

CITY BURSTS WITH JOY

Huge welcome for conquering heroes



Limerick hurlers, management and well wishers celebrate in a packed Gaelic Grounds on Monday PICTURE: SEAN CURTIN

The Leader

www.limerickleader.ie
Wednesday, August 22, 2018

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Leading Off

Setting the agenda in Limerick



▲ GOOD WEEK

Limerick
 Pretty easy one this. And not just the hurlers either. All of the city and county is lifted by the All-Ireland



▼ BAD WEEK

Renters
 Rents in Limerick continue to soar - the highest increase nationwide, 20.7%, occurred in the city



☀ QUOTE OF THE WEEK

The difference between being involved and being committed is like when you have bacon and egg - the hen was involved but the pig was committed."
JP McManus on 'committed' hurlers

INSIDE THIS WEEK



STABBING IN CITY

Man critical after incident
 Page 12



ON TRACK FOR POPE

Thousands set for Dublin
 Page 14

DEATH

McNAMARA (née Kennedy) Mary, Mount Charlotte, Rhebogue, Limerick - 20th August 2018 (peacefully) at University Hospital Limerick. Beloved wife of the recently deceased Miney, dearest mother of Fr. David C.Ss.R, Ruth, Ken and Mary & adored nana to Jared. Deeply regretted by her son-in-law Niall, brother, sisters, extended family, relatives & friends. Rest in Peace. Reposing at Griffin's Funeral Home, John's Gate on Weds (Aug 22nd) from 5pm. Removal at 6.30pm to St. Patrick's Church, Clare Street. Requiem Mass on Thursday (Aug. 23rd) at 11am. Burial afterwards in Mount St. Oliver Cemetery. House Strictly Private.

Better than 1973 and 1978 - the best ever!



Shane Dowling lifts the Liam MacCarthy cup in front of thousands of fans at Colbert Station, before the All-Ireland champions paraded through the city and out to the Gaelic Grounds for the official home coming event on Monday PICTURE ADRIAN BUTLER



WHAT WE THINK
EUGENE PHELAN
 LEADER EDITOR

THERE have been many great sporting moments in Limerick's history and it is fair to say that Sunday's win in the All-Ireland final is likely up there as perhaps the greatest ever.

Yes, better than '73. Yes, better than Munster's win against the All Blacks in '78. And Yes, better than the Heineken cup wins by the province in 2006 and 2008,

not to mention League and Cup wins by the soccer team.

I have never seen such raw emotion from fans at a match and at the homecoming on Monday. Everyone who was there will remember it for the rest of their lives.

It was an absolutely fantastic occasion and the best entertainment imaginable. True, we endured pure torture in the

last nine additional minutes as thoughts of Offaly's win in 1994 came flooding back.

Thankfully history did not repeat itself. Now it is time to celebrate.

With over 80,000 people turning up to welcome home the team on Monday night, the city was buzzing, not to mention Kilmallock, Doon, Adare - countywide.

Luimneach Abú!

WEATHER FOR THE WEEK



WEDNESDAY
 Mainly cloudy today with temperatures climbing to 17°C



THURSDAY
 Variable clouds and a shower with a peak of 16°C



FRIDAY
 Variable cloudiness and a shower, high of only 14°C



SATURDAY
 Partly sunny today but a peak temperature of just 17°C



SUNDAY
 Overcast throughout the day with a peak of 16°C



MONDAY
 Much the same as Sunday with clouds dominating

WEBTOP TEN

1. WATCH: Limerick fans take to the street to Rock the Boat after hurling victory
2. Galway woman saves Limerick hurling fan's life after suspected heart attack
3. Man suffers 'life-threatening' injuries as Limerick gardai investigate double stabbing
4. WATCH: JP McManus declares Limerick are 'hurling's world champions'
5. WATCH: Limerick's Gaelic Grounds to host ticketed homecoming for All-Ireland champions
6. WATCH: Thousands line the streets of Limerick to welcome home victorious hurlers
7. All you need to know about the Limerick All-Ireland hurling champions' homecoming party
8. Limerick Fire Service 'go green' after hurlers' incredible All-Ireland win
9. LIVE: Limerick welcomes home triumphant All-Ireland hurling heroes
10. Family of Limerick hurling fan thank Galway nurse who saved his life



Kyle Hayes shows his delight at the final whistle. See our website for loads of hurling coverage!

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MyLimerick

Sarah Lavin

Lisnagry woman and top 100m hurdler

What's your idea of a perfect day, or a perfect weekend, in Limerick?

A perfect day – definitely the sun is shining. Heading into UL Sport Arena with my coach and training partner for a track session and into the gym for a few lifts afterwards. That means I don't need to go back later on in the day. We feel so lucky to have all those facilities so accessible and are so excited about the new track. If I can still make it in to meet my friends for a coffee in the Milk Market, amazing, or else one of the numerous coffee hotspots the city now has and of course, a spot of shopping. Maybe heading to watch a Munster game in Thomond Park and then grab a bite to eat.

What's your first Limerick memory?

Probably watching the St Patrick's Day parade from the window of Eason's. I remember feeling so high up, getting to see everything which was so rare when you were small and getting a big chocolate bar. Happy out!

What's your favourite part of the county and why?

I think Adare is just stunning. It's an incredible part of the county, so picturesque. But, I think everyone is biased to where they're living and I feel so lucky to have grown up where I did in Lisnagry. UL is less than 10 minutes away, the proximity to everything and yet there is a lovely community atmosphere. There is so much on offer - the GAA pitch literally a couple of metres away and then of course Castleconnell. To me, it has all the perks of living in the city and the county.

What about a favourite local walk or view?

The short walk in Castleconnell village is hard to beat where the river is running through. My little cousins love heading down to the fairy village and we of course bring the sliced pan to feed the swans. I remember loving it so much when my dad used to bring my sister and I when we were small and it's so funny to see such a simple thing still bring enjoyment.

What do you think gives Limerick its unique identity?

I think it's our understated success across every domain whether it is politics, business, arts, sport, academia. I don't think there are many other places that someone would literally stop you on the street in a city to either congratulate you or let you know what they think you're doing wrong. Nobody



gets too far ahead of themselves and there's such a beauty in that.

Do you have a favourite local restaurant?

I don't think I could pick just one - there are so many! The cafe we probably love most is No. 13, just by UL. It's literally an ideal location for us and Meg was in the year ahead in school. It's fantastic to see her doing so well. Restaurant wise, I'm so partial to an Italian so probably Tuscany or La Cucina. I love seafood too so I'm excited to try that new seafood bar Alex Findlater & Co.

How would you describe the people of Limerick?

Friendly, supportive, honest, caring, proud.

How important do you think sport is to Limerick?

It was so evident, especially this weekend, to see just how much sport means to Limerick. For the team to achieve the ultimate goal of the All-Ireland in their sport is just phenomenal. The pureness of the game captured the entire county and brought so many people together. The buzz it has created around Limerick is something every sportswoman, businessman, artist, writer, person will feed off. We punch far above our weight across all sports. There is so much available for young kids which you would think would dilute the talent, yet the hurling, hockey, rugby teams have reached the highest points and so many individuals achieved incredible things. It's a testament to everything that happens at a grassroots level and all the volunteers. I'm so excited that the Community Games came to Limerick last weekend, I think it's a fantastic competition and breeds so many future stars. It's obvious that sport has the ability to lift the spirits of the people of Limerick!

What's the biggest challenge facing the city/county today?

Probably joining the city and county together. There is so much happening in certain suburbs and in the city centre but trying to bring them together. Possibly improved public transport would help. I know there are very few routes available into the city from rural areas which can be difficult particularly for older people and then it's hard to warrant further finance to that with relative demand. It would also be brilliant to see some of the half finished building sites, up, running and booming.

FRONT PAGES OF THE PAST

45 YEARS AGO
SEPTEMBER 8, 1973

It's ours! screamed the front page headline in the weekend edition of the Limerick Leader, as like this week, Limerick was celebrating a victory in the All-Ireland final in 1973.

On Monday evening the team arrived back at Castleconnell station with the

cup, for the first of many stops as captain Eamonn Grimes and his team began weeks and indeed months of celebration. As is tradition the first official visit with the trophy was to Ballysheedy, the home of the captain, and then it was onto Patrickswell and a host of villages and towns around the county.



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LIMERICK

Thousands in Gaelic Grounds to welcome home hurling heroes

**NICK RABBITS
AT THE GAELIC GROUNDS**

nick@limerickleader.ie

FOLLOWING a day to remember at Croke Park when Limerick lifted Liam MacCarthy, our hurlers got a homecoming worthy of their champion status.

An estimated 90,000 people were in the city to welcome home the All-Ireland winning panel this Monday.

The All-Ireland winning hurlers arrived into Colbert Station after 5.30pm, greeted by a sea of people, where the crowd sang We Are The Champions and Limerick You're A Lady and went wild when the Liam MacCarthy cup was presented.

Then it was off on an open top bus parade, travelling down O'Connell Street and over the Sarsfield Bridge to the Gaelic Grounds.

And the celebrations went long into the night, as 45,000 people packed into the Gaelic Grounds to welcome their heroes home at a special free party, compered by GAA commentator Marty Morrissey.

He spoke to every player on the panel, introduced club-by-club.

What a difference a year makes for St Patrick's man Gearoid Hegarty, who said: "It's been a tremendous journey.

"This time last year I was in the Regional Hospital getting my appendix out. A year on, I am standing here with the Liam MacCarthy cup with some of my best friends," he told the audience.

Limerick talisman Shane



No room to move: tens of thousands of people packed into the Gaelic Grounds to welcome home our All-Ireland winners. For more on the homecoming, see Picture Essay, page 22, and The Leader Sport PICTURES: GARETH WILLIAMS/PRESS22 & SEAN CURTIN/TRUEMEDIA

Dowling, of Na Piarasigh said he was "sick to his neck" of Treaty sides failing to get over the line.

"The people of Limerick that know me, they know my love for Limerick hurling. There are 50 of us up here on the stage at the moment, but everyone on the pitch is a part of this as much as us," he told the audience to raucous cheers.

Midfielder Cian Lynch, Patrickswell, said: "I know I can call

any one of these lads whenever I am feeling a bit down or feeling great," he said.

He pledged: "This is where we wanted to be. We have been competing at the highest level – we are at the top, and we are here to stay."

Kildimo/Pallaskenry's man of the match Kyle Hayes, 20, said his outstanding memory from yesterday at GAA headquarters was

being able to carry his niece on his shoulders after Limerick's win.

"It was a very special moment for me," he said. "Once you're out there, you want to do your club, your family, your whole county proud. You take it in your stride."

Among the crowd were the team's sponsor, JP McManus – with John Kiely, his management team and the players all paying a warm tribute.

Mayor James Collins – who wore the traditional red robe and chain of office – was present at the event, symbolically being handed the Liam MacCarthy cup from captain Declan Hannon on behalf of the people of Limerick.

"They are our new sporting heroes. There is a can-do attitude about John Kiely, and that's why Liam MacCarthy is here with us today," he said.



Brothers in arms: captain Declan Hannon and manager John Kiely hold aloft Liam MacCarthy



Fans were at the Gaelic Grounds from before 3pm to get a front row place

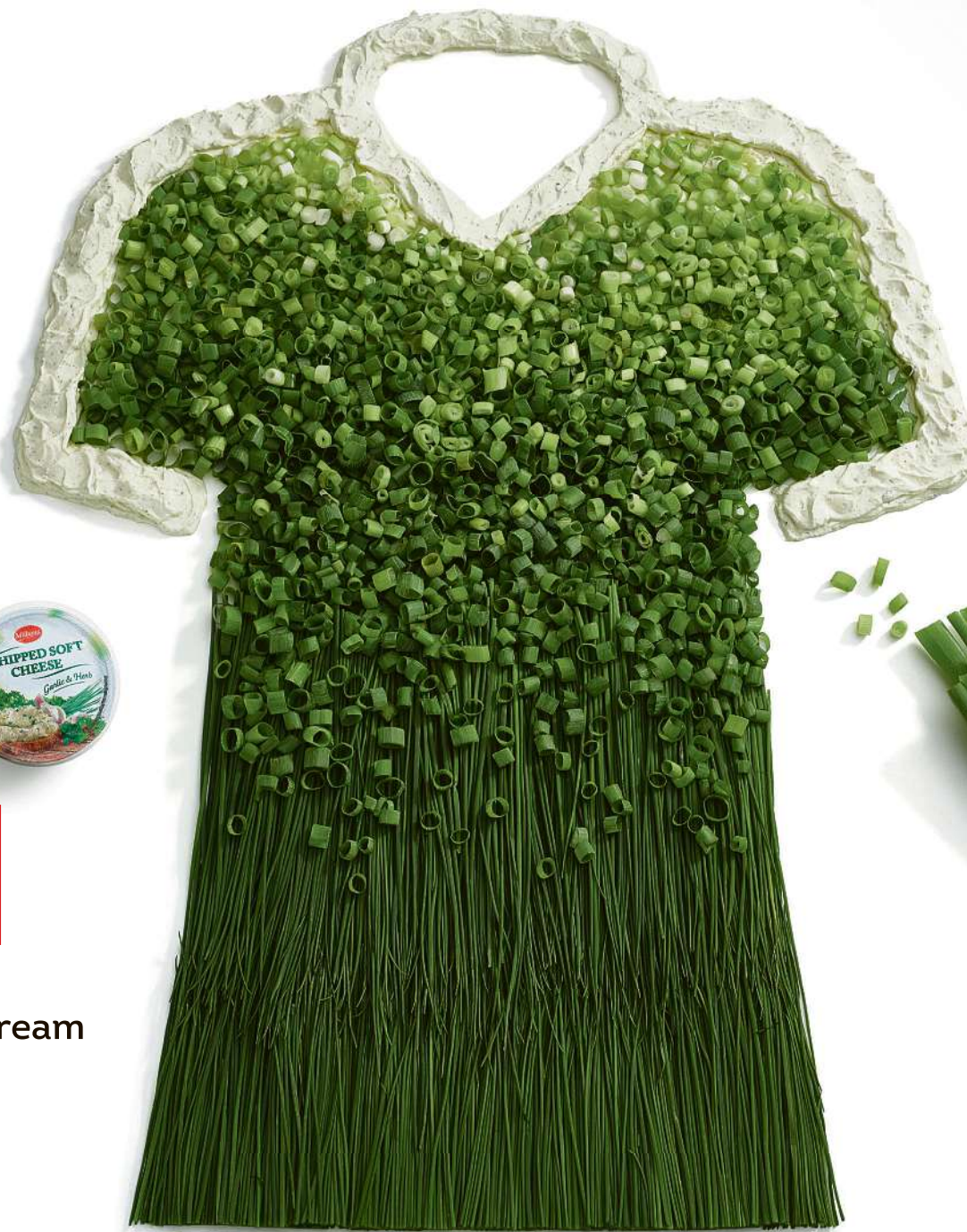


Jay O' Loughlin, Shane Hayes, Ronan O' Dwyer, Alex Keehan, Aidan Fogarty, Darragh Shine and Eoghan Burke, Castletroy



The boss: John Kiely leads the crowd in song at the hurlers' homecoming

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'Rock stars who have given their lives to hurling in Limerick'

NICK RABBITS

nick@limerickleader.ie

"THESE guys are rock stars who have given their lives to Limerick hurling."

The verdict of Limerick fan, Brendan O'Connor, originally from Mayorstone, Massachusetts in the USA, to witness the Treaty men win hurling's ultimate prize.

Brendan, who runs a bar in the American city, was one of many supporters who flew home to watch the hurlers win the All-Ireland Championship, having left these shores during the recession of 1988.

Speaking to The Leader at Na Piarsaigh's clubhouse, he said: "It's just magnificent, it's just fantastic we have won this and put 45 years of hurt to bed. We only win it occasionally, but we've done it. Look at the club members, look at the parents, this is what life is all about."

Mayor James Collins enjoyed a 45th birthday he will never forget this Monday,

donning the ceremonial robe and chain of office to welcome Limerick's victorious hurling side back to Colbert Station, before joining them on a specially erected stage in Páirc na nGael.

"They have united Limerick people all over the world. Limerick people have something now to be proud of. This team epitomises everything that is good about Limerick. I met the team in Dublin, and I wasn't sure they fully appreciated what it meant to the people of Limerick until they came out the doors of Colbert Station and saw the massive party," the county's first citizen said.

Mick Lipper was the mayor of Limerick at the time the county last won an All-Ireland - as well as driving the team home, he gave local schoolchildren a day off.

"At the gala ball, I gave everyone Monday and Tuesday off. So I went one better than Mick Lipper on that score," Mayor Collins laughed.

Speaking outside the Gaelic Grounds on Monday night, before the team's arrival, six-year-old Mae-Rose Doherty from Caherdavin Lawn smiled: "I love the Limerick team. They are the best team in the world! The Casey brothers are my favourites!"

Mella Byrne added: "It was hard to watch - nailbiting. But what a fantastic result for Limerick!"

Rebecca Ryan, 12, of the Old Cork Road added: "It was great fun watching the game, but nerve wracking at the end. I was shaking with excitement!"

Rebecca's mum Ruth was born just a week after Limerick's hurlers last triumphed in 1973.

She said: "I have had to explain to my children the last time they won, I was just a baby. It's really significant."

Brendy Daly, Moyross, wrote a poem about the day, saying: "I believe the spirit of Mick Mackey was behind all these boys yesterday. They showed incredible spirit."



'We are the champions!': The team meet their public at Limerick's Colbert Station PICTURES:

ADRIAN BUTLER UNLESS STATED



Declan Hannon with Mayor of Limerick City and County, Cllr James Collins, at Colbert Station

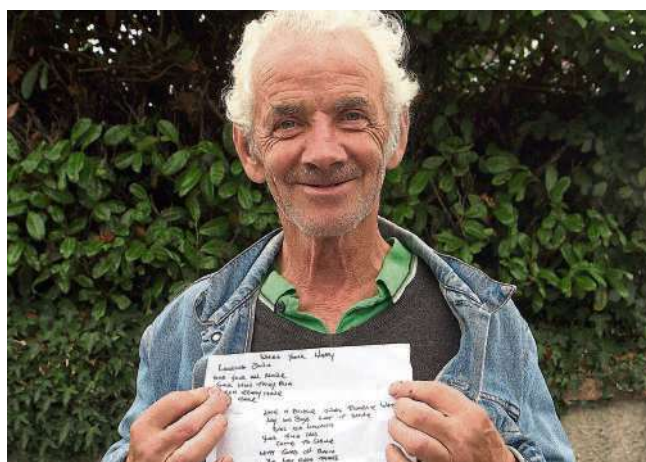


The open top bus on the Ennis Road after crossing a thronged Sarsfield Bridge



Brigid Mullins and Sadhbh Lyons, waiting for the Liam Maccarthy Cup PICTURE: BRENDAN GLEESON

Brendan Daly, Moyross, with a poem he has written for hurlers



Limerick hurling boss John Kiely with his daughter Aoife

PICTURE: SEAN CURTIN/TRUEMEDIA

Big screen brings 20,000 fans to Gaelic Grounds

JESS CASEY

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THE SUPPORTERS were speechless and the atmosphere was "electric" as a crowd of 20,000 strong watched the Limerick senior hurlers emerge as All Ireland Champions on Sunday evening. In the nail-biting last ten minutes of the match, a pin could be heard drop in the stadium as supporters watched the game explode back into life. As the final whistle blew, the stadium erupted, with many supporters shedding tears of joy in the crowds.

Earlier in the day, the excitement was already beginning to build at the Gaelic Grounds when this reporter arrived on the scene at noon on Sunday, where an army of green and white was beginning to form at the gates of the Mackey

Stand for the 3.30pm throw in.

Many supporters were intent on lining up to get prime positions inside the stadium once it opened its doors.

On such supporter was Barbara Lynch who has travelled from North Carolina to the Gaelic Grounds with her father Michael, from Cappamore.

"It was a last minute decision," she told the Limerick Leader while queuing outside the grounds. "When it came down to it, I couldn't miss it," she added.

Once the gates opened and the thousands of supporters started to file into the stadium, the excitement was palpable. Would this be the year Limerick bring Liam MacCarthy home for the first time since 1973?

Chris and John O'Brien from



Aisling Shanahan celebrating Limerick's win in the crowds at the Gaelic Grounds PICTURE: BRENDAN GLEESON

Caherdavin thought so. "I remember when we won in 1973," Chris said.

"There was no work done in Limerick for the week!"

When the final-whistle came, the Gaelic Grounds erupted. "Just phenomenal, absolutely

phenomenal," Orla Davis from Castletroy shouted from the crowd. "An electric atmosphere here, just cracking." Leaving the stadium, Derek McNamara from Castletroy View said he was delighted to have witnessed the event with his son Jason.

"To have seen this today with my family, it's just fantastic. It's brilliant."

Another supporter from Raheen told the Limerick Leader through happy tears: "I can't put words on this, I'm speechless. This is impossible to describe."

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Bookmakers count the cost of Limerick's All-Ireland win

DONAL O'REGAN

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LIMERICK'S win over Galway was made all the sweeter for many punters who backed the boys in green.

Paddy Power told The Leader they have paid out close to €1 million after the referee blew up the final whistle.

Among all the hard tackles and shoulders the biggest hit of the weekend was the Limerick

supporters winnings, said a spokesperson for the bookmaker. Galway were hot favourites at 4/6 with Limerick at 13/8.

A hard won road to the final with Limerick having beaten Cork, Kilkenny and Tipperary made them a popular choice with the neutrals, they said.

"It was felt they deserved the title with only Galway left after defeating all the biggest teams in recent years. Paying out close to one million on Limerick after

holding them top price all week just shows the belief of the Limerick supporters, particularly in the build-up during the week before the match where the volume of support for Limerick was unmatched in previous years," said the Paddy Power spokesperson.

The bookie admitted they didn't fancy Limerick for the match due to the experience of Galway.

"Our faith in Galway was almost realised in a nail biting finish to an unpredictable hurling season.

With unquestionably one of the strongest starting fifteens in the country and most certainly the best panel, we have Limerick at 9/2 for next year's title."

BoyleSports agree and have also installed Limerick as 9/2 second favourites for the 2019 All-Ireland Senior Hurling Championship.

"The Treaty have a familiar face ahead of them in the betting for the 2019 Championship with Galway 7/2 favourites to get their hands back on the Liam MacCarthy Cup.

Tipperary are joint second favourites alongside this year's winners to pocket their first All-Ireland Championship since 2016, while Kilkenny are 5/1 shots to bag a 37th title in 2019 and their first for four years," said Lawrence Lyons of BoyleSports.

He added: "Congratulations to Limerick on ending their 45-year wait and we don't blame the locals for tucking into the 9/2 that two come along at once with a successful defence in 2019."

Official '18-1 Limerick' plate is out

Business: Souvenir proceeds donated to development fund

NICK RABBITS

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THE hurlers' homecoming in the Gaelic Grounds this week heralded the launch of the official number-plate memento.

On sale for €5, the proceeds from the sale goes directly back to the Limerick Players Training Fund.

Cork businessman Norman Pratt is the only person authorised to produce and sell the number plates which are now synonymous with All-Ireland hurling and football winning counties.

He warned against people picking up imitation plates, stressing these will not benefit Limerick's hurling panel one bit.

The official product contains the authorised Limerick GAA crest, the final score, the official

attendance figure from Croke Park and the date of the game, Sunday, August 19, 2018.

Mr Pratt said: "It is very important that Limerick GAA supporters are made aware that the Limerick hurlers will only benefit from the sales of the official product. The 'hawkers' selling the spurious products are interfering with sales of the official number plate and giving nothing back financially to Limerick GAA."

Official distributors will be appointed around the county in the coming days to facilitate local sales and Mr Pratt said they will be selling the signs at all homecomings the coming weeks.

Sellers were present at the homecoming of Limerick senior captain Declan Hannon to Adare last night.



City-based players Gearoid Hegarty and Mike Casey, with cup, celebrate winning the All-Ireland

Jude's joyful ode to Limerick hurlers

Limerick Leader notes correspondent Jude Meaney sent us this poem celebrating the great achievement of the Limerick panel and management on Sunday.

Watching "Up for the Match," set the tone for the game.

What a great group of singers, all destined for fame.

With the Corpus Christi Choir, the stars of the show.

To a standing ovation, many a tear did flow.

Croke Park was a sea, of green and white.

For the team ran out, to a wonderful sight.

We have the greatest supporters, in the land.

Perfected their talent, in the Mackey Stand.

In the Gaelic Grounds, it was some joy to be seen.

With thousands watching, on the live big screen.

Sporting capital of Ireland, we're all proud to be.

With the most passionate fans, you ever will see.

Liam McCarthy is back, amidst all the tears.

Missing from Limerick, for forty-five years.

For twelve long months, he's here to stay.

We will drink him dry, all night and day.

To Declan Hannon, our captain supreme.

Accepted the cup, on behalf of his team.

He spoke aloud, with all his heart.

A brilliant speech, a work of art.

John Kiely's a leader, who strives for the best.

His backroom team, were all up for the test.

With their positive thinking, they never gave up.

They always knew, they'd bring home the cup.

For your financial support, we all thank you JP.

You've just backed a winner, I'm sure you'll agree.

For this is a day, you always hoped you would see.

Since you were twenty-two years old, back in '73.

For all the people, who created this team.

You made thousands happy, fulfilled their dream.

Dedication and passion, the pleasure you gave.

For this wonderful day, we will treasure and save.

For the task ahead, their minds were clear.

They fought for each other and showed no fear.

History's been made, with this group of players.

For talent and belief, they've all got in layers.



Top: the players arriving at Colbert Station yesterday, and above, the official commemorative hurling number plate



George Barnby, aged 71, from Kileely, is recovering well in the Mater Hospital. Right, nurse Claire, who helped save George's life, with her younger brother Conor

Limerick hurling fan saved after heart attack by Galway nurse

DONAL O'REGAN
donal.oregan@limerickleader.ie

A MODEST Galway nurse who saved the life of a Limerick hurling fan after he had a heart attack said: "I just did what we are meant to do."

George Barnby, aged 71, collapsed on the Luas after the All-Ireland final on Sunday. Originally from Kileely, he moved to Kildare when he was 10 but remains a proud Limerick man. Luckily for George, Claire Dolphin, 24, a nurse from Mullagh and massive Galway supporter was nearby.

"A lady asked for help. He was unresponsive. It all happened so fast. I got up and did what anybody would have done," said Claire.

"My training just kicked in. There wasn't a pulse or anything. I started CPR, there was a Limerick lady who helped out. I started chest compressions while we waited for the paramedics. It was about 10 minutes. I just

did what we are meant to do," she added. The fire brigade arrived and used a defibrillator. Then George was taken by hospital having been brought back to life.

"I'd like to send my best wishes to George and hope he has a speedy recovery," said Claire. The Limerick lady Claire refers to is Jean Ryan, from Ballysimon Road, who was also at the match.

"All of a sudden he started to slump over. I got up to check on him and was asking, 'Are you ok? Are you ok?' Then I just started screaming for help, if there was a doctor or nurse on the Luas and for someone to ring an ambulance.

"Then Claire came so I helped her put him on the floor so she could start CPR and then just helped her as much as I could. It was terrible. Claire saved his life, she was brilliant," said Jean.

Another Limerick supporter to help was Jeannette Ferguson, from

Croom.

"She was straight in with the compressions on his chest. She just kept going with the compressions, she did not stop, she was just unbelievable," said Jeannette.

Kathleen Maguire, a daughter of George's, said only for them she doesn't think her father would have made it.

"I'd love to thank those who helped on the Luas and especially the nurse. They saved his life. He was ecstatic to have got tickets and he and Chloe had the best day ever until then," said Kathleen. George is recovering well from his heart attack.

Chloe also wants to thank Claire. "We are all so thankful for that woman who helped him. He would not be here if it wasn't for her," said Chloe.

If the team get a chance over the next few days George's family said a signed jersey or sliothar would "make his day".

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Niall Loftus, career guidance teacher at Coláiste Nano Nagle, with student Tiffany Kiely



Coláiste Nano Nagle students Hayleigh Kiely, Olivia Cox, principal Mary Ryan, and student Amanda Dawson



Klaudia Kotlinska, Triona Murray, Ms Ryan, Claire Mullally, Leah Blake and Sinéad Moloney of Colaiste Nano Nagle

CAO demand for Limerick courses rises with first round of offers

JESS CASEY

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DEMAND at third level institutes has continued to increase despite a 4% decrease in CAO applications nationally, as students across the country begin to secure college places during the first round of offers this week.

Applications to undergraduate programmes at Mary Immaculate College (MIC) have increased by 12%, including an 8% increase for the primary teaching programme.

MIC president Eugene Wall said the institute was “delighted” that an increased number of students choose to study at MIC.

“MIC has long been recognised for the calibre of its programmes and these increased applications reflect the excellence in teaching and research at MIC,” he said.

As well as an 8% increase for primary school teaching, the B Ed (Education and Psychology) remained highly sought-after in 2018, with CAO points for the programme this year standing at 552.

This makes the MIC teacher education programme the one with the highest points in the country.

The growing demand for MIC is “in no small part” due to the student experience at MIC, Professor Wall added.

The University of Limerick is also set to welcome 2,700 young people as part of its first cohort of incoming students, with changes made to points cut-offs for many courses for the coming year.

Amid falling demand across the



ArdSCOIL Mhuire deputy principal Laura Collins with students Rachael Sleath, April Quinn, Ava Mulqueen, Shelby Roche and Brid Herbert, principal

board for arts and creative programmes this year, demand for UL's Bachelor of Arts increased which caused a jump in the points required, according to the University.

At UL, programmes in law and languages were “roughly the same in points with some slightly over and others slightly under previous years cut-offs”, according to a UL spokesperson.

“Programmes in nursing continue to be in high demand and this was evident as all programmes saw an increase in points.”

The UL Bachelor of Business Studies and Bachelor of Arts in International Business programmes both saw increases in points as did the Bachelor of Science in Financial Mathematics.

UL's Faculty of Science and Engineering also saw an increased

intake into Bachelor of Science in Food Science and Health and the Engineering Common Entry programme, as well as on the Bachelor of Engineering in Chemical and Biochemical Engineering.

Closing date for accepting CAO round one offers is August 24, with second offers due to be made on August 29. Further details on cut-off points are available from

www.cao.ie

Students who received their Leaving Cert Applied results at Limerick Youth Service were also congratulated by LCA coordinator Noreen Murphy. “We are very happy with the results and they reflect the commitment and effort that the students put into the programme.” The students should be “very proud of their achievements”, she added.

UHL visiting restrictions in place to aid cleaning

FINTAN WALSH
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THE UL HOSPITALS Group has said that the reason for visiting restrictions over the latest superbug outbreak is “not because there is a high risk of transmission”.

On August 9, the UL Hospitals Group announced that there was a major outbreak of the CPE superbug at University Hospital Limerick, and that a “significant volume” of patients had to be isolated.

A total of 21 cases of the superbug were detected, and as a result, the UL Hospitals Group

has enforced strict visiting restrictions, where only one visitor per patient is allowed.

The spokesperson said that the restrictions are in place to facilitate an “increased need for cleaning and demand on the wards and nursing staff during the outbreak”.

More than 40 cases have been confirmed so far this year.

CPE — Carbapenem-producing Enterobacteriaceae — is a multi-drug resistant superbug that is resistant to the carbapenem antibiotic group.

The 21 detections were colonised cases, meaning the bug is harmlessly resting in the bowels. However, if

21
The number of new superbug detections since June



University Hospital Limerick is currently dealing with an outbreak of the CPE superbug

infected, there is generally a 50% survival rate. There has not been a bloodstream infection in the region since 2015.

Management at University Hospital Limerick are seeking more staff to deal with the increased demand of superbug screening in

the region.

A spokesperson for the UL Hospitals Group has said that they have recently appointed a third consultant microbiologist and an assistant director of CPE in the region.

The infection prevention and

control team at UHL consists of an assistant director of nursing and the equivalent of five clinical nurse managers, though one of these positions is temporarily vacant due to staff leave and is in the process of being filled, the UL Hospitals Group said.

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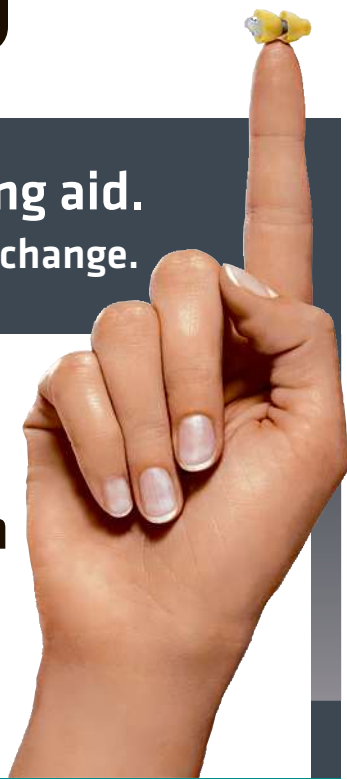


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Young man, 23, 'stabbed in the head' in attack



A member of An Garda Síochána, attached to Mayorstone garda station, at the scene of the double stabbing in Caherdavin PICTURE: ADRIAN BUTLER

Investigation: Mayorstone gardai probe violent early morning assault in city

FINTAN WALSH

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A YOUNG MAN in his early 20s remains in critical condition in hospital following a violent early morning attack in the northside of Limerick city.

Gardai at Mayorstone garda station launched an investigation into the incident, which occurred at around 3am on Monday at Woodbine Avenue in Caherdavin.

It is understood that a row ensued which resulted in two young men, aged 22 and 23, suffering serious stab

wounds.

The 23-year-old suffered stab wounds to the head, according to a source.

The 22-year-old is currently being treated at Cork University Hospital, where his condition is being treated as serious but not life-threatening.

The 23-year-old is also being treated at Cork University Hospital, where his injuries are considered serious and life-threatening.

A motive for the attack has yet to be established as gardai continue their investigations.

Gardai have cordoned off two crime scenes in the area, which is just outside the Christ the King church and close to the community centre.

A small section of Walnut Drive and a green at Blackthorn Drive and Woodbine Avenue were cordoned off. At the time of going to print, no arrests had been made.

Anyone with information is asked to contact Mayorstone garda station at 061-456980, or the garda confidential line at 1800-666111.

Teenager, 18, damaged car then flees scene to pub before arrest

A TEENAGER ran into a pub after he was observed damaging a car near Henry Street garda station at the weekend.

A spokesperson for An Garda Síochána told the Leader this Monday morning that they "observed an incident of criminal damage to a car which occurred on Henry Street, Limerick at approximately 7.40pm" on

Sunday.

The young man, aged 18, fled the scene and entered a nearby pub before he was arrested and taken to Henry Street garda station.

The male has since been released and an adult caution will be considered in this case, the spokesperson said.



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Pope Francis earlier this week condemned the atrocities of clerical sex abuse in a letter to the 'People of God', welcomed by the Bishop of Limerick

Thousands Dublin-bound for special papal service

Pope Francis: Parishes to fill bus seats and trains for big visit

FINTAN WALSH

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THOUSANDS of worshippers from every parish in Limerick are preparing for one of the biggest public events of the decade, as Pope Francis touches down in Ireland this week.

This Tuesday evening marked the launch of the triennial World Meeting of Families celebration, as several dioceses—including

Limerick—hosted public parties ahead of the papal visit.

Pope Francis will make an appearance at Croke Park this Saturday, addressing some 80,000 people, and will visit Knock the following morning. There were just 45,000 tickets for this event.

The main event will take place at Phoenix Park later that day when the Pope will conclude his Irish tour with the Solemn Mass, in front

of 500,000 people.

Earlier this week, the Pope condemned the "atrocities" of clerical child sex abuse in a letter to the "People of God".

Bishop of Limerick Brendan Leahy, who previously called for this issue to be addressed during the papal visit, welcomed the letter describing it as a "clarion call".

"There are absolutely no words good enough to adequately

apologise for the abuse perpetrated by representatives of the Church and the abysmal failure to manage and report cases. There can be no justification for any type of cover up anywhere. Nothing that is said can take away the pain of those who have been abused and of their families. I completely accept that. But it is essential that we acknowledge the darkness of what has happened."

St John's plays host to WMOF celebration

JESS CASEY

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A 'STREET-PARTY' at St. John's Square was held to mark the upcoming visit of Pope Francis this Tuesday in the run up to the World Meeting of Families at the weekend.

Launched by Sr. Helen Culhane, founder of the Children's Grief Centre in Limerick, and her recently appointed ambassador Olive Foley, wife of the late Munster and Ireland rugby legend Anthony Foley, the event happened simultaneously as others in Catholic dioceses across the country.

St. John's Square was pedestrianised for the event, which had food-stalls, face-painting, music and magic shows.

Limerick is expected to have a strong presence at the World Meeting of Families events, with Bishop Brendan Leahy among the Bishops who will moderate sessions at the three-day event with three trains booked out.

Larry de Cléir from the Bedford Row Family Project will be on a panel discussing on the impact of conflict on families and children, as will Christine Hooter, chaplain in Limerick Prison.

Olive Foley will speak on a panel, which will also include rugby legend Ronan O'Gara, on 'Celebrating Family and Sport.'

Murder accused held in custody

DAVID HURLEY

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A LIMERICK man charged with murdering another man at a flat in the city earlier this year has been remanded in continuing custody.

Alex Kelly, aged 23, who has an address at Valley View, O'Malley Park first appeared in court at the end of July after he was charged with murdering Martin Clancy in January.

The body of the 45-year-old was found dead at his upstairs apartment on Little O'Curry Street on January 7 this year.

Gardai at Henry Street formally launched a murder investigation the following

day after they received the results of a post-mortem examination.

During a vacation sitting of Limerick District Court, Sergeant John Moloney said a file had been prepared for the Director of Public Prosecutions and that the matter is to proceed on indictment at the Central Criminal Court.

There was no objection to an application to adjourn the matter further to facilitate preparation of a book of evidence.

Judge Marie Keane noted this and remanded the defendant in continuing custody to appear before the court again on September 11, next.



The scene on O'Curry Street in January as Martin Clancy's body was removed from his flat

Childcare costs in Limerick rise by 5%

CHILDCARE costs have risen by 5.5% across the country, according to a recent survey the details of which were revealed this week.

In 2013, families in Limerick paid an average of €693.33 per month for full-time care for a two-year-old child.

In the same survey for this year, Limerick families now pay an average of €728 per month, totalling an average of €8,736 per year.

The survey was carried out by researchers from Newstalk's 'On the Record' programme, where they compared 135 crèches and

childcare providers throughout the country.

Dublin had the highest costs which climbed to €1,047 per month, an almost 9% increase compared to 2013.

County Clare was one of the five counties to record a fall in costs since 2013, with a decrease of 1.1% recorded for the county. 'On the Record' presenter, Kieran Cuddihy said that it was vital to highlight the figures affecting families in Ireland.

"Families are under severe pressure to earn sufficient money to pay for childcare while maintaining a work and life balance," he stated.

TV spot with Dáithí not 'be all and end all' for Rose

JESS CASEY

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THE LIMERICK Rose might have missed out on a TV spot during the televised finale of the annual competition but the RTÉ Dome is not the only highlight of the competition, according to the Limerick Rose Centre.

Limerick Rose Hazel Ní Chathasaigh, a 23-year old graduate of UL and Gaelcholáiste Luimnigh, did not feature on RTE this week as she did not make it through to the final qualifiers for the TV selections with Dáithí Ó Sé in the Dome.

However, the TV selection is not the "be all and end all" of the festival, according to Tom Cranley of the Limerick Rose Centre.

"Getting on TV is a highlight of the festival but its not the 'be all and

end all' of being the Limerick Rose," Mr Cranley said.

"You're the Limerick Rose for the whole year and Hazel has had an absolute ball down in Tralee. She's still taking part in all the events.

"We're extremely proud of everything she's done so far. The people of Limerick have been great to her in terms of their support."

The International Rose Tour stopped off in Limerick en route to the festival, he added.

"It was the only stop outside Kildare and Dublin where they were based.

"The Limerick Rose Centre are delighted to have that and it's a massive thank you to the George Hotel who have not only been absolutely brilliant to the Limerick Rose but also to the International Festival as well.



Limerick Rose Hazel Ní Chathasaigh, wearing a dress sponsored by 'The Attic', with Celia Holman Lee in Tralee

"There's a lot to be proud of this year in terms of those achievements," Mr Cranley said.

"Hazel will be going to loads of events throughout the year, she's got trips away with the rest of the Rose family and her Rose sisters so

we're not in anyway down about it."

Proud Gaelgeoir Hazel is an avid rugby supporter and tag rugby player who has her own published research in sports physiotherapy.

With a background in

competitive indoor and outdoor swimming, Hazel has represented the University of Limerick at both intervarsities and the Irish Open Championship.

She currently works at the University Hospital Limerick.

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Limerick Leader



THE FAMINE IS OVER - LIMERICK CROWNED ALL IRELAND HURLING CHAMPIONS

Mary Herlihy

Congratulations Limerick from Spain.. Ye were nearly the cause of me getting a heart attack... Well done boys



Colm Tarpey

Brilliant!!!! Don't think I will get to sleep now in Melbourne. 45 years

Lisa Mulqueen

You would need counselling after it but what a day for our beautiful City. Congratulations to the team

Annette Londra Reilly

Such a proud Limerick woman tonight. Well done lads

PADDY POWER LOSE ALMOST €1M ON LIMERICK'S ALL-IRELAND HURLING FINAL WIN

Mike Gleeson

Good enough for them lovely hurling



Liam McAuliffe

How much did he save on Galway not winning

Stiofán O'Cathasaigh

Delighted! Underdogs no more!!

THOUSANDS LINE THE STREETS OF LIMERICK TO WELCOME HOME VICTORIOUS HURLERS

Deirdre McAuliffe

What a fantastic home coming and a brilliant evening from the station the whole way out just amazing! Limerick people are the best supporters never saw anything like it. Well done Limerick hurlers you all thoroughly deserve it.



Sandra Bourke

Congratulations Limerick Bloody Awesome

Kathleen Coffey O'Connell

Congratulations well done

Sonya Stokes

Amazing legends, well done boys I knew ye could do it

JP MCMANUS DECLARES LIMERICK ARE 'HURLING'S WORLD CHAMPIONS'

Michael Jordan

Marvelous occasion for Limerick hurlers and their followers, it was nailbiting up to the last minute, Limerick people watching from abroad.



Sandra Brock

JP has looked after Limerick and communities in Limerick fantastically a lot credit due to him

Elaine O Keefe Tynan

'The hen was involved but the pig was committed' I love it

Linda Ryan

JP for president

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 Limerick Leader



Master stroke: artists brush up skills

Artist Donald Teskey held a painting workshop at the Hunt Museum at the weekend. He is pictured giving some pointers to Fionnuala O'Connell from Clonlara. See story on page 22 PICTURE: GARETH WILLIAMS

Youth facing gun charges gets bail

Firearm: Shotgun was found in vacant house

DAVID HURLEY

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THE teenage son of a convicted murderer has been granted bail by the High Court despite a garda objection.

The now 16-year-old is accused of the suspicious possession of a sawn-off double-barrelled Beretta shotgun and a quantity of ammunition on February 9, 2017.

When he first appeared before a sitting of the Children's Court last month, he was refused bail after gardai expressed fears that he was a flight risk and would not abide by any bail conditions.

The weapon, which had been stolen from a house in Dublin two years earlier, was found hidden

behind the fireplace of a vacant house in Ballinacurra Weston. The property was owned by Limerick City and County Council.

It is alleged the defendant told gardai he had the gun for his own protection but would not elaborate any further.

Opposing bail, Detective Garda Barry Moylan said the defendant, who was 14 at the time of the alleged offence, was arrested after gardai encountered him "by chance" in the Dooradoyle area of the city.

He said gardai believe the teenager left the jurisdiction some time last summer – before he could be charged – and that a European Arrest Warrant was issued earlier this year.

"He has actively sought to evade

the charges," he said.

The detective said gardai had concerns the youth would return to the UK and would not stand trial if released.

At a vacation sitting of Limerick District Court, Judge Marie Keane was told the defendant had successfully sought bail at the High Court.

The judge noted there was some confusion as to who was representing the defendant but granted an application to assign solicitor Sarah Ryan, who has received instructions from the child's mother.

Adjourning the case to next month, she told the defendant to "listen to Ms Ryan and not other people you may meet along the way".

Man was abusive and aggressive in court

A JUDGE has directed that a man who was aggressive and abusive in court should be assessed by a consultant psychiatrist, writes David Hurley.

When the man's case was called during a vacation sitting of Limerick District Court he started

shouting from the dock before taking off his jacket and throwing it on the ground.

"Blah blah f***ing blah," he shouted, adding that he wanted a jury trial to be heard in Dublin.

The man, who is aged in his mid-40s, left the court before the

hearing concluded saying: "I'm not listening to this bulls****".

After solicitor Tom Kiely said he had not been able to take instructions from his client, Judge Marie Keane directed that the man be transferred to Cloverhill Prison to facilitate an assessment.

Security call at the Watergate flats

NICK RABBITTS

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RESIDENTS at the Watergate flats near the Milk Market have called on Limerick council to provide round the clock security as refurbishment works continue.

In a letter to the local authority – seen by the Limerick Leader – a group of residents have claimed that children are accessing scaffolding on the site on a daily basis once workers have finished on the site.

“There is no security personnel in the evenings and none assigned to prevent this from occurring. As the hours, days, weeks go by there are kids climbing up and down on the scaffolding using it as a playground. The inevitable is going to happen where a child is going to fall off and get seriously injured or worse yet a child may die from falling from a height,” they warn.

At present, the residents claim in the letter, there is a “mock” security person in place to stop the workers’ tools from being taken.

“At night-time and the weekends there is no security full stop,” they added. “Not only is there going to be an accident but there is real people living in these homes where the scaffolding is in place and the kids are also causing an antisocial nuisance to us residents where the scaffolding is up.”

The group say people are climbing into the



Warning: Scaffolding at the Watergate flats in the city PICTURE: MICHAEL COWHEY

scaffolding to bang on windows, as well as kicking in doors, and removing pieces of the structure making it unsafe for the very workers who will return there.

“Also there are a lot of drugs user frequenting the area and the fact the scaffolding is in place with no night-time security us residents there don’t feel safe going to sleep at night,” they concluded.

Improvement works are currently going on at the group of 100 flats, following a €1.7m council loan approved in 2016. These include external insulation, attic insulation, replacement of glazed windows, new eaves and fascias.

Limerick City and County Council did not respond to a request for comment.



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LEADER CRIME BRIEFS

BY DAVID HURLEY



Gardai seek witnesses to late night assault in city

GARDAI are seeking witnesses to a late night assault in the city centre.

Gardai at Henry Street garda station are investigating the incident that took place on O'Connell Street in the early hours of Monday morning when the city was busy in the aftermath of the All-Ireland final.

Gardai were called to the scene at 1.40am on Monday where a male in his 40s was lying on the ground, a spokesperson said.

"The male had suffered a head injury and witnesses at the scene could tell Gardai that he had been punched in



Call for witnesses: Gardai are investigating

the face by another male," explained the spokesperson of the incident.

The injured man was brought to University Hospital Limerick.

Gardai got details from some of the witnesses at the scene and are now asking that any other witnesses to the assault contact them at Henry Street garda station on 061-212400.

Counterfeit notes again in circulation, gardai warn

GARDAI have warned that counterfeit notes are doing the rounds again.

A spokesperson said that an off licence in County Limerick took in a €50 note from a young male.

"He purchased goods to the value of €11 and the change was handed out before the staff member checked the note and found it to be a dud note. She did attempt to stop the male from leaving but he ran off.

"Every business should at least have the marker pen to establish whether it is a legitimate note or not before change is handed over to the customer," they added.

Advice to renters as gardai warn about 'scammers'

A LIMERICK lady was conned out of €1,000 in an online rental scam.

Gardai are warning about accommodation scams after a lady lost money to a fraudulent site.

"A Limerick lady found an apartment to rent and contacted the advertiser," said a spokesperson.

"The advertiser sent her a link to a website which was posing as Air B&B and the lady sent over a thousand euro through to the site which turned out to be a fraudulent site. It was only when she went to view the apartment that she



Gardai are warning about rental scams

discovered it does not exist." Gardai are aware of rental scams which are operating at the moment, but especially in cities where universities and colleges are located.

"With leaving results and CAO offers out, this is very relevant with parents and students trying to find suitable accommodation," added the spokesperson.

Gardai warn about burglaries

GARDAI are highlighting a number of burglaries in the last week.

One occurred in an office building in the city centre where the main doors are opened by a card swipe that employees have. "In this case a male followed a worker into the building and stole a handbag before he got away," said gardai, who warned employees to ensure that the door closes behind them so nobody can follow them in.



Pa, Aoiibhe and Brigid Mullins won a trip to the final from the 'Going Green for our Team' competition PICTURE ALAN PLACE

Once in a lifetime prize for supporters

THE EFFORTS of the 'Going Green for our Team' winners were made fruitful after experiencing an unforgettable moment at Croke Park on Sunday.

From over 1,000 applicants, the Mullins family from Kilbehenny and the staff of De Buckets Bar in Kildimo each won four tickets to the final, €1,000 of spending money and tickets to the 2020 JP McManus Green pro-am.

Brigid Mullins who witnessed Limerick's historic victory with her husband Pa, daughter Aoiibhe and brother Monty, couldn't believe the scenes at Croke Park.

"I was at Croke Park in 1994 and 2007 and all the other heartbreaks we've had, and to see the hurlers finally get over the line last Sunday was absolutely fantastic," she rejoiced.

Politicians hit out at rising city rent

'Out of control':

Rent has increased to €1,109 per month

FINTAN WALSH

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A number of local politicians have condemned the major increase in average residential rent in the city, following the publication of a new quarterly report.

According to a new Daft.ie report on Friday morning, the average rate of rent increased by 20.7%, the largest percentile increase for any city in the country.

The average rate of rent is now at €1,109 per month in the city, the report states.

Former Minister of State for Housing, Jan O'Sullivan said the recent report is "evidence that the current system is broken" and is calling for the publication of a "rent register".

Deputy O'Sullivan said that this initiative would inform tenants previous years' rent rates at a property and "that they are not being fleeced and charged above the legal amount".

"There are other loopholes that need to be closed including landlords giving notice that they are doing up the property when there is no good reason to terminate the tenancy," she said in a statement last week.

Sinn Fein TD Maurice Quinlivan said the Government's "reliance on the private sector to solve the crisis" and the Minister for Housing's "light touch philosophy" has had no impact.

"The rent pressure zones were



Rents have boomed while increases in workers' wages have been miserly across the economy

MAURICE QUINLIVAN,
SINN FEIN TD

unambitious to begin with and demonstrated the reluctance of Fine Gael to interfere with a market that is dysfunctional at best, fundamentally broken at worst. Similarly, the anaemic level of construction of social and affordable housing is simply driving people towards that private sector market, driving up rents for all."

Solidarity councillor Cian Prendiville described the rental market as "out of control".

He said that the Minister for Housing Eoghan Murphy needs to take immediate action to prevent the rent market from "causing more homelessness and misery".

"Rents have boomed while increases in workers' wages have been miserly across the economy. Measures should be introduced to reduce rents to affordable levels linked to income. People shouldn't be spending half their income on housing," he added.

General election candidate for the Social Democrats, Sarah Jane Hennelly said the rising rents is "sort of refusal by Government to accept the seriousness of this problem".

"They are able to do this because housing is such a wide policy area - renters, homeowners, social housing tenants, homeless people, all feel separate to one another yet all are victim of bad housing policy in this country. This separateness has left people struggling alone and as such, prevented any collective movement of voices urging government into action on this area."

Limerick is the fourth most expensive in the country for average cost of rent, behind Galway at €1,189, Cork at €1,266, and Dublin at €1,936. The rest of the country's average cost of rent rose by 10.4% and is now €909.

The Limerick Show invites All-Ireland winners

DONAL O'REGAN

donal.oregan@limerickleader.ie

THE LIAM MacCarthy cup and the young men who won it last Sunday have been invited to the Limerick Show next Sunday.

With incredible foresight and confidence, organisers even asked them to come with the cup last week! Leo Walsh, president, said they would "love nothing more" than to see Limerick's brilliant hurlers at "Limerick's Show". It takes place this Sunday, August 26 in Limerick Racecourse.

"It's been a brilliant week for the county and city and the perfect way to round it off is by attending the Limerick Show. It would be fabulous to see the cup and hurlers there.

"It's going to be a fantastic show.

We have a great programme laid on with well over 100 stands and exhibitions of everything from cattle to cakes," said Mr Walsh.

The very best of cattle, horses, sheep, dogs, goats, poultry, as well as arts and crafts, photography, baking, horticulture, food stalls, entertainment and much more will be on display. The 'kidz zone' provides free entertainment.

One of many new additions is the inaugural Munster Mile and 5k run by Dooneen AC. The Munster Mile and 5k events are open to all ages and the registration price includes free entry to the show.

See dooneenathleticclub.com. Organisers are reaching out to a new audience through heritage, culture, tourism and business. See Limerickshow.com for more.



Miss Limerick Beibhinn Haren, best dressed lady at the show judge, with Cllr Vivienne Crowley

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Homecoming: Orla Kaiser, Pallaskenry, Rebecca Ryan, Old Cork Road, Tom Hayes, North Circular Road, Christina Kaiser, Pallaskenry, Ruth Ryan, Old Cork Road and Alice Rose Hayes, North Circular Road

Champions back home!

Tens of thousands of fans descended on the Gaelic Grounds to welcome home Limerick's All-Ireland hurling winners

Pictures: Dave Gaynor **Words:** Nick Rabbitts



Eamon Nicholas and Mike Ryan, Annacotty with Fintan Richardson, Thomondgate

'The place went mad': Spare a thought for Eamon, whose brother Conor was on Limerick's minor panel which lost in Croker two years ago, as he was working at the Hurlers' Pub in Castletroy on Sunday during the match. No matter, as he enjoyed it like everyone else. "It was brilliant. The last eight minutes were so unpredictable. People didn't know whether to laugh or to cry," he said. "The last minute and a half, it was so difficult to call who would win the game."

Limerick GAA sponsor JP McManus, Martinstown, Molly Ryan, Meelick, Anne Enright, Coonagh and Marie Ryan, Meelick at the homecoming

Tributes: There was warm appreciation for the businessman at this Monday night's homecoming ceremony from John Kiely, and his team of All-Ireland winners. JP himself said: "I am absolutely delighted, and am so pleased to see such a hard working group get the reward they deserve. The beauty of a day like this is you share it with so many people."



Sophie, Robert and Aneeka Simring, Landsdowne Park

Green-clad: Young Sophie, four years old, was dressed to impress and as Robert said the result was "great and meant the world to him".



Home are the heroes!

Horse-drawn Garda escort:

Limerick's All-Ireland winning hurling squad at the final stages of their approach to Páirc na nGael this Monday night

Candid Comment

By SPARTACUS

● Limerick has gone well and truly hurling crazy in the aftermath of Sunday's All-Ireland win over Galway and Spartacus has leaped on the bandwagon.

In the build-up, the media was warned about the dangers of hype - to little effect, as this young team had a sensible manager to keep them grounded and guided them to the promised land of hurling heaven. Our attitude in the face of hype warnings, was that if you can't enjoy the run-up to an All-Ireland final, there must be something wrong.

Thankfully the team won and the media can't be blamed for affecting their performance. But Spartacus is assured that this is an astute and intelligent bunch of players with strong leaders and capable management who are friendly, approachable and down to earth.

The homecoming reflected that, as they all, to a man, took time for pictures and autographs with fans and conducted themselves impeccably in the public spotlight. They are a credit to themselves and their families and a hurling county that was thirsty for victory after 45 long and dry years. Luimneach Abú!

● **SOMETIMES you have to be lucky in life and particularly in politics.**

How fortunate then that the Mayor of Limerick City and County Cllr James Collins was newly installed before a first All-Ireland win in 45 years. Mayor Collins was front and centre during the ecstatic homecoming, as indeed he had every right to be as the so-called 'Big Mayor' in such a landmark moment.

Regular Spartacus readers and watchers of local politics will know of course that Limerick also has a Metropolitan Mayor in Fine Gael councillor Danny Butler, who appeared to have no official role during the homecoming.

Collins will run alongside Willie O'Dea in the next election - whenever it is called. With O'Dea again expected to top the poll,

he could help put publican Collins in with a chance of snatching an unlikely second seat for Fianna Fail. While the bookies would probably give you very good odds on FF taking two seats, Collins is working flat out to impress voters during his time in office. With a Dooradoyle business in Collins' Bar, he also has the benefit of not having the Gouldavoher-based Michael Noonan running against him, increasing his chances of hoovering up the vote in that area. Definitely worth a small flutter, Spartacus thinks.

LIMERICK'S win in the All Ireland Final was a welcome bonanza and much needed boost for city businesses.

But many, especially some publicans, are annoyed that the screening of the match did not take place on O'Connell Street.

"It worked before for the Heineken cup, so why was everyone sent out to the Gaelic Grounds with the added nuisance of having to book tickets?" one angry publican wondered with annoyance to Spartacus.

But pubs and restaurants still did extremely well on the Sunday and particularly on Monday evening, when the gardai estimate around 80,000 people came to town to welcome the team home. Nearly every second pub in the was showing repeats of the final on a loop and the celebrations continued long into the night. It certainly seems to Spartacus that the result was alright on the night for city publicans after all.

● The Gaelic Grounds played host to both the big screen and homecoming in a warm-up for the staging of a National Geographic concert next month.

With no teething problems reported, it seems the venue is now to be a serious competitor for Thomond Park, which hasn't staged a concert since Bruce Springsteen in 2013.



Eileen, Michael and Karina Sheehan, Moyross at the homecoming

Admiration: Eileen not only loves the hurlers on the field, she also loves them off it. "Oh, my God, aren't they all stunning lads! If I was only 20 again! Oh God, isn't Shane Dowling fabulous!"



A Limerick man in Galway

'Magnanimous in defeat': Originally from Athlunkard Street, Bryan McNamara, is pictured with Ann McNamara and Max Kamradt, 5, and is living in Galway at present. Following Limerick's win over the Tribesmen, he said people have been 'gracious'.



Thumbs up for Limerick!

Bound for the Gaelic Grounds: Pamela and Erin Walsh of Ashbrook showing their colours. Asked how she felt after Limerick's historic win, Pamela said: "It was brilliant, there has been a great atmosphere."

Hunt Museum hosts painting class with Donald Teskey



Attending the painting workshop at the Hunt Museum were Marianne Lynch, from Sixmilebridge, and artist Donald Teskey, who led the class PICTURES: GARETH WILLIAMS

JESS CASEY

jess.casey@limerickleader.ie

LIMERICK artist Donald Teskey hosted a creative workshop with budding painters among the Hunt Museum's collection.

Mr Teskey, whose work has been exhibited in the UK, USA, Canada, China, Germany, France, Finland and South Africa, led a full day painting workshop as part of the Hunt's summer adult workshop series.

As well as teaching participants painting techniques, Mr Teskey also spoke about the purchase of his work for the Great Southern Collection, which was presented to the Crawford Art Gallery, Cork, in 2006.

'Signals of Change', the Hunt Museum's summer exhibition, features a body of work from the Great Southern Collection.

The current exhibition features the work of 18 artists, including Mr Teskey, Norah McGuinness, Daniel O'Neill, and Gerard Dillon.

Curator at the Hunt Museum Naomi O'Nolan said: "The West of Ireland features prominently in this exhibition, and there is also wonderful variety from Cecil King's minimal, illusionary three dimensional painting Intrusion, and Patrick Collins Bog Pool to George Gillespie's pure landscape Lakes and Mountain and Maurice MacGonigal's literal representation of George Moore's Garden." The exhibition is open to the public until September 2.



Jill Geoghegan, from South Circular Road



Dolores Dinneen, from Ballingarry

Medical conference

Dr Patrick O'Donnell, UI Graduate Entry Medical School, Mary O'Malley, Social Inclusion Midwest Community, HSE; Prof Amanda Howe, Head of World Conference Family Medicine, Rachel O'Donoghue, Team Leader; ANA Liffey Project and Tom Flynn, manager of St Vincent de Paul Drop in Centre meeting in Limerick



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Flashback: From the Leader's archive, 1993

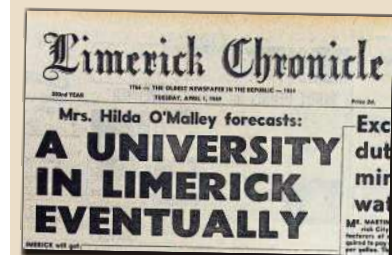


Front from left: Catriona Finn, Old Cork Road, Yvonne Doran, Garryowen, Eleanor Fitzgibbon, Ballyneety. Back, Kevin Ryan, O'Malley Park, Richard Lyons, O'Malley Park and James Sweeney, Carew Park, at the St. Enda's Community School Leaving Cert graduation ceremony at the school

LIMERICK CHRONICLE
Celebrating 200 years
1818-2018
DOWN MEMORY LANE WITH THE COUNTRY'S OLDEST TITLE



Don't miss a feast of local nostalgia and history in the Limerick Chronicle, which is now FREE inside the Limerick Leader weekend editions



ROUNDUP

Autism event

THE Limerick Autism Group (LAG) will this Friday host a holiday camp in the Galvone Industrial Estate.

Organised by Keith Enright, whose own son Joey has autism, the event kicks off at 10am.

He said: "This is about developing a community around autism."

More information is available by telephoning 085-2205474.

Quinlivan slams call

SINN Fein TD Maurice Quinlivan says a call from Fianna Fáil deputy leader Dara Calleary for his party to support one more budget shows that that party has "prioritised self preservation over the interests of the state". He added only a government change will help those struggling with health and housing.



Heritage Week 2018

HERITAGE WEEK 2018 continues this week until August 26, with a range of activities across the city and county.

The national event seeks to build awareness and education about heritage and its conservation. Many of the events that take place during the week are free.

A full list of Limerick events can be found on www.heritageweek.ie

54 patients on trolleys

ACCORDING to figures published by the Irish Nurses and Midwives Organisation on Tuesday morning, there were 54 patients being treated on emergency department trolleys and on additional trolleys, beds or chairs in the wards at University Hospital Limerick. There were 36 patients on trolleys at Cork University Hospital on Tuesday morning.

Diagnostic imaging

Minister of State Patrick O'Donovan has launched a major expansion to diagnostic imaging and CT scan services at the newly revamped Bon Secours Barringtons Hospital in Limerick city this Monday morning.



There are now three diagnostic imaging services at the George's Quay hospital.

Meningitis vaccine

PARENTS of children off to university this autumn are being urged to help keep them safe from deadly meningitis.

Meningitis Now is calling on parents to ensure that their children have been vaccinated against Men ACWY and that they also know

the signs and symptoms of the disease and what to do if they suspect it.

Early signs can be similar to 'flu, tummy bug or a hangover' and specific symptoms include stiff neck, dislike of bright lights and a rash which doesn't fade under pressure.

Biggane honoured

COLMANSWELL will host their first run in memoriam of local stalwart John Biggane this Sunday.

Alongside the trek, the annual vintage run, where vintage cars, trucks, bikes and tractors will take place.

Registration will take place in the community centre, and the run will start at 10:30 am on Sunday 26 August.

DON'T MISS THE WEEKEND LIMERICK LEADER



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An unmissable 56-page supplement celebrating Limerick's unforgettable All-Ireland triumph

FREE!

A souvenir poster of the Limerick heroes who made hurling history for the county



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Michelle McNamara, Castletroy View, Maura and Michael McMahon, Ballysimon and Finbarr Flood, New York



Out & About

LIMERICK FANS (AND ONE GALWAY GIRL) GOING TO MATCH FROM COLBERT STATION

Pictures: BRENDAN GLEESON



Ronan and Seamus Burke, Bohermore, pictured at Colbert Station on their way to Croke Park



Amy Hennessy, Niamh and Sinead Fahan, Kilfinane, getting free rain ponchos from David Spillane, Specsavers



LEFT: Audrey, James and Gary Collopy with David and Elaine Murphy and Annette Crowe, Corbally, on their way to Croke Park for the All Ireland Hurling Final from Colbert Station

ABOVE: Steve Davern and Mike Flynn, Ballysimon, on their way to the match

RIGHT: Richie and Rachel O'Keeffe, Ballingarry, giving the thumbs up ahead of the match on Sunday



Kayleigh O'Brien, Portumna, proudly sporting her county colours with Donie Hartney, Foynes



Mary O'Grady, Adare, Julie and Emma Keheller with Melissa Higgins, Limerick on their way to Croke Park



Making Cents

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'Free' advice can turn out the most expensive of all

There are many reasons you may look for financial advice - house purchase, planning for retirement, a lump sum investment etc. and you want to make the right decision, so finding an adviser who will help, and is the right fit for you, is important.

How they get paid should be one of the criteria you set in your selection process.

There are typically four ways a financial adviser will get paid: commissions; an up-front once off fee paid by their client; an on-going annual retainer fee either paid by the client themselves or by way of a percentage deducted from the value of an investment or pension product (these are commonly known as trailer fees) and the final way is probably some combination of the three.

Financial advisers have to be compensated, you just have to choose how you would like yours to be paid and deciding what kind of financial advice you need and whether you need or want to pay for it can be difficult.

Are your financial affairs complex, requiring on-going advice where paying a fee is merited? Or are your needs more basic, requiring only very limited advice - maybe you only need an adviser to carry out a specific transaction for you e.g. arrange a life policy for a mortgage.

Either way, what you have got to know, is that financial advice is never truly free. You are paying for it in some way, you just have to know how much it's costing you. Then you can decide which suits you best and which you would like to choose.

Some people think free advice is the best type. If you were given a choice of

paying for financial advice or paying nothing and allowing the adviser to get a commission which would you choose?

It's probably easier to opt for the free option. I mean why would you part with your money when the company is paying the broker? Let them pay rather than you, right? But is that the right decision?

It might be ok, it will depend on how good the advice turns out to be and how much your adviser is getting paid. But sometimes, free advice could turn out to be the most expensive advice you get.

But there is no talking to some people. A man contacted me recently. He was buying a property and was under pressure to get a life assurance policy in place and was recommended by a friend to speak with me.

I told him what value I can add i.e. I could choose from every provider in the marketplace and advise which type of policy was required and which was best suited for him.

How was I going to get paid he asked? I told him I would be charging him a fee rather than getting a commission payment from a life company.

He looked at me in disbelief. Before I could tell him what I was going to charge him if he wanted to proceed, he said he could use any number of advisers who wouldn't charge him anything and he would use one unless I charged him nothing and got paid by a life company.

I tried to tell him this was not in his best interests, but he was having none of it. He wasn't parting with any money, telling me to get paid by someone else or he would take his business elsewhere.

No, problem, I said, I'm clearly not the adviser for you, so I suggested



What you have got to know, is that financial advice is never truly free



DID YOU KNOW?

33% of employers rejected candidates based on something they found about them online. So, be careful what you post!

finding someone else and wished him the best of luck with the house.

By sourcing another adviser, he will end up paying 34% more each month, for the next 25 years, than he would have, had he used me. Knowing the amount of cover he needed, he will end up paying about €8,500 more over time, because he chose someone whom he didn't have to give any money to.

And in fairness to him, it can be hard to judge the value of the advice you are getting, if you are not shown an alternative. Pay a fee up-front and your premiums will be 34% less, or pay nothing but know, over time, you will pay €8,500 more. You decide.

Some financial advisers are reluctant to charge a fee, because they think people are a lot less likely to meet with them if they do.

To overcome this problem, some financial advisers' income model is based on receiving commission payments for arranging financial products for their clients. That's fine as long as you know what impact this has on the products you put in place.

The difficulty I encounter with people is that they are unaware of the impact fees and commissions can have on their accounts and policies. They don't know what lies underneath the surface, because it may not be obvious what they are paying for, or the impact it can have on their fund in later years.

It's really important from the outset to know when you engage with any adviser what the costs are, and which route is best suited to you. You don't want to discover what they were at a later date when you don't have time to recover and get them back.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, I've heard that if you are considering buying an investment property, your pension might be the way to do it. Can you explain?

A: There are a number of advantages to buying a property through your pension scheme. The first is the property is being bought from money that hasn't yet been subject to tax, and that's a big deal. If you buy an investment property any other way, there is no escaping the fact that the government has gotten some of their hands on your money.

The pension route is obviously much better. For example, if I buy a property using my pension fund and it costs €200,000, the net cost to me will have been €120,000. If I buy a property using savings, the after-tax cost will mean it cost me c. €300,000.

There are other advantages to using the pension route as well i.e. the rental income is not subject to income tax; if you dispose of the property and make a profit you are exempt from paying capital gains tax; any funds used in the purchase like stamp duty, fixtures and fittings, legal costs etc. can all be paid from the funds in your pension scheme and not from your own personal savings.

Not everyone has the ability to purchase a property using the pension fund however. The mechanism used is via a self-administered pension scheme, which is used primarily by the self-employed and company directors', but anyone can set up an SSAP if they have consent from their employer.

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Publicans in city toast big rise in business

Hospitality: All Ireland final appearance gives bars a big boost

NICK RABBITTS
 nickX@limerickleader.ie

PUBLICANS across the city are toasting massively increased trade following Limerick's magnificent All-Ireland success.

Pub and restaurant owners across Limerick took advantage of a late licence being awarded allowing them to remain open until 2am Monday morning, as a result of the Treaty men's first appearance in an All-Ireland hurling final since 2007.

Councillor Jerry O'Dea, Limerick's local Vintners representative, revealed trade at his family pub in Mulgrave Street rose a massive 150% on All-Ireland final day, as against a regular Sunday.

The Fianna Fail man was actually in Dublin witnessing Limerick's historic win, and was with Mayor James Collins at the team's victory banquet in the City West hotel.

He revealed he was called back down as his pub was so busy.

"We didn't anticipate such a huge crowd. I knew some families would come. But considering how many are in Dublin, the volume of business in all the pubs and restaurants around the city was fantastic from what I can gather," Cllr O'Dea told Leader Business, "Limerick publicans are very proud of their hostelries. We always advocate the pub is a safe place to eat, drink, socialise and drink."

He added: "It's been fantastic for Limerick in so far as different traders, particularly smaller traders who might be immersed in GAA, have been able to showcase their shops. There has been fantastic efforts made. It puts Limerick on the map as a sporting, cultural place to go in the Mid-West, if not the whole region."

City businesswoman Helen O'Donnell says Sunday's result represented "the best thing which has ever happened to Limerick."

"It was mighty, it was amazing. We are just ecstatic. Today has been brilliant. People pouring into the city,



Fans gathered at the Gaelic Grounds this Monday to welcome Limerick's heroic hurlers back to Shannonside.

Right: Cllr Jerry O'Dea, whose family pub recorded an upsurge in trade thanks to a late licence being awarded

PICTURE: SEAN CURTIN/TRUEMEDIA



they are spending money. There is a super atmosphere. There is a wonderful party, the community and economic benefits for Limerick is enormous," she added.

Most importantly, Ms O'Donnell said: "We have now 30 plus extraordinary young men who will be ambassadors for Limerick. They are such great guys. We are so lucky to have them here."

Room occupancy rises

AVERAGE hotel room occupancy in south-west Ireland, including Limerick city and county, has risen to 71.6%, new figures reveal.

Data released by accountants Crowe reveal that occupancy in this region rose 68.9% year-on-year.

As the economy improves, the average room rate in this region has also exceeded €100, up from €93 12 months ago. Hoteliers were reporting a profit on each room of €12,064, with each



Minister Brendan Griffin

room raking in revenue of €64,330, the report suggests.

Commenting on the report, Minister of State Brendan Griffin said: "It is great to see the improved viability of this sector as it is a large employer and has the potential to support the expansion our growing tourist industry requires."

Mibi increase in claims

THE Motor Insurers Bureau of Ireland (Mibi) recorded an increase in claims involving uninsured or untraced vehicles in Limerick during the first seven months of 2018.

In total 99 claims were recorded between the start of January and the end of July 2018, 5 up on the same period in 2017.

This represented an increase of 5% year on year, the group has announced.

Mibi is a non-profit organisation established to provide compensation to victims of accidents involving uninsured or untraced vehicles.

Despite the increase for Limerick, nationally the Mibi has recorded a big eight per cent decline in claims.

Some 144 fewer claims had been made by the end of July this year when compared to the same period in 2017.

Lidl's piece in mental health Jigsaw

HERMITAGE Green are to play at the official opening of a new pop-up bakery concept by discount retailer Lidl.

The Bakery will open at the Potato Market in Merchant's Quay on Thursday, August 30.

And to greet the opening, the four piece folk group will play at the event, which kicks off at 6pm.

Money raised from the event will go towards its charity partner Jigsaw, the national centre for youth mental health. And Lidl will donate 1c of every bakery item sold directly to Jigsaw - over a four week period - across its 156 Irish stores.

As a consequence of this, a host of evening activities will take place that support mental wellbeing.

Lidl boses say the Bakery encourages a relaxed environment to speak openly about mental health issues, advice and experiences over a cup of coffee in a warm and welcoming space.



Ambassador for the Jigsaw/Lidl campaign, ex-Rose of Tralee Maria Walsh

PICTURE: BRIAN MCEVOY

All proceeds from the events will be donated directly to Jigsaw. Throughout the four week campaign, 1c of every bakery item purchased in Lidl Ireland's 156 stores nationwide will be donated to

Jigsaw towards the good work that they do.

Jigsaw provides free, confidential and professional support to young people between the ages of 12 and 25.

Based in 13 locations nationally, its local Limerick office is in Arthur's Quay.

Commenting on the launch of the pop-up, The Bakery ambassador and former Rose of Tralee Maria Walsh said: "It's not often that we get to sit down and take a moment in our busy lifestyles. Lidl's pop-up The Bakery provides a safe space to relax with a cup of tea, some tasty treats and to speak about youth mental health or even lend an ear to someone who needs it most."

Evening activities will be open for all to get involved; kicking off with an intimate acoustic session on Thursday, August 30, with mindfulness and laughter yoga.

For more information, contact 061-974510.

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KEEP IT LOCAL!

Limerick businesses in the spotlight



Free IT and internet courses scheduled for Limerick

MAYOR James Collins attended the launch of the Digital Skills for Citizens programme in Limerick last Friday.

The Digital Skills programme is a free computer and internet training course aimed at beginners and new users. Iolar Training and Limerick Social Service Centre have teamed up to deliver this opportunity to the people of Limerick and the surrounding areas.

The training is an initiative of the Department of Communications, Climate Action and Environment and aims to give participants the knowledge, skills, confidence and motivation to make the most of the internet.

Morning, afternoon and evening courses will begin in

September at Limerick Social Service Centre on Henry Street.

At the launch, Mayor Collins spoke of the importance of basic computing and internet skills. According to the Mayor, these skills are essential in today's world to have access to communications, banking and even basic services. "It's important that everybody has a knowledge of computing and internet skills", Mayor Collins told the audience, "and the importance of technology is increasing every day". Mayor Collins, who himself comes from an IT background, told how "simple tasks, that we used to do in the past over the counter, now, we do online". He stressed that it's never too late to learn basic IT skills and encouraged people to avail of the free training

opportunity.

The audience was also addressed by Joan Wylie from Limerick Probus Club, who stressed the importance of learning about online security. Mrs Wylie recounted how many people fall prey to phone and internet scams and how everyone should learn about safety and security online to prevent themselves becoming victims. Joanne Ryan, Older Adults Coordinator at LSSC spoke about how basic training courses like Digital Skills for Citizens can help learners overcome any apprehensions they may feel about learning IT skills.

People interested in taking part in the free courses should contact Iolar Training at 089 420 77 08.



Pictured at the Digital Skills for Citizens launch were Joan Wylie, Probus, Enda O'Callaghan, Iolar Training; Mayor James Collins, Joanne Ryan, LSSC and Margaret Mastroiani, LSSC

Aldi store reopens after big revamp

DISCOUNT retailer Aldi has reopened its store in Castletroy following a major refurbishment.

The 'Project Fresh' store has reopened its doors to customers following an extensive renovation project which began earlier in the summer.

The store, which was closed for a week to facilitate the completion of the works, has received a full makeover.

Featuring the company's 'Project Fresh' layout, the Dublin Road store, which first opened in 2007, now offers almost 20% more fridge space, a wide selection of fresh food at the front of the store, hi-spec fixtures and fittings and new signage that provides a more efficient and

hassle-free shopping experience.

There are 138 free car parking spaces for customers.

The Castletroy store participates in Aldi's national partnership with FoodCloud, donating surplus food to local charities and has donated over 24,000 meals to date.

Speaking at the reopening, Store manager Katriona Cross said: "The whole Aldi team is looking forward to welcoming customers from the locality, both existing and new. We are confident our customers will find the new store provides a more enjoyable and spacious shopping experience."

The refurbishment of the Dublin Road store is part of a €160m nationwide investment by Aldi.



The fruit and veg section of the newly refurbished Aldi store at Dublin Road, Castletroy



The Open Day will take place on Saturday, September 1

Limerick dog owners invited to guide dog open day in Cork

THE Irish Guide Dogs for the Blind is delighted to be hosting an Open Day in Cork on Saturday 1 September.

This is an opportunity to discover how we collectively work with our clients, volunteers and supporters to change the lives of the visually impaired and families of children with autism. It promises to be a fun-filled

day with something for all the family including entertainment for the children, an opportunity to view the training centre, meet staff and dogs, watch dog demonstrations and browse farmers market.

Where: Irish Guide Dogs for the Blind headquarters, Model Farm Road, Cork.

When: Saturday, 1st

September, 12-4pm. Last admissions at 3pm

Cost: Admission: €5 per person, €10 per family.

No pet dogs or parking allowed on site but shuttle buses will be running to and from CIT every fifteen minutes.

For more information please ring 1850 506 300 or email fundraising@guidedogs.ie

Out & About

HOPE FOUNDATION ANNUAL LUNCH AT THE SAVOY HOTEL

Pictures: KEITH WISEMAN



Sinead Clohessy, Specsavers Limerick, Loretto Kennedy, Charlotte Nagle, The Hope Foundation, Catherine Duffy, Northern Trust



Melissa Roberts, Elizabeth Arden; Shreejana Paudel, The Savoy Hotel; Loretto Kennedy, The Hope Foundation and Jacinta Khan, The Savoy Hotel at the fundraising lunch



Ruth Vaughan, The Savoy Hotel, Yvonne O'Keefe, Northern Trust and Catherine Duffy, Northern Trust



Charlotte Nagle, The Hope Foundation with Sinead Clohessy, Specsavers



Melissa Roberts, Elizabeth Arden, Petrina Hayes, Loretto Kennedy, Damien Harnett, Ruth Vaughan and Shreejana Paudel

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Naomi Keays, Old Cratloe Road and Katriona Kiely, Woodview at the Find the Horse event at the Hunt Museum. Participants became detectives for a few hours and solved the case of the missing horses by following clues and completing challenges. There was also a Paint the Horse competition at the Hunt

Out & About

FIND THE HORSE AND PAINT THE HORSE EVENTS AT THE HUNT MUSEUM

Pictures: GARETH WILLIAMS



Ursula and Peter Soemers, City Centre at the Find the Horse event at the Hunt Museum



Kate and Tadhg Fitzgerald, Kileely



LEFT: Paint the Horse Competition Winners Lily Rooney, Shannonvale, who placed 1st and Stephen Costelloe, Thomondgate, who placed 3rd

ABOVE: Kinga Przybylska and Aaron Kacprzak, City Centre



James and Lily Rooney, Shannonvale. Lily placed 1st in the Paint the Horse Competition



Valerie and Stephen Costelloe, Thomodgate. Stephen placed 3rd in the Paint the Horse Competition



Evan Keays, Old Cratloe Road and Chrisie Mullane, Thomondgate

Happy campers: Every week, now that school is out, The Leader hears from Limerick children enjoying summer camps in the city



Crouch! Bind! and Set! for Munster Rugby Camp

This week: We head to Old Crescent RFC in Rosbrien and chat to future Munster, Ireland and even Lions players about their first day of the Munster Rugby camp

ANTHONY GEOGHEGAN
anthony.geoghegan@limerickleader.ie

DAY one is all about the basics in the Bank of Ireland Munster rugby camps at Rosbrien on Monday.

As a Garryowner, enemy territory at Old Crescent was much more joyous than any of my previous visits.

Breathless yells of tuckered out youngsters running around the green with proud parents looking on and reconnecting with old

war buddies always generates a positive atmosphere.

From the Under 6s/7s/8s camp, I speak to Scott and Freya about their favourite boot camp experience so far.

"I like passing the ball around to all my friends," Freya, a probable future scrum-half, responded.

Scott, a proud Young Munsterman answered: "I like tackling and I want to be better at it, and the coaches here teach you how to tackle better."

Summer time warrants a few months of rest and relaxation for kids away from school and staying at home watching telly and playing video games.

However, it can be argued that the success of the national rugby team last spring and the newly-crowned All-Ireland champions last Sunday provided great motivation for these young children to go out and play.

Freya has her eyes set on

the national team but is keeping her options open regarding which local club she wants to play for.

"Ireland is my favourite team, I don't know what club I want to play for, but I'd like to play for Munster as well," she explained.

Scott, like many of his fellow teammates, was still reeling from the dramatic third test draw between the Lions and the All Blacks last year and hopes to don the scarlet shirt some day.

"Obviously my number one goal for the camp is to be better so I can play for my club, Young Munster.

"I want to play for the British and Irish Lions when I get older because that's the team the best players get to play for," he added.

When I asked Scott who his favourite rugby player was, the heroic roar of the Lions beckoned the youngster.

"Dad who plays for the Lions?" Scott asked.

"Last year? Conor Murray was on it," his father responded.

"Yeah, Conor Murray is my favourite," the young Cookie declared.

"I thought your favourite was Tadhg Furlong?" his father commented.

"Him too," Scott added.

It takes great will, especially for a youngster to hop out of bed before nine in the morning during summer.

It is that same will from which champions are made.



On the left we have the future Munster stars from the under 6s/7s/8s line up for their team photo for this year's summer camp at Old Crescent RFC in Rosbrien. Above we have Bobby, Oran, Freya and Oisín all huddled up for a big scrum! PICTURES: DAVE GAYNOR

What we think: Campers have their say on...

TADHG

"You get to score loads of tries and do a lot of tackling which are my favourite things about rugby."



BOBBY

"I liked the tackling drills, I prefer it to passing and scoring because you can do big hits."



OISÍN

"I really liked scoring all the tries, so that my team can win the match, and it's great fun dodging and running past everyone!"



SCOTT

"I like tackling and I want to be better at it, and the coaches here teach you how to tackle better."



MICHAEL

"My favourite part of the camp is the passing drills, because I want to play like my godfather, Conor Murray."



ORAN

"My favourite drill in the camp was the tackling. It's great because you have to know when and where to hit the player so you can defend."





Artist Mick O'Dea with Cllr Jerry O'Dea at the opening of the exhibition in Limerick City Museum

Out & About

EXHIBITION BY MICK O'DEA AT THE LIMERICK CITY MUSEUM

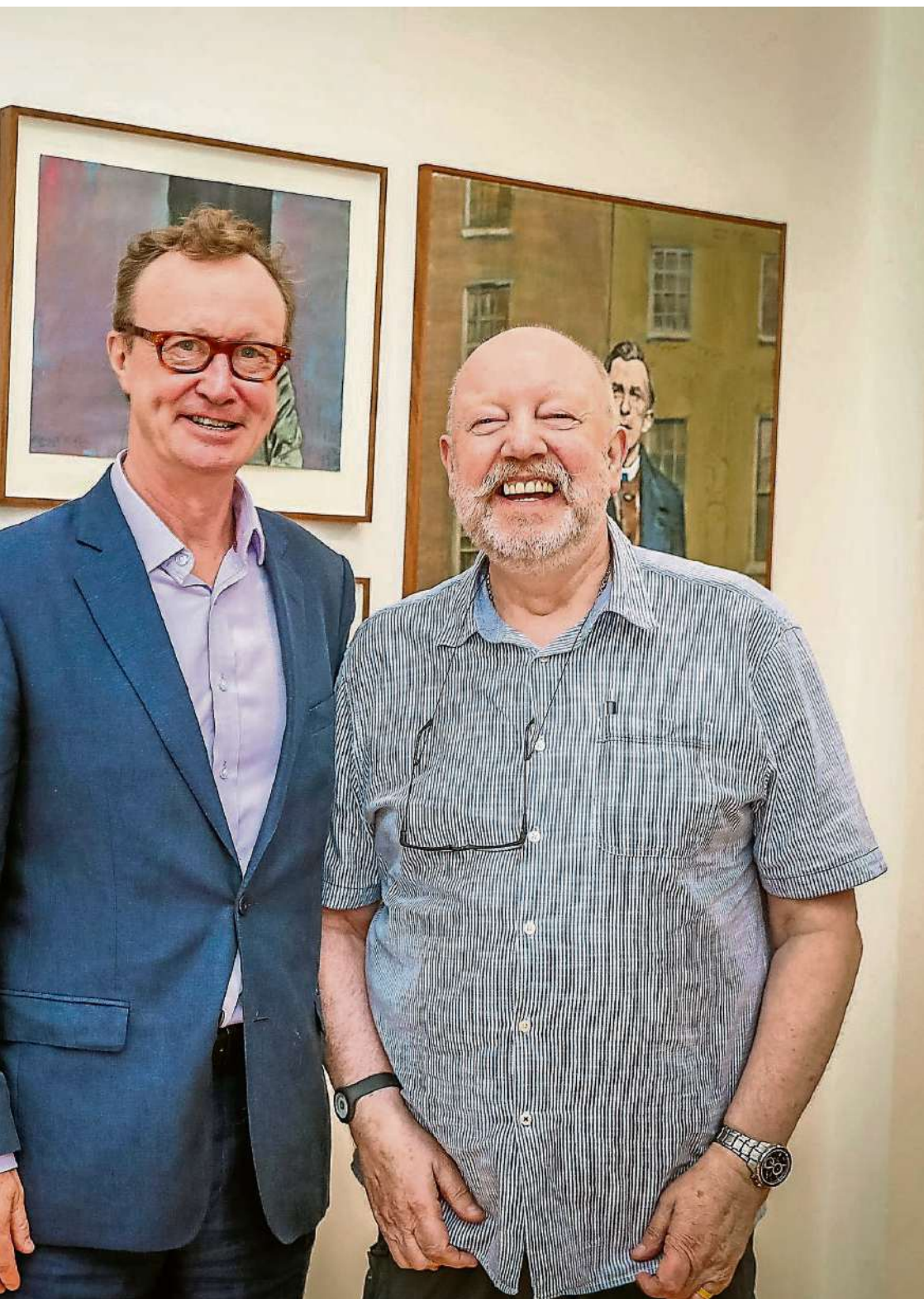
Pictures: KEITH WISEMAN



Artist Mick O'Dea, left, at Limerick City Museum for the opening of an exhibition of his paintings entitled *Black & Tan Trouble the Split*. He is pictured here with Matthew Potter and Maurice Quinlan, Limerick City Museum



Tony Cahill, University of Limerick, peruses the programme at the exhibition by Mick O'Dea



LEFT: Artist Sam Walsh pictured with exhibiting artist Mick O'Dea in Limerick City Museum

ABOVE: One of the works from the exhibition in Limerick City Museum



Eoin O'Dea and John O'Dea at the exhibition of paintings in Limerick City Museum entitled Black & Tan Trouble the Split'



Sean Kelly and Michelle Ryan were among the crowd at Limerick City Museum for the opening of Mick O'Dea's exhibition entitled Black & Tan Trouble the Split'

ENTERTAINMENT

YOUR **WEEKLY GUIDE** TO WHAT'S GOING ON IN LIMERICK

Dolan's the People's Choice at top awards

Dolan's have enjoyed success at the Irish Bar of the Year Awards 2018.

The bar and music venue won the Southern Comfort People's Choice award for the Munster region at the awards.

The Bar of the Year Awards, which recognise excellence in the Irish bar trade, were announced this Monday evening at a gala ceremony in Dublin's Burlington Hotel.

Now in their twelfth year they are the premium awards for the licensed trade and Dolan's were also shortlisted in the Best Live Entertainment category.

The People's Choice award is the only category which allows members of the public to have their say.

"We are absolutely thrilled to be taking this award home this evening.

"To win is always special but to be taking home the award that is voted by the people makes it that extra bit special," said Mick Dolan, pictured right with Valerie.

"This puts icing on the cake for all of us in Dolan's on what has been the most wonderful and historic weekend for the people of Limerick," he added.

For more, see www.dolans.ie.



HIGHLIGHTS

WEDNESDAY, AUG 22

Trad Music

The Glen Tavern, 9pm

Open Mic

The Old Quarter, 9pm

Tiny Giants

Smyth's Bar, 10pm

THURSDAY, AUG 23

Percolate

Dance Limerick, 6pm

Cargo

Ormston House, 7pm

Cloud Castle Lake

Record Room, 9pm. €10

Area 51

Smyth's Bar, 10pm

Pat Holland

The Glen Tavern, 10pm

FRIDAY, AUGUST 24

Nathan Carter

Mungret Festival, 6.30pm. €25

Pursued by Dogs

Record Room, 9pm. €10

Dermot Sheehy

The Glen Tavern, 10pm

SATURDAY, AUG 25

Aslan and The Stunning

Mungret Festival, 6.30pm. €25

Atila the Stockbroker

Dolan's Warehouse, 7pm. €10

The Coronas

King John's Castle, 7pm. Sold out

Bring Your Limericks To Limerick

Dolan's Upstairs, 8pm

Fish Go Deep

Dolan's, 10pm. €12

Sean O'Dowd

The Glen Tavern, 10.30pm

Knoxy (The Coronas) DJ Set

Dolan's Warehouse, 11pm. €10

SUNDAY, AUGUST 26

Musical Chairs

The Old Quarter, 7pm

Sarah and Oliver

The Glen Tavern, 10pm

MONDAY, AUGUST 27

Trad Music

Locke, nightly at 5pm & 9pm

Traffic

Smyth's Bar, 10pm

TUESDAY, AUGUST 28

Castleconnell Concert Series

All Saints Church, 8pm. €15

The Acoustic Club

Charlie Malone's Bar, 9pm

Sound Affair

Smyth's Bar, 10pm



Blindboy will present live podcasts at the Electric Picnic festival in Stradbally

Blindboy's Electric Podcast

HERMITAGE Green and Blindboy Boatclub of The Rubberbandits are among a slew of new acts announced for the upcoming Electric Picnic festival, closing out the summer in Stradbally later this month.

Hermitage Green were among a list of additions to the line-up announced that also includes The Prodigy, Picture This, Walking on Cars, The Coronas, Gavin James,

Gomez and Ash for the music and arts festival taking place from August 31 to September 2.

Taking his seat centre stage at the MindField area is Blindboy, who will host a talk on foreign affairs and Brexit, as well as presenting live editions of his massively popular podcast, now listened to by a worldwide audience of 200,000 every week.

Bringing the limerick to Limerick this Saturday

THIS year's champion limerick writer will be decided on Saturday night as the Bring Your Limericks to Limerick Competition take place.

The competition returns for a sixth year - one more than there are lines in the famous verse - with an event at Dolan's on Saturday night.

Organised by Limerick

Writers' Centre, the event has attracted entries from all over the world from fans of the funny, though often ribald, irreverent, and sometimes vulgar verse, with local theatre facilitator Monica Spencer taking the title in 2017.

See <https://limericksfest.wixsite.com/limerick/literaryfest> for more details.



The Bring Your Limericks competition takes place this Saturday in Dolan's

THINGS WHAT ARE ON IN LIMERICK

It's another #WeekendInLimerick — and what a weekend!

Seamus Ryan has the lowdown

WITH the All-Ireland victory chant still ringing in our ears, this weekend is the perfect time to celebrate last Sunday's win all over again. You can catch some giants of Irish rock in Mungret, the Limerick Show in the county and some great events in the city. Lots to see and do!

Thursday (August 16)

Dance Limerick hosts Kate Hilder and Seke Chimutengwende this Thursday, performing an improvised movement and dance piece to conclude their Percolate residency. Both artists are accomplished in physical theatre and dance, so you can expect the performance to be rather abstract but at times quite funny. More contemporary dance shows should tell you in advance that you're allowed to laugh. It's at Dance Limerick's studio at 6pm and it's a free event.

Cloud Castle Lake play the **Record Room** at the Commercial this Thursday. The Dublin trio combine orchestral riffs with post-rock and free jazz, making them the love children of the Divine Comedy and Maria Callas. Fresh from headlining last week's ALS festival in Meath, this is hands-down the gig you shouldn't miss this week. Doors at 7pm, tickets are a tenner.

Cargo is a new large-scale

sculpture by Limerick-based artist Chris Boland, opening at **Ormston House** this Thursday. It'll join the still-running Site by Mary Conroy, both exhibitions continuing till late September. It's inspired by the famed flying boats of Foynes and is certainly worth a look. The launch is at 7pm and will, like all art launches, feature free wine. If you feel like being fancy, you could turn up to the exhibition with the materials to make your own Irish coffee, the other thing people think of when Foynes pops into their heads. The exhibition's free to see.

Friday (August 17)

Mungret comes to life with a bang this weekend, with the **Mungret Music Festival** taking place at St Paul's GAA Club on Friday and Saturday. Nathan Carter headlines on Friday night, bringing his popular blend of Irish country music to the stage, as well as singing Wagon Wheel at least twice. He'll be supported by the marvellous Tiny Giants, who, alas, aren't in the habit of playing Wagon Wheel. Saturday night is a double-header of rock legends Aslan and The Stunning. Gates for both gigs open at 6.30pm. The Nathan Carter gig will cost you €25, while it's €40 to see Aslan and The Stunning. If you're planning on getting the full Mungret experience and seeing both gigs, you can get a



The Coronas play Live At The Castle this Saturday night

combo ticket for €58.50.

Saturday (August 18)

Omnicon is a full day of unbridled geek culture at the **South Court Hotel** this Saturday. It'll feature cosplay, gaming, panel discussions and Limerick's biggest geek-related trade hall. There's also an entire afternoon of competitive console gaming, including Injustice 2 and Mario Kart. If - like me - you're terrified of large crowds, you can always dress up as Groot and stand in the corner. Nobody ever pays any attention to a potted plant at the side of a room, which is why all office plants are doomed. It runs from 10am to 6pm, tickets are €15 and children under 13 go free when accompanied by an adult.

Punk poet **Attila The Stockbroker** plays an hour-long gig upstairs in **Dolan's** this Saturday at 7pm. Known for his barbed wit and punk ethos, you can expect 60 minutes of fired-up spoken word and music. It's something of a coup for the Limerick Writers' Centre to get him to Limerick, as he's performed at every Glastonbury festival since 1983 and offers a performance you shouldn't miss. Tickets are a tenner.

Directly after the Attila gig, 25 poets will take part in the **Bring Your Limericks To Limerick** competition, reading their finest five-line poems with a twist in the tale, before one winner is chosen to wear the King Of Limericks sash and tiara for the coming year. That'll start at 8pm and tickets are a fiver.

The Coronas play King John's Castle this Saturday night. Tickets for the gig have long sold out but if you can't beg or steal a ticket from someone who has one, the band's bassist Knoxy is playing a DJ set at Dolan's after the gig in aid of Banogue GAA. It'll also act as the after party following the castle concert. Doors open at 11.15pm and tickets are a tenner.

Sunday (August 19)

The **Limerick Show** is at **Limerick Racecourse** this Sunday. It's the last of this summer's agricultural shows - and the county's biggest - making it the AgriSuperbowl. Food takes its rightful place as the show's centrepiece this year, with the inaugural Limerick Show Food Village highlighting the best local producers of cheese, meat and chocolate. It wouldn't be an agri show without dogs and horses being judged on their appearance, poise and

ability to read an excerpt from Ulysses without making a mistake, so rest assured that there's an entire afternoon of dog and pony shows. The retail village promises over 200 exhibitors with fine jewellery and crafts.

There's also a giant kids' zone with an animal farm, juggling workshops and face-painting. Better again, a train for the smallies runs around the showgrounds, so if you can't find your child, they're on the train pretending to be the Fat Controller. The show runs from 9am to 7pm. Adult

tickets are €15 and children under 12 can go for free.

There's a double family day in **Newcastle West** this Sunday, starting at 1pm with a family fun day at the town's camogie field. It'll have the usual bouncy castles, kids games and races that only children will understand, so just let them at it. It'll be followed at 4pm by the All-Ireland donkey derby at the demesne.

Donkeys aren't built for being ridden unless you're escaping into Egypt at the bidding of a tell-all angel, so you could skip riding a donkey and instead just hang out with one, shoot the breeze, maybe ask them what sort of music they like. Your call. Entry to both events is a fiver for adults and €2 for children.

All weekend

The Signals Of Change exhibition is at the Hunt Museum until September 2. The three exhibitions at Limerick City Gallery also run till September 2.

The Site and Cargo exhibitions at Ormston House run till September 21. All are free to visit.

That's your lot for this weekend and remember, as always, if you go to things, there will be more things!

OPEN LATE 4 NIGHTS A WEEK



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(Closed Mondays)



Sam Edwards, Geoff Coyne and Fintan Kirby at Flannery's Bar, Upper Denmark Street

On The Town

FLANNERY'S, MOTHER MAC'S, SMYTH'S AND NANCY BLAKE'S

Pictures: DAVE GAYNOR



Carmen Bascon and Michael O'Neill at Mother Mac's



Rachel Whitehead and Nicole Liddy at Smyth's Bar



Olivia Lawrence and Noelette Hallinan at Nancy Blake's



Sarah Hunter, Moyra Kennedy and Caoimhe Gilmore at Nancy Blake's



Emer Kearney and Rachel Mischling at Nancy Blake's



LEFT: Graham O'Neill, Liam Murphy and Jordan Brophy at Flannery's Bar, Upper Denmark Street

ABOVE: Roy and Dermot Keane at Mother Mac's

RIGHT: Alan McNamara and Ale Ramos at Mother Mac's



Martina Moloney, Libby Murphy and Denise O'Connor at Smyth's Bar



Alex Guest, Natasha Kennedy, Marie O'Riordan and Noreen Kennedy at Nancy Blake's



Vinne Gilhooly, Stacey Montgomery and Adam O'Sullivan at Mother Mac's

LEADER LIFE

* Fashion, Beauty, Health, Fitness and more from Limerick's Best Columnists



A Day In My Shoes

Pat Dooley

Proprietor of Dooley Auctioneers

There's no place like home

What time do you get up?
6-7am.

What is your normal breakfast?
Bran flakes and coffee.

Do you go for a walk or to the gym before/after the office?
Walk two mornings thus the earlier start some mornings.

You arrive at office at what time?
8.30am.

What are your first duties?
More coffee.

How many cups of coffee/tea would you drink a day?
Three to four.

What is normal lunch - do you have a favourite place?

Soup and sandwich at the Glen Tavern around the corner. Fast and simple. Friendly staff also.

Do you have many meetings during the day?

Loads. Diary always full with either valuations, viewings and meeting potential clients.

What time do you finish up at?

Around 7.30pm would be considered early for me. We have to accommodate late viewings after work on weekdays.

Do you watch much television?

Replays when the kids get to bed. Sport at weekend also. It'll be replays of the Sunday Game for a while. Hon Limerick.

Do you read the newspapers?

As much as I can. Its good to keep up with current affairs

What do you do to relax?

Part-time farming. Most would say it's far from relaxing but it's a welcome distraction a lot of the time.

Are you able to leave the office behind?

Thankfully I have very good capable staff and we try to get as much done every day which helps trying to switch off until the following morning.

We also love getting phone calls from our clients to say how impressed they were with us. It gives the office a boost

What is a perfect work day?

When we win new business that we have worked hard to get and you receive that all important phone call to kick start the day. We also love getting phone calls from our clients to say how impressed they were with us. It gives the office a boost which is badly needed now and then.

Do you ever lose 'the cool' and if so what would make you annoyed?

When a vendor goes to so much trouble to have their property prepared for viewings and viewers decide to cancel at the last second or sometimes not even bother showing up. It makes my blood boil.

INSIDE THIS WEEK



LEANNE MOORE ON CHEAT DAYS

Staying on track at the weekend
PAGE 49



PRODUCTS FOR LAZY PEOPLE

Jessica shares her easiest items to use
PAGE 53



ON YER BIKE: ILOVELIMERICK

Miss Limerick pedals for Cliona's
PAGES 54-55



GALWAY GIRL WEIGHS IN

Meghann Scully Croker taking points
PAGE 56

Not the end of the world: Get a perspective on Leaving Cert



ASK THE DOC DR EDDIE MURPHY

Advice column with the Operation Transformation psychologist

IT'S Leaving Cert time of year and its worth putting this landmark event into perspective. I do question the Leaving Cert in preparing our youth for what our society has in store for the next decades.

The Leaving Cert rightly will be celebrated by many families and will set many down roads of opportunity, excitement and futures of great adventure. It will also set as much as 15-20% down pathways that;

- * Their parents wanted, but not them

- * Courses that was determined by "points prestige" as opposed to ability and aptitude

- * Students that don't have the necessary lifeskills to cope from the adjustment from the home environment to college environment.

Personally I think the media over-concentrate on the student with the straight A1s. There is too much hype about these students. The student whose natural ability in languages and not in maths who turns in a pass in maths is equally impressive, but alas not celebrated. We all hope that these students will get the points that they need and thankfully, many will. However the real fact is that some won't get the required points for their chosen course's.

Another Perspective

I was an average student who got a less than average Leaving Cert. Immaturity, basically too much messing, no real direction or goal and poor career advice all put into the mix didn't help. In fact this whole experience has given me a great interest in career advice. When I am asked by parents counsels to talk to Leaving Cert students it's something that offers perspective and insight. I am not a formal career advisor but as a psychologist who has sat through thousands of hours listening to people (medics, plumbers, bankers, entrepreneurs, nurses, many teachers, counsellors, web designers etc) talking about their working life I see careers from a different perspective. A reverse view as it were, figuring out the person, their aptitudes, dreams and life goals and identifying

suitable careers rather than this amount of points gets you this course!

Emigration, followed by maturity and determination kicked in that I grasped second opportunities. It took me a lot longer to shake off negative beliefs about my ability such as the impact of the Irish Leaving Cert. Thankfully today that ghost is truly buried and I am happy to talk about it as it opens up an avenue of hope for many. Essentially you too can achieve your dream, it just means you might have to take the scenic route.

Could we be learning better skills

I believe there is an overemphasis on the Irish Leaving Cert. It's a one way street that supports 'learn and churn' and one that devalues other needed skills in our society.

No person is defined by their results. This exam does not test for integrity, respect, honesty, passion, humanity, caring, flexibility, critical thinking and problem solving, emotional intelligence, team working etc. The academic path is not the path for all. Around this time we need to reduce our over-indulgence in high point scoring and identify that there are many different paths for all.

Learn that Change is constant

Remember this society has changed, you will have more than five careers in your life! The biggest skill that a person can have is adaptability. Most companies would trade all the most skilled people in the world for those that are the most adaptability. Look at companies HR departments, EAP programs, unhappy employees etc its most to do with the companies desire to change and the employees instinct to try to keep things the same. Indeed I think the health service suffer from this, it try's to deliver 21st century health care based on systems that were set up in the 19th century.

Different Pathways

The panic of not having a place in college – when all your other friends have, can be very lonely, but it can also be very dangerous.



Michael Cregan, principal of Laurel Hill Secondary School looking over Leaving Cert results with students Alana Fogarty and Niamh Murphy last Wednesday PICTURE: ADRIAN BUTLER

Make sure you think wisely about all the courses you are considering.

You might want to consider post Leaving Cert courses. PLC courses offer a mixture of practical work, academic work and work experience. A wide range of disciplines are covered including business, electronics engineering, computing, catering, sport and leisure,

theatre and stage, performance art, art craft and design, equestrian studies, multi-media studies, journalism, tourism, marketing, childcare and community care, hairdressing and beauty care, applied science, and horticulture.

The key message again is that everybody's pathway in life is different. The scenic route will take you to places and affords

friendships that will last a lifetime. Enjoy that journey as this Leaving Cert will only be a bit part in the story of your life.

* Got Questions about your results? Did you achieve the points you require? What do you want to do next? The National Parents Council Post Primary, run a Helpline every year for Students, Parents and advisors. The Helpline: 1800 265 165.



HEALTHY LIVING

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Back-to-school stress can be addressed

THE countdown has started for back to school time – and while most parents will welcome the first school bus like a saviour, this time of the year can be particularly stressful.

Fear not; the effects of stress can be reduced with a few simple dietary and lifestyle changes. Often these are enough to help you cope better with the mounting tasks.

The first thing you might

reach for is stimulants – hoping for a quick energy fix. But these actually rob you of energy in the long run and increase stress hormone levels. Limit all caffeine (coffee, tea, coke) and try to avoid other stimulants as phenylalanine, sugars and additives. Green tea has gentle caffeine and its L-Theanine content balance it out, giving you long lasting freshness and focus without the annoying buzz.

Eat at regular intervals –



Limit all caffeine (coffee, tea, coke) and try to avoid other stimulants as phenylalanine, sugars and additives

same time every day if possible, and include protein in every meal (and snack if you need those). The more balanced your blood sugar levels are – the less stress hormones you produce, the more energy you get and the better you will sleep. Don't

skip meals or replace main meals with plain toast or crisps – reach for a protein shake or hummus with vegetable sticks, available ready to eat in your supermarket.

Include potassium and magnesium rich foods, such

as dark green vegetables, sweet potato and raw nuts. Mushrooms have a fantastic adaptogen effect; they help your body cope better.

Cordyceps especially has an energizing and immune supporting effect. You can get it as dried powder – just add to soups or smoothies.

Certain herbal remedies are very useful (unless you are taking any prescription medications) to help you get through stressful periods. Lemon Balm, L-Theanine, Rhodiola, Holy Basil, Ashwagandha, Schisandra are probably the best options – combination supplements are available in health stores.

Essential oils are fantastic quick remedies to lift your spirit, reduce anxiety, keep you alert or help you sleep. I

find citrus and rosemary help to concentrate, while lavender, clary sage and frankincense are calming. If you are interested in learning more about them, psychotherapist Nicola Blake runs regular educational sessions – her

upcoming event will address back to school anxiety. (6pm, 21st of August, Crokers Bar, Murroe)

Don't put your own health on the backseat. Think about it; if you are healthy, you are more able to take care of your loved ones. Take time out for your mental health's sake – even just a couple of minutes, breath deep and quiet your racing mind. Count your blessings, fill your soul with love and gratitude, allow it to crowd out anxieties.

DID YOU KNOW?
Women are more likely to experience more physical signs of stress compared to their male counterparts



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D Hartnett



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POSITIVE PARENTING



Top Tips

For toys to support Language and Learning

It may be tempting to try to ensure your pre-schooler has mastery over their numbers and letters. Small children, however, learn best by playing. Below are some toys that will help your child to learn the skills they need and it will also be great for your relationship with them.

Traditional toys

Such as blocks, dolls, musical instruments, cars/trains, shape-sorters and other low-tech toys get children and parents talking, singing, playing and interacting together. These all help build foundational communication skills.

Sensory toys

Water toys, musical instruments, bubbles, play dough, and sand toys promote the sensory development of touch, sight, sound, taste, smell.

Family games

Board games and conversation-based question games can be enjoyed as a family and get everyone talking.

Creativity

Doctor's sets, tea sets, costumes and other dress-up accessories allow children to use their imaginations and foster creativity. Their language skills expand too.

Motor skills

Building, construction and craft toys or sets help to develop fine motor skills as well as creativity and cognitive skills which are closely linked to language development.

Others

Crayons, colouring pencils, colouring books and writing supplies are loved by all children, but also help build their literacy skills. Puzzles and jigsaws encourage team working and conversation as well as analytical and problem-solving skills. Books always make excellent presents and the love of reading is the one of the best presents you can ever give a child.



There is so much hype around the exam that it can seem like a make or break situation. It really isn't, but for a young person it may be difficult for them to see this

The results are back...now what?

Leaving Cert season has come and gone again, and the results are in. The usual images of jubilation were caught on camera, and proud parents shared the results on social media. There have been great achievements by many young people who have worked extremely hard, and these achievements deserve to be enjoyed and celebrated.

The other side, however, is that many young people were disappointed by the results for a range of reasons—they may have just missed the needed points for the course they really want, they may have not done well at all for a whole host of reasons or they may just feel they don't quite measure up to their peers. So, whether you are celebrating or commiserating in your house,

below are some ideas on how to support your teen as they cope with their results and start to make really big plans about their future.

Keep it in perspective. There is so much hype around the exam that it can seem like a make or break situation. It really isn't, but for a young person it may be difficult to see this. Understand this and recognise the importance of it to them, while supporting them to see that there will be many more opportunities in their lives. Manage your own anxiety. From their very first steps to their final flight from the nest, parents have been willing their child to do well. We want to see them happy and successful, and, when they stumble (as they will all do at some stage), it can be very difficult for parents to cope. Try

not to convey your worry or disappointment to your son or daughter; they will pick up on it and it will only increase their own anxiety.

Teach resilience. As adults, we all know that the times when we struggled or failed were the times that we really learned things about ourselves and how the world works. Many young people don't have the life experience to see this yet, but you can help them to deal with their disappointment in positive ways and find the learning in their experience.

Explore Options. Help your son or daughter to explore a range of options and help them see that they do have time to think and plan. They might find an unexpected path that they really enjoy.

Avoid Comparison. This is really difficult as so many people will be asking and interested, but try to focus only on your son or daughter. Help them to see that others are on different paths and they only have control over their own.

Communicate. We know that many young people are suffering from anxiety, and stressful situations such as the leaving cert and third level offers can be particularly difficult. Even if your son or daughter doesn't want to talk, find ways to let them know that you are there and try to spend time with them.

Don't make the focus of everything on the exams—watch a movie; bake some bread; go for a walk. Find other thing to talk about.



FIT4LIFE

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Staying on track at the weekend

LET'S face it – we all have great intentions Monday to Friday (lunchtime) but then somehow it all goes out the car window on that commute home from work. So how do we keep our mojo through the weekend so that we don't undo all the good and ruin all the progress we've made?

Here are a few of my top tips to making sure you stay on track at the weekend.

1: ALLOW A CHEAT MEAL/TREAT MEAL

Plan your treat, and have whatever it is you fancy but have it in just one sitting or one meal. For many, treats drag on and become treat days. It's that mentality that "Oh I've ruined today now I might as well keep eating bad...." Don't allow that to happen. Enjoy your one treat guilt free.

If you've been working hard all week you've earned it. And more often than not if you have exactly what you are craving you will be totally satisfied and ready to revert back to your usual ways.

2: MAKE A HEALTHIER ALTERNATIVE

Already had your treat meal and now you fancy "something nice"? Make a healthier alternative so you are skipping all those additives and preservatives. There are some ideas on my website – Leanne.ie – take a look.

3: MAKE SENSIBLE CHOICES



Cheat meal, not a cheat day: Leanne suggests having whatever you fancy for just one sitting or one meal

We all have family functions, dates with friends, days out with the kids and on these occasions making sensible choices will mean you can stay on track. Coffee with the girls? Choose an Americano. Lunch with the family? Choose meat and a salad or veg. Ice-cream with the kids? Choose frozen yoghurt or make it your treat meal. Yes - willpower is needed at the

weekend. But if you had it all week, there's no reason it has to leave your side now.

4: DON'T DENY YOURSELF

The biggest mistake people make when adopting a healthier lifestyle is thinking "Oh I can't eat that...." Stop! You can still do everything you want to do. Make the people

around you aware that you are working towards a goal. Make the people around you aware of your likes and dislikes. Your friends, family, loved ones will 100% be on board to support you.

5: TREAT YOURSELF IN DIFFERENT WAYS

At the weekend we tend to centre things around meals out and

sweet treats. In a sitting you'd spend what €15? €20? Opt to treat yourself to something you can actually reap the benefits from. Instead of that BLT with chips and large coke, go for that new lipstick. Buy that new computer game, pick up that top you spotted or buy that pricey fitness mag!

6: THE GYM IS NOT JUST FOR WEEKDAYS

If you are at a loose end, remember the gym is not just a weekday phenomenon. Pop down, even if you don't whole heartedly want to, because I guarantee once you are done there will be no regrets.

7: GET OUTDOORS

Staying cooped up on the house at the weekends can be similar to those evenings on the couch. Boredom sets in and suddenly the fridge and kitchen presses seem very appealing! Plan your days off. Get out and about.

8: PLAN AHEAD

Planning is important. Bring snacks so you are never caught out. I always have raw nuts, fresh fruit and a protein shake with me. That way I'm never caught short.

I hope these little tips help. Remember life doesn't become less exciting because you choose to take a healthier route. But like all things – old habits are hard to kick. But once you've mastered it – you won't regret the changes you've made.

Healthy Recipe

Salted Carmel Slice

I'D been craving something like this recently and I found this amazing recipe online. Take a look! It's from the site: bakeplaysmile.com

What You Need

(BASE)

- 3/4 cup (120g) almonds
- 1/3 cup (25g) desiccated coconut
- 8 pitted dates
- 1/4 cup (60g) melted coconut oil

(CARMEL)

- 1 1/2 cups (260g) pitted dates
- 1/2 cup (125g) coconut milk
- 1/2 cup (120g) melted coconut oil
- 1/2 tsp sea salt

(TOPPING)

- 1/3 cup (35g) cacao powder
- 1/4 cup (60g) melted coconut oil
- 1/2 cup (180g) rice malt syrup
- sea salt, for sprinkling



What To Do

1. Grease and line a 20cm X 20cm baking tray with baking paper and set aside.

2. To make the base, place the almonds, desiccated coconut, dates and coconut oil into the Thermomix bowl and mix on Speed 8, 20 seconds, or until the mixture is fine and crumbly (scrape down the sides of the bowl partway through).

3. Press the mixture firmly into the

prepared tin and place into the freezer.

4. To make the salted caramel filling, place the dates, coconut milk, coconut oil and sea salt into the Thermomix bowl and mix on Speed 8, 1 minute, or until smooth and creamy (scrape down the sides of the bowl partway through).

5. Pour the salted caramel filling over the base and place back into the freezer to set.

6. To make the chocolate topping, place the cacao powder, coconut oil and rice malt syrup into the Thermomix bowl and mix on 50 degrees, Speed 2, 2 minutes or until melted.

7. Pour the chocolate topping over the slice and place back into the freezer to set.

8. Once firm, cut into slices and serve. Keep any remaining slices in an airtight container in the freezer (as the caramel will become too soft if left out).

Moore2Life

What I'm loving this week

Limerick Abu!

What a day it was on Sunday! As many made the journey from Limerick to Croke Park in Dublin, I was driving down the M7 towards Limerick to spend the day enjoying the atmosphere with my family in the heart of the city. We watched the game in Jerry Flannery's on Catherine Street and the feeling was electric. What an amazing team we have, they did the whole county and beyond very very proud.





STYLE & FASHION

CELIA HOLMAN LEE

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How to dress for a black-tie wedding

WHETHER it's a black-tie wedding or that special occasion, this week for our fashion pages we took a trip to some local boutiques and to Castleisland in Kerry to sample some of their delights.

We were spoiled for choice in Hannons Fashion House in The Kingdom, Bán Bridal in the heart of Limerick city in Arthur's Quay, and Lady Penelope in the picturesque village of Adare.

Black-tie weddings are difficult to dress for. Personally, I love to wear a long dress when himself is in black tie. As you can see from the shoot you can go slinky and sexy in your style of dress which you can wear again and again, or you can go for the full ball gown which looks classic and timeless. The great thing about a long dress is there is always an occasion

or a family friend looking to borrow it, so it's worth spending that little bit extra.

Now I must say bridal dresses have changed from my day. Brides have such a variety to choose from. The trend now seems to be very minimalistic which I love as it doesn't make a big fashion statement. Bán Bridal have some beautiful pieces which are very unique for your special day. I saw some great silks, again showing versatility. I've seen brides getting so much wearability from their dresses. At Galway Races this year a lady wore the top of her wedding dress - she wore a two-piece on her special day - with a pair of palazzo trousers. It looked incredible and Bán Bridal offers this individuality.

You can shorten, add sleeves, anything you wish if you go to the likes of the Zipyard in Thomas street Limerick - they are full of marvelous ideas. So happy shopping.



For the week that's in it with the Rose of Tralee taking place this dress would have been gorgeous on one of the contestants



I always think it's worth spending a little extra - this gown looks a million dollars!



Here's a stunning evening gown which would also be beautiful as a bridal gown



This deep blue halterneck, fishtail dress would be stunning for a debs



How amazing is this red gown, it would look right at home on the Oscar red carpet

CELIA SPOTTED

Looking good out
and about in Limerick

Name: Maria Gavin
Occupation: Primary school principal
From: Ennis Road

In recent times I have loved Caroline Flack's outfits on Love Island and I've always been a big fan of Kate Moss' style over the years. Shopping-wise in Limerick, I like to shop in Penneys and Brown Thomas. They always have great clothes in there and I'd pop into Bán Bridal in Arthurs Quay and browse through what they have in there.

CELIA SAYS

Coat from Brown Thomas: The trench coat is a timeless fashion item that all ladies should have in their wardrobe. As practical as it is stylish, it is great for this time of year when you just need that extra layer without going for a full heavy coat.

Top from Penneys:

A simple white T-shirt is such a versatile item of clothing. Dressed up or dressed down it always look great, especially with a golden tan like Maria has. Add a statement piece of jewellery if you want to jazz it up that little bit more.

Jeans from Brown Thomas:

These stonewash skinnies from Brown Thomas just scream summer sunshine and sand. They go particularly well with Maria's T-shirt - for that gorgeous California dreaming look.

Shoes from Debenhams:

I love a pair of wedge shoes, especially with jeans. They are not too dressy but still add a few inches to elongate the leg and silhouette.



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**Look out for Celia's 'My Week' column
in the Limerick Leader every Thursday**



MANABOUTTOWN

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The dating mistakes we make: Part 2



Why won't women text first? There should be no reason for either gender not to make the first move according to Patrick in this age of equality

DATING is hard. We all wish it weren't and that, instead, open and honest communication were a lot easier to come by. There's a lot of conflicting advice out there, with one person telling you to play the game or play hard to get and

another telling you to just be honest and keep it real. It's only natural that people are prone to make mistakes and, with that in mind, last week I listed some of the common dating mistakes that guys make based on conversations with my podcasting partner Anna, with women in my life and from

researching articles on the subject.

This week, I'm going to look at some of the common dating mistakes that women make, according to guys. I want to state once again for the record that I am not generalising and that this is

based on conversations with guys and online research and not solely on my own opinion (so please don't hate me for it). Your feedback is always welcome though, so please feel free to let me know if you agree or disagree.

WOMEN

NEVER TEXTING FIRST

This actually came up on the first episode of the podcast and I think a lot of women would tell you that they refuse to text or call first because if the guy is interested then he should make the first move. Fair enough... but sometimes you have to make the first move because you might be dealing with a shy guy or you might give them the impression that you're simply not interested, so he'll avoid the embarrassment of rejection and do nothing. While I totally acknowledge that not every woman is like this, it's a common complaint from guys. There should be no reason for either gender not to make the first move other than being 'old fashioned'.

NEVER PLANNING A DATE

I'm actually going to speak for myself on this one, because I'm USELESS at planning stuff. Guys really like it when a girl takes some control and, for me at least, this is especially true when it comes to planning dates and activities. From reading a Reddit post on this subject, one of the biggest bugbears for guys when planning a date is when the other person always says "I don't mind". Instead of being polite/indecisive/indifferent when he asks what you'd like to do, suggest something. It'll keep him on his toes if nothing else.

ACTING LIKE YOU DON'T CARE

Ahhh playing hard to get. It works both ways for guys and girls, in that if you overdo it, it will backfire. If you act disinterested too much then he's eventually going to get fed up and turned off. Now, I'll admit that it will probably work for a while, but if you actually like the guy then you need to end the game at some point and let him know that.

GETTING TOO ATTACHED

This article kind of sums up all the conflicting advice and mixed messages that are out there when it comes to dating, because after saying that you shouldn't play hard

to get too much, I'm now also advising that you don't come on TOO strong. Judging from what some guys have to say on this, I think the key is not to think or act in ways that suggest you're further along in the relationship than would seem reasonable. If you start talking about meeting parents or planning your wedding on date number two, there's a good chance you'll scare him off. It's good to be open and honest about your feelings, but if you do feel that way very early, then maybe hold onto it until you've had 'the talk' and have both decided to give it a go together.

FLIRTING WITH OTHER GUYS

Trying to make your man jealous by showing him all the other guys that you can flirt with or get with is extremely narcissistic and sometimes dangerous. Playing two guys against each other in the hope that it will result in over-the-top romantic gestures by one or both of them is just plain childish and is much more likely to result in fights and drama instead.

ACTING ENTITLED

There's absolutely nothing wrong with having high standards and expecting to be treated respectfully, but there's a big difference between that and acting like a princess. Chances are you are an amazing person and any guy should treat you with love and respect, but just remember there are two people in a relationship, so don't act in ways that display a superiority complex.

USING SEX FOR MANIPULATION

As we've said, two people should only ever have sex when both parties are consenting and feel comfortable with it. Now, this is a very risky one for me to write about from the point of view that I don't want to generalise or cast aspersions unfairly, but this has proven to be a common complaint in the research that I've done. Sometimes guys feel that women use sex to get their way or to get what they want.

All I can say is that ideally there shouldn't be any weird conditions, like refusing sex unless a guy does A, B or C, or strategically withholding sex in an attempt to make a guy commit. Guys will see through that, even if it takes a while.

Look of the Week Beauty Blog Awards

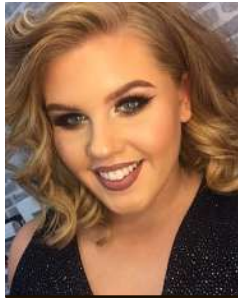
I'm delighted to announce that I've been nominated in the 'Best Male Influencer' category for the 2018 Beauty Blog Awards. The Beauty Blog Awards were set up five years ago to honour the best of the blogging scene in Ireland. In recent years blogging has changed and evolved into a much more dynamic industry with microblogs, Vloggers, Influencers and social media stars all coming to the fore and I'm proud to be nominated in my category though I'm up against some pretty tough competition. The voting is all done online so if you've enjoyed my articles or my blogs or my social media content over the last 12 months then please head over to www.beautyblogawards.com and vote for me in the 'Best Male Influencer' category. Thank you in advance.



Watch This Space Bondi Sands everyday gradual tanning foam

The good folks at Bondi Sands have introduced an everyday gradual tanning foam for guys. Featuring a fresh masculine scent, this ultra lightweight non-greasy foam is easy to apply, fuss-free and produces a natural looking, long lasting tan. Everyday Gradual Tanning Foam for Men is an all rounder body product, containing hydrating aloe vera and vitamin E to keep your skin moisturised for 24 hours. Bondi Sands is available from pharmacies nationwide for just €18.29.





BEAUTY & MAKE-UP

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Hard working beauty products for lazy people

THERE'S a reason why laziness is so hard to get over — it's great! It's so much nicer to lay in a comfy bed than get up and do work. But, you can't spend your life in bed and we all could use some life-changing products for lazy people to help us get up and move.

The list is full of products to organise your life and save time on some of the tasks you hate. That way, you can become the "gets s**t done" girl instead of the "I'll do it later" lady.

When you make a habit of things like getting out of bed (for starters), keeping your surroundings tidy, and making a home cooked meal you'll feel really accomplished. It may not be as fun as wearing pajamas all day for a Netflix binge, but you'll feel better having your

s**t together. And you can still have a solid Netflix session every once in a while.

Having a stable beauty regime is the same. I don't want products that will gaze at me dolefully from the shelf, intoning "You'd look fine by now if you had used me yesterday, or maybe since January". No. I want products that will enable the worst sides of my indulgent nature, by eradicating the consequences of my poor choices. Luckily for us all, I've found a few of them. It would be a shame to give up all laziness completely. Am I right?



NUXE Precious Scented Shower Oil

THAT INSTANTANEOUS GLOW – GLAMGLOW GLOW STARTER

I vastly prefer a liquid highlighter to a powder, partially because I can just mix a splodge into my moisturiser and catapult it at every surface of my face. This is a moisturiser that has a built-in glow, but you can apply it over the high

points of your face (under make-up but on top of your favourite moisturiser) as well if you want. It is sumptuous, and can also be mixed with make-up for a light, sheeny and flattering base that also, incidentally, makes you feel instantly fancier.

THAT INSTANT PICK-ME-UP



Beauty doesn't have to be such hard work

– REN FLASH RINSE 1 MINUTE FACIAL

This quick mask is just the thing when you find that you're resembling a crusty bread roll.

It literally takes one minute and it's the best minute of your life! It will render skin that simply will not allow make-up to sit calmly on top of it, relieve that grey newspaper complexion and just generally wake up a

dormant face. Facial dormancy is a real thing – many of us wake up several hours before our faces do - fun fact!

THAT IN SHOWER BODY GLOW – NUXE PRECIOUS SCENTED SHOWER OIL

So you can now cleanse your skin, resulting in a soft, supple, moisturised body, smell like a sweet almond and end up with a Kardashian body glow with just one



REN Flash Rinse 1 Minute Facial



Instantaneous Glow – Glamglow Glow Starter

product? You heard it here first ladies and gents - this is wizardry at its finest. I religiously use this product when I'm in the shower getting ready for a night out because it means minimal effort maximum result!

My Make-Up Bag

Emma Farrell

Emma is 23 from Janesboro and loves going to the gym. Her Instagram hugely reflects this.

When I've lost motivation some days, I don't flick through fitness pages, I go to Emma's insta because she is real and that is motivation in itself! "One thing that has showed me is that when you strip back the make-up and tan, and throw on your gym clothes everybody sweats and is human.

"Make-up is an amazing art and I completely appreciate it, but as of recently I have realised that I can look in the mirror and like myself with my pale face and red cheeks and my family and friends don't treat me any differently."

- Emma knows how to keep it real!



Do you have a make-up role model?

If I'm honest I don't ever pay too much attention to people's make-up whether it be online or in real life so I'm going to have to say no but I can appreciate people who are good at it because I see it more as a skill and art form over a thing that enhances people's looks.

What is your favourite skincare product?

I'm obsessed with coconut oil, I know it's not made purely for skin care because I was introduced to it for cooking food but when I read about people using it for an array of things including a moisturiser I tested it and although it's greasy as hell it really is a godsend!

When buying make-up are you guided by brand name/ appearance or cost/quality?

I buy anything that

promotes itself as helpful to oily skin! Appearance means nothing to me, something can look awful on the shelf (like ugly colours and shapes and have a "cheap" name behind it and then you take it home and use it and it ends up being the one thing that you use most often.

Do you wear make-up everyday?

Not at all. I used to when I felt really anxious and thought people would be looking at me all the time especially when I was in town or the Crescent and then one day I went without it and realised the world doesn't revolve around me. Nobody cares what you look like. If people talk about you because you have no make-up on then they really need to re-evaluate what they think about day to day.

What three products could you not live without?

Shampoo, shower gel, deodorant. No brand names, no type - just your general basics. They keep me feeling clean and fresh and that alone gives me confidence going about my day.

Do you have any make-up disasters?

I have no idea how to do winged eyeliner and I'm so stubborn that I will never let anybody teach me, ha-ha! I need to learn because a lot of time my eyes look non-existent and I end up just taking it all off altogether.

What is one thing you must do before you leave the house?

Wash myself, otherwise I am going nowhere!

Does wearing make-up make you feel good about yourself?

100%! and I hate that it does but I guess that's just today's society - sickened.

Lust corner

Must. Have. Now.



Jamie Genevieve
MAC Matchmakers
Lipstick- €20

I know you've seen this beautiful face before. If you are one the few that hasn't, this is Jamie Genevieve. One of the top beauty influencers on the planet. The Glasgow goddess has teamed up with MAC cosmetics and designed her very own lippie - it is divine. It's the perfect caramel nude to suit everyone. The satin finish leaves your lips kissable and plump looking and not chalky and flaky.



I ♥ LIMERICK

RICHARD LYNCH

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Miss Limerick pedals for the 10th annual Cliona's Foundation Cycle

THE 10th Annual Cliona's Foundation Cycle will take place this year on Saturday, August 25 from Bruff Rugby Club, just 25km from Limerick city. Cliona's Foundation provides financial assistance to children with life limiting conditions.

Founded in 2007 by Brendan and Terry Ring, in memory of their daughter Cliona who died of an inoperable brain tumour, Cliona's Foundation has raised in excess of €1.5m, already helping more than 500 families. Cliona's Foundation receives no financial state support and relies on the generosity of the public to ensure its continuity.

This year Cliona's Foundation is one of the beneficiaries of Limerick's Live 95fm 95 Stop Tour together with CARI and the Children's Ark in UHL including the Neonatal Unit. The proceeds from this year's cycle will go the 95 Stop Tour helping Limerick Kids so a special call is being made to make a special effort to take part in a very special day, remembering and

helping some very special children.

Miss Limerick Beibhinn Haren was delighted to promote the fundraiser and plans to cycle in the event with her parents. "I really admire the work of Cliona's Foundation and the much needed support they provide to families. I personally know two families that they helped out a number of years ago and I cannot stress enough the difference it made to both families as they struggled to care for their very sick children.

Not only did it help pay for some of the very many additional costs, it also gave them a huge lift psychologically and emotionally during what was a very dark time for them," Beibhinn told me.

The cycle is a fantastic family day out with something for all ages and all levels of fitness and ability. The event caters for cyclists of all levels of ability and on finishing the cycle participants can look forward to plenty of food from the famous BBQ, while the kids will be kept entertained with the bouncy castle and more.

To take part in this year's



At the launch of Cliona's Foundation Cycle were Aedin O'Tiarnaigh, Limerick's Live 95fm, Ms. Limerick 2018 Beibhinn Haren, Brendan Ring, co-founder Cliona's Foundation, Finbar Brougham from Ennis Road with Conor Flanagan and Ella Barry from Ashbrook

cycle you can register online for the 90km and 40km by logging onto www.eventmaster.ie or on

the day with registration starting at 8.30am for all routes. Registration fee is €20 for Adult Cycling Ireland

members, €25 for non-members, €5 for children and a very special family rate of €30. For

further information please contact Phil 086 - 2349121 or visit See Clionasfoundation.ie

Expressive Arts Theatre School 30th birthday

EXPRESSIVE Arts Theatre School is celebrating 30 years in Limerick.

The school is designed to overcome shyness and promote self-esteem in a safe and caring environment.

Established 30 years ago by its directors, Pearl Kiely and May O'Halloran, Expressive Arts enjoys a well-earned reputation for excellence and achievement in the MidWest. These directors bring with them years of experience, both as well-known performers and teachers, and under their guidance, this Theatre School has proven to be one

of the foremost of its kind in the region.

The Expressive Arts programme is designed to educate and coach children from the age of 5 years up to 18 year-olds in the skills of Drama, Singing, and Dance. "Expressive Arts was such a huge part of my childhood. Going to class is what I looked forward to most in the week. I loved the excitement of the classes, but what I cherish most is the confidence I gained while I was there. This, I have been able to carry with me through life, and for which I wish to thank the team in

Expressive Arts," Sarah Allen, a past pupil of the school tells me.

Many past students, who took their first tentative steps on stage, and are now leading lights on the professional stage, in the media and in the music industry. Another measure of the success of this school is the number of second-generation children, who now attend the classes.

Enrolment for this year takes place on September 14 and September 15. See www.expressiveartslimerick.com.



Expressive Arts Theatre School is celebrating 30 years in Limerick

THINGS I ♥ THIS WEEK

VIRTUOSO 'BEST OF THE BEST AWARDS

Manor wins Hotel of the Year

The 5-star Adare Manor is delighted to confirm that the resort has been declared as the Global Winner of 'Hotel of the Year 2018' in the highly competitive Virtuoso 'Best of the Best Awards 2018'. The Awards ceremony took place in Las Vegas and these highly competitive Awards include distinct categories, and the final and most prestigious award on the night of 'Hotel of the Year 2018' was presented to Adare Manor. Four other worldwide properties nominated in the category, included properties from Mauritius, Morocco, France and the U.K.

Adare Manor's CEO, Colm Hannon said: "The international competition within the luxury 'Hotel of the Year' category was outstanding this year and it is with great pride that we bring this worldwide award back to Ireland and Limerick. We are delighted to receive this worldwide recognition, as it is a testament to the wonderful resort we have here today and its special surroundings, which were meticulously restored and enhanced with newly



Pictured in Las Vegas to accept the award on behalf of the proud team at Adare Manor were Paul Heery, General Manager and Anita Higgins, Director of Business Development

designed features, following significant investment from its owners. We could not have achieved this extremely special award without the passion and absolute commitment to perfection that each person on our team demonstrates in the way that they welcome and take care of our guests every day." Adare Manor reopened last November after an

extensive restoration, refurbishment and expansion programme over 21 months. The resort has been meticulously restored to its former splendour, and with the addition of the very best of the newly designed features, ensures that Adare Manor can be experienced and enjoyed now for generations to come. Congrats to all!

Chamber CEO commences post

THE new Limerick Chamber CEO Dee Ryan took up her position determined that the region's leading business representative body will continue to play a key role in ensuring the economic resurgence is maintained across city and county.

An honours degree graduate in Business Studies from UL and a holder of a Post Graduate Diploma in Digital Marketing from the Digital Marketing Institute, Ms. Ryan brings a wealth of experience to the role. This includes as the founder and CEO of an award-winning Limerick based SME, SPARK Marketing, and also as Executive Director of Limerick based international aid agency Bóthar.

Dee told me: "Limerick's success on the field this year has been down to the implementation of a plan and everyone buying into



Limerick Chamber CEO Dee Ryan commences her post determined to help shape the continued progress of the region PICTURE: OISIN MCHUGH/TRUE MEDIA

it. From my perspective, I'm determined that we continue to play that pivotal role; having our own plan, helping to form the narrative and pushing for changes needed to make sure our members have the best possible operating environment so that they and the region can thrive. We will

continue to keep the foot on lobbying for key infrastructure, doing what we can to ensure the delivery as quickly as possible of projects like the M20 and Northern Distributor Road, which are critical to the ongoing development of Limerick and the region." Congrats Dee!



Attending the Castleconnell Train Station celebrations launch were Noreen Clohessy, District Manager, Irish Rail, Leslie Hartigan, Megan and Margaret Freaney and Philip Conway, Station Manager, Irish Rail PICTURE: LIAM BURKE/PRESS 22

Rail station celebrates 160 years

THE Railway between Kilonan Junction and Castleconnell was opened on August 28, 1858. To mark this historic event, Iarnród Éireann in conjunction the Castleconnell Tidy Towns and Love Castleconnell will be hosting a family fun evening at Castleconnell station on Tuesday, August 28. A special train will take a trip between Castleconnell and Birdhill, there will be entertainment for all the family and local railway historian, Joe Coleman will give details of the

railway's rich history in east Limerick. The train will leave Colbert Station at 17:00hrs. It will call at Castleconnell and depart there for Birdhill at 17:30hrs and will return to Castleconnell for speeches and refreshments and it will depart again for Colbert station at 19:55hrs. Join them for a historical, celebratory family evening of music and entertainment in the beautiful village of Castleconnell. All are welcome at what promises to be a really special event.

HERO OF THE WEEK

Aaron Tier



Limerick's soccer star Aaron Tier PICTURE: LIAM BURKE/PRESS 22

CONGRATS to Limerick soccer star Aaron Tier who was honoured with a Mayoral Reception.

Aaron was a member of the Republic of Ireland Cerebral Palsy soccer team, which won a bronze medal at the International Federation of Cerebral Palsy Football (IFCPF) European Championships.

In the game competing with Holland on August 5, the Star Rovers man scored the all-important second goal

against Holland to secure a third-place finish in the tournament. Aaron currently plays club football for his local team, Star Rovers. Capped more than 15 times for his country, he plays centre forward for Ireland and has scored six goals to date. He has previously represented Ireland at the International Federation of Cerebral Palsy Football (IFCPF) pre-Paralympic tournament in Salou, Spain. Congrats Aaron!



*Love to all,
Richard x*



MEGHANN MIX

MEGHANN SCULLY

CONTACT MEGHANN

Facebook: @meghannscully Email: meghann.scully@spinsouthwest.com



Pick'n'Mix

Happenings about town



Ariana Grande drops new album

Ariana Grande has released her fourth studio album Sweetener which contains her chart song No Tears Left To Cry and God Is A Woman.



One to watch for at the cinema

Idris Elba is back with an action-packed movie, Yardie. This time he is the Director's seat. In it, a young man gets caught up with London gangster. It's in cinemas at the end of this month.



Festival fun

Electric Picnic is fast approaching. It's Ireland's largest music festival taking place in Stradbally Co.Laois and see's some massive acts like Kendrick Lamar, everyone's favourite George Ezra and Due Lipa. It's taking place from August 31st for the weekend.

Pivotal points to take from the All-Ireland Final

WHAT a win that we witnessed on Sunday. Limerick were by far the most deserving team winners. The final nine minutes of the All Ireland final were what hurling is all about. Galway came on strong and it seemed they were ready to ruin Limerick's day, but luck, determination and a hunger to end the famine was with the men in green.

There were moments from the weekend that make it all so special and one we will all be talking about for years.

UP FOR THE MATCH

RTE's Up For The Match is a firm favourite the night before the All-Ireland Final and has become a ritual for so many GAA fans. The show, presented by Grainne Seoige and Des Cahill captures the heart of the finalists community and spirit, the sense of what Liam MacCarthy can bring to a county and why hurling is the greatest sport in the world.

CORPUS CHRISTI

The students of Corpus Christi in Moyross stole the hearts of the nation as they sang the late Dolores O'Riordan's hit song Dreams. These youngsters ignited passion and gave us goosebumps.

SINEAD O'BRIEN

Before kick off in Croke Park, Sinead, who is also known for her blog Sinead's Curvy Style took to the pitch and also performed a



Corpus Christi National School Choir gave a wonderful performance on RTE's Up For The Match

Cranberries hit. Hearing her voice across the stadium in front of 80,000 plus fans was nothing short of incredible. It really lifted the sense of desire and hope among Limerick fans.

FULL-TIME

It was a thrilling game of hurling for the Treaty lads. They were explosive, hungry and on fire. They

got the all important goals to give them a healthy lead up to the dying minutes of the game. Galway fought back in the extra long overtime but it was too late for them. The cheers, tears and emotion that swept across the Hogan all the way to the Cusack and across Hill 16 was something to behold. Every person in there, including Galway fans could feel what it meant to Limerick to win the

Liam McCarthy after 45 years.

I was sitting among Galway fans and at the end of the game as we made our way back to our cars, many Limerick fans commented on the good nature of the Tribesmen fans.

Everyone, in a sense, felt happy for Limerick. Galway had there big win last year and a very long wait and know that winning feeling.

Rose of Tralee

I'VE spent a few days in the Kingdom for the Rose of Tralee.

The town came to life as a number of ladies from all over the world battled it out to be crowned the Rose of Tralee.

I did my radio show live from the Tralee studio on Monday and the town was as electric as ever. Stalls lined the streets selling food and

accessories. Roses and escorts were kept busy running errands preparing for the live shows on stage.

It's a great event and with worldwide recognition and it is always great to see so many people fly home and visit Ireland after being months and years away. It's 59 years in existence so next year is sure to be extra special.



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ST. MARY'S R.F.C.

Lotto Draw held Monday 20th August 2018
Winning Numbers: 9-20-21-25
No winner

4 Winners €40 each: Joan and Lisa Ryan c/o M Ryan, Dermot Cosgrave c/o C Cosgrave, Ger Ryan c/o C Cosgrave, Paudie Ryan c/o Portleys
Next weeks Jackpot €2800

Draw will take place in Kinsellas Bar

GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 20/08/18

This Week's Jackpot: €3,300
No's: 1-24-27-28

Lucky Dips: Stephen Kelly c/o Dave Connolly, Pat Costelloe c/o Dave Connolly, Cookie Keane c/o Dave Connolly

Promoters Prize Billy Gough and Dave Connolly
Next Week's Draw held 27/08/2018

Next Week's Jackpot: €3,400

FAIRVIEW RANGERS LOTTO RESULTS 20TH AUGUST 2018 NUMBERS DRAWN 11-21-24-28 NO WINNER

Lucky Dips;
Ann young c/o P Keegan,
Mary Kennedy c/o Sean Lipper, Andrew Keogh c/o Niall Lee, Kay Greaney c/o Andy, Ger O'Connor , Lynwood Park

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PUBLIC NOTICES

AN CHUIRT DUICHE
(THE DISTRICT COURT)
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DISTRICT NUMBER 13

IN THE MATTER OF THE PUBLIC DANCE HALLS ACT, 1935 SECTION 2
AND IN THE MATTER OF THE INTOXICATING LIQUOR ACTS, 1833-2008
NOTICE OF APPLICATION FOR PUBLIC DANCE LICENCE

AVERYMONT LIMITED - Applicant

TAKE NOTICE that Averymont Limited having its registered office at 70-71 O'Connell Street, Limerick intends to apply to the Annual Licensing Court to be held at Limerick District Court, Mulgrave Street, Limerick on Thursday 27th day of September 2018 at 10.30 a.m. for the grant of a Licence to use a particular premises to wit The South Court Hotel, situate at Raheen, in the County of Limerick in Court Area and District aforesaid for public dancing.

Dated this 17th August 2018

Signed:

SWEENEY McGANN
Solicitors for the Applicant
67 O'Connell Street
Limerick.

TO WHOM IT MAY CONCERN

IN MEMORIAM



† **FITZGERALD**
(10th Anniversary)
In loving memory of a very dear father Michael Fitzgerald, late of 2 Ballygrennan Road, Ballynanty Beg, who left us brokenhearted on 25th August 2008. Mass offered on Saturday August 25th at 7.30pm in Corpus Christi Church.

If I could have one moment with my Dad again
I'm not sure I could take it or withstand the pain
You see a moment is not long enough
And I don't think I would survive losing my Dad a second time
If he didn't stay alive
My heart it whimpers badly at the thought that he is gone
But that is where I got my strength, from my Dad, to live on
I know that there will come a day when life is done for me
That I will return to the place where my dad will be
From your heartbroken daughter and son in law Jennifer and Alan.

I really miss you Granda and I wish that you were here to hug me
With loving arms and lend a kindly ear
Life goes on as always but things seem out of place
That I can't call on you or see your smiling face
From your loving grandkids Shane Kerley, Dylan, Callum, Brooklyn, Jayden and Sophia

Memories keep us closer
We are never far apart
You are always on my mind
Forever in my heart
I think of you in silence
I talk about you too
I have the very best memories
I wish I still had you
It broke my heart to loose you
But you did not go alone
For a part of me went with you
The day God called you home
Forget you Dad, I never will
For in my heart I love you still
For every thought there is a tear
For a Dad I lost and loved so dear
Time may pass and fade away
But silent thoughts and memories stay
No longer in our lives to share
But in my heart you are always there
Sadly missed by your heartbroken daughter Tina and son in law Jason, love and miss you Dad xxx

Granda
Forget you Granda we never will
For in our hearts we love you still
For every thought there is a tear
For a Granda we lost and loved so dear
Sadly missed by your grandchildren Dervela, Sorcha, Jason, Ava, Meaghan and Arya

THANKSGIVINGS

GRATEFUL THANKS to The Sacred Heart and Our Blessed Lady for all favours received and also thanks to St. Padre Pio. M.J.M; A.A.A.S.

IN MEMORIAM

Until we meet again Dad
Those special memories bring a smile
If only we could have you back for just a little while
Then we could sit and talk again
Just like we used to do
You always meant so much to us
The fact that no longer here
Will always cause us pain
But your forever in our hearts
Until we meet again
Sadly missed your son Tommy Pat (Whacker) also remembering Marie, Junior, John Lee Brendan.

DAD
You'll never be forgotten
That simply cannot be
As long as I am living
I'll carry you with me
Safety tucked within my heart
Your light will always shine
No matter what the future brings
Or what lie's ahead
I know that you will walk with me
Along the path tread
So rest my angel be at peace
And let your soul fly free
One day I'll join your glorious flight to all eternity
Love and miss you dad so much, your daughter Mary, grandkids and great grandkids xx

Life is a precious gift
Of hope, strength and grace
From someone who has made our world
S bright and better place
Rest in peace Mikey
Sadly missed by your wife Eileen xxx

There is an open gateway
To which we all will go,
Leading to a radiant light
Where flowers bloom and grow.
You have gone through this gateway
To happiness and rest
To live in God's protective arms
And be forever blessed.
From your daughter Audrey, Sam, Anthony, Brandon and Jessica, from Stefan and Tori, Paul, Becca and Summer

AFTER GLOW

I'd Like The Memory Of Me To Be A Happy One.

I'd Like To Leave An After Glow Of Smiles When Life Is Done.

I'd Like To Leave An Echo Whispering Softly Down The Ways.

Of Happy Times And Laughing Times And Bright And Sunny Days.

I'd Like The Tears Of Those Who Grieve, To Dry Before The Sun

Of Happy Memories That I Leave When Life Is Done.

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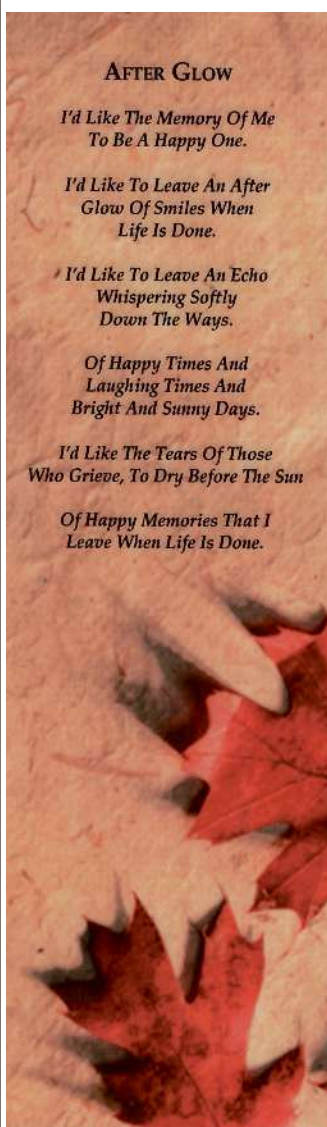
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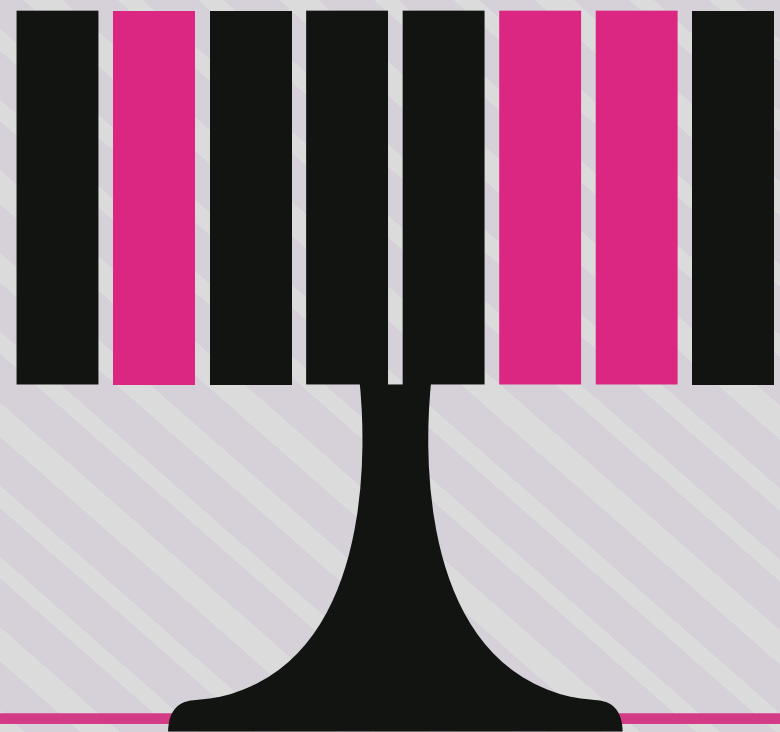
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Kia Niro: Korean manufacturer is on to a winner with its new eco-friendly, plug-in hybrid

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PLUG-In-Hybrids share the characteristics of both a conventional hybrid electric vehicle and an all-electric vehicle and Kia's Niro PHEV switches between petrol and electric power, or can use a combination of both.

Kia claims it returns 1.3 L/100kms and has just 29g/km Co2 (€170 annual road tax).

At the higher end of the hybrid spectrum as it's a plug-in hybrid, this Niro PHEV is more expensive than a standard hybrid. But it gives buyers a good alternative to other compact crossovers powered by traditional petrol or diesel internal combustion engines. You just have to remember to regularly charge the battery for optimum savings.

The five-door car's styling was led by Kia's design centres in California and in Korea who have given it a sleek, aerodynamic body with subtly sculptured surfaces. Customers can choose from four exterior colours.

The start price of €35,995 includes a €2,500 VRT reduction with a further €5,000 reduction is available as the car also qualifies for the SEAI grant for 'green' vehicles. For the money, you get a quality of trim and level of specification as standard that is substantially higher than most cars in its range. That one trim includes leather upholstery with heated front seats and steering wheel, dual air con, a reversing camera, Bluetooth, Sat Nav with Tom Tom services and Apple Car Play and Android Auto compatibility as well as 16-inch alloy wheels. My test car had silver roof rails, chrome detailing above side windows and on door handles as well as privacy glass.

With a top 5-star safety rating from Euro NCAP, Niro comes fitted as standard with seven airbags including a driver's knee one and ISOFIX child-seat anchors in the



The Kia Niro Plug-In Hybrid can travel on electric power alone for up to 58kms

UNDER THE HOOD

Model as tested: Kia Niro Plug-In Hybrid

Engine: 1.6-litre 141hp petrol/electric motor/battery

0-100km/h: 10.8 seconds

Claimed Economy: 13 L/100km

CO2 emissions: 29g/km (€170 annual road tax)

Price: €35,995

second row of seats. Other safety features include smart cruise control, autonomous emergency braking, lane keep assist and driver

attention warning.

Power in this front-wheel-drive car is from a 1.6 4-cylinder petrol engine (105hp and 147 Nm torque) paired with an 8.9 kWh high-capacity lithium-polymer battery pack. The more powerful electric motor offers nearly 40pc more power, up from 32 kW, compared to the hybrid model. The total power and torque output is 141hp and 265 Nm allowing the car go from 0-100km/h in 10.8 seconds. The automatic gearbox is matched to a smooth 6-speed dual-clutch (automatic) transmission.

You could drive on electric

power alone for 58 kms with zero emissions, so this car is very suitable if you do a reasonable proportion of city driving in your daily commute.

For longer trips, the petrol engine will get you to your destination, whatever the distance, which means no range anxiety and you can also use the navigation system to search for your nearest charging or petrol station along your route. When the charging cable is connected, the time left to a full charge is displayed for you to see.

Some of the driving assist

technologies enhance battery efficiency and improve the car's range, both when in EV mode or when the petrol engine is being used. The battery is located below the 324 litre boot floor and there's a special space beneath for the charging cable when it's not in use. The battery is included in Kia's 7-year warranty. A tyre mobility kit comes with the car. Hybrids have lower running costs than more traditional type cars.

The spacious cabin is well designed with good quality, soft touch materials, and big head and leg room in the rear. There's a feeling of space with the wide dashboard and horizontal lines. The grey leather seat trim is finished with blue stitching while the two-tone dashboard has new blue air vent surrounds. A large 7.0-inch touchscreen infotainment system is user-friendly and easy to use and features Android Auto and Apple CarPlay.

This is a really comfortable car to drive or travel in. Not much noise, vibration or harshness is noticed (NVH) on the road as Kia's engineers have made the car as quiet and refined as possible, especially when the petrol engine is running. Two driving modes are: Eco and Sports, the latter for when you want more power for overtaking. Surprisingly, there's a foot pedal brake beside the clutch pedal but you get used to it quickly. An optional Towing Pack allows owners to tow braked loads of up to 1,300kg.

This PHEV will be followed later this year by a full Niro EV electric car that we'll see at the Paris Motor Show in early October and which will land in Ireland some weeks later. That car will be capable of up to 450 kms on a single charge.

Niro PHEV is one of the latest low-emissions cars from Kia which will help the company achieve its global target for 2020, to improve average fleet fuel efficiency by 25pc over 2014 levels.



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Fatigue kills: Survey reveals driving habit

Nearly half have driven on less than five hours sleep

IN advance of this weekend's GAA Championship action, Liberty Insurance is advising drivers to be mindful of driver fatigue.

When preparing for long drives, 52% of GAA fans drive on less than 5 hours sleep:

- 7% of Irish drivers admitted that they had experienced nodding off at the wheel

- Only 14% of drivers admitted letting someone else take over the driving

A new survey by RED C on behalf of Liberty Insurance showed that nearly half (48%) of Irish drivers report to have driven on less than five hours of sleep.

The survey conducted among Irish motor and home insurance owners showed an alarmingly high number of people are driving while fatigued. 11% of Irish drivers report to drive on less than five hours of sleep at least a couple of times a week, and 3% claim to be doing it every day.

Lack of sleep remains an

issue for drivers that are preparing for long journeys, too.

As GAA supporters prepare for the All-Ireland Hurling and Camogie Finals, the dangers of driver fatigue shouldn't be taken lightly. GAA fans are especially at risk as 52% of GAA fans drive on less than five hours of sleep.

Liberty Insurance, a leading motor insurer which signed a three-year sponsorship of the All-Ireland Camogie Championships earlier this summer, urged fans to stay safe on the way to and from the finals. Deirdre Ashe, speaking on behalf of Liberty Insurance, said: "The GAA Hurling and Camogie Finals are an exciting time of year; however, it's important that supporters don't let that excitement keep them up the night before so they're well-rested en-route to the Finals. Getting a good night's sleep is one of the most important things a driver can



New 'Tiredness Kills' signs are being placed on a number of motorways around Ireland

do to ensure they get to the match safely."

The research also found that when tired 88% of drivers use various coping strategies with only 14% of drivers letting someone else take over the driving. Additionally:

- 47% of drivers roll down the windows when tired

- 45% drink coffee

- 7% of drivers admitted that they had experienced nodding off at the wheel

- 3% (rising to 10% in Dublin) reported that they had fallen asleep while driving

The survey also suggests that people might be more likely to notice negative impacts of fatigued driving in other people rather than themselves. 43% of those surveyed had travelled in a car driven by another fatigued person. When observing other fatigued drivers:

- 59% reported persistent yawning

- 34% reported slow reaction times to hazards on the road;

- 25% noticed late braking.

On the other hand, respondents were much less likely to notice the negative effects of fatigued driving in themselves.

When asked about their own experiences when driving tired: 39% reported

persistent yawning; 13% reported slow reaction times to hazards on the road; and 10% noticed late braking.

Some quick and helpful tips to avoid driver fatigue:

Plan the route in advance and for longer journeys, take note of rest areas where you can take a break, have a coffee and stretch your legs.

Make sure you're well rested, try to get a good night's sleep before your journey. Avoid driving alone on long-distance trips. Passengers can both share in the driving and participate in conversation, which can help you stay awake.

Stay Hydrated before and during your journey.

Allow yourself ample time to reach your destination so you can take advisably frequent breaks. Try to stop about every two hours, or every 150kms. Make a point of getting out of the car and walking at least a short distance, where it is safe to do so. Driving for long periods at night makes fatigue much more likely. By avoiding travelling during these hours, you escape the glaring dashboard and road lights.



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Mustang marks 10 millionth milestone

Ford: Landmark production number celebrated with parades and WWII fighter planes

TRISH WHELAN

www.CarAndTravel.ie

FORD is celebrating the milestone of its 10 millionth Mustang with employee celebrations at its Dearborn headquarters and its Flat Rock Assembly Plant including flyovers from three WWII P-51 Mustang fighter planes and Mustangs produced for more than five decades parading from Dearborn to Flat Rock where the Mustang currently is manufactured.

This landmark car was a high-tech, 460hp 2019 Wimbledon White GT V8 six-speed convertible saluting VIN 001 - the first serialised 1964.5 Ford Mustang that featured a 164hp, three-speed V8.

More than 60 Ford Mustang owners of all model years assembled in the US for a tribute to the 10 millionth Mustang by spelling out the milestone with their cars, followed by a P-51 Mustang fighter plane flyover by its namesake.



Ford has sold more than 38,000 Mustangs in Europe since going on sale across the region in 2015

Mustang is the best-selling sports car in America of the last 50 years and has featured in more movies and has more Facebook followers than any other car in the world.

Ford has sold more than 38,000 Mustangs in Europe since going on sale across the region in 2015. Last year, it outsold the Porsche 911 in 13 European markets including the UK and Spain. The

leading five European markets for Mustang sales in 2017 were Germany, the UK, France, Belgium, and Sweden.

“Mustang is the heart and soul of this company and a

favourite around the world,” said Jim Farley, president of global markets, Ford Motor Company. His first car was a 1966 Mustang coupe that he drove across the country as a teenager.

The new Ford Mustang offers more technology, exhilarating performance and more personalisation than ever. It features a more athletic exterior, an upscale interior with soft-touch materials and 12-inch digital instrument cluster. Enhanced powertrains include Ford's 450hp 5.0 V8 and 10-speed automatic transmission for 0-100km/h in 4.3 seconds, 12.1 L/100km fuel efficiency and 270 g/km Co2. A six-speed manual transmission option is equipped with Ford's new rev-matching technology for smoother, faster downshifts accompanied by a 'blip' of the powerful engine. Earlier this year Ford introduced a new special edition Ford Mustang Bullitt, celebrating the 50th anniversary of the legendary Warner Brothers film and powered by an enhanced 5.0 V8 engine.

The Ford Mustang is now in its sixth generation. It's page has more likes on Facebook than any other vehicle nameplate.

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SPORT

Leader



MUNSTER FACE THE CHIEFS

Van Graan's side take on Exeter

See page 68 for more



Limerick senior hurling manager John Kiely, left, and team captain Declan Hannon pictured with the Liam MacCarthy Cup at the team's homecoming at the Gaelic Grounds on Monday night. As estimated 90,000 supporters turned out to welcome the victorious team home following their thrilling win over Galway

New champions will stay grounded vows manager

All Ireland champions: Humility urged by Limerick boss John Kiely

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ALL IRELAND SHC success won't change Limerick's new hurling heroes promises manager John Kiely.

Limerick ended a 45 year wait for a Liam MacCarthy Cup title but the manager is adamant they show humility.

While Limerick haven't tasted senior success, the manager said that underage titles had not affected them..

"They've coped with everything so far. I suppose obviously we're going to have to keep an eye out and look out for fellas. The most important thing is that they look out for each other and we spoke about it coming back on the bus yesterday, humility is one of the great

attributes that all the great teams have had. If you look at the Kilkenny teams for the last 15 years, the humility that those fellas have shown is an example to all players I think," outlined John Kiely.

"They've carried success very well on their shoulders and the challenge to these boys is to be able to carry their success on their shoulders and I think what we said yesterday was, the fellas we were a year ago, we'd like to be the same fellas in a year's time. If we can be the same people we were a year ago in a year's time, I think we'll have done a very good job," he explained.

"They've done it ok so far, that's what I'll say. They've done it ok so far at schools, at colleges. UL won the Fitzgibbon the Saturday and

we were in Antrim on the Sunday and we were back in training with the UL lads on the Tuesday. We acknowledged their win and we moved on. That was it. It wasn't mentioned again until yesterday coming out from Croke Park because acknowledged it as one of the major stepping stones for the team this year because it meant so much to the players that we acknowledged the importance of the Fitzgibbon competition and allowed them to play the final and stay at home and celebrate with their college mates and they were given the freedom of the city for the night, 'Go and do what you want to do, enjoy yourselves, we'll see you on Tuesday night at training'. That's important. We didn't tell them they had to be home



Shane Dowling celebrates with maor camán Alan Feely

or not to drink or whatever it might be. We told them to go and enjoy themselves and I think that's hugely important," he detailed of his man-management.

Kiely pointed to the Allianz League win over Galway in March as a turning

point for the season.

"In a hurling context, listen, Galway was big. We didn't acknowledge that during the course of the season but that was a fairly big moment above there. We were, what, eight points down? Nine points down? Half-time, the temptation was there to make a few changes and we went into the dressing room with a completely different message. We told the players, 'No, we're here, you're eight down, we're trusting ye 100%, ye can turn this around', and they took great confidence from that. We didn't panic or we didn't react or we didn't lay blame anywhere. We were just happy to keep going, we stuck to the process, we stuck to the game plan and that was massive."

Limerick GAA

Hurling heroes in club football action

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THERE is little rest for some of Limerick's All Ireland heroes with club GAA action resuming next weekend.

There were to be championship games this Wednesday but they have been pushed back 72-hours to Saturday at 7pm.

There are three games in Limerick SFC, which were postponed from earlier in the summer when the senior hurlers were preparing for their All Ireland quest.

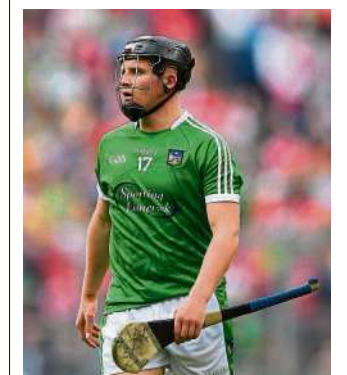
Gearoid Hegarty, Mike and Peter Casey, William O'Donoghue, Seamus Flanagan, Tom Condon, Darragh O'Donovan and Richie English are among those who have clubs in football championship action.

Other members of John Kiely's winning panel could be involved with their clubs in divisional action.

In the Limerick SFC, St Senans play Na Piersaigh in Clarina, Oola face St Kierans in Kilmallock and Fr Caseys play St Patricks in the Bog Garden, Rathkeale.

In the Limerick IFC, Galtee Gaels face Castlemahon in Kilmallock at 5.15pm, while in the Limerick IHC on Sunday (2pm) Knockaderry play Hospital-Herbertstown in Bruff.

Also on Sunday, the Limerick ladies footballers continue their All Ireland bid when they play London in TG4 All-Ireland Junior Championship semi-final in Mallow at 12.30pm.



Peter Casey could feature for Na Piersaigh in Co SFC



Limerick fans on Hill 16 celebrating one of their side's goals in the All-Ireland final



Darragh O'Donovan grabs the sliotar ahead of midfield rival Johnny Coen



Jason Flynn of Galway is tackled by Seán Finn as Will O'Donoghue, while Dan Morrissey close in



Diarmaid Byrnes tangles with Jonathan Glynn



Aaron Gillane puts Limerick's opening score over the bar to set the ball rolling in the All-Ireland final

ALL-IRELAND GLORY FOR LIMERICK AFTER 45-YEAR WAIT



Graeme Mulcahy of Limerick scores his side's first goal despite the efforts of Daithí Burke of Galway during the GAA Hurling All-Ireland Senior Championship Final at Croke Park PICTURES: SPORTSFILÉ



A Limerick fan roars encouragement to his side in Croke Park



Mike Casey, David Dempsey, Shane Dowling and William O'Donoghue



Shane Dowling watches his side's third goal bounce into the net past Galway goalkeeper Fearghal Flannery



Tom Morrissey squares up to Gearoid McInerney after scoring a goal

LIMERICK END 45-YEAR WAIT FOR MACCARTHY CUP**SIDELINE CUT****JEROME O'CONNELL****CONTACT JEROME O'CONNELL****Twitter:** @JeromeSport**Email:** jerome.oconnell@limerickleader.ie

Cian Lynch left breathless by enormity of win

Young Limerick star fulfils his childhood dream

CIAN Lynch stood momentarily stunned in the middle of Croke Park as the final whistle signaled Limerick's first All Ireland hurling title in 45 years.

Then bang! His mother Valerie arrives after evading the Croke Park stewards to race from the Hogan Stand.

"The minute the whistle went, I was kind of overwhelmed. Even trying to get your breath, sure lads would hop the old fence, my own mother hopped the old fence too. There's stewards still looking for her. She jumped on top of me and that's when I kind of gathered it. I took a deep breath and I realised, we actually got over the line," recalled Lynch.

He added: "The last 10 minutes there was crazy. You're going from eight or nine points up to only being a point up".

Back in March Limerick secured Allianz League promotion with a win over Galway in Salthill, leading to wild celebrations to signal a return to the top flight after an eight year absence. On that occasion, Cian's mother was again first onto the field but most would have thought the Croke Park stewards would put an end to her pitch invasions.

"She did. She hopped the fence there, I don't know how she did. Valerie now, where there's a will, there's a way with us. I just turned around, she grabbed me, I put my head on her shoulders," said Lynch.

"I don't know how she was still on the pitch. I was waiting for someone to rugby tackle her to the ground. It shows what it means to family, friends and the people close to you."

He added: "Even walking around after the game, seeing people crying in the crowd. 45 years is a long time and for Limerick being such a sporting county, being such a hurling county, to see the pride that it's after bringing back".

Lynch has won Harty Cup, Fitzgibbon Cup, All Ireland U-21, Munster minor and Limerick SHC titles in the last few years but Sunday topped

all.

"It's unbelievable. It's surreal still like. Even talking to people there, when you come down this morning, even last night in bed like, turning and twisting, I didn't know what was going on really. To come down this morning and still see people with Limerick jerseys on, you kind of dream of these kind of days. It's unbelievable."

He explained: "when I was younger, myself, my brother and my father used to go to All-Ireland finals. We'd come here (Citywest Hotel) after for the homecomings, whoever it may be, if it was Kilkenny. I remember we used to be standing at the door, see Henry Shefflin or DJ Carey walk in the door. You dream of being that person walking in and Limerick crowd, family and friends walking you in".

"Even driving in on the bus last (Sunday) night, I don't know I kind of got that feeling, when I was looking down at kids and thinking when I was their age, I was looking at my heroes coming in, walking into the Citywest Hotel, it just puts it all into perspective. We actually got over the line and got the monkey off the back."

Four years ago Limerick lost the All Ireland minor final with Lynch, Sean Finn, Seamus Flanagan and Tom Morrissey from that team all in the historic line-up on Sunday.

"It's hard to believe, you know. After losing the minor final, you kind of say to yourself will we ever get back. 2015 and last year now with the U-21s has kind of brought the bit of hope and belief back with Limerick people itself and with the players and the group."

Four years on the senior panel, Lynch was quick to point to the input

of John Kiely.

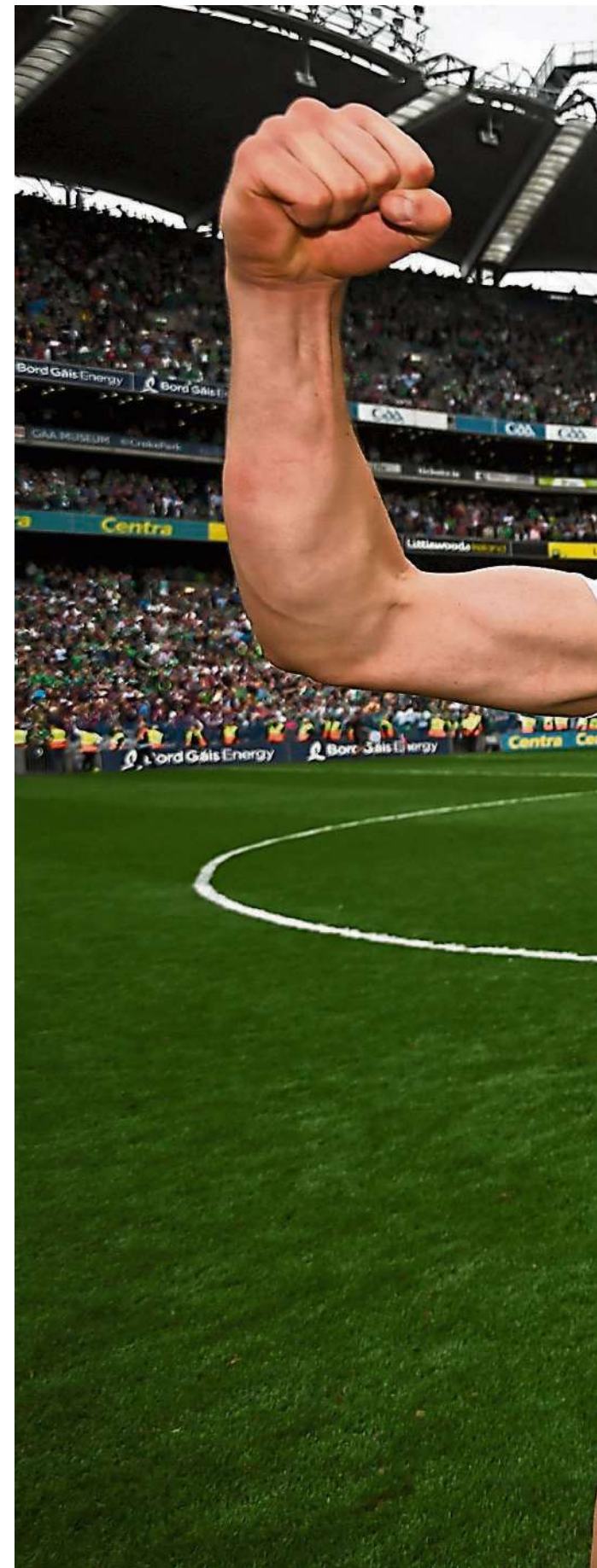
"John has it set in stone, we're as good as if not better than a lot of teams in the country. It's about keeping that belief and getting over yesterday and getting over that hurdle that's been in our way for a long time. It's after opening a lot of valves and lot of airwaves for a lot of people, which is huge. The things is now I know this is great, we'll enjoy this but the next few years staying up the top and keeping Limerick hurling where it needs to be."

Lynch and Co are the new breathe but Seamus Hickey, Richie McCarthy and Tom Condon are the experienced trio.

"In fairness to those boys, they've actually, I remember I was on it four years ago and there was only myself and Tom Morrissey, the only two 18-year-olds in at the time. The next oldest person I think was David Reidy so there was an old three or four year gap between us. I remember the older lads like Tom Condon, even Donal O'Grady, Wayne Mac, Seamus Hickey, Paul Browne

kind of welcomed us in. Even to this day if they're not playing, if they don't make the panels, they're there and put the arm on the shoulder and give us words of advice."

Limerick manager John Kiely salutes the crowd after the final whistle



LIMERICK END 45-YEAR WAIT FOR MACCARTHY CUP



CLOCKWISE FROM ABOVE: Gearoid Hegarty and Cian Lynch celebrate at full-time in Sunday's All-Ireland final at Croke Park; Na Piarasigh players Mike Casey, David Dempsey, Shane Dowling and William O'Donoghue show their delight with Limerick's nail-biting victory; while Dowling salutes the Limerick fans on Hill 16 after scoring his side's third goal; team captain Declan Hannon becomes the first Limerick man since 1973 to lift the Liam MacCarthy Cup in the Hogan Stand



Munster take on Champions Cup rivals Exeter in final friendly

Munster Rugby

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MUNSTER face their second final pre-season fixture this Friday when their European Champions Cup pool opponents Exeter Chiefs visit Musgrave Park, 7.30pm.

Flanker Tommy O'Donnell was delighted to make his comeback after a five-month lay-off due to a shoulder injury in Friday night's friendly win over London Irish in Cork.

O'Donnell, who captained Munster against 'Irish' said: "From day one in pre-season you know that this was the last day of rehab. The timing was good, so I could crack straight into it. That is how we timed it."

"I have a full pre-season under my belt. I approach every season the same, I want to have a crack at me, keep wanting to prove myself. I was confident having the full pre-season done that I knew the lads, new the plays, so I just went at it."

"I was lucky it came back down the short side and I was away in that first play. I knew it was going to be a tough game, I kept working hard and knew I had about 60 minutes in me."

"O'Donnell admitted that watching Munster in big Champions Cup and Guinness Pro14 semi-finals from the sidelines last season was tough.

"It was difficult, but when I



Fit-again Munster back-rower Tommy O'Donnell

get a season-ending injury it allows you to step back out of it. You know your season is done.

"If that was a two week injury and you are pushing to get back and you are just outside of the window and not going to make it back in time, that is a bit more frustrating because you feel you could have more of an impact."

"I have had a couple of 3-4 month injuries and you kinda realise to step back now and it is a lot easier to watch the game and see how the lads are getting on."

O'Donnell was also involved in an extended

Ireland squad at last week's Carton House get-together.

"It was fantastic to be called back in, brilliant to get in there and see the lads, the new faces. A big squad was brought in."

"There is lots of ambition in the Irish squad, lots of things ahead of them in the months to come, so all you can do is be fit, be ready and have your hand up. "You just never know which way things will fall for you."

Munster open their new Guinness Pro14 with a fixture against South African side, the Toyota Cheetahs, at Thomond Park on Saturday, September 1, 5.15pm.



Eyes on the Prize: The Limerick Charity Cup

Limerick Charity Cup kicks off on Friday night

THE domestic rugby season kicks-off this Friday night with three of the quarter-finals of the Limerick Charity Cup down for decision.

The tie of the round will see Ulster Bank League 1A rivals Shannon and Garryowen face-off at Coonagh. Also on Friday night, Young Munster will entertain Thomond at Tom Clifford Park. All three games will kick-off at 7.30pm.

The remaining quarter-final will see UL-Bohemian host holders Nenagh Ormond at Annacotty this Saturday at 2.30pm.

Limerick seek FAI Cup redemption

FAI CUP PREVIEW

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SMARTING Limerick FC look to get their faltering season back on track when hosting Cabinteely in their Irish Daily Mail FAI Cup second round tie at the Markets Field on Friday night, 7.45pm.

Limerick face an almost-impossible task of avoiding the SSE Airtricity League Premier Division relegation playoff, as they fell to a 3-1 defeat by Sligo Rovers on Friday night last.

The defeat saw second-from-bottom placed Limerick slip eight points behind Sligo in the league table. The Blues do have a nine-point cushion over basement side Bray Wanderers who occupy the

automatic relegation position in the table with now just seven series of fixtures to go.

Limerick and their FAI Cup opponents Cabinteely met competitively during the First Division season of 2016 when the Blues won all four fixtures, on an aggregate score of 8-0, during a runaway title success.

Last season's FAI Cup semi-finalists Limerick earned their place in the last 16 of the Cup following their first-round victory over Ulster Senior League champions Cockhill Celtic, where second-half goals from Killian Brouder – a 30-yard daisy-cutter – and Barry Maguire guided the Shannonsiders through a potential banana skin tie in CoDonegal.

Cabinteely, currently seventh in the SSE Airtricity

League First Division, progressed after a 2-1 win over Newmarket Celtic at Frank Healy Park in Ennis after late goals from Joe Doyle and Luke Clucas.

Limerick FC manager Tommy Barrett will be aiming to mastermind another prolonged cup-competition run for the club this year, after they fell at the last-four stage of this last term, going down 1-0 to eventual winners Cork City at Turner's Cross under then boss Neil McDonald.

They had beaten Cobh Ramblers, Finn Harps and Galway United on the way to their first FAI Cup semi-final since 1994.

That added to the Superblues' EA Sports Cup final appearance in 2016 at the Markets Field under Martin Russell.

New club Ardscoil Old Boys RFC founded in Limerick

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A NEW rugby club in Limerick city was been officially ratified by the Munster Branch of the IRFU.

Ardscoil Old Boys RFC is the first junior rugby club to be established in Limerick in eight years and the first new club based in the city in over 70 years since Old Crescent RFC back in 1947.

Charman of Ardscoil Old

Boys RFC, Barry Sheehan is delighted that the efforts in the summer months has finally paid off and is grateful for the support.

Barry Sheehan said: "We're very thankful to the Munster branch rugby and management committee for the endorsement of our club."

"We're delighted to be bringing nearly 50 former players and some new faces who never played for the school, all back playing the

sport that they love.

The club currently boasts a total of 64 players, 45 from Limerick and 19 based in Dublin who train in a temporary base in Ballsbridge and will look to secure a permanent training camp in Dublin shortly.

Despite the club's emphasis on enjoying the game, they remain ambitious that they will put up a competitive campaign in their maiden voyage in the

North Munster Gleeson League. The Old Boys coaching team includes Munster prop and proud Ardscoil alumni, Dave Kilcoyne.

For anyone interested in playing for the new club, their training sessions take place every Wednesday evening at 7.30 at the UL North campus. For further details contact, Peter Hodnett at 085-7638327 or visit their Facebook page.



The Ardscoil Old Boys RFC team which played at the Midland Midnight Sevens Tournament in Tullamore this summer

LIMERICK ATHLETES AT NATIONAL COMMUNITY GAMES FINALS



Mark Moloney of Caherdavin, right, in action against Conor Harte of Graiguecullen, Co Carlow, during the Futsal U15 event at the Aldi Community Games August Festival at UL. More than 4,000 athletes competed in the event over Saturday and Sunday



Freya Wiegand, of Regional, competing in the U-12 4x100m relay during the Aldi Community Games August Festival



Jayden Carmody of Our Lady of Lourdes-St Josephs, centre, competing in the Boys U12 100m at UL last weekend



Aoibhinn Bourke, of Kiltely-Dromkeen-Garydoolis, left competing in the U-16 girls Judo - 34kg at UL last weekend



Luke Nolan of Kiltely-Dromkeen-Garydoolis, left, competing in the U-16 Judo - 26kg event at Community Games finals



Shane Byrne, of Ballybrown, taking part in the in the Rounders U13 event at UL



A general view during day two of the Aldi Community Games August Festival at UL



Harry Long, of Caherdavin, right, in action against Daniel Core, Graiguecullen, during the Futsal U15 Boys event



Kathleen Ryan of Kiltely-Dromkeen-Garydoolis, right, in the U-16 26kg Girls judo event at the Community Games finals



Destiny Lawal from Corbally, competing in the U10 Girls 100m at the Aldi Community Games August Festival at UL

ON THE BALL

“Limerick to the core...”

JEROME O'CONNELL

The greatest All Ireland ever – won by Limerick

THE greatest All Ireland ever won declared Shane Dowling.

And, it's hard to argue with the Na Piarsaigh star.

“I'm probably being biased here, but it's probably the greatest All Ireland ever won. It has to be. Look at the teams Limerick have beaten. How hard it is to get out of Munster this year. To beat a Kilkenny team with Brian Cody at the helm. And then to beat the Munster champions. It adds to the whole thing. There is nothing worse than if you were to win an All-Ireland and go the easy route as such,” said a joyous Shane Dowling before Monday's homecoming.

Of course, all has changed this season with a round robin series for the provincial championship so comparing the past and present is perhaps futile.

But nothing futile about outlining the Limerick path to glory.

It was an eight step journey up the steps of the Hogan Stand to collect the Liam MacCarthy Cup.

The ‘traditional trio’ of Kilkenny, Cork and Tipperary were all beaten – the first team to do so since Clare in 1997. Adding to this accomplishment, Cork were crowned Munster champions just weeks before the All Ireland semi

final and Kilkenny were the reigning Allianz League champions.

Last year's All Ireland hurling final was between Galway and Waterford and both of these were also dispatched. Not forgetting that the eight games also included a historic first ever championship game with Carlow, who just one week earlier had won the Joe McDonagh Cup title.

That's not even beginning to describe the level of drama and skill that the 2018 championship brought.

An impressive route to glory – 27 players seeing action and helping to score 14 goals and 189 points enroute to six wins, one draw and one defeat. On All Ireland final day alone, 10 different players accounted for 3-14 from play – just two points of the winning total from Aaron Gillane frees.

Gillane and his county colleagues will be for ever more remembered and linked together by 2018.

Manager John Kiely summed it up perfectly.

“I'm just so thrilled for all the young kids that are at home this morning with young kids in Limerick, because that's the real dividend from this, that spin-off for the thousands of youngsters



Brothers Tom Morrissey and Dan Morrissey, from Ahane, with the Liam MacCarthy Cup at Croke Park on Sunday following the win over Galway

that are going to go around with hurleys this week, next week and the week after, dreaming of being Cian Lynchs and Shane Dowlings and Peter Caseys and all these guys and not thinking they should be Seamie Callanans or Patrick Horgans or Henry Shefflins, even though they're great players. They have their own standards and their own heroes,” beamed Kiely.

“I said it after the game yesterday, this is not the end. It's the beginning. It's a new beginning,” he rejoiced.

And it certainly is – every mention of Limerick hurling for the next 12-months will come in the same sentence as ‘All Ireland champions’

It will bring a new pressure but

a most wonderful one.

Next spring will come around and for the first time since 2010 Limerick will be playing top flight Allianz League hurling with games against Kilkenny, Tipperary, Clare, Wexford and Cork. We have yearned for the eight years to be playing the elite in the Spring and now as luck would have it, it's Limerick that all will yearn to play.

It's a long way off now but the All Ireland title defence will begin in a Munster Championship that will see Limerick with home games in the Gaelic grounds against reigning provincial champions Cork and Clare, while there will be games away to Tipperary and Waterford.

For now, celebrate.

COLM KINSELLA

O'Connell: “Limerick incredibly impressive”

In between a trip to Cork on Friday night to watch Munster in pre-season action and an outing to Dublin on Sunday to witness the sound and the fury of All-Ireland final day, Saturday involved a visit to the Aldi Community Games National August Festival at a heaving UL.

The sense of excitement, and top notch competition was evident from more than 4,000 competitors.

It was at UL on Saturday that Galway hurling manager Micheál Donoghue spent much of his day as a result of his family involvement with Clarinbridge. Among the sports personalities he caught up with was Aldi ambassador and former Munster and Ireland captain Paul O'Connell.

O'Connell has a long association with the Community Games, first taking part in the National finals in Mosney as a six-year-old swimmer.

Asked what he thought of the Limerick hurlers this year, O'Connell now coaching at French Top 14 side Stade Francais said:

“Limerick are incredibly impressive. John Kiely is very impressive. I was only thinking about them the other day, about how Alex Ferguson, whenever you hear him speak, he always talks about the games they used to win in the last minute. That, it seems, is what Limerick have now.

“They are never, ever beaten. They seem to be able to pull it out of the fire and I think that takes confidence, it takes fitness, it takes mental strength, takes belief, all really important things.”

ANTHONY GEOGHEGAN

Now that we are on top, an era of loneliness will ensue

HURLING has changed, changed utterly in the past three years.

The formidable Cats have had their milk, and now Brian Cody is counting up his nine lives, as Kilkenny are on day 717 since an appearance in an All-Ireland final.

As a hurling fan, the past three years of varied winners have been a thrilling delight.

As a Limerick fan, with the spirited youth of the squad, there lies a wicked desire to return to the one-sided era, but this time, clad in green and white.

The road to a one-time shot at glory is a difficult task in itself, the path to dominance is a much more arduous journey for any team of any sport.

The non-aligned spectators of the game will no longer view us as the young underdogs who have been tortured for 45 years, but as



those arrogant young boys who ruined hurling for everyone else.

They can either lose heroically or win long enough to see themselves become the villains.

I definitely want them to be the villains.

Don't get me wrong, but it takes a strong mentality and will to resist the bile of 31 counties.

However, these lads, these tremendous young men know they don't need to play for 31 counties, just the one that they call home because that place is where heroes come from.

Ah shure, it's far too early to be thinking about next season, let's just enjoy ourselves for now, and next year we'll just take it one game at a time all over again.

Because that dear readers, is how a terrible beauty is born.



Paul O'Connell and Galway hurling manager Micheál Donoghue pictured at UL

COLM KINSELLA

Munster good value at 5/1 to claim Guinness Pro14 title

THE Guinness PRO14 was launched in Glasgow this week, with the competition kicking-off on Friday week.

Competition organisers recently announced fixtures for the first 17 rounds of Pro14 league action, which sees two seven-team conferences unchanged from last term.

Munster remain in Conference A of the league along with Glasgow Warriors, Toyota Cheetahs, Cardiff Blues, Ospreys, Connacht and Zebre.

The decision not to alter the make-up of the Conferences was the ability to ensure equal home and away fixtures for each team across a two-year window.

It also means that each team will have played away to all of the other sides in that same period.

Munster kick-off their Pro14 campaign with a meeting against South African side, the Cheetahs, at Thomond Park on Saturday, September 1 at 5.15pm

Following the arrival of outstanding second-row Tadhg

Beirne from the Scarlets and out-half Joey Carbery from Leinster as well as full-back Mike Haley from Sale Sharks, Munster looked well-placed to mount a strong challenge for honours.

Available at odds of 5/1 to win the title, Munster represent a good value bet. Unsurprisingly, holders Leinster top the market at 7/5.



Munster open their PRO14 campaign at Thomond Park on September 1

Wednesday



York
RACECOURSE

CRICKET

ENGLAND V INDIA, THIRD TEST MATCH
SKY SPORTS CRICKET,
10.30AM

HORSE RACING

THE JUDDMONTE STAKES
FROM YORK
UTV, 1.30PM

SOCCER

SKY BET CHAMPIONSHIP,
ASTON VILLA V BRENTFORD
SKY SPORTS FOOTBALL, 7PM

SOCCER

CHAMPIONS LEAGUE
QUALIFIER, AJAX V
DYNAMO KIEV
BT SPORT 2, 7.45PM

SOCCER

CHAMPIONS LEAGUE
QUALIFIER, YOUNG BOYS V
DYNAMO ZAGREB
BT SPORT 3, 7.45PM

SOCCER

CHAMPIONS LEAGUE
QUALIFIER, VIDI V AEK
ATHENS
BT SPORT 2, 7.45PM



Thursday

GOLF

CZECH MASTERS
SKY SPORTS GOLF, 10AM

HORSE RACING

YORKSHIRE OAKS
UTV1, 1.30PM

GOLF

THE NORTHERN TRUST
OPEN
SKY SPORTS GOLF, 5PM

RUGBY

MITRE 10
CUP
COUNTIES
MANUKAU
V BAY OF
PLENTY,
SKY SPORTS
ACTION, 8.30AM



CRICKET

VITALITY BLAST, KENT
SPITFIRES V LANCASHIRE
LIGHTNING
SKY SPORTS MAIN EVENT,
6.30PM

CYCLING

DEUTSCHLAND TOUR STAGE
1: TO BONN
EUROSPORT 1, 1PM



Friday

FORMULA 1

BELGIAN GRAND PRIX
SKY SPORTS F1, 9.45AM; EIR
SPORT FROM 9.55AM

GOLF

CZECH MASTERS FROM
ALBATROSS GOLF CLUB
SKY SPORTS GOLF, 10AM

HORSE RACING

FROM YORK, THE
NUNTHORPE STAKES
1.30PM, UTV1

GOLF

THE NORTHERN TRUST
OPEN
SKY SPORTS GOLF, 5PM

SOCCER

SKY BET CHAMPIONSHIP,
MIDDLESBROUGH V WBA
SKY SPORTS FOOTBALL, 7PM

SOCCER

BAYERN MUNICH V
HOFFENHEIM, BUNDESLIGA
BT SPORT 2, 7.15PM

SOCCER

LIGUE 1, LYON V
STRASBOURG
BT SPORT 3, 7.30PM

CYCLING

DEUTSCHLAND TOUR STAGE
2: TO TRIER
EUROSPORT 1,
1PM

AFL

PORT
ADELAIDE
V
ESSENDON
BT SPORT 1



Saturday

AFL

RICHMOND V WESTERN
BULLDOGS, BT SPORT 3, 5AM

RUGBY

RUGBY CHAMPIONSHIP,
NEW ZEALAND V
AUSTRALIA
SKY SPORTS
ACTION, 8.35AM

AFL

SYDNEY SWANS V
HAWTHORN
BT SPORT 3, 10AM

FORMULA 1

PRACTICE & QUALIFYING
BELGIAN GRAND PRIX
EIR SPORT 1, 10.55

SOCCER

PREMIER LEAGUE:
WOLVERHAMPTON V
MANCHESTER CITY
SKY SPORTS PREMIER
LEAGUE, 11.30AM

RUGBY

TOP 14: PERPIGNAN V STADE

FRANCAIS

SKY SPORS ACTION, 12.40PM

SOCCER

PREMIER LEAGUE: ARSENAL
V WEST HAM UTD
SKY SPORTS IRELAND,
2.30PM

RUGBY

RUGBY
CHAMPIONSHIP,
ARGENTINA V
SOUTH AFRICA
SKY SPORTS ACTION,
8PM



GOLF

NORTHERN TRUST OPEN,
SKY SPORTS GOLF, 6PM

SOCCER

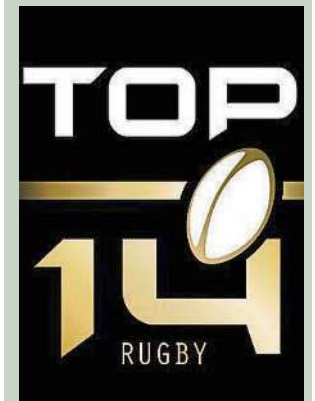
PREMIER LEAGUE:
LIVERPOOL V BRIGHTON
BT SPORT 1, 5PM

TENNIS

WTA: CONNECTICUT OPEN
TENNIS FINAL
BT SPORT 2, 8PM



Sunday



SOCCER

SCOTTISH PREMIER LEAGUE,
MOTHERWELL V RANGERS,
BT SPORT 1, 11.45AM

GOLF

CZECH MASTERS
SKY SPORTS GOLF, 12 NOON

SOCCER

PREMIER
LEAGUE:
WATFORD
V
CRYSTAL
PALACE,
1.30PM;
NEWCASTLE UTD V
CHELSEA, 4PM
SKY SPORTS PREMIER
LEAGUE, 12.30PM



FORMULA 1

BELGIAN GRAND PRIX
EIR SPORT 1, 2.05PM; SKY
SPORTS F1

CYCLING

LA VUELTA, STAGE 2 TO
CAMINITO DEL REY
EUROSPORT 1, 3PM

GAA

ALL-IRELAND U-21 HURLING
FINAL, TIPPERARY V CORK
TG4, 4.30PM

RUGBY

FRENCH TOP 14,
MONTPELLIER V CASTRES,
SKY SPORTS ACTION 4PM

GOLF

THE NORTHERN TRUST
OPEN
SKY SPORTS GOLF, 5PM

GOLF

CZECH MASTERS FROM
ALBATROSS GOLF CLUB
SKY SPORTS GOLF, 12 NOON

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