Self Development through Education and Sport

10k Run in Iten, Kenya

Playing for life is an Irish registered charity founded by Sports commentator, Tracy Piggott. It provides opportunities for Skills training and health awareness programmes to help combat HIV/AIDS in Malawi and Tanzania. For further information, please visit www.playingforlife.ie.

This year, Playing for Life, is organizing a 10K run in Iten, Kenya – the home of the world renowned Athletics Coach, Br Colm O’Connell. Br Colm has trained and coached many of the greatest athletes in the world including Peter Rono, Reuben Kosgei, Brimin Kipruto and not forgetting the wonderful Wilson Kipketer. Last count, Br Colm reckons he has trained 20 world champions and 3 Olympic Gold Medalists and not surprisingly his success has made him a household name in the Athletics world.

Playing for Life is assisting his school in Iten by constructing a sports hall and gym and to fund this we are inviting people to participate in a 10k race being organised by Br Colm in Iten, Kenya. All participants will be asked to raise €4500 and this figure will cover the cost of travel, accommodation and food. The balance will be used to fund the construction of the buildings.

While in Iten, participants will have an opportunity to meet Br Colm and the athletes in his training camp. This is a unique opportunity for anyone interested in Athletics to see and participate in one of the most prestigious and renowned training camps in the world whilst also assisting in the provision of education facilities for Kenyan Youth in the surrounding areas.

For further information, please contact Tracy’s Charity, Playing for Life, Gilltown, Kilcullen, Co Kildare at 045 482479 or Seamus Hayes at 086 2307330.
Volunteer Programme
Kenya for 10 days in August
Fundraising Target: 4,500.

Playing for Life works with underprivileged African communities delivering a health awareness programme and providing skills training and education facilities.

Our aim is to help as many people as possible gain the skills necessary to earn a living and stay in their communities rather than drift into urban slums.

To succeed, we are looking for volunteers to deliver, through the medium of sport, a programme on HIV/Aids and other health issues. Together, we travel to Africa to work with these communities providing the varied short courses requested e.g. health, sport, computers, accounts, music & drama, dressmaking, home economics. And so we are always looking for builders & tradesmen, skilled and semi-skilled but most of all, we need people with lots of energy and enthusiasm...!

Thank you,

Tracy

For more information on volunteering with Playing for Life, please visit our website—www.playingforlife.ie, phone 045 482479, 086 2307330 or email: info@playingforlife.ie

The Playing for Life concept is fantastic and long may it continue. I was delighted to have been able to go and teach music to such talented people. It has been the most sad, happy, humbling, emotional experience of my life.

Ray McDonnell, Co Dublin

To those considering the experience I would say go for it – you’ll get back a lot more than you could ever give.”

Mary Dooley, Co Offaly