

Limerick Chronicle



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THE BEST TIPS IN LIMERICK **PAGES 45-53**



RIVALRY IN BID TO BLOCK SERVICE STATION

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TOPAZ and Petrogas have objected to the development of an 'Obama plaza' style service station on the northside of the city.

The two gas giants have launched separate objections to An Bord Pleanála against the council's de-

cision to grant planning permission to a huge forecourt development at Clondrinagh, promising 150 jobs.

Developer Liam Carroll is seeking to construct a service station and a 650-square metre two-storey restaurant building with a drive-thru facility and a children's area.

Pat O'Neill, director of The Link, is

→ **CONTINUED ON PAGE 3**



Go daddy, go go go!

Dave Kelly with his daughter Meave, 6, and Ruairi, 1, pictured at the Limerick Parkrun in UL where VHI hosted a special event to celebrate their partnership with Parkrun Ireland. See page 63 for pictures from the event

PICTURE: EOIN NOONAN/SPORTSFILE

Health PRIMARY CARE CLINIC TO OPEN



PAGE 3

Crime ONE PUNCH ASSAULT LED TO DEATH



PAGE 8



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The Limerick Chronicle has the proud distinction of being Ireland's oldest newspaper and has been published continuously since 1768, more than 120 years before its sister paper the Limerick Leader first appeared in 1889. For many years the two titles were rivals but the Chronicle was bought by the Limerick Leader in the 1950s, since when they have been part of the same newspaper 'stable', and brought to you by the same team of award-winning journalists. The Chronicle shares its sister paper's highly popular website www.limerickleader.ie

WEATHER

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TODAY
PARTLY SUNNY
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A HIGH OF 6°C



TOMORROW
COUPLE OF
SHOWERS EX-
PECTED WITH A
HIGH OF 7°C



THURSDAY
CLOUDY WITH A
LITTLE RAIN
AROUND AND A
HIGH OF 9°C

PICTURE OF THE WEEK



Soper ropes 'em in at the university with super show based around physics

The Institute of Physics (IOP) in Ireland's Tyndall Lecture delivered in Limerick at UL featured internationally renowned science presenter, ex-professional circus performer and Guinness World Record holding juggler, James Soper, who thrilled audiences with his fast-paced and interactive show PICTURE: SEAN CURTIN

INSIDE YOUR CHRONICLE



Wedding style
Man about town Patrick McLoughney tells you how to look your best at a wedding without upstaging the groom. Pages 48-49

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TWEETS OF THE WEEK

We want to hear your news and views @limerick_leader

@Zuroph
I moved into this house in 2008. It always annoyed me that the lower level of the dishwasher wasn't tall enough to fit my biggest dinner plates. Been handwashing them all this time. This week I discovered you can raise the upper shelf and all my plates fit fine. TEN F***ING YEARS



@UnicornNebula
I love the replies to this. So many happy people now that their plates fit in their dishwasher. Someone buy this man a pint.
@Raraoulteeuwen
Exactly the same here: move into house in 2008 ... recently bought plates at Ikea that were too high/big. Solved thanks to your tweet :-)

NEWS

INVESTMENT: COMPLEX PART-FUNDED BY EIB

Harris to open health centre

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MINISTER for Health Simon Harris will officially launch a new state-of-the-art primary healthcare centre in the city next week.

The new centre will open next Monday at Sarsfield Court, Lord Edward Street, following a multi-million euro public-private partnership investment (PPP).

It is understood that the complex will be a replacement of the current health centre in O'Malley Park.

The centre will provide a vast range of services for thousands in the city, including residents of Ballinacurra, Ballinacurra-Weston, South Circular Road, O'Connell Avenue, Rosbrien, Hyde Road, Prospect, Carey's Road, Edward Street, St Joseph's Street, Wolfe Tone Street, Henry Street, Mount Kennett and the Dock Road.

When the Chronicle asked for the cost of the project, a spokesperson for the PPP said: "This information is not available as it is considered commercially sensitive and also costs are included is overall costs for a number of such centres under the PPP."

HSE Mid-West community healthcare chief officer, Bernard Gloster, said



Minister for Health Simon Harris to launch the new primary healthcare centre at Lord Edward Street next week

that he was "delighted" to be welcoming the Minister to the launch event next week.

The primary care team operating from the new centre will provide general practitioner services, public health nursing, occupational therapy, physiotherapy, speech and language therapy, social work, counselling and home help services. It will be open five days a week, with additional hours at weekends for some services as required.

The HSE first applied for the construction of the two-storey complex in January 2014 and received the green

light from Limerick City and County Council planning office in July 2014.

The HSE commenced construction of the site in March 2016.

The new centre is one of 14 new complexes being delivered under a €70m investment by the European Investment Bank. It is the first time ever that the EIB has invested in Irish healthcare facilities.

The EIB is sharing the loan with the Bank of Tokyo Mitsubishi and Talanx Asset Management providing the balance and with equity provided by the PPP.

stations – as well as noting concerns over the parking of heavy goods vehicles.

Mr O'Neill said despite the fact the case has been referred to the national appeals body, "we're still confident of a favourable outcome".

"It's spar for the course. But we have received nothing but support on our application. Clondrinagh business park needs this injection of a development which will have a far reaching spin-off for everyone," he added.

If it gets permission, the station would operate on a 24/7 basis, with the restaurant open between 6am and 10pm. Fifty permanent jobs would be created as well as 100 building roles.

Gas giants appeal 'Obama plaza' plan

► CONTINUED FROM PAGE 1

the company delivering the scheme, says it will be comparable in size and scale to the Barack Obama plaza in Moneygall, Co Offaly.

But Petrogas and Topaz, who both operate rival petrol stations near to the proposed site, have sought a review of the decision.

Local TD Maurice Quinlivan, who has met with the developers, said he was "dis-

appointed" to see potential jobs being held up.

"This project has the potential to deliver a number of jobs in construction and going forward. It's a part of the northside which has not been developed to its full potential and I believe this is part of doing that," he said.

Petrogas claimed the plan goes against Limerick's city development plan, which would not allow fast-food take-away facilities in petrol



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NEWS

HOUSING: CLUID AND COUNCIL TEAM-UP TO DELIVER LONG-AWAITED NEW UNITS

Transformation of Hyde Road flats now complete

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A DREAM has come true for a Limerick family who have moved into their new apartment on the Hyde Road.

Twenty new housing units, in a mix of two and three bed houses, are ready for occupation following a "deep refurbishment" by voluntary housing body Cluid.

It comes after almost five years of work to make the formerly dilapidated homes beside Colbert Station fit for habitation once more.

The scheme comprises of seven two-bedroom apartments, nine two-bedroom and four three-bedroom townhouses. It has been delivered by Cluid in partnership with Limerick City and County Council.

As well as the new homes, landscaping works have taken place and a new entrance has been built at the western end of Jackman Park.

Ballynanty man Mark O'Halloran became the first resident in the development when he moved into his home over the weekend with his partner Victoria Hayes and their three children Claire, 9, Kayla, 7, and two-and-a-half year-old James.

"When you come from where we were living, the



Mark O'Halloran, his partner Victoria Hayes and their two-year-old son Jason were among the first tenants to move into the new Hyde Road apartments

PICTURE: ADRIAN BUTLER

house was damp and mouldy. But now we are in a house which is B1 [energy rating] with all the mod-cons," Mark, who has been on the housing waiting list for five years, said.

He added his daughter in particular "could not believe" the new apartment.

"She turned around the other day and asked if we were on holidays, and when do we have to go back home? When you hear a child say this, it's amazing. There is no money which can buy it," he said.

James O'Halloran (no relation), the development

manager at Cluid, added: "It's great to see all this finished. We have been working on this for the last five to six year. When you see families move in, it makes all the hassles, headaches and preparations worthwhile."

He praised the council,

as well as a number of other groups for their "buy in" to the project.

The opening of these social houses comes on hot on the heels of Housing Minister Eoghan Murphy cutting the ribbon at the Lord Edward Street housing site just a short walk away.

MEASLES

Restricted visiting in place at UHL

Strict visitor restrictions are in place at UHL due to the outbreak of measles in the city area. There are currently a small number of patients with measles in isolation at UHL.

FUNDRAISING

Table Quiz in aid of Soweto Connection

A TABLE quiz in aid of Soweto Connection will take place on Wednesday in Bobby Byrne's Bar, O'Connell Avenue at 9pm. Tickets €20 for a table of four with all funds to go to the charity.

CHARITY

St Vincent de Paul coffee morning

A COFFEE morning in aid of the Society of St Vincent de Paul is to take place at AIB, 106 O'Connell Street this Friday. All are welcome to the event, taking place between 10am and 12pm.

HEALTH

41 patients treated on trolleys at UHL

ACCORDING to figures published by the Irish Nurses and Midwives Organisation on Monday morning, there were 41 patients being treated on ED trolleys and on additional trolleys or beds in the wards at UHL.

JUSTICE

New courthouse is set to open shortly

THE new courthouse at Mulgrave Street is expected to open next week when the first court sittings are heard there. The multi-million complex will include six courtrooms, cells and offices.

FILM

Storyboard class with top director

Brown Bag Films director Damien O'Connor is set to lead a workshop for storyboarding, for ages 9-11, at UCH. Angela's Christmas director will show how a story goes from script to screen. Book at 061 331549 - places are limited.

Paedophile accused of not providing address to gardai

A CONVICTED paedophile was remanded in custody after he was charged with failing to notify gardai of his address as required by law, writes David Hurley.

The 82-year-old was sentenced to four and a half years' imprisonment in 2012 for sexually abusing two school boys in Limerick city the previous year.

Limerick Circuit Court was told the man had befriended his victims, who were aged nine and 10 at the time, by rewarding them with

cigarettes, money, crisps and soft drinks.

He pleaded guilty to six sample charges having initially been charged with a total of 19 counts.

The offences happened on a daily basis over a "three or four week period" after the defendant met the boys when they were fishing at Canal Bank during their mid-term break from school.

Following his conviction, the man's name was also placed on the Sex Offenders Register and he was ordered

not to have any unsupervised contact with children under the age of 18 following his release from prison.

The pensioner has a large number of previous convictions relating to sexual offences which happened on dates between January 1, 1966 and February 23, 2008 at locations in Limerick, Cork, Tipperary and Kilkenny.

At Limerick District Court last Friday evening, Garda Tom Dileen gave evidence of arresting the pensioner at Cecil Street shortly after 6pm

on February 1, last.

He said he was taken to Mayorstone garda station where he was later charged under the provisions of Section 12 of the Sex Offenders Act 2001.

The man, he said, made no reply when he was formally charged.

It is alleged the defendant left his address in Limerick city on December 4, last and that he failed to notify gardai of his new address within seven days - as he required to do.



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NEWS

Two in court for violent disorder

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TWO men who are charged in connection with a violent incident in the city centre last week have been ordered to stay out of the John's Gate area as a condition of their bail.

Cian O'Leary, aged 23, of Upper Henry Street and Richard Wallace, aged 31, of Palmerstown Court, Mungret Street were brought before Limerick District Court after they were charged with engaging in violent disorder following an incident at Upper Henry Street on February 1, last.

It is understood members of the armed Regional Support Unit were deployed after being alerted to the incident which happened at around 11.15am. Both men are also charged under the provisions of the Firearms and Offensive Weapons Act with producing weapons, capable of inflicting serious injury, during the course of a dispute.

It is alleged Mr Wallace

had a "steel chain with one end tied up as a ball" while Mr O'Leary is accused of having a hatchet.

Judge Marian O'Leary was told the garda investigation is in its early stages and that it is expected a file will be prepared for the Director of Public Prosecutions in relation to the incident.

While gardai did not oppose bail, they requested that both men be subject to conditions pending the conclusion of the case.

Both must live at their home address, remain alcohol free when in public and sign on at Henry Street garda station every Saturday.

Judge O'Leary directed that they have no contact with any potential witnesses in the case and that they stay out of the John's Gate area as a condition of bail.

Noting that the incident happened recently and that it may take some time for investigating gardai to prepare a file for the DPP, the matter was adjourned to May 9, next for directions.

Each of the defendants were granted legal aid.



High Court proceedings over billboard dispute

JUDICIAL Review proceedings have been initiated in relation to the decision of Limerick City and County Council to refer a planning dispute over two billboards to An Bord Pleanála for consideration, writes David Hurley.

The local authority is seeking to establish if the "erection of an internally illuminated billboard sign in place of a static/tri-vision billboard sign on the

gable wall of a premises" is considered to be an exempt development or if it requires planning permission.

While the matter was referred to An Bord Pleanála for consideration last April, no decision has been made to date.

The two billboards which are at the centre of the dispute are owned by JC Decaux Ireland Ltd and are located at 105 O'Connell Street and at 23 Sarsfield

Street.

Separate legal proceedings initiated by the local authority against the company have now been put on hold pending the conclusion of the Judicial Review proceedings which are due before the High Court later this month.

Seeking an adjournment of those proceedings, solicitor Will Leahy, said the High Court proceedings could take a number of months to conclude.

Teens invited to take part in EPA contest

LIMERICK secondary school students are being invited to create videos about "the everyday stuff" we consume as part of a nationwide competition.

The Environmental Protection Agency (EPA) has now launched this year's The Story of Your Stuff competition, teaming up with surfer and marine social scientist Easkey

Britton.

The competition asks students to choose an everyday object, like a pen, a mobile phone or a banana, and use a visual medium to illustrate its lifecycle.

"We want students to unleash their creativity to tell us the story of their stuff," Helen Bruen of the EPA said.

"Perhaps a pencil

started its story as a tree in another continent or maybe a water bottle was created from oil originating as far away as the Middle East."

"Students can tell us about where it came from, how they use it, and more importantly, where it's going to end up."

"By becoming more aware of the story of stuff, we can all begin to understand

why sustainable consumption behaviours, including recycling and using recyclable materials, are so important in protecting our beautiful environment."

The winning entry will earn €500 plus a talk from Dr Easkey Britton.

All information about the competition can be found on www.thestoryofyourstuff.ie.

Molly Martens to launch appeal of murder conviction

THE WIFE of murdered Limerick man Jason Corbett and her father have launched an appeal against the decision not to quash their convictions for his murder.

Molly Martens and her father Thomas, a retired FBI agent, are both currently serving life sentences after they were found guilty of the murder of Mr Corbett, originally from Janesboro, at the home he shared with Ms Martens in Wallburg, North Carolina in 2015.

The 39-year-old father of

two died after being hit with a baseball bat and a paving brick at least ten times the morning he died, his murder trial was told.

Ms Martens and her father claimed to have acted in self-defence.

After a judge decided not to quash their convictions for the murder of Mr Corbett on the basis of alleged jury misconduct, the Martens have now initiated an appeal of that decision.

The appeal is expected to be heard along with another challenge to their conviction,

with both appeals likely to be heard at the same time.

After the pair was sentenced last year, their legal teams immediately began proceedings to challenge the conviction, lodging challenges with both the North Carolina Court of Appeals and the Davidson County Superior Court, alleging juror misconduct.

According to the Irish Independent, the Martens' legal team argued that jurors ignored instructions not to discuss the case.

Judge David Lee rejected

the application after three months of deliberations.

An appeal of that ruling, with both challenges, is expected to take place by mid-2018.

Ms Martens and her father are expected to be released from prison by 2037.

However, Ms Martens could face four more years in prison after she breached the strict rules at the high security prison she is incarcerated in.

She was cited in November for "unauthorised leave" at the institute.



Molly Martens who was found guilty of the murder of Jason

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NEWS

ASSAULT: HOMELESS MAN DIED AFTER HE WAS STRUCK ONCE

One-punch assault led to man's death

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THE family of a homeless man who died following a "one-punch assault" have said they hope what happened will act as a wake-up call for his killer.

In a victim impact statement, the family of Gerard 'Baba' Freyne added they hope Wayne Kennedy can turn his life around and address his alcohol addiction.

The 33-year-old, who is originally from Ballynanty, pleaded guilty earlier this month to the manslaughter of Mr Freyne in October 2016.

The 53-year-old victim, who lived at Brother Russell House, Mulgrave Street, died at Cork University Hospital in the early hours of October 14, 2016 – almost 36 hours after he was found with serious injuries on a footpath at Lord Edward Street near its junction with



Wayne Kennedy will be sentenced on March 5 for the manslaughter of Gerard Freyne in October 2016

Lower Carey's Road.

During a sentencing hearing on Monday, Detective Garda Shane Ryan said the assault happened at around 7.40pm following a "chance encounter".

Judge Tom O'Donnell was told both men had been drinking heavily on the day and that there had been an altercation between them at Parnell Street less than an hour earlier – necessitating

the intervention of gardai.

Detective Garda Ryan said the fatal assault was witnessed by a number of people and was captured on CCTV. He said the two men can be seen on the footage interacting before Mr Kennedy "throws a punch" with his left hand knocking Mr Freyne to the ground.

John O'Sullivan BL, instructed by state solicitor Padraig Mawe, said a post mortem showed Mr Freyne, who was in poor health due to alcohol abuse, had sustained a brain bleed as a result of the assault.

Andrew Sexton said Mr Kennedy, who has more than 80 previous convictions, has expressed genuine remorse and had spared Mr Freyne's family the anguish of a trial.

He said his client's difficulties stem from his alcohol addiction and that the father-of-three is now in a stable relationship and plans to move out of Limerick when he is released.

Judge O'Donnell indicated he will finalise the matter on March 5, next.

Open verdict in case of student's sudden death

THE INQUEST into the death of 20-year-old Raheen student Denisse Kyle Dasco returned an open verdict after it was told that the cause of her death remains unknown.

The Coroner's Court in Cork heard that the circumstance were very complex and unusual, and that a number of medical experts had been consulted before a final report was drawn up.

The third year UCC forensic science student died suddenly after she was admitted to Mercy University Hospital on the morning of April 21, 2017.

The inquest heard that Denisse had told medical staff that she had bent down to pick something up at work the night before, resulting in her hurting her back.

According to an RTE report, senior house doctor Eoin Moriarty said that, with no obvious signs of trauma, it seemed likely that it was a mild injury. However, after a number of tests, Denisse's condition deteriorated rapidly and she was later pronounced dead at 10.40pm.

Dr Adrian Murphy, of the Mercy University Hospital,



Denisse Dasco, 20, died suddenly

said that in his 15 years of clinical practice he had never encountered a case like this.

He said that he had reviewed all of the notes and could not think of anything he would have done differently - had he been involved in the case - that would have changed the outcome.

He said it was devastating and tragic beyond words for the family.

Assistant State Pathologist Dr Margot Bolster said that multiple experts were consulted in an effort to find the cause of death.

Coroner Philip Comyn returned an open verdict given the cause of death remains unascertained. He said this was a particularly tragic death given the very rapid decline and her sudden death.

Teens to show off creative flair at youth music awards

TEENAGERS are invited to take part in the annual Limerick heat of the Irish Youth Music Awards at the Limerick Youth Service's Lava Java's cafe this Friday at 4.30pm.

The contest is open to singers, rappers, bands and groups, aged 14 to 18, from all musical genres, with the winners representing Limerick at the National Finals at Croke Park, Dublin, on April 21.

"We're keen to hear from acts who are interested in taking part in the regional qualifier," Limerick Youth Service's John Real said ahead of the event.

Last year's winners were duo Elenay, comprising Liam Bryd and Aaron Moloney, pictured right.

Musicians and interested parties are asked to contact John Real at johnr@limerick-youthservice.org or call 061 412444 PICTURE: LIMERICK YOUTH SERVICE



Closing date for Texaco Art upcoming

LIMERICK's budding artists are reminded that the closing date for the incredibly popular Texaco Children's Art Competition is fast approaching.

Limerick teachers in primary and second level schools, whose pupils take part in the annual competition are reminded that the closing date for receipt of entries this year is Wednesday, February 28.

Last year more than 500 pupils from schools in Co. Limerick submitted entries to the competition.

With an annual entry of up to 50,000 paintings, the Texaco Children's Art Competition is one that has touched the lives of virtually every family in Ireland at some time or another throughout its lifetime.

The aims of the competition remain the same as they were when it began in 1955, to support and encourage children through art.

Past winners of the awards through the years include artists Dorothy Cross, Graham Knuttel and Robert Ballagh, fashion designer Paul Costello, broadcaster Thelma Mansfield, ICTU General Secretary David Begg, novelist Clare Boylan, actress Jean Anne Crowley and musician Ethna Tinney.

Entries must be submitted in flat format and should remain within the specified size guidelines.

Entries must also be certified as original and submitted unframed. For more information on how to enter, please visit www.texacochildrenart.com.

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Life insurance and specified illness claims amount to €6.1m in Limerick

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INSURANCE company Irish Life paid out more than €6m in life insurance and specified illness cover in Limerick last year, according to new figures.

And following the publication of its annual claims report, Irish Life has said that cancer continues to be the main cause of death and illness in Limerick.

In 2017, the company paid

out €4.8m in life insurance to families of 55 people who died in Limerick, while €1.3m was paid out to 20 specified illness cover claimants.

It said that cancer was once again the main cause of both life insurance and specified illness claims for people living in Limerick, followed by heart-related conditions as the second biggest cause of claims.

Irish Life Retail's head of underwriting and protection claims, Martin Duffy said that an average of €3.6m was paid out every week across the country.

He said that more than 33% of their specified illness claims were paid out to people under the age of 50.

"Those total payments would have helped to ease the financial burden for those people and their families at a difficult time.

"However, it's a worry that Coyne Research study found that less than half of women in Ireland – just 45% – have some form of life insurance, serious illness cover or income protection, compared to almost 2 in every 3 men – 63%. And unfortunately, this lack of financial protection

among women in particular is also reflected in our 2017 claims data where women made up just 38% of our Life Insurance claims," he stated this week.

The company said that almost two in every three specified illness claims were paid within five weeks of Irish Life receiving the completed claim forms.

Irish Life's claims report highlighted that the number of people dying from cancer in Ireland remains high, as 54% of women and 38% of men died from cancer in 2017.

Byrne welcomes continuing fall in jobless numbers

SENATOR Maria Byrne has welcomed new statistics which show that nine in every ten new jobs created last year came outside Dublin, writes Nick Rabbitts.

Ms Byrne pointed out that the number of people out of work in Limerick has dropped by some 16% in that same time period.

"There are 48,100 more people at work since this time last year. Our enterprise-based economy is now creating over 900 jobs a week," she said.

"The Action Plan for Rural Development is committed to ensuring that the economic recovery is felt throughout Ireland and the creation of rural jobs is vital in order to achieve this," added Sen Byrne.

There are currently 1,774 people on Limerick's live register, a month-on-month drop.

"This is great news. Our

recovery is being felt right across Ireland. Nine out of every 10 new jobs created in the last year were outside Dublin," said the Senator.

"Fine Gael's priority is to support companies here in Limerick to continue to build on this strong job creation performance.

"The National Planning framework will be unveiled in the coming weeks; this is the first real joined-up plan and investment strategy to transform our country over the decades to come – showing that we have an evidence-based, coordinated plan of what kind of country and society we want and how to get there," she added.

"We are moving towards full employment and we will ensure that all parts of Ireland can share in our prosperity and economic growth, including here in Limerick," Ms Byrne concluded.

Calling sick teddies: The doctors will see you now

CALLING all injured or poorly teddy bears: The UL doctors will see you now as the Teddy Bear Hospital returns to the University of Limerick, writes Jess Casey.

This year's Teddy Bear Hospital returns to the UL Sports Arena for its sixth year on March 14.

The UL Graduate Entry Medical School organises this volunteer-run event for school children every year, to help them alleviate any fears they may have in facing doctors and hospitals.

Children also get an opportunity to interact with and assist in a range of simulated healthcare settings, while also allowing them to learn about healthy habits, like the importance of eating well and exercise and handwashing.

Children come to the event with their "injured" teddy bears and are taken through different aspects of a trip to the hospital, including first aid, x-ray, surgery, emergency care, nutrition and exercise, by the volunteering medical students. Last year, the event saw 600 children visit the Teddy Bear



Hospital.

Medical stations were set up in the University Arena focusing on activities including: Triage; Stethoscopes; Vital Signs and Vaccine Safety; X-ray; Exercise; Surgery and Gowning; Asthma; Safety; First Aid, Ear Nose and

Throat and Healthy Eating.

Local schools around Limerick have been invited to participate in the morning session this year, with a drop in community session open to the public due to take place from 3pm to 5pm. Children and their parents

are welcome to attend, bring along their beloved, injured teddy bears and have lots of fun.

Teddy Bear Hospital is a non-profit event sustained solely by funds raised by its members and through the community.

Train staff to be balloted on all out strike action

RAIL passengers could be facing delays and cancellations after a union announced it is to ballot members for strike action.

The National Bus and Rail Union (NBRU) says it will ballot all of its train drivers for "all-out strike action", in response to what they say is Irish Rail changing its terms and conditions within the training regime without agreement.

Some 60 staff work for Irish Rail in Limerick's Colbert station, which is a hub for services to Dublin, Galway, Cork and Waterford.

The NBRU's general secretary Dermot O'Leary said: "The management at Iarnród Éireann have set themselves on a course of major confrontation with its train drivers as a result of their decision to dispense with longstanding

practice, by completely ignoring the jointly agreed procedures around how industrial relation matters are addressed. The fact is that the agreed training regime at the company is currently one of a voluntarist nature, and is solely at the discretion of the individual driver. The decision to break this agreement by forcing actual changes to terms and conditions onto workers is both unprecedented and contrary to how disputed matters should be addressed within our dispute procedures."

Mr O'Leary claimed Irish Rail bosses ignored union suggestions, and as a result, he has written to the Workplace Relations Commission to look for an intervention. Irish Rail says by implementing its new training procedures, it is acting on a Labour Court recommendation.



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NEWS

EDUCATION: UNION WANT REPEAL OF LEGISLATION WHICH CUT SALARIES DURING THE RECESSION

Lunchtime protests in city over teacher pay inequality

NICK RABBITTS
e-mail: nick@limerickleader.ie
Twitter: @nick468official

TEACHERS across Limerick staged a lunchtime protest outside various schools and colleges over the issue of pay inequality.

Members of the Teachers Union of Ireland (TUI) staged protests lasting around 20 minutes last Thursday.

It comes after the union took a decision not to accept the Public Sector Service Stability Agreement 2018 to 2020.

TUI feels that the agreement does not secure a "fair and sustainable" resolution to the issue of pay inequality for staff appointed after New Year's Day 2011.

"The purpose of the protest is to highlight the damage that pay inequality is inflicting on our schools/colleges and centres.

"Undermining the teaching profession and cor-

roding morale inevitably impairs the quality of service to students. In this regard, TUI have met with the national parents' council, post primary, which has indicated broad support for our protest and an understanding of our campaign for pay equality," a spokesperson for the union said.

They timed the lunchtime protests outside secondary schools, colleges and ITs to ensure services to students were not affected.

Emergency legislation introduced at the height of the recession six years ago saw the starting salary for a newly-qualified secondary school teacher cut by €6,000 down to €36,000 per year.

It means that teachers and lecturers who entered the profession since are being paid less than their colleagues for the same work.

Last week, Education Minister Richard Bruton expressed concerns about the rising number of teachers on career breaks.

"The purpose of this is to highlight the damage pay inequality is inflicting on our schools"



John Costigan and Des Carroll, members of TUI flank fellow lecturers on a lunchtime protest in the Limerick Institute of Technology

PICTURE: BRENDAN GLEESON

Limerickman's tweet about dishwasher goes worldwide

A LIMERICK man whose tweet about his dishwasher went viral has said that the experience has been "bizarre".

Mike McLoughlin tweeted his revelation, after 10 years living in his house, that you can raise the upper shelf of the dishwasher to fit the bigger plates down below. The tweet quickly went viral, garnering more than 85,000 likes and 15,000 retweets.

"I moved into this house in 2008. It always annoyed me that the lower level of the dishwasher wasn't tall enough to fit my biggest dinner plates. Been hand-washing them all this time. This week I discovered that

you can raise the upper shelf and all my plates fit fine," he wrote.

Thousands of people admitted that they didn't know the trick, with one man saying that he has been putting in his plates at an angle for nearly 20 years.

Mike has since been featured on radio stations and in newspapers around the world, from New Zealand and Australia to Russia to Nigeria.

"I'm just having a laugh at it all. I put up a self deprecating tweet to laugh at myself. But it turns out loads of other people had missed it too, and it spread like wildfire," he told the Limerick Leader.

The local dad has given interviews with RTÉ, the BBC and even to a radio station in Dubai.

Sun, the brand of dishwasher tablets, have even given the local man a five-year supply of tablets.

"They ran the maths on how many dishwasher tablets I would have used, and rounded up, kindly offering me enough tablets to run a wash every day for the next five years – 1800 dishwasher tablets!" said Mike.

"The power of a tweet. Thanks Sun dishwasher tablets! Let's hope the dishwasher hangs in there another five years now!" he added.

The tweet started to get likes straight away, but Mike said that it started spreading to a wider audience when comedian Pat Shortt retweeted in the first 20 minutes.

"It's two types of people are retweeting, those laughing at me, and those who genuinely had no idea. I'm getting so many people sending photos of their dishwashers, it's so weird," he said.

"It's getting translated into so many languages too. I just heard that a friend's mother back in Finland was at a Spanish language course, and the tweet was brought up as a topic of conversation."



Mike McLoughlin, inset, made the discovery about his dishwasher after a decade living in the house

A gift from the heart. For the heart.



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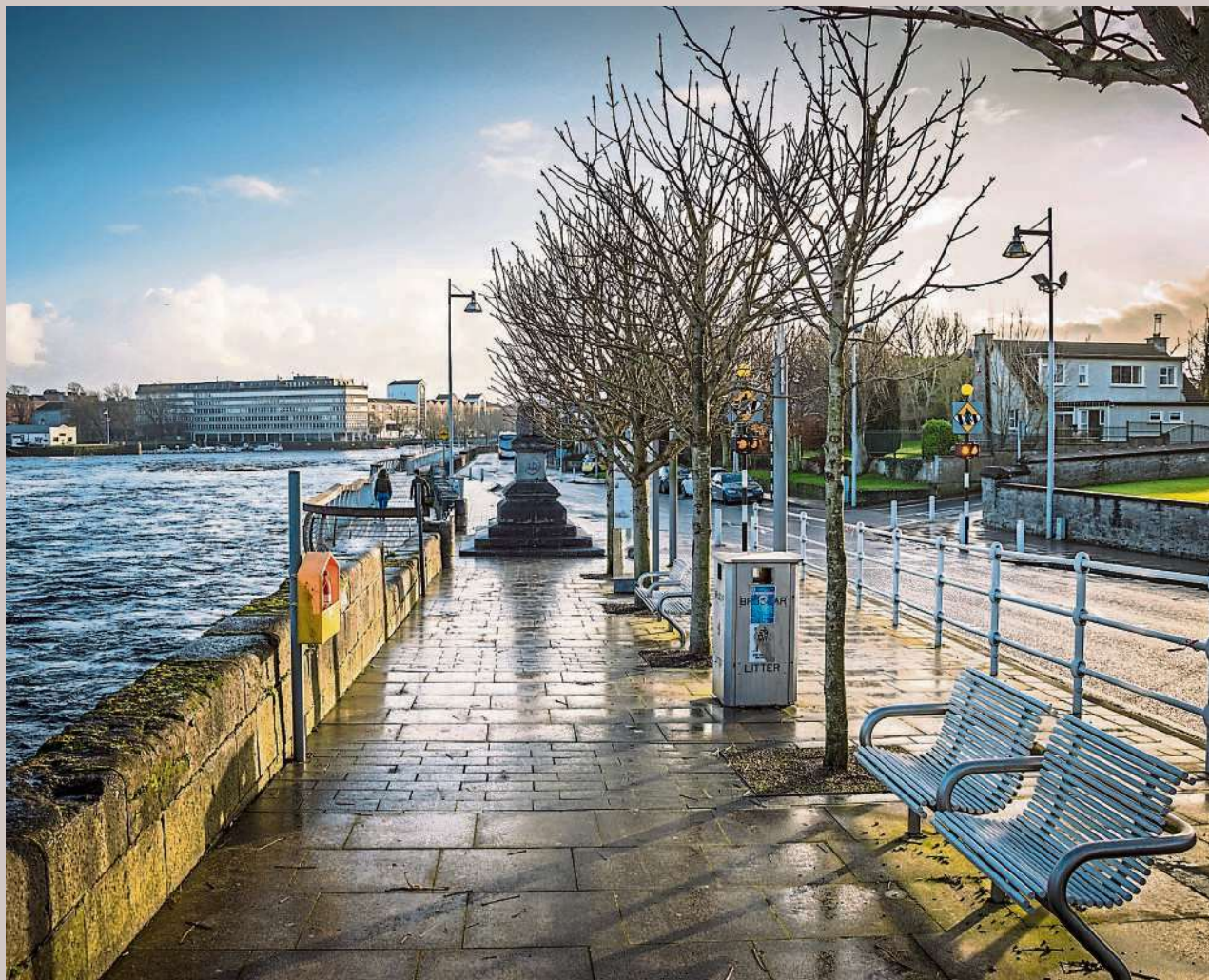

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Some straps are sold separately. Requires an iPhone 5s or later with iOS 11 or later.

PHOTOGRAPHY

READERS' PICTURES

We love to receive photographs from our readers, so if you'd like to feature on this page, email your snaps to news@limerickleader.ie with readers' pictures in the subject line



Denis Hickey took this picture on Clancy Strand looking downriver



Young Saoirse Deegan looking up at the statue of Paul O'Connell, John Hayes and Donncha O'Callaghan in Shannon Airport in a photo taken by her mother, Janet Deegan

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Mischief Makers Cork



For girls and boys making their First Holy Communion, Mischief Makers in Cork is the perfect place to come and shop.

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For boys making their First Holy Communion we stock a wide range of suits, smart blazers, chinos and shirts.

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**East Douglas Village,
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Mischief Makers is one of Ireland's oldest and much loved independence retailers of children's clothes. Mischief Makers has evolved from a small store to one of the leading children's boutiques in Ireland. We stock clothes from new-born to 16 years of age and specialise in First Holy Communion and Confirmation for boys and girls. We have over 25 years dressing children for their special day.

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Located in the vibrant village of Douglas on the outskirts of Cork City, Mischief Makers is an ultra modern and stylish kids clothes store.

We have reserved parking outside our store for customers and in store we have a dedicated kids play area complete with books and DVDs to keep the kids entertained whilst the grown-ups shop.

Our opening hours are Monday – Saturday 9.30–6.00.

We are currently stocking Spring/Summer 2018.

Please call us on 021-4894550 if you have any queries or follow us on Facebook @ mischiefmakerscork or Instagram mischiefmakerscork.



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LISTINGS OUT&ABOUT ENTERTAINMENT CINEMA THEATRE

The Guide

Limerick
Chronicle<http://www.limerickleader.ie/what-s-on>**TUESDAY, FEBRUARY 6****RUSSELL WATSON**

UCH, 8pm. €50/45

ON THE NAIL

Chez le Fab, 8pm

THE ACOUSTIC CLUB

Charlie Malone's Bar, 9pm

WEDNESDAY, FEBRUARY 7**OPEN MIC**

Chez le Fab, 7pm

HOODZ

Lime Tree, 11.30am/8pm, Thurs/Fri

TRAD MUSIC

The Glen Tavern, 9pm

OPEN MIC

The Old Quarter, 9pm

THURSDAY, FEBRUARY 8**CHRIS KENT**

Kasbah Social Club, 7.30pm. €12

THE FRIDAY NIGHT EFFECT

Belltable, 8pm. €17/15

MAGICAL MOZART BY**CANDLELIGHT**

UCH, 8pm. €25/22.50

BARRY PURCELL

The Glen Tavern, 10pm

JAX JONES

Habitat, 10pm. €12

FRIDAY, FEBRUARY 9**WHAT NEXT**

Dance Limerick, also Saturday

VANBRUGH QUARTET

Belltable, 8pm. €17/15

CHOKE COMEDY

Chez le Fab, 8pm. €8/5

GUILTY PLEASURES

The Glen Tavern, 10pm

1710

The Old Quarter, 10pm

SATURDAY, FEBRUARY 10**BROWN BAG WORKSHOP**

UCH, 10am. €12

SCIENCE MAGIC SHOW

Belltable, 2.30pm. €8

HAMELL ON TRIAL

Kasbah Social Club, 3pm. €10

SOMEONE WHO'LL WATCH OVER**ME**

Lime Tree, 8pm. €20/18

TIM EDEY

Dolan's Upstairs, 8.30pm. €12

SEODA SHOWS 5TH BIRTHDAY

Kasbah Social Club, 9pm. €10

RUAILE BUATLE

The Library, 9pm

PURPLE

The Old Quarter, 10pm

THE BUSKER

The Glen Tavern, 10.30pm

SUNDAY, FEBRUARY 11**THE LITTLE MERMAID**

UCH, 3pm. €7.50/5

TRAD MUSIC

Locke, nightly at 9pm, Sun-Thurs

MUSICAL CHAIRS

The Old Quarter, 7pm

LIVE WIRE

The Glen Tavern, 10pm

MONDAY, FEBRUARY 12**MOULIN ROUGE**

UCH, 7.30pm. €7.50/5

HAPPY END

Belltable, 8pm. €8



GIG OF THE WEEK

The Friday Night Effect asks Belltable audiences to decide a trio's fate in this theatre piece

ONE Friday night out, a perilous situation, and five choices to be made.

That's the premise behind a production by Sunday's Child Theatre Company, called *The Friday Night Effect*, in the Belltable this Thursday (8pm, €17/15).

The interactive play, by Clare native Eva O'Connor and Hildegard Ryan, follows three young women on a wild night out in Dublin. By the end of the night, one of them will be dead, but can the audience save her?

On Friday night, the Vanbrugh Quartet will appear with pianist Michael McHale at the Belltable to perform works by Mozart, Dvorak and Charles Stanford.

See www.limetreetheatre.ie.

Gavin James is King of the Castle

MUSICIAN Gavin James is to return for a show at King John's Castle, it has been confirmed.

The Hearts on Fire singer returns to the medieval castle, scene of a sold out show in August of last year.

The gig, booked by music venue Dolan's in association with Shannon Heritage, will take place on Saturday, July 21, with tickets going on sale this Friday.

Booker Neil Dolan said: "We are delighted to welcome Gavin back to Limerick, last year's show was one of the highlights of the year.

"Gavin has grown from strength to strength with Hearts on fire being one of the most played songs of the last year," he added.

Niall O'Callaghan, Managing Director, Shannon Heritage said: "We are delighted to once again welcome Gavin James to King John's Castle, his performance last year was amazing. It is a wonderful venue acoustically for concerts which is borne out again and again by the high calibre of artist which the



Gavin James: Returning to Limerick for a show at King John's Castle

venue is attracting. There is something really special about attending a live concert in the heart of a medieval castle and we look forward to welcoming concert fans for our 2018 programme of events."

Tickets for Gavin James go on sale at 9am this Friday from www.dolans.ie and www.ticketmaster.ie.

LIME TREE THEATRE

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Out&About

OUR PHOTOGRAPHERS HAVE BEEN OUT AND ABOUT TO THE HOTTEST NIGHT SPOTS IN AND AROUND LIMERICK. THIS WEEK THEY VISITED NANCY BLAKE'S; SMYTH'S AND THE GLEN TAVERN



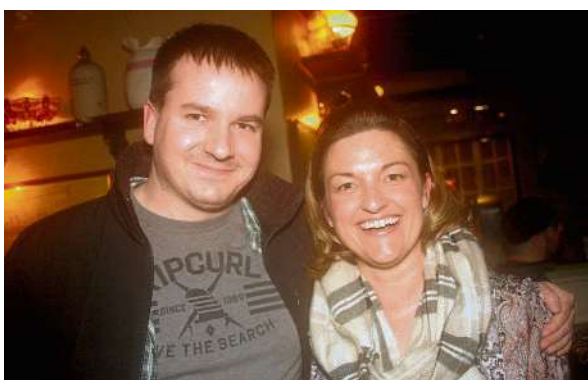
Lorna O'Donnell, Kerrie Farrelly, Kate Newe and Alison Collins at Smyth's Bar PICTURE BY DAVE GAYNOR



Carle Domycia and Jed Stone at Nancy Blake's



Eoghan Ryan and Emily Horgan at Smyth's Bar



Michael Flynn and Juliette Brown at The Glen Tavern



Sarah Hayes, Michelle Kelly and Eimear Mahon at Smyth's Bar



Maeve Delaney, Aine Sheehy and Saskia Kirrane at Smyth's Bar



Marian Leydon and Erekle Sisauri at The Glen Tavern



Ian Hopkins, Niall Callaghan and Darren Kelly at Smyth's Bar



Orla Cooney and Saoirse Kennedy at Smyth's Bar



Anne-Marie O'Connor and Sarah Barry at Nancy Blake's



Ciaran Downey, Mary Fleming, Kate O'Donoghue and David Poland at Smyth's Bar



Gary Noone, Alan Byrne and Stephen Delaney at The Glen Tavern

KEEP IT LOCAL

FOOD HEAVEN: INDULGE YOURSELF AT SPECIAL CULINARY EVENT IN LIMERICK'S STRAND HOTEL

A taste of something special in the Strand

They're feeling the LOVE at Limerick Strand this February! And what's not to love when you live in a vibrant city where the people are passionate about their location, produce and rich history.

To celebrate Valentine's Day this year, they have decided that love is all around in Limerick and inviting all to enjoy a fabulous food & wine dinner. So come as you are and enjoy the love!

The "Love Food & Wine" event takes place on Friday, February 9, at 7pm commencing with a welcome drink followed by an amazing four course wine tasting dinner, featuring the best local and seasonal ingredients served in the AA * River Restaurant.

Not only does the Limerick Strand have a fine reputation for food traceability



Executive head chef at the Strand Tom Flavin

(Ireland's Menu Provenance award at the Gold Medal Award 2017), local produce and hospitality it also has a huge passion for rugby with its entrance lobby decorated with an im-

pressive array of rugby jerseys from the many teams that have both stayed and played at Thomond Park.

Going that bit further, they have decided to share the love with their 'All

Blacks' rivals and invited the renowned Seifried Estates to match each dish with their amazing wines.

Pure, varietal and sustainably produced wines are Seifried Estate's focus.

Today Seifried harvest grapes from just over 300 hectares of producing vineyards across nine vineyard locations.

The newest is the Seifried Lord Rutherford Vineyard, which was harvested for the first time in 2017.

Each of the Seifried vineyards are located in the beautiful Nelson region and spread over three main soil types - heavy clay loam (of the Redwood Valley Vineyard), sandy silty coastal sites (Rabbit Island, Challies Block, Cornfield Vineyard and Queen Victoria Vineyard), and rocky river beds (of the Brightwater, Edens Road, Clover Road and Lord Rutherford Vineyards).

Seifried Estate is proud to be a member of 'Sustainable Winegrowing New Zealand' and was an early adopter of the programme when both

the winery and vineyard auditing programmes were first established in the New Zealand wine industry in the mid 1990's.

Hosted by Marie O' Riordan, a representative from Seifried Estate, and fed by executive head chef Tom Flavin, guests will enjoy dishes including some great food from local producers; Currachase Pork Belly, Atty-flynn Estate Apple, Doonbeg Scallops Carrot, burnt leek, Skeaghanore Duck, Nettles, Damson & Elderberry and Forced Rhubarb Dingle Gin paired with wine from Seifried Estate. The Love Food & Wine event costs €39.00 per person to include welcome drink.

Tickets are limited and pre-booking essential. Contact the hotel on 061 421800 or email: events@strandlimerick.ie.



Limerick's Good Food Guide to Eating-In or Dining-Out

Call Laura on (061) 214533 for more information



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Support local and ethical when it comes to clothing

LAST week I modelled one of my friend's pieces in a fashion show in the Helix in Dublin. Twenty two young designers were competing for the a spot in the of the Young Fashion Designer competition which will take place during the DCU Fashion Show in March.

The theme was utopia versus dystopia. Clothes were made using a variety of materials including cable ties and washers.

The dress I wore was a body suit with a mesh overlay and it was inspired by Soviet era bus stops. There is a book called Soviet Bus Stops by Chris Herwig which contains over one hundred photos of these magnificent pieces of structure. They are truly fascinating. Bus stops reflect the area they are in and some villages used locally sourced materials to build them. My friend Sharon Sweeney, the designer, used these bus stops as inspiration for her design incorporating locally sourced items such as the washers.

It was great to see so many young people gather making garments that may one day feature in our shops. Students travelled from all over Ireland including Limerick School of Art and Design. I've found in recent years that I've become more conscious of clothing and where it is made. I'm looking into more ethical brands and am trying to make small changes. Buying handmade Irish designs is one thing we can do to support local people and become more aware of clothes and where they are sourced.



My dress was inspired by Russian bus stops and featured washers among other items



Conor Murray congratulates Johnny Sexton on the winning score

THRILLER IN PARIS

WHAT an incredible opening Six Nations game we had. We had a stronger first half as the French struggled to pull together, but in the second half the French side came to life and we lost our composure a little. France got in with a try and with time up on the clock we were a point down. After 41 phases Johnny Sexton kicked a huge drop goal and won the game on a scoreline of 13-15.

Less than ten minutes into the game, the Fields of Athenry could be heard ringing around State de France, as so many Irish fans travelled to Paris. I may be biased but the Six Nations is the greatest rugby event of the year. I find it is the one time that

every single person watches rugby, even those who have little interest. It's the talk of the town, the bar stools and it's across every website and social media platform. A total of five Munster players were on the team: Peter O'Mahony, Conor Murray, CJ Stander, Keith Earls and John Ryan. I have to say that Earls was on top form as he caught a super cross field kick from Sexton. There was a lot of talk surrounding the young French side with new coaching staff. Pundits said that Ireland had the strongest panel yet and on the day the experience of the Irish secured them the win. This weekend Ireland welcome Italy to the Aviva Stadium.

PICK 'N' MIX

Tullamore trio are one to watch

CHASING ABBEY

The Tullamore trio were in Spin South West playing their new single Talk To Me. They are such a talented young Irish band and ones to watch.



Special photo

BOOK COVER

I finalised the cover of my book this week and it is a very special photograph that my mother took which I will explain when I share it here in time.



Love in the air

VALENTINE'S DAY

Reminder to those who leave things until the last minute, book the restaurant, order the flowers and plan ahead for the most romantic day of the year.

If you don't have a date then make plans with a group of friends.

TAG TOURNAMENT

LAST week I mentioned the tag rugby festival taking place in Portugal in May. It's happening from May 11 to the 13 in Praia Da Rocha. The organisers have put a package together for the event. It includes two nights bed and breakfast, lunch on one day, competition entry, a white party in Blanco club and airport transfers.

You can fly to Faro from Shannon, Cork, Dublin and Knock. It's the first year of this event and already tag teams from all around Ireland are starting to come together for it. I've only ever played the sport in pitches around Limerick so I



Fancy some tag in Portugal?

am intrigued to play on sand and in the sunshine. There is already a lot of excitement building around it as people organise teams. For anyone wanting to go, but not on a team, a Barbarian team is being put together. Places are filling fast but I have been given two category one

tickets for the Ireland V Wales Six Nations game. Anyone that signs up is in the draw for them. Just use the promo code MEG2018 when booking. Email hello@homeadvantage-sports.com to book. A winner will be announced on my social media channels in the coming weeks.

LIMERICK LEADER

PROPERTY

HOME & INTERIORS

TUESDAY, FEBRUARY 6, 2018



Rooney Auctioneers are expecting plenty of interest in this magnificent three bedroom, semi-detached home at 4 Heather Grove, in the popular Glencairn area of Dooradoyle

Heather Grove: A perfect fit for modern life

A FANTASTIC three bedroom home in the popular Glencairn area of Dooradoyle is expected to attract considerable interest after coming to the market with Rooney Auctioneers.

Ideal as a family or starter home or as an investment property, 4 Heather Grove is situated in an established estate close to the Crescent Shopping Centre and Raheen Business Park as well as schools, shops, restaurants, pubs and all main motorways.

The turn key, three bedroom, semi-detached house is in excellent condition, is spacious and private and is located within walking distance of all local amenities.

It boasts a beautiful and private south facing patio and garden area in Glencairn, a newly fitted front door and a C3 BER Rating.

Features include: gas fired

Facts at a glance

Location: 4 Heather Grove, Glencairn, Dooradoyle
Description: Three-bedroom, semi-detached house
Price: €255,000
Seller: Rooney Auctioneers
Contact: 061 413511

central heating, double glazed PVC windows, a fitted alarm and an enclosed back garden with shed with electrics, a driveway to the front with parking for two cars.

Blinds, light fittings, carpets, oven, hob and Expelair are all included in the price.

The entrance hallway features a newly fitted front door and guest bathroom, tiled floor, carpeted stairs and landing while there are two spacious reception rooms, a kitchen-dining room and utility room.

The first reception room

has a wood floor, bay window and inset gas stove, while the second has a wood floor and built in units and worktop.

The fully fitted kitchen has a tiled floor and splash-back oven, hob and extractor included. Patio doors off the bright dining room lead out to the patio and lawn area.

The utility room has fitted units with ample storage and sink that is plumbed, with a back door off it.

There are three bedrooms with one en-suite and one main bathroom.

The first is a large, bright



Cosy and warm: The living room at Heather Grove and right, the garden area is perfect for barbecues



front bedroom with bay window and carpeted, plus built in wardrobe and en-suite. The en-suite is tiled with a shower enclosure and electric shower.

The second bedroom is a large bright room, carpeted and built in wardrobes, and the third bedroom is a bright room with wood floor.

The main bathroom is fully tiled with bath.

Heather Grove has a beautiful south facing back garden with patio area, lawn area and play area.

Viewing is highly recommended.

To view, travel to Dooradoyle via the R526 Ballinacurra Road. Turn left at

Raheen Church. Travel down this road and on passing the shops take the second left turn into Glencairn.

Continue down this road and the house is located on the right hand side with the for sale sign.

For more, contact Lisa Kearney at Rooney's on 061-413511.



GVM Auctioneers

www.gvm.ie


*Our Team: Tom Crosse,
Declan Barry, Richard Ryan,
John O'Connell
& Audrey Fitzgerald.*



Derrybeg, Ballyclough, Limerick



€90,000

**For Sale by Public Auction on
Thursday 15th February @ 3pm
in our GVM Auction Rooms, 25/26
Glentworth Street, Limerick.**

Prime and ideally located field extending to Circa 2 st acres situated in this much sought after location immediately adjacent to Limerick Golf Club and just 5 minutes drive from The Crescent Shopping Centre, University Hospital, Raheen Business Park and all main amenities. This land is also just located within 2 minutes drive to the nearby Motorway. Ideal investment opportunity. For sale as is and not subject to planning permission.

Contact Tom Crosse on 087-2547717

23 Milltown Manor, Monaleen, Castletroy, Limerick



BER D2

€450,000

**GVM Auctioneers are delighted
to introduce to the market
this prime spacious
4 bedroom residence**

This property is located in this exclusive detached development in one of Limerick's premier residential locations adjacent to primary and secondary schools, University of Limerick, Plassey Technological Park, Castletroy Golf Club and all other amenities including public transport. Inspection of this superb residence is very highly recommended.

Contact Declan Barry on 087-2026886

Templeville, Ballinacurra Road, Punches Cross, Limerick



BER A3 Price on application

RELAUNCH ON 11TH FEBRUARY

Showhouse Open 2pm to 4pm. or by appointment. Superior residential development of 5 bed semi detached homes. Contact Tom Crosse on 087-2547717

105 Glantann, Golf Links Road, Castletroy, Limerick



€165,000

Well presented three bedroom ground floor apartment in this very popular residential development. This apartment comes to the market in excellent condition throughout and is well located adjacent to University of Limerick, primary and Secondary schools. Viewing comes highly recommended. Contact John O'Connell on 087-6470746

10 Newcastle Court, Castletroy, Limerick



€ 135,000

Spacious 1st floor two bedroom apartment with West facing balcony located in this small exclusive gated development of 17 units in a very much sought after residential development. There is electric access gates making this development a very private & secure place to live. It is located just off the Dublin Road adjacent to all amenities including the University of Limerick, Plassey Technological Park, Castletroy Park Hotel & shopping complex, local shops, restaurants & public transport. Viewing highly recommended. Contact Declan Barry on 087-2026886

8 The Parc, North Circular Road, Limerick City



€95,000

Compact one bedroom apartment situated in this much sought after leafy and idyllic residential area in close proximity to quality schools, hotels, restaurants, sporting facilities and yet just a 15 minute walk from Limerick City Centre. A truly ideal opportunity to acquire a starter home or quality investment. Good on site parking facilities. Inspection recommended. Contact Declan Barry on 087-2026886

20 Merval Park, Clareview, Limerick



BER D2 €235,000

GVM are delighted to introduce 20 Merval Park to the market. Positioned within the highly sought after Clareview area, this spacious semi detached property has been lovingly maintained and offers its new owners a blank canvas from which to create their ideal home. Huge possibility to extend to the rear and garage (subject to planning permission). This is the perfect home for a growing family in need of both space and convenience. Contact Declan Barry on 087-2026886

37 Greenview Close, Dooradoyle, Limerick



BER C2 €235,000

A beautifully maintained and ideally situated bedroom semi detached residence refurbished in recent times to a very high standard and located in a quiet cul de sac overlooking a green area in as established and much sought after residential area. Inspection very highly recommended. Contact Declan Barry on 087-2026886

213 Woodhaven, Castletroy, Limerick



€235,000

Compact and ideally located 4 bedroom semi detached residence positioned in a quiet cul de sac in very close proximity to University of Limerick, Plassey Technological Park, Castletroy Shopping Centre, excellent primary and secondary schools and a wide range of excellent sporting facilities including Castletroy Golf Club, Monaleen GAA Club, UL Bohs RFC and Aishling Annacott FC. Inspection of this ideal family home or indeed investment property is highly recommended. Contact Tom Crosse on 087-2547717

41 Abbeylock, Corbally, Limerick



€169,000

Spacious 3 bedroom semi detached house extending to approximately 107 sq mts located in a small quiet cul de sac in a very much sought after and convenient residential location adjacent to all amenities including schools, shopping centre and public transport just a ten minute walk to City Centre. Viewing recommended. Contact Declan Barry on 087-2026886

Kyle Road, Cappamore, Co. Limerick.



BER C3 €225,000

Exceptional four bedroom bungalow residence on circa 0.5 acre site which comes to the market in excellent condition throughout conveniently located on the outskirts of Cappamore Village. Viewing comes highly recommended. Contact John O'Connell on 087-6470746

Parochial House, Dohora, Banogue, Croom, Co. Limerick.



BER G €175,000

Spacious two storey detached residence situated in this idyllic setting in the heart of the popular County Limerick Village of Banogue. Accommodation comprises of; porch, hall, sitting room, living room, kitchen, utility, back kitchen and bathroom. Upstairs there are, 3 bedrooms & ensuite. The residence has a lot of character and is in need of some refurbishment & modernization. OFCH DGUPVC windows. There is a detached garage and shed thereon. Contact Richard Ryan on 087 8067772.

Parochial House, Emly, Co. Tipperary.



BER E2 €150,000

Imposing two storey residence situated in an idyllic setting on the edge of Emly Village. Accommodation comprises of hall, sitting room, living room, kitchen, store room, 3 bedrooms, box room, main bathroom and downstairs toilet. The residence has a lot of character and is in need of some modernization. OFCH DGUPVC windows. Outside: This property stands on a C. 0.9 St. Acre site. There are some ancillary out offices thereon. Contact Richard Ryan on 087 8067772.

Knockanea, Boher, Co. Limerick



€235,000

Four bedroom bungalow residence on circa 0.5 acre site situated within walking distance of the picturesque Village of Boher and just 15 minutes drive to Limerick City. Accommodation comprises of entrance hallway, sitting room, kitchen, dining room, hotpress, 4 bedrooms, 2 toilets and whb, shower room and garage attached. Oil fired central heating. Viewing highly recommended. Contact John O'Connell on 087-6470746

CRATLOE

Unique home looking out on Gallows Hill

GLEBE HOUSE, set over three floors and located on a private site in a sought after location, is expected to attract plenty of interest.

Sherry FitzGerald says the five bedroom home, peacefully situated in Gallows Hill and only minutes' walk from Cratloe Woods and the village of Cratloe, is a "truly unique home" that has been tastefully decorated and offers vast, bright and welcoming living accommodation.

Sitting on a 1.7-acre site, it is complemented by a boundary of mature trees and is set back from the road by a sweeping driveway and is close to schools, local shops, and sports facilities, while the main road network is also

Facts at a glance

Location: Glebe House, Gallows Hill, Cratloe
Description: Five bedroom, detached house
Price: €600,000
Seller: Sherry FitzGerald
Contact: 061 418000

close by allowing easy access to Shannon Airport and Limerick.

The house is over 4,000 square feet, including three reception rooms, five bedrooms, and five bathrooms and offers fantastic living for any growing family.

The main entrance hall is spacious and fitted with solid wood floors, while the main living room has a balcony overlooking the gardens. The

kitchen boasts a sunroom and matte marble worktops, while a family room located to the rear of the hallway has sliding doors leading out to the garden.

Downstairs there is a spacious games room and two bedrooms. There are three bedrooms on the second floor and the master bedroom has an en-suite with a shower and bath and a walk-in wardrobe.



Glebe House, Cratloe is set over three floors and runs to 4,000 square feet with five bedrooms, three reception rooms and five bathrooms. Viewing is highly recommended



Refurbished Dooradoyle residence in quiet cul-de-sac

A BEAUTIFULLY maintained three bedroom home in Dooradoyle comes highly recommended.

37 Greenview Close is an ideally situated semi detached residence refurbished in recent times to a very high standard.

Located in a quiet cul-de-sac overlooking a green area, it is located in an established and much sought after residential area.

It features gas fired central heating, with a new gas boiler, a new solid fuel stove and double glazed UPVC windows. It also boasts a walled in rear garden with side en-

Facts at a glance

Location: 37 Greenview Close, Dooradoyle
Description: Three-bedroom, semi-detached house
Price: €235,000
Seller: GVM Auctioneers
Contact: 087 2026886

trance, new garden shed and timber gate and a railed patio area, while it has a spacious driveway and sensor lighting.

There are three bedrooms and two bathrooms, a hallway with tiled flooring, a lounge with solid wooden flooring, feature fireplace, solid fuel stove and bay window, plus dimmer light switches.

The dining room is bright and spacious, while the kitchen has a generous floor and eye level presses with tiled flooring and new PVC patio doors. The utility has built in units and a new gas burner installed. The master bedroom has built in wardrobes and an ensuite with new Triton electric shower.

Viewing is very highly recommended.



No 37 Greenview Close, is located in a quiet cul de sac and is beautifully maintained inside and out

Munster Property Auction

Commercial and residential opportunities

The Munster Property Auction has indicated it expects another year of steady growth in 2018 with demand remaining strong across the province.

According to a new report released by www.daft.ie, the property market during 2017 was a year of two halves.

In the first six months of the year, the housing market saw an average increase of 8.8% on the previous year.

During quarters three and four the market stabilised, with the largest increase recorded at 2%, in Dublin.

While it is comforting to see that house prices remained stable in the final quarters of 2017, there is still a strong demand for property throughout Ireland.

Strong demand combined with the current lack of supply means that this is the ideal time to list property for sale.

Director of The Munster Property Auction, Patrick Convey noted: "Our first auction of 2018 is to take place on March 1, and we have an extensive database of both local and overseas buyers, seeking



This retail unit is in Castletroy, off the busy Dublin Road



No. 17 The Glebe Monagea, has an abundance of natural light

Auctioneers, Limerick City
This fine retail/commercial unit is situated in the very popular area in Castletroy.

The retail unit measures circa 700 sq.ft. and is currently let to The Injury Clinic & Personal Training Facility since April 1 2014 on a six year lease.

The property is in a prime location just off the Dublin road and benefits from a large passing trade. The retail unit is currently generating a rental income of €7,800 per annum and consists of the main ground floor area, currently in use, and an upstairs storage room which is in need of modernisation.

Just a short drive from Limerick City, this unit enjoys the benefits of ample off street parking to the front of the premises and has plenty of investment potential.

Contact The Munster Property Auction on 021 234 9696 to arrange for a free property valuation or visit www.munsterpropertyauction.ie. Next public auction, March 1, The Rochestown Park Hotel, Cork. Registration starts at 6.30.

to purchase all varieties of property in the Munster area."

Mr Convey added: "The success of our auctions is due to the large marketing campaigns we undertake in Ireland and abroad as well as strong working partnerships with local auctioneers across the province.

"We remain the only auction company in Ireland who do not charge any upfront costs to enter a property into auction."

Some of the properties on offer with the Munster Prop-

erty Auction are:
8 CHAPEL COURT, CATHEDRAL PLACE, LIMERICK CITY

Offered at bids above €90,000 in partnership with Dooley Group, Limerick City

A fantastic opportunity to acquire this bright and spacious two-bed apartment that is excellently located within walking distance to shops, leisure, restaurants, churches, pubs, gyms etc.

Situated on the third floor, No. 8 Chapel Court benefits from floor to ceiling windows in the living room and bedroom and enjoys some lovely

views of Limerick City. Ideally suited to those looking for a centrally-located city centre apartment or an investor looking for a property with strong rental potential.

17 THE GLEBE, MONAGEA, NEWCASTLE WEST

Offered at bids over €145,000 in partnership with West Property Group, Newcastle West

A substantial 3 bed semi detached property positioned in what is one of the most sought after residential locations on the outskirts of

Newcastle West.

The property is very spacious and has an abundance of natural light that is evident in all areas of the house.

To the rear of the house there is a well maintained private garden. The Glebe is a very popular location for families and a great opportunity to acquire a beautiful home with the local national school positioned a short stroll opposite the estate.

GOLF LINKS ROAD, CASTLETROY, LIMERICK CITY

Starting bids over €60,000 in partnership with Dooley



**THE MUNSTER
PROPERTY AUCTION**

Next Auction
Rochestown Park Hotel,
Cork
From 6.30pm

01st March

021 234 9696
www.munsterpropertyauction.ie

8 Chapel Court, Cathedral Place
BER C

Start Bid+ **€90,000**
• 2 Bedroom apartment
• Central Location
• Gas Fired Central Heating
Call 061 385852

17 The Glebe, Monagea, Newcastle West
BER C

Start Bid+ **€145,000**
• 3 Bed Semi-detached
• Well Maintain Garden
• Off-Street Parking
Call 069 77055

Golf Links Road, Castletroy, Limerick City
BER F

Start Bid+ **€60,000**
• Retail investment
• Tenanted - rent €7,800 PA
• Let on 6 Year Lease
Call 061 385852

The Milk Market, Carr Street, Limerick City
Exempt

Start Bid+ **€79,000**
• Ground Floor Retail Unit
• Approx. 530 ft. Overall
• Excellent Location
Call 061 413 511

Money Mohill, Ballyhahill, Co. Limerick
BER G

Start Bid+ **€24,000**
• Traditional Cottage
• FPP to Extend Property
• Private Well on Site
Call 069 77055

C. 7 Acres, Caheragh, Coast Road, Glin
Exempt

Start Bid+ **€45,000**
• C. 7 Acres in one Holding
• Good Quality Lands
• Good Location
Call 069 77055

3 Smithstown Retail Park, Smithstown Road, Shannon, Clare
BER E2

Start Bid+ **€180,000**
• C. 10,000 sq ft Retail Unit
• Property over Two Floors
• Large Window Display
Call 061 364 111

Abbeyfeale Boarding Kennels, Knocknasna, Abbeyfeale, Limerick
BER F

Start Bid+ **€179,000**
• 3 Bed Residence
• C. 2.5 Acres of Land
• 29 Dog Kennels
Call 068 32141

Euro Giant, O'Connell Street, Clonmel, Tipperary
BER C1

Start Bid+ **€699,950**
• Approx. 10% Rental Yield
• Rent €70,000
• Outstanding Investment
Call 052 6121622

Bridewell Street, Tarbert, Co. Kerry
BER E

Start Bid+ **€150,000**
• Modern Retail Grocery Store
• 4 Bed Overhead Residence
• 1 En-suite and a bathroom
Call 069 77055

Call us today on 021 234 9696 to speak to one of our qualified auction consultants and arrange a free valuation of your property





KYLEMORE, LIMERICK BER A3
MONALEEN/CASTLETROY
 NEXT PHASE ON SALE
SATURDAY 10TH FEBRUARY 2018
 AT 9.30 AM ON SITE.
 PRE LAUNCH VIEWING ON
SATURDAY 3RD FEBRUARY 2018 FROM 12 - 2PM.
 Further details from Lisa Kearney 087 2633422 /
 lkearney@rooneys.eu
Lisa Kearney 087 2633422



DOORADOYLE, LIMERICK BER C2
60 TARA CREA, KILTERAGH
 3 bedroom mid terraced property of approx. 113 sq.m. (1,216 sq.ft.) within walking distance to schools, shops, etc. The property has been upgraded & renovated in recent years and comprises : hall with wc off, kitchen-diner, living room, 3 bedrooms, bathroom, converted attic room accessed by fully fitted staircase. GFCH. BER No. 11073771.
€195,000 **Briain Considine 085 2894166**



ENNIS ROAD, LIMERICK BER E2
ST. MARY'S, MAYORSTONE AVENUE
 This bright centrally located property is within walking distance to all city & local amenities and will make a fabulous family home. Approx. 127.25m2 (1,369.75ft2) comprising: Large entrance hall/ wc off, 2 reception rooms, kitchen-breakfast room, 3 bedrooms, bathroom. Private rear garden; driveway with ample parking to front; side access. GFCH. BER No. 110573706.
€250,000 **Lisa Kearney 087 2633422**

Rooney



CLAREVIEW, LIMERICK BER D2
7 COOLRAINE HEIGHTS,
 Substantial 4 bedroom detached home near schools, shops, LIT, Thomond Park & only 3km to City Centre. Approx. 149m2 / 1,602 sq.ft. Ent. porch & hall, living room, playroom/office, kitchen, dining room, utility, guest wc, 4 bedrooms, ensuite & main bathroom. Large enclosed rear garden with patio area. In excellent condition throughout. GFCH. BER No. 107078966
€280,000 **Briain Considine 085 2894166**



CASTLETROY, LIMERICK BER B3
104 GLANTAN, OFF GOLF LINKS RD,
 3 bedroom duplex apartment of approx. 97 sq.m. (1,044 sq.ft.). Hall, living room, kitchen-diner leading onto a balcony, en suite & main bathroom. Service charge per year: €1,000. Apartment has recently been repainted & includes all furniture and appliances. GFCH. Allocated car parking space. BER No. 110573201.
€190,000 **Briain Considine 085 2894166**



OLD CORK ROAD, LIMERICK BER C2
10 RITAVILLE,
 Excellently located 3 bedroom house central to all amenities. Extended & renovated recently comprising hall, open plan kitchen/diner/livingroom, 2nd living room, utility, playroom/office to rear, en suite & main bathroom. GFCH. Enclosed garden to the rear with deck area. Turn key condition. BER No. 110348539
€180,000 **Lisa Kearney 087 2633422**



OLD CORK ROAD, LIMERICK BER D1
47 DERRYNAME,
 Excellently located 3 bedroom house central to all amenities. Approx. 98.38 sq.m./1,058.86 sq.ft. Hall/guest wc, kitchen/diner, living room, 3 bedrooms, ensuite & main bathroom. Enclosed garden to the rear and large double driveway to the front. GFCH, double glazed Upvc windows. Cul-de-sac avenue. In excellent condition.
€170,000 **Lisa Kearney 087 2633422**



DOORADOYLE, LIMERICK BER D1
10 INIS LUA, FR RUSSELL ROAD,
 Super 5 bedroom home located in the much sought after Inis Lua Estate off the Fr Russell Road in Dooradoyle. Approx. 1,819 sq.ft. (168.98 sq.m.) comprising: hall, open plan kitchen-diner, 3 reception rooms, utility, wc, 5 bedrooms, en suite, main bathroom. GFCH. Private enclosed rear garden. BER No. 110006681.
€270,000 **Lisa Kearney 087 2633422**



DOORADOYLE, LIMERICK BER C3
4 HEATHERGROVE, GLENCAIRN
 Fantastic 3 bedroom home of approx. 116 sq.m. 1,259 sq.ft. located being close to the Crescent Shopping Centre & Raheen Business Park, schools etc. The turn key home comprises of a hall with guest Wc, 2 spacious reception rooms, kitchen-dining room, utility room, 3 bedrooms with one ensuite & main bathroom. Private south facing patio and garden area. GFCH. BER No. 110274099
€255,000 **Lisa Kearney 087 2633422**



DOORADOYLE, LIMERICK BER B3
3 ARD AULIN, MUNGRET /
 Superb detached residence of approx. 158 m2 / 1,700 sq.ft comprising : living room, playroom/office, open plan kitchen-dining-living room, utility, 4 double bedrooms two of which are ensuite, guest wc and main bathroom. Enclosed and very private rear garden with patio. GFCH. Detached homes in this area are in short supply, early viewing is recommended. BER No. 110608585
€375,000 **Briain Considine 085 2894166**



LIMERICK CITY BER F
3 CASTLE STREET,
 Mid terraced property situated on Castle Street in Limerick City looking onto King John's Castle and with views of the River Shannon. Comprising : entrance hall, 2 reception rooms, 2 bedrooms, attic room. Single glazed windows. Overall 105.35m2/ 1,133.88sq ft. Rear yard.
€135,000 **Lisa Kearney 087 2633422**



CROOM, CO LIMERICK BER B3
9 COIS SRUTHAIN
 4 bedroom semi detached house of approx. 132 sq.m. (1,421 sq.ft.) on a larger corner site giving it extra large front and rear gardens. Hall with wc off. Large kitchen-diner. Living room. 4 bedrooms. En suite. 2 bathrooms. Built in 2006. OFCH. 9ft ceilings downstairs. Located only a short drive to Limerick City - approx. 9 miles & within walking distance to all amenities - schools, shops etc. BER No. 110607249
€175,000 **Briain Considine 085 2894166**



KILKEE, CO CLARE BER E2
304 KILKEE BAY
 Fantastic turn key 3 bedroom townhouse of approx. 83.80 sq.m. (903 sq.ft.) in the popular West End of the seaside town of Kilkee - a short stroll to all local amenities & Kilkee beach. Porch, hall, spacious bright open plan kitchen/ dining room, 3 bedrooms, bathroom. Furniture & appliances included. Electric storage heating. In excellent condition. BER No. 105732838.
€110,000 **Lisa Kearney 087 2633422**

LIMERICK
PROPERTIES REQUIRED
DUE TO HIGH DEMAND
WE ARE CURRENTLY
SEEKING PROPERTIES
IN ALL AREAS
FOR SALE AND TO RENT

CONTACT ROONEY
AUCTIONEERS
ON 061 413511

UPPER WILLIAM ST, LIMERICK
REDUCED RESERVE

FOR SALE
LICENSED CITY
CENTRE PREMISES
- REDUCED
RESERVE
 Public House on ground floor of approx. 48.60m2 (523 sq.ft). Residential accommodation with side door from William St. on 1st floor of approx. 55.12m2 (593 sq.ft.). Full 7-Day Liquor Licence attached to the premises. BER No. 800267486.
BER C3
Gordon Kearney 087 2537412

Limerick city

Ideal starter home at Willowgrove

WITH an asking price of €155,000, this house on the Old Cork Road in Limerick represents great value for money.

Number 10 Willowgrove is a three bedroom, semi-detached property located on the city outskirts and situated overlooking a large green area.

It was built in 2001 and is very well maintained, comprising of an entrance hall, living room and open plan kitchen-dining room, while upstairs there are three bedrooms, bathroom and WC.

Willowgrove features PVC double glazed windows, gas fired central heating and, outside, a side entrance, timber shed and outside tap.

There is an alarm installed.

The entrance hall has a closet under the stairs and there is a fireplace in the living room.

The open plan kitchen and dining room has a sink unit, presses, drawers and eye level

Facts at a glance

Location: 10 Willowgrove, Old Cork Road
Description: Three-bed semi-detached
Price: €155,000
Seller: De Courcy estate agents
Contact: 061-415188



presses.

The bathroom and WC is fully tiled with wash hand basin and electric shower, while two of the three bedrooms have built-in wardrobes.

There is a pull down stairs

to the attic.

The oven, carpets, dishwasher, curtains, light fittings and blinds are all included. The BER energy rating is D1.

For more information, contact de Courcy estate



With an asking price of €155,000 Number 10 Willowgrove represents great value for money

Home oozing with charm just a short walk from the city

REA O'Connor Murphy are delighted to bring to the market this beautifully maintained house in one of the city's most sought after residential areas.

Comprising extended living accommodation and spacious bedrooms, the Clareview Terrace property in Farranshane will appeal to many buyers seeking both character and convenience.

A modern extension complements the original house while maintaining many of its original features.

This 1940s home oozes character and charm and still provides an envious and central location within walking distance of all amenities including the city centre.

Downstairs begins with an inviting open porch, into the light filled hallway, while there is a large living room to the front with solid wood floors and original feature cast iron fireplace.

The family room also has a fire place with brick surround, it is open plan to the kitchen area. The extended kitchen/dining area is fully fitted with wall and floor units and a utility area to the side.

Upstairs there are three

Facts at a glance

Location: 13 Clareview Terrace Farranshane
Description: Three bedroom city home
Price: €190,000
Seller: REA O'Connor Murphy
Contact: 061-279300



spacious bedrooms, the master featuring its original fireplace. The main bathroom finishes the first floor accommodation.

The front garden provides off street parking and a side gate accesses the rear garden. The back comprises lawn and patio areas, and a detached garage provides extra storage.

Directions

Travelling out from the city over Sarsfield Bridge,

onto the Ennis Road, turn right at the lights opposite the entrance to The Strand Hotel onto Belfield Gardens. Continue straight until you come to a T junction, take left turn onto Farranshane Road. 13 Clareview Terrace will be on your left. An REA O'Connor Murphy sign is outside.

Viewing Details

Strictly By Appointment Only with REA O'Connor Murphy on 061-279 300.



A modern extension to 13 Clareview Terrace, Farranshane, has added greatly to the appeal of this property





7 BELLEVUE GARDENS, NORTH CIRCULAR ROAD, LIMERICK

Regularly regarded as Limerick city's most exclusive residential address and with good reason. Located only a short stroll to the city centre yet set amidst beautiful parkland areas, leafy foliage and river walks. The area is also convenient to superb amenities including excellent schools (Villiers, Ardscoil Rís and John F Kennedy), Limerick Lawn Tennis Club and the Church of Our Lady of the Rosary. 7 Bellevue Gardens is a substantial four bedroom semi detached property of approximately 153 sq.m. which offers excellent accommodation including a stunning reception room which spans the length of the property.

BER No. From Agent

€420,000



NEWCASTLE, GOLF LINKS ROAD, CASTLETROY, LIMERICK

Located in one of the most sought after areas in Castletroy, Newcastle is situated off the Golf Links Road and this det family home is set amongst a small enclave of houses set on private sites. This is a substantial extended bungalow on a low maintenance site in a leafy private setting. The property offers excellent accommodation and has an adjoining self contained unit to the rear. This property will appeal to many purchasers including growing families, down sizers or indeed one looking to generate an income the property offers various options as the accommodation is very flexible.

BER No. 109881052

€297,000



APT. 81, GLANNTAN, GOLF LINKS RD, CASTLETROY, CO. LIMERICK

Stunning 3 bed ground floor corner apartment with mature garden to the rear. If you are looking for a stylish contemporary home then 81 Glanntan is the property for you. The apartment is in showhouse conditional throughout and is literally turn key.

BER No 100430123

€165,000

25 CRAGAUN, FATHER RUSSELL ROAD, RAHEEN, LIMERICK

Particularly spacious 4 bed semi det house with superb ground floor accomm including an open kit, din and family area running the width of the property, a real feature of this home. There are also two additional reception rooms.

BER No 103692

€245,000



18 FOXFIELD, DOORADOYLE, LIMERICK

Located in one of the most sought after developments in Dooradoyle, 18 Foxfield is a true find in today's market! The property is comparable to a show house and is tastefully decorated throughout with a warm colour palette and welcoming interior.

BER No 102683398

€212,000

CEANNABO, WINDY GAP, MEELICK, LIMERICK.

Det family home which will appeal to those seeking elegant contemporary living, enclosed on a private gated elevated site with uninterrupted views of the countryside. The pristine interior is of show house standard with a superb decorative flair complemented by the interesting architectural features.

BER No 109796169

€345,000



125 COIS LUACHRA, DOORADOYLE, LIMERICK.

With a beautiful vista over parkland and a water feature, this first floor apartment has large windows optimising the view and is a bright unit with open plan living and holds prime position in this residential development.

BER No 110598273

€119,950

10 COIS HABHAINN, CORBALLY, LIMERICK

Stunning det 2 storey property which is picture perfect inside and out and is in show house condition with a beautiful tastefully decorated interior. This property is sure to impress as its set on an unusually large corner site and has a turn key finish including impressive solid walnut flooring.

BER No 109766139

€395,000



APT. 304 RICHMOND COURT, MOUNT KENNETH, LIMERICK.

Tastefully decorated 2 bed apartment set in a central location only minutes walk from the city centre and adjacent to the Shannon River. The property is in a building which is managed by Aviary Estates and has lift access and a car parking space.

BER No 102316

€75,000

21 NEW CROSS ROADS, THOMONDGATE, LIMERICK.

Extended 3 bed end of terrace 2 storey house overlooking a green area to the front and located in a small cul de sac in a mature neighbourhood. The property is within easy access of the city centre and local services including schools, shops.

BER No 102316

€89,950



MEZZANINE FLOOR RIVERPOINT, LOWER MALLOW STREET, LIMERICK

To Let - Modern office accommodation located in landmark office development, extending to approx. 201 sq.m (2,165 sq.ft). Fully fitted and ready for immediate occupation. Basement car parking available. Large open plan office with two meeting rooms.

BER No 800311227

Rent €32,000 per annum



UNIT 5, ASHBOURNE BUSINESS PARK, DOCK ROAD, LIMERICK

For Sale - Modern commercial warehouse unit with 1st floor fully fitted offices. Approx. 3,516 sq.ft. Warehouse benefits from 7 metre eaves height and electronic roller shutter door. On site car parking. Convenient city centre location and motorway nearby.

BER No 800553752

€130,000 plus VAT



UNIT 3, ABHANN ROAD, RAHEEN BUSINESS PARK, LIMERICK

For Sale / To Let - Modern commercial warehouse / production unit including offices. Total area approx. 7,640 sq.ft over ground & 1st floor. Secure shared yard to the rear. On site car parking to the front. Located close to Regeneron just off M20 motorway.

BER No 800614570 Price: €130,000/ €30,000p.a



DEVELOPMENT LAND, MAIN ST, DOON, CO LIMERICK

For sale excellent development opportunity. 'Ready to go' site extending in total to approx. 6.44 acres. Full planning permission granted for 25 units. Potential for additional phase of approx. 20 units (s.p.p). Located in the centre of Doon village within commuting distance of Limerick & Tipperary.

BER Exempt

Proposals invited

Thinking of Selling or Buying....

de Courcy

E S T A T E A G E N T S

7/8 Glentworth Street, Limerick

061 415188

(Est. 1932)

- *House Sales & Auctions*
- *Commercial Sales & Lettings*
- *Permanent TSB Valuations*
- *Agricultural Sales & Land Lettings*
- *Various Valuations*
- *Probate*
- *Family Law*
- *Fair Deal*
- *Commercial & Land*

de Courcy Estate Agents was established in 1932. A Family run business trading from 7/8 Glentworth Street, Limerick. Specialising in sales and valuation work and providing the highest level of professionalism.

We have considerable experience and expertise with

John de Courcy 087 2565444 (MIPAV) since 1980

Richard de Courcy 087 2535740 (BBS, MIPAV, TRV) since 1985

Marie Quaine 087 2415188 (MIPAV, TRV) since 1994



**TRAVEL JUST 20 MINUTES OUTSIDE OF LIMERICK
AND GET THE HOUSE OF YOUR DREAMS
FOR €80,000 CHEAPER THAN CITY PRICES**

Grab a Bargain Before Prices Rise!!

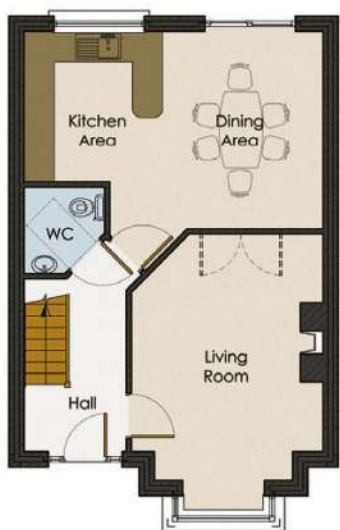
LAST REMAINING HOUSE AT €180,000



HOUSE TYPE A

[3 bedroom semi detached]

Total floor - 1,101.04 sq.ft (102.29 sq.m)



GROUND FLOOR



FIRST FLOOR

FLOOR AREAS	
Hallway	2.03 m x 3.40 m
Living Room	3.81 m x 4.85 m
Kitchen / Dining	5.94 m x 2.97 m
Master Bedroom (en-suite)	3.35 m x 3.45 m
Bedroom 2	3.35 m x 2.72 m
Bedroom 3	2.49 m x 2.72 m
Main Bathroom	2.49 m x 2.39 m

All our houses are **BER A Rated** with air to water heating system, fully tiled throughout, Stairs and landing carpeted, fully fitted kitchen including appliances, walnut timber floor in the sitting room, Walnut shaker style doors, flush insert stove fitted in the sitting room

Please check out our Facebook page to see updated photos dentonconstructionireland

Charles O'Brien Auctioneer Newcastlewest T: 069-79931 PRSA Licence number 002135

New developments

Eight houses at ever popular Kylemore

ROONEY auctioneers is inviting the public to the launch of eight new houses in the much-sought after Kylemore development this Saturday February 10 at 9.30am.

The launch takes place in house no 176 in the Monaleen estate.

In this new phase, there are new layouts and designs and there will be four different house types among the eight properties, broken down as follows.

- 4 Bedroom Extra Large Semi Detached (1 available)
- 4 Bedroom Semi Detached (3 available)
- 4 Bedroom End of terrace Semi (2 available)
- 3 Bedroom Mid terrace (2 available)

All houses are practically finished and ready for occupation in April 2018.

There is extensive superior tiling to bathroom and en-suite (all walls and floors),

Facts at a glance

Location: Kylemore, School House Road, Monaleen
Description: Selection of terraced and semi-detached homes
Price: On application
Seller: Rooney Auctioneers
Contact: 061-413511

as well as tiling to floors of kitchen/dining room, utility, downstairs WC and hall.

Subject to extensive choice of Kitchen, Wardrobes, Fireplace/Stove

The development is 95% owner occupier, with no investors. There are no apartments/duplex, all family homes that enjoy excellent resale values.

Original, local builder Joe Ryan is on site full time. There is no NAMA involvement, past or present. No stage payments required

These block built houses have block walls surrounding

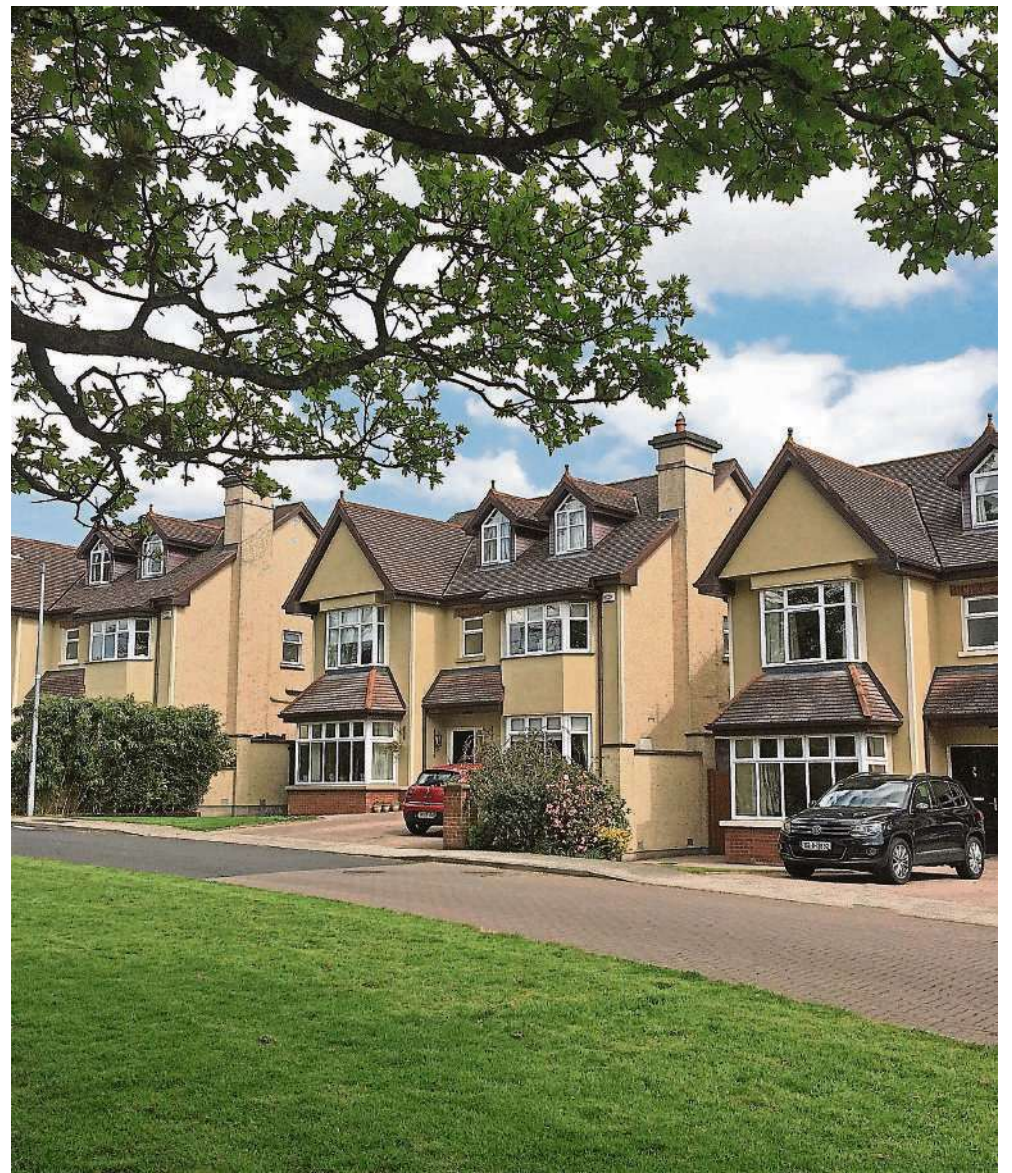
entire back garden.

There are brick-paved driveways and footpaths and several large green areas in the estate.

The extensive attic spaces are plastered and painted in selected houses

The builder is registered for first time buyers Help To Buy scheme and the property tax exemption on new houses applies until 2019

Purchasers will require a booking deposit of €5,000 (cheque or draft made payable to Rooney Auctioneers), solicitors details and proof of funds when booking.



There is a variety of houses for sale in the latest phase at the popular Kylemore estate in Monaleen

Five-bedroom homes on display this Sunday at Templeville

Facts at a glance

Location: Templeville, Ballinacurra Road, Punch's Cross
Description: Five-bedroom detached houses
Price: From €369,000
Seller: GVM and Wheeler Auctioneers
Contact: GVM, 061-413522, Wheeler, 061-383403

A NEW housing development in Limerick is proving very popular and an open day next Sunday is expected to draw a large crowd.

When Templeville, Ballinacurra Road, Punch's Cross was launched last November over 500 attended the first viewing day with a number sleeping in their cars to ensure their dream house.

The 20 four-bedroom houses have all been snapped up and eight of the five bedroom semi-detached ones are sold, said Tom Crosse, GVM, joint selling agent with Joe Wheeler, of Wheeler Auctioneers.

The first viewing of 2018 took place last Sunday, February 4 from 2pm to 4pm and the show house is open

between those hours this coming Sunday also.

Prior to last Sunday's viewing, Mr Crosse told the Leader: "There are 14 five-bedroom semi-detached houses left. They are almost 1,900 square feet. Prices are from €369,500. There has been huge demand."

Templeville is being built by Ballymount Properties. It won't be completed until 2019.

The trend of purchasers has been either young couples starting out or older people downsizing from their big country houses into a nice central location, he said.

For more information contact GVM or Wheeler Auctioneers.



Auctioneers Tom Crosse, left, and Joe Wheeler at Templeville which hosts an open day this Sunday, February 11

LAUNCHING
FEBRUARY
2018



Bloomfield

By Clancy Homes

NOW ON SALE!



limerick@sherryfitz.ie

061 418000



www.lovebloomfield.ie

CRATLOE**GALLOW HILL**

'Glebe House' sits on a wonderful private 1.7 acre site approx in a much sought after location. This is a truly unique home that has been tastefully decorated and offers vast living accommodation in peaceful surroundings. Entrance hall, living room, kitchen, sunroom, family room, guest w.c., games room, utility, 5 beds, ensuite & main bath. 384.4 sq m / 4,138 sq ft approx. BER No. 110208287.

CALL AILBHE O'MALLEY ON 061-418000

€600,000

BER C3

BALLYSHEEDY**ROUTAGH**

'Avondale' is an attractive detached dormer bungalow set amongst private mature gardens and is presented in excellent condition. Entrance hall, reception room, kitchen/living room, 3 beds, 3 ensuite, main bath, utility and detached garage. 237 sq m / 2,559 sq ft approx. BER No. 110016581.

CALL ORLA SHEEHAN ON 061418000

€369,000

BER C1

NEWPORT**MULCAIR MANOR**

'No. 84' Mulcair Manor is a stunning 4 bed detached family home just outside the village of Newport within easy access of Limerick City. Entrance hall, living, family, kitchen/breakfast, sunroom, utility, guest w.c., 4 beds, ensuite, main bath. 190 sq m / 2,045 sq ft approx. BER No. 107999609.

CALL ORLA SHEEHAN ON 061-418000

€310,000

BER C2

THERE'S SELLING PROPERTY AND THERE'S SELLING PROPERTY THE SHERRY FITZ WAY.**AILBHE O'MALLEY**
Director**BRENDA MULCAHY**
Associate Director**ORLA SHEEHAN**
Negotiator**FRANK LYDDY**
Negotiator**CLARE O'LOONEY**
Residential Valuer**JIM KEANE**
Financial Advisor**DES O'MALLEY**
Director**Sherry
FitzGerald****6 SHANNON STREET, LIMERICK T: 061 418 000 E: LIMERICK@SHERRYFITZ.IE****CASTLECONNELL****ST. FLANNANS TERRACE****€189,000**

'No 1' St. Flannans Terrace is a beautiful detached bungalow set on a superb corner site. Entrance hall, kitchen/living, main bath, 3 beds. 61.6 sq m / 663 sq ft approx. BER No. 108135682.

CALL BRENDA MULCAHY ON 061-418000

BER D2

DOORADOYLE**DOORADOYLE PARK****€215,000**

'No. 133' Dooradoyle Park comes to the market in pristine condition and is ready for immediate occupation. This property is a very well-proportioned home in turn-key condition. Entrance hall, w.c., living, kitchen/dining, 4 beds, main bath & ensuite. 120 sq m / 1,292 sq ft approx. BER No. 110598711.

CALL FRANK LYDDY ON 061-418000

BER C3

ADARE**BALLINAGOOLE****€199,000**

'Ferndale', Ballinagoole is a charming, extensively extended and renovated cottage full of character on a wonderful, secluded site. Entrance hall, living, kitchen/breakfast, 3 beds, ensuite, 110 sq m / 1,184 sq ft approx. BER No. 104051263.

CALL AILBHE O'MALLEY ON 061-418000

BER C3

LIMERICK**ST JOSEPH STREET****€210,000**

'No. 37' St Joseph Street is an exceptional, architecturally designed townhouse positioned just off O'Connell Avenue. Living, dining, kitchen, utility, bath, 2 beds. 100 sq m / 1,076 sq ft approx BER No. 110577541.

CALL FRANK LYDDY ON 061-418000

BER D2

GOLF LINKS ROAD**GLANNTAN****€269,000**

'No. 177' Glanntan is a most impressive and well presented 4 bed semi-detached property located on a fantastic corner site with spacious rear garden. Entrance hall, living, kitchen/dining, guest w.c., 4 beds, ensuite & main bath. 115 sq m / 1,238 sq ft approx. BER No. 110589702.

CALL BRENDA MULCAHY ON 061-418000

BER C1

GOLF LINKS ROAD**CAIRNSFORT****€259,000**

'No. 47' Cairnsfort is a beautiful 4 bed semi-detached property spread over 3 floors with the added benefit of a private rear garden and green area to the front. Entrance hall, living, kitchen/breakfast room, guest w.c., 4 beds, ensuite & main bath. 126 sq m / 1,356 sq ft approx. BER No. 110606589.

CALL BRENDA MULCAHY ON 061-418000

BER C2

GOLF LINKS ROAD**GLANNTAN****€215,000**

'No. 106' Glanntan is an immaculate 3 bed duplex in turn-key condition, meticulously cared for and improved by its current owners. Entrance hall, living, kitchen/dining, guest w.c., 3 double beds, ensuite, main bath. 90 sq m / 969 sq ft approx. BER No. 110558277.

CALL BRENDA MULCAHY ON 061-418000

BER B3

CORBALLY**JANEMOUNT PARK****€209,000**

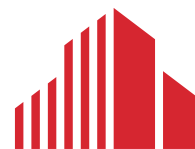
No 4 'Tara' is an attractive 5 bed semi-detached family home located in the popular area of Corbally. Entrance hall, living, family, kitchen, dining, w.c., 5 beds, main bath. 130 sq m / 1,399 sq ft approx. BER No. 109887844.

CALL ORLA SHEEHAN ON 061-418000

BER D2

6 SHANNON STREET, LIMERICK

T: 061 418 111



CUSHMAN & WAKEFIELD

COMMERCIAL PARTNER OF SHERRY FITZGERALD

FOR SALE



53 O'Connell Street Limerick

BER F

Opportunity to acquire Prominent office building located in the heart of Limerick's Central Business District at the junction of Glentworth Street and O'Connell Street. Part single storey, part four storey over basement building The Entire extends to approx. 557 sq. m (6,000 sq. ft.)

The basement, ground floor and first floor are currently occupied subject to lease agreements - Full details available on request. Located in an establish commercial location on O'Connell Street Tenants Not Affected BER 800602617 For Sale by Private Treaty

CONTACT HUGH O'NEILL 061 418111

FOR SALE



57 O'Connell Street, Limerick

BER G

Superb investment opportunity on O'Connell Street. The property comprises a mid-terrace four storey over basement Georgian building extending to approx. 293 sq m (3,153 sq ft). The property is partially let currently

producing €17,500 per annum from ground and first floors. The vacant floors are available for immediate occupation. Full tenancy details available on request. Ber Nos. 800579054

CONTACT: HUGH O'NEILL 061 418111

TO LET



C7 Annacotty Business Park, Limerick

BER E2

Opportunity to let a modern end of terrace industrial warehouse. The subject property extends to approx. 469.34 sq m (5,052 sq ft) (GEA) with clear internal eaves height of 6.7 metres. The warehouse benefits from roller shutter

door and ample surface car parking and circulation space. Surrounding occupiers include Novostrat, Teleflex, DPD and STL Logistics BER E2 800614620

CONTACT: HUGH O'NEILL 061 418111

TO LET



Park Lodge, Old Dublin Road, Limerick

BER B3

Prime retailing opportunities situated in a mature residential area on the outskirts of Limerick. Ground floor commercial units ranging from 795 sq ft to 4225 sq ft Full planning permission in place for pharmacy (124.6 sq m / 1,341 sq ft); convenience store (392.5 sq m / 4,225 sq ft) and a café (73.9 sq m / 795 sq ft)

Suitable to a variety of uses (SPP). Ideally located adjacent to Park Lodge Medical Centre, Colorworx Paint Shop and Park Childcare creche. Surface car parking available. Flexible lease terms available. Busy mixed use scheme with corner profile onto the Old Dublin Road. BER Nos 800375925

CONTACT: MUIREANN GRIFFIN 061 418111

TO LET



First Floor Office, Riverfront, Howley's Quay, Limerick

BER C2

Opportunity to rent a modern mixed use commercial development on the Riverfront in Limerick City Centre. The subject property comprises a fully fitted first floor office suite extending to 73 sq m (786 sq ft) benefiting from good natural light and extensive river views. Combination of open plan and cellular office accommodation,

canteen and WC facilities. The office block is located directly adjacent to Howleys Quay multi-storey car park Additional adjoining occupiers include, Blue Bird Care, Adecco, Bermingham Hooper Doaln, in addition to House Restaurant, LaCucina Restaurant and Dunnes Stores. BER Nos. 800071177

CONTACT: HUGH O'NEILL 061 418111

TO LET



Gardener House, Charlotte Quay Limerick

BER C1

Superb opportunity to lease fully fitted modern office accommodation located in the City Centre. The property comprises two office suites with a combined floor area of 475 sq m (5,112.9 Sq Ft) Suite 1 extends to 158 sq m (1,700 Sq ft)

Suite 2 extends to 317 sq m (3,412 Sq Ft) The property benefits from 4 secure surface car parking spaces in addition to lift and stairs access The office suites are available on a new lease, terms negotiable. BER Nos: 800141624

CONTACT: JOHN MURRAY / HUGH O'NEILL 061 418111

Development opportunity

'Ready-to-go' development site in Doon

DNG Cusack Dunne is offering a 'ready to go' development site with full planning permission for 25 houses, located in the centre of Doon, County Limerick.

There is further scope to develop a second phase which could include another 20 houses.

The owner is open to offers and will also consider proposals from interested parties which could involve staged payments over a time-frame which could be financed by the developer as the units are sold.

Interested parties should note that the Homebuilding Finance Ireland Agency, introduced in Budget 2018, aims to provide up to €750 million in loans to developers planning to build homes.

This could be a vital source of funding which would kick start regional residential development.

This excellent development opportunity comprises a site extending in total to approx. (2.61 hectares) 6.44 acres. Full planning permission has been granted for 25

Phase 1		25 Units	
Qty	House Type	Sq.m	Sq.ft
5	4 bed detached	138.6	1,419
20	3 bed semi's	122.6	1,319

Phase 2		20 Units	
Qty	House Type	Sq.m	Sq.ft
2	4 bed detached	138.6	1,419
6	3 bed semi's	122.6	1,319
8	3 bed end terrace	122.6	1,319
4	3 bed mid terrace	118.8	1,278

Tables showing the planning permissions

units with potential for additional phase of approx. 20 units (s.p.p).

Located in the centre of the village close to all amenities, approximately 29km east of Limerick City and approximately 15 km from the Tipperary border.

The village has a population of approximately 516 (Census 2016).

The subject site occupies a prime location in the centre of the village with frontage onto both Bank Place and Church Road. The area is known locally as Bottle Hill.

The development site is elevated to the north and irregular in configuration. The site is bound to the south by Bank Place, to the north by agricultural land, to the east by Church Road and to the west by a residential development called The Forts.

The planning authority has requested that access to the proposed development will be off Bank Place.

The total site area is approx. 6.44 acres (5.25 excluding floor zone area). Further details from Mark Cusack, 061 209000.



Bottle Hill has permission to build 25 houses already, with potential for a further 20, s.p.p

SHERRY FITZGERALD O'DONOVAN WE'RE YOUR LOCALS IN CLARE

Sherry Fitzgerald
21 SkyCourt Shopping Centre, Shannon

Phone: 061 361 905
email: fodonovan@fodea.net

Sherry
FitzGerald
O'Donovan



BER B1

Lismaclean, Shannon Free Zone, Co Clare

Two 10,279 square foot (955 msq) modern high bay warehouse/industrial units with access to Shannon Airport and the air field of Shannon Airport. These modern units have an excellent B1 energy rating and have mains gas central heating allowing excellent temperature control.

They offer office suites to the front of the buildings with a flexible layout that can be adapted to individual requirements. They have 20 ft (6m) eave heights and are finished to a very high standard throughout. They may be let individually.

€65,000 PA

SHERRYFITZ.IE /SHERRYFITZGERALDGROUP @SHERRY_FITZ

COB

Charles O'Brien,
Auctioneers,
Maiden Street, Newcastle West.



Farm for sale by Public Auction

on Wednesday March 28th at 3pm at
The Longcourt Hotel, Newcastle West, Co. Limerick

C51 Acre non-residential Farm at Lower Shanid, Shanagolden, Co. Limerick. Excellent quality land which can be sold in 2 separate lots.

Lot 1 – C 35.16 Acres with two entrances off R521

**Lot 2 – C 15.72 Acres with two entrances off R521
Ruins of old dwelling and derelict out-offices.**

Auctioneers Comment: Rarely has a nice block of quality land been brought to the market in this region and now is a opportune time to invest in land.

Solicitor: Owen McMahon, The Square, Newcastle West (069) 62200

Tel: 069 79931 / 087 2541300
www.daft.ie
PSRA Licence No: 002135

REA

O'CONNOR MURPHY

EXCLUSIVE INVESTMENT OPPORTUNITY



**THE ABBEY BLOCK of...
THE STRAND COMPLEX**
ENNIS ROAD, LIMERICK

**BLOCK SALE COMPRISING 6 NO. 3 BED APARTMENTS
SOLD AS ONE LOT**

SALES PROCESS

BEST BIDS FORMAT – All information uploaded to dataroom for inspection. Please contact REA O'Connor Murphy for access (unless previously sold).

Expressions of interest submitted in writing to REA O'Connor Murphy by 12 noon on 2nd March 2017

Best & Final Bids submitted to REA O'Connor Murphy by 12 noon on 13th March 2017

OPEN MARKET RENTAL VALUE: €115,200
(Immediate potential to achieve this by leasing vacant units)

T: 061 279 300

REGISTER YOUR INTEREST AT...
info@reaoqm.ie



COMMERCIAL UNITS TO LET



**UNITS 1 & 3
THE STRAND,
O'CALLAGHAN
STRAND,
LIMERICK**

A unique opportunity to secure a first let. Lease terms negotiable.

- The Strand Complex is a mixed-use development, comprising of retail and residential elements which includes The Limerick Strand Hotel and Apartment Complex.
- The subject properties comprise ground floor retail units, presented in shell and core condition extending to approx. 114 sq.m (1,227 sq.ft).
- Private secure car parking.

OFFICE SPACE TO LET



**10TH FLOOR
RIVERPOINT,
LIMERICK**

**OVERALL FLOOR AREA
265 sq.m (c. 2,850 sq.ft) GIA
Inviting Proposals.
Viewing by Appointment.
BER: Exempt**

- Excellent opportunity to occupy a superb office in one of Limerick's landmark buildings.
- Situated in a prime office location in the heart of Limerick City, close to all major road networks, including Southern Ring Road and Limerick Tunnel.
- The suite is finished to a shell and core specification

- with the option of a rentalise fit-out for tenants and occupies the entire 10th floor.
- Spectacular panoramic views.
- 4 Private car parking spaces at basement level.
- Surrounding occupiers include First Choice Financial Services & DG O'Donovan Solicitors.

DEVELOPMENT LANDS FOR SALE



LANDS AT CLONDRINAGH, ENNIS ROAD, LIMERICK

Opportunity to acquire 1.76 Ha (4.35 acres) of Development Land.

€380,000 + VAT

- Zoned 'General Industrial' under the current / extended development plan for Limerick City & County Council.
- Located on the main outbound R445 Limerick to Ennis Road.
- Excellent surrounding road network (M7, M20, M18, N24, N21), with excellent accessibility to Limerick City Centre, Shannon and Ennis. Suitable for a number of uses subject to planning.

REA

O'CONNOR MURPHY





AUCTIONEERS / VALUERS / SURVEYORS

2 CECIL ST. LIMERICK

061 419799

16 Kilbane, Castletroy



SOLD

€395,000



**A SELECTION
OF OUR 2017 SALES**

24 Ashling Heights, Raheen



SOLD

€150,000

55 Coolraine Heights, Old Cratloe Road



SOLD

€218,000

25 College Gate, S.C. Road



SOLD

€185,000

7A Knockhill, Ennis Road



SOLD

€170,000

16 St. James Court, Ennis Road



SOLD

€250,000

23 Kilmurry Avenue, Garryowen



SOLD

€95,000

7 Athlunkard Street



SOLD

€126,000

42 Dooradoyle Park, Dooradoyle



SOLD

€170,000

27 Assumpta Park



SOLD

€80,000

20 Lawndale Drive



SOLD

€170,000

Apts Thomond Village, Old Cratloe Road



SOLD

3D Lissanalta Drive, Dooradoyle



SOLD

€152,500

70 Log na gCapall, S.C. Road



SOLD

€285,000



AUCTIONEERS / VALUERS / SURVEYORS

2 CECIL ST. LIMERICK

061 419799

121 GLENSIDE, ANNACOTTY



4 Bed semi-detached home located in the attractive suburb of Glenside, Annacotty. The property overlooks a large green area and comes to the market well presented & highly suited to all needs as it is close to amenities such as the University of Limerick, National Technology Park, Northern Trust and four Primary Schools within a couple of kilometres. Ent. Hall, Sitting, Dining/Kitchen /Breakfastroom, Guest Bath, 4 Beds: Be4 bedrooms (1 with ensuite), 3 bathrooms, kitchen cum dining room with breakfast bar and double doors leading back in to the main living room area. To the rear it offers a quite reasonable sized garden which orientates East. Viewing comes with recommendation. The Gross Internal Area of the property extends to: 117sqm.

€260,000

BER D1

KINCORA HARBOUR, KILLALOE



Holiday Homes & Apartment located at Kincora Harbour within walking distance of all amenities in the popular lakeside town of Killaloe, Limerick City & Nenagh are 25 minutes drive while Shannon Airport is 45 minutes.
Apartment: (Gr. Fl.) Ent Hall; Living/Dining/Kitchen area; 3 Bedrooms, Bathroom; Electric Heating; Patio Area to Water Front
Holiday Home: Ent. Hall; Living/Dining/Kit Area; 3 Bedrooms; 1 Walk-in Wardrobe/1 En-Suite; Main Bath; Electric Heating.

BER D2

BER D1 BER C3

APARTMENT ex. €135,000

HOLIDAY HOME ex. €150,000

48 GOULDAVOHER ESTATE, DOORADOYLE



This 3 Bed Semi Detached Residence built in c.1960s offers a unique opportunity to acquire a property in this much sought after area in close proximity to University Hospital, Limerick and within walking distance of all amenities. Excellent opportunity to refurbish. Outside the rear garden is enclosed and has a detached garden shed also with rear access, the front has a lawn and parking for two cars. Ideally suited to a family home or investment. Ent Hall; Living; Kitchen; 3 Bedrooms and Main Bathroom.

€200,000

BER F

33 SHANNAMORE PARK, CLAREVIEW



A well located 3 bed semi within close proximity to the City Centre and walking distance of all local amenities and major transport routes, Ent. Hall Sittingroom, Kitchen, 3 Beds, Bathroom, Excellent Structural Condition, Recently Re-Wired, Off Street Parking, Gardens to Front & Rear, 85sqm (910sq.ft.).

€170,000

BER E2

29 CURRAGH BIRIN, CASTLETROY



An excellent 3 Bedroom End of Terrace property within close proximity to UL, Castletroy Park Hotel, Parkway SC and a short distance to Limerick City Centre. Well Presented comprising: En Hall; Living; Dining/Fitted Kitchen; Utility; 3 Beds: all with Built-in wardrobes; Main Bath; Outside Front & Rear Garden with gated side entrance to fully enclosed rear private

ex. €170,000

BER D1

31 MONALEEN HEIGHTS, CASTLETROY



Detached Family home located at this much sought after location, close to a range of local amenities such as the University of Limerick, National Technology Park, Castletroy Golf Club, Castletroy SC, Schools and public transport. Ent. Hall; Living, Lounge, Dining, Kitchen, Downstairs Bathroom; 4 Beds, Bath, Garage, OFCH; The property extends to 159sqm (1,700sq. ft.).

€340,000

BER E1

SUITE 2, HARVEYS QUAY LIMERICK



This Ground & First Floor Suite is fully fitted out to an exceptionally high specification and was in use as a Clinic/Consulting Rooms. It is also suitable for other commercial uses such as offices / showrooms, its location overlooking the River Shannon and proximity to a multi storey car park makes this property extremely attractive business location. Total Area: 202.67sqm (2,180sq. ft.). Services: All main services are connected. Heating: Electric Central Heating. Air Conditioning installed.

RENT ON APPLICATION

UPPER CLARE STREET, LIMERICK



TO LET WAREHOUSE 1,525 Sqm. (16,400 Sq.ft.) & MODERN OFFICES 178 Sqmm. (1,900 Sq.ft.)

This modern, centrally located warehouse/office unit is situated at the corner of Upper Clare Street & Park Road with excellent profile at the corner of a busy road with the benefit of off-street ground level parking. The fully racked warehouse is accessed through a roller shutter door to the rear of

RENT ON APPLICATION

the building. There is a fully shelved store room and staff area, with WC located to the side of the main warehouse. The unit is completed to the highest standards with an internal drain system under a double-skin insulated roof. There is also a permanent mezzanine area which

is suitable for storage etc. Access to the back of the building & yard is through a secured automatic gate. There are two individual office areas, one directly over the warehouse and one located to the front of the building, with car parking for up to 10 vehicles.

UNIT C, ENNIS ROAD, LIMERICK



TO LET - Retail Unit 193sqm (2,080 sq. ft.)
A high profile yard located on the busy Ennis Road, this property is located at Topaz Service Station site alongside. PJ's Garage, Shamrock Chinese & Rio's Take-away. The premises extends to 193sqm. (2,080 Sq.ft.), it comprises a gated yard & workshop area with sliding doors. This premises is suitable for a number of occupiers.

€15,000 pa

THE MILK MARKET LIMERICK



TO LET
Retail Unit To Let c. 87sqm (937 sq. ft), high profile corner unit with frontage onto Ellen Street/Mungret Court & High Street. Presently this unit is laid out as a Take-Away with PP for this, but it is also suitable to all retail/restaurants usage. Service Charge €2,057 pa. Rates: €2,622.00 pa (approx.).

€20,000 pa

IF YOU ARE LOOKING FOR A VALUATION OR ADVICE ON SALES IN 2018 CONTACT OUR OFFICE

061/419799 or info@chesser.ie

ADARE

A magnificently restored cottage in Adare

A REFURBISHED cottage located just minutes from Adare Village is certain to create a lot of interest.

Ferndale in Ballinagoole, Adare, is a delightfully extended and improved cottage which is full of character and located on a wonderful, secluded site and is brought to the market by Sherry Fitzgerald.

Bright, spacious and offering a prospective new owner enormous scope to further improve and extend to suit their own needs and create a beautiful home with mature gardens to front and rear, the cottage is superbly appointed and offers a highly flexible layout.

The entrance hallway opens into a bright airy living room with a vaulted ceiling and cast-iron fireplace, the bay window enjoys an attractive vista over the front garden and there are also sliding doors to allow easy access to the outside space.

The kitchen/breakfast room is fully fitted with classic solid wood units and is dual aspect, offering plentiful natural light.

Off the corridor leading from the living room there are three good sized bedrooms.

The master has a fully fitted ensuite shower room and there is a fitted family bathroom also.

The property is situated on a charming and very mature site with original stone

Facts at a glance

Location: Ferndale, Ballinagoole, Adare
Description: Extended, refurbished cottage
Price: €199,000
Seller: Sherry Fitzgerald
Contact: 061-418000

wall boundary. There is a variety of shrubs, plants and hedging but there is huge potential for the gardening enthusiast to create something really special here.

The cottage has a C3 BER Rating, oil fired central heating and is 110 square metres.

Viewing is recommended without delay as cottages of this calibre in such a special location are rarity.

Ferndale is just minutes

from Adare, an historic village with a host of amenities available including highly regarded primary schools, sporting facilities, excellent restaurants, boutiques and speciality shops.

The Dunraven Arms Hotel and recently refurbished Adare Manor Hotel and Golf Club are also situated within the village which add to the appeal of this location.

Contact Sherry Fitzgerald for more information.



Ferndale, Adare is an extended and refurbished cottage with an asking price of just €199,000



An impressive three bed in Kilteragh

NUMBER 2 Glen Dara, Kilteragh is situated in a very popular and sought after residential area and comes highly recommended.

Situated close to Crescent Shopping Centre and Crescent College Comprehensive in Dooradoyle, Number 2 Glen Dara is also within easy access to the motorway.

It boasts three bedrooms, two of which are en-suite, and is a semi-detached home that was built in 2010.

Downstairs, Glen Dara comprises entrance hall, toilet, sitting room, kitchen/dining area, utility room and upstairs, three bedrooms, bathroom and toilet.

It has gas heating and PVC double glazed windows.

The hallway has a tiled floor and there is a gas fire in the sitting room.

The kitchen-dining room has a fitted kitchen comprising sink unit and presses, drawers and eye-level presses

Facts at a glance

Location: 2 Glen Dara, Kilteragh, Dooradoyle
Description: Three-bedroom semi-detached
Price: €210,000
Seller: De Courcy
Contact: 061-415188

tiled floor and aluminium sliding door.

The oven, four ring hob, dishwasher and fridge

freezer are all included, while the contents can also be purchased.

The utility room also has a tiled floor.

Upstairs, two bedrooms are en-suite and have built in wardrobes plus a hot press, while outside there is a side entrance, parking to the front and a walled in back garden.

Viewing is by appointment with De Courcy estate agents and is highly recommended.



Left: The asking price for No 2 Glen Dara is €210,000 with De Courcy estate agents

Big interest from US in Irish property

OVER 22% of overseas enquiries about Irish property are now coming from the United States, from a negligible base two years ago, according to the Real Estate Alliance (REA) nationwide survey on overseas enquiries and sales.

REA are offering Irish property vendors the chance to take advantage of this mini-boom by registering for the Alliance's upcoming Irish Property Exhibition in New York.

"Property buyers from the US are increasingly securing homes and investment properties in Ireland, buoyed by a strong dollar and the lure of a resurgent economy for emigrants," said James Lee of REA John Lee, Newport.

The average house price in the US in December 2017 was \$398,900 (€320,520), compared to the REA Average House Price survey national value of \$281,024 (€225,806),

so there is obvious value for American buyers in Ireland.

The first group to pioneer Irish sales in the US, REA are bringing thousands of properties to New York, giving a host of US buyers the chance to browse in comfort and talk to the experts on the ground.

The exhibition takes place in Fitzpatrick's Hotel, Manhattan, from 5-8pm on March 8 and further information on how to register your property can be found below.

"Last year we brought our second Irish property exhibition to the US and met with over 400 potential buyers. We saw many Irish families looking to return home, retirees looking to downsize, and young Irish people who were returning home to work," said Mr Lee.

"We had a high number enquiries from siblings looking to group together to buy property in Ireland, as well as people interested in

investment and holiday properties," he added.

"Enquiries from the UK now make up just 28% of all overseas calls to agents nationally – down from 36% a year ago. But while the UK still forms 28% of our overseas business, 22% is now coming from the US, 16% from Australia, 17% from mainland Europe and 17% from other locations – especially Canada and Dubai. Seventy five per cent of our members report an increase in enquiries from overseas in the last year."

"The resurgent economy is having a positive effect on the market with the number of overseas buyers enquiring about moving to live and work in Ireland rising by 20% over the past year."

Further details on the REA US Property Exhibition, and a list of local agents, can be found on www.realestatealliance.ie/NewYork2018 or email info@rea.ie for more.

REA

JOHN LEE



Mountcatherine, Clonlara, Co. Clare

Architecturally Designed 4 Bedroom Family Home in a Superb Location 10 minutes from Limerick City, 5 minutes from Corbally and 1.5km from Clonlara village. This 4 Bedroom Residence is beautifully designed and well proportioned throughout with numerous unique features. There are large living areas which are interconnected and lead to a spacious decking area to the rear. The mezzanine level offers stunning views of the surrounding countryside and is an ideal office/study location. This property must be Inspected to be appreciated.



Curraghduff, Newport, Co. Tipperary

REA John Lee are delighted to present this Beautifully Appointed 4 Bedroom Detached Home extending to c. 2,915 sq.ft. and standing on c. 7 acres of mature parkland. Set amidst the stunning backdrop of Keeper Hill, this Family Home is finished to a very high standard throughout with great attention to detail. It is approached by a tarmac driveway with electric wrought iron gates and mature lawns to both sides. There is a detached garage to one side and lands are paddocked with stud rail fencing. The property is located only 25 minutes from Limerick City & University.



Glendarrig, Newport, Co. Tipperary.

Residential Development Site with F.P.P. for 4 no. Detached Houses on the verge of Newport. The property is adjacent to Newport College and is only 5 minutes walk from the Main Street. This is a private development with mature surroundings and offers an excellent development opportunity.

WE'RE BRINGING PROPERTIES FROM ALL OVER IRELAND TO THE U.S.



Be a part of it as we bring homes and investment properties from all over Ireland to the REA Property Show in New York on the 8th of March 2018.

Register on www.rea.ie or email info@rea.ie to have your property listed.

REA

REA John Lee
Main Street, Newport, Co. Tipperary

T: 061 378121
M: 086 2351221

W: www.reajohnlee.ie
E: info@reajohnlee.ie

City suburbs

Three bed semi on Old Cork Road is an ideal starter or family home

ROONEY Auctioneers are pleased to bring this Old Cork Road property, which would make an ideal starter or family home, to market.

Number 47 Derrynane on the Old Cork Road is on the market for €170,000.

A three bedroom, semi-detached house, it is excellently located on the Old Cork Road in the city suburbs, central to all amenities.

Running to over 1,000 square feet (98.38 sqm), Rooney's say 47 Derrynane would make for an ideal starter or family home and viewing comes recommended.

The accommodation comprises of an entrance hallway with guest WC, kitchen/diner, living room and three bedrooms, one of which is en-suite, and the main bathroom.

It boasts gas fired central heating, double glazed upvc windows, main water and sewage and is block built.

It is located on a cul-de-sac avenue. Carpets, curtains, appliances are all included.

The entrance hall has a tiled floor and bathroom, which is fully tiled. The kitchen-diner is fully tiled and has a fully fitted kitchen, with appliances included.



Number 47 Derrynane, Old Cork Road is on the market for €170,000

Facts at a glance

Location: 47 Derrynane, Old Cork Road
Description: Three-bed semi
Price: €170,000
Seller: Rooney Auctioneers
Contact: 061-413511

There are patio doors to the rear garden.

The living room has a gas fireplace, bay window and double doors to the kitchen, plus wood flooring.

Upstairs, the bedrooms have wood floors and built-in

wardrobes.

The en-suite is fully tiled and has an electric shower.

The bathroom is fully tiled with bath.

Contact Rooney Auctioneers to arrange a viewing on 061-413511.



Abbeylock in Corbally is on the market with GVM Auctioneers

Spacious three bedroom home for sale in Corbally

GVM Auctioneers have a three bedroom semi-detached property for sale in Corbally.

The spacious house extending to approximately 107 square meters is located at Abbeylock, Corbally.

It is situated in small, quiet cul-de-sac in a much sought after and convenient residential location adjacent to all amenities including schools, shopping centre and public transport, while it is just a ten minute walk to the city centre.

There are three bedrooms and two bathrooms in the house, which has wooden floors and storage under the stairs in the entrance hallway, plus downstairs bathroom.

The sitting room has a fireplace as well as wood flooring and double doors.

The fully fitted kitchen has tiled flooring and a patio to door to the rear.

Facts at a glance

Location: Abbeylock, Corbally
Description: Three bed semi
Price: €169,000
Seller: GVM
Contact: 061-413522

One of the bedrooms is a double with built-in wardrobes, while the en-suite has an electric shower.

Both the other double room and the single room have built-in wardrobes. The hot press has an electrical immersion, while the bathroom has the usual fittings, is fully tiled and has an electric shower.

Abbeylock is on the market for €169,000 and viewing is recommended.

Contact GVM Auctioneers on 061-413522 for more information and to arrange a viewing of this Corbally property.

Power & Associates mark 25th anniversary by making significant changes

POWER & Associates Commercial Property Consultants and Chartered Surveyors, in its 25th year of business has from February 1 traded as Power Property Commercial & Residential Property Consultants, Chartered Valuation Surveyors and Estate Agents.

This firm, which has become one of the leading independent firms of Commercial Property consultants, has announced significant changes in its organisation with offices in Limerick, Galway and Athlone.

This week PJ Power, Managing Director of the firm announced that the company is making significant changes to its business including the change to Power Property.

Over the past twenty five years, Power & Associates has specialised in the provision of commercial property services and now has created a Residential Department. The services to be provided by Power Property will include; Valuation, Compulsory Purchase Order, Rating, Commercial Sales, Lettings & Acquisitions, Rent Reviews, Property Portfolio Audits, Mortgage Valuations, Asset Management, De-



Power Property Commercial & Residential Property Consultants, Chartered Valuation Surveyors and Estate Agents: PJ Power, Managing Director, Claire Moran, Associate Director, Susan Lenane, Director and Emma O'Meara, Associate Director

velopment Consultancy and Residential Sales and Acquisitions.

The Board of Directors of Power Property have announced the ap-

pointment of Susan Lenane to the position of Business Development Director. Susan who joined the company in 2007 will now be responsible

for the development of the business and implementation of the company's business development programme.

Power Property has appointed Emma O'Meara, BSc (Hons) who joined the company in 2013, to the position of Associate Director Professional Services. Emma will have responsibility for the Professional Services in the Limerick office but will also be working closely with Andrew Carberry, Director, in relation to the provision of Professional Services throughout the company.

Power Property has appointed Claire Moran, BSc (Hons) Real Estate, H.Dip Bus., who joined the company in 2016, to the position of Associate Director. Claire will have responsibility for the new Residential Department created within Power Property.

Naomi Power, who has been with the company since 2000, will take over the responsibility of Company Secretary.

Power Property also welcomes to its Limerick team, Ciara O'Brien who has joined the Limerick Office and will be responsible for the administration of the office.

For more information contact Susan Lenane, susan@ppg.ie; tel 061 318770.



HOME & INTERIORS

MAKE THE MOST OF YOUR HOME WITH ADVICE FROM ALL THE EXPERTS

Ten tips to freshen your home



Pantone colour of the year for 2018 is ultra violet - inject this luxurious tone around your home with cushions, fabrics, homeware, furniture, and perhaps a wall or two

Have you been hooked by that excitement brought by the new year to embark on positive change in your life?

Well, transforming your surroundings and refreshing your home for the year ahead can be incredibly symbolic in supporting any change you wish to implement.

The fascinating environmental psychology theorem of 'place attachment' demonstrates how strong the bond is between a person and their environment, meaning that adapting or altering the space in which we live can have a subconscious, positive influence on us and even be a visual reminder of our new year resolutions. At the very least, a good refresh of your home decor gives it a new lease of life, ready to face 2018 with vitality and energy!

With this in mind, the experts at Alexander James Interior Design, recognised as one of the world's leading designers, have put together their 10 easy tips to refresh your home for the new year which don't require extensive funds or efforts. So go on, have some fun and enjoy revitalising your beautiful home!

DECLUTTER AND DE-STRESS

Do away with all those home accessories and furniture pieces that are holding your home back from looking fresh and stylish.

Decluttering 'de-stresses' and simplifies your home, allowing for a space in which every item has a considered, rightful place and creating a sense of harmony throughout. It is the perfect way to create a blank canvas to redesign and refresh your home décor!

TRENDSET WITH 2018'S COLOUR OF THE YEAR

Refresh your home this new year with the very fashionable, newly announced



Scent plays such an important role in interior design, influencing how we experience a space. Diffusers and candles are an economical way of achieving a fresh experience

Pantone colour of the year 2018, Ultra Violet!

Inject this stunning shade into your interiors by using it as an accent colour, punctuating throughout with new cushion fabrics, artwork and homewares.

REPOSITION AND RESET

Rearranging your furniture is the greener, cheaper and simpler way to refresh your rooms. In just a few simple movements, you can transform the ambience of a room and make a huge impact.

Place furniture in an entirely new location in the room, rotate them in a different direction or even swap pieces from different rooms.



A new bed spread or throw can revitalise your bedroom

IMPACT WITH ARTWORK

Replacing your artwork with new pieces is an extremely effective way of creating a fresh visual impact in your interiors.

It can change the key focal point of a room, completely shifting the style or tone of the space in a different direction, or it can be a powerful means of punctuating with your new scheme's accent colour. If your purses are feeling a little stretched after Christmas, moving artwork into different rooms can have the desired effect!

LUXURIATE WITH CUSHION FABRICS

An affordable and gorgeously indulgent way to refresh your home for the new

year, replacing your cushion fabrics is the perfect way to treat yourself in 2018! It allows you to introduce a new accent colour to your decor or rich, tactile textures, setting the tone of the whole interior. We recommend cushion fabrics by Villa Nova, Zoffany and Kirkby Design, for a plush, quality feel.

RESTYLE YOUR HAVEN

What better way to begin the year than with a brand new bedding set and throw?

AMBIENT AROMAS

Scent plays such an important role in interior design, dramatically influencing how we experience a space.



Replacing your artwork with new pieces is an extremely effective way of creating a fresh visual impact

We recommend the luxurious candles and diffusers from Jo Malone and The White Company, particularly this exotic Lime Basil and Mandarin candle and this Indian Ocean breeze Seychelles Diffuser.

REVITALISE YOUR COFFEE TABLE

Make your coffee table a focal point in the room, restyling it with beautiful books, ornaments and a diffuser or candle. If you prefer a minimalistic look, use the rule of three to ensure it looks balanced and stylish.

"The rule guideline of threes say that things arranged in odd numbers are more appealing, memorable, and effective than even-

numbered groupings. Three seems to be 'the' magic number." - Apartment Therapy.

FRESHEN WITH FLORALS

Whether you opt for fresh flowers that emit an exquisite floral scent, or faux flowers that offer a beautiful authentic look, adding florals to your interiors is the perfect way to refresh your home for the new year.

Display in all rooms to abundantly rejuvenate your entire home interiors with life and vitality, and for a twist of style, arrange your flowers in vases of different heights and widths.

ENHANCE WITH LIGHTING SCHEMES

Rethinking your room's lighting scheme can create a new atmosphere and give it the boost it needs. Introduce ambient or background lighting where there isn't already, or accent lighting to highlight special features, colours and patterns in furnishings.

Adding table lamps and floor lamps can also make for a stylish feature in any room, enhancing key areas and making rooms look more spacious.



Floor and table lamps can be a stylish feature in any room



HOME & INTERIORS

MAKE THE MOST OF YOUR HOME WITH ADVICE FROM ALL THE EXPERTS

Intriguing past, busy present and a bright future at Browsers

AS recently as 1990 the furniture Mecca that is now Browsers was used solely for the storage and shipping of antiques to Europe.

With that heritage in furniture behind it, a shop opened on the premises, though at that time the only area being used as a retail space was the ground floor.

In 2004 a major renovation took place creating 14,000 square feet of carefully designed show rooms - the Browsers you know and love today.

Geri O'Toole, who used to work in the family business during her school holidays, always had an exceptional flair for interiors.

After secondary school she studied Interior Design & Interior Architecture in Dublin and Limerick.

On completing her studies in Ireland, her father suggested that she travel to London to work under the very talented and renowned Christopher Hodson, who has worked closely with Mick Jagger and Jackie Onassis, to name but two.

Finishing her work experience she crossed Pimlico Road in London to finish her apprenticeship in the renowned Jamb.

Geri returned to Limerick and waved her magic wand over Browsers turning it into an interior Design and retail haven. Her experience in London gave her an insight into the edgy London style while keeping her own unique taste. The future looks very bright at the William Street store. Why not pop in for a browse yourself?



Gerri O'Toole, Browsers, left, at a Network Ireland Limerick event she hosted in the store, with Edwina Gore and Sally Ann Hartigan

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44 LIMERICK CHRONICLE

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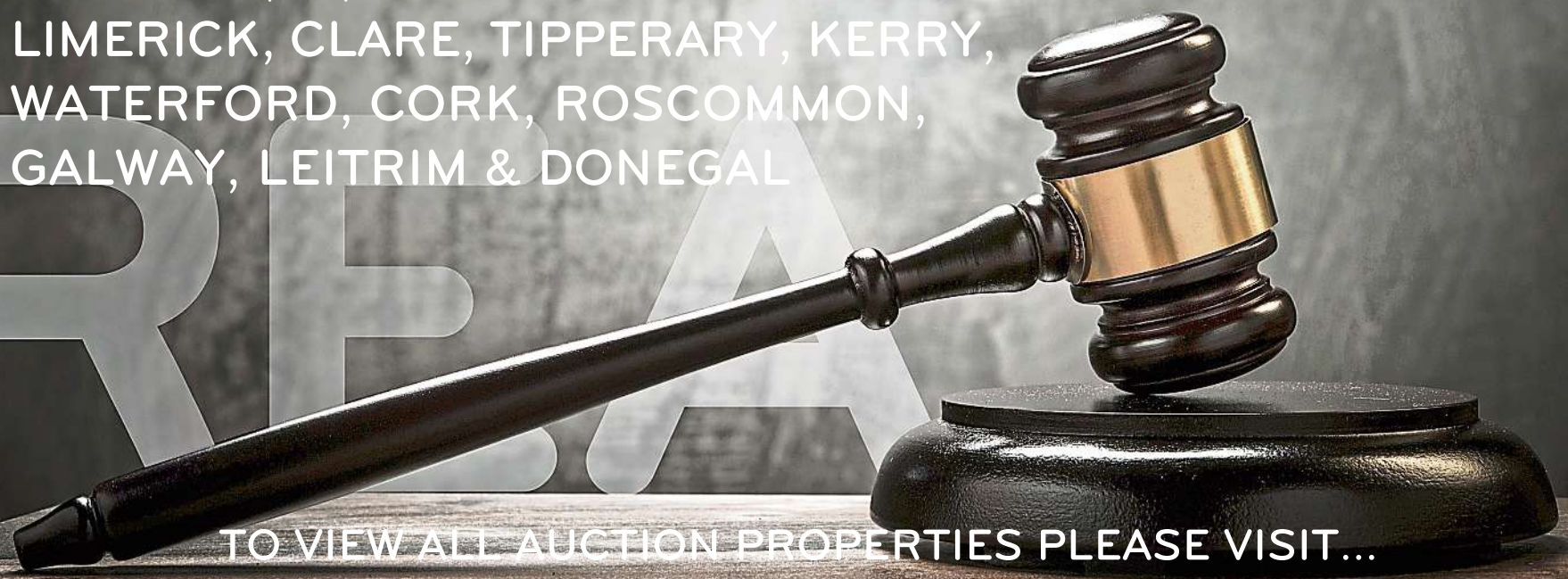
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FASHION FOCUS FALLS ON THE BRIDESMAID

**NEW COLLECTION AT OASIS MAKES
A FUSS OUT OF THE BRIDAL PARTY**

STYLE AND FASHION



with Celia
Holman Lee



A variety of different colours for bridesmaid dresses is all the rage this season

Bridal party looking good

OASIS is excited to announce the launch of its first-ever bridesmaids capsule collection, launching exclusively online this spring.

The collection consists of seven styles across six seasonal colourways.

Along with their brand new bridesmaids dresses, there are also special occasion dresses including pleated maxis, prom dresses and lacy midis make for

Bridesmaid 2018 colourways are in beautiful pastel colours from soft shades of lavender, dusty pinks and mint greens

sweeping silhouettes perfect for making you shine even brighter on the big day.

Bridesmaid dresses are a

very important part of the bridal party.

What I love to see in a bridesmaid dress is the mix of colour in the same style making the bridesmaid party look different.

Bridesmaid 2018 colourways are in beautiful pastel colours from soft shades of lavender, dusty pinks and mint greens.

For more information pop into Oasis Brown Thomas, O'Connell St, Limerick or Oasis online.



The back detail on these Oasis bridesmaid dresses is exquisite

LOOK OUT FOR CELIA'S 'MY WEEK' COLUMN IN THE LIMERICK LEADER EVERY THURSDAY

CONTACT CELIA

Facebook [celiaholmanlee](#)
Email celia@holmanlee.ie
Website www.holmanlee.ie



Here are some beautiful blush pink bridesmaid dresses from Oasis



These knee-length dresses are a stunning alternative to the floor length gowns

Emerald Alpine

POIVRE BLANC



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Ski
range
from €260



Alpha 3.0 Jacket
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breathable
4 way stretch fabric
Primaloft Insulation
rrp €450
Emerald Alpine €300



Ski Jackets

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breathable
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Emerald Alpine

21 Roches St, Limerick 061 416983



MAN ABOUT TOWN

with Patrick
McLoughney

Here comes the guest... looking

Whether the end goal is to avoid cringing when looking back at photos in the future or to charm someone from the wedding party (just, you know, not the bride or groom), there's pressure to look your best at a wedding.

Deciding what to wear is reasonably straightforward if the dress code is strictly black tie, but potentially baffling if there are no such hard and fast sartorial rules. Not to worry, I've been modelling and narrating at so many wedding shows lately that I've picked up plenty of handy tips and I've compiled a go-to guide brimming with tips and outfit ideas to see your wedding style soar.

GENERAL RULES READ THE INVITATION

These aren't just pretty little pieces of paper. A wedding invitation is the first clue when it comes to pulling together an on-point look for the occasion. Make sure you pore over the details and check to see if the soon-to-be-wed couple have specified a dress code. The most important thing to bear in mind when attending a wedding is that you respect the dress code on the invitation, and I'd suggest erring on the smart side, too.

KEEP IT PERSONAL

Just because a wedding's dress code is strict, doesn't mean you have to shed all personality. Whether formal or informal, you need to ensure you're suitably dressed but still remain true to your personal style. Whether it's a neatly folded printed pocket square or a contrast-sole brogue, remember to customise your look with all-important personal touches.

NEVER UPSTAGE THE GROOM

With that said, while 'doing you' is sure to win style points, it's only polite to stop short of stealing the spotlight from the main man. The most common rule for female wedding guests is to refrain from upstaging the bride – and the same applies to men. That means no full morning dress for relatively informal weddings and definitely stowing away that neon orange Dumb and Dumber suit for another soirée (or, perhaps more fittingly, a fancy-dress party).

REVIEW THE VENUE

No, I'm not talking TripAdvisor. Before de-



Patrick's tips will have you looking tip top, whatever kind of wedding you're attending

ciding on what to wear to a wedding, it's worth considering where it's taking place. For example, if it's a beach ceremony in the Bahamas then a linen suit, white short-sleeved shirt and loafers worn sockless are ideal. Not so, however, if the nuptials are scheduled for Patrickswell in May, where a look offering

more coverage would serve you better.

THE BEST WEDDING LOOKS BLACK TIE

This is a little dependent on the season as few summer weddings will require a dinner jacket, but if you're attending one taking place in the evening rather than the afternoon, then

this is a possibility. Presuming you're not part of the wedding party, black tie means a DJ (no, not the type at the reception).

When making the call on whether to buy or hire, consider whether or not you currently have the means to secure yourself something of a decent standard – you'll get good wear out of it over your lifetime, provided you don't change in size dramatically.

Colour wise, there are two options: classic black or midnight blue. The former is timeless and fits the dress code exactly, but the latter makes for an arguably more interesting option if the dress code allows (it should, seeing as blue actually appears darker under artificial light). As for accessories, a black bow tie, cummerbund and a pair of perfectly shined black dress shoes or velvet slippers will round the look out perfectly. For an added touch, try a white buttonhole pin for a subtle flourish.

TWO-PIECE SUIT

The ultimate all-rounder. For the vast majority of weddings, a contemporary two-piece suit (slim-fitting, minimal break, notch lapels) will satisfy the requirements of the dress code, and it can also be worn several times over, provided you switch up your shirt and accessories.

If this isn't something you currently own, choosing the right fabric is one of the most important steps when looking to invest.

Breathable materials like linen, cotton and blends of the two serve well for weddings in hotter climes, while merino wool and cotton-wool blend styles are preferable if the marriage is taking place somewhere like Ireland.

For a versatile suit that won't date anytime soon, opt for a colour like grey, navy or in summer a neutral such as beige or stone.

For something that's just as easy to wear but packs a punch, however, try a richer hue like cobalt or petrol blue.

Whether you opt for classic or contemporary, layer the suit over a crisp, freshly-ironed white, sky blue or pink shirt and team with a complementary lightweight tie (if required), tonal or printed pocket square and your favourite smart footwear – almost anything goes here, from driving shoes to double-monk straps.

THREE-PIECE SUIT

Whoever coined the famous superstition 'bad things come in threes' had clearly never discovered the subtle art of adding a waistcoat

WATCH OF THE WEEK

Daniel Wellington Classic Sheffield watch

If you're into minimalism and love a classic look, this Daniel Wellington watch will hit the spot. The watch face is clean and ultra thin and only has the bare essentials. The Classic Sheffield comes with a black strap made from genuine Italian leather and a distinctive eggshell white face. The



Classic Sheffield was carefully designed to stand the test of time while maintaining its effortless beauty. A big part of the reason why I'm such a fan of Daniel Wellington watches is that fact that I can easily switch out the

strap at home without having to make a trip to the jewellers. It's like having two different watches at a cheaper price. The watch comes with a small tool that allows you to push the spring in and pull out the strap. This minimalistic watch proves that simple does not necessarily mean boring and you'll find it at Keanes for around €199.

FRAGRANCE OF THE WEEK

Yves Saint Laurent's La Nuit De L'Homme

An intense, boldly sensual, and very seductive scent, this classic is extremely masculine and bright. It boasts a nonchalant sophistication that creates a natural and crisp yet mysterious scent extracted from spicy fresh notes of cedar, cardamom, and the fragrance of coumarin. The



spicy cardamom notes merge perfectly with the sparkling freshness of bergamot, cedar, and lavender. The base notes are of vetiver and cumin, ensuring a sensual and opulent finish. With its unquestionably

spicy and sexy vibe that softens to a sweet and clean effect, especially as it settles into your skin, Yves Saint Laurent's La Nuit De L'Homme has a good performance, casting a wide net and lasting around eight hours. This is definitely a smell for the confident man. You'll find it in Brown Thomas for around €85 (100ml).

FASHION, FITNESS & HEALTH

CONTACT PATRICK

email: patmcloughney@hotmail.com

twitter: @iammcloughney

instagram: iamcloughney



his very best

to a stylish suit jacket and trousers combination. The sartorial triple threat is not only a smart choice for the everyday, but an easy way to up the style ante while the loving couple bangs on about 'having and holding' when all you want to do is have and hold a pint.

Even better is that when evening comes and everyone has removed their jackets to cool off, you can do so while keeping the waistcoat intact and thereby still look the most put together guy in the room.

A three-piece makes a smart statement on its own, so look to combine with a simple white dress shirt and focus on adding personality through your choice of accessories (or lack of, in the case of the air tie) and shoes, which themselves can be worn sockless if the dress code allows.

DOUBLE-BREADED JACKET

Done right (cut slim, but not too tight that the buttons pull), a modern double-breasted jacket is more baller than banker and can help a wearer stand out without having to resort to brightly coloured shirts or garish pocket squares.

Perfect for narrow frames, the upward pointing peak lapels make your chest look wider while the overlapping fabric nips in at the waist to create a flattering hourglass shape. If you're also on the shorter side, opt for four buttons rather than the traditional six or eight configurations to give the illusion of height.

Even better is that when evening comes and everyone has removed their jackets to cool off, you can do so while keeping the waistcoat intact and thereby still look the most put together guy in the room

As with any suit worn to a wedding, the aim is to lose the stuffy office connotations. So pick brighter blues and light greys and opt for unstructured examples to further emphasise the dress-down feel.

TAILORED SEPARATES

For less formal summer weddings (which is most nowadays), take advantage of a relaxed dress code by switching up your suiting.

Again, the key consideration when weighing up potential purchases should be material. After choosing fabric, decide on colour: shades of blue and grey, from dark to light, and softer neutrals like beige, stone and ecru all mix and match well together, while pastel hues like mint, baby blue and pale yellow are solid on-trend options.

For a nautical-inspired look, try a blue single- or double-breasted blazer

with a pair of white trousers and a pale blue shirt. Or flip the same combination on its head. But if you are wearing a white blazer it's important to team this with a contrasting trouser to avoid looking too Miami Vice.

As for the finishing touches - i.e. accessories and footwear - it depends on the look you are going for, but suffice to say, you should be leaning towards smart-casual pieces like Oxford button-downs, grandad collar shirts or even long-sleeved polos in this case.

LOOK OF THE WEEK

The Bobbi Parka

My favourite addition to my winter wardrobe this year was my second Bobbi Parka. I bought my first one nearly a year ago and have worn it everywhere since. In the 12 months that have passed, Bobbi Parka has gained a lot more exposure internationally as they now also sponsor the Notorious Conor McGregor (not bad company to be in). This camo and black faux-fur parka was custom made to my exact measurements and shipped to me with minimal turnaround time. They also provided outstanding service and communication and did everything they possibly could to meet my expectations. Check out their instagram @bobbi_parka to see fellow customers and brand ambassadors like Callum Best, David Haye, Rio Ferdinand and of course The Notorious One and have a look at their amazing range over at bobbiparka.com.



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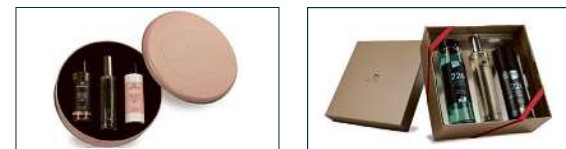


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Your post-workout routine

So you've just started a new workout regime and your body is feeling a little tender to say the least. Do you know how you should be looking after your body outside of the gym?

Here's a few ways to treat your muscles to a little post-workout TLC to ensure you don't miss that next workout.

1: RUN A BATH

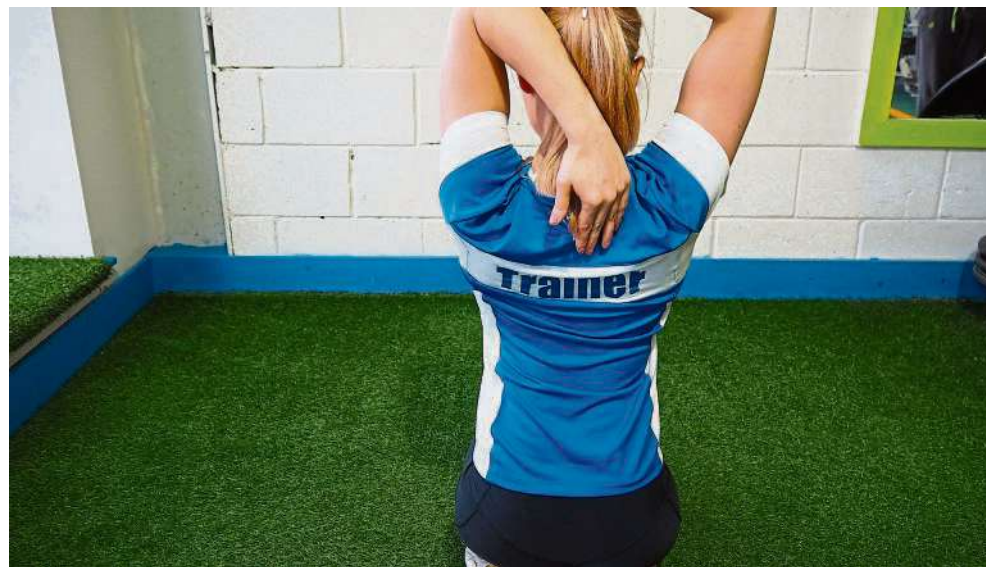
Take time for a hot bath (or shower if a bath is not an option) and opt for some muscle soothing bath foam.

Allow your body to soak for at least 10 minutes to soothe the muscles.

Another little tip would be to get yourself some Epsom salts.

They are great added to a warm bath for recovery and are proven to relieve pain and muscle cramps, ease stress and relax the body and eliminate toxins from the body.

Ask at your local pharmacy for more details and advice.



Failing to stretch after your workout will only lead to injury and could rule out training altogether

2: STRETCH

I cannot tell you how important this is. Treat stretching the same way you do your workouts.

Yes I know once you've finished you're only dying to get out of the gym but failing to stretch after your session will

only lead to injury and that could rule out training altogether! Set aside a little time – if not directly after your session then after your bath or shower to stretch the body thoroughly.

Get to know at least one stretch for each major muscle

group. Ask the trainer at your gym to take five minutes to go through these with you just as you would with any exercise. A handy little tip is to play one song from your phone or iPod and stretch your body from start to finish while that song is playing.

That's a minimum of four minutes which is a great and easy way to start.

3: FOAM ROLL

If you don't have a foam roller of your own, your gym may have them for your use.

Much like stretching, an instructor at your gym will be more than happy to show you through the techniques of rolling out your major muscles.

I find the foam roller amazing for quads, hamstrings, calves and the IT Band.

Buy one for home and whip it out while you're catching up on your favourite TV program in the evening. There are varying price ranges so research it a little before you buy.

4: REHYDRATE

You may be exerting more than you are used to so remembering to rehydrate needs to be top of your list.

Make sure your water intake is about two litres a day –

or eight glasses – to make sure your body gets what it needs.

5: EAT PROTEIN

Protein should be the first thing you think about when deciding on a post workout meal.

Think about your meal you are planning and make sure there is good quality protein in it.

A protein supplement – like a protein shake – is great if you are "on the go" or in a hurry. If you can make a protein smoothie they are delicious but a well-balanced meal is always my first option when I can.

Remember following these little steps will help your body recover faster after your workouts.

Train smart and give yourself a little TLC.

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WHAT I'M LOVING THIS WEEK

Tea-time

I picked these tea infusers up in our local pharmacy recently and they are fantastic. They happen to be a part of the Skinny Tea range (which I do not use) but the infusers themselves are fantastic and great value at only €5. I use mine for loose leaf green tea and you can use the same load

throughout the whole day. Really handy little buy. Check out meagherspharmacy.ie for more details.



Go for Ladies Training Zone

We've popped some new training equipment into the ladies training zone at Go Gym recently and it's shaping up nicely. It's the perfect place to gently introduce yourself to some weight training. Our Go Ladies are of course free to use the whole gym but this little haven is there to help make those first few weights sessions a little more comfortable. If you haven't yet tried a FREE guest pass, log on to www.gogymlimerick.ie and register for yours.



HEALTHY RECIPE

FAKEAWAY CHICKEN FILLET BURGER

WHAT YOU NEED:

- Chicken Fillet
- Brioche Bun
- Sliced Jalapeños
- Sliced red onion
- Sliced Cheddar Cheese
- Torn Iceberg Lettuce
- Coconut Oil
- 2 Minced Garlic Cloves
- Grilled Bacon Medallions
- Wooden skewers

WHAT TO DO:

Slice chicken fillet into a butterfly shape and tenderise by hitting with a tenderiser or rolling pin (I wrap my tenderiser in cling film first to prevent any future contamination with the raw chicken). In a pan melt a little coconut oil and gently fry up the minced garlic. Fry the chicken over a medium heat till both sides are slightly browned and well cooked throughout. Place chicken on the base of the brioche bun and build upwards with



lettuce, cheddar cheese, grilled bacon medallions, jalapeños and onion.

Place top of brioche bun in place and pierce the whole lot with a wooden skewer down the centre.



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Keep an eye on macular degeneration

February is Age-related Macular Degeneration Awareness month - drawing attention to the leading cause of vision loss in the middle-aged and elderly.

It is a chronic inflammatory disease that blurs the sharp, central vision you need for 'straight-ahead' activities such as reading, sewing and driving.

It does not affect peripheral vision and does not cause any pain. Of those aged over 60, it is estimated that 25% have some degree of visual loss because of AMD.

The macula is located in the centre of the retina, the light-sensitive tissue at the back of the eye. The retina converts light into electrical signals and sends these to the brain. It is the macular region

of the retina which is responsible for detailed vision and colour perception. There are two types of the AMD, what they call dry and wet.

Dry AMD is more common (not to be confused with dry eye syndrome, which affects the front of the eye), it develops gradually over time and usually causes a mild to moderate loss of vision.

Drusen, or small fatty deposits, accumulate at the central part of the retina in the tissues beneath the macula, leading to thinning and drying. It affects both eyes, but vision can be lost in one eye more quickly while the other seems unaffected.

Dry AMD may eventually turn into wet, which is more serious and the risk of severe sight loss is much greater.

It is caused by the growth of abnormal blood vessels



Normal View

View with Macular Degeneration

An example of how Macular Degeneration can affect vision

under the macula. These abnormal vessels leak fluid and blood into the tissue at the back of the eye, causing a blister to form in the retina.

The resulting scar tissue leads first to distortion and eventually to loss of central vision. Wet AMD can rapidly damage the macula and result in a very quick loss of central vision. An early

symptom of wet AMD is that straight lines appear wavy.

As with other chronic inflammatory diseases, there is no proven medical therapy for dry macular degeneration, but there are some drug advancements for the wet type, blocking the growth of blood vessel growth.

Although it is not a tumor, AMD - especially the wet type

shares some important characteristics; namely the root is in chronic inflammation and both eventually include angiogenesis - ie the growth of small blood vessels.

Prevention is currently the only solution and always a better option. If you know that diet and lifestyle factors are the contributors for the development of AMD, it is reasonable to conclude that improving these areas would be beneficial in the long run.

Oxidative or free radical damages due to chemicals, stress and lack of antioxidants in our diet are the sure ways to any type of disease.

It is interesting to note that certain antioxidants are concentrated in the macula, protecting it from the light. These are termed "macular pigments" and include Lutein, Zeaxanthin and the

more powerful Astaxanthin.

Where do we find these antioxidants? In strong colored fruits (dark berries), vegetables (especially dark green ones) and seafoods (salmon, trout and shrimp).

Beta carotene from yellow and orange coloured plants and the active form of Vitamin A (retinol) from organic butter, oily fish and liver are also crucial for eye health in general, with Zinc as a necessary co-factor for any processes involving these nutrients. Together they contribute to the normal function of the eye.

Whilst there are certain foods that are strong anti-inflammatories and block new blood vessel formation, the overall variety and quality of our foods and a balanced lifestyle, are the most important, in the prevention of AMD



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Reaching out with music

Music Generation concert to raise funds for Reach Out gala

The Music Generation Musical Variety Show will take place on Friday, March 16 at the University Concert Hall as part of Limerick's St Patrick's Festival and will aim to raise funds for the annual Reach Out Gala.

The show promises to be a youth music concert unlike any other – fast moving, innovative and inspiring.

Eoghan McDermott of the Voice of Ireland and RTÉ 2FM will present the show. The show will feature an eclectic mix of young performers from across the region, plus special guests, spot prizes, and surprises.

Performers will include the Irish World Academy Chamber Choir, Limerick School of Music Brass Group and Big Band, Limerick Youth Choir and Powpig.

Boris Hunka, music development officer of Music Generation Limerick City explains: "It's fantastic to get such a range of performers from across Limerick City and County - as well as guests from neighbouring counties, countries and continents. It will be an entertaining, fast-moving, feast of music-making."

Music Generation Limerick City (MGLC) has been transforming the lives of children and young people in the city since 2013, with an innovative, inclusive music programme, delivered by professional musicians.

They aim to put music in the hearts of young people across Limerick city and give young people the confidence to express themselves through music.

Initiated by Music Network, Music Generation is co-funded by U2, The Ireland Funds, the Department of Education and Skills and Local Music Education Partnership.

Reach out focuses on providing mental health support for people between the ages of 12 and 25 that are going through a tough time, putting emphasis on peer support.

Reach Out brings schools

"It's fantastic to get such a range of performers from across Limerick City and County - as well as guests from neighbouring counties, countries and continents. It will be an entertaining, fast-moving, feast of music-making" - Boris Hunka

and community ensembles from across Limerick City and County together to make music.

The annual Reach Out Gala raises funds a variety of programmes that use music as a means to improve mental and emotional health.

These include programmes in the Children's Ark, the purpose-built paediatric unit for children at University Hospital Limerick, as well as St Gabriel's School, a not-for-profit organisation and registered charity that provide a range of clinical therapies and interventions for up to 500 children and teens with disabilities.

The Music Generation Musical Variety Show will take place on Friday, March 16 at 8pm at the University Concert Hall. For tickets go to www.uch.ie.

Great Limerick Run to deliver €4.5m economic boost to Limerick

The Bon Secours Hospital Great Limerick Run 2018 was officially launched last week by Sean Lynch, Metropolitan Mayor of Limerick at the Limerick Strand Hotel.

Nearly 3,000 people have already signed up for the annual run. Since the inaugural race in 2010 over 70,000 people have crossed the finish line, helping raise €2.1million for various charities.

A Sports Social & Economic Impact report by Limerick City Council estimates that the event will bring in a €4.5 million boost to the loc-



Boris Hunka, Coordinator Music Generation Limerick (rear, in red) with musicians rehearsing for the Music Generation Musical Variety Show taking place on Friday, March 16 at the University Concert Hall to raise funds for the Reach Out Gala PICTURE: SOPHIE GOODWIN/ILOVELIMERICK.



Yvonne from Rape Crisis MidWest, Monica from Green Yard Cafe and Lorraine from ADAPT Domestic Abuse Services

ality of Limerick City over the weekend. The run is now the largest mass participatory event outside of Dublin.

At the launch, race director, John Cleary confirmed the marathon and half-marathon will be the official Munster Athletic Championships events.

He added: "Due to the demand for more places in the children's 'UL Sports Run for Fun' at the University of Limerick on the Saturday, the capacity has been raised to 3,500 kids, which is now the largest children's event nationally. This event has alone raised over €85,000 to date."

Mayor Lynch also spoke of his enthusiasm for the event, "It's one of the greatest show days that Limerick has ever produced. It's great to showcase the city." Mayor Lynch has also pledged to take part himself.

The Great Limerick Run is the best excuse to start getting more active. Some 75,000 hours of physical activity has been generated as an immediate result of the run. For full details on how to enter the Bon Secours Hospital Great Limerick Run 2018 visit www.greatlimerickrun.com.

V Day Coffee Morning in aid of ADAPT & Rape Crisis Midwest

A special Valentine's Day coffee morning will take place on Wednesday, February 14, in aid of two local charities, ADAPT Domestic Abuse Services and Rape Crisis Midwest.

The event is to mark V-Day, a global movement to end violence against women and girls.

"ADAPT and Rape Crisis Midwest are joining forces to highlight the fact that one in five women in Ireland has experienced some form of domestic abuse or sexual violence," said ADAPT Director Monica McElvaney.

Rape Crisis executive director, Miriam Duffy commented: "It is an honour to join forces with ADAPT on such a special day."

The event takes place at Green Yard Café, Punch's Cross on Wednesday, February 14 from 10am to 12noon, when tea, coffee, and baked goodies will be served.

A raffle will also take place on the day, with amazing prizes to be won. If any businesses would like to donate a raffle prize, email Lorraine on fundraising@adaptservices.ie or call 061-412354. For more details visit

To see lots of great Limerick videos, look under the 'Media' section in our website, www.ILoveLimerick.com



Jason Kenny, general manager Bon Secours Hospital Limerick, Mayor Sean Lynch and John Cleary, director Great Limerick Run launching this year's event which takes place on May 6 PICTURE: ADRIAN BUTLER



Taking place in Dance Limerick from February 9-10, 'What Next' features an exciting line-up of choreographers, dance artists, musicians and visual artists from across the world PICTURE: BORUT BUCINEL

Discover what's next with Dance Limerick event

By *ilovelimerick* correspondent Ryan O'Connell
Inspired by the talent of rising dance artists from Ireland and abroad, a new Limerick dance festival is looking to promote dance discovery through live performances.

'What Next', taking place on February 9-10, encourages you to sample something different in the form of a thrilling, innovative and engaging line-up of events.

Taking place in Dance Limerick from 'What Next' features an exciting line up of choreographers, dance artists, musicians and visual artists from across the world spread across two days with a closing party by VJ and visual art curator Padraic E. Moore.

Festival Director Jenny Traynor explained: "We will present the work of early career artists from Limerick and beyond. I am very much looking forward to having our festival artists in residence with us for a week of creative exchange led by the festival's creative exchange curator and facilitator Fearghus Ó Conchúir before seeing their performances.

"We are particularly excited to welcome Aerowaves artists Daniele Ninarello from Italy and Zigan Krajncan and Gasper Kunsek, aka Alien Express from Slovenia.

"Aerowaves is a European dance network of presenters who select the most exciting emerging dance artists in Europe and promotes them for a year, Dance Limerick was happy to be invited to be one of the partners earlier in 2017.

"At What Next audiences will experience a programme of fresh and evocative interactions and performances with a new generation of artists on the cusp of establishing their choreographic voices."

Tickets and info at www.dancelimerick.ie.



Valerie Murphy, the new Network Ireland Limerick president and her predecessor Edwina Gore, Gore Communications



Pictured at the George Boutique Hotel for the launch of the Limerick Fringe 2018 taking place April 4 to April 7, organiser Eva Birdthistle and Mick Dolan, Dolans Pub PICTURE: PAT BROWNE/MUNSTER

www.adaptservices.ie or www.rapecrisis.ie.

Limerick Fringe 2018 gives a bigger platform for performing arts

By *ilovelimerick* correspondent Chloe O'Keefe

Limerick Fringe 2018 was launched last week at George Boutique Hotel and will take place across many venues to promote the arts sector of Limerick.

Limerick Fringe is a new vibrant, multi-genre performance-based event. It is a not-for-profit organisation that looks to support artists and producers to promote new, vibrant and daring arts to a wider audience utilizing non-traditional spaces.

The festival supports homegrown creativity and welcomes national and inter-

national acts with open arms.

It hopes to act as a platform for artists across all genres to meet and build relationships with similar art professionals in a fun way throughout the festival.

The festival will take place across nine stages and six venues with an amazing 79 performances across the four days. Fans will move from venues such as Dolans to the Belltable and Chez le Fab.

Festival co-founder Eva Birdthistle tells me: "There will be a huge difference from last year as last year we had very little support, whereas this year we got some serious funding and we can do a lot more."

Eva spoke about the origins of the festival saying: "When Limerick didn't get the 2020 bid, over a very large bottle of wine we thought we

could do it ourselves."

The next day they began their plan of action. Actor and director, Simon Thompson was able to share his experiences of attending various UK Fringe festivals. "The vibe of those Fringe events was very artist-focused," says Eva, they were friendly events."

Limerick Fringe 2018 returns from April 4 to April 7. For more info visit www.limerickfringe.com.

New president Valerie Murphy to Lead Women In Business Network

Network Ireland Limerick, the forum for women in business, the professions and the arts, is a branch of Network Ireland, a national organisation driving the personal and professional development of women throughout the country.

Valerie Murphy of Valerie's Breast Care has been elected president of the Limerick branch for 2018.

She succeeds outgoing president Edwina Gore. Catriona O'Donoghue of Get West has been confirmed as vice president.

"Last March, we had the honour of having our very own Limerick native, Joy Neville, speak at our International Women's Day event.

"Joy was since awarded World Rugby Referee of the year in 2017. She told us in March to 'be bold and put yourself forward'. Good advice to follow in these exciting times for women in business," explained Valerie.

Valerie will be responsible for representing the Limerick branch at National Executive meetings and overseeing the smooth running of events locally.

Valerie noted, "We have great plans for 2018. Each month we will have highly influential speakers who are experts in their field.

"We will continue the work on our recently launched mentorship programme, which is free to all members. We will also continue to promote our members businesses and offer facilitated networking at each event.

In May, we will have our Regional Business Awards. I believe this is an important evening as it gives our members the opportunity to showcase their businesses

nationwide." Congrats Valerie!

And finally...

If anyone wants to keep tabs on what I am up to around Limerick, you can find me on Facebook as Richard Lynch and Twitter @RichardLynch. If you have a good news story about Limerick I could share on this page, you can contact me via email at Richard@ILoveLimerick.com. Look forward to hearing from you!

Love to you all
Richard (RichardLynch) x

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Keeping children safe online

Today is Safer Internet Day (February 6), so it is the perfect time to reflect on how you and your children are using the internet and to take steps to make sure that your children are safe.

There is a great deal of evidence that too much screen time has a negative effect on children (and adults!) in terms of their ability to sleep, concentrate and interact in real life social situations.

It's also more difficult to know exactly what our children are exposed to on-line and to keep them safe, but we do know that there are very real risks in terms of exposure to inappropriate material, grooming and cyber-bullying.

We all live in the real world so avoiding the internet and electronic devices completely is not an option for most of us.

What we can do is talk to

our children about their usage and the potential dangers, set clear, reasonable limits and educate ourselves as much as possible about the different applications and sites our children are accessing.

Below are some tips to get started. For more information, see the site www.webwise.ie.

Particularly useful is the information for parents on different apps, their privacy settings and how best to support your children to use them safely.

■ Agree a clear set of rules with your child on screen time in the home. Talk to your children on when you think it is appropriate and inappropriate to use screens. Agree times when screens are allowed and not allowed in the home. For example dinner time, homework time and bedtime

■ Do as you say: Modelling behaviour is THE most powerful way you can influence your child's behaviour. Let them see you putting the phone away and focusing on your attention on them

■ Explore Together Let your child see what you are doing on-line and explore some sites together. This might be planning an upcoming trip, finding information for a homework assignment or even watching silly animal clips, but try to find common ground on-line. Ask your child to show you the sites that they find interesting. As you explore, you might help them recognise safe and unsafe sites and talk to them about potential risks

■ Restrict the use of computers/ devices in the

bedroom. Depending on the age of your child you may want to set a curfew or ban devices from the bedroom completely

■ Buy an alarm clock for your child's bedroom and remove their phones at night time. This can be a helpful way of giving them a break from the internet

■ Try not to rely on screens too much to keep the kids amused. It can be easy to encourage kids to pick up the tablet or play a game on the computer to keep them occupied. This only confuses rules on screen time, try and stick to the agreed rules with your child and remember to set a good example

Thanks to Senator Maria Byrne for sharing this information with us

Tips - For teaching kids to respect animals

While the internet can provide a great deal of information and entertainment, we know that it can lead to children becoming isolated and depressed if they spend too much time on their screens. Being around animals and, nature in general, can provide a great deal of emotional support to children and give them positive, non-judgemental connections in their lives. Below are some tips on helping your child to develop positive relationships with animals (even if you can't have a pet).

- **Model Positive Behaviour.** Whether it is taking good care of your family pet or talking about the feelings and intelligence of animals on a nature programme, your children will pick up their attitudes toward animals from you. Let them see you respecting the natural world including animals
- **Expose your children to animals.** Not everyone likes furry companions beside them in the bed, but that doesn't mean your children can't have a great deal of exposure to animals. Walks in the forests to spot birds or trips to farms and nature reserves can be great ways to connect to nature and teach your children about animal
- **Give them some responsibility.** If you do have a pet, let your child get involved in their care whether that is feeding them, taking them for a walk or providing extra cuddles. They will see the impact their actions have on your pet and learn about responsibility
- **Set up a birdhouse or bird feeder and let them come to you.** This can be a great project to do together—you can learn about all of the different species and the seasons while enjoying a little bit of natural drama in your back garden.

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ROAD SAFETY

Parents urged to 'Check it Fits'

DAVID HURLEY

david.hurley@limerickleader.ie

EXPERT personnel from the Road Safety Authority were on hand at a number of locations in Limerick last week as part of the Check it Fits campaigns.

The aim of the campaign, which is supported by Toyota and Supervalu, is to save lives and prevent injuries by ensuring that child car seats are correctly fitted.

Since 2013, over 22,000 child car seats and restraints have been examined at locations in Limerick and across the country.

"Almost two out of five children killed (nationally) are passengers and garda reports into

collisions indicate that one in 10 children were not wearing a seatbelt or using a child restraint in 2014," said Aisling Leonard, Senior Road Safety Promotion Officer for the Road Safety Authority.

"More recent statistics have shown an increase in child passenger fatalities on the road. The reality is that if a child's car seat isn't fitted correctly, it could lead to a serious or fatal injury in the event of a collision," she added.

While a large number of people attended the roadshow events which were held in Kilmallock, Castletroy and Castleconnell this week, The Road Safety Authority is appealing to all parents to make an effort

to ensure that their child car seats are fitted correctly.

"We would advise all parents to ensure that when they buy a new car seat, that they get the seat fitted by an expert. We would also advise that parents to check the label on their car seat to make sure it's appropriate for your child's age, weight and height, to make sure your seat is firmly installed in the car, and to always ensure that your child's harness is fitted snugly for every trip," said Moyagh Murdock, CEO of the RSA.

For more information on the Check it Fits campaign and for details of upcoming roadshows visit www.checkitfits.ie.



Karen Cunniffe, Castletroy and her 3 month old daughter, Anna getting their child car seat checked by Ron Richardson as part of the Road Safety Authority's Check it Fits campaign

PICTURE: ADRIAN BUTLER



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IN MEMORIAM



O'MAHONY (Fifth Anniversary)



Sympathy Prayer

*Dear Lord,
please comfort
those in grief,*

*Love them,
lift them, give
relief*

*For loss
they've
suffered,
sadness felt,*

*Make this
sorrow slowly
melt.*

*Lord, let
happy
memories ease,*

*Creating
peace like a
gentle breeze,*

*And as you
help them
make it
through.*

*Draw them
closer, Lord,
to you.*

In loving memory of a dear wife, mother, grandmother, sister and aunt Yvonne O'Mahony, late of 6 Pineview Gardens, Moyross, Limerick who passed away on 6th February 2013. Mass offered.

Five years gone today Yvonne I lost my wife with a heart of gold The words I write will never translate How much I miss you. The grief still standing over our family We miss you more every day Nothing will take the pain of losing you. Sadly missed by your loving husband Martin, sons, daughters, son-in-law, daughters-in-law, grandchildren and family. Thinking of Margo Reilly who recently passed away R.I.P.

Wedding Anniversary 27th January

This would have been our 39th Anniversary Yvonne, wishing you were here on our Anniversary. My fifth year without you. God took you so needlessly. You are always in my heart and soul.

Love you forever, your husband Martin

Sister
We watched you suffer
We watched you die
But all we could do was sit close by
You went away we had to part
God eased your pain
But He broke our hearts
Miss you Yvonne, very very much, love you always your sisters Josepha, Bernadette, Michelle, Shirley, and brother Noel, brothers-in-law, sisters-in-law, nieces, nephews, aunts and cousins in Armagh. Also thinking of our Mam, Dad, brother Michael, nephew Jason and uncle Danny

*Those who die in grace
go no further from
us than God
and God is very near.*



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Key trio doubtful for Na Piarasaigh All Ireland semi final

By **JEROME O'CONNELL**
e-mail: joconnell@limerickleader.ie
Twitter: @JeromeSport

NA Piarasaigh have injury doubts over a key attacking trio ahead of Saturday's All Ireland club SHC semi final.

The Limerick kingpins play Derry and Ulster champions Slaughtneil in Dublin's Parnell Park as they attempt to reach the March 17 final for a second time in three years.

Na Piarasaigh are sweating on the fitness of Shane Dowling (knee), David Dempsey (hamstring) and Peter Casey (appendix).

All three have missed recent challenge games against Wexford and Waterford county teams.

Dowling is out of action since he was forced off injured after 42-minutes of Na Piarasaigh's Limerick SHC final win over Kilmallock on October 15 last – he missed both games as Na Piarasaigh won a fourth Munster club title.

Like Dowling, Dempsey and Casey are back in training but lacking in match practice.

While no Na Piarasaigh players have been involved in any Limerick games in 2018 to-date, Mike Casey, Ronan Lynch and Thomas Grimes did play in round one of the Fitzgibbon Cup and Jerome Boylan lined out with Ardscail Ris in the Harty Cup.

The bookies make 2016 champions Na Piarasaigh the hottest of 1/50 favourites to reach a Croke Park final against defending champions Cuala (Dublin) or Liam Mellows (Galway).

Saturday will be a fourth All Ireland club SHC semi final appearance for Na Piarasaigh – losing to Antrim's Loughiel (2012) and Galway's Portumna (2014) while beating Wexford's Oulart the Ballagh (2016).

Just five of the team that played in the club's first semi final appearance are likely to be again in Saturday's line-up – Padraic Kennedy, Alan Dempsey, Cathall King, David Breen and Kevin Downes.

Saturday's opponents are back-to-back Ulster champions – the Derry men lost to Cuala at this stage last season.

Munster head coach Johann van Graan speaking during a Munster Rugby press conference at the University of Limerick this week

PHOTO BY DIARMUID GREENE/SPORTSFILE



Van Graan defends the arrival of teenage duo

By **COLM KINSELLA**
e-mail: ckinsella@limerickleader.ie
Twitter: @ckSportLeader

MUNSTER head coach Johann van Graan insists the arrival of two teenage South African players to train with the province's academy doesn't send out the wrong message to aspiring young homegrown players.

Munster say the players currently training with the province's Academy were identified and recruited in line with their 'succession plan.'

Eighteen-year-olds Keynan Knox and Matt Moore

recently linked up with Munster after completing their schools rugby with Michaelhouse and St Andrew's College respectively.

Knox, a tighthead prop, and Moore who plays centre and fullback, are training with the first year academy recruits.

Asked if he had any concerns about any impact the decision to bring the pair to Munster would have on young local club and schools players who harboured dreams of playing for the province, Van Graan said: "Munster have done their succession planning very,

very well. These two young players have been brought in before I came to Munster, but it has been a thorough process.

"No, I don't believe that it sends out the wrong message. I think the important thing for Munster is to look at the home grown players first. If you look at the current squad, I believe over 70% are home grown players and it is important that we back players from Munster first.

"If players are identified, look at the senior squad, you possibly need to bring guys in I think every team in the world does it.

"We have a very good culture and history here at Munster and we need to look after that."

The Munster squad is this week preparing for this weekend's resumption of the Guinness Pro14 when van Graan's charges host Zebre on Saturday at Thomond Park, 7.35pm.

Munster will play four Pro14 fixtures in all during the period the NatWest 6 Nations Championship is taking place.

Head coach van Graan said prop Dave Kilcoyne, who was called into camp this week, could be available for selec-

tion for Saturday's game with Zebre, however Andrew Conway is facing two to three weeks out.

The head coach issued an upbeat medical bulletin on out-half Tyler Bleyendaal with the New Zealander reported to be progressing well with his neck rehabilitation.

Van Graan said: "Tyler is back in training. He is taking limited contact. We hope to see him somewhere in the next four weeks. I won't say we are out of the woods yet with Tyler. We are still taking it day by day. Like I said before, obviously his health is our number one concern."

SCHOOLBOY SOCCER NOTES

FIXTURES

Saturday February 10

U-10 RED GROUP

Shelbourne 1 v Coonagh United 11.00am Shelbourne Park R. Broe
Corbally United 1 v Aisling Annacotty 1; 11.00am Athlunkard; B. Higgins
Limerick v Pike Rovers 1 11.00am Hogan Park S. Vashnuco
Regional United 1 v Aisling Annacotty 2; 11.00am Dooradoyle; J. Reilly

U-10 BLUE GROUP

Fairview Rangers v Aisling Annacotty 3; 11.00am Fairgreen J McNamara
Carew Park v Corbally United 2; 11.00am Carew Park; J. Galvin
Lisnagry v Regional United 2; 11.00am Scanlon Park A. Walsh
Mungret Regional 1 v Caherdavin Celtic 11.00am Mungret; J. Clancy

U-10 GREEN GROUP

Newport Town 2 v Mungret Regional 2; 12.30 Newport; Mike Monahan
Newport Town 1 v Caherconlish 11.00am Newport; Mike Monahan
Janesboro v Pike Rovers 2; 11.00am Pearse Stadium; J. Curran
Parkville v Ballynanty Rovers; 11.00am Knockalisheen; D. Downing

U-10 BROWN GROUP

Aisling Annacotty 4 v Shelbourne 2; 11.00am Newtown Park F. O'Neill
Moyross United v Star Rovers 11.00am Moyross; T. Joyce
Geraldines v Lisnagry 2; 11.00am Garryowen; J. Mulligan
Bridge Celtic v Corbally United 3; 11.00am Bridgetown; K McNamara
Regional United 3 v Mungret Regional 3; 12.30 Dooradoyle; J. Reilly

SHANNON ICES U-12 PREMIER LEAGUE

Mungret Regional A v Regional United A 12.30 Mungret; J. Clancy
Aisling Annacotty B v Limerick FC 2.00pm Annacotty AWP; A. Galvin
Aisling Annacotty A v Caherdavin Celtic A 3.30 Annacotty AWP; A. Galvin

U-12, DIVISION ONE LEAGUE

Corbally United A v Bridge Celtic A 12.30 Athlunkard; B. Higgins
Summersville Rovers v Pike Rovers A 11.00am Portland Park A. Whelan
Lisnagry v Shelbourne 12.30 Scanlon Park A. Walsh

U-12, DIVISION TWO LEAGUE

Mungret Regional B v Parkville 2.00pm Mungret; J. Clancy
Ballynanty Rovers v Aisling Annacotty C 11.00am Shelbourne Park P. O'Brien
Carew Park v Fairview Rangers B 12.30 Carew Park; J. Galvin

U-12 DIVISION THREE LEAGUE

Shelbourne B v Pike Rovers B 12.30 Shelbourne Park P. O'Brien
Caherdavin Celtic B v Aisling Annacotty D 11.00am Greenhills; D. Brosnan
Bridge Celtic B v Regional United C 12.30 Bridgetown; K. McNamara

HYNAN TRAVEL U-14 PREMIER LEAGUE

Regional United v Aisling Annacotty A; 12.30 Dooradoyle AWP;
Caherdavin Celtic v Corbally United A 12.30 Greenhills; Martin Monaghan

U-14, DIVISION ONE LEAGUE

Janesboro v Regional United B 12.30 Dooradoyle J. Curran
Geraldines v Corbally United B 11.00am Rathuard; T. Mannion
Parkville v Aisling Annacotty B 12.30 Knockalisheen; D. Downing
Shelbourne v Regional United C; 2.00pm Shelbourne Park M. Kiely
Summersville Rovers v Aisling Annacotty C; 12.30 Portland Park A. Whelan

U-16 PREMIER LEAGUE

Mungret Regional v Regional United A 11.00am Castlemungret; D. Power
Fairview Rangers A v Corbally United 12.30 Fairgreen; J McNamara

U-16, DIVISION ONE LEAGUE

Aisling Annacotty B v Geraldines 12.30 Kilonan; G. Clancy
Ballynanty Rovers v Fairview Rangers B 12.30 Shelbourne Park R. Broe
Corbally United B v Regional United B 2.00pm Athlunkard; B. Higgins

Sunday February 11

SFAI SUBWAY INTER LEAGUE

U-13, Limerick County v. Limerick District



The Geraldines' U-11s are pictured with their team managers Niall Nestor and James Broderick after they played Fairview last Saturday

time and venue to be confirmed

U-12, Limerick County, v. Limerick District
time and venue to be confirmed

LDSL NOTES

The U-7 small sided games scheduled to commence on Saturday February 3 is put back to a later date due to the inclement weather.

With a large number of fixtures having been cancelled over the past number of weeks due to the severe bad weather, it has been decided by the committee that fixtures will be scheduled for Monday, 19 March, and a full schedule of fixtures will also be played over the Easter weekend.

IMPORTANT MEETING

A meeting with the FAI/SFAI steering committee on 'Calendar Season Football' will be held with representatives of the Clubs on Monday, February 19, 2018 at 7.30pm in Mungret Regional F.C Pavilion.
It is of the utmost importance that all Schoolboy/Girl Clubs are represented at this meeting. It is the responsibility of each Club to ensure that their representatives attending the meeting have the appropriate questions they may wish to ask on the night pertaining to all aspects of Calendar Season Football scheduled to be introduced in 2020.

This will be the one and only time Clubs will be afforded the opportunity to meet with the FAI/SFAI steering committee on this issue so your attendance is essential.

Aisling Annacotty

GIRLS U16S : Aisling Annacotty 4 - 2 Kilmallock : Our U16 girls had a good win Friday night under lights against the team just above them in the table. The tone was set from the kick-off, when Emma Costelloe burst through one-on-one with the keeper. Sadly, she pulled up lame just before getting her shot off and had to go off with an Achilles injury, a major blow as she was due to play for Limerick U18s versus Wexford on Sunday (along with goalie Abby McCarthy). For the next 30 minutes it was the Alicia O'Callaghan show, as she took the game to Kilmallock time and again from the right-wing position, dribbling past multiple players with apparent ease. Only ten minutes had passed when she got her first goal, a shot from the edge of the box, which the keeper let slip through her fingers. She followed that with a mazy 50-

yard run that ended with a thunderous strike against the post. Meanwhile the team as a whole was playing its best football of the season, with slick passing and good decision-making all around the pitch. Sarah Hall was the driving force in midfield in Costelloe's absence, displaying outstanding first touch and intelligent passing as always. Sarah Cleary was commanding at the back, having recently added composure to her long list of assets. Laoise Ni Aodha was displaying her usual box of tricks up front, combining well with strike partner Susan O'Shea, and Aisling Doran and Emer Ryan were dynamic in midfield, making up a potent front six. So, it was no surprise when a second goal went in. This time Ni Aodha jinked past her defender, and drilled a powerful shot which ricocheted to the edge of the box, where O'Callaghan was lurking, and she looped a clever shot over the keeper who was still off her line. Everything was going so well, but one had a slightly uneasy feeling that, Liverpool-like, our midfield was enjoying attacking a little too much and not providing much cover to our back four. With the excellent Clodagh Doherty dropping "into the hole" and pulling the strings, this proved to be a mistake, and when Anna Carr got in a terrific saving tackle, the ball fell to Clodagh's sister who rifled it into the top corner. With their tails up Kilmallock went on the offensive, and Aoibhin Hayes, Ide Ni Ifeárnáin, and later Katie Murphy found themselves marking two players at times.

The equaliser, when it came though, was unfortunate to say the least. When a Kilmallock player was put clean through, McCarthy did excellently to charge off her line and smother the main impact of the shot. The ball though bounced towards our goal line, where Carr was again covering, and holding off a Kilmallock player. With McCarthy up quickly and charging in to dive on the ball, Carr made excellent contact, only for the ball to ricochet off McCarthy into the net. Coming in 2-2 at half-time was hard to take after all the good football we played. Credit to the girls though, they started strong again, and Ally Reeves won significant amounts of possession in stints on both wings. Nessa Kelly put on the afterburners a few times down the right wing, and Emer Ryan went on a 40-yard run that forced the keeper into a great save. It was that girl O'Callaghan again though, who regained the lead, with her best of the match, a 22-yard pile driver to the top corner. With Doran and Ryan joining the trolley-brigade on the sideline,

Amy Costelloe dropped back from where she had been very effective as playmaker, to mark Doherty, which had a great steadying influence on the team. Ní Ifeárnáin and Cleary also now worked out Kilmallock's attacking formation and shut down everything coming through the middle. Nonetheless, it was a great relief to all, when Hall unleashed her own candidate for goal of the match, jinking past two defenders, before picking her spot with a low shot which the keeper could only get finger-tips to on its way into the net.

BOYS U15A : Our U15A team have had a roller coaster week proving that there is nothing better than sport! Mervue Utd 4 - 1 AAFC On Saturday week the boys suffered heartbreak in Galway when a strong Mervue United rallied from a goal down to progress to the last 16 of the Evans Cup.

AAAFC 7 - 0 FAIRVIEW RANGERS: This Saturday saw the boys pitted against Fairview Rangers in a top of the table clash at Annacotty. This eagerly awaited clash had been postponed twice but was worth the wait!! The home side started brightly with Kai Joyce, Adam Cummins and Jack O'Connor tormenting the visitors defence. With the posts keeping the visitors in the game, O'Connor returning to the starting line up since the last League game against Mungret was in excellent form and opened the scoring when slotting home an excellent through ball by Ronan O'Dwyer.

This was the encouragement the home side needed and Joyce who was a constant torment to the Fairview back line set up Chris Nwanko for his first goal when crossing to the far post where he dispatched clinically to leave the home side 2 up at the break. On the resumption things got even better for the home side. With a dominant midfield of O'Dwyer, Eoghan Burke and Conor Arthur and Joyce and Nwanko too hot to handle Conor Arthur added a brace of goals and left Fairview a mountain to climb. The home side were now dominant playing some scintillating football and Kai Joyce who would end the game with 5 assists and Chris Nwanko who would end the game with a hatrick added more pain for the visitors before Darragh Murray rounded off the scoring when combining neatly with Adam Cummins to crash home the seventh. Those to do well for the home team included Dara Hough, Jack O'Connor, Kai Joyce and Christopher Nwanko

Geraldines

WEATHER: After many weeks of no schoolboy matches due to the inclement weather it was great to be back in action on last Saturday and for us in the Dines camp we had three games pencilled in but the U13s league fixture away to Lisnagry was off but in our other two outings it was a 100% return.

U11 BLUE GROUP : Geraldines 3 - Fairview 1: The clubs U11s under the management of Niall Nestor and James Broderick have had not the best of starts to the campaign as prior to the Christmas it was loss after loss but this batch of players are also still playing U10s. In fairness having watched them prior to the break they were beginning to glee and for their openings game of 2018 as we hosted our near neighbours Fairview and for this non-competitive clash it did attract a nice crowd to grace the famous (green) in Garryowen.
This did indeed turn out to be a cracking hour of brilliant football as both sides really turned on the style with some brilliant phases of play. In the opening half of this fixture it was the View who took an early lead as their centre forward nipped into coolly slot the ball by Liam O Regan. Mid-way through the half our custodian did extremely well to save a close range effort from the visitor's right winger. Just prior to the break we carved out some great openings as Ryan Hogan, Josh Nestor, Kelsey Reeves and Micheal Donnellan all going close but to no avail.

In the early salvos of the re-start we opened brightly and quickly got on terms as Sean O Donoghue found Josh Nestor in space and the young lad played a brilliant ball into Kelsey Reeves who once in the area slotted it by the out-coming net-minder. Within minutes we took the lead as a neat move involving Kyle Fitzgerald, Liam O Regan and Mark Dawson all playing their part with the lathers first time ball was latched onto by Kelsey Reeves and from ten yards fired a beauty to the bottom corner. We then scored a third as Ryan Hogan's quick fire ball found Josh Nestor and his sublime ball picking out Kelsey Reeves as the young lady completed her hat-trick with a brilliant finish, but all in all the real winner in the spring sunshine in Garryowen was the football that both sides served up and it was a total joy to watch.

U15 DIV ONE : Aisling 0 - Geraldines 8 : League football also returned for our U15s as we made the short trip out to Kilonan for this U15 Div One league encounter.

After a couple of months without a game this indeed was a vital fixture for our side as they knew a victory would keep them on the coat tails of the league leaders. For this game the management trio of Des Fitzgerald, Martin Dore and Gearoid Kerley had practically a full side to choose from. Right from the off we had a real spring in our step as ten minutes in we had raced into a quick fore two goal lead as firstly in the 7th minute Darragh McInerney with a quick fore ball that was flicked on by Kevin Fraine to Shabam Mohammed whose pace took him away from his marker and finished it off with some aplomb.

Minutes later it was two nil as Leah Keogh, Rob Galligan and James McBride all playing their part with Rob Galligans precise through ball being flashed to the net by Shabam Mohammed to put us well in control of this league game.

We then went three up just past the twenty minute mark when Daniel Palache and Calvin Kelly playing a neat one-two as the lathers well-weighted through ball was latched onto by Shabam Mohammed who once again finished it off in style to notch his hat-trick. In the 31st minute our goal-getter turned provider as his sublime ball found James McBride and from the angle of the area he curled a beauty to the top corner and then just prior to the break it was 5-0 to us as Killian Healy found Shane Cross in space as the winger jinked his way by a couple of defenders and from an acute angle finished it off with a beautiful executed finish.

On the turnover it was all one-way traffic as we went onto record an eighth nil victory with Shaban Mohammed notching two more to make it five while Shane Cross also got his second in this one sided game as this victory keeps our title hopes alive.

CLUB NEWS : The clubs lotto is on-going and tickets are just €2 each and can be got from many sources. With so many schoolboy games lost out due to the weather the LDSL will now play football over the Easter weekend.

RESULTS: Under 13A AAFC 4 - 0 Corbally United

Fairview Rangers

U-13: After a long layoff our 13A team were back in action, facing a difficult away trip to Pike Rovers on Saturday last. We showed some signs of the effects of not having any competitive games for quite sometime, but settled into the game after ten minutes or so. We took the lead when Aaron Considine drove a close range effort under the opposition keeper, and although well in the game thereafter, it was Pike who netted next to level matters. We regained our lead, when Jamie Hannon latched on to an inch perfect through ball from Callum Murphy, to finish in style. Pike Rovers were on top for a sustained period after that but could find no way past a determined defence. We made sure of all three points late on when Aaron Considine grabbed his second of the game with an audacious lob from out side the box. All involved played well on the day, with eye catching performances from Aaron Considine, Jenna Slattery, Josh McCarthy and a MOTM display by Callum Murphy.

U-15: Our 15B team also tasted success on the local front, when they entertained Regional in the 'Green. Kudos to the hard-working committee as the surface was in excellent condition, despite the weather that we had for the last number of weeks. We began this game well, and deservedly took the lead inside five minutes when a fine ball by Sean Whelan saw Lee O'Gorman show the Regional defence a clean pair of heels before finishing clinically. Some arctic weather conditions, which saw the game brought to a halt temporarily, made life difficult for both teams, and with chances at a premium, the score remained as is at the short whistle. Shortly into the second half we made it 2-0 when a fantastic looping effort from Sean Rice sailed over the keepers head for a goal of quality. Our opponents reduced the deficit to a minimum soon after with a fine effort. Regional to their credit, battled away, but by now our lads were on top, and added two more goals from the outstanding Jamie Hogan, before Evan Barry netted the final goal of the game with a close range finish, leaving the final score 5-2 in our favour. To Mention any individual would be unfair, as each and every person played their part in the victory. Well done lads.

LIMERICK'S PARK RUN BIRTHDAY EVENT



Dave Kelly with his daughter Meave, age 6 and Ruairi, 1 year old



Vhi ambassador and Olympian David Gillick with his son Oscar during the Limerick parkrun where Vhi hosted a special event to celebrate their partnership with parkrun Ireland. Gillick was on hand to lead the warm up for parkrun participants before completing the 5km free event



Left: Rob Kelly from Clareview, Limerick pictured at the Limerick parkrun
Parkrunners enjoyed refreshments post event at the Vhi Relaxation Area where a physiotherapist took participants through a post event stretching routine.
parkrun in partnership with Vhi support local communities in organising free, weekly, timed 5k runs every Saturday at 9.30am. To register for a parkrun near you visit www.parkrun.ie



Vhi ambassador and Olympian David Gillick with former Munster rugby player and physiotherapist Ian Dowling



Amanda Lee from Limerick city pictured at the Limerick parkrun



Vhi ambassador and Olympian David Gillick with a parkrun participant



Sophie Duggan age 11 from Corbally, Limerick



Liam Chambers from Pennywell, Limerick



Cathrine Sheehan from Kildimo pictured at the Limerick parkrun



Vhi ambassador and Olympian David Gillick with parkrun director Deirdre O'Brien



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