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Thursday, September 19, 2019

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Lucky escape as house fire rages

Senan Hogan

editor@kildarepost.com



Families were awoken from their beds and evacuated in an estate in Kilcock in the early hours of Tuesday last, after a large fire broke out in a vacant property.

The significant blaze started in Highfield Park at around midnight and firefighters from Maynooth and Leixlip Fire Stations rushed to the scene.

Firefighters initially believed an occupant was in the property, but it was quickly confirmed to be vacant.

Gardaí began a forensic investigation yesterday into the fire which caused extensive damage to the roof and upper floors of the property.

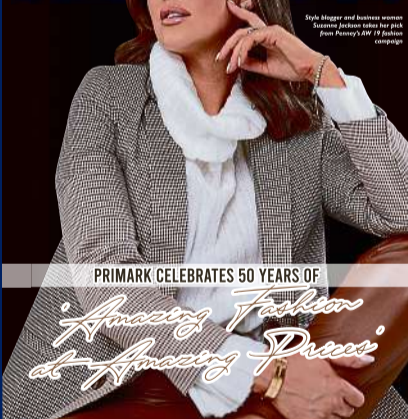
→ **CONTINUED ON PAGE 4**



The large blaze caused extensive damage to the property's roof and upper floor. PICTURE: TONY KEANE

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Pages 33-35

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Inside

• **Picture Specials from Newbridge and Naas debs and the Curragh**

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Plus all our regular weekly columns: Stylicious, Cookery, Motors, Sport, and more

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Kildare woman fundraising to get nephew (4) to Poland for life-saving operation

Kim O'Leary

A County Kildare woman is fundraising to get her sick young nephew to Poland for a potentially life-saving brain operation.

Little Luke Cross, 4, is the only child in Ireland to be diagnosed with Aromatic Amino Acid Decarboxylase Deficiency (AADC), which is similar to Parkinson's Disease in adults and causes issues with motor development in the absence of treatment.

There are roughly 150 children worldwide with the same condition as Luke, and on average three children sadly pass away each year as a result of the condition.

Luke's aunt Laura Styles, from Maganey near Athy, is raising funds for his treatment abroad in Poland.

She told the Kildare Post that Luke was diagnosed with AADC at just five months old.

"Luke is on 21 doses of meds per day. He can't walk, talk or eat orally. Luke is one in 55 million. There are roughly 150 children world-wide, Luke is the only one in Ireland. His condition is life threatening, on average three children a year sadly lose their battle to this neurogenetic condition. Last year 10 children passed away, but a break-through in medicine has finally become available in Poland," explained Laura.

The treatment in Poland would involve a brain operation where a vector is implanted into a targeted part of the brain which will help Luke regenerate the neurotransmitters he is missing. It is understood that five children have thus far benefited from the therapy and are making good progress, with an improvement reported in muscle tone as well as a decrease in long-term medication.

"The surgery itself is still in trials so the government won't



fund the surgery but it is Luke's only hope. It is a non-profit cost at €70,000. So far I have raised just over €3,700 which is great but I have a long way to go to meet the target needed. I will be hosting numerous charity events, one is a pub quiz and raffle on October 5 at Thomas Davis GAA Club in Dublin and a football tournament in Tallaght Leisure Centre on October 26," said Laura.

She has previously held a cream pie challenge for Luke and all monies raised went toward the AADC research trust, which is the sole charity that fund research into Luke's condition. In addition to the fundraising page, Laura has also started a new campaign to raise money for Luke to go to Poland called the #uniconechallenge.

"The idea is to get an ice cream cone with ice cream in it and take a selfie of the cone on your forehead, post it, nominate friends and donate to Luke's JustGiving page," explained Laura.

However, last week Luke was rushed to hospital after he developed a viral infection and he was later transferred to ICU for non-invasive ventilation (bipap). But Luke is



Mum Emma with brave Luke, also pictured above left

understood to now be back in a day ward and his aunt Laura has described him as "a fighter" who is battling every day

against his condition.

To donate to help Luke, please visit Luke's JustGiving page.

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Cathal Humphreys and Laura Gleeson
Photo: A Conway

Play Day at Aras Chill Dara!



Joey Gibbons becomes a young Garda Photo B Kelly

Calverstown Fun Day



Sean O'Regan and Ross McCann
Photo: A Conway

At the Curragh



Holly Maguire Photo: A Conway

CRIMEBRIEFS

Spike in theft of catalytic converters

Gardaí in County Kildare are warning car owners that there has been a spike in the number of catalytic converter thefts over the last week. It is understood that two of these vehicle parts were stolen from the Pipers Hill area in Naas on September 10, and from the Clane area on the same day. Meanwhile two catalytic converters were stolen in Leixlip on September 15 and 16, respectively. Anyone with information can contact Gardai in Naas on 045 884 300, Clane on 045 868 262 and Leixlip on 01 66 7800.

Renewed appeal for information on aggravated burglary in Naas

Gardaí in Naas have renewed their appeal for information following an aggravated burglary in the town earlier this month. The incident happened on Monday, September 2, at 9.30pm when four men forced their way into a property at Water's Edge, Oldtown Demesne, Naas. The four men, described as in their 20s and wearing balaclavas, with one man armed with a crowbar, held the injured party and their family captive. The culprits ransacked the home and fled with jewellery and a lock box. The culprits are believed to have fled the scene in a black car which may have travelled in the direction of the Monread Road. Anyone with information is asked to contact Naas Garda Station on 045 884 300.

Lawnmower stolen in shed break-in

Gardaí are investigating after a shed was broken into and a ride-on lawnmower was stolen in Prosperous last week. It is understood that a shed at the Pitch and Putt Club in Prosperous was broken into between Wednesday, September 11 and Thursday, September 12, between 5pm on Wednesday evening and 8am the following morning. A ride-on lawnmower was stolen from the shed which was also ransacked. Anyone with information is asked to contact Gardai in Prosperous.

Car set on fire in Clane

Gardaí in Clane are investigating after a car was set on fire outside a home over the weekend. The incident occurred at approximately 1.30am on Saturday, September 14, at around 1.30am in the Ballinagappa area of Clane, where a car parked outside a property was set alight. Fire services were called to the scene where they extinguished the fire and a technical examination has been carried out. Anyone with information can contact Clane Garda Station on 045 868 262.



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Lucky escape as house fire rages

→ CONTINUED FROM PAGE 1

Damage was also caused to the roof and upstairs floor of a neighbouring property while smoke damage was also caused to the adjacent homes.

Kildare Fire Service said that units from Maynooth

and Leixlip responded to the incident and spent nearly four hours at the scene.

Firefighters returned to the scene again yesterday morning after material being examined by investigating gardaí suddenly reignited.

The house is situated in a terrace with three other homes.

Senior Assistant Chief Fire Officer Niall O’Riordan told the Kildare Post: “We received a 999 call at 12.36am and units were sent from Maynooth and Leixlip Fire Stations.

“A rostered Senior Fire Officer also attended the scene.”

He added: “There were initial reports there was somebody in the property but this later proved not to be the case.”

Fire service units didn’t leave the scene until 4am.

A group of locals gathered outside the extensively damaged house yesterday.

It is believed that the properties were built in the late 1960s or early 1970s.

Photos from the scene during the fire showed a number of fire engines and an ambulance.

A Garda forensic team carried out a technical examination of the fire

yesterday.

A Garda spokesman told the Kildare Post yesterday afternoon: “The house was unoccupied at the time and

no injuries occurred.

A technical examination will take place.

“Enquiries are ongoing,” added the spokesperson.



ABOVE: The devastation caused to the house. ABOVE RIGHT: Emergency services at the scene in the early hours of Tuesday morning. PHOTOS BY TONY KEANE AND PATRICK RICHARDSON

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Call for halt to big housing projects until after review

Mayor of Kildare, Councillor Suzanne Doyle has called for all large-scale housing developments to stop until a review by the Government is carried out.

Strategic Housing Developments (SHDs) were introduced in 2017 to allow applications for housing developments of 100 units or more to be made directly to An Bord Pleanála (ABP) rather than to the relevant local authority.

The Government said the purpose of the SHDs was to trigger increased housing supply through greater streamlining efficiencies in the planning system.

Cllr Doyle recently facilitated local public consultation on a plan for 375 new homes in the Magee Barracks site in Kildare



Town. The politician called for a county-wide report on Strategic Housing Development applications be produced for councillors with information on "numbers of units compared to the typical numbers this land was zoned to accommodate."

She requested Housing Minister Eoghan Murphy to suspend all Strategic Housing Development considerations until such time as the review is complete.

Cllr Doyle will raise the issue at the next meeting of

Kildare County Council in Naas next week.

The 375 homes planned for Kildare town were due to be discussed at the Kildare-Newbridge Municipal District on Wednesday.

A decision by An Bord Pleanála is due by the end of November.

A review is currently underway on the operation and effectiveness of the SHDs. A Review Group is due to report back to Minister Eoghan by the end of this month.



An artist's impression of part of the proposed Strategic Housing Development project for a section of the Magee Barracks site which comprises 375 new homes

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Sex offender must inform gardaí of new address

Senan Hogan
editor@kildarepost.com



A convicted sex offender who fled his home in Newbridge following a protest has until the end of this week to officially inform gardaí of his new address.

Former soldier Noel Ryan, who is aged in his late 60s, and with an address given in court as 2671 Dara Park, Newbridge, was sentenced to six years in prison in April 2016 on 63 counts of indecent assault on three women. The final 18 months of the sentence were suspended.

Under the Sex Offenders Act (2001), Ryan is obliged to notify gardaí of any new address within seven days.

If the offender fails to comply with the requirements, he or she is committing an offence and can be arrested and charged.

If convicted, the offender can receive a fine or be imprisoned.

Newbridge gardaí said no arrests were made after the public demonstration in Dara Park on Thursday evening, September 12,

featuring up to 60 people.

Gardaí said no arrests were made and the crowd eventually left the area peacefully.

The father of five was released at the end of August and was seen in Newbridge some time later.

The victims waived their anonymity at the time of the 2016 court case so that Ryan would be named.

Some of the victims lived a number of houses away from Ryan in Dara Park at the time of the crimes.

One woman said the abuse started when she was just seven years old and went on for three years in the 1980s.

Under the Sex Offenders Act, gardaí are not allowed to disclose details relating to names, addresses, or convictions of convicted sex offenders as this information may increase the risk of reoffending due to the stress caused to the offender, make the management of that risk more difficult or may cause unnecessary concern to the public.

PICTURED RIGHT:
Convicted sex offender Noel Ryan, pictured in a file photograph taken in 2010



NEWSBRIEFS

ESB looking for new graduates

ESB is inviting applicants from Co Kildare for its 2020 Graduate Development Programme.

Applications are open until Friday, October 25, next.

Meanwhile, a graduate from County Kildare is commencing ESB's prestigious Graduate Development programme this week.

Katie Hurley from Maynooth will be joined by 74 other graduates who will excel in their careers in a range of disciplines including Finance, IT, HR, Commercial, Marketing and Engineering across the organisation.

Challenging

ESB's award-winning programme offers graduates the opportunity to work on challenging assignments, experience working on major projects and have exposure to the varied businesses within the organisation.

Welcoming the graduates to a three-day induction course, Pat O'Doherty, Chief Executive of ESB, said:

"The transition to a low-carbon future has created new challenges and opportunities for energy companies and ESB is taking the lead in creating a brighter future for all.

"Through our tailored Graduate Development Programme, our new colleagues will play a pivotal role in helping us to achieve our strategic ambitions whilst at the same time being part of the huge changes already taking place in how we produce and consumer energy in our everyday lives.

Varied

"Within this programme, our graduates will be exposed to and immersed across our varied businesses with the support and encouragement of our almost 8,000 work force. As they embark on their career with ESB, we wish them every success."

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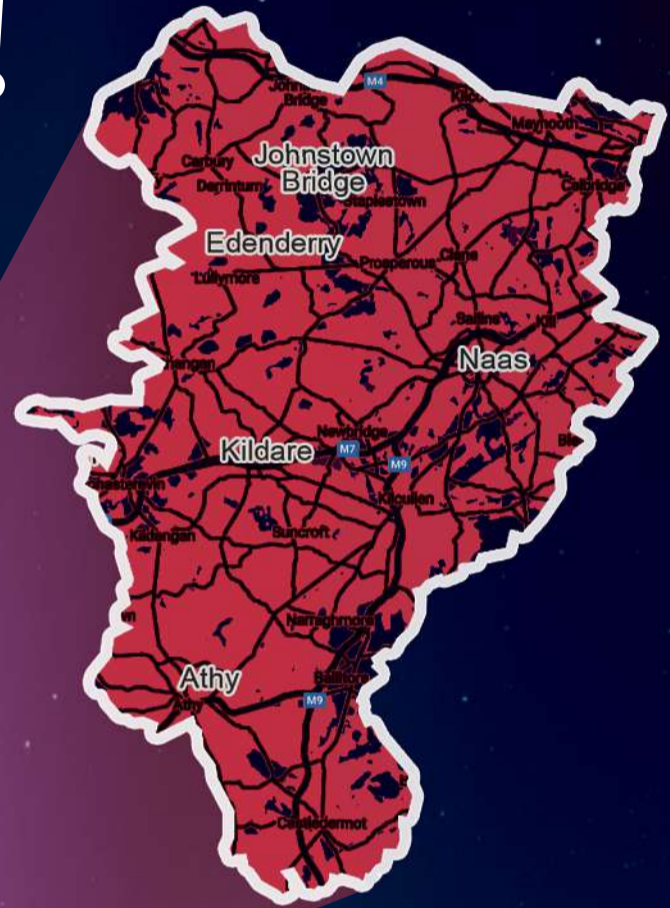
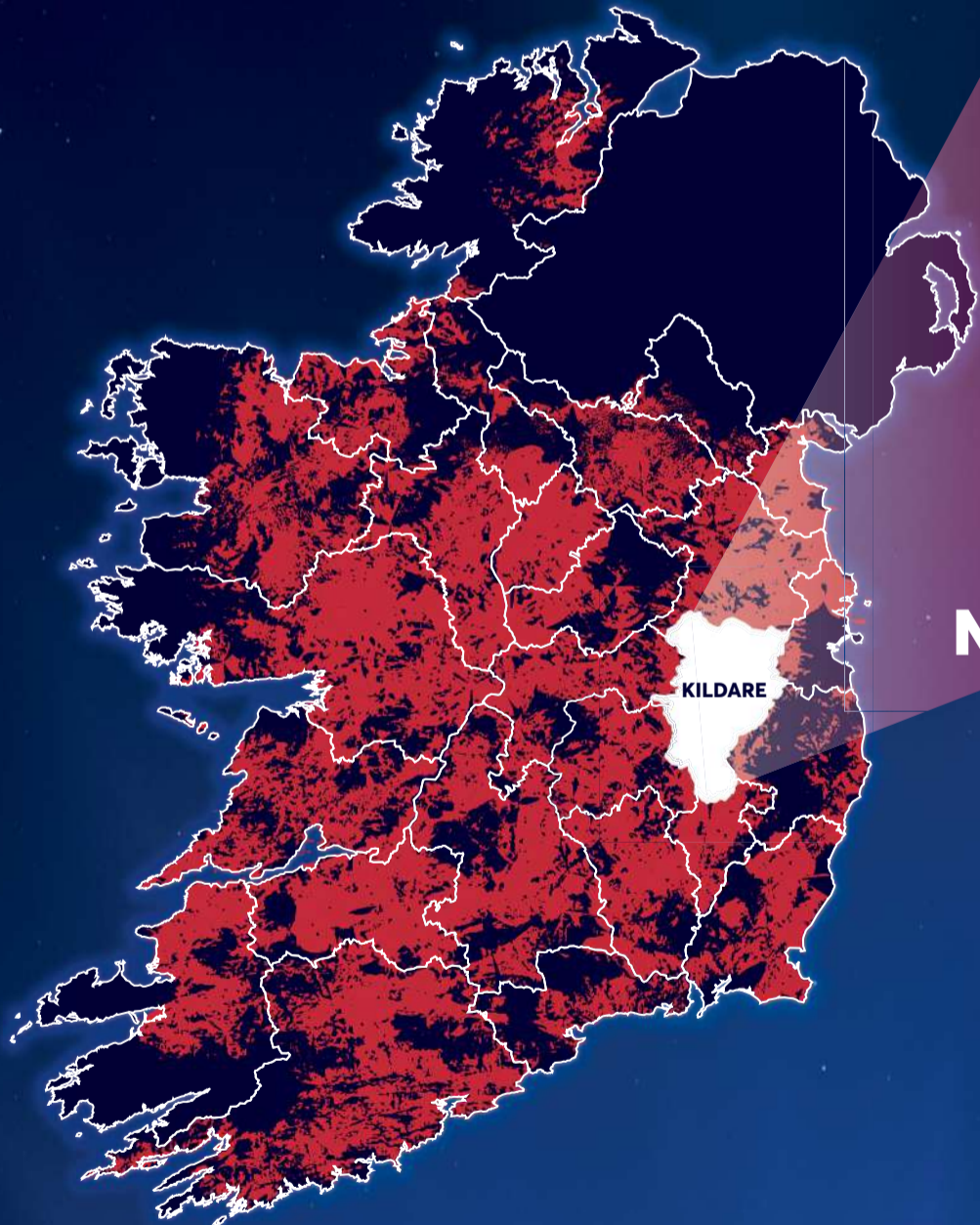
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Kildare Village erects signs about CCTV reading number plates of shoppers' cars

Kildare Village has erected public signs informing shoppers that CCTV cameras record registration numbers of vehicles for marketing purposes.

The luxury shopping destination, which welcomed over two million visitors last year, is fully complying with GDPR regulations by disclosing its use of the Automatic Number Plate Recognition (ANPR) technology.

ANPR cameras are also in use by Garda cars to detect if vehicles are taxed and insured or if the driver has a valid driving licence.

The fact that details of vehicles entering Kildare Village are being read by cameras may come as a surprise to many shoppers.

Under GDPR rules, images of people or their property captured on cameras is classified as personal data.

All businesses are obliged by the legislation to notify people that they are taking their personal data.

The most effective way of doing so is by prominently displaying signs within the area captured by CCTV — at the entrance to the area as well as within.

Kildare Village said it uses surveillance technologies, such as CCTV (Closed Circuit Television) and Head Count Technology, for guest safety reasons.

A statement on their website said: "These technologies may automatically capture your image data and vehicle registration data when you enter or as you are walking around our villages."

"We collect information about the number of visitors in our villages which helps us to understand visitor journeys and implement enhanced guest safety measures."

Under the strict GDPR rules, signs erected by businesses should be clearly visible and readable and state the purpose of its use and who to contact if there are any queries.

Signs should be an appropriate size in relation to its context. If the sign needs to be seen by a car driver it should be bigger, and if it is in a shop then a small sign would be more suitable.

All staff should know what to do and who to contact if a member of the public enquires about the CCTV system.

Any signs in a public area must show the organisation or authority responsible for the systems.

Kildare Village is home to over 100 brands such as Louise Kennedy, Armani, Brooks Brothers, Anya Hindmarch, Mulberry and Hugo Boss. Kildare Village is one of the Collection of nine The Bicester Village Shopping Collection Villages by Value Retail.

In August, Rose of Tralee contestants visited Kildare Village as part of a tour of the county.

A spokesperson for Kildare Village did not reply to a request for a comment at the time of going to press.



File Photo of a CCTV camera: All businesses have to comply with GDPR rules if they operate CCTV technology on their premises and capture personal data

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Negotiations between Kildare Chilling and farmers expected to end today

By Conor McHugh

An agreement between Kildare Chilling and local beef farmers to suspend protesting and slaughtering to allow for negotiations to take place ends this evening.

It remains to be seen if those negotiations will yield any result, but at the time of going to press no deal had been agreed.

Kildare beef farmers are not happy with a proposed deal worked out nationally last Sunday afternoon between farming representatives and the meat industry. They resumed protesting outside the Kildare Chilling premises in Kildare town almost as soon as the proposals were announced.

The main points from the proposed deal were that farmers would get an additional eight cents per kilogram on animals from quality assured farms up to 30 months of age, and also eight cents for those between

30 and 36 months.

However these additional payments would be over and above a base price which is currently between €3.45 and €3.50, depending on the factory. And farmers fear the base price can be adjusted as often as weekly. In a matter of weeks, the eight cent increase could be wiped out, they believe.

The base price for cattle has fallen from €4.20 to €3.50 per kilogram in the space of a year.

At a time when Teagasc estimates that €4.17 per kg is the minimum breakeven cost, many farmers are considering getting out of beef and going into dairy, where margins are considered to be better.

John Dallan of Beef Plan Movement is arguing instead for a guaranteed floor for the base price, possibly of about €3.70 per kilogram, below which that price will never drop. "And we could hope that the prices would recover over time after that," he said.

He said that farmers felt they had to continue their protest, "because if they don't stay the price could fall to €3 a kilo".

Complicating the situation was a constant reminder from the Competition Authority that the negotiating parties could not discuss prices.

Meanwhile, at Kildare Chilling the protests which started on Sunday afternoon have been suspended for the first three days of this week in agreement with the company whose management have agreed not to kill any cattle during that period.

This is to allow for ongoing negotiations between farmers and Kildare Chilling. As per usual, in order to prevent layoffs at the factory, Kildare Chilling will continue to slaughter sheep.

Farmers say they are losing between €150 and €200 per animal, and even before the prices started dropping last year were making as little as €20 per head.



Protesting farmers outside Kildare Chilling keeping warm with a fire on Sunday evening last

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Kildare people to join climate change protest

By Niamh O'Donoghue

Buses are due to leave Newbridge, Naas and North Kildare this Friday with Kildare campaigners set to join a national protest blaming the government for inaction on climate change.

Niamh Cowdell, who is leader with No Planet B youth and a member of Extinction Rebellion says there are currently 22 people scheduled to set out on a bus, which is leaving Naas at 11 o'clock from outside the Mercy Convent on Friday.

"The group is made up of members of No Planet B,

Extinction Rebellion and concerned members of the public," said Niamh.

No Planet B is a group of young Naas eco warriors aged 8 to 11 years of age, who attend the Mercy Convent School in Naas. In June, they staged a presentation at Naas Library attended by councillors, Vincent P Martin, Anne Breen, Bill Clear, Carmel Kelly and Fintan Brett.

The message at the heart of their presentation was that there is no alternative to the planet we live on, and there is no planet B, or plan B.

The group also took part in the previous climate change national protest last March.

It's understood there is also

two buses traveling from Newbridge and there will also be a strong representation from Maynooth at the national climate strike.

Niamh explained the protestors will assemble at the Quays in Dublin before making their way to government buildings where the climate strike protest is due to be held from 1pm to 2pm.

"We want to protest to get the government to reach its target of reducing greenhouse gases to 0% net by 2030," she said.

Anyone who would like to go on the bus from Naas to the climate strike protest can call 086 3848196.



The No Planet B protestors from Naas at the previous national protest in March

Piercetown 80th anniversary



Tina Gallagher, Colette Martin, Mary Flynn, Mary Whyte, Susan Leeson, Teresa Keogh and Eileen Moore are the committee members who helped organise the recent Piercetown estate 80th anniversary celebrations in Newbridge

Bank of Ireland Enterprise Town recognises local business and community spirit

Advertorial

The Bank of Ireland National Enterprise Town Awards – over 70 towns vie for share of €193,000 prize fund.

Bank of Ireland's National Enterprise Town Awards recognise the spirit of enterprise in local areas across Ireland, bringing business and community groups together to showcase their efforts to build an economically sustainable community.

This year there is a total prize fund of €193,000 with the overall winning town or urban village/area awarded €33,000 and the title of Ireland's Most Enterprising Town, which in 2018 was won by Letterkenny.

There is also the "Rising

Star" category for towns which have overcome major challenges. In 2018 "The Kells Old Print Works" took home the trophy and €20,000.

The 2019 awards are part of Bank of Ireland's €1.2 million investment in enterprise development within communities across Ireland.

This year there are over 70 towns and urban villages from almost every county nationwide represented in the competition. Each entry will be judged on eight criteria, including – inclusion and diversity, enabling financial wellbeing for business and community, partnerships and community support.

A panel of judges is visiting all the nominated towns from

mid-August until early October, providing an opportunity for them to see first-hand the collaboration and enterprise that exists in each community.

The winners are revealed at a gala awards ceremony in December.

Enabling communities and business to thrive is at the heart of what we do at Bank of Ireland and the National Enterprise Town Awards are a chance for us to recognise and reward the spirit of enterprise across the country.

We value the support of the county councils and the Local Enterprise Offices and we wish all the nominated towns the best of luck for the awards ceremony later in the year.

Good luck Maynooth

Bank of Ireland National Enterprise Town Awards 2019



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Newbridge Town FC plans action packed week to celebrate 50th anniversary

By Niamh O'Donoghue

Newbridge Town Soccer Club is ready for one of the most momentous weeks in its history.

It started out from a cottage in Eyre Street in 1969, and committee member Peter Whyte explains the club now has a clubhouse and grounds worth over €2 million.

"It's down to all the people who supported us over the years. Without them we would not have made it through the tough times.

"The business people of the town really got behind us and supported us, and unfortunately many of them have now gone out of business themselves," he said.

The club is about much more than just the soccer and the week of events planned to mark this milestone anniversary reflects those community links.

This Sunday there will be a family day at the club with the

official opening at 10am followed by a blessing at 1pm for deceased members.

There will be free entertainment for kids including slides, bouncing castles, target games and much more.

On Monday night, September 23, there will be a poker classic with people invited from all the poker schools.

On Tuesday, the regular bingo goers will be delighted with the club's injection of a €500 boost to the jackpot. A special Mass will be held afterwards followed by refreshments.

Over 35s

The over 35s will be in action on Wednesday night with past members due to arrive from over the country. The match will be followed by entertainment and music in the clubhouse.

On Thursday night, the regular ballroom dance will be expecting an extra large

crowd.

There will be a darts tournament on Friday night with pubs and clubs from all over Kildare.

On Saturday 28, the Town's Cup final takes place. This tournament features the six soccer clubs from the town.

That night, the Keadeen Hotel will host the finale of the week with a special celebration.

FANTASTIC WEEK

Club members, past members and all those who supported the club are expected to attend.

With 500 kids taking part in games every week at Newbridge town, the future is strong.

"It's going to be a fantastic week and we would like to thank everyone who supported us throughout the years. We hugely appreciate it," added Peter.

So why not pop down to the grounds on Station Road on Sunday to join in!



The U/16 Newbridge Team who were pictured after winning the play off to reach last 32 of Sweden's Gothia cup in the recent World Youth Cup for Soccer in Sweden

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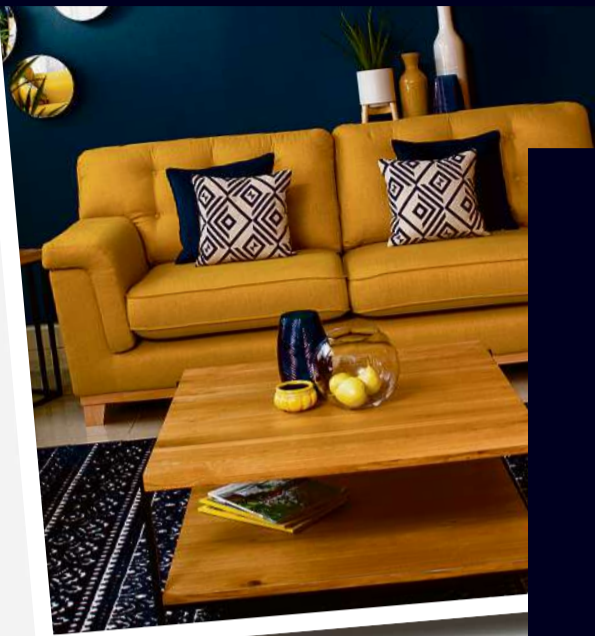
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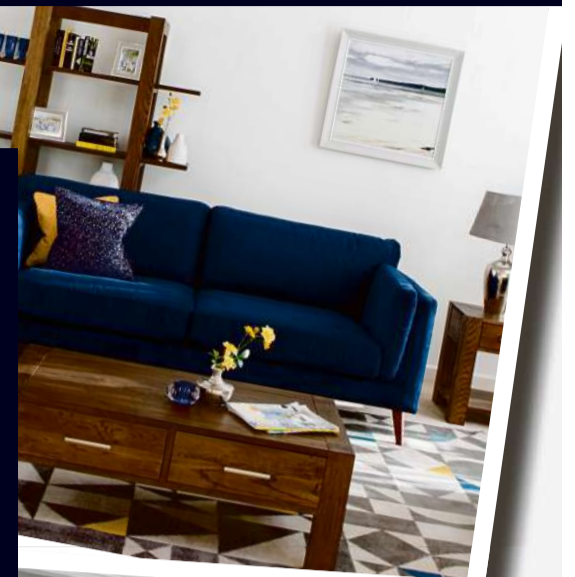
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Out & About

PHOTOS: Ben Kelly

Play Day at Áras Chill Dara, Naas
on Saturday, September 14



Ruby Butler and Anna Fitzpatrick from Kilcullen with the Woolly Farm bunnies



Julie from Naas with Hazel and Ruth from Nurney



Liam Browne from Kilcullen enjoying his candy floss



Andrew from Woolly Farm showcasing the Silkie Chicken



All smiles from Olivia, Julie and Julie enjoying the Play Day



Dearbhla and Samantha from Naas



Cora Graham and Ava Dowling from Naas

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Out & About

PHOTOS: Aishling Conway

Little Way Cancer Support Centre
launch 2019 calendar

Little Way Cancer Centre launches calendar

Funds urgently needed to support services

Rose B O'Donoghue
editor@kildarepost.com



At least €80,000 annually is what it costs to run the support services at Little Way Cancer Support Centre in Clane, says its director Evelyn McKee. The centre in Clane supports communities and families across the county who are dealing with sickness, or sadly, in some cases, terminal illness or bereavement.

"Little Way owns the premises which were purchased in 2017 but with no government funding whatsoever, we run the services here entirely on donations and from fundraising," she said.

"We launched our 2020 calendar on Tuesday last, September 17. They're only €5 each but we need to start selling them fast to gather up funding. We are extremely grateful to all who fundraise for Little Way, our volunteers

and supporters, thank you so much".

She noted: "No volunteer here is receiving a salary, neither do the seven directors, it's all totally unpaid work. The centre is open on weekdays from 10am-2pm. It breaks my heart not be able to open for the full afternoon but we just don't have the resources. We'd love to be able to expand our services, to run workshops and other events but without funding, we just can't."

It is 16 years since the support centre first opened, and the demand for their services is ever growing. "In the last few weeks alone," said Evelyn, "we've had at least 10 new clients through the door, men and women.

"We support people living with cancer and many will come back to us after their successful surgery and treatment. Unfortunately, we also support people who are terminally ill and for couples, the spouse or carer really appreciate our help too.

"There are many families who still like to pop in, long after their loved ones have passed on. We offer support too for those dealing with bereavement."

Little Way Cancer Support Centre offers one to one counselling services, along with complementary therapies, along with a drop in centre from 10am-2pm for anyone "who just needs a sympathetic ear or a little chat", said Evelyn.

Do drop into the centre located at 2-3 The Village Centre, Clane, open from 10am-2pm on weekdays and pick up a calendar to support their work.



Des Marron (Lord Mayor of Clane) and Evelyn McKee



Mary Moran, Norah McDermott and Mary Quinlan



Cllr Brendan Weld, Martin Farrell, TD Bernard Durkan and TD Frank O'Rourke



Bernie Murphy and Cllr Vanessa Liston

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Bid to stop rent hikes in Athy, Monasterevin and Kildangan

Paula Campbell

Athy councillors have agreed to write to the Government to urgently designate Athy and Monasterevin as rent pressure zones as tenants face soaring rents.

Cllr Mark Wall tabled a motion at this month's area meeting which was held on Monday at Aras Chill Dara in Naas.

The meeting heard that, to date, rent pressure zones have been declared in areas where the Rental Tenancies Board determine that the rents are above the national rent level and have experienced rental inflation in the excess of 7% in four of the last six quarters.

"Athy and Monasterevin are the only areas that are not rent pressure zones," Cllr Wall said. "This is causing a rental crisis in Castledermot, Athy and

Monasterevin. The landlords are increasing the rents from €600 to €1,500 for a three bedroom house and €1,200 for a two bed apartment. We are at Newbridge and Kildare prices and there is a shortage of rental properties."

All councillors agreed to write to the Minister for Housing, Planning and Local Government asking him to declare the Athy Municipal District and the surrounding areas, including Kildangan, as rent pressure zones as these areas are currently excluded in Kildare.

Cllr Brian Dooley claimed that landlords in Athy are "sitting on their properties".

"A lot of landlords in Athy are not letting out their properties because it is no longer viable with the rising property prices," he said. "They can make as much in a year in property price



Rent Pressure Zones (RPZs) are designated areas where rents cannot be increased by more than 4% per annum

increases than in rent. They are sitting on their properties."

Meanwhile Cllr Wall is also

calling on the Minister for Housing to adjust HAP thresholds for the Athy to include the nearby town of

Monasterevin.

"The Athy Municipal District and the town of Monasterevin are now

surrounded by areas that have been designated rent pressure zones," Cllr Wall said.

"This is now causing rents in these areas to soar, impacting on families who are now having to spend significantly more to get a decent home. HAP levels are not keeping up with these increases."

Cllr Aoife Breslin agreed that rents are at crisis point in Athy with rental prices too high to cover HAP, leaving people priced out of the rental market.

"People are coming in to my office delighted that they got a house but not realising that HAP won't cover the rent at €1,200 a month.

"They don't understand that they won't be able to rent it."

All members agreed that it would be of local interest to write to the Minister on the matter.

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Renowned Irish artists at Music Under the Mountains 2019

September 20 to September 22

Rose B O'Donoghue
editor@kildarepost.com



Join Eleanor McEvoy, Andy Irvine and Kevin Conniff and a host of renowned Irish artists at Music Under The Mountains 2019. Hosted in Hollywood village over the coming weekend, Friday 20 to Sunday 22 inclusive, the festival offers a diversity of workshops, sessions and concerts.

The opening concert will be hosted at the atmospheric St Kevin's Church of Ireland, with Jane Clarke, Cormac Breatnach and Eamon Sweeney. Doors open at 7pm, concert starts at 8pm sharp, admission is €20. Enjoy an evening of recent poetry and works by Jane.

An addition to the original programme is a session for in conjunction with Culture Night 2019, in Tutty's Bar, featuring Three's a Crowd. With an extensive repertoire of Breton, Irish and American songs and tunes they are sure to out on quite a show! Starts at 9pm.

On Saturday 21, a workshop will be hosted at Hollywood

Centre from 10.30am. Musicians include Paul Bradley (fiddle); Martin Quinn (accordion) and James Mahon (flute). Also 'Swedish Music for Children' with Margaretha Mattsson and Christin Gudmonsson. Cost €10 per child.

Eleanor McEvoy will host a later workshop and talk at 3.30pm at the centre entitled 'Song Lyrics, Serious Literature or Throwaway Pop?', cost €10 pp. The popular musician will host a concert that night (Saturday 21), at 8pm, admission €20. The organisers of MUTM stated: "In the wake of Bob Dylan's Nobel Prize for Literature, and Kendrick Lamar winning the Pulitzer Prize, Eleanor McEvoy explores the power of lyrics. Looking to her own songs and those of other writers, she explores the place song lyrics hold in today's society."

From 9pm Saturday night, Tom Lemmonier and friends will host a session 'Music from Brittany' at Tutty's of Hollywood. Tutty's will again be the venue for Sunday's opening session, the very popular annual singing

session, hosted by local resident Kevin Conniff (of the Chieftains) and Ger Fitzgerald.

Commencing from 12.30pm - all singers welcome! Sunday will also see Andy Irvine perform at St Kevin's COI, 6pm, admission €20. Note, tickets are nearly sold out, booking through Eventbrite or through musicunderthemountains.com.

'More music from Brittany' with Tom Lemmonier and friends at the Hollywood Inn, commencing 8pm will close the music festival for 2019. A weekend ticket €50 can be purchased, allowing access to all events; for tickets and information, see musicunderthemountains.com or their Facebook page.

Music Under The Mountains would like to acknowledge the support of The Creative Ireland Programme, Wicklow County Council and many generous sponsors. Music Under The Mountains is the main source of funding for the weekly music school hosted at Hollywood Centre. Weekly classes have



Eleanor McEvoy (above) and Andy Irvine (left) will be performing at Music Under the Mountains in Hollywood

commenced for the autumn/winter schedule with tuition in whistle, flute, accordion, fiddle, bodhrán and guitar so plenty to choose from. New students welcome, just call into the centre from 10.30am or send a message to the Facebook page.

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Dublin Gospel Choir (above) and Kilcullen Gospel Choir to perform in aid of Friends of Naas Hospital

Raise the roof concert for Friends of Naas General Hospital

Dublin Gospel Choir and Kilcullen Gospel Choir are uniting to host a concert on Friday, October 11 at St Brigid's Church, the Curragh.

The combined might of their voices is sure to lift the roof whilst raising valuable funds for the Friends of Naas General Hospital.

Established in 1988 in order to purchase items for patient care and comfort which cannot normally be provided through the hospital budget, Friends of Naas General Hospital are constantly fundraising to increase patient comfort.

"We have recently provided three single rooms for end of life care (Solas Rooms), and

also developed a garden space which offers a place of calm in the busy hospital for patients, families and staff" said Fiona Slevin, Committee Secretary on behalf of the Friends of Naas GH. Many people in the Kildare /West Wicklow catchment area rely heavily on Naas Hospital for their care, and there is an even greater need in the current fiscal climate for the support of the Friends of Naas General Hospital" she added.

Tickets are €15 per person and available from Friends of Naas General Hospital or by contacting 086 1099 311 or 085 9788 562. The concert will commence at 7.30pm, all support appreciated.

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€85,000 allocated for works at Corbally Cross in Athgarvan

Kim O'Leary

Proposed roadworks at Corbally Cross in Athgarvan are scheduled to commence in October.

Locals who have to travel through the junction have expressed concern following

recent road traffic accidents. It is understood that Kildare County Council applied for funding for the works to the Department of Transport last November under the Low Cost Safety Improvement Scheme.

Deputy Martin Heydon,

who has raised concerns about safety at the cross, said that €85,000 was made available by the Department to Kildare County Council for safety improvements at the junction and that works will begin in October.

"The works will involve

significantly improving visibility at the junction for motorists who approach from both sides. The road surface at the junction will also be appropriately marked up to heighten awareness of the junction for approaching motorists.

"The combined works of improving visibility and road markings will definitely create a much safer junction than currently exists.

"We would like to thank the landowners involved for helping make this process become a reality," he added.

Councillor Peggy O'Dwyer stated: "This was one of the main concerns that came up repeatedly during my election campaign and I am happy to confirm that the proposed works to Corbally Cross are scheduled to commence in October."

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Packed programme of events in store for Culture Night Kildare this Friday

This year Culture Night Kildare celebrates its 10th anniversary.

It's a great achievement for Kildare County Council and above all for the groups, venues, artists and organisations that have contributed, through the last decade, to make Culture Night an annual opportunity to explore the rich cultural resources in our county.

Since the beginning, local communities have been the heart and soul of Kildare Culture Night. There will be some 70 free events on offer across the county to celebrate Culture Night this Friday.

Kildare's Culture Night ambassador, Margaret Becker, has been immersed in the arts scene in Kildare for many years, as a stained-glass artist and printmaker and founder of the Leinster Printmaking Studio in Clane in 1998.

Several community projects will form an important part of this year's Culture Night.

In **Ardclough Village** a number of local groups will come together in the weeks prior to Culture Night to develop a showcase of the talents and skills the village has to offer.

Facilitated and supported by Ardclough Community Council, Ardclough Drama Group, Ardclough Youth Theatre, Ardclough GAA Club and St. Annes Choir will create a window display and an after mass "pop up" performance.

Culture Night Photo Booth. Realised by members of McAuley Place in Naas and artist Cathy O'Brien in the weeks prior to Culture Night, a special Photo Booth will travel from venue to venue on the night, to get you in the picture and make you part of this fantastic night.

With ceramic as primary medium, **artist Marta Golubowska and members of Irish Wheelchair Association Athy** will promote inclusiveness and equality through art. The

exhibition displayed in Athy Library for Culture Night will give you a glimpse of what you can expect on the night.

The Past Times Community Choir will also stage **The Rhinestone Cowboy Sessions — Culture Night special edition** online for all their fans.

The Rhinestone Cowboy Sessions premieres *One Last Kiss*, the fifth instalment of its live music sessions. This time Kildare based singer songwriter Ross Breen takes the lead with his beautiful track. This Culture Night Special Edition is a collaboration between Past Times & Voices of Spring Community Choirs and not to be missed! To watch the launch of this video live with us please log on to www.facebook.com/PastTimesCommunityChoir.

For a full listing of all the Culture Night events that will be staged in Kildare, please log on to www.kildare.ie/culturenight



One Hearing Test 4 All Over 65 Year Olds in Kildare

Blackberry Hearing giving a free One4All gift card worth €25 to every over 65 year old in Kildare that comes in to them for a hearing test

Did you know that one third of Irish people suffer from a significant deterioration in their hearing by the time they reach the age of 65? A recent study also showed that Ireland topped the list for putting off treatment, despite the links between hearing loss and other conditions including blood pressure, stroke, diabetes, and dementia.

September is National Deaf Awareness Month and in order to encourage more people to get a hearing test done, Blackberry Hearing will be giving a free One4All gift card worth €25 to every over 65 year old in Donegal that comes in to them for a hearing test this month. So not only is the test itself free, but the person will also receive a One4All voucher simply for getting their own hearing checked.

Speaking about this, Matthew Gleeson, from Blackberry Hearing said "As we get older many of us will experience a gradual deterioration in our hearing. It is important for us to

raise awareness of the importance, especially for those over 65, of getting their hearing checked. Research has shown that hearing loss can be linked to other serious conditions.

"That's why we are offering a One4All voucher in order to encourage everyone over 65 to come in for a hearing test, where we will show them just how simple the test is and how easy the problem can often be solved with a discreet, smart hearing aid. Then of course if your hearing is fine you've got a One4All voucher as well as invaluable peace of mind."

Blackberry Hearing is an Irish company which has been providing the most advanced and discreet, smart hearing aids at the best prices for the past five years. Blackberry Hearing has more than 50 clinic locations nationwide, all of which offer free hearing tests carried out by qualified audiologists.

Blackberry Hearing can also carry out hearing tests in the comfort and privacy of your own



home. Having determined your specific hearing difficulties, the audiologist can pick the perfect hearing aid for you, adjust it to sit comfortably behind your ear and programme it specially to fit your particular hearing loss. This in-home service Blackberry Hearing offer is ideal for elderly parents, relatives or friends who find it hard to make their way to an audiologist's clinic by themselves. Customers who have hearing loss that warrants hearing aids can be programmed and fitted on the day and walk away with them!

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New public access defibrillator for Maynooth

A new public access defibrillator has been installed at Carton Retail Park Maynooth by Maynooth Community First Responders (CFR), providing 24-hour public access to this life-saving piece of equipment.

The AED (Automated External Defibrillator) is located on the external walkway between the two main entrances to Tesco in the busy retail park and will ensure that anyone who suffers a cardiac arrest has early access to defibrillation.

Five thousand people die each year from cardiac arrest in Ireland. For every minute that passes after a cardiac arrest, the chances of recovery are reduced by 7% to 10%. Having early access to CPR and an AED are crucial steps in the cardiac chain of survival, according to the Pre-Hospital Emergency Care Council (PHECC).

According to Chairperson of Maynooth CFR, Réada Cronin, AEDs are a vital piece of equipment for the town.

"We are delighted to have installed this public access

AED. We wouldn't have been able to do it without support from Keith Brady, Regional Centre Manager, and his team, so we are very grateful to them. Maynooth has a population of 14,500, with a further 13,000 students and while there are a number of AEDs around the town, not all are available on a 24-hour basis.

"We are currently working on a list of the locations of AEDs in Maynooth so people can familiarise themselves with their nearest one and we hope that this will be available soon."

Keith Brady, Tesco Regional Centre Manager, said: "The volunteers at Maynooth Community First Responders carry out fantastic work and we are delighted to be able to work alongside the team by installing this 24-hour external AED, which will be available to every member of our community in a cardiac emergency."

There have been some incidences of theft and damage of public access AEDs around the country, although it is not commonplace. For that

reason, Maynooth CFR are also asking everyone to please respect all life-saving equipment.

"We don't want anyone to be afraid to use an AED if it's needed," said Réada, "but they are expensive to install and replace and could mean the difference between life and death for someone in cardiac arrest so it's essential that the AED is available when such an emergency arises. It's so disappointing when we see other First Responder groups commenting that an AED has been stolen or damaged and we hope that everyone will understand how important it is."

Maynooth CFR is a group of 18 volunteers, trained and certified by CFR Ireland to provide life-saving assistance in cases of heart attack, cardiac arrest, stroke and choking, working alongside the National Ambulance Service. The aim is to be on the scene within 10 minutes, providing life-saving assistance while waiting for the ambulance to arrive.

The group was established in May 2018 and went live



Brian Cosgrave, Réada Cronin, Keith Brady, Regional Centre Manager, Tesco, Marella Cahill, Jacqui Sykes and Fionnuala Murphy

with the National Ambulance Service in May 2019.

They began on a weekend-only basis, but expanded that to 24/7 this summer.

They have received 22 calls since May and expect that to increase in the winter months. Maynooth CFR is entirely voluntary. For more information follow them on Facebook @maynoothcfr.

How to use an AED

An AED can be used by anyone, even if you have never used one before. If someone has collapsed and is unresponsive, check for breathing by looking, listening and feeling.

If they are not breathing call 999/112 and send someone for the nearest AED while you begin CPR. That is the only chance of survival for someone in

cardiac arrest.

The AED has two switches – a green On/Off and an orange Charge/Shock button. Once switched on it will talk you through what to do, including placing pads on the patient's chest.

You cannot deliver a shock to someone who doesn't require one – the AED will analyse the patient and will tell you if a shock is required. Continue CPR as required.

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LOCAL
EVENTS

PHOTOS: Aishling Conway

Longines Irish Champions Weekend
at the Curragh Racecourse on Sunday, 15 September



Emer Devery



Annemarie Corbett



Amy, Patrick Jr, Patrick and Sarah Verling



John Ryan, Jenny Burke, Kathleen Burke and Anne Cleary. Below: Newbridge Gospel Choir



Mary Claire McDermott and Fintan Finnegan



Bernie and Dawn Leadon



Aileen Goatley and Ingrid Hoey



Elizabeth Whelan Broderick and Larry Broderick



Michael and Mary Ryan



Tom and Amy Dennehy

The Curragh Racecourse — the buzz is back!

Rose B O'Donoghue
editor@kildarepost.com



You might well say the Curragh Racecourse has never gone away, merely underwent massive development and reconfiguration (circa €72m or thereabouts). Whilst I attended a couple of events this year in the corporate pavilion, last Sunday was my first real 'nose' around the new layout and facilities at Kildare's leading flat racetrack for the Longines Champions Weekend.

Whatever criticism there was with earlier events this summer, mostly long queues for bar or catering facilities, there was none of that on Sunday that I could see. The buzz was back! There were lots of local faces at every turn, the regular diehard



Sean Power, Caragh, with Mary Darker of Ballymore Eustace

Kildare punters. Newbridge Gospel Choir raised the mood as punters rushed by to escape the approaching rain.

People queued to watch racing personalities interviewed near the parade ring. Tracey Piggott was flying in high heels to interview the best dressed

gent and lady (negotiating the terrain in high heels is a talent in itself). The waft of chips drew punters to the food tent, where the Silken Thomas, Locke 13, the Dew Drop Inn and Hartes of Kildare provided a variety of hot, tasty snacks throughout the afternoon.

In the Champagne Terrace Bar, I saw a few platters of cheese and grapes on the go, but also plates of chunky fish and chips. On the ground floor, the dining capacity seemed endless with the Champion's Hall and Atrium Cafe, along with the Food Court offering a huge diversity of dishes and snacks. Located next to the Guineas Bar, you didn't have to worry about getting wet or cold.

I didn't get a peek into the Derby Bar — next time. The skyline is dominated by the



Finalist Ann Marie Dunning, Mairead Finn, Laura O'Hanlon, Paula Gannon (overall winner) and Lorna Dooge, in the Most Stylish Lady at the Longines Irish Champions Weekend at the Curragh

imposing new Aga Khan stand and from there you can watch the race, and you're only a minutes walk back into the main facilities.

The corporate and dining options are infinite too, but for the regular punter, there's plenty of relaxed, available beverage and food options. The Kid's Zone was in demand earlier in the afternoon but most of the excitement then turned to the seventh fixture on the racecard, the Pat Smullen

Champions Race for Cancer Trials Ireland.

A resounding applause for Smullen before and after the race and a great hug from AP McEvoy and Quizzical trainer, Sheila Lavery. Another success for Dermot Weld with Search for a Song in the feature race, the Comer Group International Irish St Leger.

There was plenty of fashion too with Paula Gannon taking first prize; the milliner wore a fab pleated high wasted white

trousers with navy silk blouse. I particularly loved the ensemble worn by Lorna Dooge, a divine turban by Michelle Treacy Millinery, belt by Jenny Vander with Shoes from Shoerack — very quirky, with a touch of the exotic and vintage theme all combined. More fashion from the Curragh in next week's edition! Thumbs up from me for the new look Curragh, with the old Curragh buzz prevalent on Sunday. I'll be back...



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LOCAL
EVENTS

PHOTOS: Aishling Conway

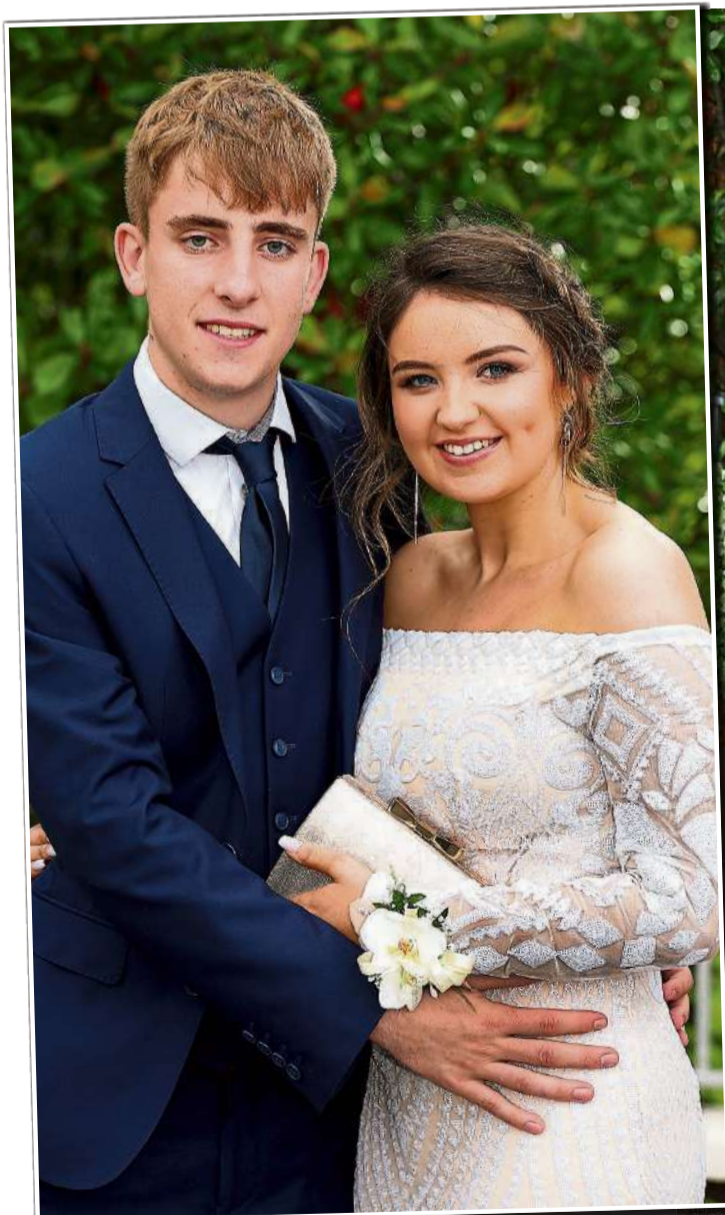
Holy Family, Newbridge, debs ball on
Wednesday, September 11



Nicole Zelek, Elise Sharkey, Kate Murphy, Eimear O'Loughlin, Leah Brown, Kerri Judge, Roisin Ni Cheallaigh and Amy Lambert



Evan Kinahan and Chloe Pearson



Sean Merrins and Eimear Daffy



Sarah Edge with her sister Lt Shannon Edge



Emma Kenny, Chloe Kiely, Niamh Beck and Cian Talbot



Jamie Meenan, Lauren Whiteley, Aisling Manning and Chloe O'Donovan

LOCAL EVENTS

PHOTOS: Aishling Conway

Calverstown Family Fun Day on Sunday, September 15



Avril Moran, Féile Morris, Juanita Donnelly, Judith Browne, Una Donnelly and Pat O'Connor



Jude Connellan, Pat Donnelly, Garda Joanne Sullivan, Kilcullen Community Garda Jon Brien and Larry Mulryan overseeing the activities on Sunday last at Calverstown



Nicola McGrath with Paul and Annemarie Morgan



Kean McNamara and Nathan Rusk

Laura and Sam McCann with Alana King enjoying the fun activities in Calverstown on Sunday last

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Kildare barbers receives All-Ireland All-Star high quality mark

A Kildare business has achieved a quality mark signifying it meets the highest standards of service and trust.

Roches Barbershop & Shaving Saloon, with branches in Kildare town, Monasterevin and Newbridge was awarded the coveted All-Ireland Business All-Star accreditation in a ceremony in Croke Park on Thursday, September 12.

This is an independently verified standard mark for indigenous businesses, based on rigorous selection criteria.

The accreditation is overseen by the prestigious All-Ireland Business Foundation, whose adjudication panel is chaired by Dr Briga Hynes of the Kemmy Business School at the University of Limerick and Kieran Ring, CEO of the Global Institute of Logistics.

Dr Hynes said the accreditation, which is now held by over 350 firms, is needed by the thousands of small and medium businesses which operate to



their own standards, but have nothing to measure them by.

"We evaluate a company's background, trustworthiness and performance, and we speak to customers, employees and vendors," she said.

"We also anonymously approach the company as a customer and report back on the experience. The business goes through at least two interviews and is scored on every part of the process against set metrics."

The All-Ireland Business Foundation is responsible for overseeing the All-Ireland Business Summit and All-Star awards, ongoing All-Star accreditation,



ABOVE AND RIGHT: Ciaran Clarke and Teresa Crampton from Roches Barbers accepting the award at Croke Park

Thought Leader awards and promoting peer dialogue among members.

Honoured and proud

Ciaran Clarke from Roches Barbers said: "We are delighted, honoured and proud to have been awarded with the coveted Business All-Star Accreditation.

"It is an independently

verified standard mark for businesses based on rigorous selection criteria; performance, trust and customer centricity.

"We have been very busy working with the All-Ireland Business Foundation to achieve our Business All-Star Accreditation Certificate. This accreditation is an outstanding achievement and recognises the hard work



and dedication of Roches Barbers Staff in providing a best in class service to all our customers.

"In achieving this accreditation we join a

unique group of businesses and we believe this continues to demonstrate our commitment to improving our service to our customers and suppliers."

Home COOKING

by Barbara Collins

INGREDIENTS

6 rashers smoked back bacon, rind trimmed off
1 tbsp rapeseed oil
1 large onion, peeled and chopped
1 carrot, peeled and chopped
2 celery sticks, chopped
2 garlic cloves, crushed
150g red lentils, rinsed and drained
400g tin chopped tomatoes
1 litre (1 3/4 pints) vegetable stock

LENTIL AND BACON SOUP

Now that the weather has taken a more autumnal turn, it is time to reach into the storecupboard for pulses to make hearty soups. This one is one of my favourites. It is quick and easy and makes you feel safe and nourished which is what a soup should do.

METHOD

Cut the trimmed bacon into 2cm pieces. Put the rapeseed oil in a large saucepan set over a low-medium heat and add the bacon, onion, carrot and celery.

Cook gently for 10 minutes, until soft and sweet. Stir in the garlic and cook for 5 minutes more.

Add the red lentils, followed by the tinned tomatoes and stock. Bring to the boil then reduce the heat slightly. Cover with a lid and leave the soup to simmer for 25-30 minutes, stirring occasionally, until the lentils are very soft and the soup has thickened.

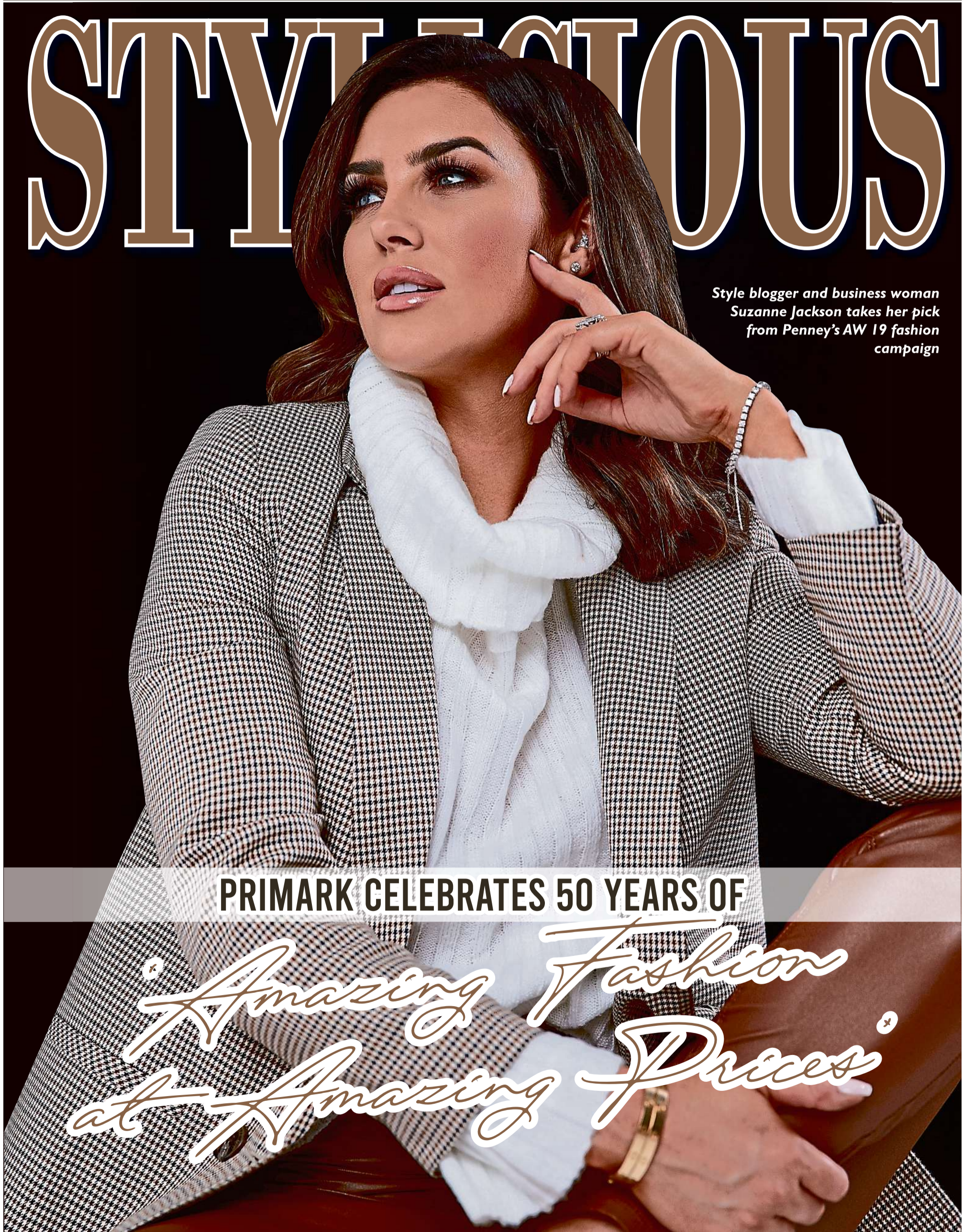
If it looks too thick or starts to catch on the base, add a little water. Season to taste, remembering the bacon and stock are already quite salty. At this stage you can liquidise the soup, if you like, or leave it chunky.

STYLE TATTOOS

Style blogger and business woman
Suzanne Jackson takes her pick
from Penney's AW 19 fashion
campaign

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STYLE FILE

Sylicious with
Rose Barrett O'Donoghue

Primark/Penneys celebrates 50 years of



Suzanne Jackson loving the 'boogie' patterned blouse by Penneys

Style blogger and business woman Suzanne Jackson takes her pick from Penneys' AW 19 fashion campaign

To celebrate Primark's 50th birthday, award winning Irish influencer Suzanne Jackson is set to feature in the Penneys' windows campaign across Ireland wearing the latest AW19 collection. A natural fit, Suzanne was chosen for the Primark 50 campaign as she has an established relationship with Penneys over the last number of years regularly wearing and featuring pieces on her social media account.

The Primark 50 collection, as modelled by Suzanne, sees the return of 70s splendour. Boogie prints are amplified with 70s style patterns and classic heritage checks at the forefront.

Suzanne selected her individual look from the latest AW19 range to reflect

her true personal style and her day-to-day life. She styled the classic tan PU leather pants, paired with a patterned blouse all topped off with must-have timeless camel coat of the season.

Another one of Suzanne's favourite looks was the chunky roll neck Aran knit worn under the fitted check blazer, ideal for when running from meeting to meeting.

Speaking about appearing in the Primark 50 campaign, Suzanne explained, "to be asked to be a part of such a huge campaign for Primark 50 was an absolute pinch-me moment. I have been a loyal Penneys customer since I was a teenager and have worked with them collaboratively on fashion as well as my own beauty products that are stocked in their beauty department.

"The Primark range in Penneys is so relatable to everyone; there's something

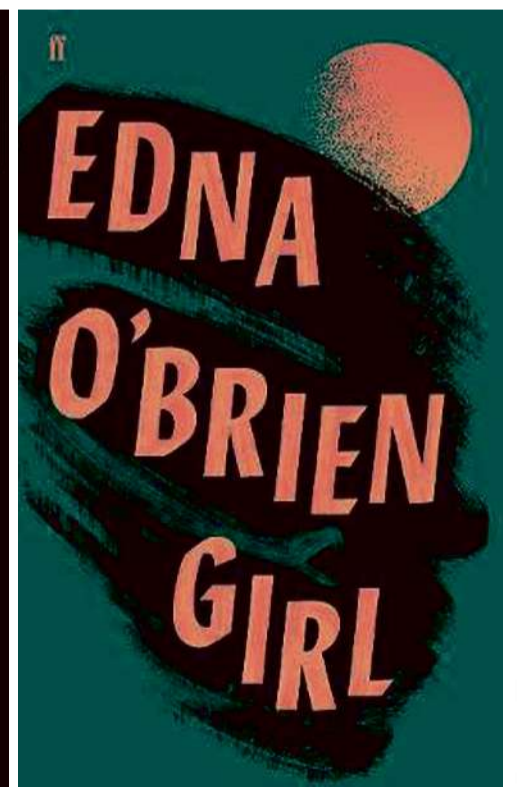
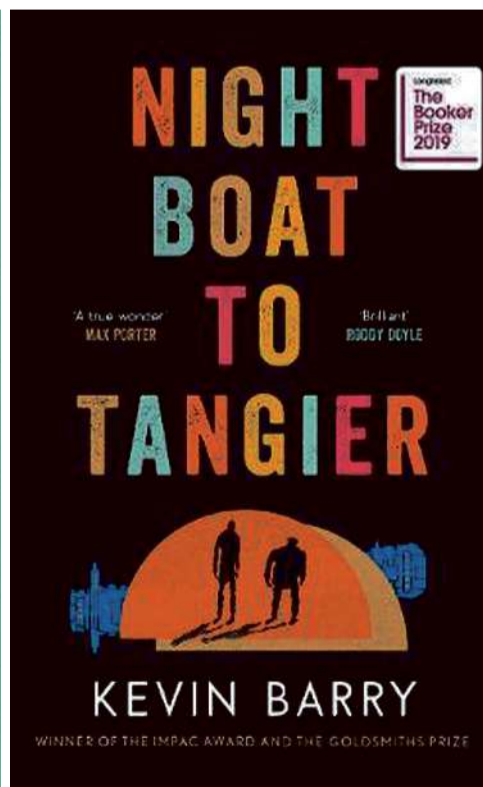
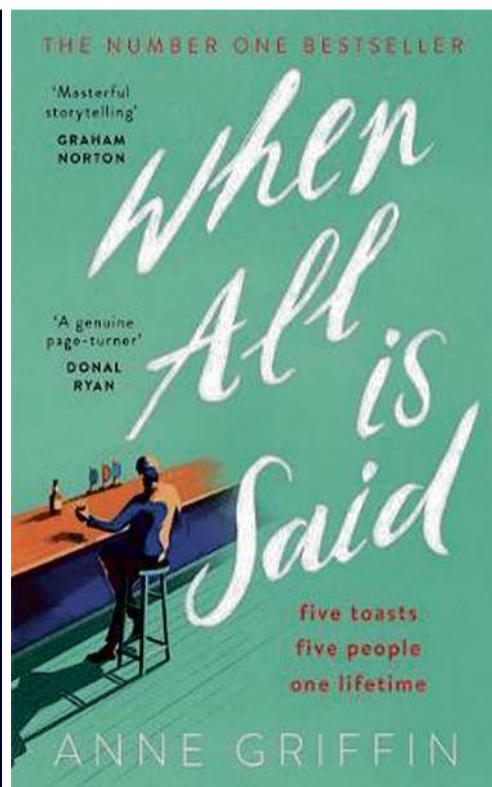
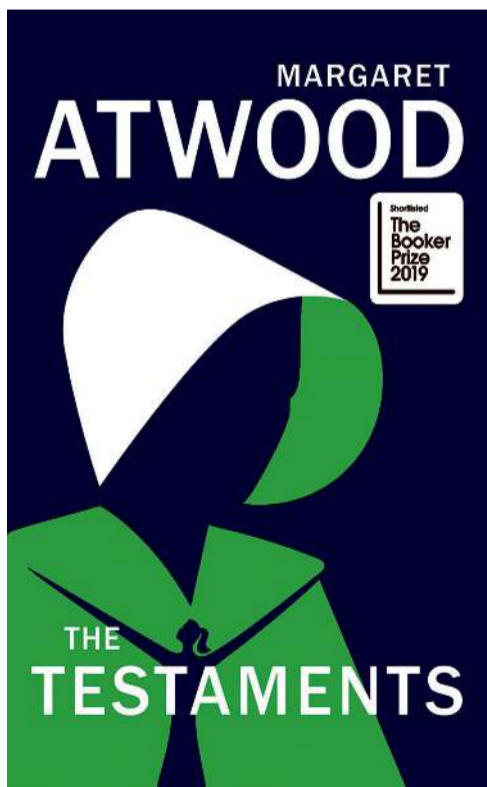
to suit all tastes, all styles and all budgets.

"They have been a massive supporter of mine along my journey both as an influencer and a business woman and I

want to say, 'Thank you Penneys for always believing in me'. I really look forward to our continued success together. Happy 50th birthday, Primark!"



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LOCAL
EVENTS

PHOTOS: Ben Kelly

Network Ireland Kildare Branch holds breakfast event at Kildare Village



Karen Leavey, Karen Geraghty and Laura Maher at the Kildare Village event on Tuesday, September 17



Emma Murphy, Lorna Lawless and Karen Geraghty



Fiona Smiddy and Claire Asolabi



Marie Moriarity and Jane Manzor



Iolanda Pearse and Joanne Mahon



Margo Healy and Aga Plesiak



Suzanne Ryan and Maureen McCowen



Orla McCabe, Maureen Bergin and Anita Meenehan

Network Ireland Business Women of the Year Awards 2019



Rose B O'Donoghue
editor@kildarepost.com



This week, we feature another two finalists in the Network Ireland national Business Women of the Year Awards. Meet Anita Meenahan and Eileen Keane, two women who each excel in very different businesses, but each manage to run busy family lives and find the perfect life balance between career and home.

Anita will compete in the Shining Star Employee category. You might be forgiven for thinking she is a make up/cosmetics sales person at Mangan's Pharmacy but her glamorous facade is merely her 'front of house' face and like everything to do with her role at Mangan's, Anita is uber efficient and impeccably groomed.

Now Senior OTC Manager at the Newbridge branch, Anita is also Senior Purchasing Manager along with leading, coaching and developing staff within the organization. Anita joined the company in

Meet Anita Meenahan – Employee Shining Star finalist



President Network Ireland Kildare, Emma Murphy congratulating Anita on winning the Shining Star (Employee) Award at the Kildare Awards in May this year.

April 2013 when the branch at Station Road, Piercetown was first opened. Now developing Mangan's website and a customer and corporate app tailored to meet their customers' needs, how did Anita first market the pharmacy and reach out to the community?

"I went out onto the streets nearby and introduced the pharmacy, myself and our services to passers by, simple as that to begin with!" she said.

"To be successful in any career choice, one must have a passion for the job and in

Anita's case, passion and compassion are imperative.

"I do not believe that as a pharmacy, Mangan's is simply a retailer of meds, cosmetics and health products. Dispensing prescriptions is vitally important but we have a wider duty of care to our customers and the community.

"Many people come into the pharmacy to purchase medications, prescribed and otherwise. I encourage my staff to observe the clients, and to recognise if someone is in trouble or stressed out.

The ability to recognise that tension or pain in the face is key – sometimes people just come in because they don't know what they need, or whom to ask, or maybe are just experiencing loneliness. In an era that society purports to erase mental health stigma, I encourage all my staff to be compassionate, and to give a personalised service".

Indeed, Anita's personal life experiences may be the reason she has such a compassionate nature. In 1995, when she was aged 20, her mother and brother died in a house fire, leaving three younger siblings, all aged under 9 years.

Married to Noel for 30 years, the couple have three children, now aged from 18 to 26 years, and two grandchildren.

Supporting her siblings and rearing a family were demanding years for Anita but she wouldn't have had it any other way.

"Now, I feel it's 'mytime' and since joining Mangan's Pharmacy, I've taken on many roles and helped Mangan's to connect with the



Anita (centre) with Jill O'Meara and Noreen Doyle, all three finalists from Network Ireland Kildare completed their interviews last week in Dublin

local community. For example, Mangan's Pharmacy Newbridge sponsors both Moorefield and Sarsfields GAA clubs. We also support Relay for Life Kildare and work closely with Georgina, nursing tutor at St Conleth's Community College, Newbridge.

"We work with students who are interested in a

nursing career, we supply them with basic nursing kits and help them to further nursing course kits at minimum cost.

"Mangan's Pharmacy is not just a retail point, it's a family health centre; and we do everything in our power to reach out and serve our patients, dispense meds, recommend treatment or therapists where necessary.

Time and a friendly face and kind word is often what's needed."

From front of house direct marketing to developing the website and social media pages, Anita's contribution to Mangan's team is why she was nominated and won the Kildare Shining Star Employee category.

Anita added: "It's an absolute honour to be representing my work colleagues, the Mangan family and the community of Newbridge for Network Ireland Kildare branch at this year's award ceremony. I would like to thank all of our customers for their continued support — it is much appreciated and I feel truly blessed".

Eileen Keane, Monread CRM, flying the flag for Kildare in the STEM category at national awards on September 27

Rose B O'Donoghue
editor@kildarepost.com



Co-founder of Monread CRM 20 years ago, Eileen Keane always had a keen interest in technology as well as business. Winner of STEM at the Kildare network awards, she is a strong contender in the Network Ireland Business Women of the Year Awards and brings a wealth of knowledge, foresight and experience to the world of technology.

She is also a mum of four, a working partner with her husband Justin, and a typical example of Network members, that is, finding the successful balance between family, business and a healthy lifestyle!

"My background is in electronic engineering and computer systems" she told the Kildare Post. "Having graduated from the University of Limerick (UL), I went to work for Philips Electronics in Eindhoven, the Netherlands.

"Having spent a couple of

years in design, I jumped at the opportunity to work in product marketing for consumer electronics. This allowed me to combine both my passions — technology and business. While in Philips communicating daily with sales teams and corporate customers across Europe, I experienced the problem of how to manage the flow of data across an organization, how to keep track of leads from various sources, sales activities, tasks, how to communicate effectively with customers and to know/identify a customer support issue".

These are the same problems that Monread CRM are solving daily for customers, centralising data, streamlining sales, marketing and operations.

Eileen continued: "We are in essence a business software consultancy and professional services company who helps clients improve processes, boost sales and step up productivity by delivering business software solutions based on the Zoho platform. Right

now, we have consultants working out of the UK, Ireland and the US and a dedicated local help desk.

"Our head office is in Naas at the wonderful Osprey Business Campus. We currently have a team of 9 full time employees and we also work closely with carefully selected contractors.

"I always wanted to run my own business in the tech industry. I love the process of creating something from an idea and bringing a project to

life. I enjoy the risks and challenges of being an entrepreneur and the feeling of being in charge of my own destiny. I co-founded Monread CRM 20 years ago with my brother-in-law Leo, a software developer during the Christmas holidays in the kitchen of the family farmhouse in West Cork. It is a happy coincidence that the Network Ireland Conference and Awards ceremony is being held in West Cork so for me, it definitely has been a



Finalist in the STEM category at the national Network Ireland Business Women of the Year Awards, Eileen Keane of Monread CRM, Naas



Eileen and Justin centre, with the team at Monread CRM, Naas

time to look back and see how far we have come!"

Coincidentally, whilst working in the Netherlands, Eileen met her future husband, Justin who is now CEO and Head of Professional Services at Monread CRM.

"Having spent a few years in the UK developing the UK market, we settled in Kildare and have been busy growing the business and raising a family" said Eileen.

"The recession coincided with the birth of my twins and with four children under four years at one stage, I made the decision to take a step back and hand over the company

reins to Justin.

"I returned once the twins were in pre-school; Justin had transformed the company to be a Zoho Partner and the CRM consultancy that we have today.

"I just love the continuous challenges in changing technologies and how best to serve our clients in an extremely competitive business environment. Recently, I had another reason to look back to where my interest in tech was nurtured — as I had the pleasure of returning to UL for the Community Games with my children!"

LOCAL
EVENTS

Photos: Aishling Conway

St Mary's, Naas, hosts debs night
at Keadeen Hotel, Newbridge, on Saturday, September 14



Luke Kelly, Charlotte Hogan, Adam Humphries, Claire Brown, Cian Condon and Laoise Cunningham



Adam Leonard, Sara Ryan, Kate Murphy and Bobby McMahon



Ben O'Reilly and Ava Trundle



Aaron Burke and Rachel Mitchell



Freja Kerley and Megan Cash with Ian Blackburn and James McNamara



Aidan Dunlea, Kate Redmond, Ailis O'Connor and James Fallon



Brian Tobin, Sarah Fahey, Ross McCabe, Meadhb Gallagher, Pdraig Woods, Katie O'Donoghue, Colm Herley, Cara Conboy, Aaron Burke, Rachel Mitchell, Grace Fahey and Murray O'Byrne



Claire McNamee, Aine Ni Raghallaigh, Kate Redmond, Kate Davitt and Ailis O'Connor



Wedding Special

Pages 39-48

Photographer Mark Donovan captures the accessories of bride Aishling Conway on her wedding day to Shane Byrne
Bridal bouquet by Pauline Forde of Heirloom Bouquets



Wedding Special



Check out these wedding trends for 2020

A couple's wedding day is arguably one of the most important days of their lives both individually and as a couple. As we head into 2020, one of the biggest trends for the upcoming year is personalisation and individuality in terms of outfits, venues, cakes, and much more.

Check out these top trends that are likely to be all the rage in 2020:

Dresses inspired by older generations

Every bride is different and designers are creating dresses to fit all shapes, from contemporary and sleek to full, the sky truly is the limit. But in the next couple of months, retro fashion is in resurgence with brides-to-be taking inspiration from generations past. Stylistic designs like the 1950s-inspired ruffle truffles, 1960s revived bishop sleeves, and 1920s influenced beaded epaulette dresses are making a comeback in bridal

boutiques right across Ireland.

Make-up with a pop of colour

Many brides opt for the simple yet classic glowing skin look accentuated by the use of gentle pinks, taupes and greys, but heading into the new year a new make-up trend is promising to give brides a pop of colour.

A current trend that has taken Instagram by storm is colour strobing of the inner corner of the eye, which is a quick and easy way to brighten up any makeup look by simply adding a bright colour to the inner corner of the eyes, brightening the colour of the eye and elevating the natural look.

Glossy lips also provide a high fashion look that won't impede on comfort as you say goodbye to the basic black rented tuxedo and hello to mixed materials. Mixing elements of various suit styles is a sure-fire way to get a bespoke and unique look for



Many grooms are now opting to move away from basic suits and tuxedos by choosing from mixed materials, which includes a unique combination of tartan and check designs

the big day.

Mixed fabrics

The wedding day is also a big day for grooms-to-be and

many grooms are now opting to move away from basic suits and tuxedos by choosing from mixed materials, which includes a unique

combination of tartan and check designs for suits, blazers, waistcoats and ties, as well as shoes. A subtle way for grooms to tie in the colour scheme of the wedding and to allow the groom to stand out from his groomsmen is through the use of patterned ties and shoes which can range from black, brown, blue and much more.

Native flowers for sustainability

Many couples are becoming increasingly aware of sustainability and caring for the environment, and choosing native flowers to Ireland is one way of reducing carbon footprints.

Brides and grooms-to-be can talk to their local florists and vendors to find out about flowers that grow naturally in Ireland during the Spring, Summer, Autumn and Winter months, with the added benefit of also supporting local vendors. Popular wedding flowers that can be added to a bouquet include Garden Roses in

Spring, Peony Roses in Summer, Dahlias and Amaranthus in Autumn, and Amaryllis, Tulips and Eucharis in Winter.

Décor and venue

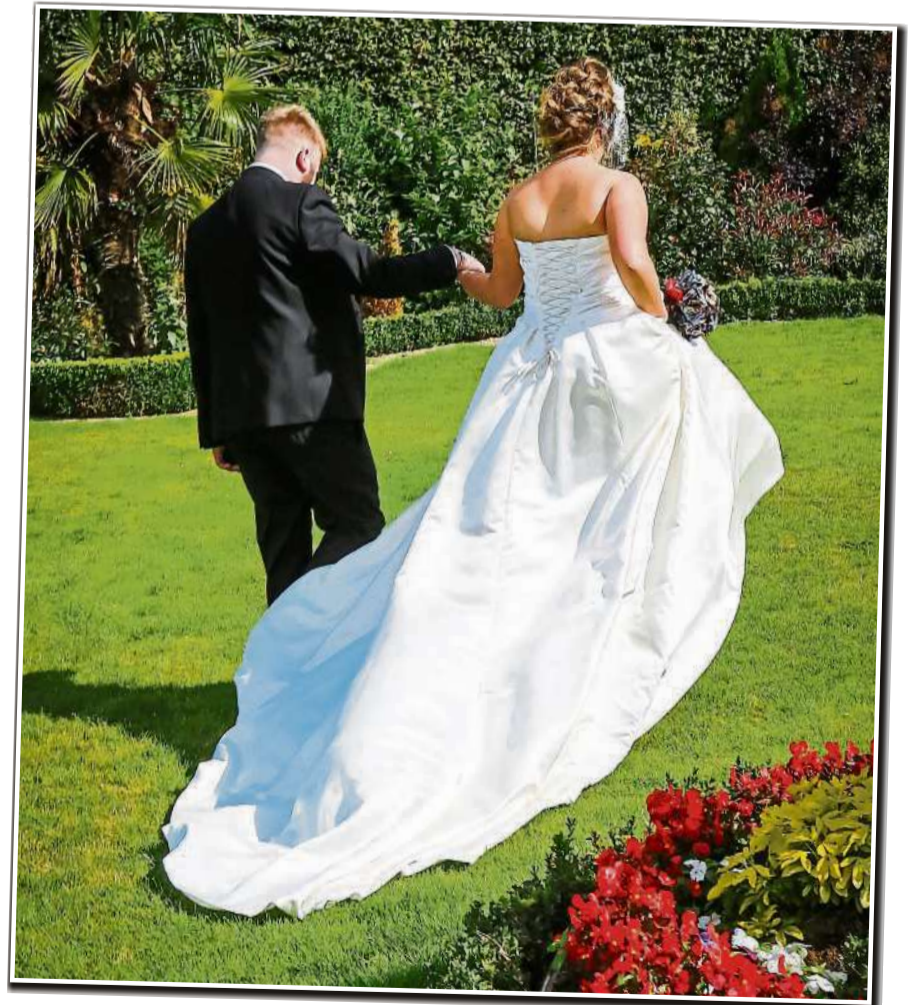
The first thing that most couples are considering now when planning their wedding is how their chosen venue reflects them and their relationship. Nowadays brides and grooms are not restricted to church ceremonies and hotel receptions, with unique venues such as greenhouses, atriums and castles becoming popular venues to hold your nuptials.

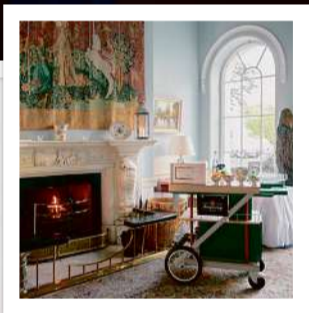
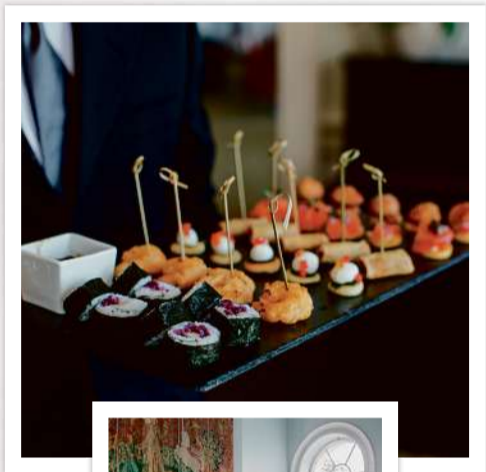
Another growing trend is cocktail bars tailored specifically to the bride and groom e.g. naming the drinks after important dates in the relationship, inside jokes or pets. Hosting an open cocktail hour after the ceremony and pre-reception can be a show-stopper and act as a way to keep guests occupied while the wedding photos are being taken.

LOCAL EVENTS

Photos: Aishling Conway

The wedding of Sarah and Dan O'Neill, Kilcullen, with reception at the Clanard Court Hotel, Athy





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Wedding Special



Wedding showcase at the Athlone Springs Hotel as newly refurbished Clonellan Suite unveiled

On Sunday, October 13, the Athlone Springs Hotel opens its doors and welcomes all newly engaged couples to its newly refurbished Clonellan Suite.

Under the McDonagh family ownership, the hotel has gone from stride to stride with their newly refurbished bar and lobby where on their big day guests enjoy their drinks reception of gin, craft beers or some house cocktails and some of chef's choice of canapes, sandwiches and afternoon tea scones.

Stunning Ballroom

The stunning ballroom will be transformed to show bride and grooms how the room will be set on their big day, with its new added lighting, sound and décor.

With each wedding, the Athlone Springs Hotel promises a dedicated wedding coordinator, a one wedding hotel and a team that will go above and beyond for you and your guests on your special day

Private Garden

The hotel also has its own private garden where you can escape for your photos and the Manhattan bridal suite is the height of luxury. They know that planning your big day is not easy when you are trying to budget and still have the wedding of your dreams.

Bespoke Packages

The hotel launched its new wedding packages this year with three bespoke and unique packages to cater for your every need. We will have our own hand-selected suppliers at our event to give advice and tips for your big day and help you put together the perfect packages for you.

We look forward to meeting you and yours on Sunday, October 13 from 2pm - 5pm, contact our wedding co-ordinator Anna today to book your appointment on 090 644 4444 or email events@athlonespringshotel.com.



Mature gardens make an atmospheric backdrop for wedding portraiture

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Pictured are Jenny and Wayne Byrne who had their autumn wedding at the Clanard Court Hotel in Athy
PICTURE: BEN KELLY PHOTOGRAPHY



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Wedding Fair

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September '19
2pm - 5pm



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Wedding Special



Metallics: the big trend in wedding confectionery for 2020

Rose B O'Donoghue
editor@kildarepost.com



Metallics and simpler wedding cakes are becoming the popular choice of wedding couples and likely to be a big trend in 2020. Nicola Arcari of Baker Baker states that three tier cakes are still the norm and iced in ivory, white or cream.

"But metallics, like gold, bronze or silver are in huge demand," she said. "Basically, couples are choosing simpler, more stylish cakes, which I believe is down to budget. The flowers or details are made from very fine edible rice paper, then painted with edible gold, etc. When choosing a metallic colour, couples often want an ornate, 'regal' look to the cake, or finished with bright, bold flowers and classic looking swags.

"There have been more

requests this year for sugar crystals on metallic, handpainted cakes with brush embroidery (painted using coloured buttercream) and ruffles using sugarpaste/fondant. Black or grey fondant cakes are very popular with vibrant fresh flowers".

Nicola continued: "We don't have a natural selection of vibrant coloured flowers here, so I'm regularly creating elaborate flowers for wedding cakes, very often requested in a bold violet shade, or cerise pink, even blue is quite popular."

Cakes are generally made in sponge tiers, with butter cream icing and often simply dressed up with greenery and cones or natural textiles. These give a 'rustic' look.

"I've also been asked to have 'toppers' on the cake. These can be themed with the couple's own lifestyle,



ABOVE: Dramatic black and white cake with bridal couple 'toppers' from Baker Baker
RIGHT: Finely layered grey-silver butter iced cake with pink iced floral detail and pearls

for example, I recently created a girl with a camogie stick in hand and the male figure had a football — the couple being big sport fans and both county players". Another couple chose to recreate their favourite dogs, a pair of black Scottie dogs, as the toppers.

One thing that has changed dramatically, according to Nicola, are the flavours.

"After Harry and Meghan

had a lemon with elderflower flavoured cake, the orders for that are flying in. I'm frequently asked to produce almond and orange sponge or a praline chocolate cake. It's all about the flavour!"

Fruit cake was ousted a few years back by the growing popularity of biscuit cake but that in turn, is now on the decline.

"Couples usually opt for

the smallest tier to be in fruit," said Nicola.

"Also 'drip' cakes are becoming very popular. Sponge is very much the most popular cake filling but definitely, metallic will be the big craze in wedding confectionery for 2020".

See Baker Baker on Facebook and contact Nicola by private message for more information.



Three tiered simple tiered sponge cake, finished with iced flowers and ribbon. Cake by Baker Baker



Cake combined metallic top layer, with natural textiles such as a cone and greenery and the bottom layered detailed with ruffled iced flowers



Personalised cake design - with the couple's beloved Scottie dogs on the top. Cake by Baker Baker

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Wedding Special



The Annebrook House Hotel Autumn Wedding Fair Sunday, September 22, 2-5pm

Situated in the heart of Mullingar, the award-winning four star Annebrook House Hotel presents a spectacular fusion of 17th century heritage with ultimate modern styling. Let us be your "something old, something new".

with top-class service are the main ingredients of any good wedding and the Annebrook House Hotel delivers both these elements seamlessly. Our friendly and approachable service will ensure your wedding day is everything you want it to be and more.

Intimate or grand

Whether it's a grand affair or an intimate reception, the style of your wedding is entirely up to you, catering for 30-280 guests.

As a family-owned hotel, we pride ourselves in offering a very personalised service from the initial booking stage all the way through to your dream day.

Sumptuous food combined

Wedding Team

The wedding team at the Annebrook constantly strive to keep up to date with current trends to ensure every couples day is as memorable and as individual as you are. For further details visit www.annebrook.ie, or email our dedicated weddings manager on events@annebrook.ie.



*Come and join us at our
Autumn Wedding Open Day
At The Annebrook House Hotel
September 22nd, 2pm-5pm*





For further details please contact
events@annebrook.ie







Congratulations to Darren and Sue Coyle from Caragh who had their wedding reception at the Clanard Court Hotel Athy last September PHOTO: BEN KELLY PHOTOGRAPHY



Wedding Special



Trim Castle Hotel - history, elegance and romance united

Wedding Fair, October 6, from 2.30pm-5pm

Trim Castle Hotel is a historic landmark wedding location, in Ireland's ancient walled town of Trim.

The venue offers a choice of three glorious Celebration Suites overlooking the medieval walls of Trim Castle, located amidst the rolling hills of Meath's oldest natural landscape. Guests can witness the 12th century castle ruins transformed by a kaleidoscope of projected lights as the sun sets. This magical and joyful panorama is matched by our warm hospitality and exceptional

service. Prepare to be blown away.

Wedding Fair

Trim Castle Hotel is thrilled to announce the date of our much-anticipated Wedding Fair on Sunday, October 6, 2019 from 2.30-5pm.

"Our Celebration Suites have just been refurbished and will be dressed to impress on the day. The Wedding Team will be on hand to share their experiences and guide you in your planning along with a number of our recommended wedding suppliers" said a

spokeperson from the Wedding Team.

"Our newly decorated Bridal Bedroom will also be available to view. If you cannot attend the Wedding Fair and you wish to view the Hotel before this date, please contact us directly and we will arrange a private viewing for you".

For further information, or if you cannot attend the Wedding Fair contact our Wedding Team on 046-948 3000 or email info@trimcastlehotel.com.
Web: www.trimcastleweddings.com



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Wedding Special



Your wedding day: don't stress over minute details

“Celebrate the confirmation of your love to each other” - Margot Ussher

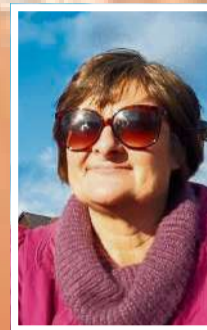
One of the most important days of your life, the wedding day. A day of joy, happiness and emotion, and the beginning of a new life when two become one.

All good, at least it should be, if only most brides didn't fret over wedding gowns, the length of the veil, the flowers for the bridal party, the flowers for the church, the seating arrangements....

According to Margot Ussher, qualified counsellor and psychotherapist of 'The Healer's Dance', Blessington, it's not just brides, it's also mothers of the bride and groom who get stressed out before the big day.

“Notably, I've never had a groom or father of the bride come to me yet” said Margot. “Brides take on everything in planning the wedding, and try to please everyone – where people should sit at the reception, who is to be invited, who has been left out.... They are under pressure from parents and others, and all the minute details seem so important in planning the big day. In fact, the little details are not the all-important purpose of the day.

“I help to bring them back to what's important and that's the commitment of two people in love, creating a new



“Often I just need to ground people and remind them what's really important on a wedding day - the celebration of love” say Margot Ussher, counsellor and psychotherapist

life together, consolidating their future,

“For the mothers, stressing before the wedding has more to do with the emotional 'letting go', it's concern for the

future, and not as they often think, about the wedding guest list or seating arrangements”.

Margot added: “When we pull it back at counselling, we

go back to the basics, I try to ground them and remind what the day is all about. Then the stress alleviates and those little details that seemed all important become minute

trivia. It's a day of celebration, and people just needed to be reminded of this.”

Margot offers one to one counselling for 'occasion anxiety' such as a wedding or big family event, and indeed support therapy for all anxieties.

“I provide support when people need it” she said “In getting support from me, they can then support others, either their partner or parent or stressed out bridesmaids!

“I'd also recommend yoga for relaxation, it's great for calming mind and body, for slowing down – and also meditation. All these will help you calm down. Family days should be celebrated and thus remembered, and not remembered for the unnecessary stress and worrying over silly things.

Celebrate love on a wedding day, everything else will fall into place on the day!”

Margot can be contacted at the Healer's Dance, 087 236 2955. See

www.healersdance.com



Every bride wants to look and feel her best on her wedding day. The Residence Day Spa in Naas, Co. Kildare have put together the Bride to Be Package (€99 for 2 hours) and the Hen Party Package (€99 pp) to ensure you look and feel your best in the lead up to your special day.

Bride to Be Package

The Bride To Be Package contains all the essential treatments you need before your wedding day. It includes an OPI Manicure and Pedicure, a customised Germaine de Capuccini facial and a luxurious back massage. This package finishes up in the 'Rose Posie Room' for a glass of bubbly and strawberries!

Hen Party Package

Your inclusive treatments:

- Bamboo Body Bliss Back Exfoliation (15 min)
- Back Neck Shoulder Massage (30 min)
- Vitamin C Boost Facial (30 min)

Plus, your choice of one treatment from the below:

- OPI Express Manicure
- OPI Express Pedicure
- Eye Combo

Your experience also includes:

- A glass of bubbly and strawberries
- Complimentary use of towels, robe and slippers



Book eight guests and the bride goes free!

Tailor made Pamper Packages can be arranged to suit all needs and budgets.

For more information telephone (045) 899 774 or log onto www.theresidencedayspa.ie

Get Wedding Ready at the Residence Day Spa in Naas

Every bride wants to look and feel her best on her wedding day.

The Residence Day Spa in Naas have put together the Bride To Be Package and the Hen Party Package to ensure you look and feel your best in the lead up to your special day.

The Bride To Be Package (€99 for 2 hours) includes all the essential treatments you need for your wedding day. It includes a mini manicure and pedicure and a customised Germaine de Capuccini facial to transform your skin leaving you with a youthful, luminous appearance. The bride to be will then be treated to a luxurious back massage. This package finishes up in the 'Rose Posie Room' for a glass of bubbly and strawberries.

This 'top to tips' Hen Party Package (€99 pp) includes a signature back, neck and shoulder massage, bamboo body bliss back exfoliation

and a Vitamin C boost facial. Guests then have the option of an OPI express manicure or pedicure or an eye combo. Finally, this indulgent package concludes with a glass of bubbly and strawberries served in the 'Rosie Posie Room'. This lovely hideaway features decadent fabrics and comfy cushions just the place for a catch up with the girls.

The Residence Day Spa is an urban spa offering an oasis of calm in a busy world by providing an affordable range of grooming and pampering treatments for busy people. The highly trained therapists offering indulgent massages, routine beauty treatments, prescriptive age-defying facials and bespoke packages.

The team at The Residence Day Spa use high-end luxurious spa products such as Germaine de Capuccini and Eminence Organic. Since its humble beginnings in

1964, Germaine de Capuccini has been developing cutting edge skin care solutions for over 50 years. The bamboo body bliss exfoliation is more than just an exfoliation. This exotic extra-sensory exfoliating therapy will energise and relax you from head to toe, giving renewed freshness and an extraordinary luminous appearance.

Open 7 days a week from 9am – 8pm, this chic spa includes several treatment rooms, manicure and pedicure thrones and even a cosy hideaway for refreshments to indulge yourself in this spring. Book eight guests for the Hen Party Package and the bride goes free!

Tailor made Pamper Packages can be arranged to suit all needs and budgets – contact (045) 899 774 or log onto www.theresidencedayspa.ie

LOCAL
EVENTS

PHOTOS: Tony Keane

The Whole Lotta Rosaleen Music Festival in Kill on September



Sheila Timmins with her grandchildren, Lucy, Lily, and James Walsh enjoying the Whole Lotta Rosaleen music festival in Kill on Saturday, September 14. The annual festival is run in memory of the late Rosaleen Talbot by her family. The funds raised this year are for Baby Erin Kenna, a local little girl from Kill who has been fighting for her life since she was born with leukaemia last year. Erin relapsed after a bone marrow transplant last February, and is now receiving further treatment in Great Ormond Street Hospital in London



Johnny Peters and Derek McNamara



Sofia and Aine Kenna, cousins of baby Erin



Chris Doran, Martin Kenna, Talbot family member Susie, and her husband Paul Wildish, and local musician Ray Doran.



Fia and Orla Coulston with Aileen Curran



Cian and Oisín Kelly with DJ Joey Howe



Jill Tougher, 'Binzer' Coyle and Mary Ruth



Paula Mills and Sarah Doyle



Noel and Christy McEntee, Stephen and Derek Crowe



Little Rocky and Colin Durnin



Angela McGarr and Steven Crouch

Romantic Homes

This week I thought I would share some inspirational romantic interiors to give you some ideas on how you can add some romantic touches to your home. When it comes to interiors romantic styles can vary, for example elegant and glamorous, cosy and whimsical, soft and delicate or dark and sultry.

Delicate Florals

Soft elegant florals can look so pretty in any room and the elegance of their intricate floral detailing gives a soft romantic mood to your room. You can either wallpaper your full room or opt for a feature wall. Add soft silks or rich velvets to enhance the overall scheme. If floral wallpaper seems to adventurous consider a floral fabric or a nice floral arrangement.

Soft Pinks

Subtle dusky pinks and rose hues are a soft way to add some romance to your room. Think full length silk curtains for that feeling or opulence mixed with layers of soft velvet upholstery to create an inviting romantic setting that is not too feminine.



Romantic Interiorsdamaris wide width linens from Aspire Design

Dark and Sultry

If soft and feminine isn't really your vibe you could consider going dark and sultry for a dramatic look.

When working with darker interiors it's important to layer your scheme with different textures to ensure you add depth and interest. Soft ambient lighting is also very important here.

Cosy getaway

Nothing says romance like a weekend getaway. So,

whether your inspired by a rustic cabin in mountains or a stylish Parisian apartment, you can try to recreate this look in your home.

For a rustic cabin, think of deep pile rugs, open fires and layers of cosy cushions in linens, wools and velvets.

Parisian Chic

To recreate the Parisian apartment, think classic and chic with elegant full-length silk curtains and luxurious velvets.

Tall ceilings and architectural detailing help enhance this romantic interior.

Four Poster Beds

The bed takes centre stage in any bedroom so it's a very important element.

For romantic interiors consider a four-poster bed with or without a canopy depending in your preference.

Another favourite is a soft luxurious velvet upholstered



Blush pinks and taupe from Pinterest

headboard for added comfort and style.

So, to recap, romance appeals to all the senses — think of soft textured fabrics, pleasant scents, dim lighting, candle light and fresh flowers.

If there is a topic that you would like covered in 2019 then please drop me a line.

— Thanks, Louise, winner of TV3's Showhouse Showdown, 086 399 9926 or info@aspiredesign.ie



Romantic florals from Elle Decor



Rustic getaway from Pinterest



Delicate Florals in a bathroom, image from Pinterest



Soft Pinks by Kobe from Aspire Design



Parisian Apartment from Pinterest



Gardenia Fabric Collection from Aspire Design



Substantial home in Kilcullen with equestrian facilities and paddocks on six acres is on market for €595,000

Kim O'Leary

This spacious five-bedroom detached property located in Kilcullen will ideally suit horse enthusiasts as it boasts horse boxes, a sand arena, paddocks and more for an asking price of €595,000.

Jordan Auctioneers is pleased to present to the market Harwood House, Castletish, Kilcullen, County Kildare.

Harwood House is an

exceptional five-bedroom detached residence extending to c.5,300 sq. ft. (c.492 sq. m.) of spacious, well-proportioned accommodation which was built in 1998. It features PVC double glazed windows, oil fired central heating, PVC fascia/soffits and five ensuite bedrooms.

Inside the accommodation comprises of five bedrooms and five en-suite bathrooms, an entrance hall, dining room, sitting room, kitchen/living room, a utility

room, and an attic storage area upstairs.

Approached through electric gates to a gravel drive, the property stands on c.6 acres with nine horse boxes, canteen/office facilities, three span hay barn, sand arena and three paddocks which are perfect for grazing horses or ponies.

Situated in an easily accessible location only three miles south of Kilcullen just off the R418 and just over two miles from the M9 Motorway access at Junction 2.

This is an ideal compact equestrian property for the horse enthusiast.

The surrounding towns of Kilcullen, Newbridge and Naas offer a wealth of facilities with schools, churches, pubs, restaurants, and superb shopping including Whitewater Shopping Centre, Dunnes, Tesco, Penneys, T.K. Maxx and more.

The area is well serviced by a good road and rail infrastructure with the M9

Motorway access at Junction 2, bus route available from Kilcullen and train service from Newbridge or Sallins stations.

Local amenities include GAA, soccer, rugby, canoeing, fishing, horse riding, hockey, basketball, leisure centre, golf and racing in the Curragh, Naas and Punchestown all close by.

Early viewing is advised and for more information contact Jordan Auctioneers on 045 433550.



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**Riverfield
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Alasty Kill



Detached 5 Bed Res with Garage on
c. 1/2 A Guide €550,000

**2175 Highfield
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Kilcullen**



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Caragh Nurseries really scaled the



Last week I gave you a wee glimpse of the stunning commercial roof top garden that we have designed, supplied and built overlooking O'Connell Bridge. It was a lovely project to design but awkward to install because of its location, parking our trucks around there and then getting large pots and heavy plants up on to the roof. But we did it and the client is delighted with the finished result.

We were working for the Dublin Management Company but the end client was an American hospitality tech company which were moving into Ballast House. They wanted an area for their employees to enjoy, looking over the city and along the quays that was somewhere to hold meetings, an area to work from and also an area for them to enjoy with co-workers.

Meeting the brief

The brief was exactly that,



create a place people want to spend time in. It must include an office space and it must have barbecue and sofa areas as well as bar tables. It must make the most of the views and be a taking point. A big ask, we thought, but we were up to the challenge. We

walked the clients around the Nursery Park and picked out some spectacular specimens including some topiaries and then we picked out a suitable range of our fibreglass pots, we had decided to use them to break up the area as well as frame the views.

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heights to keep this client happy!



Our pot range are made in Holland, they are made of fibreglass and can be made to order or use the standard sizes that they always have in stock. They come in a range of colours but white and anthracite are the most popular colours as they are very urban contemporary for office spaces, restaurants and hotels as well as for gardens.

Our furniture ranges are small but perfectly formed, we like to think. We like to find pieces that are different but very functional.

There is too much very standard looking outdoor furniture that neither looks good or particularly wears well. We are always on the look out for new pieces but they have to really stand up to the test. The pieces we put into the roof garden had to be beautiful and hardwearing and these were.

We are delighted with how it looks and although it is spectacular it doesn't take away from those views

—Jo

We used some of our furniture range to create individual table seating and sofa areas on the roof. We used smaller plants to add pops of colour as the roof was being laid with artificial grass so we didn't want too much green although it did create

quite a vibrant feel. The grass company also clad the company name/logo in grass which made it all look very cool. When the Pod office went in, that really did start to feel like a special place and the transformation really was starting to take shape.



KildareNow.com AS THE NEWS HAPPENS

Naas PAVING & PATIO Centre

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Stunning five-bed home on the Curragh on one-acre site for €575,000

Kim O'Leary

This stunning family home on the Curragh rests on a private one-acre site with landscaped gardens and in proximity to local amenities, is on sale for an asking price of €575,000.

Maura Donohoe Auctioneers are delighted to present new to the market Beech Lodge, Crockaun, The Curragh, a truly magnificent 3,200 sq ft residence situated on extensive beautiful landscaped gardens.

The detached house is

presented in showhouse condition throughout by its present owners and has been maintained to a very high standard.

Inside, accommodation comprises of a bright entrance hall, a sitting room, open plan modern kitchen/dining/living room, a conservatory, utility room, office/family room, five double bedrooms with three en-suites and main family bathroom.

Outside the property sits on circa one acre of land and boasts stunning landscaped

manicured gardens, a feature patio and decking areas, a feature play area, wrap around driveway and much more.

All amenities are located close by which include Ballyshannon primary school. Kilcullen is just a five-minute drive away where you'll find a host of shops including Nolan's Butcher, Eurospar and Centra.

Kilcullen also has St. Brigid's Primary School and Cross and Passion Secondary School. Nearby amenities also include racing at Curragh, Punchestown and

Naas, all within 15 minutes, plus golf at Rathsallagh, Curragh, Naas and K Club. Nearby shopping is in Newbridge (Whitewater Shopping Centre), Naas and Kildare Retail Village Outlet — all 10 minutes away.

This is a fantastic opportunity to acquire a quality private home on extensive grounds that offers idyllic country living.

Early viewing is highly recommended and for more information contact Maura Donohoe Auctioneers Newbridge on 045 449 688.



Lovely family home in Kildare town with double garage for €280,000

This three-bedroom detached family home in Kildare town would ideally suit a family, and it includes a conservatory and a garage for an asking price of €280,000.

Conway Auctioneers present to the market No 1 Coolaghknock Drive, Kildare town, a detached family home in turn-key condition. Located in a mature development, the house sits on a corner site and the overall floor area of the property extends to 103.6sq.m (1115.14 sq.ft).

Inside the property consists of three good-sized bedrooms and two bathrooms (including family bathroom), an entrance hall, a kitchen/dining area, a bright conservatory, and a spacious sitting room.

Outside there is ample off-street parking with a double garage located to the side of the property.

The back garden has been beautifully landscaped and



it includes a decking area as well as a wooden shed, providing a sanctuary for gardening enthusiasts.

Conveniently located only minutes from Kildare town Train Station, Coolaghknock is within

close proximity to a host of excellent amenities.

There is a wide selection of creches and primary schools in the immediate vicinity, while there are also leisure facilities in abundance with St Bridgid's Park and the

Curragh Plains a short walk away.

Early viewing is highly recommended and for more information contact Conway Auctioneers on 045 522 622.



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Electric ELVES inaugural training programme at Nissan Academy Naas

The Nissan Academy recently hosted the inaugural ELVES training programme for Authorised Treatment Facilities (ATFs) in the safe handling of end-of-life electric, hybrid and mild hybrid vehicles, hosted at Nissan Academy Naas.

Part of the Electric ELVES programme, the training is the first workshop/classroom-based course of its kind in Ireland and is free of charge to attendees.

The accredited training programme is being facilitated by ELVES, the compliance scheme for End-of-Life Vehicles, with the support of the Irish Motor Vehicle Recyclers Association (IMVRA). The course is being taught by experienced industry professionals Salvage Wire Ltd.

As the compliance scheme for the End-of-Life Vehicle sector, ELVES saw the need to develop the Electric ELVES training programme in response to the increased popularity of electric and hybrid cars, from full electric vehicles (600volt+) to mild hybrids (48volt+).

The new ELVES training programme will be open to all ATFs in Ireland, not just those in the ELVES ATF Network. Nissan Academy in Naas hosted one of the inaugural sessions with venues in Cork and Monaghan also hosting workshops. Programme availability will widen nationwide as awareness of the course increases. Allowing all Irish ATFs to access the training programme will expand knowledge and expertise across the country, supporting all ATFs in

developing competence in the handling of this new technology.

The training content is designed to address new health and safety risks which ATFs face in handling electric and hybrid vehicles, as well as helping to provide solutions to the challenging environmental reuse, recycling and recovery targets set out in End-of-Life Vehicle Regulations. This course will be of immense value to ATFs and there has been much interest in the training sessions.

According to ELVES Environmental Compliance Manager Elena Wrelton, "ELVES is very much committed to ensuring that all ATFs across Ireland have access to bespoke and relevant expertise, support, information and training programmes that are industry specific and pro-actively address key issues impacting the sector."

"It is of critical importance that those working in the industry are equipped with available resources to be fully confident and competent in dealing with the correct reuse and recycling of all types of vehicles," said Ms Wrelton.

Seamus Morgan, Chief Operations Officer at Nissan Ireland added, "Nissan Ireland is delighted that ELVES has chosen the all New Nissan Training Centre to conduct their Electric ELVES training. We at Nissan are committed to training people in the Motor Industry to the highest possible standard to ensure that our customers are dealt with in a professional manner and always have a positive and consistent experience when dealing with any Nissan



ELECTRIC ELVES: Elena Wrelton ELVES, Andy Latham Salvage Wire, Toddy Cuthbert IMVRA and Cuthbert Environmental

Garage".

The Electric ELVES programme already provides a range of supports to Irish ATFs when they receive a vehicle containing an industrial battery, such as an electric, hybrid, plug in hybrid, or mild hybrid vehicle.

After completion of this training, attendees will be further supported in the safe handling and removal of batteries. ELVES has focused on providing

training, model-specific dismantling information via the International Dismantling Information System (IDIS), technical support in the event that the vehicle/battery is damaged and free collection and recycling of the battery, if required.

The course is provided free of charge to ATFs, and ELVES expects to run additional



Electric ELVES attendees Ralph O'Byrne, The Curragh, Joseph Ward, Mountmellick, Eugene Moran, Castledermot, Noel Fannin, Naas and David Wheelan, Portlaoise with Elena Wrelton of ELVES



Andy Latham of Salvage Wire demonstrates best practice in safe handling of hybrid and electric cars to Electric ELVES attendee

dates in the future. Ireland.

Interested ATFs who were not able to make this first set of training days should contact ELVES www.elves.ie to register their interest for future training days.

The mission of ELVES is to improve the processing of End-of-Life Vehicles in

Data from the programme supports the achievement of the 95% reuse, recycling and recovery targets for End-of-Life Vehicles as well as the 50% recycling targets for these types of batteries under the Battery Regulations.



Electric ELVES representatives and course attendees with certificates

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New ŠKODA KAMIQ rounds off the brand's SUV family

By Breda Corrigan
Member of Irish Motoring
Writers' Association (IMWA)



ŠKODA has added a third model to its successful SUV portfolio for the European market – the ŠKODA KAMIQ – entering the rapidly growing city or small SUV segment for the first time.

The KAMIQ blends the typical advantages of this segment such as increased ground clearance and a raised seat position with the agility of a compact car and ŠKODA's characteristic emotive design.

With state-of-the-art assistance and infotainment systems, a generous amount of space and numerous Simply Clever features, the new KAMIQ equally fulfils the needs of both family- and lifestyle-oriented customers in true ŠKODA style.

The new KAMIQ continues the successful SUV design language of the KODIAQ and KAROQ SUVs, whilst the split headlights, which feature daytime running lights above the main headlights, create new, distinctive visual highlights. At 4,241 mm long, the ŠKODA KAMIQ is considerably more compact than both of its bigger SUV siblings. Combined with its raised seat position, this means it is perfectly equipped for the modern-day urban jungle. In typical ŠKODA style, the KAMIQ also sets benchmarks in the city SUV segment in terms of space.

ŠKODA Ireland Head of Marketing & Product, Ray Leddy, commented, "The ŠKODA KAMIQ will be available to order and test drive in Irish showrooms from the 1st November. The KAMIQ is another excellent product from ŠKODA with demand expected to outstrip supply in many markets including Ireland. We would advise customers to order early to avoid disappointment. Prices are yet to be confirmed but are expected to be competitive"

ŠKODA AUTO CEO, Bernhard Maier, said, "By launching the ŠKODA KAMIQ, we are consistently pressing ahead with our SUV campaign and are perfectly rounding off our offering on the European market at the lower end. I am convinced that the KAMIQ will make a strong debut in the dynamic,



growing city SUV segment – with its emotive design, state-of-the-art assistance systems and generous amount of space, it has everything it needs to win over a great number of new customers." The new KAMIQ continues the successful SUV design language of the KODIAQ and KAROQ SUVs, whilst the split headlights, which feature daytime running lights above the main headlights, create new, distinctive visual highlights.

At 4,241 mm long, the ŠKODA KAMIQ is considerably more compact than both of its bigger SUV siblings. Combined with its raised seat position, this means it is perfectly equipped for the modern-day urban jungle. In typical ŠKODA style, the KAMIQ also sets benchmarks in the city SUV segment in terms of space. Rapidly growing segment.

With the KAMIQ the car manufacturer is continuing its successful SUV campaign. The SUV is set to become a future pillar of the ŠKODA model range, harnessing further potential for growth. Demand for SUVs is continuously increasing. Between 2017 to 2018 alone, demand for SUV models increased by 6.8 per cent. At present, more than one in three vehicles delivered worldwide is an SUV. The booming city SUV segment even saw an increase of 13 per cent, with its main target group being sporty, lifestyle-oriented people, who place importance on comfort as well as modern



individual mobility.

When choosing a car, they not only consider the practical aspects important but also how fun the vehicle is. The KAMIQ introduces a dynamic, distinctive and emotionally charged design to a new vehicle segment and couples it with the adventurous flair of an SUV. In addition to a raised seat position, it also offers higher ground clearance, a generous amount of space despite compact dimensions, a high level of functionality and fantastic connectivity. It is exclusively available with front-wheel drive, is efficient, eco-friendly and provides excellent value for money.

Highlights of the new ŠKODA KAMIQ at a glance

Exterior

An elevated ground clearance, rugged details and

large wheels measuring 16 to 18 inches give the ŠKODA KAMIQ a powerful appearance. Boasting compact dimensions, the SUV newcomer is both full of character and dynamic. The ŠKODA SUV family resemblance is visible at first glance, yet some other striking features set the KAMIQ's design apart: for example, the precisely sculptured bonnet, which lends the KAMIQ a unique look and underlines its own identity. It is the first ŠKODA to have split LED headlights with daytime running lights above and, in the full LED version, dynamic front and rear indicators. A panoramic roof is available as an option. Like all of the manufacturer's new models, the tailgate confidently bears 'ŠKODA' in block lettering instead of the ŠKODA logo.

Engines and chassis

Three TSI petrol engines with cylinder capacities of 1.0 or 1.5 l and a 1.6-litre TDI produce between 70 and 110 kW (95 to 150 BHP). The engines can be coupled with a 5- or 6-speed manual gearbox or a 7-speed DSG; they all fulfil the Euro 6d-TEMP emissions standard. The KAMIQ features a newly developed chassis offering 39 mm more ground clearance than the SCALA.

Bodywork, safety and assistance systems Based on Volkswagen Group's MQB-AO platform, the KAMIQ offers the highest level of active and passive safety. It is equipped with up to nine airbags including a driver knee airbag and side airbags in the rear, and features state-of-the-art assistance systems as well as plenty of space. It is 4,241 mm long, 1,793 mm wide and has a height of 1,553 mm (including roof rails). Almost 80 per cent of its bodywork consists of high-strength and hot-formed steel. LED headlights and tail lights come as standard, whilst a full LED version offering AFS and dynamic front and rear indicators is standard on Style versions. Standard equipment includes Lane Assist, Front Assist with City Emergency Brake and Predictive Pedestrian Protection, and Multi-Collision Brake.

Infotainment and connectivity

The KAMIQ is one of the first models in the Volkswagen Group to feature

the third generation of MIB infotainment units. There are three systems available. Active and Ambition models feature the 6.5 inch Swing system while Style versions receive the 8.0 inch Bolero unit. Customers can also choose the 9.2 inch Amundsen that is always online thanks to a built-in LTE eSIM.

This, for example, allows navigation to be subtly and constantly optimised. The Laura ŠKODA Digital Assistant is on-hand to respond to voice commands and is also backed by online data – in addition to simple commands, she also understands entire, fluently spoken sentences and dialects.

Not only does the eSIM enable the eCall function, it provides access to ŠKODA Connect mobile online services too. These include Care Connect including remote vehicle access and Proactive Service, as well as Infotainment Online. Infotainment apps can be downloaded from the vehicle via the Shop. SmartLink technology for connecting devices via Apple CarPlay, Android Auto or MirrorLink™ (the optional Wireless SmartLink), a Wi-Fi hotspot, up to two USB-C ports in the front and two in the rear and a Phone Box that enables inductive smartphone charging are all also available.

Simply clever features

In typical ŠKODA style, a wealth of Simply Clever features makes everyday life that little bit easier in the new KAMIQ too. The optional, automatic door-edge protection is unique in the city SUV segment. From the Ambition trim level upwards, a removable LED torch can be found in the boot. The integrated funnel in the lid of the windscreen washer tank, ice scraper in the fuel filler flap with a tyre tread depth gauge and the umbrella compartment (including umbrella) in the driver's door are all 'Simply Clever'.

The ŠKODA KAMIQ will be available to order and test drive in Irish showrooms from the November 1, 2019. - Breda.

Contact Sheehy Skoda Naas, Jigginstown, Newbridge Road, Naas for all your Skoda enquiries on new and used models.

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PLANNING NOTICES

KILDARE COUNTY COUNCIL

We, Patrick and Kathleen Dunne intend to apply for Planning Permission for a development on this site at 352 Kildare Road, Bonaghmore, Rathangan Demesne, Rathangan, Co. Kildare. The development consists of (A) the demolition of existing rear extension and outbuildings, (B) the erection of a single storey extension to the rear of the existing house and (C) all associated site works That the planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority during its public opening hours and that a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application. This planning application was prepared and submitted by CROSS Chartered Building Surveyor 11 An Crois, Allenwood, Naas, Co.Kildare. Tel. 045 - 860284

PLANNING NOTICES

KILDARE COUNTY COUNCIL

Kildare County Council - We, Paul and Angela Duffy intend to apply for permission for development at Boycetown, Kilcock, Co. Kildare. The development will consist of the demolition of existing shed and the erection of a storey-and-half style dwelling house to connect to existing septic tank and to install new percolation area to serve two no. dwellings. Also, to decommission existing paraflo waste water treatment system and percolation area and to use existing entrance serving Ashford House B&B and to include for revised site boundaries from that previously submitted under 13/681. The Planning Application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours, and a submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the Planning Authority of the application. Signed: Lloyd Fitzsimons, MCIQB, MSCSI, RIAI (Arch. Tech.)

PLANNING NOTICES

KILDARE COUNTY COUNCIL

I, Mairead Farrell intend to apply for Planning Permission for a development on this site at Killinagh Lower, Carbury, Co. Kildare. The development consists of: (A) the erection of a one and a half storey extension to the rear of the existing single storey house, (B) alterations within the existing house, including new window fenestration, (C) garage / fuel store for domestic use, (D) the installation of a proprietary wastewater treatment plant with polishing filter percolation area and (E) upgrading of existing entrance to a recessed vehicular entrance and access drive way and all associated site works. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority during its public opening hours and that a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application. This planning application was prepared and submitted by CROSS Chartered Building Surveyor 11 An Crois, Allenwood, Naas, Co.Kildare.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

I, Suzanne Masterson, am applying to the above mentioned for planning permission for a two storey dwelling, single storey garage, bored well, waste water treatment system, new entrance off existing laneway and all associated site works at Ballynabarna, Athy, Co. Kildare. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the office of the planning authority during its public opening hours. A submission or observation in relation to the application may be made in writing to the planning authority on payment of the prescribed fee, €20, within the period of 5 weeks beginning on the date of receipt by the authority of the application, and such submission or observations will be considered by the planning authority in making a decision on the application. The planning authority may grant permission subject to or without conditions, or may refuse to grant permission. Signed: PDS - Planning & Design Solutions. www.pdsclarlow.ie

PLANNING NOTICES

KILDARE COUNTY COUNCIL

Significant Further Information Gavin O Connor has submitted significant further information for planning file 18/1470 for a development consisting of demolishing existing outbuildings, constructing 5 No detached dormer type dwellings with individual effluent treatment systems and all associated ancillary siteworks at Hawkfield, Newbridge, Co. Kildare. Significant further information has been submitted to the planning authority consisting of reduction in number of houses from 5 No detached dormer type dwellings to 4 No dormer type dwellings with individual effluent treatment systems, revision to site boundaries and all associated ancillary site-works. The significant further information is available for inspection or purchase at a fee not exceeding the reasonable cost of making a copy, at the offices of Kildare County Council, Áras Chill Dara, Devoy Park, Naas, Co. Kildare, during its public opening hours. A submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed fee, €20, within the period of 2 weeks beginning on the date of receipt by the authority of new public notices (this fee is not applicable to persons who made original submissions/observations), and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

I, Rachel Considine intend to apply for Retention Permission and Planning Permission for a development on this site at Carbury Village, Carbury, Co. Kildare. The development consists of Permission for retention and continuance of use of existing sessional pre-school, which was previously granted planning permission under file ref no: 04/932 & 10/459. That the planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority during its public opening hours and that a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application. This planning application was prepared and submitted by CROSS Chartered Building Surveyor 11 An Crois, Allenwood, Naas, Co.Kildare. Tel. 045 - 860284

PLANNING NOTICES

KILDARE COUNTY COUNCIL

EOIN AND AMY O' SULLIVAN intend to apply for PERMISSION for development at this site At DOWDENSTOWN LITTLE, BALLYMORE EUSTACE, CO. KILDARE. The development will consist/consists of:
PERMISSION TO CONSTRUCT A SINGLE STOREY SIDE AND REAR EXTENSION TO EXISTING SINGLE STOREY BUNGALOW, SINGLE STOREY DOMESTIC GARAGE AND ALL ASSOCIATED SITE WORKS.

The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application. Prepared by DEREK WHYTE planning/engineering /architecture 0866001194

PLANNING NOTICES

KILDARE COUNTY COUNCIL

CARMEL CURRAN AND JAMES ROCHE intend to apply for PERMISSION for development at this site At OUGHTERARD, STRAFFAN, CO. KILDARE. The development will consist/consists of:
PERMISSION TO CONSTRUCT A BUNGALOW, SECONDARY EFFLUENT TREATMENT SYSTEM, RECESSED ENTRANCE AND ALL ASSOCIATED SITE WORKS.

The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application. Prepared by DEREK WHYTE planning/engineering /architecture 0866001194

PLANNING NOTICES

KILDARE COUNTY COUNCIL

I, Louise Whoriskey, intend to apply for permission for development at this site at: Little Connell, Newbridge, Co. Kildare. The development will consist of:
a) A change of house type design from that previously granted planning permission under planning register reference no.: 16/821 to a proposed new single storey dwelling with a floor area of 185.6m2; b) The demolition of an existing single storey galvanised/timber shed with a total floor area of approximately 47 m2 as per the currently permitted development noted above; c) The provision of an on-site wastewater treatment system and percolation area as per the currently permitted development noted above; d) The closing up of an existing gated entrance and the utilisation of the proposed recessed double entrance, granted as part the applicant's brother's (Paul Whoriskey's) planning application for permission to extend the adjacent existing cottage (planning register reference no.: 16/768), as the vehicular site entrance as per the currently permitted development noted above; and e) All associated site development works such as landscaping, footpaths, paving etc. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of Kildare County Council, Áras Chill Dara, Devoy Park, Naas, Co. Kildare, during its public opening hours. A submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed fee, €20, within the period of 5 weeks beginning on the date of receipt by the authority of the application, and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission. This application was prepared by O'Flynn Architects, Lower Eyre Street, Newbridge, Co. Kildare. (045) 433400.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

I, Henry Hill intend to apply for Retention Permission and Planning Permission for a development on this site at Nurney, Carbury, Co. Kildare. The development consists of retention and completion of works having a floor area of 41sqm within an existing agricultural building to a Farm TV/Video Production Studio with connection into the existing septic tank and all associated site works. That the planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority during its public opening hours and that a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application. This planning application was prepared and submitted by CROSS Chartered Building Surveyor 11 An Crois, Allenwood, Naas, Co.Kildare. Tel. 045 - 860284

PLANNING NOTICES

KILDARE COUNTY COUNCIL

I, Brian Creighton, intend to apply for permission for development at Kilmalum, Blessington.

The development will consist of the building of a single storey dwelling with small mezzanine space, serviced with small on site wastewater treatment system to current EPA guidelines, domestic garage, shared recessed entrance (with existing farmyard entrance) and all associated siteworks.

The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the planning authority during its public opening hours. A submission or observation in relation to the application may be made in writing to the planning authority on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

MOYCRAFT DEVELOPMENTS LTD intend to apply for RETENTION PERMISSION for development at this site at BARRACK STREET CLOSE, BALLYMORE EUSTACE, CO. KILDARE. The development will consist/consists of:
Retention of 4 number 3 storey, 4 bedroom dwellings as constructed on site and all associated site development works as constructed.

The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application. Prepared by DEREK WHYTE planning/engineering /architecture 0866001194

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MOVIE OF THE WEEK

Downton Abbey

The continuing saga of the Crawley family and the servants who work for them in the English countryside in the early 20th century.

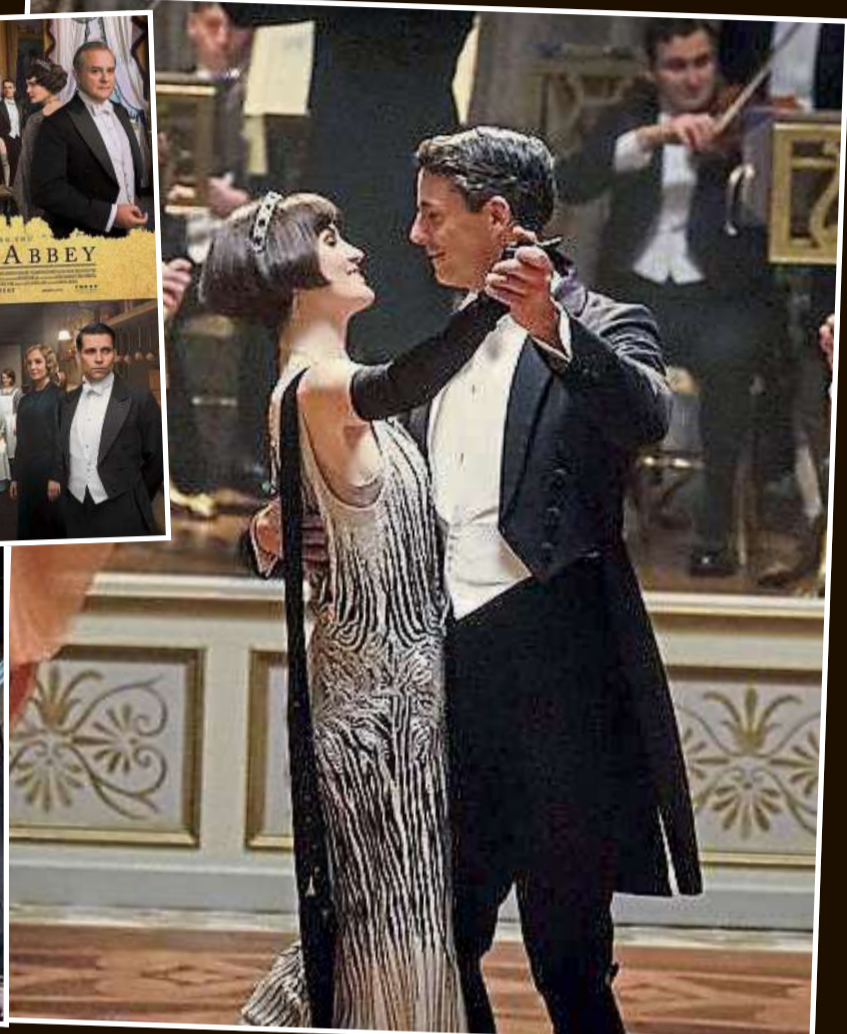
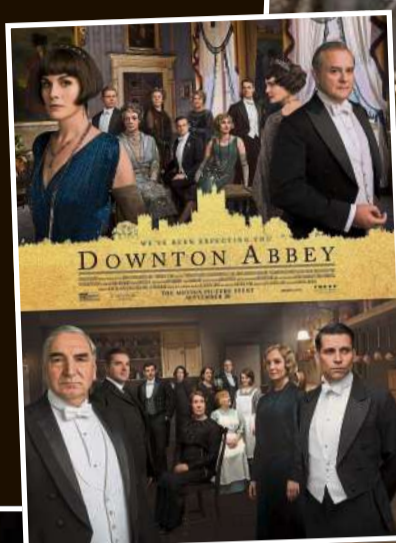
DIRECTOR:
Michael Engler

STARRING:
Maggie Smith, Michelle Dockery, Hugh Bonneville

GENRE:
Drama

RUN TIME:
122 minutes

RELEASE DATE:
September 13



The Other Side of the Coin

Acupuncture for absence of period (Amenorrhoea)

Sharing the ancient wisdom that is Chinese medicine



The absence of menstruation is called amenorrhoea. If you have missed three periods in a row and you are not pregnant or menopausal, this is a matter of serious concern.

You should be especially concerned if you are dealing with infertility issues. If menstruation has not begun by the age 16, it is called "primary amenorrhoea. If previously normal menstruation stops for more than three months in a woman who is not pregnant or breast feeding and is not nearing menopause, it is called "secondary amenorrhoea."

Secondary amenorrhea can be caused by any of the following disorders: pituitary dysfunction; ovarian dysfunction; adrenal gland dysfunction; thyroid dysfunction, etc.

Quite a few hormones are involved in the absence of menstruation, including follicle-stimulating hormone

(FSH), luteinizing hormone (LH), prolactin, estrogen, progesterone, androgen, and gonadotropin-releasing hormone (GnRH).

Western Medicine

Because menstrual irregularities are so strongly linked to hormone imbalances, it is natural for Western doctors to prescribe hormone therapy to regulate menstrual cycles.

Progesterone and oestrogen are given to start or restart the periods. But because of recent alarms concerning adverse side effects it is imperative to seek an alternative treatment to restore the period.

In my own practice I often treat this problem and it is has a very high rate of success, in my years of practice I have never yet failed to successfully treat this problem, Chinese medicine way excels Western medication in the successful treatment of amenorrhoea

Chinese Medicine

In traditional Chinese



medicine, the most important organs that regulate Blood and menstruation are the Liver, Spleen, and Kidneys; and the key Fundamental Substances are Qi (pronounced chee) and Blood. The Liver "stores the Blood," and is responsible for maintaining a smooth and even flow of Blood, Qi, and emotions through the body.

Emotions such as anger, irritation, resentment, and anxiety can lead to stagnation of Liver Qi, which in turn can lead to Blood Stasis (especially in the lower body).

A main function of the Spleen is to produce Qi and

Blood.

If the Spleen is weak, there will eventually be a deficiency of Qi and/or Blood, so there will not be enough blood for normal menstruation, or enough Qi to regulate normal cycles.

Also, if the Spleen is too weak, it can lead to a condition of Dampness in the body, and Phlegm-Damp can obstruct the uterus. The Kidneys are the organ responsible for conception, reproduction, and aging over time. Kidney-essence is the ultimate origin of menstrual blood.

With all this in mind it is very important to get a proper

diagnosis from a qualified Chinese Medical Practitioner.

From the information gathered the Chinese medical practitioner will choose a prescription of acupuncture points and herbs most suited to the particular patient's pattern of deficiency or excess.

Lifestyle

Besides the mechanisms discussed above, some lifestyle factors can cause amenorrhoea.

Long-term use of contraceptive pills can mess up the hormones and bring about Blood Deficiency or Kidney Qi Deficiency.

Excessive physical exercise or participation in sports, with over-use of the muscles and sinews, can lead to a deficiency condition of the Spleen and Liver.

The Spleen fails to produce adequate amounts of Blood, and the Liver fails to store Blood properly, which leads to amenorrhoea.

Herbal medicine and

Acupuncture and are the two widely used healing tools in traditional Chinese medicine to restore the period. Although both traditional Chinese medicine and conventional Western medicine aim to achieve the same goal --- restart the periods and restore the normal cycle, a significant difference exists between these two modalities.

Acupuncture stimulates the body to regulate its naturally occurring hormones and restore the normal hormone function, while conventional Western medicine restores the function of the thalamus-pituitary-ovary axis through the use of artificial hormones which have many nasty side effects.

Many studies in China reveal that acupuncture, moxibustion, and Chinese herbal medicine are superior to conventional medicine in the treatment of menstrual disorders, and especially amenorrhoea.

Kildare man honoured with handball greats

Rose B O'Donoghue
editor@kildarepost.com



Saturday 7 September saw the last Senior All Ireland handball singles played in the glass alley in Croke Park.

The alley will shortly be demolished and all future games played in the completed state of the art complex just around the corner.

For Ballymore Eustace Handball Club, it was a night to remember, with Gary Bolger claiming the national Golden Masters B (050s) title when he defeated Tyrone's Finbarr Fullen, 15-21, 21-9, 21-14. But a further cause for the Kildare club to celebrate was the inclusion of Tom O'Rourke among the game's legendary senior singles winners.

Speaking after the event, O'Rourke said: "I was absolutely chuffed to be included with the some of the biggest names in handball sport - the likes of Paddy Reilly and Ollie Harrold, Kilkenny; Tony Ryan, Tipperary and Packie Ryan of Dublin. There was also Tom Sheridan (Meath), Dick Lyng (Wexford) and of course, Eoin Kennedy (Dublin) who defeated Robbie McCarthy (Westmeath) on the night.

"But sadly, there were two former greats I'd loved to have standing with us on Saturday night - the late Ducksie Walsh of Kilkenny and the late Joey Maher of Louth, legends the pair of them."

With an impressive scoresheet at juvenile and underage competition, O'Rourke claimed 15 All



Tom O'Rourke on the white horse in 1979 after winning the All Ireland Senior Singles Softball title the first and only Kildare man to ever win the softball title. Leading the horse is John Browne and Matt Purcell

Ireland titles during his career, including 7 senior singles titles and two doubles, and two 'Top Ace' titles (1979 and 1984).

The late Ducksie was his nemesis, having beaten O'Rourke in three national finals; a fourth title he contested against Paddy Reilly of Kilkenny, but O'Rourke was forced to withdraw owing to injury.

O'Rourke's first senior single softball title came in 1979 against Packie Ryan, 21-11, 21-11. It was an historic occasion, being the first and only time a Kildare player secured the softball title.

That occasion is still remembered in his home village of Ballymore Eustace when local sporting, community and business interests united to host a welcome home party for the newly crowned champion. He was duly led through the

village on a white horse, flanked by John Browne and Matt Purcell, two local renowned handball players. Handball was the main sport played in Ballymore so a win in softball was an added bonus.

A huge banner reading "Tom is King" was the backdrop for the podium where Tom was proudly lauded and the celebrations ran for weeks.

1984 was the year O'Rourke dominated the senior singles court, when he won a trio of the top titles: All Ireland senior singles softball title; the Centenary Open singles title and the world singles title - all three being played in the soon to be demolished glass alley at Croke Park. Handball was 'glamorised' for a few years as the handball championships were broadcast on RTE's 'Top Ace' programme.

O'Rourke twice claimed All Ireland doubles' championship, with fellow club member, Mickey Dowling and Pdraig McCormack, also representing Kildare. O'Rourke states with pride that one of his greatest achievements in handball was coaching Ballymore's PJ McGrath to an All Ireland U16 title.

On the coaching side, O'Rourke has enjoyed success with several GAA football teams in his native Ballymore Eustace, having managed an underage team from U14 championship title up to minor success and he was part of Jarlath Gilroy's management team which defeated Nobber to claim the Leinster title in 2010 (amidst the infamous snow debacle). O'Rourke has served on Kildare County Board for years, at least 8 on the CCC



A diehard GAA supporter and member of Kildare County Board, Tom is photographed here with Andy Moran of Mayo, at last year's U20 All Ireland Football final

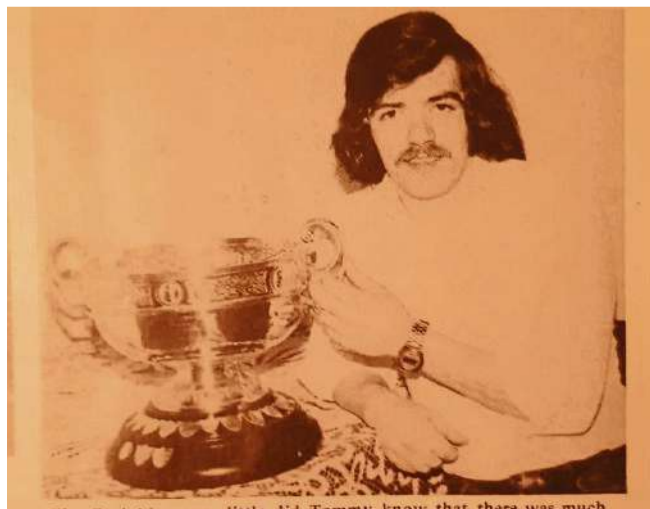
but recently moved over to the Hearing Committee.

"I was delighted and deeply honoured to be among the history of former handball greats hosted at the glass alley at Croke Park" he said "And to see clubman Gary Bolger take a national title for Kildare and the club on the night. Congratulations to Gary, his Da Jim would have been so proud".

Bolger defeated Willie

Burke of Tipperary 21-6 18-21 21-12 in Ballymore on August 14 and then his Tyrone opponent, Finbarr Fullen, 15-21, 21-9, 21-14 with an impressive comeback having lost the first set.

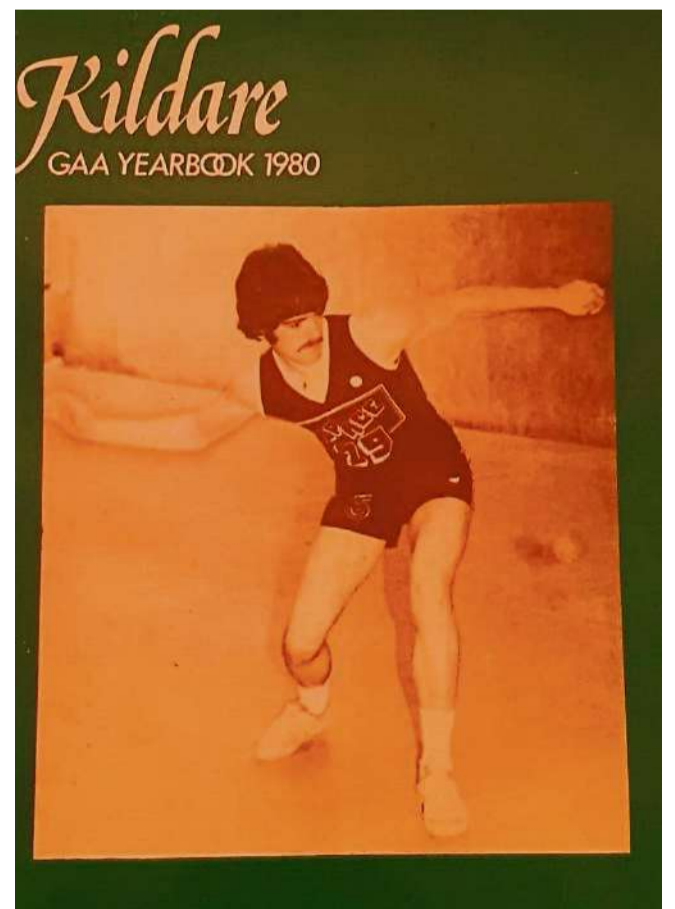
"It was a fitting end to a great season for Ballymore Handball Club, which has been having a great run recently" concluded O'Rourke.



1979 when Tom won the Gael Linn cup out of 1400 players nationwide



Tom welcomed home after his first softball win, the first and only Kildare man to claim the title. Photo courtesy of Henry Murphy



1980 Top Ace brochure which featured Tom on the front cover

GAA

PHOTOS: Pat Tinsley

Leeson strikes late to give Robertstown victory over valiant 14 man Caragh side

Robertstown 2-11
Caragh 1-13

Tom Cross JFC
Semi-final

By Robert Cribbin

Robertstown booked their place in a first Junior Football Championship final in eight years when a stoppage time winner gave them a one point victory over neighbours Caragh in an action packed semi-final on Sunday afternoon. Damien Leeson who only appeared as a second half substitute was the matchwinner with his point from a difficult angle four minutes into injury time but it was Joe Kavanagh's goal a couple of minutes earlier that really got them back into contention.

Caragh lost full back Ivan Moran to a straight red card after only five minutes when he got involved with Danny Scully after the Robertstown midfielder netted Robertstown's first goal. The dismissal should have been a huge blow for Caragh but not only did Jake Corrigan net to leave just a point between the sides at half-time they managed to lead by three points heading into the final few minutes.

Alas, an opportunistic Joe Kavanagh goal turned the tide in Robertstown's favour before Leeson hit the winner. Caragh still could have forced a replay as Austin Nevin had a late free but it dropped short and as a result, Robertstown held on to book a final showdown with Ballymore Eustace.

Brian Fitzpatrick got Caragh up and running with a point in the first minute but



Robertstown's Robbie Dunne thwarts Caragh's Kevin Connor from catching a kickout.

in a helter skelter half it didn't take long for the drama to begin when Noel Byrne and Joe Kavanagh set up the pacy Danny Scully to race clear and find the net.

The goal was disappointing for Caragh but even more annoying for them was the fact that full back Ivan Moran got involved with Scully after he scored and was duly awarded a straight red card.

The teams then went toe for toe over the following ten minutes and Caragh somewhat steadied things down with points from Jake Corrigan and Kevin Dempsey with Robertstown responding via Kavanagh, Scully and Oisín O'Brien to maintain their three point lead. That advantage disappeared in the 19th minute though as a poorly directed kickout from David Percival went straight to Kevin Connor and he offloaded for Corrigan to finish.

Eoghan Garry helped Caragh retake the lead minutes later with a nice score but it was Robertstown who finished the half the better with the marauding Scully adding on another pair of scores on the back of Kavanagh's second effort. Caragh did get back level with points from Corrigan and

Nigel Reynolds but their neighbours still had the lead at half-time when Robbie Dunne kicked a point from range to leave the team with the man advantage 1-7 to 1-6 ahead.

The second half began with two Mikie Behan points helping Caragh retake the lead but instead of being just one clear it could have been more as both Behan and Corrigan pulled goal attempts wide.

Kavanagh and Noel Byrne got Aidan Dunne's Robertstown side back on top but Caragh showed no intent on slowing down or anything and Behan, Corrigan and Dan Campbell had them leading 1-11 to 1-9 at the halfway stage of the half.

Kavanagh kicked his fourth point to reduce the gap again but when Behan and Corrigan both knocked over frees Caragh looked poised to make a second final in three years. The game wasn't done yet and with just six minutes left Damien Leeson launched a hopeful ball into the square and Kavanagh rose highest to punch past Lorcan Behan and level up the game.

Both sides were then guilty of missing opportunities to seal the win until Leeson stepped up to give Robertstown the lead for the

fifth time with a well taken score from a difficult angle in stoppage time.

Referee Dave Coady still gave Caragh time to force a replay when they won a late free but Austin Nevin's long range effort dropped short and Robertstown held on for a one point win that brought jubilant celebrations afterwards.

Robertstown: David Percival; Cole Lyons, Anthony Moran, Niall Kane, Craig

Sullivan, Paul Prior, Mark Kelly, Oisín O'Brien 0-1, Danny Scully 1-3, Noel Byrne 0-1, Robbie Dunne 0-1, John O'Sullivan, Joe Carthy, Joe Kavanagh 1-4 (0-1f), Peter Hogarty.

Subs used: Jason Butler for Carthy 44 mins, Daithí Morrin for O'Sullivan 44 mins, Damien Leeson 0-1 for Hogarty 55 mins.

Caragh: Lorcan Behan; Paul Dockery, Ivan Moran, Eoghan Garry 0-1, Austin

Nevin, Kevin Dempsey 0-1, Daniel Murray, Kevin Connor, Nigel Reynolds 0-1, John O'Mahoney, Brian Fitzpatrick 0-1, Mikie Behan 0-4 (0-2fs), Cillian Manders, Dan Campbell 0-1, Jake Corrigan 1-4 (0-3fs).

Subs used: Jamie Moore for O'Mahoney 45 mins, Eoghan O'Haire for Reynolds 47 mins, Wes Heavey for Campbell 50 mins.

Ref: Dave Coady

Murphy in form as Ballymore bounce with ease into Junior final

Ballymore Eustace 2-26
Rathcoffey 1-05

Tom Cross
Transport JFC
Semi-final

By Ian Baker

Where Robertstown and Caragh kept supporters on the edge until the final whistle, Niall Murphy's ten points easily allowed Ballymore skip past Rathcoffey into a JFC Final with a twenty-four point cushion in Hawkfield on Sunday. Despite Jason Acton and Patrick Murphy trading dubious goals by the third minute, Ballymore set about their unstoppable and systematic destruction of Rathcoffey from the seventh-minute.

Scoring 0-13 in twenty-six minutes without reply ended the game as contest, giving Ballymore Eustace a 1-13 - 1-0 lead in the 31st minute. Niall Murphy impressed in this period, scoring seven points, five of which were in succession after Murphy's goal. Steve Davis, Tadhg Barrett and Stephen Dwyer added to a growing scoreboard by the 19th minute, until Murphy added his seventh point by the 25th minute.

Calling upon Caolan Halpin for a 26th minute free, Patrick Murphy added to his goal tally with a well-taken '45 considering the conditions underfoot. Rathcoffey's evening became all that more difficult when Simon Mackey received a second yellow card in the 30th minute that was more borne out of frustration than malice. While Acton registered

Rathcoffey's only first-half point through a 32nd minute free, Halpin's second free and Murphy's eighth point of the first-half gave Ballymore an unassailable 1-14 - 1-1 half-time lead. Despite Shane Barrett opening Ballymore Eustace's second-half account with a point almost straight from the throw-in, Rathcoffey kept pace, only trailing by 0-3 - 0-2 by the 40th minute.

Acton and Colum Fagan points ensured that Rathcoffey played at the right end of the pitch, but with Ballymore resuming their scoring, their success was short-lived. Scoring 1-7 in the eighteen minutes between the 40th and 58th minute saw supporters of both persuasions leave in their droves. As Murphy kicked his tenth point before being substituted, Ballymore emptied their bench as players vied for a place on the starting fifteen in the final.

Simon Murphy put his name in the ring, scoring four points during his fifteen-minute cameo performance. Mark Slevin's 56th minute goal was a picture of perfect interplay, while Halpin's fourth point established Ballymore's twenty-point winning margin. Evin McGovern and Fagan scored two superb points in the dying minutes, and while these scores showcased their potential, this will be an evening that Rathcoffey will want to forget.

Rounding off a one-sided affair, which had been decided very early in the first-half, Murphy's fourth point secured Ballymore Eustace's progression to the 2019 JFC Final against Robertstown.



Patrick Murphy (No 8) watches as Rathcoffey players try to get a grip on Shane Barrett (BME)

Scorers - Ballymore Eustace - N Murphy 0-10 (4f); P Murphy 1-1 (45); C Halpin (3f) and S Murphy 0-4 each; S Davis, S Dwyer and T Barrett 0-2 each; S Barrett 0-1 each.

Rathcoffey - J Acton 1-2 (1f); C Fagan 0-2; E McGovern 0-1.

BALLYMORE EUSTACE: Steve Foley; Jake Meehan, Mark Barrett, Steve Davis; Keith Fennell, Michael Stewart Byrne, Caolan Halpin; Patrick Murphy, Shane Barrett; Stephen O'Dwyer, Niall Murphy, Aaron Deegan; Brian Crowe, Gareth Clarke, Tadhg Barrett.

Subs: Joe Broderick for Fennell (25 mins); David McAtamney for Murphy (38); Mark Slevin for Crowe (41); Simon Murphy for Clarke (43); Tadhg Grace for N Murphy (46); Enda Stewart Byrne for Deegan (49).

RATHCOFFEY: Killian Campbell; Diarmuid Cullen, Shane Dunne, Sean Moriarty; Jamie Brilly, Evin McGovern, Mark Holligan; Brian Travers, Colum Fagan; Simon Mackey, Joey Toman, Owen Byrne; Philip Doyle, Jason Acton, Adam Toman. Subs: Cathal Travers for Byrne (h/t); Áimhirin Cleary and Oisín Brilly for Holligan and Moriarity (39 mins); Darragh Butler for Travers (53).

Ref: Colin Kearney.



Caragh's John O'Sullivan received a black card for this trip o Robertstown's Craig Dullivan.

GAA - Joe Mallon Renault SFC Relegation semi-final

PHOTOS: Pat Tinsley

Kane goal ensures Naas retain Senior status

By Ian Baker

Naas	1-6
Raheens	1-4

Brian Kane's second-half goal ensured Naas retained their senior status for 2020, after a win over Raheens in Hawkfield on Sunday.

Raheens will look back on this game as they prepare for a relegation final against Two Mile House and wince at the twelve missed scoring opportunities.

Only scoring one-point from play through David

Malone in the second-half wasn't enough to overcome a Naas side building in confidence throughout the contest.

Conor Mellet scored three first-half points from play, whereas Raheens responded with three Alan Igoe frees.

Level at three points apiece at half-time, neither team could ever build a head of steam in sodden conditions.

Mellet opened the scoring in the third minute, but the first of Igoe's three well-taken frees levelled the game for the first of four occasions.

Where Mellet re-established Naas' lead in

the 15th minute, seven minutes later Igoe responded as Raheens started to find some rhythm.

Igoe's third free handed the balance of power to Raheens by the 28th minute, but five misses scoring opportunities had its cost.

Only registering four missed opportunities, Naas needed Mellet's third of the first-half to draw the sided level at 0-3 apiece at half-time.

The second-half didn't herald a new vein of scores as both sides were still deadlocked after sixteen minutes, scoring just one-point apiece.

The Naas management pushed Luke Griffin closer to goal at the beginning of the second-half and he duly delivered their fourth point.

But with David Fitzpatrick's run providing the platform, Raheens' registered their first point from play in the 46th minute through Malone.

Increasing their wide's tally at triple their rate of scoring, Raheens dominated this middle period and will regret not converting two or three of their seven second-half wides to secure their Senior status.

So, when Eamonn

Callaghan led a breakaway charge, the easy option for Brian Kane should have been to take his point but finding the net in the 46th minute delivered a crucial blow to Raheens.

Five minutes later, Griffin registered his second point before Kane added to his goal for a five-point margin in the 62nd minute.

Despite Mark Waters scoring a 63rd minute goal, Raheens needed another injury-time goal to force the game to extra-time but once Naas wrestled the game into submission, conditions aside, they were always going to win.

Speaking after the game, Naas manager Niall Cronin was disappointed with his side's performance in the Championship.

"The ability that was there in patches today as has been there all year.

"We'd a bad seven days" at the beginning of the Championship and were effectively out of the competition at that stage. "It was tough from that point of view.

"There's sixteen teams in this Championship, twelve of them went through and we weren't one of them so we



Colm Power (Raheens) outjumps Eoghan Bateman (Naas)

deserve to be where we were at the end of the day," he said.

Scorers – Naas – B Kane 1-1; C Mellet 0-3; L Griffin 0-2 (f).

Raheens – M Waters 1-0; A Igoe 0-3f; D Malone 0-1.

NAAS: Barry Reynolds; Conor McCarthy, Eoghan Bateman, Cathal Daly; Brian Kane, Paul Sullivan, Ailin McDermott; David Gahan, Shane Bergin; David Shaw, John Joyce, Ronan Joyce; Eamonn Callaghan, James Burke, Conor Mellet.

Subs: Brian Stynes for Daly (19 mins); Luke Griffin for R

Joyce (h/t); Adam Cronin for J Joyce (32); Brian Byrne for Shaw (42); Eoin Doyle for Byrne (54).

RAHEENS: Declan Campbell; Aidan Dunlea, Tom Dore, Jack Hamill; Killian Thompson, Shane Crowley, Conor Earley; David Fitzpatrick, Liam Power; David Malone, Alan Igoe, Rory Donnelly; Barry Winder, Colm Power, Graham Waters.

Subs: Paddy Woodgate for Winder (43 mins), Mark Waters and Aidan Dunlea for Malone and C Power (58).

Ref: Billy O'Connell.



Alan Igoe (Raheens) makes a move on the Naas goal.

GAA - Pittman Traffic IFC Quarter-final

Late Kelly goal secures Monasterevan victory

Monasterevan	1-9
Kilcock	0-11

By Ian Baker

As the clock ticked into the thirteenth minute of injury, Mark Kelly's goal crushed a Kilcock side holding a two-point margin in the final seconds of the Pittman Traffic IFC quarter-final in Hawkfield on Sunday afternoon.

Three weeks ago, Monasterevan defeated Kilcock by one-point in round three of the groups stages, and it appeared that Kilcock had overturned that result with twelve minutes of injury-time played.

Leading by two points after Shane O'Rourke and David Duke created the most dangerous lead in football, Kilcock only had to defend

two late charges.

So, when referee Frank Delaney disallowed Cormac Brady's twelfth-minute injury-time goal for a square ball, Monasterevan's undefeated run in the Championship had surely come to an end?

But sending in another hit and hope into the square, this time substitute Kelly flicked the ball to the net, rescuing Monasterevan's season in the 73rd minute and crushing Kilcock's dream in the process.

Speaking after the game, Monasterevan manager Brian Lonergan says "to be honest, it's very hard to sum up the game, there was very little between both teams."

"Kilcock went two points up and we got it back to nine points apiece. They kicked on again, and maybe we had a couple of opportunities to

score and we went for goals."

"Thankfully, Mark Kelly got one in the end, after controversially Cormac Brady's one was disallowed. That's irrelevant now but to be fair, I think it was a humdinger of a match between two teams that were very evenly matched," he says. Level on five occasions in a game where the largest margin was only three points, Monasterevan's fourth consecutive Championship win puts them into a semi-final clash with Clogherinkoe.

Kilcock delivered a courageous performance, but Monasterevan have been their bogey team all year. Creating a two-point lead in the 52nd minute and then re-establishing that two-point lead in the 60th minute, they'll wonder how they lost another

quarter-final.

By the 25th minute of the first-half, Pdraig Nash's fourth point created a 0-5 - 0-2 lead as Monasterevan played the better football.

O'Rourke and Daragh McArdle frees were scant return after twenty minutes of football, but with Darren Acton, McArdle and O'Rourke scoring three points in five minutes, the sides were level at 0-5 apiece at half-time.

Ryan Bannon (2), Daniel Courtney and McArdle kept the sides deadlocked twelve minutes into the second-half.

But when McArdle gave Kilcock the lead for the first time in the 49th minute, Acton's second doubled the margin three minutes later.

Defeated by Two Mile House in the final last year, Monasterevan know how to

respond as Tristan Kennedy and Kelly levelled the game for the fifth time in the 57th minute. Kilcock had the game won by the 60th minute with O'Rourke and Duke re-establishing their lead. But with Acton taking a heavy spill on the wet surface, the game was stopped for a prolonged period.

Allowing the injury-time to rack up, Brady's goal disallowed seemed like our allocation of excitement had been spent. But with Kelly finding the net, Monasterevan continue unbeaten.

Scorers – Monasterevan – M Kelly 1-1; P Nash 0-4 (f); R Bannon 0-3 (2f); T Kennedy 0-1. Kilcock – D McArdle 0-4f; S O'Rourke 0-3f; D Acton 0-2; D Courtney and D Duke 0-1 each.

MONASTEREVAN: Aaron

Bannon; Cormac Stapleton, Gavin Worrell, Rhys Heavey; Cian Harrison, Tristan Kennedy, Kevin Dunne; Lenny Havens, Eoin Stapleton; DJ Earley, Ryan Bannon, John O'Toole; Kevin Fitzpatrick, Paul Maloney, Pdraig Nash.

Subs: Kevin Mulpeter for Dunne (39 mins); Dylan Kavanagh and Mark Kelly for Maloney and Harrison (53); Cormac Brady for Mulpeter (55).

KILCOCK: Fionn Talbot; Luke Sheridan, Eamonn Fitzpatrick, Cormac Divilly; David Duke, Jason Gibbons, Paddy Kelly; Marcus Duke, Daragh McArdle; Paul O'Brien, Sean Maguire, Daniel Courtney; Darren Acton, Ciaran Murray, Shane O'Rourke.

Subs: Mark Durkan for Acton (63); Eoin McArdle for Maguire (67).

Ref: Frank Delaney.

GAA

Photos: Pat Tinsley

Athy edge out The Bridge in thriller

Athy 0-21
Johnstownbridge 1-13

Joe Mallon Renault
SFC Quarter-Final

By Robert Cribbin

It was a game that had almost everything but come the end the result was the same as a few weeks prior, with Athy becoming the last team into the Senior Football Championship Semi-Finals as they edged out Johnstownbridge in St. Conleths Park On Sunday evening.

For some the Bridge have rather disappointed this term and despite being without Paul Cribbin they brought everything to this game with aggression, an in-your-face attitude and not forgetting another brilliant goal to add to the Daniel Flynn collection.

Flynn's marvellous effort in the 23rd minute which was quickly followed by a Shane Flanagan score had the sizeable Johnstownbridge contingent giddy with

excitement as they led by four but instead of kicking on Athy rallied brilliantly.

The 2018 County finalists kicked three points to go into the break trailing by a point and after Sam Doran briefly extended the lead, Athy went up a level scoring six on the bounce to go 0-16 to 1-9 ahead in a margin Johnstownbridge could never quite claw back.

Athy had some fine performers with David Hyland, Niall Kelly and Danny O'Keefe all putting in huge shifts as they now move on to the most anticipated of semi-finals against old adversaries Moorefield.

In the opening twenty minutes the sides were level on seven occasions as they went point for point.

Liam McGovern got his eye in for Athy with three converted frees during that period while James Eaton added on a pair of placed balls for himself as well with David Hyland and Niall Kelly getting the scores from play.

Johnstownbridge's early threat was much more varied and they looked more

threatening from open play and they could have easily goaled when the gazelle like Daniel Flynn broke clear to offload to Niall Vaughan but his goalbound effort was excellently stopped by James Roycroft.

At that stage Flynn already had one point to his name with Sam Doran and Cathal McNally getting further points from play on the back of set piece efforts from Luke Flynn and Kelvin McNally.

The monopoly like sequence needed to stop somehow and so it did with seven minutes of the half left and boy what a way to end it as Flynn picked up the ball from deep and drove at the Athy defence and when a point looked his only option he placed a left footed shot into the Athy net for a quite brilliant goal.

Shane Flanagan then pointed a couple of minutes later and all of a sudden Brian Flanagan's side were 1-8 to 0-7 ahead.

Athy rarely do panic though and consecutive points from Kelly, McGovern



Athy's Barry Kelly powers towards the Johnstownbridge goal.

and Kieran Farrell left only a point between the sides at the break.

Sam Doran had a very impressive outing for Johnstown and he pushed the margin out to two at the start of the second half but for the next six minutes they were hit by an avalanche of attacks from Athy.

Six different scorers in six minutes followed as Athy ramped it up with a McGovern free followed by efforts from play by Kelly, Hyland, Kevin Feely, Paschal Connell and Danny O'Keefe.

Johnstownbridge did have a goal chance during that golden Athy spell but a palmed effort by Vaughan was again denied by Roycroft.

Despite the high quality there was a few flash points with in particular Dan Flynn and Cathal McCarron coming into heavy communication with each

other.

Johnstownbridge fought that off afterwards though with points from Luke Flynn and Sam Doran before Vaughan for the third time missed out on a goal when a rifled effort rebounded off the crossbar.

O'Keefe steadied Athy to put them 0-17 to 1-11 to the good entering the final ten minutes but again their opponents responded with a pair of Sam Doran frees leaving just one between them.

Johnstownbridge's valiant effort eventually told though as Athy kicked the last four points of the game with Hyland, McGovern, Kelly and O'Keefe all putting the seal on the most hard earned of victories.

Athy: James Roycroft; Sean Ronan, Cathal McCarron, Mark Hyland, Ross Bell, David Hyland 0-3, Brian Kinahan, Kevin Feely

0-1, Paschal Connell 0-1, Liam McGovern 0-6 (0-6fs), Niall Kelly 0-4, Kieran Farrell 0-1, Cian Reynolds, Danny O'Keefe 0-3, James Eaton 0-2 (0-2fs).

Subs used: David McGovern for Feely 37 mins, Darroch Mulhall for Reynolds 45 mins, Barry Kelly for Farrell 51 mins, John Moran for Bell 55 mins, Tony Gibbons for McGovern 65 mins.

Johnstownbridge: Pdraig Hurlley; Des Holton, James O'Connor, Ian McKeon, Joey Higgins, Keith Cribbin, Shane Flanagan, Seamus McNally, Luke Flynn, Niall Vaughan, Kelvin McNally, Glen Doran, Sam Doran, Daniel Flynn, Cathal McNally.

Subs used: Jimmy Farrell for J.Higgins 46 mins, Eoin O'Donoghue for S.McNally 50 mins, Mikey Donnelly for O'Donoghue 62 mins.

Ref: Liam Herbert



JTB's Joey Higgins injured himself during this leap for the ball and was stretchered off the pitch.



JTB's goalie Pdraig Hurlley gratefully grabs the ball from the reach of the incoming Danny O'Keefe.

GAA

Photos: Pat Tinsley

Sarsfields edge out Eadestown to secure semi-final spot

Sarsfields 5-08
Eadestown 2-09

Joe Mallon Renault SFC Quarter-Final

By Robert Cribbin

Sarsfields with the help of five goals booked their place in the semi-finals of the Senior Football Championship with an eight point success over Eadestown in St. Conleths Park on Sunday afternoon.

Ray Cahill got a brace of goals in a performance that saw him finish with 2-3 whereas Shane Doyle, Robbie Confrey and Conor Hartley got the other three pointers.

The game was a repeat of the group stage meeting which the Sash came out on top in and they achieved something along similar lines here.

Despite the winning margin they weren't without their wobbles with Eadestown getting two goals themselves and Sarsfields goalkeeper Paddy O'Sullivan pulled off two great saves when there was only six points between the teams.

The sides were level at 1-3 each at one stage of the first half but two quickfire goals from Ray Cahill effectively turned the game in favour of Davy Burke's men.

On a dreadful afternoon for

football Sarsfields got the scoring up and running with the returning from injury Ben McCormack splitting the posts from out wide.

That was the ideal start for the Sash but they couldn't build on it initially as Eadestown showing no fear kicked over three points on the bounce with a pair of frees from Cian Bolton coming either side of an effort from Conor McCarthy.

Ray Cahill reduced the deficit with a free from distance and the Newbridge side were back in front by the ten minute mark when a beautiful crossfield ball from Declan McKenna found Conor Hartley in space and the wing forward with the shiny orange boots slotted a shot into the bottom corner.

Cahill followed up with his second free of the half and the Sash were in the driving seat leading 1-3 to 0-3.

That safe comfort blanket didn't last long though as the Eadestown goal threat showed its colours again with a 22nd minute goal where Conor Doherty had a shot well saved by Patrick O'Sullivan before Conor McCarthy pounced on the rebound to score.

Liam McLoughlin's side couldn't build on that though and Sarsfields rattled off 2-3 without reply before the end of the half including two goals in as many minutes.

Points from McCormack and sub Shane Doyle arrived back to back and while Doyle

also pulled a goal attempt badly wide Ray Cahill more than made up for it with a pair of goals.

The first arrived in the 29th minute when Declan McKenna was brought down in the square and the full forward slotted the penalty into the bottom corner and barely sixty seconds later he scored again when Doyle and McCormack combined before setting him up.

Doyle then rounded off the scoring in stoppage time as Sarsfields went into half-time with a commanding 3-6 to 1-3 advantage.

A point from Eadestown full back John Lawler in the opening minute of the second period gave rise to hope of a comeback but when Doyle brought his tally to 1-2 when he coolly netted past Mark Murphy on the back of an inside pass from Declan McKenna.

As a result Sarsfields were thirteen points clear and that should have been that but instead of coasting clear they went through a scoreless fifteen minutes in which Eadestown scored 1-4.

Bolton landed three of those four points and after a Conor McCarthy free in the 43rd minute Conor Doherty kicked in a goal to leave just four points between the sides.

Sarsfields pushed the lead back out to six when Cahill and Colm Hartnett pointed



Awaiting the break down...Sarsfields' Matty Browne rises highest in this aerial duel with Eadestown's Pat O'Sullivan

and if it wasn't for a couple of brilliant saves from Paddy O'Sullivan we could have had a grandstand finish.

As it stood a mix up in the Eadestown defence when Calum Fitzsimons underhit a backpass to his goalkeeper Mark Murphy resulted in Robbie Confrey going round the stricken stopper to get the fifth Sash goal.

Bolton added on his sixth point of the game in response but it was academic as Sarsfields booked their place in the semi-finals with a 5-8 to 2-9 victory.

Sarsfields: Paddy O'Sullivan; Colm Hartnett 0-1, Sean Campbell, Tom Aspell, Darragh Ryan, Shea Ryan, Ciaran McEnerney Aspell, Con Kavanagh, Matty Byrne, Cian McConnell, Declan McKenna, Conor Hartley 1-0, Ben McCormack 0-2, Ray Cahill 2-3(0-3fs), Cian Costigan.

Subs used: Shane Doyle 1-2 for Costigan 14 mins, Caoimhin McDonnell for D.Ryan h-t, Robbie Confrey 1-0 for McCormack 40 mins, Cian McQuillian for McEnerney Aspell 52 mins, David Marnell for McKenna

57 mins, Brian McDonnell for McConnell 57 mins.

Eadestown: Mark Murphy; Eoin Cummins, Rian Boran 0-1, Adam Fitzsimons, Ronan Slattery, Emmet Bolton, John Lawler, Paul Doherty, Pat O'Sullivan, Johnny Deane, Conor Doherty 1-0, Padraic Tuohy, Cian Bolton 0-6 (0-5fs), Conor McCarthy 1-2 (0-1f), Eoin Conneff.

Subs used: Calum Fitzsimons for A.Fitzsimons h-t, Eddie Conroy for Slattery 37 mins, Cian Malone for Conneff 53 mins.

Ref: Henry Barrett



Sarsfields Robbie Confrey holds off the challenge of John Lawler



Eadestown's Padraic Tuohy and Sarsfield's Shane Doyle

GAA

PHOTOS: Pat Tinsley

Robinson the star as Clogherinkoe get over the line

Clogherinkoe	1-16
St Kevin's	0-12

Pittman Traffic IFC Quarter-final

By Ian Baker

Almost unmarkable when hitting his stride, Jack Robinson scored twelve points in Clogherinkoe's seven point win against St. Kevin's in their Pittman Traffic IFC quarter-final in Hawkfield on Saturday.



Clogherinkoe's Gavin Scanlon breaks away from the challenge of Ciaran Smyth.

Trailing by five points at half-time, Clogherinkoe manager Ronan Quinn says the second-half turnaround came from a simple reassessment at the break.

Moving Jack Robinson to centre-forward at the beginning of the second-half, where his ingenuity added eight points to his four-point first-half tally, saw Clogherinkoe outscore St. Kevin's 1-10 - 0-2.

"We just looked at what we were doing wrong, and we were doing a lot of things

wrong. And that wasn't through desire or lack of commitment."

"St. Kevin's had a look at us, knew what we were trying to do, and we just altered a couple of things at half-time and they worked," he says.

Outplayed by St. Kevin's in a fifteen-minute period in the first-half, where they were kept scoreless while conceding seven points, Clogherinkoe's second-half performance secures a semi-final clash against Monasterevan.

In a game deadlocked by

the 12th minute, where Robinson and Mark Nolan points purported to give Clogherinkoe a three-point lead, St. Kevin's scored seven unanswered points in twelve minutes.

Points from Ryan Casey, Barry Noone, Cormac Noone, Johnny Fitzharris, Declan Flaherty and Mark Grace gave St. Kevin's a 0-8 - 0-3 lead in the 22nd minute.

Keeping Clogherinkoe scoreless for fourteen minutes lasted until Jack Robinson's third point rescued a fleeting Cein McMonagle goal chance.

Only adding a fourth Robinson point, for a total of two points in the closing twenty minutes, put St. Kevin's under minimal pressure as the sides left the pitch for half-time.

When Casey registered his third point and Noone his second score, St. Kevin's held a deserved 0-10 to 0-5 lead at half-time.

As night gives way to morning, St. Kevin's collapsed in the second-half, allowing Clogherinkoe score to 1-7 in the opening twelve minutes.

Waiting until the 43rd minute for Ross Carew to register St. Kevin's opening point of the second-half, Barry Noone's third point was St. Kevin's only other second-half point.

Robinson and Clogherinkoe's second-half performance clinched their



Declan Flaherty (St Kevin's) shoots for a point

progression into a semi-final. Adding three points in quick succession at the beginning of the half showed Clogherinkoe's potential.

When Robinson setup Mark Nolan for his 35th minute goal, Clogherinkoe led for the first time. By the time that Robinson scored his tenth point and Nolan brought his tally to 1-2, Clogherinkoe were in control of the contest.

Scoreless for thirteen minutes either side of Carew's 43rd minute score meant St. Kevin's couldn't break Clogherinkoe's momentum.

Despite Keith Wilkinson denying Brian Fogarty's 55th minute goal chance, Robinson's twelfth point, a Ciaran Gravin free and closing Mark Grehan point completed Clogherinkoe's victory.

Scorers - Clogherinkoe - J Robinson 0-12 (4f); M Nolan 1-2; C Gravin (f) and M Grehan 0-1 each.

St. Kevin's - B Noone (1f, 1

'45) and R Casey 0-3 each; R Carew 0-2; M Grace, C Noone, D Flaherty and J Fitzharris 0-1 each.

CLOGHERINKOE: Keith Wilkinson; Conor Grehan, Elian Scanlon, Joe Mulraney; Conor Swan, Gavin Scanlon, Killian Galligan; Glen Basnett, Mark Grehan; Dean Hanley, Danny Grehan, Andrew Heduvan; Jack Robinson, Cein McMonagle, Mark Nolan.

Subs: Jack Sutton for Heduvan (h/t); Ciaran Gravin for B Robinson (45 mins); Jamie Boyle for Nolan (63).

ST. KEVIN'S: Keith Fitzharris; Alan Bennett, Tom Barron, Conor Gordon; Jamie Smyth, Mick Kenny, Brian Fogarty; Ciarán Smyth, Mark Grace; Cormac Noone, Barry Noone, Ryan Casey; Ross Carew, Declan Flaherty, Johnny Fitzharris.

Subs: Kevin O'Brien for J Smyth B/C (36 mins); Joe Kenny for 15 (53); Dylan Brereton for C Noone (55); Dean O'Regan for Casey (58).

REFEREE: Fergus Devereux.

Towers remain Senior despite disappointing season

Round Towers	0-17
Two Mile House	0-10

Joe Mallon Renault SFC Relegation

By Ian Baker

After a disappointing Senior Championship, Glenn Ryan's Round Towers found the vital form to rescue their Championship status with a solid win over Two Mile House in Hawkfield on Saturday.

Displeased with an incident that saw midfielder Mark Waters substituted with a collarbone injury and another incident involving one of his selectors, Round Towers manager Ryan said: "when you're challenged in those ways, there's only one way you can go."

Without anybody witnessing the incident with the selector, Ryan doesn't "expect any action to be taken. But if that's what fellas put in front of you and that's the challenge you have to rise to, to be honest, that was something our fellas needed."

"They probably did us a favour," he says.

Even before these incidents added spice to the grit in their bellies, Round Towers started to create their winning margin as early as the opening ten minutes.

Keeping Two Mile House scoreless for two ten-minute periods, while Evan Flynn added two points to several individual efforts, most notably Jamie Flynn's, Round Towers played with an intensity and freedom lacking in their group games.

Outscoring Two Mile House by 0-7 - 0-1 between the 4th and 22nd minute, Jason O'Brien, Flynn and Mark Byrne created a three-point lead.

Taking eleven minutes to add to their first point, Chris Healy added a second point. But struggling under the weight of Round Towers' defence, Two Mile House waited another ten minutes for a third point.

In the interim, follow-up Jamie Flynn, O'Brien and Flynn points gave Round Towers a five-point lead in the 22nd minute.

Two Mile House found a greater foothold in the concluding ten minutes. But, while Jack Collins and Casey added three points in six minutes, Round Towers secured their Senior status by scoring four points in five

minutes.

O'Brien's third point and scores from Neil Scanlon, Michael Kelly and Jason Dunne secured a 0-11 to 0-5 half-time margin for Round Towers.

Despite Two Mile House 3-outscoring Round Towers 0-3 - 0-1 in the opening fifteen minutes of the second-half, last year's Intermediate champions couldn't convert their dominance.

Casey and Healy reduced the margin to four points in the 44th minute, despite Round Towers' Jason Dunne blazing a goal chance and O'Brien sending a glorious opportunity wide.

When O'Brien responded with his fourth point and English added his second, Casey's sixth point was of scant consolation to a team who registered ten missed

scoring opportunities.

Only registering a concluding Collins point, Two Mile House's challenge ebbed away as Scanlon's second and English and Flynn's third apiece settled the game in Round Towers' favour.

Speaking after the game, Ryan says irrespective of their tough group, "it was a very disappointing Championship for us and we didn't have this game on our radar."

"It took a huge amount of courage from these players to refocus and they did it. We're delighted with them."

Scorers - Round Towers - J O'Brien 0-4 (2f); E Flynn and C English 0-3 each; N Scanlon and Jason 0-2 each; M Kelly, J Flynn and M Byrne 0-1 each.

Two Mile House - A Casey 0-5 (2f); C Healy and J Collins

0-2 each; N Browne 0-1.

ROUND TOWERS: Brian Robinson; David O'Neill, Michael Joyce, Colin English; Niall Fleming, Michael Kelly, Leon Tsang; Mark Waters, Jamie Flynn; Cathal Daffy, Evan Flynn, Jason Dunne; Jason O'Brien, Mark Scanlon, Neil Scanlon.

Subs: Mark Scanlon for Waters (22 mins); Danny Maloney for Fleming (46).

TWO MILE HOUSE: John Goff; William Burke, Nathan Sherry, Finnian Breen; Liam Cummins, Andy May, Caomhan Doolan; And Cregg, Brian Byrne; Matthew Kelly, Peter Kelly, Niall Browne; Jack Collins, Chris Healy, Aidan Casey.

Subs: Conor Keogh for O'Connor B/C (39 mins); Will Purcell for Byrne (45).

REFEREE: Brendan Cawley.

GAA

Photos: Pat Tinsley

Moorefield secure 20 point win over Maynooth

Moorefield	3-16
Maynooth	0-05

Joe Mallon Renault SFC Quarter-Final

After going through a series of patchy performances Moorefield re-found their mojo as they gave Maynooth a twenty point beating in the Senior Football Championship Quarter-Final in St. Conleths Park on Saturday afternoon.

Moorefield led 0-7 to 0-2 at the break but it was in the second half where they really turned on the style as Sean Healy, Cian O'Connor and Ciaran Kelly all found the net.

All three goals came after the 58th minute and put something of a gloss on the scoreline but even still Ross Glavin's team were miles the better side and never really got out of first gear.

Maynooth's performance was very disappointing and they looked like a side that was just happy to get that far and their feeble attack and scoring tally would align in that direction.

Neil Flynn has led the Maynooth scoring for the season but after he failed to score from play that pretty much summed the whole



Moorefield's Adam Tyrrell splits the posts with a shot from his trusty left foot.

thing up.

In a rather poor first half Moorefield went 0-3 to 0-0 clear after only six minutes when a pair of scores from Adam Tyrrell was followed by a rare free from Niall Hurley Lynch.

Maynooth got on the board in the 8th minute with a

point from Ruadhan O'Giollain but it was a rare foray into Moorefield territory.

Tyrrell was looking very sharp for the County Champions and although he screwed a routine looking free passed the post he made up for it with a pair of

converted placed balls.

This came in a period of Moorefield scoring four points in a row with further scores from Mark McDermott and Hurley Lynch giving the Moores a six point cushion.

Maynooth then finished the scoring for the half with well taken effort from play by Danny O'Sullivan that left Moorefield leading 0-7 to 0-2.

John McAndrew reduced the gap to four at the beginning of the second half but that was as good as it got with Moorefield taking complete control in adding on six points in a row to go ten clear.

The points came courtesy of Tyrrell, Eddie Heavey, Niall Hurley Lynch and Eamonn Callaghan.

McDermott also pointed

but he would have preferred a goal as he rifled a shot goalwards but the ball went over after hitting the bar originally.

In a strange turn of events Moorefield also lost two players when both Kevin Murnaghan and Anthony Durney received black cards for fouls on Neil Flynn with Durney's off putting after he only entered the field a few minutes earlier.

Flynn picked himself up from those incidents and soon kicked back to back frees to leave the score at 0-13 to 0-5 but that was Maynooth's final point of the contest.

Moorefield finished in style with Callaghan who has scored well over the last few games getting two further points either side of Sean Healy powering a shot

to the net after being aided by a deflection.

Tyrrell then pushed his tally out to six points for the day before Cian O'Connor and Ciaran Kelly kicked Moorefield's second and third goals.

Referee Kieran Harris blew his final whistle soon afterwards to put an end to Maynooth's misery as Moorefield get ready to prepare for a County Final rematch with Athy.

Moorefield: Ian

McDonnell; Liam Callaghan, Liam Healy, Mark Dempsey, Kevin Murnaghan, James Murray, Sean Healy 1-0, Aaron Masterson, Daryl Flynn, David Whyte, Eddie Heavey 0-2, Eoin O'Connor, Niall Hurley Lynch 0-3 (0-2fs), Adam Tyrrell 0-6 (0-2fs), Mark McDermott 0-2.

Subs used: Cian O'Connor 1-0 for Whyte 37 mins, Eamonn Callaghan 0-3 for E. O'Connor 40 mins, Anthony Durney for Murnaghan (Black Card) 42 mins, Daire Dunne for Durney (Black Card) 45 mins, Evan O'Brien for Hurley Lynch 49 mins, Ciaran Kelly 1-0 for Flynn 53 mins.

Maynooth: Odhran

Cussen; Niall O'Sullivan, Sean Kennedy, Conor Coyle, Sean Higgins, Darren Maguire, Ruadhan O'Giollain 0-1, Bankole Agunsoye, John McAndrew 0-1, Kevin Dunne, Neil Flynn 0-2 (0-2fs), Chris Canning, David Bonass, Mark Donnellan, Danny O'Sullivan 0-1.

Subs used: Sean Sinclair for Canning 27 mins, Conor Lynch for Bonass h-t, James Murray for Dunne 45 mins, Conchur O'Giollain for O'Sullivan 51 mins, Darragh Hurley for McAndrew 57 mins.

Ref: Kieran Harris



Moorefield's James Murray attempts to dispossess Maynooth's Sean Higgins.



Moorefield's Cian O'Connor powers past Maynooth's Ruadhan O'Giollain.

GAA

Photos: Pat Tinsley

Celbridge prove too much for Confey

Celbridge	2-13
Confey	0-06

Joe Mallon Renault SFC Quarter-Final

The scoreline wasn't as much as their previous meeting but the result was still as emphatic as Celbridge eased to a thirteen point victory over Confey in the Senior Football Championship Quarter-Final.

Confey were somewhat competitive to begin with but aided by a 6th minute Kevin O'Callaghan goal Celbridge eventually raced clear.

Paul Curran's team led by six points at half-time and with Confey only scoring one second half point the result was academic.

Davy Hughes got Celbridge's second goal and

without ever overextending themselves they ran out facile victors.

Both Hughes and Paddy Brophy heavily scored for Celbridge but one worry for them will be Kevin O'Callaghan as he went off with a serious looking ankle injury in the opening half.

Celbridge showcased their superiority from the beginning with a free from Paddy Brophy followed up by Kevin O'Callaghan kicking in a goal after initial great work in the build up by Brophy as he passed off for the big full forward.

Confey didn't drop the heads though and three points on the bounce had them within a point as Niall Carney and James Gately kicked scores.

O'Callaghan then went down with an ankle injury and had to be taken off but it didn't overly affect his side

as they scored four on the bounce afterwards with Brophy, Davy Hughes and Tony Archbold all finding the target.

Hughes was a big threat with his trusted left peg but he almost palmed in a goal in the 18th minute but his effort rebounded off the crossbar.

The corner forward then kicked two points before the break and although Gately and Conor Jennings hit back the ever dependable Fergal Conway soon resumed parity with a typical point on the run that enabled Celbridge to lead 1-8 to 0-5 at the change of ends.

Confey got the deficit back to five with Niall Carney's third free in the opening minute upon the resumption but instead of being a momentum shifter the opposite occurred as they went scoreless for the rest of the game.



Confey's Micheal McCann gets a pass away under pressure from Hugh McGrillen

As a result Celbridge had a comfortable final half an hour without ever going through the gears and points from Hughes and Brophy who between them finished with 1-10 gave Paul Curran's side an eight point cushion.

Kevin Flynn didn't want to be left out and he fisted over from near the endline minutes later as he continued his return to form after missing out on most of the year.

The game drifted for much of the last quarter and it was only lit up with a fine Brophy free from distance and with six minutes left Hughes fired in a deserved second Celbridge goal that put the

seal on the 2-13 to 0-6 result but they know themselves a much bigger challenge awaits in two weeks time.

Celbridge: Shane McNamara; Hugh McGrillen, Mick O'Grady, Niall Donnelly, Kevin Flynn 0-1, John Costello, Conor Plunkett, Fergal Conway 0-1, Mick Konstantin, Bryan Flynn, Davy Hughes 1-4 (0-2fs), Tony Archbold 0-1, Paddy Brophy 0-6 (0-4fs), Kevin O'Callaghan 1-0, Mark O'Sullivan.

Subs used: David Byrne for O'Callaghan 16 mins, Dylan Corcoran for Byrne 39 mins, Craig Mooney for B.Flynn 47 mins, Liam O'Flynn for Conway 55 mins, Lee

Maycock for Plunkett 59 mins, Cian Powell for O'Sullivan 59 mins.

Confey: Eoin Fallon; Joe Kilbane, Conor Dennehy, Colm Chan, Imad Mirza, Ciaran Lyons, Pat Griffin, Hugh Lynch, Paul Divilly, David Slattery, James Gately 0-2, Conor Jennings 0-1, Michael McCann, Cathal Jennings, Niall Carney 0-3 (0-3fs).

Subs used: Ian Devane for Cathal Jennings 42 mins, Thomas McCann for Lyons 53 mins, Robbie McMahon for M.McCann 59 mins, Gearoid O'Sullivan for Mirza 61 mins.

Ref: Ray Kelly



Confey's Niall Carney sidesteps Celbridge's John Costello.



Celbridge's Dylan Corcoran makes a move past Confey's James Gately.

RACING with Horse Racing Ireland

Kildare trainers have good week around the tracks

Kildare Town-based trainer Johnny Murtagh is flying and was on hand as the Andrew Slattery-ridden Pearl Warrior made all the running to win the 12f handicap at Listowel on Monday.

A strong 3/1 favourite, he was adding earlier success at Sligo and Tramore last month when readily getting the better of Red Gerry by half a length. Kildare Town jockey Gary Carroll is enjoying great success with Fethard trainer Joe Murphy and the pair took the fillies' handicap with Angel's Amy which ran out the easiest winner of the afternoon.

At odds of 9/2, she recorded a seven-length success over 2/1 Mean Fomhair in the

colours of owner/breeder Alfred Sweetnam. John Oxx and Declan McDonogh rounded off the card when Clockers Corner scored a ready success in the 7f maiden. Owned by Barbara Keller, the 10/1 chance got to the front over a furlong from the finish to win by three and a half lengths from the Willie McCreery-trained Royal Cranford.

Rathcoole trainer Oliver McKiernan was again among the winners at Listowel on Tuesday where he won the 2m4f handicap hurdle with Unexpected Depth. Sent off the 3/1 favourite, the five-year-old was clear over the last under local rider Kevin Brouder and scored by four and a half lengths from Buttons And Bows. Peter

Fahey landed the bumper on the card with Soviet Pimpernel which was ridden to a two and a quarter length win by Barry O'Neill. The 4/1 shot was clear early inside the final furlong for owner Fergal O'Neill of Direct Bloodstock, a great supporter of the Fahey yard.

Curragh trainers Dermot Weld and Aidan Howard were both winners on the Wednesday card at Listowel, sharing their success with Chris Hayes. Weld landed the opening 7f maiden with Shekhem which was backed from 11/4 to 2/1 and made all the running to win from Aidan O'Brien's 9/10 favourite Louisiana. The Limerick jockey had an easier time of it on 7/4 favourite Franklyn, trained

by Howard, in the 9f handicap. Hayes again made all the running to score by four and a half lengths from Vocatus for owner Peter Jones. Michael O'Callaghan landed the 7f handicap with Facethepuckout which recorded a runaway success at odds of 6/1. Leigh Roche was in the saddle and enjoyed a six-length win.

Franklyn was back in the winners' enclosure 24 hours later when dropping back in distance to take the 8f handicap with apprentice rider Simon Torrens in the saddle this time. The well-backed 7/4 favourite made light of a 6lbs mandatory penalty and had loads in hand as he beat Bigger And Better by two and a quarter lengths for trainer Aidan Howard. The John Kiely-trained Rock De Baune came late under Naas apprentice Tom Madden to win the 14f handicap at odds of 6/1. The five-year-old carried the colours of JP McManus and readily beat

the Willie Mullins-trained 13/8 favourite Royal Illusion by two and a quarter lengths.

Friday's action at Listowel began with a win for Jessica Harrington and Conor Hoban as Elite Legion won the 7fauction fillies' maiden, the 10/1 chance easily beating the Willie McCreery-trained Call Of The jungle by three and a half lengths. Tipperary's Joe Murphy and Gary Carroll continued their good run of form as L'Empathie scored a cosy success in the 12f maiden for owner Enda Stanley. The 13/2 shot scored by a length and a half from Jazz Lady.

Curragh trainer Pdraig Roche combined with Mark Walsh to win the 2m4f maiden hurdle at Listowel on Friday with Arthur's Quay, a 9/2 chance. The five-year-old relished the step up in trip and readily beat Martin Brassil's 7/4 favourite You Raised Me Up by two lengths. Walsh also landed a winner at Listowel on the final afternoon on Saturday where the Joseph O'Brien-trained Winner Takes It All took the 2m maiden hurdle. The 8/11 favourite was always holding the late surge of Ciao and won by a length and a half at the line.

UPCOMING MEETINGS

Ballinrobe - Friday, September 20 (First Race 3.30)

Dundalk - Friday, September 20 (First Race 5.25)

Gowran Park - Saturday, September 21 (First Race 2.05)

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Ollie and Ann Doyle enjoying Longines Irish Champions Weekend at the Curragh Racecourse.

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Thursday, September 19, 2019

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Longines Irish Champions Weekend

EMOTIONS RAN HIGH ON AND OFF THE TRACK!

Rose B O'Donoghue
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Sunday last at the Curragh was a day of champion performances and high emotion as the racing fraternity came out to support Pat Smullen and his fundraiser for Cancer Trials Ireland.

Curragh based trainer Dermot Weld proved a popular as he landed the final classic of the season with Search for a Song. It was also a day where more locals and regular racing punters turned out, despite the changing weather. The target for Pat Smullen's fundraising for Cancer Trials Ireland was one million euro and seemed like an ambitious aim. But it was achieved.

"The generosity and positivity over the weekend was phenomenal" said Evan Arkwright, Racing Manager at the Curragh. "Punters gave generously whilst many of the stable staff donated their prize money back to the charity and the jockeys also waived their riding fees which were donated to the collection. Moyglare Stud similarly donated their winnings into the pot also. Truly, the generosity shown was incredible".

Curragh Racecourse CEO Pat Keogh stated "We were delighted with how the day went; the crowds came to support Pat Smullen and his fundraiser for Cancer Trials Ireland. It was great to see so many local people back at the Curragh".

The recently appointed CEO also stated that management at the racecourse was very appreciative of the team effort yesterday at the Curragh, and the combined effort made to make the day so enjoyable.

"We will build on that" he added "And have some new

initiatives launching during the winter to make the whole Curragh experience better for racegoers in 2020. All in all, it was a wonderful Longines Irish Champions Weekend where the action on the track truly lived up to the 'Champions' billing. On Saturday we saw some incredible racing with Magical and Irridessa taking the Group 1s, the QIPCO Irish Champion Stakes and the Coolmore Fastnet Rock Matron Stakes. Sunday at the Curragh saw an incredibly fitting winner of the Comer Group International Irish St Leger with the Moyglare Stud-owned and Dermot Weld-trained Search for a Song".

Search for a Star, ridden by Chris Hayes has now marked himself down as a classic contender of the highest order. Perhaps it was written in the stars that the colours Smullen has worn to so much success, those of Moyglare Stud, were carried to victory in the Comer Group International Irish St Leger. Chris Hayes gave a riding masterclass his predecessor would be proud of with Hayes revealing that perhaps a pre-race chat with Smullen helped him win the race.

"Nothing went right," Hayes admitted. "I'd a plan in my head and spoke to Pat. He didn't say a whole lot but what he said gave me the confidence that if I got in a rhythm, be it last, first or fifth, let the horse go. I knew early on I was getting in a row with her and there was no point. The Oaks was a mess here and I decided to do what I did. It was a great performance from her." Earlier on the card, Pinatubo had seasoned Curragh racegoers struggling for superlatives after an incredible nine-length rout in the Goffs Vincent O'Brien National Stakes. Charlie



Jockeys and fans with Pat Smullen at the Curragh on Sunday last prior to the race for Cancer Trials Ireland PHOTO CAROLINE NORRIS

Appleby's colt, in the colours of Godolphin, trounced his rivals under William Buick in the premier two-year-old race of the season in Ireland, leaving his trainer in awe. The other Group 1 race, the Derrinstown Stud Flying Five Stakes, continued Aidan O'Brien's amazing weekend, 12-1 Fairyland defeating stablemate So Perfect by a short head under Ryan Moore.

Buffer Zone took the Irish Stallion Farms EBF 'Bold Lad' Sprint Handicap for Ger Lyons and Colin Keane. Stone Circle scooped the €147,500 prize for victory in the Tattersalls Ireland Super Auction Sale Stakes under Andrea Atzeni for Michael Bell and the finale, the Irish

Stallion Farms EBF 'Northfields' Handicap, went to 12-1 One Cool Poet, who had created history by winning thrice at the Galway Festival for trainer Matthew Smith and rider Billy Lee this summer.

The Tony McCoy-ridden Quizzical landing a special win for a thrilled Sheila Lavery in the Pat Smullen Champions Race for Cancer Trials Ireland.

"I can't believe they left McCoy alone in front," Smullen laughed, adding that he was "overcome" by the race. Legendary former commentator Dessie Scahill called them home, while the other riders taking part included Ruby Walsh, Johnny Murtagh, Charlie Swan,



Quizzical and AP McCoy with Sheila Lavery and Pat Smullen after winning the "Pat Smullen Champions Race For Cancer Trials Ireland Race"

Joseph O'Brien, Ted Durcan, Paul Carberry, Richard Hughes and Kieren Fallon. Attendance for day two of Longines Irish Champions Weekend was 10,075, bringing the total weekend attendance 23,508. But one thing is certain, Sunday last saw the 'buzz'

reignited at the Curragh Racecourse with more local racing punters visible and high emotion on and off the track for the Pat Smullen race and fundraiser.

As Ted Walshe said when interviewed by Robert Hall "If you could bottle the atmosphere here today....."



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