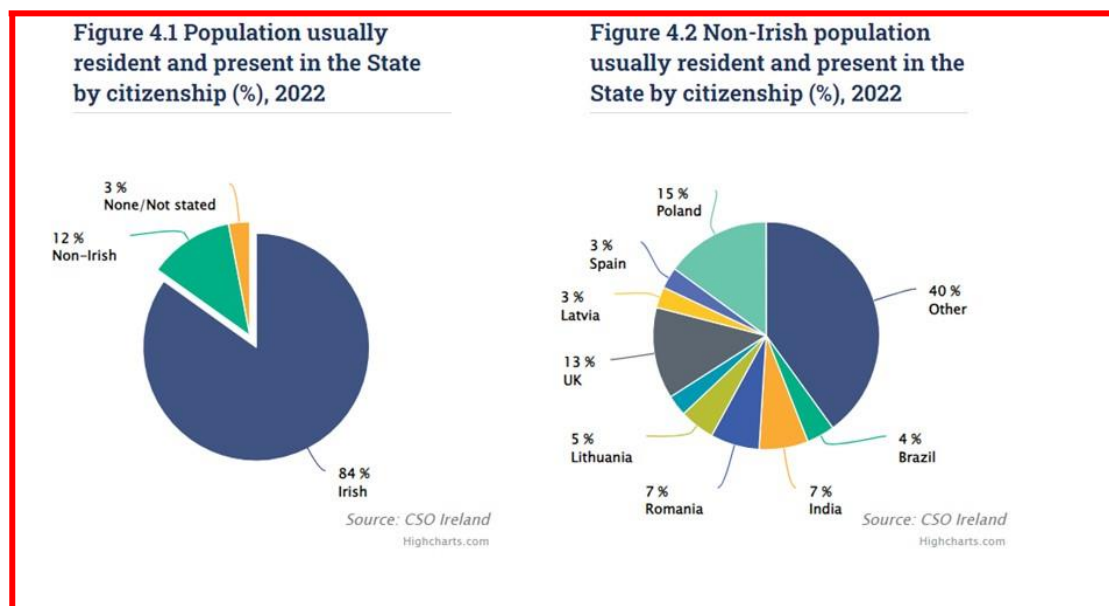


Figure 7

5.2 Housing Planned for the Carrigtwohill, Midleton and Cobh Source (Cork County Development plan)

Midleton and Carrigtwohill areas are seeing a significant sprawl of housing developments being built and planned for without adequate amenities. The population of both towns is increasing rapidly, and the "social infrastructure" needs to catch up. There is no other region in Cork growing so quickly. There are nearly 50 different nationalities in the locality and more amenities and social support are urgently needed if we are to build sustainable and socially functioning communities. Housing without these social supports will bring more social, mental, and physical health problems with a heavy cost to the community and outlay/expenditure to any Government.

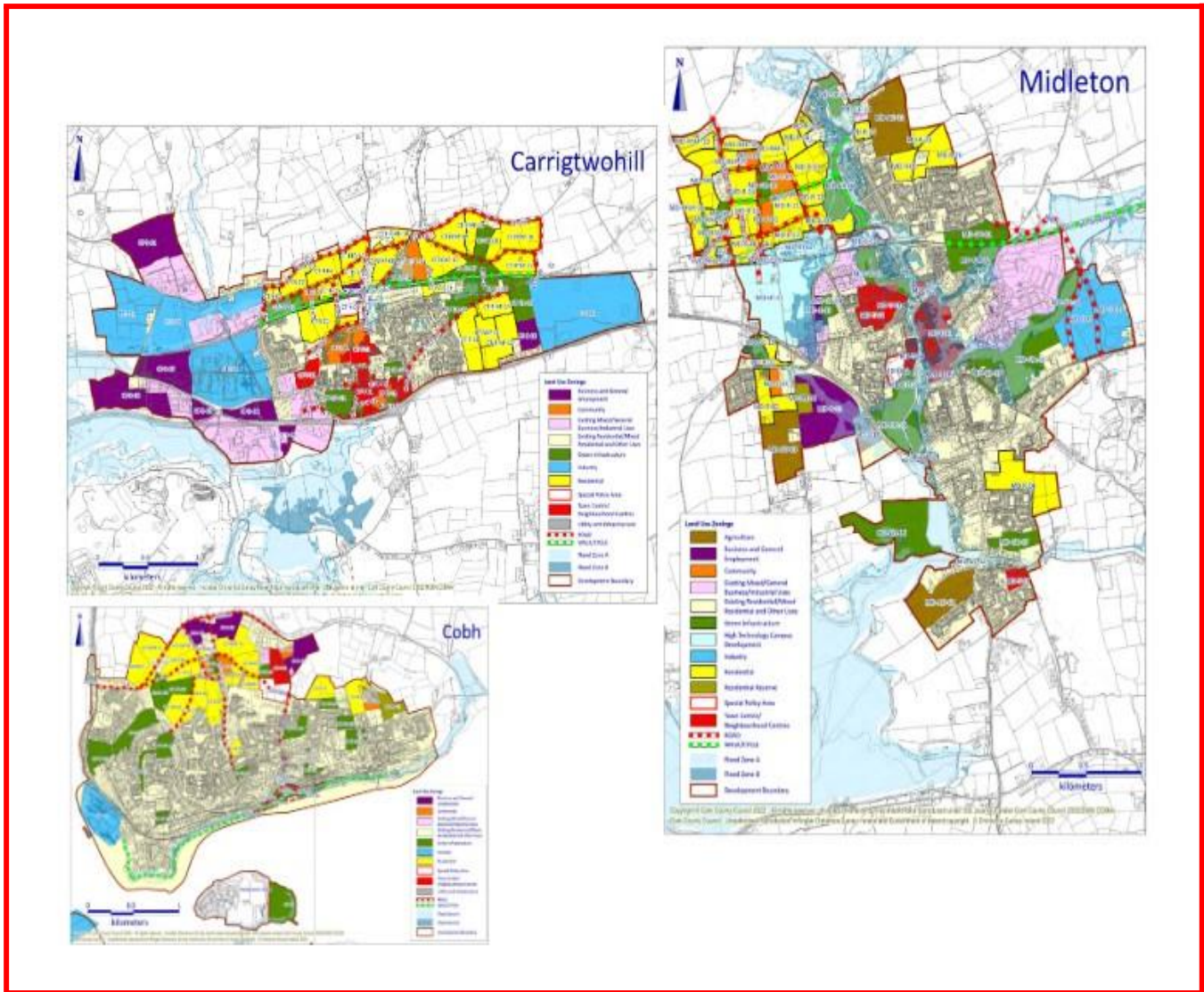


Figure 8

The housing data taken from the Cork County Development Plan and population data from the 2022 census presented in Table 1 below demonstrate the dramatic population expansion forecast for 3 towns of the region.

| | No of units | Estimated population (using average of 2 people per unit) | Population from census 2022 | Target population for 2028 | % population Increase |
|---------------|-------------|--|-----------------------------|----------------------------|-----------------------|
| Carrigtwohill | 2780- 4013 | 5560-8026 | 5,568 | 9,749 | 75.1% |
| Midleton | 2,647 | 5,294 | 13,906 | 19,423 | 55.2% |
| Cobh | 700 | 1400 | 14,148 | 15,836 | 10.7% |

Table 1

<https://www.corkcoco.ie/sites/default/files/2022-06/volume-4-south-cork.pdf>

5.3 Lack of Community and School Sporting, Recreational facilities in the ECAD catchment

The regional catchment population of East Cork from the 2022 census was 87,700 (20,379 aged 5-19, from the 2022 census) All schools expressed sincere gratitude to the efforts of CEASC to deliver T&F/ sporting facilities to the Region. Mental and physical health across all school going children is a worrying concern for primary and secondary educators. Outdoor sporting facilities such as a T&F venue provide a far more natural setting to nurture communication, learning and self-help skills that are vital to mental and physical health and well-being than any classroom or sports hall. Schools believe that it is difficult to cater for children and young people who do not like team sports with their current facilities and recognise how athletics is a sport that can offer more diversity through its many throwing, jumping, running, walking disciplines than any grass-based sport.

10 out of the 11 Secondary schools in the catchment stated they would use the facility. 8 out of 11 felt they have inadequate sporting facilities available to them, and struggle with Physical Education resources. 8 out of 11 schools participate in secondary school's track and cross-country events, but all felt that they could enhance and broaden their athletic and physical education programmes with T&F Facilities located in the Midleton/Carrigtwohill Area.

Of the 58 primary schools in the catchment, 11 have school halls which are sized for PE. Another 17 schools have direct access to local community centre halls. Cork Sports Partnership in the past 18 months have part funded Athletics coaching via Trevor Cummins in Midleton and Cobh for Primary schools which culminated in Athletics blitz's. There is an appetite in schools for Athletics and it is a direct part of the Primary School Curriculum for Physical Education. Athletics also encompasses the Well-being movement in all schools (Amber Flag and Active Flag). All schools expressed interest in promoting athletics and in enhancing the role of athletics in their current programme. The enthusiasm of the pupils for athletics, and the value of athletics in an educational context, were frequently mentioned.

East Cork is well represented in Active Flag and Amber Flag initiatives. Over 60% of schools in our region participated in one or both awards schemes. East Cork is the only region which formally hosts Primary School cross county blitz, which again is well supported and hosted/organised by ECAD. Many schools also volunteered that parents would be anxious to encourage their children to use the Facility on a casual basis and that there could be significant informal use from the wider community. In some cases, schools volunteered that they would be happy to promote awareness about the facility to the people in their areas.

6.

The Benefits: An Athletics Track & Field Complex within a Park

6.1 The Health and Social Benefits

The benefits of physical activity and play go beyond sports. All GP practices in East Cork are fully supportive of this proposed facility.

I'm writing this letter on behalf of my general practice colleagues in East Cork. We have long known the physical, psychological, and social benefits to exercise and participation in sport.

Exercise is the single best medicine known to improve health parameters. What cannot be as easily quantified is the benefit it brings to the individual and the group mutuality, the common good, managing uncertainty, rules, participation, and altruism are amongst the aspects which exercise / sport improves.

Oftentimes we decry our younger population yet offer them little alternatives.

The establishment of a Sporting facility in East Cork can only be beneficial- now and in future for a population.

Dr Mike Thompson

Providing a safe, all accessible facility benefits all members of the community:

- Helps children and adults interact with each other and develop communication, learning and self-help skills that are vital to mental and physical health and wellbeing.
- Introduces children and adults and their family members to a network of support, building social connections and building communities.
- Prepares children for future membership into sporting clubs.
- Provides a safe space for all community members to engage in exercise and social events.
- Families with members who need additional support and are flight risk in public areas will hugely benefit from this safe and inclusive facility.

6.2 Consultation process & Usage

Consultation, and community engagement was always central to the project methodology of CEASC. In addition to meetings within CEASC, local Councillors, formal and informal meetings were held with over 70 interest groups and possible stakeholders (list attached as Appendix) Letters of unanimous support from across the community were obtained, a snapshot of the content these letters are included in the Appendix:

| Category | Number Interviewed |
|---------------------------------------|--------------------|
| Athletics Clubs | 11 |
| National and Regional Associations | 3 |
| Schools – Primary | 58 |
| Schools – Secondary | 11 |
| Voluntary and Statutory Organisations | 20 |
| Total | 95 |

Table 2

While extremely important as a barometer of support, – there are going to be different levels of stakeholder participation/involvement – as shown below:

- Key Stakeholders – Athletics Clubs and CC – main users / potential funders
- 2nd Level Stakeholders – Schools, Disability Sector, Running Community
- 3rd or Tertiary Level Stakeholders – Sporting Clubs, Businesses, General Public, Sports Tourism – occasional users.

What proportion of the market would actually use the facility and how frequently they would use it, will be dependent on several factors, the most important ones being site location and accessibility. Current lack of facilities in the region indicate that this facility will attract large cohorts of users across the entire community.

The approach taken was not only to quantify the numbers involved but to determine their commitment to the facility and ultimately whether there was an openness to participating as committed stakeholders. Structured interviews were undertaken, which included gathering empirical information and open questions related to required facilities and participation.

| Club | Current available T&F Facilities | Juvenile/Junior / Senior/Masters Club (Juv/J/S/M) | Commitment to the Facility | | | |
|-----------------------|----------------------------------|---|----------------------------|------------|------------|--------------|
| | | | Times p/week | Hrs p/week | # Weeks pa | Total hrs pa |
| ECAD | Rented | Juv/J/S/M | 1 | 1 | 42 | 42 |
| BMC | None | Juv/J/S/M | 4 | 4 | 42 | 168 |
| EC AC | None | J/S/M | 3 | 5 | 42 | 210 |
| F. Is | None | S/M | 3 | 4.5 | 42 | 189 |
| Youghal | None | Juv/J/S/M | 1 | 1 | 42 | 42 |
| WGH | None | Juv/J/S/M | 2 | 2 | 42 | 168 |
| St Catherine's | Rented | Juv/J/S/M | 1 | 1 | 42 | 42 |
| M AC | Rented | Juv/J/S/M | 6 | 9 | 42 | 378 |
| Aghada RC | None | S/M | 1 | 1 | 42 | 42 |
| C na Bhfearr | Rented | Juv/J/S/M | 1 | 1 | 42 | 42 |
| Carrigtwohill | None | S/M | 1 | 1 | 42 | 42 |
| B F4L | None | /S/M | 1 | 1 | 42 | 42 |
| Spec O's | Rented | Juv | 1 | 1 | 20 | 20 |
| Rebel W | None | Juv | 1 | 1 | 20 | 20 |
| Bloom | None | Juv | 1 | 1 | 12 | 12 |

| | | | | |
|---|--|------|--|------|
| Total hours/ peak from 4pm to 9pm Mon - Fri & 9am-1pm Sat/ Sun/BHs | 28 | 34.5 | | 1459 |
| Primary Schools | All 58 primary schools said they would use the facility on a regular basis during off peak times | | | |
| Secondary Schools | 10 out of 11 schools said they would use the facility on a regular basis during off peak times | | | |

Table 3

A sample of the structured interview format used is attached as Appendix II.

In total 11 Clubs/ include rebel wheelers here were interviewed and participated in this element of the study. **Please Note:** That the Athletics is a year-round sport, however, April - Sept have been indicated as the optimal usage months for Rebel Wheelers & special Olympics (this has been factored into year-round usage calculations for year-round usage in hours above in Table 3

7.

The Proposal: T&F Facility within a Municipal Park



7.1 The Details

The Site -The preferred site is an area of approx. 15-20 acres, allowing sufficient space for the development of, and future expansion of a fully accessible, sustainable, inclusive Track & Field Facility within a Municipal Park. All of which complies with the Cork County Development Plan. The development phases and specifications are outlined and prioritised in the following order.

The ideal situation is where 15-20 acres of agricultural land is purchased for the development of this facility. Consideration to sectioning a portion of the site to allow immediate design and development of a biodiverse site and accessible 3m wide wheelchair accessible training, walking, cycling trails & paths as part of the municipal park will promote community interest, engagement, support, and use of the development. This would also allow timely facilitation of much needed athletic club training facilities, park runs, fit4life events.

With clever design, and two highly accessible entrances required for the park we envisage these paths to be permanent rather than temporary, and facilities such as outdoor exercise gyms, picnic tables (wheelchair accessible), and garden allotments to be facilitated at this phase. Where possible, permanent boundary fencing (6 to 8m high) should be constructed, and security cameras installed. Ideally, planting of native Irish trees (Irish oak, hazel, Irish orchard varieties, whitethorn), wetland consideration should commence in this phase to enable us to deliver on our environmental goals outlined in our environmental mission statement 8.7). We envisage topsoil generated from ground clearance to be used in the construction of rolling hills for the park. We anticipate collaboration with local artists, arts, and environmental institutions to deliver a park with maximised biodiversity, creativity, and beauty.

Phase 1: Design and development of a municipal park:

- 6-8-metre-high fencing with access gates and security cameras
- 1 – 1.5 km accessible exercise trail/path: 3 m wide minimum
- All access toilets and changing wet room facilities x 2.
- Exercise gym equipment.
- Wheelchair accessible picnic tables
- Flood lighting.
- Rolling hills generated from ground clearance works.
- Planting of native Irish tree and hedge species.
- Garden allotments.

Phase 2: Development of an IWA standard 400M 8-Lane athletics track including:

- 100m / 110m straight,
- Track side storage facilities for high jump, hurdles, and pole vault.
- Steeple chase barriers and water jump.
- Accessible walking circuit around the track.
- Flood lighting.
- Electronic start/finish equipment.
- 4-foot-high track perimeter fencing with 3 access gates and arm rest for spectators,
- 6-foot-high security perimeter fencing with dual access dates,
- Mag lock fob-controlled access gate for users,
- Security camera system,
- Parking for bikes, scooters, disability users (6-8), cars (20) adjacent to the track entrance.
- Overflow parking for buses (10-15),
- Site services,
- Reception/ site office,
- All access changing wet room facilities & toilets for all users, located trackside.
- Shared storage units for club equipment.

Phase 3: Installation of field equipment to include:

- Discus & Hammer Throwing circles and cage,
- Long Jump pits x 2 and Triple Jump pit x 2 and run up, High Jump area, Javelin area,
- Shot Put circles x 2, Pole Vault, Hurdles.

- Admin area building for electronic timing and photo finish viewing must be located directly opposite the finish line.

Phase 4: Construction of a Club house (3000sq m) equipped with, or designed to allow the future development of the following:

- Kitchen,
- Shared club storage area,
- Treatment rooms to hire out to physios, yoga, meetings etc.
- Sport hall large enough to facilitate indoor circuit training, hosting of championship meets, pre- and post-race registrations and presentations respectively.
- Toilet, shower and changing facilities including wheelchair bed changing facilities.
- High performance gym equipped for warm-up, resistance, strength, and flexibility training.
- Recovery area equipped with plunge pool, sauna, jacuzzi, hyper oxygen therapy chamber.
- Facilities to be powered via geothermal heating system, solar panels, rainwater recovery systems.

Phase 5: Installation Construction of a seated 80m roofed viewing stand with the following all weather training area underneath:

- 4 x 60 m sprint lanes
- Long Jump/ Triple Jump run up lane and pit.
- High Jump training area
- Indoor Throws Cage
- Additional toilet facilities accessible to park users (minimum of 4 ladies, 4 gents and 2 wheelchair accessible adult toilet and wet room changing units (there are none at present in the East Cork region)

Phase 6:

- Biodiversity continued through further planting of native Irish trees and hedges and wetland area,
- All weather full size 3G astroturf pitch,
- Skatepark,
- Playground,
- Tennis courts,
- Basketball courts.

7.2 The Location

Travel time to the athletics facility will be a critical factor influencing participation. In calculating travel time, Google maps is a useful instrument as it allows time to be estimated, taking account both physical distances involved, and the road conditions which dictate the appropriate speed of travel.

At an ECAD meeting all athletic clubs agreed that a T&F facility would best service the catchment of East Cork, close to the N25 between Midleton to Carrigwohill, close to train stations, bus stops, and cycle/walking paths.

Identification of a site close to Midleton, in the heart of East Cork will be intrinsically linked to the ability of this facility to positively impact a reduction in travel times by individuals and ultimately achieving our goal to reduce in our carbon footprint as a region.

| Travel Distances from Midleton | | |
|--------------------------------|---------|------|
| Town | Minutes | Kms |
| Youghal | 27 | 26.7 |
| Cobh | 20 | 17 |
| Glanmire | 16 | 18.5 |
| Glounthaune | 14 | 13.3 |
| Carrigtwohill | 9 | 7.5 |
| Castlemartyr | 10 | 9 |
| Killeagh | 15 | 14.7 |
| Dungourney | 10 | 9.3 |
| Leamlara | 16 | 12 |
| Tallow | 25 | 26 |
| Watergrasshill | 24 | 20 |

Table 4

7.3

Site Selection

The Cork County Development Plan states Multi-Use Community Facilities 6.2.1, Volume 1 states: Facilities within the community should be located to maximise their efficiency and to facilitate ease of access for users of all ages and abilities. Where appropriate, facilities should also be capable of adapting to changing needs over time. The timely delivery of such facilities to meet the needs of communities is a key priority of this Plan. 6.2.2 It is the aim of the Council to encourage the provision of multi-use facilities that community groups can share. Following discussions with County Cllrs, planners and local engineers in the area, the following criteria was identified to ensure accessibility, sustainability, and the ultimate success of the proposed facility.

Physical Characteristics

- Size of site and expansion potential
- Flood risk.
- Presence of existing utilities
- Suitability of site topography & ground
- Presence of historic monuments
- Vehicular access from public road

Location and Planning

- Zoning in accordance with Local Policy & Local Plan for the town
- Visibility from key public roads
- Proximity to town centre
- Proximity to secondary schools
- Proximity to sport and leisure uses.
- Environmental impact
- Public acceptability

Accessibility and Transport

- Capacity of existing road network to facilitate traffic: N25.
- Access by Train
- Access by Pedestrians, cyclists (footpaths, greenway, cycle paths lighting)
- Access by Bus (proximity to bus stop, bus parking)
- Availability of other car parking in area for events

Commercial

- Availability of Land for Sale
- Site Purchase Costs

Additional Considerations

Flood Risk

A Stage 3 Flood Risk Assessment Report is likely to be sought by LA planners to accompany a planning application for the site. This report will need to confirm that the development complies with the flood risk management guidelines for the region. The track is considered as a low vulnerability development and therefore the development should easily comply with the guidelines. (Newcastle West Feasibility Study extract)

Ground Conditions and Topography

A Track & Field Facility requires a site which is reasonably flat, with good drainage properties to reduce costs and environmental impacts. (Newcastle West Feasibility Study extract)

Traffic Impact

It is estimated that most users will attend the track during off-peak hours, early in the morning or late in the evening after work, and at the weekends. Some participants will use the track during the day on weekdays (elderly, school children, etc.). However, very few users will access the facility during peak traffic times (8.15am to 8.45am and 5.15pm-5.45pm Mon-Fri). The impact on local traffic will therefore be negligible. If the facility does manage to attract county or regional athletics events after Phase 2 is completed, these events typically occur on weekends and attract reasonably low attendances when compared with other sports. Some local liaisons between the Gardaí and the operator may be required to develop a parking and traffic management strategy around these events. (Newcastle West Feasibility Study extract).

Positive Environmental Impact

We see this facility positively impacting all aspects of life in the Region of East Cork, helping to bring a self-sustaining local economy, and reducing our regions carbon footprint, by way of sports tourism, and staycations to the area. The increase in predicted rainfall forecast for Ireland for the foreseeable future, throughout the year, grass playing pitches are often unplayable due to these extreme, but ever-increasing weather conditions. All weather facilities must become a priority for the catchment of ECAD.

Transforming agricultural or industrial land in the region into this carefully considered proposed community amenity will benefit the local flora and fauna habitats and help improve local stream/ river system water quality flowing into the Special protected Area of Cork Harbour. We envisage every opportunity to promote environmental awareness and stewardship be taken on the site.

8 Financial Feasibility/ Operation Model

8.1 Project Costings

The site purchase cost has been omitted from this study. CEASC recommends a flexible porous track (tartan track) due to its lower capital cost, durability, and adequate performance on other similar facilities around Ireland.

| Phase 1 | |
|--|-------------------|
| All excavation and levelling groundworks | |
| Subsurface material, tarmac layer, and tartan layer for 8 lane track | |
| Flood Lights (8) | |
| Infield drainage system | |
| 2 layers of fencing & gates | |
| A stone surfaced car park for 30 cars | |
| Cage and concrete circles for throwing events/ Pits for Long jump and triple jump | |
| Sole (Track Specialists) Quote March 2024: €1,722,714.60 (inclusive of VAT at 23%) | |
| Quotes for toilet facilities, dressing rooms, a storage building for equipment, electric and water connectivity to the site have been requested and are expected to be in the region of €200,000. | |
| Phase 2 must be completed to allow hosting of T&F events and secure revenue streams | |
| Event | Cost |
| SC package (water jump) and water supply with AJ box to steep chase with outdoor tap | €14,440 |
| Finish line plinth and power supply | €1,980 |
| Hammer Cage and base | €58,900 |
| Discus and Shot-Put circle and toe board | €1,990 |
| Pole vault and High Jump package / field event concrete works | €5,060 |
| Garage for HJ storage | €9,900 |
| Garage for PV storage | €19,250 |
| Long Jump/Triple Jump | €15,383 |
| Total | €126,903 |
| Club House (3000sq m) and 80m Seated Viewing Stand | €800,000 |
| Cost of Phase 1 & Phase 2 combined | €2,849,618 |
| Cost of Phase 1 & Phase 2 combined/ 10% Eng Costs included | €3,134,579 |

8.2 Business Model Options

| | Club | Local Authority |
|---------------------|---|---|
| Location | Community – city, town, or village | City, county, or large town |
| Facilities | <ul style="list-style-type: none"> • Track – cinder to polymeric. • Clubhouse • Gym • Field Sports • Storage | <ul style="list-style-type: none"> • Amenity and/ or Multi-Sport (including Athletics) • Storage. • Changing facilities • Managed |
| Funding | <ul style="list-style-type: none"> • Fund raising. • Sports Capital Grants • Local Authority | <ul style="list-style-type: none"> • Government/ Dept. of Environment • Grants e.g. IPB • Own funds |
| Revenue | <ul style="list-style-type: none"> • Membership • Pay N' Play • Clubs | <ul style="list-style-type: none"> • Clubs • Subvention • Pay N' Play (optional) |
| Employees | <ul style="list-style-type: none"> • Both Voluntary and Permanent Staff | <ul style="list-style-type: none"> • Permanent Staff |
| Advantage | <ul style="list-style-type: none"> • Own facilities • Full control | <ul style="list-style-type: none"> • No funding • No responsibility/ Management role • Access • Storage |
| Disadvantage | <ul style="list-style-type: none"> • Time • Funding • Maintenance • Management | <ul style="list-style-type: none"> • Pay N' Play • No ownership/ no control • Commercial Ethos |

Table 6

8.3 Revenue streams

We have taken a similar conservative approach to revenue generation. Again, experience suggests that Athletics Facilities are not significant income generators –To be successful, they need to be innovative in terms of the operating model. This ranges from including net revenue generators such as:

The indicative list of likely fees and charges are as follows:

| Activity | Proposed Charge | Concession (if applicable) |
|----------------------------|---|---|
| Casual User/ Pay As You Go | €3.00 | Under 7s go free |
| Group/Club Rate | €60.00 per hour between 4pm and 9pm Mon-Fri 9am-4pm Sat-Sun & BH's | €50.00 per hour 9am-4pm Mon -Fri 4pm-6pm Sat-Sun & BH's |
| School Rate | €50 per hour | |
| Track Meets/ Events | €400.00 per day (9am -6pm) | |
| Schools Sports Day /Camps | €300.00 per day(9am-3pm) | |
| Yearly Membership | €75.00 (senior) €120.00 (couples) | €50.00 (juvenile/OAP) €160.00 (family of 4) |

Table 7

| Item/ Users | Revenue/ Income € |
|--|--------------------------|
| Casual users €3 x 30 per day/ 40 weeks pa | €32,850 |
| Clubs' Peak times | €87,540 |
| Full day Events 10 per year | €4,000 |
| Schools off peak times 3hrs /week/ 32 weeks | €4,800 |
| Sub-Total | €129,190 |
| Membership | In pro |
| Summer camp rental 2 weeklong camps pa | €3000 |
| Klubfunder | €36,000 |
| Winter 3km Road race series | €10,000 |
| 10-mile Road race | €15,000 |
| Fit for Life: based on Castleisland facility | €30,000 |
| Total Annual Revenue | €223,190 |

Table 8

8.4 Operating expenses including sinking fund, insurance, staff, utilities, and marketing.

This section sets out the likely revenue and costs implications associated with the Track & Field Facility. The main cost associated with the new facility is the Capital Costs. Similar to investment in playing pitches – which require some maintenance but very little management.

In determining the expected operational costs, we have taken a conservative approach. For example, the electricity costs are based on operating all floodlights 7 days per week: 5 hours per day for 22 weeks in accordance with the Newcastlewest Feasibility Study. Experience would suggest that unless the track and field sports facilities are being fully utilised only some flood lighting is required, and other forms of lighting used for jogging and casual running.

| | |
|------------------------------|--------------------------------------|
| | |
| Track Cleaning | €1,500 |
| Security (Key Lock) Estimate | €3,500 |
| Grass Cutting | €2,000 |
| Insurance & Legal fees | €10,000 |
| Electricity | €20,790 |
| Sinking Fund | €10,000 |
| Marketing and Promotion | €10,000 |
| Staff Costs | Solas (FAS)/ CC/SECAD Schemes/ AsIAM |
| Total Annual Cost | €57,790 |

Table 9

The proposed operational/ business model will be volunteer managed with support from the CC, SECAD and Solas work and training schemes for maintenance and facility management, meaning there are no proposed staff costs. We envisage this facility to liaise with ASIAM's recruitment department to provide jobs for those in the autistic community, as well as with other disability groups to provide inclusive employment and possible training opportunities.

Sinking Fund

The Track & Field Facility will be a state-of-the-art facility but will need reinvestment in terms of relining; repair and respray and eventual track resurfacing, as well as replacing lighting. If properly maintained, relining will be required every 15 years; repair and respray at 16 and 26 years and resurfacing after 30 years (this is based on the An Ríocht experience). The costs involved are:

Relining - €12,000

Repair and Respray - €130,000

Resurfacing - €400-600,000

Bulb replacement - €100 per bulb

In order to avoid loading costs onto the operational side, it is proposed to establish a sinking fund. This will be used to build a fund that will finance the relining, repair, and respray and eventual resurfacing of the track. Currently resurfacing is eligible for Capital Sports Grant funding and the Watershed, Kilkenny has recently secured a 50% grant towards this cost. Based on the expected repair and replacement costs and the track life expectancy it is proposed to create an annual sinking fund which will require setting aside c. €7,000 p.a.

8.5 Assessment of funding options (grants, loans, public-private partnerships, etc.).

| Grants Identified | Governing Body | Amount available |
|--|--|---------------------------------|
| LSSIF | Gov | Up to €3 million |
| Town & Village renewable Scheme | Government/ Local Authority | €50,000 |
| Eirgrid Round 2 | SECAD | €125,000 |
| Community Foundation Ireland Biodiversity Fund | Community Foundation Ireland | €11,000 |
| Community Support fund 2024 | Local Authority | Up to 50% of total project cost |
| Leader grants | Government - Dept of Rural and Community Development | Max €200,000 |
| Women's Groups Fund | Government - Dept of Rural and Community Development | Max €5000 |
| Sports Capital & Equipment programme | Government | €300K- €500K |
| Go fund me | Community fundraising – CEASC | €30,000 plus |
| Philanthropic Agencies/ trusts | Individual trust managers | €100-€200,000 |
| National Lottery/Heritage Fund | Government | €50000 |
| Dormant accounts | Government | €50,000 plus |

Table 10

While we are exploring the various grant systems available to build the track and facilities, we are also engaged with local businesses and multinational companies located in the region for their support. This is to close the barrier between the funding achieved and any shortfall which may occur during the development of the facility.

8.5 Cost Benefit Analysis

Cost Benefit Analysis for Track and Field Facility Project by CEASC CLG

Project Overview

The project involves the design and construction of a track and field facility with various amenities to promote community engagement and inclusivity. The facility will include a clubhouse for indoor sports, electronic timing technology, a multi-purpose pitch, tennis courts, an outdoor gym, and a pay-as-you-go creche. The total project cost is €3,134,579 with Phase 1 costing €1,722,714.60 and Phase 2 €1,277,285.40. The project aims to be sustainable and inclusive, with specific revenue projections and operating costs detailed below.

Costs

1. Design and Construction Costs

Phase 1 Costs (€1,722,714.60 including VAT):

Groundworks, subsurface, tarmac, and tartan layers: €1,722,714.60

Floodlights, fencing, security gates, car park, throwing circles, and jump pits.

Design Costs: 10% of the build.

Toilet Facilities, Dressing Rooms, and Utilities**: €200,000

2. Phase 2 Costs (€1,277,285.40):

Equipment: €126,903

Clubhouse and Hall: €800,000

3. Operational Costs

- Projected annual running costs: €37,790 including contributions to the sinking fund and flood lighting costs and security costs

- Staffing: creche costs would be negated by a franchise such as Sherpa Kids hiring the use of the facility. Administration (community employment scheme)

Marketing and Promotion: €10,000 per year

Insurance and Legal Fees: €10,000 per year

Total Initial Investment: €3,134,579.60

Total Annual Operating Costs: €57,790

Qualitative Costs:

Qualitative costs, while less tangible, are equally important and encompass social, environmental, and operational challenges. Addressing these costs comprehensively will ensure a well-rounded assessment of the project's viability and its potential impact on the community.

1. Community and Social Costs:

Disruption During Construction: Potential temporary inconvenience to the local community during the construction phase (e.g., noise, traffic disruptions)

2. Environmental Costs:

Construction Impact: Environmental impact of construction activities, including potential disruption to local wildlife and ecosystems.

Long-term Environmental Impact: Potential carbon footprint from facility operations, though efforts will be made to minimize this through sustainable practices. Increase in the site's biodiversity through returning part of the site to nature through considered biodiversity projects.

3. Social Equity and Inclusion Costs:

Accessibility and Inclusivity Measures: Ensuring the facility is fully accessible to all socio-economic groups and individuals with disabilities might incur additional costs, but these are essential for inclusivity and the social cost of not incurring them would far outweigh the financial.

4. Operational Challenges:

Management Complexity: Managing a diverse set of facilities (track, multi-purpose pitch, tennis courts, outdoor gym, creche) may require sophisticated coordination and management.

Staff Training and Retention: Ensuring staff are adequately trained to handle the technology

5. Long-term Sustainability:

Sustainability Measures: Implementing and maintaining sustainable practices and technologies to ensure a low carbon footprint may involve ongoing costs and investment in green technologies. However, there are sufficient grants to reward this facility management methodology.

Revenue Projections

1. Annual Revenue

- Track Rental (€60 per hour): €87,850
- Fit 4 Life Program €30,000
- Pay as you go access (€3 per entry for 30 users/day): €32,850.
- Schools Rental €4,800
- Winter 3K Series €10,000
- 10 Mile Fundraising Race €15,000
- Club Lotto Syndicate (first four years): €36,000 per year
- Income from annual memberships, providing a steady revenue stream.
- Facility Rentals €60 per hour Additional income from renting the multi-purpose pitch and other sports facilities to community groups and local sports teams.

Total annual revenue: €223,190

Qualitative Economic and Social Benefits

1. Economic Impact

- Job Creation Employment opportunities during construction and operational phases.
- Local Business Support: Increased foot traffic benefiting local businesses.
- Event Hosting: Potential for regional events, attracting visitors and boosting tourism.
- Community Programs: Integration with community employment schemes to reduce operational costs.

2. Social Benefits Health and Wellness

Improved Physical Health: Encouraging regular physical activity can lead to better overall health, reducing the incidence of chronic diseases such as obesity, diabetes, and heart conditions.

Mental Health Benefits: Participation in sports and physical activities can reduce stress, anxiety, and depression, and promote overall mental well-being.

Social Cohesion and Community Building

1. **Inclusive Environment:** A facility that is accessible to all socio-economic groups and individuals with disabilities promotes social inclusion and community cohesion. Our letters of commitment to the facility from the Midleton Family Resource Cope, Bloom, Rebel Wheelers and the IWA will ensure that these group's needs will be met by the delivery of this facility.

2. **Enhanced Social Interactions:** Opportunities for people of all ages to interact and engage in activities together, fostering a sense of community and belonging.

3. **Youth Engagement and Development**

Positive Youth Activities: Providing structured and supervised activities for young people can reduce antisocial behaviour and contribute to their personal development and social skills.

4. **Role Models and Mentorship:** Interaction with coaches and peers in a sports setting can provide positive role models and mentorship opportunities.

Educational Benefits

1. **Learning Opportunities:** Sports and fitness programs can teach valuable life skills such as teamwork, discipline, and leadership.

2. **School Partnerships:** Collaboration with schools for physical education programs can enhance students, educational experiences, and physical fitness.

With a total of 68 schools in the East Cork Region between primary and secondary committed to using the facility the cost/ benefit ration here leans strongly towards the need to deliver this project.

Community Pride and Identity

1. **Civic Engagement:** The facility can become a focal point for community events and activities, fostering a sense of pride and identity among residents.

2. **Hosting Events:** The ability to host local and regional sports events can boost community morale and bring positive recognition to the area.

After the recent flooding events from Glanmire to Midleton, Castlemartyr and Killeagh there is a strong need in the region to have something positive to focus on to boost mental physical and social Wellness as well as a much-needed economic boost after many businesses suffered during these events.

Economic and Social Equity

1. **Accessible Recreation** Providing affordable and accessible recreational facilities ensures that people from all backgrounds have the opportunity to engage in sports and physical activities.

2. **Support for Vulnerable Groups:** Special programs and facilities for disadvantaged and disabled individuals help promote equality and social justice. We plan to link in with the Midleton family resource centre, Rebel Wheelers, bloom neurodiversity group, and Cope as well as Cork County Council and cork sports partnership to ensure adequate provision out programmes for this sector half the population.

Environmental Stewardship

1. Sustainable Practices*: Incorporating green building practices and sustainable operations can educate the community about environmental responsibility and stewardship.
2. Green Space Utilization: The facility's integration with nature trails and outdoor areas promotes appreciation and conservation of natural spaces and local biodiversity and planting of native species in keeping with the Cork Harbour Special Protection Area conservation objectives.

Quality of Life Improvements

1. Enhanced Recreational Options: Increasing the availability of recreational facilities what are enhances the overall quality of life for community members. And reduces travel time to facilities further away thereby reducing the carbon footprint of each household and providing opportunities for them on their doorstep in East Cork.
2. Family-Friendly Amenities: The inclusion of features like the creche allows families to participate in activities together, supporting family cohesion and work-life balance.

Qualitative Benefits with Assigned Monetary Values:

1. Health and Wellness:

Healthcare Savings: Reduced healthcare costs due to improved community health.
Estimated at €50,000 per year.

2. Social Cohesion and Community Building:

Social Value: Increased social interactions and community engagement. Estimated at €30,000 per year in social capital benefits.

3. Youth Engagement and Development:

Reduced Crime and Anti-social Behaviour: Savings from decreased juvenile delinquency.
Estimated at €20,000 per year.

4. Educational Benefits:

Enhanced Educational Outcomes: Value from improved student performance and physical health.
Estimated at €10,000 per year.

5. Community Pride and Identity:

Civic Engagement: Enhanced community pride and identity. Estimated at €15,000 per year.

6. Economic and Social Equity:

Increased Social Equity: Value from providing accessible recreation to disadvantaged groups.
Estimated at €25,000 per year.

7. Environmental Stewardship:

Sustainability Education: Value from promoting environmental awareness. Estimated at €5,000 per year.

8. Quality of Life Improvements:

Enhanced Recreational Options: Improved quality of life for residents. Estimated at €20,000 per year.

Total Annual Qualitative Benefits: €175,000

Summary of Costs and Benefits:

Total Initial Investment: €3,134,579
 Total Annual Operating Costs: €57,790
 Total Annual Quantitative Benefits: €223,190
 Total Annual Qualitative Benefits: €175,000

Net Annual Benefits:

Total Annual Benefits (Quantitative + Qualitative): €398,190
 Net Annual Benefits (Total Annual Benefits - Total Annual Operating Costs): €340,400

Break-even Analysis:

Initial Investment: €3,134,579
 Net Annual Benefits: €340,400
 Years to Break-even: $\frac{€3,134,579}{€340,400} \approx 9.2$ years

Conclusion:

With the total annual benefits (quantitative and qualitative) significantly outweighing the

annual operating costs, and a positive net annual benefit of €340,400, the proposed track and field facility project demonstrates strong economic and social viability. This analysis suggests that proceeding with the investment would provide substantial returns in terms of both financial gains and enhanced community well-being.

Sustainability

- Low Carbon Footprint: Incorporation of sustainable design and renewable energy sources where possible. Connectivity to the local Eirgrid, and proximity to local train stations and the greenway and woodlands all contribute positively in this regard.
- Community Involvement: Utilizing local volunteer groups (e.g., Tidy Towns, Men's and Women's Sheds) to maintain low operating costs and promote environmental stewardship.

Net Present Value (NPV) and Internal Rate of Return (IRR)

To determine the project's financial viability, we'll use discounted cash flow analysis:

1. Initial Investment: €3,134,579
2. Annual Revenue: €223,190
3. Annual Operating Costs: €57,790
4. Net Annual Revenue: €165,400

Conclusion

The analysis shows that the economic benefits outweigh the costs, and the project aligns with CEASC CLG's mission to support community health inclusivity and sustainability. Engaging with local stakeholders, including residents, schools, and community groups, has shown strong support for the project, enhancing its feasibility and success prospects. Given the strong net annual benefits and the reasonable break-even period, the comparison clearly supports proceeding with the investment in the track and field facility.

Rationale

1. Positive Net Benefits: The net annual benefits of €340,400 demonstrate a strong return on investment, significantly outweighing the annual operating costs.
2. Reasonable Break-even Period: The break-even period of approximately 9.2 years is acceptable for a project of this scale, indicating financial viability.
3. Social and Health Benefits: The project will deliver substantial social, health, and community cohesion benefits, contributing positively to the quality of life in East Cork.
4. Economic Stimulus: The facility will stimulate local economic activity, create jobs, and enhance the regions attractiveness for events and tourism.
5. Sustainability and Inclusivity: The project's commitment to sustainability and inclusivity aligns with broader community and organizational values, ensuring long-term positive impact.

Recommendations for Implementation:

1. Risk Mitigation:

Implement the identified risk mitigation strategies, including a contingency budget for construction, thorough market research for revenue projections, and flexible pricing strategies.

2. Community Engagement:

Continue engaging with the community to ensure broad support and address any concerns proactively.

3. Sustainable Practices: Invest in sustainable technologies and practices to maintain a low carbon footprint and seek grants or incentives for green projects.

4. Monitoring and Evaluation: Establish a robust system for monitoring and evaluating the facility's performance, user satisfaction, and financial health to ensure continuous improvement and sustainability.

By proceeding with this project, CEASC CLG will not only provide a valuable recreational facility for the community but also promote social equity, economic development.

9. Our Environmental Mission Statement

CEASC, in conjunction with our Local Authority recognise and accept our responsibility, to design, deliver, and sustain this Track and Field facility within a regional, municipal park to the highest standards. We are committed to minimising all developmental impacts in respect of care for the environment.

We are committed to incorporating exemplary environmental management and achieving continuous environmental improvement on all aspects of this project, from conception through to completion, through to the sustainability of this Centre of Excellence facility into the future.

Through state-of-the-art design, we aim to minimise the environmental impact of our own activities to achieve continuous environmental improvement, to prevent pollution, to measure and reduce our carbon footprint with an end goal of becoming carbon neutral.

We will introduce and monitor controls to reduce environmental impact across our activities including • waste management • energy use • water use • green public procurement • transport and travel • environmental education and awareness among our users.

CEASC is committed to comply with applicable environmental legal and other requirements that apply to our activities.



26th September 2023

Re: Development of an All Weather Track in East Cork

To Whom it May Concern,

Athletics Ireland fully support the proposal to develop an All Weather Track and Field Facility in the East Cork region.

I note that this welcome project will cater for athletes from eleven Athletics Ireland affiliated Clubs together with local schools and disability groups.

When complete a track in the East Cork region would ensure that all four regions in Cork County will have a modern synthetic facility at their doorstep.

It is the vision of Athletics Ireland to inspire the nation to be active, healthy and to perform through athletics. Support for this facility will be of enormous benefit to delivering our stated vision across the Island.

I commend the efforts being made by the Cork East Athletics Sports Committee (CEASC) and wish the members of the CEASC every success in their work towards completion of this ambitious project and I offer our assistance and support as necessary in the future.

Yours sincerely,



Hamish Adams
Chief Executive Officer

hamishadams@athleticsireland.ie

DIRECTORS: John Cronin (President), Brid Golden (Deputy President & Munster Rep), Andrew Lynam (Chair of Competition), Michael Quinlan (Chair of Finance & Risk), Fintan Reilly (Chair of HP), Amanda Hynes (Chair of Juvenile), Seamus Flynn (Chair of Coaching & Development), Marion McEvilly (Connacht Rep), Greg Duggan (Leinster Rep), Brendan McDaid (Ulster Rep), Mary Barrett (Schools Rep), Laura Brennan (Universities Rep), David Abrahams (Athletics Northern Ireland Rep), Greta Hickey (Co-opted member), Nuala Hunt (Co-opted member), Claire Shannon (Co-opted member).

UNIT 19 NORTHWOOD COURT, NORTHWOOD BUSINESS CAMPUS, SANTRY, DUBLIN 9, IRELAND, D09 CX26
TEL: 01 886 9933 EMAIL: admin@athleticsireland.ie WEB: www.athleticsireland.ie Games & Sports Exemption No. G.S. 002188

To Midleton Council and Associated Parties.

As a dedicated athletics club in the East Cork area, we are writing this letter to express our wholehearted support for the establishment of an 8-lane 400-meter Track and Field Athletic Sports Hub in our community, with onsite facilities and amenities. We have experienced firsthand the challenges of operating without a proper track or facilities, and the prospect of having a modern sports hub excites us immensely. We firmly believe that this initiative will not only expand and improve the dynamics of our skill sets as a club but also will bring a myriad of positive aspects to athletics and social interaction in East Cork.

For years, our club has strived to provide athletes of all ages and abilities with opportunities to excel in the field of athletics. However, the lack of dedicated facilities has been a significant hurdle in our endeavours. With the advent of an 8-lane Athletic Sports Hub, our athletes will finally have access to a world-class track and field facility with experienced specific coaches that will enable them to train more effectively and efficiently. This new hub will act as a catalyst for enhancing our training programs, allowing us to keep, nurture and develop talent and individuals, further elevating our reputation as a hub for athletic excellence.

The positive impacts of athletics extend far beyond the sports field. The proposed sports hub will change this landscape entirely. It will become a safe vibrant meeting place for athletes from various clubs, multiple disciplines, and backgrounds (such as Juvenile, para-athletes, senior and master athletes). This convergence will create an environment of mutual support, where athletes can forge lasting friendships, exchange experiences, and inspire each other to reach new heights in their sporting endeavours'.

Moreover, the social complexity that will emerge from this hub will positively impact East Cork as a whole. The Community will have a place to witness and engage in exciting athletic events, creating a strong sense of pride and identity within East Cork. Families and spectators will gather, supporting their loved ones and cheering for athletes from the region. As events grow in popularity and scale, our area will undoubtedly attract visitors from other regions, fostering tourism, and contributing to the economic prosperity of East Cork.

The formation of an athletic sports hub is a transformative step that will empower athletes to dream bigger and aspire for greatness. It will ignite a passion among the youth, leading to a healthier and more active community. This is for our clubs' kids and their kids, future generations not to be lost in the wilderness. As an athletics club deeply invested in our region's future, we are committed to collaborating with the council and other stakeholders to ensure the hub's success. We offer our full support and cooperation.

To ensure the success of this initiative, we, as an athletics club, are ready to actively participate in the planning and execution processes. We propose to nominate representatives from our club to take an active role in committees involved in the design and development of the Athletic Sports Hub. Their expertise and insight into the needs of athletes will contribute to the project's overall success.

Furthermore, we are committed to actively participating in publicity and fundraising efforts for the hub. Our club will work tirelessly to generate awareness and support for this vital project. We understand that a united effort from all stakeholders will be crucial to realizing the vision of a world-class Athletic Sports Hub in East Cork.

In conclusion and to reiterate, we, the members of [East Cork AC], wholeheartedly support the establishment of an 8-lane 400-meter Athletic Sports Hub in East Cork. This hub will be a beacon of athletic excellence, a catalyst for social connections, and a driving force behind our community's growth. We are excited about the positive changes this project will bring to our athletes, our club, and the entire East Cork area.

Yours sincerely,

Liam O'Brien (Secretary East Cork Athletic Club)



EAST CORK ATHLETIC DIVISION CLUB CHECK-LIST

| | | | |
|--|---|--|-------------|
| Athletics Club | YOUGHAL AC | | |
| Contact name | NOEL CURTIN | Contact phone no | 086 8147542 |
| Contact email | ncurt@armysurpluswarehouse.org | Date | 3/3/2024 |
| What facilities (other than one of the tracks in the city) does your club have available for track and field at present? | We have a 450mtr undulating astra turf circuit and a 300mtr grass circuit. We have no up to spec. field events facility | | |
| Does your club own or rent this/these facilities? | Long term lease from Cork county council | | |
| Do you own your own training grounds? | No | | |
| Please give details: Rented/owned/ shared | | | |
| Impact on your club where grounds not owned | We are fortunate to have access to the property but our juvenile members in particular who want to take part in competitive athletic events are not catered for properly | | |
| | Senior | Juvenile | |
| Number of club members? | 185 | 210 | |
| How often they train days /week? | 5 | 3 | |
| How often they train at a track & field facility {Mardyke}? | | 1 | |
| How many times per week would your club like to train on a track & field facility? | 1 | 2 | |
| How many hours a week would your club like to train at a track & field facility? | 1.5 | 3 | |
| Why doesn't your club train at the Mardyke facility? eg..available training times unsuitable {too late /not available/ travel time /traffic congestion: please give details? | | Travel time, lack of field event facility, no time slots available | |
| If there was a 400 m 8 lane track and field facility located close to Midleton, would your club be interested in using the facility? | Yes | Yes | |
| How many hours a week do you think your club would like to commit to training at a facility located near Midleton? | 1.5 | 3 | |
| Would a track & field facility located near Midleton be more accessible to your members and increase your club usage of a track? | Yes | Yes | |
| Would a track & field facility located near Midleton help grow your club? | Yes | Yes | |
| Would your club be interested in hiring individual club/ and shared (high jump) lock up facilities? | yes | Yes | |
| Any other comments?? | We feel east cork is a 'black spot' presently as regards track and field facilities, particularly for our young aspiring athletes who need regular access to train and compete on suitable surfaces with modern equipment so that they can compete nationally and internationally to progress their careers | | |

EAST CORK ATHLETIC DIVISION CLUB CHECK-LIST

| | | | |
|--|--|-------------------------|-------------------|
| <u>Athletics Club</u> | <u>Watergrasshill Athletics Club</u> | | |
| <u>Contact name</u> | <u>Colette O' Donoghue</u> | <u>Contact phone no</u> | <u>0863755723</u> |
| <u>Contact email</u> | <u>Colette2601@yahoo.com</u> | <u>Date</u> | <u>04/03/2024</u> |
| <u>What facilities (other than one of the tracks in the city) does your club have available for track and field at present?</u> | <u>Kartworld in Watergrasshill, or local GAA Pitch</u> | | |
| <u>Does your club own or rent this/these facilities?</u> | <u>Rent</u> | | |
| <u>Do you own your own training grounds?</u> | <u>No</u> | | |
| <u>Please give details: Rented/owned/ shared</u> | | | |
| <u>Impact on your club where grounds not owned</u> | <u>We are at the mercy of Kartworld where availability is only secured on a week by week basis. GAA facilities are also available similarly, and priority will always be given to GAA Teams over Athletics</u> | | |

| | <u>Senior</u> | <u>Juvenile</u> |
|---|--|--|
| <u>Number of club members?</u> | <u>100</u> | <u>70</u> |
| <u>How often they train days /week?</u> | <u>2-3 Club Tuns</u> | <u>1</u> |
| <u>How often they train at a track & field facility (Mardyke)?</u> | <u>1</u> | <u>1</u> |
| <u>How many times per week would your club like to train on a track & field facility?</u> | <u>1/2</u> | <u>1/2</u> |
| <u>How many hours a week would your club like to train at a track & field facility?</u> | <u>2</u> | <u>2</u> |
| <u>Why doesn't your club train at the Mardyke facility? eg. available training times unsuitable (too late /not available/ travel time /traffic congestion: please give details?</u> | <u>Training times unsuitable & location not convenient</u> | <u>Training times unsuitable & location not convenient</u> |
| <u>If there was a 400 m 8 lane track and field facility located close to Midleton, would your club be interested in using the facility?</u> | <u>Yes</u> | <u>Yes</u> |
| <u>How many hours a week do you think your club would like to commit to training at a facility located near Midleton?</u> | <u>2</u> | <u>2</u> |
| <u>Would a track & field facility located near Midleton be more accessible to your members and increase your club usage of a track?</u> | <u>Yes</u> | <u>Yes</u> |
| <u>Would a track & field facility located near Midleton help grow your club?</u> | <u>Yes</u> | <u>Yes</u> |
| <u>Would your club be interested in hiring individual club/ and shared (high jump) lock up facilities?</u> | <u>Yes</u> | <u>Yes</u> |
| <u>Any other comments??</u> | | |

CEASC School Questionnaire
(Cork East Athletic Sporting Committee)

SCHOOL: St Aloysius' College, Carrigrohilly, Co. Cork
Completed by Sharon Holland - Deputy Principal

| | | |
|----|---|---|
| 1 | What PE facilities does your school have access to? (Indoor: Hall/Gym, Outdoor: Pitches/Track/Astro/Hard Court) | Hall, gym, hard courts |
| 2 | In your opinion does your school have the facilities to support athletics within the school? | no not adequately |
| 3 | Does your school offer athletics on the curriculum? | yes - curriculum in PE including examination PE/ LCPE and as an extra-curricular activity |
| 4 | Does your school compete in the South Munster, Munster, All Ireland T&F and Cross-country events? | yes - all of the above |
| 5 | Does your school have athletics coaching staff? | yes |
| 6 | Does your school take part in field events e.g. J&H/Shot Put/Discus/ Hammer/PV | yes |
| 7 | How often does your school give to athletics training days/week? | 2 days per week |
| 8 | Number of athletes participants in the school. | approximately 25 all included but lack of athletics resourcing can make it challenging to train with specialised disciplines |
| 9 | Have they access to T&F facilities? | no - need to travel to Cork city, MTU or Limerick |
| 10 | If there was a 400m eight lane track & field facility located close to Midleton, would your school be interested in using the facility? | yes |
| 11 | If so, how many (times/ hours) per week would your school like to train at this facility located near Midleton? | at least twice per week but we would be interested in accessing PE sessions periodically to support our PE curriculum and also our LCPE assessment components |
| 12 | Would such a track & field facility be more accessible to your students & staff and encourage more participation in athletics at your school? | yes absolutely - closer proximity, more links with local clubs and connection between school and sports community |
| 13 | Would your school be prepared to pay a rental rate? | yes |



Cork East Athletic Sporting Committee

CEASCTrackBudgetCosts

SOLE SPORTS & LEISURE LTD.
Unit 8 Rosemount Business Park Sinnottstown Lane
Drinagh
Co Wexford
Ireland
Y35 WK83
Office 053-9146606
www.solesportsandleisure.ie

Contract - Schedule of Rates

| Description | Unit | Qty | Rate | Total |
|-------------|------|-----|------|-------|
|-------------|------|-----|------|-------|

| | | | | |
|---|--|---|------------|------------|
| 1 | Preliminaries | 1 | € 3,540.00 | € 3,540.00 |
| | Mobilisation | | | |
| | Set up site compound , site meeting working Drawings W/C faucitis IT | | | |
| 2 | remove ETC rate includes temporary link Road to access site | 1 | € 950.00 | € 950.00 |
| | Security | | | |
| 3 | Security, Insurance & Setting Out of Works: include provision of Safety Statement, Overheads, etc IT | 1 | € 1,980.00 | € 1,980.00 |
| | Demobilisation and landscaping works | | | |
| 4 | Tidy up & demobilise and landscaping post install IT | | | |
| | Insurance & Plant | | | |
| 5 | Provide all plant, material and equipment insurance and Public and employers liability insurance , inc third party and workman compensation Risk, Provide indemnity insurance if required IT | 1 | € 1,340.00 | € 1,340.00 |
| | Signage | | | |
| 6 | Construction signage mounted at site entrance will rules of site works , Name of project and contact details IT | 1 | € 2,000.00 | € 2,000.00 |
| | Security fencing & Tem Construction RD | | | |
| 7 | Supply and install 2.4m H Harris fencing around site 175 Lm required with one site entrance double clamped with all H & S Details mounted on fenceIT | 1 | € 3,870.00 | € 3,870.00 |
| | Equipment and Plant | | | |
| | Allow for all equipment and plan and setting out of site rate also includes the removal of plant and all transport costs IT | | | |

| | | | | | |
|----|---|----|------|---------|-------------|
| 8 | <p><u>Groundworks, Bulk Dig</u></p> <p>Existing ground to be skimmed to agreed new levels</p> <p>Excess spoil to be removed from site to CBR of 20%</p> <p>A cut a gill process may be required , may layers of fill 200mm</p> <p>Rate includes and Scrubbing of site and spoil removed</p> | m2 | 15 | € 1.98 | € 30,234.60 |
| 9 | <p><u>Geogrid layer Telegrid 30/30 track area</u></p> <p>Supply and install a Geogrid layer on eth Subbase level of track</p> | | 06 | | |
| 10 | <p><u>Base Course Stone 250mm</u></p> <p>Angled clean stone installed as per spec with porosity of 400mm/Hr and compacted to 95% maximum dry weight +20m-20mm tolerances Compacted with a 6 ton roller with a min of 5 passes layers of 175mm using a 50-150mm with less that 5% fines</p> | LM | 77 | € 9.65 | € 65,359.45 |
| 11 | <p><u>Blinding layer Modified</u></p> <p>Angled clean stone installed as per spec with porosity of 300mm/Hr & compacted to 95% maximum dry weight +10m-10mm tolerances Final , layer to be machine laid, Any soft spots to be removed and refilled in max layers of 150mm using a 14-16mm chip with less that 5% fines</p> | LM | 3 | € 2.98 | € 20,183.54 |
| 12 | <p><u>Inner Perimeter Kerbing Track</u></p> <p>Supply and laid 225mm x 100mm precast medium road kerbs kerbs to be supported with Concrete on both sides set flush play inner tarmac of paths</p> | LM | 6773 | € 24.98 | € 9,992.00 |
| 13 | <p><u>Outer Path Perimeter Kerbing Track</u></p> <p>Supply and laid 225mm x 100mm precast medium road kerbs kerbs to be supported with Concrete on both sides set flush play inner tarmac of paths</p> | LM | 6773 | € 24.98 | € 12,140.28 |
| 14 | <p><u>Outer Fencing SSI System 868 Total 2.4</u></p> <p>200mm x 50mm 868 gauge to 2.4m high</p> <p>Fencing to be PPC Green with 80 x 80mm x 2 mm posts</p> <p>NOTE MESH SIZE OF 200mm x 50mm 868 Gauge</p> | LM | 400 | € 91.65 | € 64,155.00 |

| | | | | | |
|--|--|--|-----|--|--|
| | | | 486 | | |
| | | | 700 | | |

| | | | | |
|----|--|------|------------|--------------|
| 15 | <p><u>Entrance Gate Double Gate 2.4 M W X 6m H</u></p> <p>Supply and install 1.060m w m x 2.4 H gate as per spec with</p> <p>Gate to be PPC Green with 100 x 100mm x 2 mm posts with mesh IT Price includes panel overhead of gates with support bars</p> | 1 | € 2,980.00 | € 2,980.00 |
| 16 | <p><u>Single Gate 1.2 M W X 2.4m H</u></p> <p>Supply and install 1.060m w m x 2.4 H gate as per spec with</p> <p>Gate to be PPC Green with 100 x 100mm x 2 mm posts with mesh IT Price includes panel overhead of gates with support bars</p> | 1 | € 1,650.00 | € 1,650.00 |
| 17 | <p><u>New Lateral Drainage on pitch</u></p> <p>101 dia drainage to be installed on site as per attached drawings 300mm of 10mm pea gravel to be used to bed pipe and surround Geotextile terram laid with falls of 1;100 at 10m CTRS LM</p> | 1650 | € 9.90 | € 16,335.00 |
| 18 | <p><u>New Collection Drain Track Inner</u></p> <p>160 dia drainage to be installed on site as per attached drawings 400mm of 10mm pea gravel to be used to bed pipe and surround with a Geotextile LM terram laid with falls of 1;100 at 10m CTRS allow for slip joints on connection points</p> | 400 | € 16.90 | € 6,760.00 |
| 19 | <p><u>Manhole with slit trap manholes</u></p> <p>Supply and install new manholes at northern end of site out side playing area set flush with bitmac path 900mm Dia Precast IT</p> | 4 | € 658.00 | € 2,632.00 |
| 20 | <p><u>Phillips Optic Vision Lighting System LED</u></p> <p>Lighting system as per lux levels plans included in tender</p> <p>250mm lux using floodlights per upright 2 number 2KW</p> <p>2 kw with a running load of 20 Tougged glass and aluminium housing IT18m</p> <p>Columns 250 lux on main pitch</p> <p>Phillips Optic Vision 2 kw price including separately switching for each Based on World Athletics Standards for Track and Infield</p> | 1 | € | € 188,900.00 |
| 21 | <p><u>Installation of Lighting Colours Pods inc Bases</u></p> | 8 | | € 12,480.00 |

| | | | |
|---|--|--|--|
| Install light colours mast bases as per manufactures instruction including per a recast steel foundation supports 18M system LM | | | |
|---|--|--|--|

| | | | | |
|--|--|--|-----------|--|
| | | | 188,900.0 | |
| | | | 0 € | |
| | | | 1,560.00 | |

| | | | | | |
|----|--|----|------|-------------|--------------|
| 22 | <p>ESB Ducting</p> <p>150mm ESB ducting to site for lighting as per ESB specification allowing a 30m run to power supply</p> | LM | 490 | € 14.90 | € 7,301.00 |
| 23 | <p>Lighting Control Track Side Pillar Plinth</p> <p>Supply and install 1.2m x 1.2m H x 600mm concrete plinth with ducting site to ESB specification to house power supply and lighting switch gear</p> | LM | 1 | € 1,240.00 | € 1,240.00 |
| 24 | <p>Car park Works 30 spaces</p> <p>New 200mm base course stone base to be install compacted and level to falls</p> <p>Blinded to with a 50mm of Clause 804 , 50mm black top tarmac and line marking</p> | M2 | 800 | € 49.80 | € 39,840.00 |
| 25 | <p>Collection Drain and slit-trap Manhole</p> <p>Existing Outfalls drain 164mm to connected into a new inspection chamber manhole, existing pile to be checked and cleaned if required</p> | LM | 4 | € 498.00 | € 1,992.00 |
| 26 | <p>TRCAK WORKS 400m x 6 Lane</p> <p>Conipur SW Sandwich System IAAF as per Spec</p> <p>Supply and laid Conipur SW 13mm polymeric track to IAAF using Conipur 70 primer and base mat 1-4mm SBR with 8kg per M2 with .8 kg of EPDM 0.5 to 1.5m and .05 Kgs of 0.0-0.05 EPDM per m2 mixed with 12kgs of Conipur 217</p> | m2 | 6772 | € 82.90 | € 561,398.80 |
| 27 | <p>Available in Blue Red system Laid to IAAF</p> | m2 | 96 | € 29.10 | € 2,793.60 |
| 28 | <p>Additional Area for long Jump @ 25mm thick</p> | IT | 1 | € 17,860.00 | € 17,860.00 |
| 29 | <p>Line marking New track line marked in White Blue Yellow to full IAAF IAAF Stainless steel Identity Plates as per standards</p> | IT | 1 | € 1,760.00 | € 1,760.00 |
| 30 | <p>Tarmac Base Course IAAF</p> <p>Supply and laid 40mm tarmac path over site allowed tolerances</p> | LM | 6772 | € 11.90 | € 80,586.80 |
| | | | 6772 | | |

| | | | | |
|--|----|--|--------|-------------|
| <p>+5mm a 6m run open Grade 10mm Chip as per IAAF Spec</p> <p><u>Tarmac Top Course IAAF</u></p> | LM | | € 8.95 | € 60,609.40 |
|--|----|--|--------|-------------|

| | | | | | |
|--|--|--|--|--|--|
| | Supply and laid 25mm tarmac path over site allowed tolerances +-3mm over a 4m run open Grade 10mm Chip as per IAAF spec | | | | |
|--|--|--|--|--|--|

| | | | | |
|----|--|-----|-------------|-------------|
| 31 | <p><u>Athletics Equipment IAAF Approved</u></p> | 1 | € 1,450.00 | € 1,450.00 |
| | Discus Circle Nordic 5140 454 Item | 1 | € 58,900.00 | € 58,900.00 |
| | Hammer Cage and base Item | 1 | € 540.00 | € 540.00 |
| | IAAF Shot Put Circle with Toe Board Item | 1 | € 1,650.00 | € 1,650.00 |
| | Pole Vault Box Item | 1 | € 650.00 | € 650.00 |
| | Pole Vault Box Lid Item | 1 | € 12,980.00 | € 12,980.00 |
| | Steep chase and Barrier base with drainage and adjustable barrier Item | 1 | € 1,980.00 | € 1,980.00 |
| | Finish Line Concrete plinth and power supply for finish line Item | 1 | € 5,640.00 | € 5,640.00 |
| | Long Jump rubber top kerb and base with drainage outlet Item | 6 | € 657.00 | € 3,942.00 |
| | Long Jump Take of Boards Blanking Lids and Plasticine Insert Item | 1 | € 9,086.00 | € 9,086.00 |
| | Long jump sand trays 500mm wide x 27lm Item | 1 | € 1,460.00 | € 1,460.00 |
| | Water supply with AJ box to Steep chase with outdoor tap Item | 1 | € 2,760.00 | € 2,760.00 |
| | Concrete works for field events Item | | | |
| | <p><u>Inner Tarmac Paths Storage Area Equipment</u></p> | | | |
| | Supply and laid new 50mm open grade bitmac paths between new grass pitch and IAAF track TBC Zone allow for 200m ² m ² | | | |
| 32 | <p><u>Track Spectator Rail Fence</u></p> | 200 | € 48.00 | € 9,600.00 |
| | Supply and install 1.190 spectator rail set in 350mm x 350mm 20 N panel of 200mm x 50mm set on 60mm x 60mm posts with a 60.3m LM dia tube hand rail fixed with a key clamp system PPC green with a 60.3mm O/D mid rail Ref Drawing 304 | | | |
| 33 | Allow for extra over for 2 number Double gates to within fence Line Item | 487 | € 78.90 | € 38,424.30 |
| | Extra over for Single Gates with fence line 1.2m x 1.2m Item | 2 | € 1,850.00 | € 3,700.00 |
| | <p><u>Handover File</u></p> | 2 | € 1,140.00 | € 2,280.00 |
| | Full owners and maintenance manual with site drawings showing all services maintenance details and installation instruction of equipment and surface Item | | | |
| 34 | <p><u>Reinstatement</u></p> | 1 | € 850.00 | € 850.00 |
| | Ground outside playing pitch are to be reinstated with seat topsoil grade and seeded and grade with max slopes of 1:12 falls m ² | | | |
| 35 | <p><u>Detox Area Track Entrance</u></p> | 1 | € 1,890.00 | € 1,890.00 |
| | supply and install 1 number boot scraper brushings and a for grate as per drawings and brick pave remaining area Microplastic Filter IT | | | |
| 36 | | 2 | € 1,420.00 | € 2,840.00 |



Cork East Athletic Sporting Committee