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Thursday, October 31, 2019

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NEWS • ENTERTAINMENT • SPORT

'Angel in our hearts'

SENAN HOGAN
editor@kildarepost.com

In a powerful victim impact statement delivered in court this week, tragic Ana Kriégel's mother Geraldine paid tribute to her 14-year-old daughter and said life without her was not even an existence, but "a misery we must endure for the rest of our lives". Mrs Kriégel told the



Central Criminal Court on Tuesday that August 10, 2006, the day the court declared she and her husband Patric could become Ana's parents, was the happiest of their lives.

She said Ana was now "an angel in our hearts".

The sentencing of two 15-year-old boys convicted of Ana's murder will take place on Tuesday next.

SEE PAGE 4 & 5 FOR FULL STORY →



PROUD MUM OF THREE 'SASH' STARS LIFTS CUP

Jubilant Margaret Hartley clutches the Dermot Bourke Cup with her sons Diarmuid, Conor and Karl after Sarsfields defeated rivals Moorefield in the Joe Mallon Renault SFC final replay last Sunday. Photo: Pat Tinsley. See extensive coverage inside.

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NEWS

120km/h speed limit to be restored to M7

SENAN HOGAN
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The upgraded three-lane M7 motorway is expected to return to its original 120km/h speed limit before Christmas — after nearly two years of roadworks on site.

Lanes are currently operating at a reduced speed limit of 80km/h from Junction 8 (Johnstown) to the M7/M9 interchange at Junction 11.

However Transport Infrastructure Ireland (TII) confirmed yesterday the motorway will revert to the 120km per hour limit in coming weeks.

“We anticipate all three lanes will be in operation at the 120km/h speed limit by the first or

second week of December,” a TII spokesman told the Kildare Post.

TII insisted the M7 remains an active construction site as works on the interchanges are being completed and therefore a reduced speed limit remains necessary.

The major M7 upgrade originally began in January 2018 and 60km per hour speed restrictions were later introduced followed by GoSafe speed vans to monitor the speed of drivers.

Around 80,000 vehicles use the busy route every day and over 14,000 drivers were hit with speeding fines.

All three lanes of the 13.5km stretch of motorway being upgraded opened on August 2 and the speed limit was due to revert

to 120km/hr in “mid-September” — however this deadline came and went without any change.

GoSafe speed vans are no longer stationed on the upgraded stretch but Naas Roads Policing Unit has responsibility for enforcing speed limits in the area.

The M7 project also includes the construction of the M7 Osberstown Interchange and the R407 Sallins Bypass — which is due to be completed by the end of this year.

Kildare Co Council said that works were complicated because 50km of telecoms cables were involved along with infrastructure for other services such as gas and water.

The contract also involved the replacement and relocation of the

existing ramps at at Junction 10 (Naas South-Newhall) to the main Naas Newbridge dual carriageway, the R445.

In August, the director of services with Kildare County Council, Niall Morrissey strongly urged motorists to obey the speed limit of the newly-upgraded M7.

Mr Morrissey told of how he travelled the route at one stage in a Garda car which was being driven at the speed limit, but they were passed by numerous cars far exceeding the limit.

He added: “They didn’t take into consideration the speed limit or the safety of staff.”

Mr Morrissey urged people to heed the speed limit. “The overall message is about getting there safely, not quickly.”



DEVILISH FUN

Johnny Phelan in devilish form with Darragh Mooney at Naas Retail Park last weekend for Halloween fun. Picture: Aishling Conway

Over 300 residential homes planned for Naas

A total of 314 residential homes are being planned for Naas.

The planning application by Cairn Homes Properties limit is a Strategic Housing Development which will be decided upon by An Bord Pleanala.

Also being proposed at the site at Jigginstown, Naas West is a crèche and a retail unit.

The planned properties are a mix of two-bedroom, three-bedroom and four-bedroom houses and one-bedroom, two-bedroom and three-bedroom apartments.

The designs include open space of c. 1.32 hectares including playground areas.

Cycle paths and a pedestrian bridge over Yeomanstown Stream are planned.

Cairn Homes Properties Limited, which was set up in November, 2014, is based in Dublin 2.

Elsewhere, planning permission has been applied for for a micro-distillery in Ballymore Eustace.

Major renovations are planned for the Old Mill building complex for the proposed Craft Micro-Distillery which will have a ground floor area of 453.8sqm.

Planned works include the refurbishment, conversion and consolidation/stabilisation of existing buildings around existing upper and lower courtyard.

BREW-HOUSE AND MORE

The craft micro-distillery will include a brew-house, still house, two warehouses for storing 1,000 whiskey casks, empty cask storage space, a plant room and cooperage.

The designs include new mezzanines and stairs. The development also provides for landscaping, drainage, parking and alterations to existing mill pond.

The existing road and pedestrian access to and through the site will remain unchanged.

The planning application was lodged in recent days by Ciara and Harvey Appelbe.

INSIDE

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The future's bright, the future's green and white: Sash stalwart Gary White holds his nephew Paddy in the Dermot Bourke Cup. Baby Paddy is named after his legendary GAA grandfather Paddy 'Boiler' White PHOTO PAT TINSLEY



Halloween Happenings at Lullymore: Little Anabelle Roddy enjoying the scary scenes and terrifying treats at Lullymore HP last weekend PHOTO AISHLING CONWAY



Devilish divas circling: Ausra Varkojyte and Klaudia Polorska in Halloween mode at the official opening of Circle K, Kilcullen PHOTO AISHLING CONWAY, SEE MORE COVERAGE ON PAGE 15.

CRIMEBRIEFS

Gardai appeal for information on M9 accident

Gardai in Athy are appealing for witnesses to an accident on the M9 on Wednesday morning, October 30.

The accident happened between 7:15am and 7:45am at the Moone junction.

Anyone with information can contact Athy gardai on 059 863 4210.

Suspicious approach to Kilcullen home subject of investigation

Gardai are investigating a 'suspicious approach' to a home in Kilcullen.

On Tuesday, October 29 two women called to a house looking for assistance with their car.

Gardai say when the injured party looked out they couldn't see a car.

The injured party left for work and returned to find the house had been broken into.

Anyone with information can contact gardai on 045 481 212.

Burglary at Kildare town Aldi store

An investigation has been launched into a burglary at the Aldi store, Grey Abbey, Kildare town.

On Monday October 28 between 1am and 2am, a door was forced open and property was taken.

Anyone with information is asked to contact gardai on 045 527 730.

Break-in to Newbridge home

Gardai in Newbridge are investigating a burglary to a house at Connell Drive.

The break-in took place yesterday, October 29 between 8am and 12pm.

Anyone with information is asked to contact Newbridge gardai on 045 431 212.



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NEWS

Our lives are destroyed - mum of tragic Ana

Harrowing Victim Impact Statement read at sentencing hearing of two boys for murder

Geraldine Kriegel, mother of Ana Kriegel, read a victim impact statement on behalf of herself, her husband Patric as well as Ana's family and friends at a sentencing hearing on Tuesday at the Central Criminal Court in Dublin.

Two boys, aged 15, are before the courts for sentencing, having been convicted of Ana's murder earlier this year.

The two boys, referred to in the media as Boy A and Boy B, were 13 years old when they murdered Ana Kriegel in an abandoned house at Laraghcon, Clonee Road, Lucan on May 14, 2018.

They were convicted by unanimous jury verdicts earlier this year. Boy A was also convicted of Ana's aggravated sexual assault in a manner that involved serious violence to her.

The victim impact statement reads as follows:

The happiest day of our lives was the 10th of August 2006, the day the court declared that we could become the parents of Ana,

who we felt was, the most wonderful child in the world. We agonised, for so many years, through a laborious adoption process, waiting for her and when she came she brought to us everything that we had dreamed of for all those years and much more.

She was wild and wonderful, electric, so full of fun, madness and laughter. We could not believe the happiness and joy we had found in our lives. She was the love of our lives and every single night before she went to bed, she told us that she loved us too. Every night she came to kiss us and she said, always in French: 'Bonne nuit, dors bien, fais de beaux rêves, je t'aime' — 'Good night, sleep tight, have beautiful dreams, I love you.' She cannot do that anymore and we cannot tell you how badly it hurts.

On Monday 14th May, 2018, Ana didn't come home. The cold fear we felt knowing she was in serious danger, knowing that something or someone prevented her from coming home to us. We knew



Ana Kriegel's parents Patric and Geraldine outside the Central Criminal Court

she would never stay out without permission. She would never hurt us. The panic, the dread, the agonising with, the hours that turned in to days. We didn't know where she was or what had happened to her.

But somebody did. [Ms Kriegel looked down at the two boys as she said this]. The saddest day of our lives was 17th May, 2018 — three days later we heard those dreaded

words that no parent wants to hear. We are so sorry... Our precious little girl's body had been found. The depth of pain and haunting nightmares that we live with following the formal identification of Ana in such traumatic and horrific circumstances. There is no way to describe how that feels.

We brought Ana to live in a safe place, a quiet country village, a leafy suburb, where

the only sounds in the morning are the doves cooing. No-one could suspect the evil that lay in waiting for her. No one could anticipate the darkness that swirled in the souls of those that murdered and violated her. How could any child or even any adult imagine, in their worst nightmares, the danger that lay ahead?

She wanted to live but she was not permitted to do that.

Our lives are destroyed by what happened to Ana. We cannot look at a group of teenage boys in the same way ever again. That cold fear hits and brings all the horror back. Imagine the terror. Imagine the pain she suffered. That will live with us — all our lives.

We lie awake at night thinking about the fear she felt when she realised she was going to be killed. We pace the house at night agonising about the torture she went through, the horrendous pain she suffered, the sadistic violation of her beautiful pure and innocent body. To think that she was left to rot in that squalid hell hole, for over three days. It is unbearable. It's inhuman.

The whole family and friends suffer so terribly, every day and every night, with the agony of knowing now, in the most explicit detail, what Ana was subjected to and knowing that her private life, along with the distorted misrepresentation of her by a twisted mind with tainted

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eyes, have been displayed on every TV station and newspaper in Ireland and across the world.

She was just a little girl with so many hopes and dreams and so much love inside her that she shared generously with all who knew her. Her dream was to build a hotel called "The AnaLove Hotel". She drew detailed floor plans and we, her parents, would have a special cottage on the land where we could spend holidays and be near her. Her plans, our future, shattered.

Her little sisters, aged 10 and 6, are devastated that they never got to meet their big sister. She was to meet them, for the first time ever, this year and we had to deliver the heart-breaking news to her birth family, that they will never ever see her. When she had written to them previously, she said in her own words: "I am so afraid that I will never meet you".

Her fear was warranted. She never did. They cried and cried. They will never feel her warm hugs and loving kisses or see her dance so elegantly or hear her infectious laughter and we will never experience that joy again.

Never, ever, again will we share the beautiful life we had with Ana. We have lost our child and the children she

dreamed of having. Our grandchildren.

There are no words.

What words can describe how we feel at the loss of our wonderful little girl. She loved her life. She embraced all of the wonderful experiences life brought her. She was so kind to everyone.

The pain of living without her is unbearable. There is such emptiness in our lives without her. Life without Ana is no longer nor is it even an existence—it is a misery that we must endure for rest of our lives. We have lost our precious daughter and every family occasion without her is entrenched with pain and sorrow.

How can there be any solace in this conviction for any of us? Ana's death is irreversible.

Shortly before she died she made a video, on her Snapchat story, as she walked to school with her school mates. She said, I quote: "I love you guys so much, in fact I love all first years." Such was the big heart Ana had and she genuinely shared it with everyone.

At the start of secondary school she was asked to write a paragraph on her hopes for the future. This is what she wrote: "My hopes for the future—I hoped I would get into secondary school (she

names the school), and I did, that is one goal down. My second hope is to go to Paris University, like my dad, the hardest one to get into and when I come home from Paris I would like to get a dog, I would like to get married too, not sure I want any babies, well, not yet anyway. I hope that I have a good life. I hope everyone I meet will be nice."

We always felt that Ana was too good to be true. An ephemeral angel, in our hearts and in the hearts of the people of Ireland and Russia, with love forever.

We are a broken family. Our heart ache for you Ana. So many of the people in Ana's life are traumatised and suffer nightmares, stress and anxiety, not just adults but children who are not only traumatised but in fear for their own lives. Ana is lost to all of those people that loved her. Remember how much she loved you and hold on to that love in your hearts.

Thank you Ana for giving us all of that precious love.

We miss you. We love you.

No one can ever take that away from us.

As Ms Kriegel finished reading the victim impact statement, there were loud sobs from friends of the Kriegel family, who had accompanied them to court.

Boy A's grandfather tells court his grandson is 'incredibly remorseful'

The grandfather of Boy A, who was convicted of the murder and aggravated sexual assault of Ana Kriegel, told the Central Criminal Court that his grandson was "incredibly remorseful" about what happened to the teenage girl and wished it never occurred.

Taking the stand on Tuesday, the man said he had "sincere and utter sympathy" for the Kriegel family and could not imagine their loss.

"The death of a child is a parent's worst nightmare especially given the horrific circumstances of Ana's death. Having listened to Ms Kriegel (Ana's mother — see left), who spoke so elegantly and passionately, what I have here does not go close to what she said about Ana and the consequences of her death," he said.

Boy A's paternal grandfather said he would like to express the family's "sincerest regret and remorse" and he knew that the teenager was "incredibly remorseful for what happened" and wished "it never occurred".

Boys between the ages of 11



and 13 can be a difficult time, both mentally and physically, he said, adding that boys of this age can be difficult for parents and teachers to manage but the majority of them remain "unaffected by new circumstances." The man said his grandson was "one of the majority", who loved practical subjects such as art, science, woodwork as well as metalwork and nothing pleased him more than preparing detailed drawings and making models.

"I am personally heartbroken that my much-loved grandson could have been involved in something like this," he said,

adding that his grandchild was a loving, caring and kind child, who never showed aggression or ill-temper.

He said Boy A was much-loved by his parents and grandparents. "There will be a major gap in all our lives without his constant presence. Our lives have been turned upside down, all going through huge emotional turmoil and loss," he continued.

In summary, the man said he will support his grandson in any way that he can, now and in the future. "I hope to have ongoing positive involvement with his rehabilitation and development," he concluded.

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NEWS



Bags of rubbish dumped in the cemetery before the area was cleaned up (left) and Cllr Peggy O'Dwyer (above)

Historic Newbridge cemetery is littered

In recent months, Barrettstown Cemetery has fallen victim to the dumping of household waste. The cemetery is located between Newbridge and Naas and is one of the oldest cemeteries in County Kildare.

The historical Saint Patrick's Well is also on the grounds of the cemetery. At the recent Kildare/Newbridge Municipal District meeting, Cllr Peggy O'Dwyer sought information about plans for the future of the cemetery. Cllr O'Dwyer was

advised that the cemetery was an area of archaeological interest. It was acknowledged that a report is pending about remedial works that are necessary, mainly for flood protection.

"Barrettstown cemetery has a very dedicated group of local residence who over the years have transformed this beautiful tranquil place to what it is today.

"If one has the opportunity to visit, I would strongly recommend you do so," said Cllr O'Dwyer.

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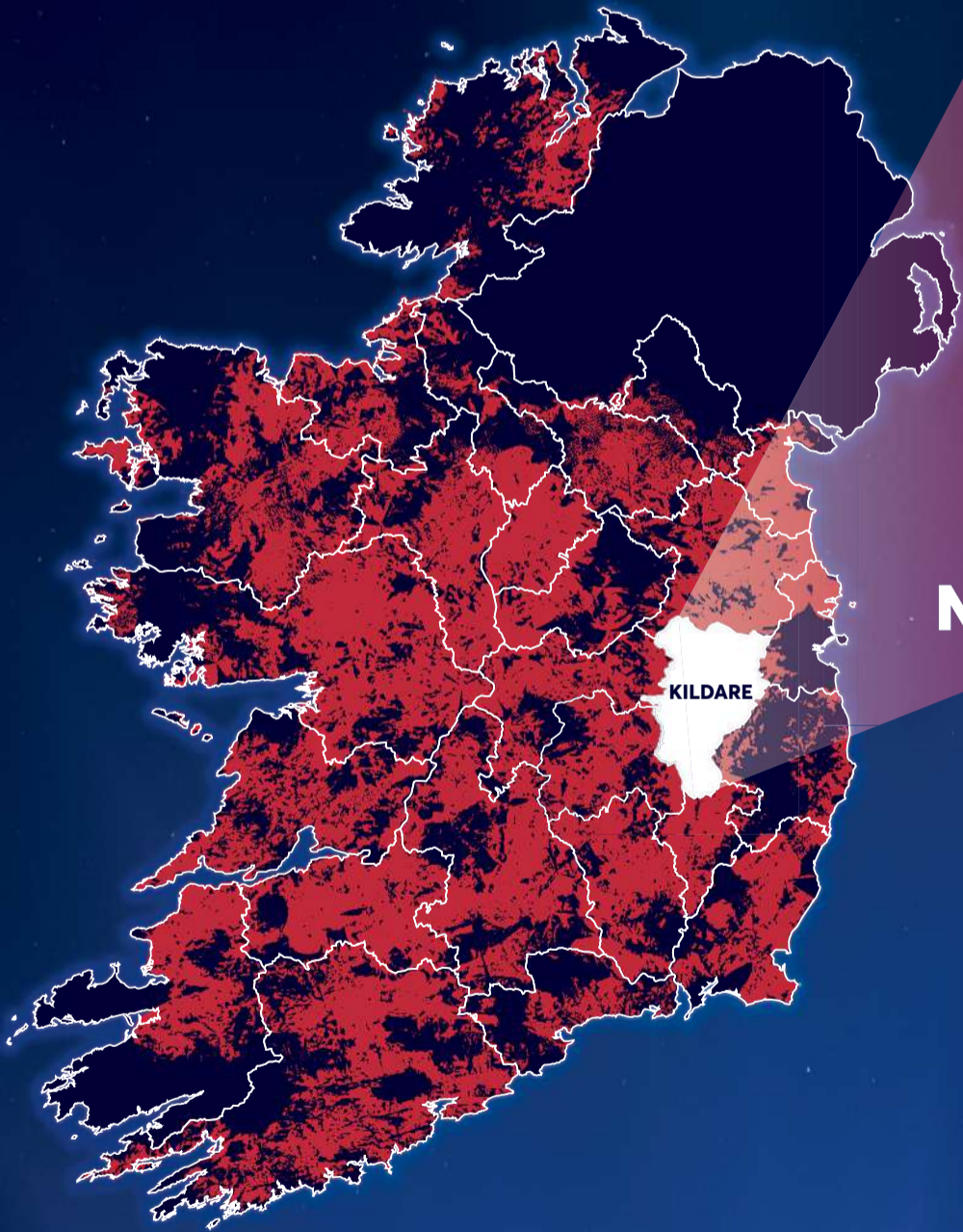
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NEWS

Naas Hospital waiting to proceed to tender for expansion

SEANAN HOGAN
editor@kildarepost.com

The long-awaited new extension to Naas General Hospital came a step closer this week as the hospital announced it is currently awaiting approval to proceed to tender for an Endoscopy Unit, Day Ward and Physical Medicine Unit. Planning permission was granted by Kildare County Council in August for these proposed facilities as well as a Physical Therapy Unit and Oncology Unit.

The future development of Naas Hospital was raised in the Seanad last week when Senator Anthony Lawlor told Minister for Health Simon Harris that work beginning on the new development would boost the morale of staff.

In a statement on the planned extension, the Dublin Midlands Hospital Group (DMHG) told the Kildare Post this week: "The Dublin Midlands Hospital Group continue to work on our strategic aims of improving access for patients, expanding services to respond in growth in demand and work in partnership to integrate across hospitals and community services.

"DMHG supports the capital development plan submitted by Naas General Hospital (NGH).

"This was also submitted to the recent Department of Health Service Capacity Review 2018."

The statement added: "Naas General Hospital is currently awaiting approval to proceed to tender for Endoscopy Unit, Day Ward, and Physical Medicine Unit which is included in the HSE's Capital Plan."

The Naas Hospital extension is part of the HSE's Capital Plan which will invest over €2 billion in capital funding in the public health services between 2019 and 2021.

Other projects in County Kildare include the phased redevelopment of St Vincent's Hospital in Athy and the renovation of the Day Care Centre incorporating Older Persons Day Services and Primary Care Services in Monasterevin.

Senator Lawlor told Minister Harris in the Seanad that he fears that the planning permission will be allowed to lapse again - and he called for urgent action to boost the hospital staff.

He said: "I met with the nurses there and confidence is required within the staff. Even seeing diggers on the site would give them a boost. The hospital has planning permission but I am worried it will run out."



He added: "It is hugely important that the hospital has an Endoscopic Unit, but a number of day wards are also being built onto it."

"I hope we can start on that as soon as possible as it has been on the agenda for a good while."

Minister Harris said he has asked the HSE "to come back to me very quickly with a detailed timeline for the delivery of the project".

ABOVE: Naas General Hospital. RIGHT: Senator Anthony Lawlor told the Minister for Health that starting the expansion would raise staff morale



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NEWS

Special offer as champions to be crowned at Naas

The final major prize of the Irish Flat Season has attracted a stellar cast as Willie Mullins has included both the English Cesarewitch winner, Statrum, and the Irish Cesarewitch winner, Royal Illusion for the Daragh Fitzpatrick and Colm White Local Bookmakers November Handicap at Naas.

Naas Racecourse has introduced a Flat Finale special offer for punters which can be purchased online only.

The special offer is just €10 and includes admission plus a €10 FREE matched bet with Daragh Fitzpatrick or Colm White Bookmakers*.

Naas are offering complimentary admission tickets to all flat owners who had a runner at Naas throughout the season (owners must contact Horse Racing Ireland owners' department to redeem two tickets to the Flat Finale).

MULLINS AND O'BRIEN WELL REPRESENTED

Mullins is responsible for eight of the initial 50 entries for the €100,000 contest which will take centre stage on the Flat Finale day at Naas on Sunday, November 3 while champion trainer Aidan O'Brien looks to be well represented also with Royal Ascot winner South Pacific among his inclusions.

This fixture will once again see the curtain come down on another fantastic Flat season in Ireland and it looks like both the race to be champion jockey and champion apprentice jockey will go right down to the wire at Naas on the final day of the season.

Donnacha O'Brien currently leads Colin Keane as O'Brien attempts to retain the championship for a second season in a row but few will forget the thrilling finale to the title in 2017 when Keane notched up his first

century of winners and claimed his first champion jockey crown on the final day of the season at Naas. Oisin Orr and Andrew Slattery continue to fight out the prestigious apprentice championship.

Naas are also acknowledging the support of owners for their final Flat fixture of 2019 by offering complimentary tickets for all owners who had a runner throughout the flat season.

As well as the Daragh Fitzpatrick & Colm White Local Bookmakers November Handicap, the fixture will also stage the Naas Nursery of Champions Handicap, the P&T Stapleton Limited Maiden and the Finale Stakes on a packed eight race card which is due off at 12.20pm.

"We have limited availability for the Panoramic Restaurant with a four-course meal for €69 per person and further details can be found

from naasracecourse.com" said Jackie, Donohoe, Sales and Marketing Manager at Naas Racecourse.

*Racegoers must present a voucher to Daragh Fitzpatrick OR Colm White Bookmakers at Naas Racecourse on November 3rd along with your own €10 in cash, you will then receive a bet to the value of €20.

See naasracecourse.com to purchase this online special offer. See naasracecourse.com to book the special offer Flat Finale admission ticket.



November 3 for a pulsating flat finale at Naas Racecourse

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Ballycane NS pupils, Sean, Adam and Tianna, having fun at the Witches Walk last Friday



Ballycane NS pupil, Cathal



Ballycane NS, pupil, Eneko

SCOIL AN LINBH ÍOSA, BALLYCANE, WITCHES WALK

Pictures: Tony Keane



LEFT Ballycane NS pupils, Callum, and Karol



RIGHT: Ballycane NS pupil, Sarah



Ballycane NS pupils, Chloe, Mya, and Inez

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NEWS

Get to know your Network – hosted at the Osprey Hotel, Naas

November 5 at 7.30pm, at the Osprey Hotel, Naas

The November Network Ireland Kildare Branch event is one not to be missed. The Get To Know Your Network event will be held at the Osprey Hotel, Naas, on Tuesday, November 5 at 7.30 pm and all are very welcome to attend. The evening will commence with networking over tea and coffee followed by keynote speaker, Grace O'Rourke, Fitness and Mindset Coach.

Grace is a challenge-seeker, always pushing herself to achieve dreams and goals no matter how impossible they seem. Whether it be taking on the challenge of starting a new business, or three, or going the extra mile during physical training, Grace never gives up once she puts her mind to something.

In Grace's recent achievement, completing the RTÉ programme Special Forces: Ultimate Hell Week, she has discovered a unique method to conquer challenges, and hopes to share that with others, and hopefully, they too can overcome their fears/challenges.

President Emma Murphy commented "November's event is all about members and motivation. We look forward to hearing Grace's amazing inspirational story about never giving up on yourself. You are good enough. As we approach the



Grace O'Rourke, guest speaker at the Osprey Hotel on November 5.

last two months of 2019 and plan ahead for 2020, it's the perfect time to get some inspiration.

"We will also have a soapbox from our member Mary Grant and our members will have a fantastic opportunity to connect. If you are a non-member and interested in attending, we would love to welcome you to experience what our branch offers and experience the importance of networking for your business, personal development and support.

Tickets for this event are free to members and the small charge of €10 applies to non-members, booking is essential as places are limited- bookings at <https://networkireland.ie/events>

This event is run in association with Local Enterprise Office Kildare and with the support of Network Ireland Kildare's media partners, Kildare Post and Kildare Now, along with AIB.

Other Network Kildare news:



Emma Murphy Network Ireland Kildare President and Mick Rochford co-founder of Aobheann's Pink Tie

Tickets for the charity gala luncheon in aid of Aobheann's Pink Tie, to be held on November 22 in Killashee Hotel are selling out fast.

"We are delighted to announce that world-renowned soprano Celine Byrne will be treating attendees to a performance with John Forde, the Piano Man. Celine is fresh from her concert with José Carreras in Bangkok in the presence of the King and Queen of Thailand last week," said Tara Lane, Network Ireland Kildare PRO.

"There are also exciting additions to the list of auction and raffle prizes which will be announced in the coming weeks, so follow Network Ireland Kildare Branch on social media to keep up to date with the news.

"There are still sponsorship opportunities available and we would be very grateful for donations to this very deserving charity. If you are unable to attend but would like to support the event, you can make a donation or purchase a ticket for the raffle for just €5, and will be in

with a chance to win a beautiful hamper worth €500".

Contact the branch via Facebook or Tara Lane on 087 978 9318.

About Network Ireland Kildare Branch: Network Ireland Kildare Branch is an organisation for women in business, the professions and the arts. With over 1140 members spread across 115 branches in Ireland, the Kildare branch of Network Ireland is one of the most dynamic in Ireland, hosting monthly events ranging across a variety of topics including Women in Leadership, Communication Skills, Marketing and Finance. It also celebrates International Women's Day in March, have its annual Business Awards Competition and its very successful Annual Charity lunch in November.

It has over 140 members from a large variety of professions, from sole traders to CEO's of large organisations and all are very welcome. Enquiries to Tara Lane PRO, at the number listed above.

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NEWS

Kildare companies urged to apply to enter Food Works programme

SENAN HOGAN
editor@kildarepost.com

Food and drink entrepreneurs from Kildare have been urged by Bord Bia, Enterprise Ireland and Teagasc to apply for its 2020 Food Works programme as the final deadline for applications approaches. Prospective companies

are invited to apply via www.foodworksireland.ie.

The supports offered by the programme are valued at over €50,000 and include in-depth consultancy and advice from the three agencies, access to consumer and market research, feasibility funding and bespoke mentoring with industry experts.

Successful food company Hog House participated in the Food Works programme in 2017. The company produce delicious pork based pinchos and are now selling in the UK, Spain and Germany as well as in Ireland.

"Foodworks was a game changer for us. It helped us clarify and prove our concept

and the huge opportunities available to us," said Alison Cummins, Founder of Hog House. "Because of Food Works we opened our own production plant in Cavan and now employ staff there to produce our pork Pinchos. Global ambition is the theme of Foodworks and it has clearly delivered for us. We would urge any food companies with global ambition and a great product to join the Foodworks programme to take your idea to the next level."

As part of the programme, participants benefit from one-to-one mentoring with Ireland's best food and drink business minds including John Stapleton, co-founder of the New Covent Garden Soup Company and Little Dish, Joanna Walker, food retail expert and former buyer with Sainsbury's and M&S, Eamonn Rice, business consultant and former Kerry Group Director, Matt Bentley, Marketing consultant, Gavin Sherry, manufacturing specialist and Moira Creedon, food business



financial planning expert.

Speaking about the 2020 recruitment campaign for Food Works, Nicola Nic Pháidín, Manager of Food High Potential Start Ups, Enterprise Ireland said: "This year we are looking for scalable and export driven Irish food products that satisfy a genuine market need."

"As the diversity of participants for the 2019 programme suggest, this is a programme that is open to many and varied start-ups, so we encourage food entrepreneurs at all levels to apply".

The Food Works journey begins with an introductory meeting with Bord Bia, Enterprise Ireland and Teagasc followed by a formal application. Applicants are then selected for the programme based on defined criteria including innovation, market insight, ability to scale and export, commercial potential and strength of team. The cost for entry to the programme is €3,000 however the market value of the programme has been estimated at over €50,000.

For further information on Food Works visit www.foodworksireland.ie



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Circle K reps at the official opening of Circle K, M9 Kilcullen - Alan Larkin, Mark Peard, Colm Fox, Steven Mannion and Jonathan Preston

OFFICIAL OPENING OF CIRCLE K AT THE M9, KILCULLEN

Pictures: Aishling Conway



Ausra Varkojyte



The official opening celebration of Circle K M9 Kilcullen attended by Olympic equestrian hopeful Cathal Daniels, Circle K senior management, local political dignitaries and a host of new customers



Daira Susekle, Colette Dooley, Inga Ozolina and Marta Balina



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NEWS

Kildare authors shortlisted for An Post Irish Book Awards 2019

KIM O'LEARY
editor@kildarepost.com

Kildare-based authors Orla McAlinden and Amy Gaffney have both been included in the shortlist of six nominees under the 'Short Story of the Year' category for the An Post Irish Book Awards 2019 which will take place on November 20.

Orla McAlinden is a multi-award-winning novelist and short story writer living in Newbridge. Her published books are *The Accidental Wife*, *The Flight of the Wren* and *Full of Grace*.

A story *The Visit*, from her first book, won the Irish Book Awards Short Story of the Year award in 2016, and she is absolutely delighted that, with *A Real Woman* from her most recent book *Full of*

Grace published in May 2019, she has been shortlisted once again for this very prestigious award.

Speaking to The Kildare Post this week upon her nomination for the prestigious award, Orla McAlinden said that she is 'thrilled' to be one of six authors shortlisted.

"To have won the award once was a fabulous vote of confidence in a very new writer, and to be shortlisted again gives me such a lift, and renewed vigour to keep writing, which can be a lonely and frustrating task, at times," she said.

A Real Woman is a hyper-realist story set in 2019 in rural Northern Ireland, in a changing land, where Fr Anthony O'Donovan receives an unexpected visitor who

wishes to confess a dark secret.

Orla McLendon is not the first writer to have been shortlisted more than once, but no-one has ever won the prize twice. "That would be an absolute dream come true," she laughs, "but I'm counting no chickens, this year has an incredibly strong shortlist with six really wonderful stories."

Orla is also busy working on a fourth book, a historical novel set in Tipperary and Kildare at the turn of the 19th Century.

Meanwhile Amy Gaffney's gripping short story, *Mother, May I?*, has also been shortlisted for the An Post Short Story Award. The short story follows the struggles of 33-year-old Maggie, who yearns to be a mother yet feels



Nicole Flattery ('Parrot'), Orla McAlinden ('A Real Woman'), Andrea Carter ('The Lamb'), Laura-Blaise McDowell ('Balloon Animals'), Amy Gaffney ('Mother May I') and Vanessa Fox O'Loughlin, Irish literary scout

compounded by modern trappings. Newbridge native Amy has lived in Kildare Town for the past twenty years and she has loved reading and writing from a young age, her favourites growing up were *Little Women*, and *Little House on the Prairie*.

Amy attended the Holy Family Secondary School in Newbridge before marrying her husband with whom she now has three children. As her children grew older, Amy decided to return to writing by joining the Newbridge

Library writer's group and attending local book launches.

At 38 years of age, Amy went to UCD where she studied English Literature for her undergraduate degree and she also won a part scholarship for her MA in Creative Writing, also at UCD, and graduated with a First in 2018.

Speaking this week after the nominations were announced, a delighted Amy said:

"I didn't expect my piece, *Mother, May I?* to go

anywhere, and to have it shortlisted for the An Post Irish Book Awards Short Story of the Year 2019 is overwhelming and fantastic. It's a huge honour to be acknowledged alongside other brilliant writers. The awards night is the 20th November, 2019, but I am not even considering winning. The short listing is huge as it is!"

The talented Kildare authors will find out their fate at a star studded gala awards dinner and ceremony on Wednesday 20th November at the Convention Centre in Dublin, sponsored by An Post and hosted by Miriam O'Callaghan.

The highlights of the awards will be broadcast on RTÉ television on Saturday 23 November.

Award-winning Kilcullen bookshop Woodbine Books is hosting a free, public event with both shortlisted authors, reading and discussing their nominated stories, and an open mic for audience members to read, on Wednesday, November 6, from 7pm.



Orla McAlinden (left) and Amy Gaffney (right)

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Halloween night is the worst possible night for all pets and any animal, domestic or wild. Also for birds and farm animals. The noise of the fireworks and the bright lights as they explode, really freak out a lot of animals. All pets should be kept indoors as much as possible and horses and ponies should be stabled if there is likely to be fireworks set off near them.

Try to stay with your pets if you can to calm them and give them security. Make sure they have somewhere safe where they can hide. It is the responsibility of all pet owners to look after their pets at this time which is distressing for so many of them. Fireworks and flashing lights, even scary costumes can spook animals and cause them to run off in fear. Think of your pets and make sure they are safely housed and feeling safe during the spooky festivities!

Underground night club reunion a great success.

Many thanks to Louise and all the team who made the recent Underground Night Club Reunion such a great success.. A big shout out to



Lorcan, Sean and Michelle at One New Row who very generously gave us the use of their club for the night.

Really big thanks to Big Generator and DJ Brian Brett for all the music. Thanks also to Linda for all her help in putting up posters and selling raffle tickets. Congratulations to Lynda Evans who won the tickets for the Forever Young Festival next year and to Sharon for donating the tickets. In all, €1,685 was raised for the KWWSPCA which is marvellous. Many thanks to everyone involved

rather neglected and is in need of a good groom and a bit of good food, but he is in good health. He has been neutered, microchipped and vaccinated and can be visited at the KWWSPCA Shelter near Athgarvan, Co Kildare.

The Shelter is open to the public Mondays to Saturdays from 1-3pm or at other times by calling 087 127 9835 and making an appointment. Juno will need to go to an owner who has had experience in this breed or similar. He will also need a lot of exercise, so his new owner will have to have the time to give him at least one long run/walk a day. We would like him to be an inside dog. There is a minimum adoption fee of €150 (€50 deposit when a dog is booked) and a home check will be made. A dog licence and a dog collar tag are also required to complete the adoption.

KILDARE & WEST WICKLOW SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS

The Kildare & West Wicklow Society for the Prevention of Cruelty to Animals (KWWSPCA) is a Registered Charity (Number CHY 6280) that investigates and deals with reports of cruelty and neglect to animals of all sorts; family pets, wild animals and birds, and horses, ponies and donkeys, throughout County Kildare and West Wicklow. The Society is run entirely on a voluntary basis, there are no paid employees.

KWWSPCA HELPLINE - 087 127 9835
 KWWSPCA Community Cat Care Group - 087 251 7381
 Email: - kwwspca@gmail.com
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CAT OF THE WEEK - NIMBLE

This lovely lady is Nimble who is the sweetest little thing. Nimble is a 2 year old lady who had one of her back legs removed as a kitten but gets around just fine. She loves to chill out somewhere soft and comfortable and get a cuddle. She is also a very calm girl who is slowly getting used to the dogs in her foster home and isn't bothered either way with the other cats. She has been spayed, vaccinated and has been treated for worms and fleas. She is now looking forward to settling into a permanent, loving home. If you are interested in adopting Nimble please call 086 175 1841. There is an €80 adoption fee to partly offset her veterinary costs.

DOG OF THE WEEK - JUNO

Juno has recently come into the care of the KWWSPCA from the Kildare Dog Pound. He is a male husky and is about 3 years old. He is good natured and likes human company and he also seems to be good with other dogs, happily sharing his day time run and night time kennel with another big dog. He has been



Dog of the Week, Juno



Cat of the Week, Nimble

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NEWS

New fire engine for Athy Fire Station

Local firefighters contribution acknowledged with special 1916 medals

PAULA CAMPBELL
editor@kildarepost.com

There was a great turnout at the recent handing over of the keys for a new €400,000 fire engine for Athy Fire Station. The event was also marked by a presentation of 1916 commemorative medals to all of the fire service staff in Athy who were working in the station in 2016.

Kildare County Council Cathaoirleach, Cllr Suzanne

Doyle, accepted the keys of a new fire engine for Athy Fire Station on Thursday, October 24 last. Rory McCarthy, of the coach builders Sidhean Teo, based in Spiddal, Co. Galway handed over this long-awaited new Class B fire engine which will replace the current 2002 registered vehicle located in the station.

The fire engine was funded by the Department of

Housing, Planning and Local Government as part of the 2018-2020 Capital programme and was manufactured in Spiddal by Sidhean Teo. The vehicle represents a significant financial investment in the Fire Service in Athy with an all-in cost of €400,000.

Kildare County Council noted the station in Athy responded to 266 incidents last year and as the town develops and expands, "it is important that the fire service is capable of continuing to respond to the needs of the local community. This new vehicle

is one part of that response". The Cathaoirleach also presented 1916 commemorative medals to fire service staff in Athy who were on active duty at the station in 2016. These medals are currently being given out across the country; crews in Monasterevin, Leixlip,

Maynooth and Newbridge have already received their medals.

Kildare County Council stated the purpose of the medal presentations is to recognise the particular contribution that the fire service has made to the State since its foundation.



Mayor of Kildare, Cllr Suzanne Doyle with fire fighters and their families at the official handing over of keys to a new fire engine, along with special 1916 medals presented to staff working at the station in 2016

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NEWS

Mega night of entertainment for Kildare charities

ROSE B O'DONOGHUE

editor@kildarepost.com

An All Star Concert and Dance will be hosted at Tougher's Newhall, Naas on November 15. Commencing at 8pm, there's an impressive line up of local, national and international artists performing on the night.

Headlining the event is Andy Cooney, star of Carnegie Hall (photo bottom right) with nine sell out performances at the famous venue. Described as "one of New York's beloved entertainers" by the New York Times, he has enjoyed a hit recording in Ireland with the song 'On the Eighth Day', and is hailed by renowned musician Phil Coulter as being "not only a singer, but a force of nature!"

Joining Cooney on the night will be 16-year-old Owen Mac (bottom left photo), who is currently touring Ireland with Michael English.

The teenager from Coleraine, Co Down has already built up an impressive CV on the music scene with four albums under his belt.

The massively popular Big C Choir and Friends (top right photo, who've now established a following of their own) will perform, as will Kildare country artist, Vicky Cahill and Newbridge music

maestro, Owen C Lynch.

The Conquerors, one of Ireland's premier showbands 'back in the day' will appear and if there's anyone who is not tempted onto the dancefloor with any or all of the above, it's time to get the hip replacement! MC on the night will be KFM's popular country music presenter, Liam Kett.

"This is a great line-up of artists" said Liam "And it's all in aid of three worthy Kildare charities: The Oncology Unit at Naas General Hospital; Newbridge Cancer Support Group and the Kildare Branch of MS Ireland. Andy Cooney has worked with leading entertainers, Phil Coulter and Crystal Gayle, and many others. He draws huge crowds in the US and was sold out 9 times at Carnegie Hall".

Tickets are €25 pp or 2 for €40; contact Christina at 087 054 7213 or Pauline at 087 773 3779; also on sale from the Parish Centre, Newbridge and Kildare town; from the Kiosk Flower Shop, Newbridge and Jam Music, Naas. All Star Concert and Dance at Tougher's Ballroom, Newhall, Naas on November 15. sharp.



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Marion Sherlock, Principal Robertstown NS, with children from 5th class who designed posters for the event and Fergus O'Hara, Hanlon Concrete who donated reusable drinking bottles

Move Your Best at Robertstown NS

A Move Your Best for Robertstown National School running challenge took place at Bridgewood Celtic, Robertstown on Tuesday, October 22.

Children from all classes participated in a moving challenge to support a healthier lifestyle.

On the day, pupils walked or ran with music and encouragement throughout

and the Robertstown NS Active School Committee provided activities afterwards.

“Everyone in the school was involved with the challenge, even our school secretary, Louise Carroll, who warmed the children down with stretches after” said Principal Marion Sherlock.

“A bonus for the children

as part of the school applying for their sixth Green School Flag was Hanlon Concrete kindly sponsoring reusable water bottles for all children and staff in the school which was received with thanks.”

Supporting a healthier lifestyle whilst supporting the environment, well done to students, teachers and management at Robertstown National School!



PICTURED ABOVE and BELOW: Pupils from Robertstown NS striding out and having fun



Children from the infant's class testing their skills





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Department of Education and Skills



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Ireland's European Structural and Investment Funds Programmes 2014-2020
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**Property Registration Authority
Chancery Street
Dublin 7
COUNTY: KILDARE**

PROPERTY: NO. 6 WHITETHORN AVENUE, ATHGARVAN, TOWNLAND OF BLACKRATH AND ATHGARVAN AND BARONY OF CONNELL, Co Kildare.

In the matter of The Registration of Deeds and Title Acts 1964 to 2006

In the matter of an Application of John Anthony Farrell For Registration as owner with an Absolute Title.

Application No. D2011LR113737N

TO WHOM IT MAY CONCERN

Take Notice that Coughlan White & Partners Solicitors of Moorefield Road, Newbridge in the County of Kildare have lodged an application under the above Acts for the first registration of JOHN ANTHONY FARRELL as full owner of an estate in fee simple free from encumbrances of parts of the land situated in the Townland of Blackrath and Athgarvan and Barony of Connell County Kildare known as part of Whitethorn, Athgarvan, Co Kildare as shown on the application map.

The map may be inspected at the offices of Coughlan White & Partners, Moorefield Road, Newbridge, Co. Kildare.

All persons objecting to such registration are required to file their objections in writing with Coughlan White & Partners at the above mentioned address on or before close of business on the 11th day of November 2019.

In the absence of objection or in the event of any objection not being sustained the application will proceed without further notice.

Dated this the 31st day of October 2019

Grainne White
Coughlan White & Partners



Sandra MacNamee, secretary of Bridgewood Celtic Soccer Club with William O'Donoghue, PE committee, Robertstown NS, Fergus O'Hara, Hanlon Concrete, Willow Warner, Roberstown NS and Marion Sherlock, principal, Robertstown NS

Students at Robertstown National School taking part in last week's event



Move your Best was definitely taken up as a challenge by this lot!



Parents and students get into the keep fit mode



Miss Conroy and the Active School Committee in full workout!

spin
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| | | | | | | | | | | | | | | | | | | | |
|---|---|----------------------|------------------|---------------|---------|-----------|-------------------|-----------|------------------|----------|----------|-----------|----------------------|--------|-------------------|----------|----------|-------------------|--|
| <h2 style="margin: 0;">Gym Class Timetable</h2> | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">MONDAY</td> <td style="padding: 2px;">10AM BODY TONING</td> <td style="padding: 2px;">7PM BOOT CAMP</td> </tr> <tr> <td style="padding: 2px;">TUESDAY</td> <td style="padding: 2px;">10AM SPIN</td> <td style="padding: 2px;">7PM ZUMBA FITNESS</td> </tr> <tr> <td style="padding: 2px;">WEDNESDAY</td> <td style="padding: 2px;">10AM BODY TONING</td> <td style="padding: 2px;">7PM SPIN</td> </tr> <tr> <td style="padding: 2px;">THURSDAY</td> <td style="padding: 2px;">10AM SPIN</td> <td style="padding: 2px;">7PM CIRCUIT TRAINING</td> </tr> <tr> <td style="padding: 2px;">FRIDAY</td> <td style="padding: 2px;">9.30AM ABS & BUMS</td> <td style="padding: 2px;">7PM SPIN</td> </tr> <tr> <td style="padding: 2px;">SATURDAY</td> <td style="padding: 2px;">10.15AM BODY PUMP</td> <td></td> </tr> </table> | MONDAY | 10AM BODY TONING | 7PM BOOT CAMP | TUESDAY | 10AM SPIN | 7PM ZUMBA FITNESS | WEDNESDAY | 10AM BODY TONING | 7PM SPIN | THURSDAY | 10AM SPIN | 7PM CIRCUIT TRAINING | FRIDAY | 9.30AM ABS & BUMS | 7PM SPIN | SATURDAY | 10.15AM BODY PUMP | |
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| WEDNESDAY | 10AM BODY TONING | 7PM SPIN | | | | | | | | | | | | | | | | | |
| THURSDAY | 10AM SPIN | 7PM CIRCUIT TRAINING | | | | | | | | | | | | | | | | | |
| FRIDAY | 9.30AM ABS & BUMS | 7PM SPIN | | | | | | | | | | | | | | | | | |
| SATURDAY | 10.15AM BODY PUMP | | | | | | | | | | | | | | | | | | |
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| <p>CMWS Hall, St Brigids Square, Kildare Town. Tel: 085 71 52674 Gym Opening hours: Weekdays: 9am-2.30pm & 4.30pm-9.00pm Saturday: 10am-2pm</p> | | | | | | | | | | | | | | | | | | | |
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Croí Laighean CU launches Members Services Centre



Croí Laighean Credit Union have announced the set-up of a new Members Services Centre in their Coill Dubh branch. The Member Services Centre is a dedicated telephone service and has been set up to ensure members can contact the credit union quickly and efficiently to access services, loans or to have queries answered.

The centre is operated by Áine Heffernan, Mary Dunne, Olive Hughes and Carol Flynn. The team are available six days per week from 9.30am to 4.30pm and can be contacted on 1800 23 24 25.

Commenting on this development, CEO Paul Kennedy said "This is a significant

enhancement to our service offering and is a huge investment by Croí Laighean on behalf of its members, who told us to improve our telephone service offering, so we are thrilled to be able to launch, and wish all of our team well.

Positive feedback

"Initial feedback from members is hugely positive and the team are committed to responding to 100% of calls" noted Paul.

In addition, the opening hours of all branches has been extended and aligned since July last, to help facilitate members. Over the course of several months their usage had been monitored and in



The team at the Members Services Centre of Croí Laighean Credit Union, based at their Coill Dubh Branch, Carol Flynn, Áine Heffernan, Olive Hughes, and Mary Dunne. Picture: Tony Keane

consultation with staff and members, several improvements have been made.

The Credit Union branches are now open for extra days in Allenwood and Prosperous, to facilitate service needs and

requests from the members.

"This is a hugely positive move for Croí Laighean members" said management. "Croí Laighean Credit Union now has its 38,000 members in our common bond which stretches from Rhode, Co

Offaly in the West to Leixlip, Co Kildare in the East".

It now has seven branches: Edenderry, Coill Dubh, Clane, Leixlip, Allenwood, Carbury and Prosperous.

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Five Kildare winners at the Godolphin Stud & Stable Staff Awards 2019

Hosted at Killashee Hotel, Tuesday, October 29, there were five winners from County Kildare announced at the annual Godolphin Stud & Stable Staff Awards 2019. Audrey O'Neill, an exercise rider and groom at John Oxx's yard at the Curragh, was announced as the Irish Racing Excellence Award winner. Audrey, who also won the Horse Care Award and was among eight individual category winners, was selected by the judging committee for the highest accolade. Audrey has worked for John Oxx for the last 25 years.

Described as a vital team player, Audrey's application wowed the judging committee for the sheer breadth of her day-to-day capabilities and the empathy she shows for the horses in her care and her young colleagues starting out in the industry. Regularly riding out four or five lots a day, Audrey's all-round skills know no bounds and she is hugely popular with her colleagues.

Audrey commented: "It's an honour because there's some fantastic people who've been nominated and winning awards here tonight. I love horses and everything about them but riding them is my favourite part of it. I've been lucky to work with Sinndar and Sea The Stars to name but a few, it's been brilliant working with such horses over the year. To get an award like this for doing something that you love doing is special."

Wayne Middleton, Strength and Conditioning Coach with RACE, Kildare, won the Racing & Breeding Support Services Award. Wayne's innovative and inspiring approach to strength and conditioning for racing trainees and apprentices, as well as established jockeys, has had a huge impact on hundreds of racing personnel. His health programmes have dramatically improved the level of support and his approach has added a scientific edge to the professional support system given to jockeys under the HRI's Jockey Pathway Scheme.

Wayne said: "I'm delighted; this is more of a recognition of the Jockey Pathway programme with HRI, with the strength and conditioning element added to the physiotherapy, the dietician and the sports psychology. I've huge admiration for jockeys and love working with them. They've embraced what we're trying to do from a sports science perspective and it's an exciting time."

Cheryl McClean, Exercise Rider and Groom with Willie McCreery's successful yard on the Curragh, won the Newcomer Award. Cheryl came to the McCreery yard in 2016 after completing a two-year course in horse management at CAFRE in Enniskillen and in that time, has established herself as a vital cog in one of the country's top stables. She said: "I've loved working in racing from the first day I started, and I've



The 2019 Godolphin Stud and Stable Staff Award Winners (back l-r) Eddie Scally, Gowran Park Racecourse; David Roche, Head Lad, Henry de Bromhead; Audrey O'Neill, Exercise Rider & Groom, John Oxx; Emma Connolly, Travelling Head Lass & Assistant Trainer, Noel Meade; Cheryl McClean, Exercise Ride & Groom, Willie McCreery (Front l to r): Robert Gallagher, Head Lad, Michael Halford; Tony O'Meara, Stallion Manager, Coolmore Stud; Wayne Middleton, Strength & Conditioning Coach, RACE and Dorothy Fleming, Racing Secretary, Ken Condon

loved every day since! When I finished college, Willie McCreery was the first trainer I looked for a job from; he gave me one and it's worked out so well, many thanks to Willie and Amanda for nominating me."

Robert Gallagher, Head Lad at Michael's Halford's yard in Doneany, Kildare, won the Dedication to Racing & Breeding Award. 'Robbie' has been in racing all his life and in a career spanning over 50 years with most of his early career spent as Headman with Paddy 'Darkie' Prendergast during which he regularly had responsibility for travelling Group 1

horses abroad. Later, he worked for 13 years as Headman to Paddy's son Kevin and helped young apprentices like Charlie Swan and Kieren Fallon through their early years as jockeys.

For the past 19 years, Robbie has been an integral part of Michael Halford's training operation and, as well as having that expert eye for horses developed in 58 years in racing, he continues to be a role model for his fellow staff members.

Robert said: "I'm supposed to be semi-retired but it hasn't worked out that way! I've been so lucky to travel all over the world with horses. I love working with the

young kids when they come in here first and then watching them move on and make careers for themselves. Thanks to Michael for his support and for nominating me."

Dorothy Fleming, racing secretary at Ken Condon's yard on the Curragh, won the Administration Award. A career spent in racing and spanning spells working for Paddy Woods, Michael Grassick and Forenaughts Stud, for the past eight years Dorothy Fleming has been racing secretary at Ken Condon Racing and has become an indispensable part of the team. She is described by her employer as being much more than the job description — indeed she is at the heart of all the business decisions in the yard and runs the office single-handedly.

Dorothy said: "I'm really delighted and would like to thank Ken and Pauline Condon for nominating me — I'm shocked, can't believe it! This award really is

on behalf of all of the great people that work with me every day."

A total of ten awards, worth over €80,000 were presented by well-known writer and comedian, Jarlath Regan. David Jennings, Deputy Editor of the Racing Post in Ireland, acted as MC for the occasion. Bernard Caldwell, Chairman of the Irish Stablestaff Association, said: "It was an excellent night and it was great to see so many well-deserving members of our industry walk away with such recognition. The standard of the awards scheme was at a new level this year; I would like to thank all of those who nominated stud and stable staff, congratulate the finalists and thank Godolphin for their sponsorship and HRI for organising the night."

Joe Osborne, MD, Godolphin Ireland, commented: "There was a huge spectrum of people participating in the awards this year and that could be seen from the enthusiasm and brilliance of the Newcomers Award, to the finalists in the Dedication to Racing & Breeding Award where the three finalists have 150 years of work in the industry between them."



Winner of the Racing and Breeding Support Services Award, Wayne Middleton, Strength and Conditioning Coach, RACE



Accepting the Dedication to Racing and Breeding Award, Robert Gallagher, Head Lad, Michael Halford's presented by Jarlath Regan



Winner of the Newcomer Award Cheryl McClean, Exercise Ride & Groom, Willie McCreery's presented with her award by special guest Jarlath Regan

OUT & ABOUT



A big thumbs up for the Sash from this young female fan club

SASH WIN OUT AT SFC FINAL REPLAY LAST SUNDAY

Pictures: Pat Tinsley



A subdued moment for these young Moores fans at the Kildare SFC final replay between Moorefield and Sarsfields in St Conleth's Park last Sunday



"Over there Lochie!" Lily-Mae Lane pointing Lochlann McDermott in the direction of the camera



Niall Sheridan gets a comforting hug from son Sean



Brothers in Sash... Ray and Brian Coffey



An extremely excited Molly Fitzpatrick



Young Noah Keegan from Celbridge tells his Da Tony that he's happy when there's a crisp in the air



Mary Masterson on the double....the 'Two Marys' were saying plenty of Hail Marys at Sunday's replay.



A delighted Eanna Aherne enjoying the celebrations



JJ Fitzgerald, Cillian Keane and Josh Brannigan pictured in St Conleth's Park, Newbridge, for the SFC final replay between Moorefield and Sarsfields

SASH WIN OUT AT SFC FINAL REPLAY LAST SUNDAY

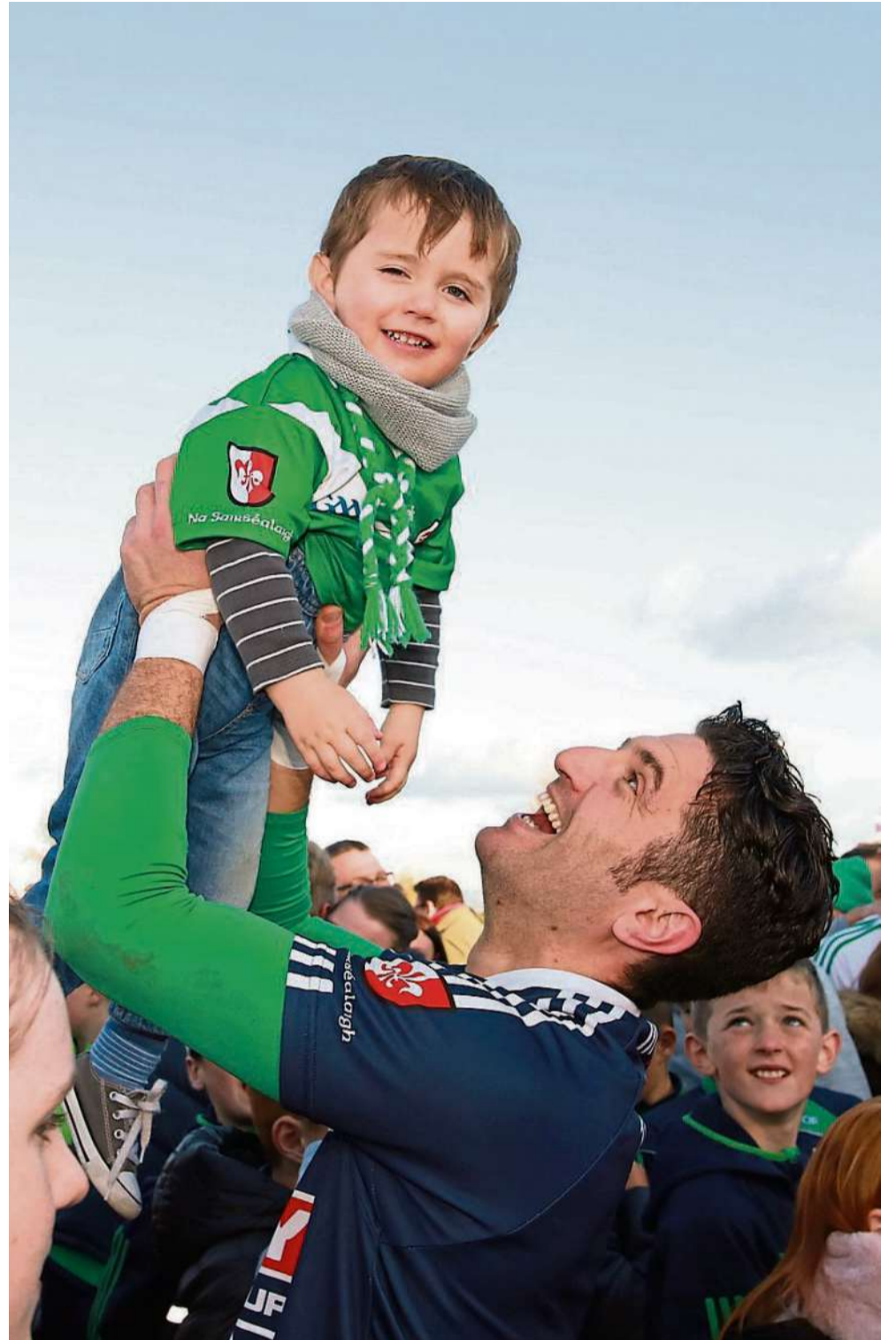
Pictures: Pat Tinsley



Con Kavanagh with his proud as punch mam Valerie and Auntie Eilish



Evan Nolan flying the flag for Sarsfields



A SAFE PAIR OF HANDS.....past master of the high dropping ball, Sarsfields goalkeeper Paddy O'Sullivan was never going to drop his son Sean in the post match celebrations



Sue McNulty with daughter Nell keeping her ears cosy and warm, and duling the hysterical cheering at the final



A big thumbs up for the Sash from Niall and Daisy Crinnigan



Cheering on the Moores are Sinead Healy, Lisa Doyle with Conor Doyle, Niamh Doyle and Susan Kavanagh



Sash supporter Jayden Walsh was transfixed by the unfolding drama



David Dineen and his Da share a funny moment

NEWS FEATURE



ABOVE: The late Phyllis Murphy
LEFT: Phyllis' sister Barbara speaking in the documentary

People 'still stop to pray' at Phyllis Murphy memorial

SENAN HOGAN
editor@kildarepost.com

People regularly stop to say a prayer at the memorial in County Wicklow for murdered Kildare town woman Phyllis Murphy, according to a new TV documentary.

Popular Kildare town native Phyllis (23) was last seen at a bus stop in Newbridge on December 22, 1979 — after spending a day Christmas shopping in Newbridge.

Her body was found near the Wicklow Gap 28 days later after a massive search involving teams of Gardai, the Army and the Civil Defence.

After a gap of over 20 years, killer John Crerar was finally brought to justice in 2002 after advances in DNA testing connected him to the murder.

A new documentary on the chilling case entitled Evidence of Evil was recently broadcast on the CBS Reality channel. The programme was filmed around County Kildare last April and received co-operation from

Phyllis's family as well as retired Gardai who worked on the original investigation.

A poignant roadside memorial close to where Phyllis was found — between Hollywood and Glendalough — remains a lasting tribute to her.

Phyllis' sister Martina told the programme: "We have put a monument up there with a picture of Phyllis on it."

She added: "People can stop, and they stop all the time, and say a little prayer."

"We didn't want Phyllis to be forgotten about."

The memorial, which is regularly adorned by floral tributes, reads:

"In Memory of Phyllis Murphy, Aged 23 Years, Found at this spot on the January 18, 1980. May she rest in peace."

The documentary highlighted the extensive and professional garda and forensics investigation that secured Crerar's conviction.

The 20th anniversary of the death of Phyllis is approaching later



Phyllis' sister, Martina: 'People can stop and they stop all the time...'

this year.

Father-of-five and former Army Sergeant Crerar was working as a security guard in the former Black and Decker power tools plant in Kildare town at the time of the murder.

Phyllis' sister Barbara also tells the programme that it is comforting to her family and friends that Phyllis' memory will live on.

She explained: "It just gives us such a lift — she will never, ever be forgotten."

Martina added: "I know Phyllis is up there and she's happy that we're all still together."

Barbara also remarked to the programme makers that it gives hope to other families that justice

was finally served over 20 years after the murder.

Barbara said: "We don't have to be wondering about what happened or who did it."

She added: "I mean, it took 20 years, so there's always hope."

Phyllis was known for her bubbly personality and had a wide circle of friends.

During the search continued, several items of her clothing as well as the Christmas presents she had bought were later found at various locations in the Curragh, Brannockstown and Lockstown Upper in County Wicklow.

Then a Garda search party found Phyllis under spruce trees at Ballinagee on the Hollywood to

Glendalough road on January 18, 1980.

DNA was found on the deceased and later led to the breakthrough in the murder investigation.

Crerar, who had no previous convictions, was eventually finally convicted in 2002 after advances in forensic science and after a co-worker retracted an earlier alibi after realising he was protecting a suspected murderer.

Family and friends keep Phyllis very close in their thoughts and fondly remember her every year on the anniversary of her death.

Barbara told the Kildare Post in the past that "we have always tried to keep Phyllis' case and memory alive in the hope that other families who have suffered the same loss may find a conclusion."

In the documentary, Martina also said that Phyllis actively discouraged pals from ever thumbing lifts — so it was very worrying when she failed to return home the day she was last seen alive.

Martina said: "I actually remember a girl that she worked with telling me that Phyllis used to say: 'Please don't thumb a lift.'"

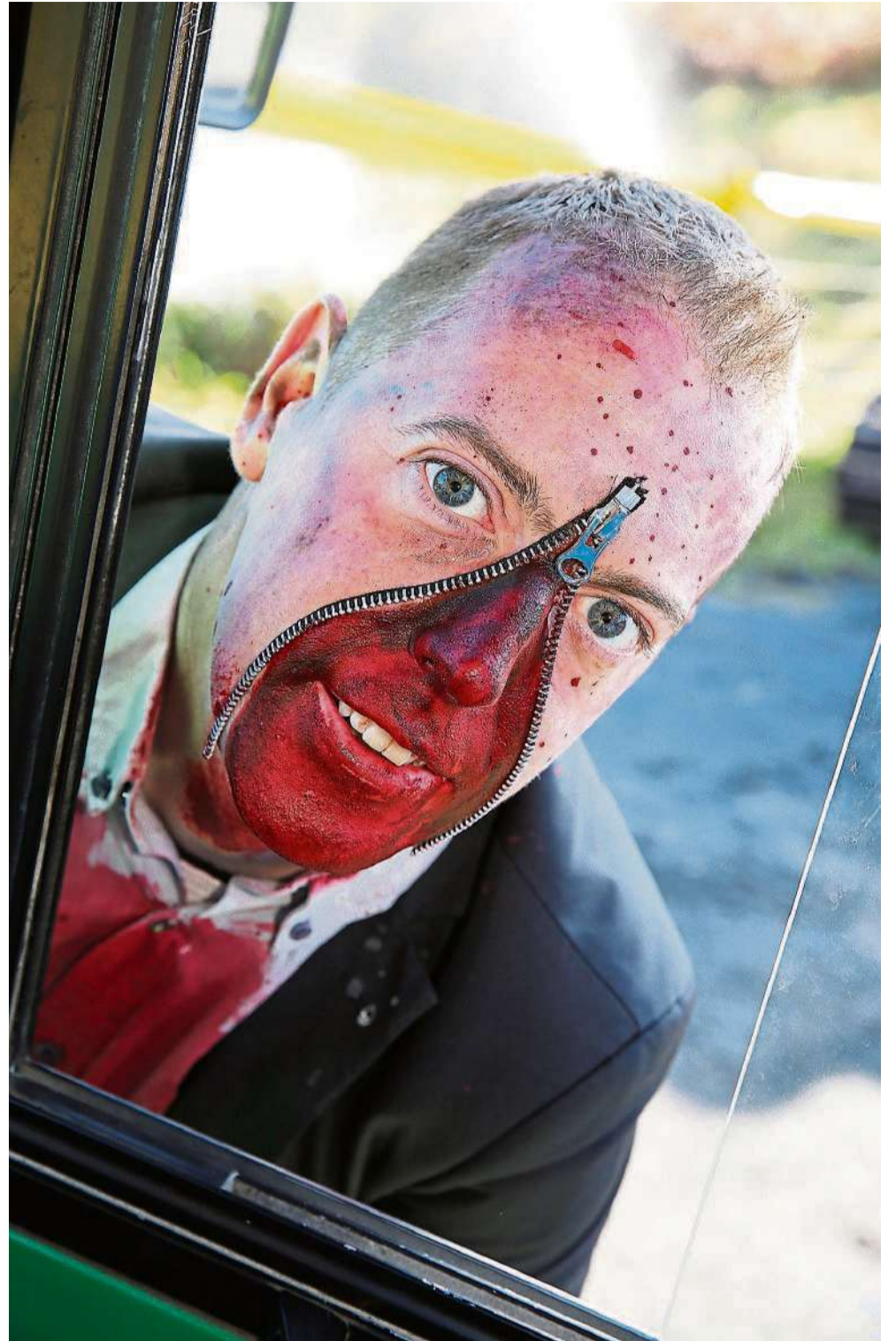
She added: "Because in the 70s, thumbing was a big thing. Phyllis would say: 'If you don't have the money for the bus, I'll give it to you.'"

"I remember that story being told to me and that's what led me to believe that when Phyllis didn't come home that night, there was definitely something seriously wrong."





Second Staplestown Beavers, Kildare town



Hallowe'en fun at Lullymore Heritage and Discovery Park. Their Hallowe'en Happenings events run until this Friday, November 1. Usual admission fees apply – come in fancy dress!

HALLOWE'EN HAPPENINGS AT LULLYMORE HERITAGE CENTRE

Pictures: Aishling Conway



Louise Stringer, Wayne Fitzgerald, Olive Livingston, Tony Bonnie, Georgina Dawson, Adora O'Neill and Paul Genocky



Karen and Leon Molloy



Adele Balaz and Simon Stefan



Halloween Fun at Lullymore Heritage and Discovery Park



Ethan Lane, Mason McKeivitt and Cillian Ralaigh



Leah Fitzgerald, Sophie Cahill nad Freya Muldoon



Layla, Sandra, Cian, Christian and Ronan Kelly

LOCAL EVENTS



John Kennedy, Grainne Plaxton, Karen Malin, Louise Cullen, Brendan Daly, Sarah Martin, Seamus O'Connor and Tina O'Connor at the ASIAM Autism Experience exhibition in Clane last Friday at the Parish Centre. Autism Friendly Committee hosted the event with ASIAM to let members of the public experience what it is like to have autism

ASIAM AUTISM EXPERIENCE EXHIBITION IN CLANE

Pictures: Aishling Conway



Seamus O'Connor (Myths Buster Video Exhibition)



Louise Cullen and Karen Malin



Sarah Martin



Grainne Plaxton and Rosemary Logan Pegley

LOCAL EVENTS



Edel, Isabelle, and Sarah O'Flaherty, with Danielle Grehan, pictured during the Scoil Mhuire Community School, Clane, Open Evening, on Thursday, October 24

SCOIL MHUIRE, CLANE, OPEN EVENING

Pictures: Tony Keane



Students, Sine Tierney, and Chloe Nolan, Scoil Mhuire, Clane, open evening



Diane, Dylan, and Mark Fitzachary



LEFT: Students, Shanagh Rowland, Mark Mulqueen, Finn Tierney, Conn Coughlan, Aidan Mooney. RIGHT: Students, Megan Curtin, Evita Andarceikviciute.



6th Year mentors, Mikey Ó Siochrú and Rebecca Carolan with Conor, Tadhg, and Rhona Keatley

STYLICIOUS

Penney's have fun and funky collection of glittering party wear for the festive season; sequined T shirt dress €25; black lace trim satin cami, €11; black velvet Stud bodysuit, €12 and black satin pleated midi skirt, €18

PENNEYS REALLY DO OFFER A WHOLE LOT FOR CHRISTMAS!

STYLICIOUS TAKES A SNEAK PEAK AT THE SUPERB RANGE OF GIFTWARE AND GOODIES AVAILABLE IN PENNEY'S IRISH STORES.

STYLEFILE

ROSE BARRETT O'DONOGHUE

Your weekly Fashion and Beauty News fix!
For PR or general enquiries, contact us at editor@kildarepost.com



Festive jumper only €16



Kimball elf party dress, €18



Wrap Queen Jumper



Cookie Skillet only €8



Faux fur stocking only €7



Cute dog outfit for your family pet

Huge discounts at Newbridge Silverware Christmas Fare

KILDARE POST REPORTER
editor@kildarepost.com

The Newbridge Silverware Christmas Fair is currently underway, and features wreath making, cake decorating and plenty of other stylish tips and tricks to make sure your festive season gets off to a stylish start.

Those getting started on their Christmas shopping will also be happy to learn that there will be a massive 20% off Newbridge Silverware full-price products for the duration of the Fair.

Events every day until this Friday, November 1, include wreath making demonstrations from 12pm to 1pm daily, and cake decorating sessions from 2pm to 3pm every day.

STYLE SESSION

This Saturday, November 2, well-known stylist Marietta Doran will hold a fashion styling session in the showrooms from 12pm until 2pm.

Newbridge Gospel Choir will be in full voice to entertain shoppers from 2pm until 3.30pm, and they will make a return visit on Sunday from 2pm until 3.30pm.

TOURS

Shoppers can also enjoy a free visit to the Newbridge Silverware Museum of



Style Icons, which is one of Ireland's top visitor attractions with memorabilia from some of Hollywood's top stars on display.

Guided factory tours are also available, which tell the story of silverware manufacturing in Newbridge over the last century.



Stylist Marietta Doran will be at Newbridge Silverware to host a Style Session this weekend, and, left, jewellery from Amy Huberman's range for Newbridge Silverware. There is a 20% discount on full-priced items during the Christmas Fair

Make your Christmas really sparkle with Penneys!

From glittery party dresses, gold pleated skirts to sequined jump suits, Penneys Christmas range really will make you stand out over the festive season!

From daft festive jumpers, to lovely woolly socks and cosy onesies, you can be snug or stylish in Penneys gear this year.

And it's not just the adults who get to pick from their stylish Christmas range, Penneys also have a collection of canine cute wear for the season ahead, plus a great collection of style for teens and little ones.

Santa knows best and you can bet, he'll be popping into Penneys for some cute and cleverly useful giftware over the coming months.

Penney's Christmas collection available at stores across the country.

PICTURED TOP: Bubbly Cocktail set, €6

BOTTOM: Christmas jumper, €16



Sequined jumpsuit €30



Fabulous gold pleated skirt €18



Festive dog outfits, only €8

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*Offer available when you purchase two or more Lancôme products, one to be skincare, in a single transaction at Selected Lancôme counters in the ROI from 26th September to 13th October 2019. Gift comprises the following Lancôme products: Bi-Facil 200ml, Génifique Serum 7ml, Teint Idole Ultra Wear Foundation 5ml (complimentary shade matching available in store), Hypnose Mascara 2ml, La Vie Est Belle 4ml and a choice of either Hydra Zen Day and Night Creams 15ml or Rénergie Day and Night Creams 15ml. **Bonus Gift: Hydra Zen Gel Mask 100ml, available with third Lancôme purchase in the same transaction. Choice of one gift per customer subject to availability, while stocks last.

ENTERTAINMENT



Caroline Woods, Leanne Mack, Mary Wilson and Emer McGann.



Kildare Town First Responders group, Jason McAuley, Eilish Duignan, Patricia O'Sullivan, Shirley O'Leary, Audrey Cole, Michell McCormack and Joanna Cheese, pictured at their Fundraiser Table Quiz, in Studio One, Friday night, October 25

KILDARE FIRST RESPONDERS TABLE QUIZ

Pictures: Tony Keane



LEFT: Veronica Dempsey and Anne Bolger



RIGHT: Eileen and George Washington



Ger and Liz Rudden

The Other Side of the Coin

ARE YOU ADDICTED TO PRESCRIPTION DRUGS? Sharing the ancient wisdom that is Chinese medicine



What Is Drug Addiction?
Addiction may be defined as a pattern of compulsive drug use characterised by a continued craving for drugs and the need to use these drugs for psychological effects or mood alterations.

Many abusers find that they need to use drugs to feel "normal."

The user exhibits drug seeking behaviour and is often preoccupied with using and obtaining the drugs of choice.

These substances may be obtained through legal or illegal channels.

This inability to stop using the drug is a characteristic of addiction. Although most people would stop using a drug if they knew it had destructive consequences, an addicted person cannot.

After prolonged use of an addictive substance, the brain virtually becomes "re-wired."

Accordingly, addicts are not simply weak-willed; they have differences in the way their brain reacts to drugs

than do most people. Once started, they often cannot stop without help.

Chances are you, or someone you know, is struggling with addiction to prescription drugs. Maybe it's your spouse, a relative, a friend, or a casual acquaintance.

Maybe it's you. Maybe you're not even sure if the drug use has shifted from therapeutic to abusive. These are the questions that one needs to ask.

History of Treatment
In 1972, a neurosurgeon in Hong Kong, Dr. H. L. Wen, was preparing a patient for surgery using ear acupuncture (auricular) as an analgesic method.

The patient, who coincidentally was suffering from withdrawal symptoms from opium, informed Dr. Wen that his withdrawal symptoms had subsided.

In light of this information, Dr. Wen tested the procedure on other patients with similar addictions and their



discomfort diminished as well. It was then that acupuncture's efficacy for the treatment of drug addiction where discovered.

Dr. Wen's discovery attracted the attention of Dr. Michael Smith of Lincoln Hospital in the South Bronx, New York City.

Dr. Smith was involved in Methadone treatment and was searching for an alternative treatment for heroin patients. Dr. Smith started to use Dr. Wen's technique and gradually refined it to the present five point's protocol.

Time and experience has

shown that the use of these points can decrease the craving for drugs and alcohol, reduce withdrawal symptoms, relieve tension and help patients relax.

Addictive Prescription Drugs

In my own clinics though I treat people on a regular basis who become addicted to prescription medications like opiates, CNS depressants, and stimulants.

Prescription drug addiction usually goes unnoticed by the general population and the medical authorities because of the widespread use and

acceptance of pharmaceutical drugs in our society.

Opiates are commonly prescribed by Western doctors because of their effective analgesic, or pain-relieving, properties they include morphine, codeine, and related drugs.

CNS depressants include such drugs as diazepam (Valium), chlordiazepoxide HCl (Librium), and alprazolam (Xanax), which can be prescribed to treat anxiety, acute stress reactions, and panic attacks.

Stimulants, such as dextroamphetamine (Dexedrine) and methylphenidate (Ritalin) are stimulants prescribed for the treatment of only a few health conditions, including narcolepsy, attention-deficit hyperactivity disorder, and depression that has not responded to other treatments.

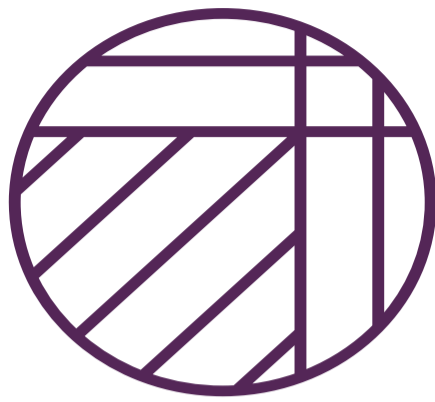
I also treat addiction to tobacco, alcohol and cannabis these can be successfully treated with

auricular as well as body acupuncture and herbs.

As all the above are chemical only addictions mostly with no psychosocial background, Traditional Chinese Medicine alone (depending if there is no psychosocial disturbances) without counselling is the treatment of choice in most cases.

In my treatments I always use the ear point called Shenmen this point is considered to be the most powerful point on the ear to treat addictions. I have used this point along with other acupuncture body points quite successfully over the years in the treatment of prescription and recreational drug addiction.

The Chinese herbal formula Xiao Yao Wan is a very calming formula and would always be used in conjunction with acupuncture and auriculotherapy in the treatment of all addictions.



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ENTERTAINMENT

Jumping Johnny Peters to launch new album

You're My World launches at McDonnell's on Wednesday, November 6

ROSE B O'DONOGHUE
editor@kildarepost.com

Newbridge singer Johnny Peters — family man, former footballer with both Sarsfield and Moorefield, and Jimmy Magee's All-Star panelist, plus successful business man — will launch his long awaited fourth album *You're My World* in McDonnell's of Newbridge next Wednesday, November 6.

With 22 tracks, the CD is equivalent to a double album, with the lead track a cover of Cilla Black's classic pop hit in 1964. Despite being over forty years in the music industry, Johnny still draws huge attendances with a dedicated following of fans from Ballyfermot, Ballymun and Tallaght still willing to make the trip east to see him perform. These are fans from the 70s when Johnny was one of the most sought after male vocalists on the Dublin cabaret scene. He recalls fondly playing to packed audiences in Bridget Burke's, The Embankment and Molloy's of Tallaght.



Johnny and Derek McNamara (left) continue to tour and perform live



'Jumping' Johnny Peters who will launch his fourth album at McDonnell's of Newbridge on Wednesday, November 6

Voted 'Vocalist of the Year' six times in Ireland, he now tours with his own two piece band, spearheaded by Derek McNamara, the highly acclaimed trumpet and keyboard player. They also tour with a six-piece band, performing *The Joe Dolan Classic Hits Show*, with the music of the Mullingar maestro still a huge favourite with Irish audiences.

"We deliver two hours and ten minutes of non-stop energetic and nostalgic classic Joe songs — and the audiences just love it"

Born and reared in Piercetown, Newbridge, the eldest of seven siblings, Johnny is 100% a Kildare man with his dad Bill from Suncroft, and his mam Andie, from Roseberry, Newbridge.

"We were all reared as Sarsfields supporters but three of us defected to the Moores," he laughed before he took off to support Moorefield last Sunday in the senior football championship replay.

No doubt disappointed with the final result, he can at

least share in the celebrations for the Sash, whilst empathising with Moorefield.

"I am so proud of the Moore's achievements but I would never deny my Sarsfield's blood either!"

"I played minor under 21 and senior for Moorefield in the 1970s when the club literally struggled to survive. I marvel today at how the great men and women of the club have managed to elevate Moorefield to being one of the most powerful and respected clubs in Ireland (albeit second fiddle to Sarsfields this year).

"But never fear, Moorefield will be back!"

Married to Mary Stynes from Nurney in 1977, the couple set up home in Lucan, when Johnny worked as a surveyor in the building industry.

Blessed with four children, two girls and two boys, Johnny's interest in music continued and it supplemented the family income at that time in their lives.



A younger Johnny Peters with Fr Brian Darcy and the late Jimmy Magee during the height of the All Stars' appeal.

SINGING BEGINNINGS

"As a teenager in Newbridge in late 1971, my friend Paddy Jones and I formed a rock band called Pharaoh. We were very successful locally and had four great years together. In '76, I started entering talent competitions in Kildare and Dublin, and in the space of four months, I won the three most valuable competitions at the time in Ireland!"

"I secured a recording and management deal on the back of these victories with

Release Records. My then manager Joe McCadden secured bookings in all of the big cabaret venues in Dublin but I had to deliver. The Dublin audience was critical but very fair; after one year they warmed to me, "the little culchie" as they called me then! Release Records then insisted on me going on the road nationwide with a band. It didn't work out as it coincided with the dawning of the disco era — and alas, hundreds of bands went off the road in 1980, including

mine".
 'Jumping Johnny' as he became affectionately known within the business was devastated but, as it turned out, it was a blessing in disguise.

JIMMY MAGEE'S ALL-STARS

"The late and great Jimmy Magee was a director of Release Records and we became very close friends early on. He invited me to join his Jimmy Magee 'All-Stars', a group of former inter-county footballers and entertainers who met every Monday night during the summer months.

"We would play a game of Gaelic football, followed by a concert/cabaret show, all in aid of local charities throughout Ireland. I clicked immediately with the lads and the whole concept. Within two years, I was elected to the committee and had a big say on where and when we performed, and later became secretary. I was involved with the All-Stars for 37 wonderful years, during which we raised over €1,000,000 for various charities, and travelled to every county in Ireland, as

well as to the UK, Switzerland and the USA. The unique bond cemented by Jimmy will always be there and we miss him so much still".

It was after a Jimmy Magee All Stars game in Kells, Co Meath that Johnny had a chance meeting with an old acquaintance from the construction industry, who was setting up in the scaffolding business. "He invited me on board and we launched Scaffire in 1980 and slowly but surely, we grew and developed our business, and thus secured financial stability for me and my family. I had 35 great years at the helm until I retired in 2016".

(During this period, Johnny's singing career played second fiddle as he channelled his energy into the business. Today, Scaffire is the leading scaffolding contract company in Dublin and employs approximately 50 people).

Nowadays, he tours with his own two-piece band, spearheaded by Derek MacNamara, the highly acclaimed trumpet and keyboard player.

What was his biggest and most memorable gig?

"I honestly enjoy every gig, big and small, whether it be a private party for 50 or a thousand seater concert. My all time music hero has always been Brendan Boyer. In 1992,



Jimmy Magee's All Stars - Johnny in front row, second left with Fr Brian Darcy and Jimmy Magee RIP centre also front row

"I was a guest on the Rose of Tralee final in Las Vegas. The venue was the Gold Coast Hotel and the backing band was Brendan Bowyer and the Big 8. I thought I was in heaven"

"Brendan played trombone and DJ Curtin played saxophone behind me on stage. It was so special and nerve wrecking.

"Another great memory was in 1998. Our beloved Kildare got to the All Ireland final and nearly won. Four months later, the team went on a well deserved holiday to South Africa and they invited my wife and I to travel with them. It was 14 days and

nights of magical wine and song."

Another time, Johnny was playing at City West, when he was invited to play at Tamworth, Australia for one of the biggest festivals Down Under.

He is clearly enjoying his retirement from the building trade, but loving the re-ignition of his musical career and looking forward to the launch in McDonnell's on November 6.

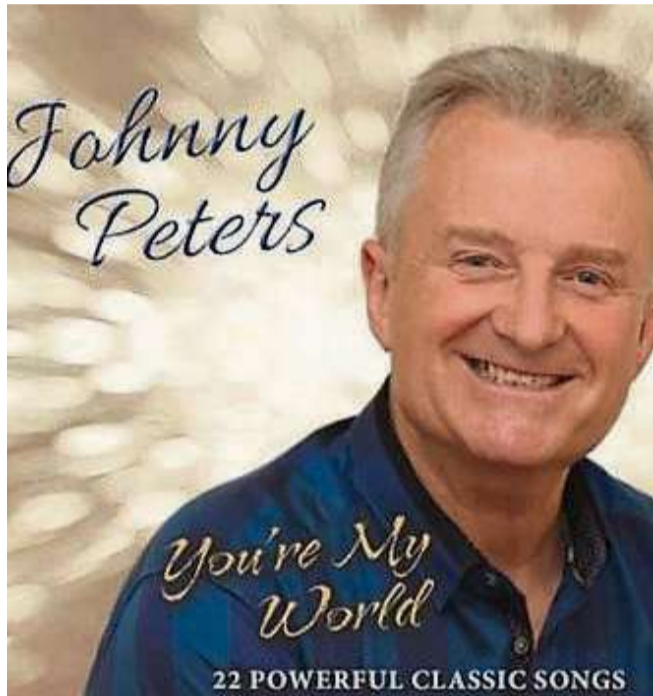
You're My World has a diverse range of songs as well as a bio booklet, containing an insight into Johnny's music, life and the rational behind his choices for the new

collection.

Life, he claims, has been good to him, and he is deeply religious.

"I'm a serious Jesus fan. I love going to mass on Sundays but I have little love for the establishment of the Catholic Church. Jesus has always been kind to me, all my life," he said.

You're My World will be available for sale at the launch; also at Supervalu in Newbridge and Centra, Naas, as well as PayPal online. Join Johnny and Derek and all their friends of showbiz and sport in McDonnell's on Wednesday, November 6, for the album launch.



MOVIE OF THE WEEK

Terminator: Dark Fate

Sarah Connor and a hybrid cyborg human must protect a young girl from a newly modified liquid Terminator from the future.



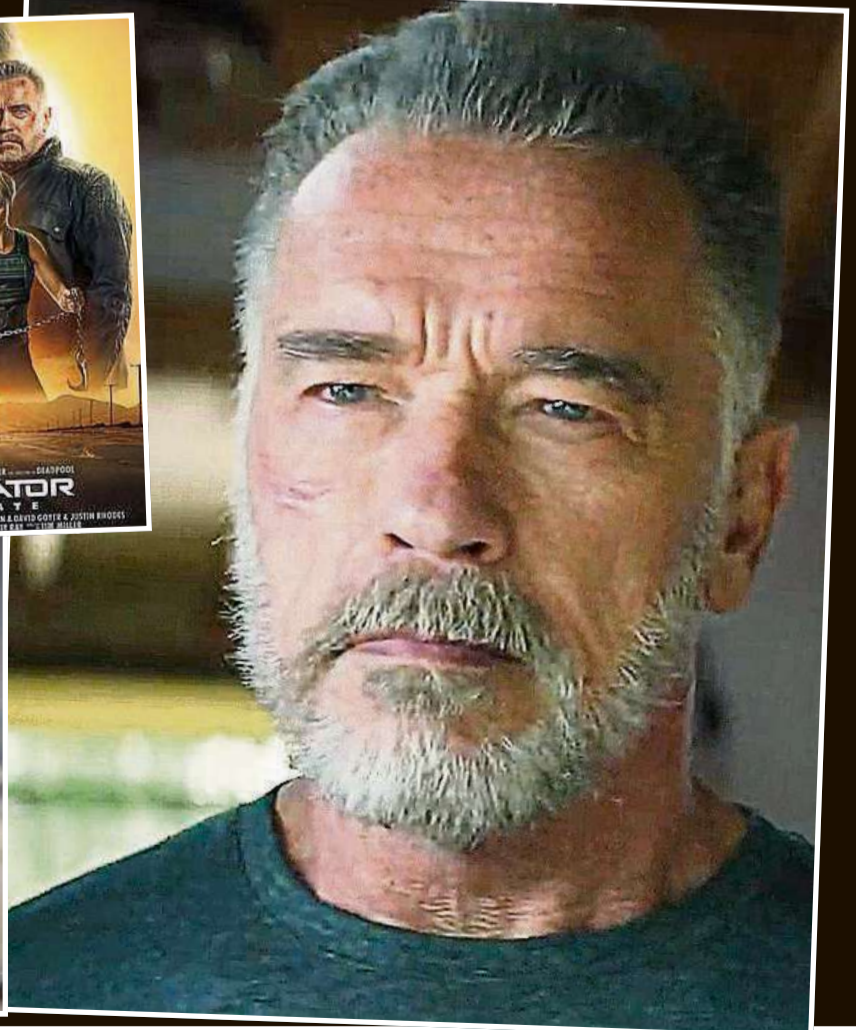
DIRECTOR:
 Tim Miller

STARRING:
 Linda Hamilton, Arnold Schwarzenegger

GENRE:
 Sci-Fi

RUN TIME:
 128 minutes

RELEASE DATE:
 October 23



LIFESTYLE



Chris, Jackie and Gemma



Angela Mullin and Derek Nolan at the event

Out & About

CATHY DAVEY HEADLINES CONCERT AT ST DAVID'S CHURCH, NAAS

Pictures: Ben Kelly Photography



Headline act Cathy Davey at St David's Church, Naas



Music lovers, Amanda and Marcas



Regina, Margaret and Sharon



Sarah Quinn and Clodagh Ryan



Popular singer Sive on stage



Ciaran Egan and Sinead Coffey



Donna Boileau AMI Entertainment and Sinead Troy, Cathy Davey Manager



Anne Molyneaux and Berney Flanagan



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Cancer: Is it lifestyle, or is it genes?

THERE is something infuriating in October – and it is not the silly Halloween decorations.

Pink ribbons and cancer research collections pop up everywhere, good people volunteer and give generously to find the cure, whilst the very companies that paint everything pink advertise their toxic products that may lead to cancer at the same time and science spends enormous amounts on genetic research

to find more patentable chemicals that big pharma can make huge profit on. Cancer is the most expensive disease of our time.

Have you ever investigated those cosmetics that are advertised with pink ribbons? They all contain chemicals – xenoestrogens, that drive hormone cancers, including breast cancer. An average woman applies over 500 synthetic chemicals on her skin every day, of which about 60% is absorbed and

acts like aggressive estrogen, affecting receptors and leads to tissue growth. Men use less cosmetics but may be exposed to more chemicals at their workplace – and estrogenic compounds are known to drive prostate cancer.

It is known since the 1920's that cancer is a metabolic disease – Nobel laureate Otto Warburg discovered that cancer cells nearly exclusively use glucose for energy while healthy cells can use proteins and fats also. Cancer cells cannot utilise oxygen and make lactic acid due to their damaged mitochondria – the small energy factory in our cells, which is also responsible for apoptosis (programmed cell death). Yet what does every single cancer patient go home



Cancer is the most expensive disease of our time

with? A diet sheet to encourage sugar consumption in an attempt to keep their weight up.

Sugar has a few ways to ruin your health, but when it comes to cancer it really becomes the enemy. Besides

giving an energy source to cancer cells, via insulin response it liberates Insulin Growth Factor 1 (IGF-1) which is responsible for uncontrolled growth; it cross-talks with hormone receptors rendering hormone blocking drugs less effective, and inactivating our housekeeping “repair or destroy” gene, known as p53. It is also known since the 1970s that a teaspoon of sugar can alter our immune cells for five hours; those very cells that need to recognise and destroy damaged and mutated cells. Chemo and radiotherapy also lead to reduced white blood cell count, making your army less able to fight for you, whilst the lactic acid milieu that cancer cells create from sugar make them

unable to fight for us. What you eat during and after these therapies can make a difference.

I follow the work of Dr Thomas Seyfried, who conducted some amazing experiments. His team exchanged the genetic material of cancer cells into healthy cells; these did not develop the disease. Whilst planting the damaged mitochondria into healthy cells turned on oncogenes and inhibited housekeeping genes. This means that your environment which causes damage to your energy producing mitochondria will activate cancerous changes. Oxidative stress from chemicals, smoking, inflammation, stress and a poor diet with a sedentary lifestyle is the pathway to occurrence and re-occurrence. Your lifestyle creates your destiny, not your genes.

ENTERTAINMENT



CATHY DAVEY HEADLINES CONCERT AT ST DAVID'S CHURCH, NAAS

Pictures: BEN KELLY PHOTOGRAPHY



Janette Maloney and Tony Gavin



Maria Tracey and Ruth Humphrey



ABOVE: Karen, Alan, Deirdre and Sharon

LEFT: Elena and Kevin

RIGHT: Eimear and Ciara Gaynor



Jim and Pat Cummins



ENTERTAINMENT

Talent was 'amazing' at Sallins Got Spooked

ROSE B O'DONOGHUE
 editor@kildarepost.com

It was a great afternoon on Saturday, October 26 for the Castlefen Residents Association's Sallins Got Spooked event.

Supported by Kildare County Council and Kildare Youth Services, the talent competition was organised and managed by local youth living in the Castlefen estate. There were 15 entries including dancers, jugglers and singers.

"The talent was amazing," said Cllr Carmel Kelly, Mayor of Naas, who was one of the judging panel along with singer, Arlene Bailey and Garda Shane Smyth (Community Garda).

"John McLoughlin, Chair of Castlefen Residents Association and the organisers could be well pleased with how the event went," said Cllr Kelly, Mayor of Naas.

"There was huge talent displayed yesterday in Sallins. Jessie McLoughlin sang his own composition—he only wrote it Saturday morning, in advance of the event! He won the U18 category.

"A young chap called Kayden won the younger age category and he did a great hip-hop dance number. Sallins really has got talent!

"It was a lovely afternoon" she continued "The event organisation was excellent, the teenagers on the organising committee who drove the event deserve great credit. Well done to them, all the participants and of course, thanks also to sponsors, Kildare County Council and Kildare Youth Services".



The organising committee with Jacinta McGuire from Kildare Youth Services and Garda Shane Smyth



Jessie McLoughlin (right) who performed his own song and won the older age category on Saturday



Garda Shane Smyth with Cllr Carmel Kelly and John McLoughlin, Chair Castlefen Residents Association



Sheryl Reilly cooking up a storm



Committee members on stage at Saturday's event in Castlefen



Padraic Doyle, Moat Club; special guest, playwright Jimmy Murphy, who launched the festival; adjudicator for the festival Ailbhe Garvey-Hughes; and Pat Breslin, Moat Club, pictured on the opening night last Friday of the Moat Club's three-night One Act Drama Festival. The Moat Club won the Open Section of the festival with their drama Nine.

Out & About

NAAS ONE ACT DRAMA FESTIVAL AT THE MOAT THEATRE

PICTURES: TONY KEANE



Lelia Cocoman, Berna Scanlan



Amanda Ryan as Number 2, and Libby Trappe as Number 1 in the Moat Club's production of Nine



Breda Finan, Beatrice Mallon



Season ticket winners for the Festival, Mairéad Dayton and Mary Morrell



Anne Young, Saidhbh O'Brien



Declan O'Donovan, Joey Smith, Ciaran O'Shea, Kill Music and Drama Group



Marie Cooney, Sophia Peschke, Patricia O'Connor-Peschke

ENTERTAINMENT

Ballymore's Megan O'Neill releases single from upcoming album

BY KIM O'LEARY
editor@kildarepost.com

It's been a busy weekend for Ballymore Eustace's singing starlet Megan O'Neill as she took to the stage to support Aslan at during the Cork Jazz Festival last weekend and she will also unveil the music video for her new single Rootless this Friday, November 1.

Earlier in the week country-blues singer Megan also performed her new single Rootless live on the Ray D'Arcy show on RTE Radio One.

Speaking to the Kildare Post this week, Megan explained that the inspiration behind her new single came from her time spent living in London.

"The inspiration behind this song came from my life in London at the time. I love London so much but it can feel like quite a rootless place (or at least it did for me). People are always coming and going so it feels like you're there for a good time, not a long time - and that definitely made the city feel temporary to me, like I couldn't build any real foundation there. The

music video is out this Friday 1 November," explained Megan.

Last weekend Megan took to the stage to support Aslan during the Cork Jazz Festival over the weekend, an experience that she really enjoyed. "The Cork Opera House is absolutely stunning and being part of the Cork Jazz Festival was really special. Aslan were also insanely good live — they blew me away!"

COLLABORATIONS

Megan is also hard at work on her new album which is expected to come out in September or October 2020, with collaborations with the Dunwells brothers Joe and David to be included on the album.

According to Megan, the new album will feature 12 tracks in total and she has plans to release four more singles in the coming months, with Rootless being the first single from the upcoming album.

Next up for Megan is a busy fully Irish tour starting next week with gigs to include a local gig at St David's Naas on Saturday, November 16,



Megan O'Neill with singer Tom Jones in July when she supported him in the UK

with doors open from 7.30pm and the show starting at 8pm. Tickets cost €16.30 including online booking fee.

Other performances as part of the Irish tour will include Roisin Dubh in Galway at 8pm on November 8, Kavanagh's Bar in Portlaoise at 8pm on November 9, Central Arts in Waterford at 8pm on November 14, the White

Horse Ballincollig in Cork at 8pm on November 15, and at the Ards Art Centre in Newtownards, UK, at 7.30pm on November 22.

"I'm so excited for all those shows. Christmas will hopefully be some chill-time! It's been a very busy year," said Megan.

For more information and to book tickets visit www.meganoneillmusic.ie



Ballymore Eustace singer Megan O'Neill

Newbridge singer Roisin McAlinden releases Never Forget You

BY KIM O'LEARY
editor@kildarepost.com

Talented Newbridge singer Roisin McAlinden is certainly one to watch as she has recently released an original single Never Forget You with an upcoming debut EP and some exciting collaborations heading into 2020.

Roisin, 24, is originally from Newbridge and she has been singing since her early childhood with a speciality in singing the blues, complimenting her distinctive husky voice.

Since winning the Dubai Duty Free Irish Derby Busking Competition in 2016 on George's Street, Newbridge, mum-of-one Roisin has studied hard to achieve an Hons Dip in Professional Musicianship in vocals. It's been a busy year for Roisin as she and partner Shane Nolan got engaged, and moved into their first home together with daughter Gracie May.

On October 17, Roisin released her new original single Never Forget You.

Speaking to the Kildare Post this week, Roisin



Roisin McAlinden with the Chapel Hill Gang in Squires Lil on Monday blues night

explained that she penned the song to pay tribute to her brother who sadly passed away a couple of years ago.

"It originally started off as a poem that I had written for my brother after he passed away a few years ago, and I also wanted to get it out there as a song with help from the brilliant Robert Keogh. I also have more original songs in the works and hopefully an EP with four or five original songs in the coming months," said Roisin.

Roisin has also recently recorded a collaboration with the Chapel Hill Band from Kildare town as they are hoping to release an album this Christmas with monies raised going to a cancer charity. "The Chapel Hill Band also does a blues night on the last Monday of every month at Squires Lils and we all get up and sing, it's a great night out and the album is set to come out in the next few weeks for Christmas," she explained.

Roisin is a fan of Etta James, Otis Redding, Chris Stapleton, and she loves all blues including soul and country, and she has been hard at work the last four years gigging locally and around the country.

Next weekend she will perform in Dun Laoghaire and Blanchardstown before a break over the Christmas to spend time with her family.

Over the summer, Roisin took part in the FM104 Talent Nation which she said was a



Newbridge singer Roisin McAlinden

positive experience for her as an artist.

"I have been singing for as long as I can remember. I love music and have a passion for singing. I am hardworking and have been gigging for the past four years.

STAND-OUT VOICE

"I feel that my confidence is where it needs to be and, as I have a very unique voice and tone, I believe my voice stands out".

To date, Roisin has

performed for guests at the VIP Pavilion in the Curragh Racecourse on Derby Day, along with performing there in the Derby main bar this year and the Oaks Restaurant. She has performed with the Chapel Hill Gang at Junefest, at Killashee House Hotel and other leading venues across County Kildare.

For more information on upcoming gig visit roabandzoogle.com.

Naas Musical Society celebrates 25th anniversary

Audience can expect pulsating production filled with musical memories

Take a waltz down a musical memory lane this November with Naas Musical Society! The society are preparing to celebrate 25 years of staging award winning shows and creative concerts. Whether you have done the Merry Widow Waltz, said Hello Dolly or I Do in The Wedding Singer, there will be something for everyone in this three night extravaganza!

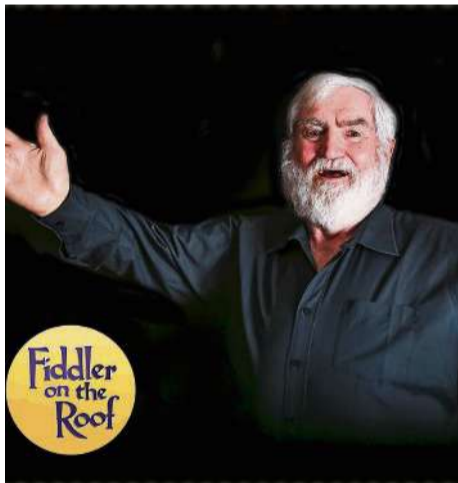
Naas Musical Society is also very excited to be working with MD, Brian Brady and founding member, director and Naas legend, Mona Conroy (assisted by Claire Regan). Last year's leading lady, Aideen Leacy is completing the team to choreograph.

And, if all that wasn't enough, the society will be joined by many past members from shows including My Fair Lady, Showboat, Clown, Anything Goes, Calamity Jane and Oklahoma to name but a few! So book the dates in your diary, 13, 14 and 15 November at The Moat Theatre and come and support the society's amazing achievement and help them on their road to the next 25 years "Ah wouldn't it be lovely"....

Tickets are €15pp/€12 concession. Bookings at the Moat Theatre, Naas 045) = 883 030.



Cast of Naas Musical Society. PICTURES: AISHLING CONWAY



FIDDLER ON THE ROOF - Val Brennan



Joy Donohoe with her dancers from the Society's Guys and Dolls production



Celebration of Song Concert Production Team -Aideen Leacy (Choreographer), Mona Conroy (Director) and Brian Brady (Musical Director)



Sister Act - Aisling Burke with Shane Byrne, Andrew O'Grady, John Dooley, Peter Nolan and Liam Corridan



MY FAIR LADY -Carmel Geissel, Eileen Kearns, Angela O'Looney, Karen Wade, Miriam Fagan, Mairin Dowling, Shirley Mooney, Della McCarthy and Theresa Parker

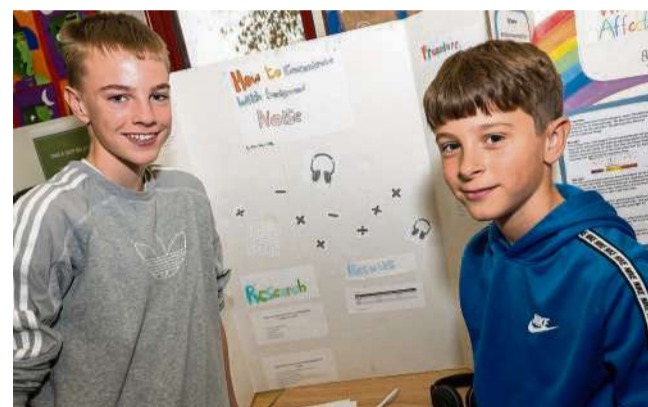
ENTERTAINMENT



Intel Judges, Lynda Connolly and Sarah Baxter (standing centre), with pupils from 5th and 6th classes, Hewetson NS, Millicient, Clane, who took part in the Intel Mini Science Competition 2019, pictured at the school last Friday, October 25



Rebecca Harris, 5th class, with her project Power Vegetables



Jamie Carter and Robbie Carter 6th class, with their project, How to Concentrate with Background Noise



Donnacha Mulhall 6th class with his project, Memory

Out & About

INTEL MINI SCIENTIST COMPETITION AT HEWETSON NS, CLANE

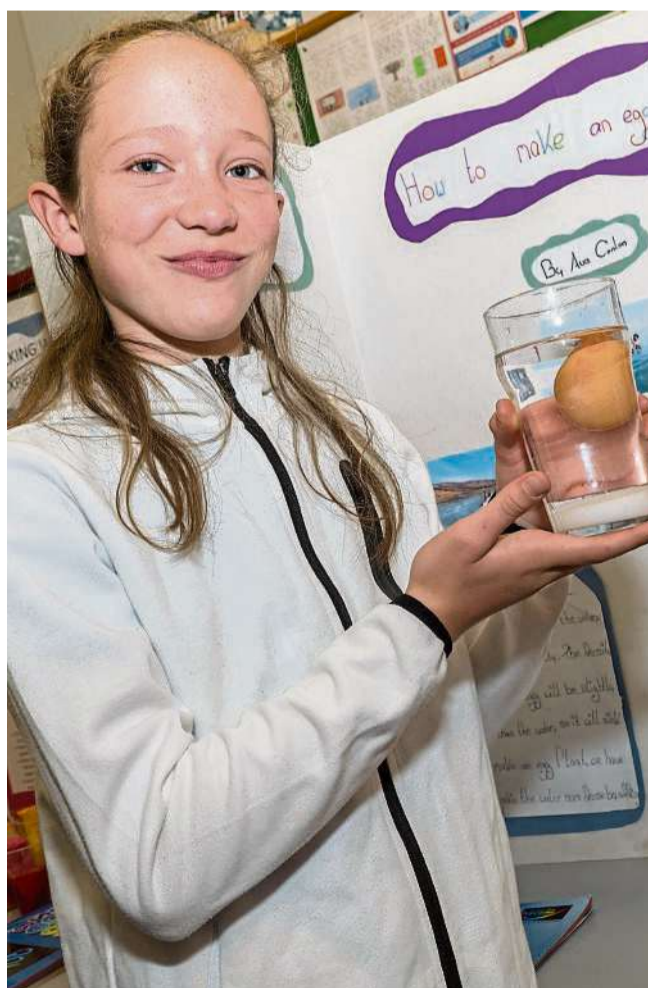
Pictures: Tony Keane



Orlaith Tucker 6th class, with er project, Will Different Coloured Light affect a Plant's Growth



Leah Harper 6th class with her project, Water Density



Ava Conlon 6th class, with her project How to Make and Egg Float



Cúan Carpenter, with his project, Magic Sand.



Niamh Kavanagh and Lily Gorey 5th class, with their project Rice Resonance



Saul Carpenter, Aidan Tamming, A.J. Parrow, and Eoin McGlynn, with their project, Take a Deep Breath



Youngsters having fun at the Naas Retail Park Spooks Parade on Friday, October 25

Out & About

NAAS RETAIL PARK SPOOKS PARADE

Pictures: Aishling Conway



Chloe and Taylor McNamara



Lucas Sargent Oliveira



Lucy and Grace Ronan



Halloween Spooks Parade at Naas Retail Park



Halloween Spooks Parade at Naas Retail Park



Emer Phelan and Amelie Dudzinska



Darragh and Alanna Mooney



Taylor McNamara

LOCAL EVENTS



Brian O’Gorman, Kildare County Council, special guest Alexandra Shackleton and Pat Kennedy pictured at the launch of the 19th Shackleton Autumn School in Athy Library last Friday, October 25. The three-day annual event, which celebrates the life of famed Kilkea explorer Sir Ernest Shackleton, took place last weekend and featured talks and panels



David Mongey (Into Kildare chairman), Geir Klover (Director of the Fram Museum in Oslo), Cathaoirleach of County Kildare Suzanne Doyle, Áine Mangan (Into Kildare CEO), Frank Taffee (Athy Heritage Centre and Museum chairman) and Kevin Kenny (Shackleton Committee)

Out & About

LAUNCH OF SHACKLETON AUTUMN SCHOOL IN ATHY



Áine Mangan (Into Kildare CEO), Katriel Soney-Ituen, Frances Soney-Ituen, Kirsten Soney-Ituen and Lucina Russell (KCC Arts Officer)



Cllr Mark Wall, Cathaoirleach of Athy and MD Aoife Breslin, Áine Mangan (Into Kildare CEO), special guest Alexandra Shackleton and Cllr Brian Dooley



Niall Morrissey (KCC Director of Services), Áine Mangan (Into Kildare CEO), special guest Alexandra Shackleton, Patricia Berry (Athy and MD Community Officer) and Garda Sean O’Mahony



Regina Koellner, David Whitehouse and Stuart Leggatt



Ken Thomas, Jack Wall and David Mongey (Into Kildare chairman)



Brian O’Gorman (KCC), special guest Alexandra Shackleton, Kirstin Ericksson and William Kennedy



Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

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What to do if you're made redundant

Last week, 820 people working between Molex and Novartis, were given notice that they were losing their jobs. It's devastating news for those affected and unfortunately it could be a sign of things to come.

The group McKinsey estimate that 800m people will be made redundant by technology in the next 10 years. It's an incredible number and whether we like it or not, change is coming.

There are many reasons we could lose our job, and technology is just one of them. People are going to lose their jobs because of Brexit, because their employer runs out of capital, because the demand for what their employer provides or makes diminishes.

There could be any number of reasons, but sometimes the reason doesn't matter much to the person being made redundant. What matters to them is that they're losing their job and losing their source of income, and their immediate concerns are, how long before they run out of money, how quickly they'll be able to find a job and how much will it pay them.

So, over the next couple of weeks, I'm going to concentrate on what you should be doing if you've been told by your employer that your time with them is coming to an end.

Before I do, let me first tell you why I think severe weather events and losing your job, share certain similarities.

In the United States, they've looked at why so many people are killed each year from weather events like tornados, cyclones, wildfires etc. Their national weather agency is really good at predicting such extreme events and despite them giving advanced warnings to people that something very serious is heading their way, and to take cover, why do so many people choose to ignore them?

And they discovered, the problem isn't entirely their fault. It isn't that they're not detecting these storms early enough, or it isn't because of poor communication. The problem was something they never thought of, and a little bit beyond their control, and it was human behaviour.

When people were told to take cover, and go to designated shelters, what did they end up doing?

They stayed at home, because home is where they think they're safe, and the tornado or whatever it is, will never go through their house. And I think, the

same type of thinking happens with people and their jobs.

They don't want to think about losing their job. It's not pleasant and why stress themselves. And why should they do anything anyway, like moving to a different industry, or up-skilling? Despite the rumours, they are very busy with their job, and everything appears on the surface to be going just fine. And their employer could be a big multi-national with deep pockets so nothing much to worry about, they'll always take care of them. They choose to stay at home and remain with their current employer. And then bang.

What their employer is making comes off patent, or they're moving production to a different, cheaper part of the world, and staff are given notice the site is closing, and their job is gone.

The tornado has just ripped through the plant.

And they never took cover.

I encountered one such person recently who told me he was worried about losing his job because of Brexit. But he's being saying that to me every time I've met him over the past three years. He's just waiting to be told he's lost his job and is a nervous wreck. And, of course I understand how he feels, but this absolute dependency on someone else is really not healthy. I asked him what he has been doing since we last met to make himself redundancy proof?

How many courses has he attended? Has he up-dated his LinkedIn profile? How many people has he reached out and connected with? How many other employers has he spoken to about opportunities they may have that might suit his skillset?

Why is he waiting to be told his job is no more, before he does anything about it?

So, you're busy doing work for an employer you're fairly sure is going to make you redundant at some stage, but you don't have the time to invest in yourself right now, to prepare yourself for when that happens?

Your employer doesn't think as much about you as you might think they do. Yes, some care about your welfare and provide great benefits but you work for them. And if they have to choose between themselves and you, there's only going to be one winner, and it's not going to be you.

I've seen this happen so many times



Up to 500 jobs will be lost at Shannon-based Molex

DID YOU KNOW?

Lack of money can make your less intelligent. Financial stress can reduce your IQ by 13 to 20 points.

in the past decade, because we're frequently asked by companies from every sector to come in as part of their outplacement support programme, and give financial advice to people exiting their companies.

And when that happens and I carry out presentations, workshops and one to one sessions, I can quickly identify those who are redundancy ready and those who aren't, just by observing and listening to what people say and how they are reacting.

Those who have thought about the what if, have prepared and have a plan in place in the event they got that tap on the shoulder, are much less stressed, and some see the loss of their jobs as an opportunity and not as a threat. You see they've been proactive over the past number of years, and have been looking after their finances, in tandem with up-skilling, re-training, keeping in touch with their network adding to it all the time, and have kept themselves up-dated on trends that are happening in and out of their sector.

And then there are those who are in a state of disbelief, a state of shock, a state of fear, because it dawns on them, from a financial perspective, that this is the absolute worst thing that could have happened to them, because they have very little in savings, have debt that was being serviced by their present income, but with that being cut off and the likelihood that they may not earn the same amount again, how will they be able to keep up with repayments? Their reaction to the news is one of devastation and they think it could spell disaster for them.

Getting new job ready and financially insulating yourself go hand in hand, so the better prepared you are, the easier it will be until you land that new job. And there are things you could have in place from a financial perspective like maintaining a budget and knowing how much you spend each month, having an emergency fund in place, not taking on new debt or reducing what existing debt you have, so if worst does happen, the easier it will be to ride out the storm until you land another job.

ASK LIAM

Your answers, your questions ...

Q: My son is going to have surgery shortly on his leg which is going to leave him in a wheelchair with both legs in a cast and braced, so he won't be able to move his legs. I'll have to take time off from work to help him. My questions are, will I be allowed to and if I am, will my employer continue to pay me, and if they don't, am I entitled to anything?

A. The answer to your first question is that yes under the Carers Leave Act 2001, you are entitled to take temporary leave from your place of work, if you need to provide full time care to someone, and given the attention your son is going to need, I expect your employer will approve your request.

When this type of situation arises, people are entitled to take carers leave for at least 13 weeks, and up to a maximum of 104 weeks.

But you must take at least 13 weeks off. If you ask to take less, your employer is entitled to say no. Another condition you must satisfy, is that you must have worked for your current employer, continuously for at least 12 months.

You must give your employer six weeks' notice of your intention to take carers leave, and if approved they will prepare a document which outlines when the leave starts, duration of leave etc. and they must give you this 2 weeks before your leave starts.

And in case you're wondering, they have to keep your job open for you while, you're on leave.

Carers leave is unpaid, but you can still work as long as you don't work more than 15 hours or earn greater than €332.50 per week.

And if you can't work, and aren't getting paid from your employer, you may be eligible for either a carers benefit if you have enough PRSI contributions (minimum of 156 from when you started work to when you're making the claim along with having made 39 contributions paid in the tax year, or 26 paid last year and 26 this year) and the maximum weekly payment where you are caring for one person is €220 per week.

If you don't qualify for a carers benefit, you may qualify for a carers allowance payment which is means tested and the maximum weekly payment from it is €219 if you're caring for one person.

PROPERTY

Lovely semi-detached home in Newbridge on market for €285,000

BY KIM O'LEARY
editor@kildarepost.com

This four bedroom semi-detached home in Newbridge would ideally suit a young family as it benefits from spacious accommodation inside and good-sized gardens for an asking price of €285,000.

Maura Donohoe Auctioneers are delighted to present to the market Palor House, 4 Allenview Heights, Newbridge.

This home is wonderfully presented with tasteful decor and is in excellent condition throughout. The property also benefits from a quiet cul-de-sac location in a highly sought-after area in Allenview Heights.

Inside, the house boasts bright spacious accommodation comprising of entrance porch, entrance hall, sitting room, kitchen/dining/living room, four spacious bedrooms and main family bathroom.

Outside this property boasts a feature patio courtyard, maintenance free



gardens with trees and shrubs, ample parking for several cars, double glazed windows doors and dual heating system. In addition, the house has been fully renovated with wheelchair friendly access, and a large extension to the rear of the property as well as pedestrian double side gates. Allenview Heights is ideally located just a 10

minute walk from the town centre of Newbridge with excellent shopping facilities, restaurants, schools, rail service and motorway access sure to suit the needs of all the family.

Early viewing of this property is highly recommended. Contact Maura Donohoe Auctioneers Newbridge on 045 449688.



Exploring dark décor with Neptune

The idea of painting a living room dark blue or a shade close to black can seem pretty radical but leading interior design house Neptune believe it is worth giving it a try.

Ink is the new shade for those who want to be a bit braver with colour and tone. So dark it is verging on black but with a hint of blue to make it softer.

Unlikely as it may seem, spreading Ink all over the walls of a room is a way to ensure the space feels larger and calmer.

The colour theory is that by giving your eye less to read, the room has fewer interruptions which makes it feel bigger than it actually is. Those who know say the theory works whether the colour is light and bright or intense and moody.

Having your furniture, bookshelves and sideboards in the same inky tone as the walls, helps melt them into the background giving the illusion of even more floorspace.

There is no doubt that dark equals impact but most



Neptune's George sofa in Harris Tweed Bilberry, price €3,535, with Amelia Armchair in Isla Swallow, €935, Delilah scatter cushions in Ink Boucle and Isla Swallow, €120, and Keswick console table in Brushed Brass, prices from €615, walls in Neptune Ink emulsion

of us sense that it works best when combined with a touch of contrasting light.

Neptune recommend

adding touches of crisp contrasting white, such as a row of bright white ceramics in a dark cabinet, for a

modern take on monochrome.

Ink also sits quite happily alongside punchier tones



Neptune's new Ink shade is a navy so dark it's verging on black, but a hint of blue makes it softer. Seen here with Neptune's Matilda armchair in St James leather, price from €1,600, Brompton reading lamp in Antique Brass €440 and Camilla scatter cushion in Bilberry €115

such as tan leather, russets and cranberry shades and the yellow ochre of mustard, where it creates an elegant new wave of neutral.

If you involve upholstery in the Ink conversation you will benefit from rich tonal layers that bind your room together and celebrate your signature shade in all of its subtle differences.

There is no escaping the fact that ink is bold.

If you are someone who is

more comfortable on neutral territory, or if all over ink feels just a bit too brave for you, then taking ink to the lower portion of your walls is a good way of easing into using darker colours.

So, whether you want to use it as a strong statement across walls and woodwork, or as an accent shade in your scheme, there is no doubt ink will feel bold and daring — and so will you.

PROPERTY

Magnificent equestrian property in Newbridge on 24 acres for €1.25m



BY KIM O'LEARY



Paddy Jordan of Jordan Town & Country Estate Agents has been instructed jointly with Thomas M. Byrne of Carlow to sell this attractive residential equestrian property on 24 acres.

Corbally Banks, at Great Connell, is in a great location near Newbridge and Naas and convenient to the Curragh.

The modern residence was built around 2000 and comprising a magnificent contemporary five-bedroom detached residence with 4,141 sq.ft. of generous living accommodation.

The house oozes with character and benefits from good natural light with generous living accommodation which

includes a spacious hall, drawing room, living room, kitchen/dining room with Aga, utility room, five bedrooms with two ensuite, a family bathroom, office and very generous storage in the attic.

Outside there is a detached office/studio ideal for staff/au pair/granny flat.

The yard includes: nine stables, two barns, three car ports, tack room, feed house, five-unit automatic horse walker and floodlit arena.

The land is all in permanent pasture, laid out in nine post and railed paddocks.

The property is completely private and approached through electric gates with a long tarmacadam tree-lined avenue, and the house sits on wonderful



gardens and grounds with patios and lawns, together with various herbaceous borders, beech hedging and various shelter belts.

For sale by private treaty

through Jordan Town & Country Estate Agents, Newbridge, and Thomas M Byrne, Carlow.

According to Paddy Jordan, the property is likely

to appeal to the equestrian industry and is ideal for ponies, hunters, small stud, sales prep unit with a delightful welcoming family home.

The guide price is now €1.25m.

For queries on Corbally Banks or to view, contact 045 433550 or visit www.jordancs.ie.

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15 Greenmount Park Newbridge



Superb 4 Bed Detached Residence Guide €395,000

153 Morrinstown Wood, Newbridge



3 Bed Detached Residence Guide €280,000

156 Roseberry Hill Newbridge



Superb 2 Bedroom Townhouse Guide €210,000

Riverfield Newbridge



Detached 4 Bed Bungalow on c. 0.4 Acre Guide €450,000

Sonass, Kilmoney Rathangan



Detached 5 Bed with 4 Boxes on c. 2.9 Acres Guide €495,000

Baroda Court Newbridge



4 Bed Detached Bungalow Guide €395,000

5 Wallace Court Newbridge



Terraced 2 Bed Residence Guide €170,000

9 Millfield Manor Newbridge



Modern 3 Bed Terraced Residence Guide €200,000

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Make a staircase statement

Whether you're a DIYer or someone who prefers to call in the experts, there are plenty of ways to give your staircase an instant update.

I have some exciting suggestions this week to help give your staircase a new lease of life, whether you like vibrant colour schemes, stunning stair runners, or classic panelling with wallpaper; we have an update to suit your style.

STAIR RUNNERS

A stair runner is a super way to give your staircase an instant update. You can choose a classic style like these fabulous herringbone runners from Roger & Oates or you could opt for an opulent velvet runner with stunning stair rods.

PAINT YOUR STAIRCASE

There are many different ways in which you can give your staircase an update using paint. You could opt for painting the existing handrail, paint all the spindles, just paint the steps and risers or even create a stair runner paint effect. You can then

enjoy the beauty of a stair runner without the upkeep of vacuuming. An ombre paint effect on a staircase can also look stunning. To achieve this look simply mix two colours, as you move down the lighter shades you add more of the lighter paint colour.

STAIR-RISER VINYL STRIPS

If you want to add some drama and a statement to your staircase but you want to avoid the labour costs then you could consider some decorative stair-riser vinyl strips which are available in a range of patterns and are easy to apply by simply peeling and sticking DIY decorative strips.

These strips are self-adhesive and can be removed easily without damaging the surface. Perfect for rented home and best solution to customize the look or to cover up unsightly old stair.

PANELLING

If you want to give your home a more classical feel, then you could decide on some bespoke wall panelling. The advantage of this is that you have flexibility in the paint colour you choose and can easily



Blue Pottery Stair Decal from Etsy

update it again in the future by simply changing the paint colour

WALLPAPER

For a dramatic effect you could consider wallpapering your entire staircase, which would make a great feature. Alternatively if you do opt for panelling then you might like to add some wallpaper above your panelling. If you have a landing on your staircase then you might like to add some wallpaper here as a feature wall.



Painted staircase from Luxe Living

PICTURE GALLERY

If you just want a small update then you could consider adding a picture gallery.

As a general rule, I then to place the bottom of each picture at approx. 40 inches above the step which is directly under it, if your chosen picture goes over 2 or more steps, then relate it to the highest step.

I would then allow 2.5 inches in distance between each frame. If you have a staircase landing then you

can consider creating a stunning picture wall like the image shown here.

Thanks for taking the time to read my weekly interiors column. Remember if there is a topic that you would like covered in a future column then please drop me an email with your suggestions.

Louise is a winner of TV3's Showhouse Showdown, call 045 982 265 E: info@aspiredesign.ie or info@perfectheadboards.ie



Painted Runner from The Spruce



Feature Wallpaper



Stair Runner by Roger Oates



Ombre staircase for a striking update



landing picture gallery

Fixer-upper cottage with outbuildings in Athy on the market for €110,000

KIM O'LEARY
 editor@kildarepost.com

This fixer-upper derelict cottage in Athy needs some work, but provides a great opportunity for future development as it includes several outbuildings for an asking price of €110,000.

The cottage at Castlerheban, Athy, is in need of major refurbishment and comes with a four span hay shed with adjoining concrete outbuilding with corrugated roof, suitable for many uses.

It is suitable for equestrian use and rests on a 0.45 acre site.

The property also includes storage sheds and it is beside the canal within easy reach of the excellent local amenities in nearby Athy, Stradbally and Monasterevin with excellent shops, schools, and much more.

The cottage at Castlerheban is a unique property which needs extensive refurbishment



works but it could be used as an equestrian facility for those with horses or ponies or as an agricultural holding

if desired, with great potential for future development for an ambitious developer looking

to leave their own mark on the property.

For more information contact auctioneer Joe McDonnell Auctioneer on 059 8638388 or visit www.daft.ie.



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GARDENING

Practical jobs for your garden in November

The autumnal colours are fading into the background with the remaining leaves turning brown and revealing bare branches. These are the first few weeks of winter where there are some important jobs to be done to set things up for the months ahead.

The following are some of the main tasks to be carried out to get your outdoor space ready for the spring.

There is still time to plant spring flowering bulbs such as daffodils, tulips, crocuses, bluebells and snowdrops.

Continue planting out wallflowers, forget-me-nots, primroses, violas and pansies for magnificent spring displays.

For winter colour in beds and containers, a selection from the colourful range of bud blooming heathers are a must for planting at this time of year.

Once the dahlias, cannas and tuberous begonias have died down, they should be dug up and stored in a cool but frost free place for the winter months.

Cut back foliage of senesced perennials and consign to compost heap. Divide overcrowded clumps to maintain their vigour.

Prune back bush roses by 50% and tidy up deciduous shrubs.

If you haven't already aerated your lawn there is still time to do it before winter sets in using a lawn aerator or spiking with a garden fork at regular intervals.

Now is a good time to plant to plant all soft fruit bushes including strawberries as well as apple trees, plums etc.



Prune apple and pear trees anytime between now and February avoiding frosty conditions. Now is a great time to plant rhubarb and asparagus crowns.

Existing clumps of rhubarb producing thin stems should be split and sections from the outer younger part of the crown that have a growing point replanted.

November is a good time weather permitting to add well rotted manure or compost to the bare vegetable area and then cover with



black plastic to prevent the nutrients being leached out of the soil.

Save money on water charges by installing a water butt for watering plants particularly after planting.

Finally, gardening at this time of year is all about making most of any fine days and enjoying a garden with colour from flowers, bark, berries as well as from the many bright evergreen shrubs and perennials.

Enjoy the gardening!
— Leonie Cornelius at Woodies.ie.

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New Mercedes-Benz A-Class Saloon – An Aero'dynamic' champion.



BREDA CORRIGAN

Member of Irish Motoring Writers' Association (IMWA)

An aerodynamically-efficient, svelte design enables the all-new Mercedes-Benz A-Class Saloon to qualify as 'a car with less drag than any other production vehicle currently on sale'. Mercedes-Benz engineers and designers spent countless hours optimising the latest A-Class in the wind tunnel, resulting in outstanding efficiency, low emissions, and terrific refinement.

Sumptuous Interior

The interior of the new A-Class saloon is virtually identical to that found in its hatchback sibling. Every model has digital dials and a pair of wide central, high-resolution, touchscreens as standard – behind which is state-of-the-art technology. The screens are super-easy to operate using the steering wheel, touchpad or touchscreen. The latter represents a world-first that is definitely worthy of praise. Amazingly, the software used is even more advanced than that found in Mercedes-Benz's flagship car, the S-Class. The cabin of

the new A-Class consists of a combination of high quality aluminium, plastics, wood and leather, which infuses the car with an air of luxury befitting of the Mercedes-Benz brand. In fact, the cabin is more in line with what you would expect to find in a luxury saloon than in a family car, and it helps to lift the overall impression above that given by premium-badged rivals.

Standard MBUX

Mercedes-Benz User Experience (MBUX) is standard on all A-Class models and it features the voice-activated 'Hey Mercedes' system, allowing you to adjust the climate control, make a phone call or even ask for the weather forecast without taking your hands off the wheel. With the A-Class 'Human Centred Interface' you can adapt every detail to exactly your demands, driving style and needs. Just one simple swipe of the touchpad, steering wheel or touchscreen is all that is required. With the touchpad you can control the information shown on the media display intuitively like on a smartphone, and shift or enlarge the content quite simply with multi-finger gestures. Each input is confirmed with haptic feedback, and the touchpad recognises your handwriting should you wish to enter addresses or phone numbers silently.

Trim and Engine Options

There are three



generously-equipped trim levels in the new A-Class Saloon – entry-level Style, mid-spec Progressive, and range-topping AMG Line. Engine options consist of a 1.3-litre (1,332cc) petrol unit (badged A200), or a 1.5-litre (1,461cc) diesel (badged A180d), while the only transmission available, with both engines, is a slick-shifting seven-speed automatic which is easily controlled by way of a steering wheel-mounted stalk.

My Test Car

My test car was a new Mercedes-Benz A180d Saloon AMG Line, and was

finished in stylish Mountain Grey metallic paintwork. Courtesy of a 1461cc turbo-diesel engine with 116bhp and 260Nm of torque, the 0-100km/h sprint can be completed in just 10.6 seconds - on the way to a top speed of 206km/h (where permitted).

Fuel consumption as low as 4.1l/100km is possible on a combined driving cycle, while annual road tax is just €190. Standard AMG Line specification includes 18" AMG 5 x twin-spoke light alloy wheels, 3-spoke multifunction sports steering wheel in nappa leather with flattened bottom section, AMG body-styling consisting of an AMG front apron with front splitter in chrome, AMG side sill panels, AMG rear apron with chrome trim and visible exhaust tailpipes, AMG sports pedals in brushed stainless steel with rubber studs, diamond radiator grille with chrome pins and single louvre, 'Direct Steer' system, double cup holder, 'DYNAMIC SELECT', folding armrest, front brake calipers with Mercedes-Benz logo, heated front seats, LED high performance headlamps, 'Light & Sight' package, lowered comfort suspension, MBUX multimedia system, split-folding rear seats, reversing camera, black fabric roof liner, sports seats, 'THERMOTRONIC' automatic climate control and many other luxury, convenience, and safety features. Optional extras fitted to my test car consisted of an 'Advantage Package' (Parking Package, Mirror

Package, Satellite Navigation with a 10.25-inch display) and 'a Night Package' - priced at €2,762 and €569 respectively, while metallic paint is an €888 cost option.

On The Road

The sports seats in the AMG Line models are designed to hold you in place better through corners and have integrated head restraints for a genuine sporty look. For supreme driving pleasure, the driver seat and steering wheel offer multiple adjustment options, so getting comfortable behind the wheel is never an issue. The standard torsion-beam rear suspension, and MacPherson strut front suspension in my test car provides a well-balanced and fluid feel on an open road, while overall ride comfort is terrific. Accurate, and precise steering ensures that the car responds directly to driver inputs, while a strong brake-pedal feel further adds to driver confidence. The A-Class Saloon is a very safe car to drive – automatic emergency braking comes as standard and it can mitigate, or avoid entirely, front-end collisions with other cars, pedestrians or cyclists. It will even brake the car if it's bumped from behind to try and avoid you hitting the car in front. Independent crash-test body Euro NCAP awarded the A-Class hatchback the full five stars when it was tested in 2018, so the near-identical saloon can be regarded as being just as safe. The car is fitted with an array of safety systems, both active (to help prevent a

crash) and passive, (protecting occupants should the worst happen).

Terrific Load Capacity

The A-Class saloon is 130mm longer than its new, fourth-generation A-Class hatchback sibling – and that extra space enables a boot capacity of 420-litres, which is up 45-litres on the hatchback. A relatively low load lip makes it easy to load heavy items, and for even greater load capacity, the rear seats split and fold in a 40/20/40 configuration.

Verdict and Pricing

Overall, the all-new Mercedes-Benz A-Class Saloon is a very likable car in every respect – from its favourable three-box proportions with distinctly styled tail-lamps, to its luxurious cabin, efficient engines, refined road manners, and fantastic infotainment system. The car's clever and attractive interior mirrors its striking exterior design, and is a car that can wear the Mercedes-Benz badge with pride. Ex-works pricing for the new A-Class Saloon starts at just €34,220, and is on sale now - Breda.

Fact Box

1. Supremely Stylish Saloon
2. Intuitive Infotainment
3. Petrol or Diesel Engines
4. Slick 7-Speed Automatic Priced From €34,220 (ex-works)



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MOTORING

Volkswagen commercial vehicles launches its 2020 offers



BREDA CORRIGAN

Member of Irish Motoring Writers' Association (IMWA)

Volkswagen Commercial Vehicles recently launched its 2020 offers strategy.

This strategy will see the brand deliver the best offers in the Irish market for customers looking to get a new '201' Commercial Vehicle. The brand will offer 0% HP on specific models across the range along with an upgrade bonus of up to €4,000. On top of these market-leading offers the brand also has its own lease product where customers can pay a monthly lease with no deposit, starting from €248 per month.

PCP SOLUTION

On top of this, the brand is the only Irish manufacturer

to offer a commercial PCP solution which will guarantee the residual value of a vehicle after 36 months of use. Service and maintenance are also available from €18.99 per month with the brand's newly launched service plans.

BRAND ICONS

The brand enters 2020 with a target of further growth following a record year in 2019. The Caddy is Ireland's best-selling Commercial Vehicle. Crafter and Amarok are the fastest-growing models within their segments in Ireland, and Transporter is set for growth again in 2020 with the launch of the new Transporter T6.1. This new Transporter is the brand's icon developed and further improved.

Commenting on the brand's plans for 2020, Alan Bateson, Managing Director at Volkswagen Commercial Vehicles Ireland said, "2019 has been a record year for the brand in Ireland, and we are targeting to go even further in



VW Commercial Vehicles range to be launched in 2020

2020. Our brand is renowned for offering the best commercial vehicle solutions and after-sales service to customers in Ireland.

"The new models, services and offers we have launched ensures we will continue this.

We offer complete customer solutions through our exclusive retail network and trained brand managers to ensure we deliver and exceed our customer's requirements every day. Simple ideas such as 24-to-48 hour test drives

and the offer that we will come to the customer if they are too busy to come to us, are what is changing the way commercial customers are purchasing their vehicles in Ireland, and we are focused on continuously delivering

what they want."

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RSA Winter Safety Checks

The RSA reminds, as temperatures dipped last weekend, that road users should always check local weather and traffic reports before setting off on a journey.

In particular road users should heed any Garda advice urging road users not to make any unnecessary journeys. Remember, it takes longer to stop a vehicle on wet or icy roads so slow down and allow extra distance between you and the vehicle in front.

Manoeuvre gently, avoid harsh braking and acceleration.

Clear your windows and mirrors before you set out, carry a screen scraper and de-icer. Do not use hot water on the windscreen as it can crack the glass.

Watch out for black ice, especially in sheltered/shaded areas on roads, under trees and adjacent to high walls.

Check tyres, including spare wheel, to ensure minimum tread depth of 1.6mm and correct tyre pressure.

Check in your owners manual and find out if your vehicle has any safety assist technology like Electronic Stability Control (ESC) or Anti Lock Braking System (ABS) and know how they assist your driving

In the event of snowfall:

Remove ALL snow from your vehicle before commencing your journey.

Snow left on the roof will become loose and can drop onto the windscreen during braking, thereby causing sudden and severe restriction to your vision. It can also fall off during your drive and cause injury to pedestrians or a reflex action by another driver.

Use the highest gear possible to avoid wheel spin.

Select a low gear when travelling downhill especially if through bends.

To brake on ice or snow without locking



your wheels, get into a low gear earlier than normal, using the clutch smoothly and allow your speed to fall and use the brake pedal gently.

Remember that heavy snowfall will reduce visibility. Use dipped headlights and decrease speed smoothly.

Pedestrians, cyclists and motorcyclists are advised:

If a journey cannot be avoided be extremely careful as frost and ice have made walking on footpaths very dangerous

Visibility is reduced in snowy condition so wear high visibility clothing or carry a torch and ensure the lights on your bike are working correctly.

Cyclists should ensure their bike has the required solid white light to the front and a red solid light to the rear.

Wear an approved helmet and consider clear eye protection.

Motorcyclists/cyclists should not compromise their safety by their 'need' to travel in icy/snow conditions. Cancel your journey or take alternative transport.

Motorcyclists should avoid wearing a dark visor in any bad light conditions.

Remember other road users may not 'expect' you and could therefore compromise your safety.

New ŠKODA SCALA scales new heights of success



BREDA CORRIGAN

Member of Irish Motoring Writers' Association (IMWA)

SKODA has recently launched its new compact hatchback, the 'SCALA'. The name 'SCALA' is derived from the Latin word for steps and represents SKODA's recent progress and success. The SCALA is a spiritual successor to the SKODA Rapid that concluded production earlier this year.

While the Rapid was offered in saloon and hatchback body styles, the SCALA is exclusively offered as a hatchback. The vehicles share very little in common with the SCALA showcasing some of the most advanced technologies available in the Volkswagen Group (SKODA's parent company since 1994).

Unrivalled Spaciousness

The wide and low stance, and protruding front grille hide the fact that the SCALA is one of the largest cars in its segment measuring 4.4 metres in length. These dimensions deliver unrivalled interior spaciousness, particularly for rear seat passengers. Low fuel consumption is assured with a turbocharged line up of TSI petrol engines including a 1.0 TSI 115bhp and a 1.5 TSI 150bhp, a frugal 1.6 TDI 115bhp diesel is also available with both manual and DSG 7-speed automatic transmissions. A lower powered 1.0 TSI 95bhp petrol unit will be offered at a later date.

Advanced Infotainment

The SKODA brand has been leading the way, for some time, in terms of infotainment and connectivity. The SCALA will be the first brand in the Volkswagen Group to receive the third and most advanced generation of infotainment systems known internally as MIB3.

The benefits of the new MIB3 units include a much cleaner cockpit, as former infotainment and air-conditioning buttons move to controls operating from 6.5", 8.0" or 9.2" colour touchscreens. Other benefits include wireless Apple CarPlay and Android Auto as well as wireless phone

charging capability. USB-c ports are only starting to come on stream. The SCALA is future proofed with the use of USB-c ports for superior phone charging and data transfer capabilities. The SCALA is the most connected car ever launched by SKODA with built-in SIM cards offering access to SKODA Connected Services. Emergency Call functionality is offered as standard equipment too.

Trim levels

The SCALA is being offered initially with Ambition and Style specifications, with an Active entry version to be added by year-end. The Ambition equipment includes 16" alloy wheels, Dynamic rear LED indicators, air-conditioning and a 6.5" colour touch screen unit. The Image Package, which consists of the glass rear tailgate will be provided as standard from Ambition trim level.

My Test Car

My test car was a ŠKODA SCALA 'Style' 1.0 TSI 115bhp 6-speed manual finished in Moon White metallic paintwork for a truly dazzling appearance. Standard equipment includes key items such as 17" 'Stratos' alloy wheels, full LED headlights with AFS technology, full LED tail lights with dynamic indicators, Climatronic dual-zone air-conditioning, 'Sunset' dark tinted privacy



glass, rear parking sensors and rear view camera, 'BOLERO' infotainment system with an 8" display and Smartlink connectivity, front and rear USB-C ports x 4, copper-brushed decorative inserts and chrome interior surrounds, 'KESSY Go' keyless start system, cruise control with speed limiter, power-folding door mirrors, leather multi-function

steering wheel, gearstick and handbrake, automatic lights and wipers. Front Assist - forward collision warning with emergency brake function, Lane Assist, extended rear glass panel with body colour spoiler, and Care Connect with a 1 year subscription included. With 115bhp and 200Nm of torque, the 1.0-litre 3-cylinder petrol engine in my test car can

complete the 0-100km/h sprint in just 9.8-seconds, and can hit a top speed of 200km/h (where permitted). Annual road tax is just €200, while fuel consumption from 5.3-6.3l/100km is possible on a combined driving cycle - making the new SCALA a sound financial proposition.

Engaging driving dynamics

The SCALA's talents really shine on the road, with VW Golf-like levels of refinement and ride quality, while the large, soft sidewalls of the car's tyres absorb even the most rutted of road surfaces extremely well. The car is very comfortable on the move, while accurate steering and excellent levels of grip ensure an engaging drive every time.

The SCALA's six-speed manual gearbox is slick, satisfying, and easy to use, which makes the SCALA feel like a car from at least a class, or two, above. The SCALA has similar mechanicals to the VW Golf and the ŠKODA Octavia, because all three models are based on the VW Group's MQB architecture, and the SCALA is as good to drive as both.

A marvel of packaging

The SCALA also scores well in terms of interior quality, with a logically laid-out dashboard, and comfortable seats taking centre stage, and it is a marvel of packaging that a car of this size can be so practical.

The interior of the SCALA has taken inspiration from the exterior design. It combines SKODA's trademark ergonomics, and an emotionally-charged design brimming with graceful curves, with soft materials, a largest-in-class infotainment display, and ample space in all directions. Boot space is an impressive 467-litres with the rear seats in place, but up to 1,410-litres of space is available with the rear seats folded flat.

Verdict and pricing

Overall, the new ŠKODA SCALA is a genuinely impressive car with generous equipment levels, and a full helping of practicality, versatility, and functionality. With ex-works pricing starting from just €23,650 for the 1.0 TSI 115bhp Ambition model, the SCALA is sure to attract a younger and more affluent demographic to the ŠKODA brand.

Contact Sheehy Skoda Naas at (045) 906 600 for all your SKODA enquiries.



New SKODA SCALA Fact Box

- 1) New Family Hatchback
- 2) Unrivalled Spaciousness
- 3) Petrol or Diesel Engines
- 4) Manual or Automatic (DSG)
- 5) Priced From Just €23,650 (ex-works)



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COMHAIRLE CHONTAE CHILL DARA
Kildare County Council

Draft Strategic Policy Committee Scheme 2019-2024

Strategic Policy Committees (SPC's) assist the council in the formulation, development and review of policy and reflect the major functions or services of a local authority. Membership of the SPC's will comprise of elected members and representatives of local sectoral interests. Following the local elections, it is necessary for each local authority to establish new Strategic Policy Committees for the term 2019-2024.


The six Strategic Policy Committees proposed cover the following areas of activity:

- Climate Action
- Environmental and Water Services
- Economic Development, Enterprise and Planning
- Housing
- Local Community and Culture
- Transportation, Safety and Emergency Services

A copy of the draft scheme is available on the council's website at <http://kildare.ie/CountyCouncil/CorporateServices/CorporateServices/MembersServices/Committees/StrategicPolicyCommittees> or on request from the Corporate Services Department at 045-980565.

Submissions on the draft scheme are now invited and may be made to the Senior Executive Officer, Corporate Services at the address below or by e-mail to customerservice@kildarecoco.ie with the heading 'SPC submissions'. Submissions must be received no later than 4.00p.m on Thursday, 28 November 2019.

KILDARE COUNTY COUNCIL
Aras Chill Dara, Devoy Park, Naas, Co. Kildare, W91X77F.
Telephone: 045-980200 • Emergency Number (Outside Office Hours) 1890 500 333
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PLANNING NOTICES

KILDARE COUNTY COUNCIL
I, Laurence Kelly intend to apply for planning permission for change of use of existing warehouse building to light industry/workshop use together with new single storey extension containing accessible toilet with external access, modifications to approved site entrance, additional car parking on site, bicycle stands, new waste water treatment system with percolation area and all associated site development works. All development to take place at Mylerstown, Two Mile House, Naas, Co. Kildare. 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.

KILDARE COUNTY COUNCIL
I, Marcus Nolan intend to apply for Planning Permission for a development on this site at Castlekeely, Caragh, Naas, Co. Kildare. The development consists of (A) erection of a single storey type house to front and storey and a half type house to rear (B) Garage/fuel store for domestic use (C) installation of an Oakstown BAF wastewater treatment plant with polishing filter percolation area and (D) New vehicular entrance and driveway 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.

KILDARE COUNTY COUNCIL
I Anne Martin intend to apply to Kildare County Council for Retention Permission at Gilltown, Kilcullen, Co. Kildare, R56 V123 for (a) Single storey side extension to existing 2 storey house and all associated site development 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

PLANNING NOTICES

KILDARE COUNTY COUNCIL
Desmond V. Marron & Co. Limited intend to apply for full planning permission for a development at Marron's Court, Main Street Clane, Co. Kildare. The development consists of demolishing an existing two-storey commercial building, constructing a new two-storey commercial building in lieu and which comprises of a medical centre with car parking, bicycle parking, bin storage and all associated ancillary 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 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.

KILDARE COUNTY COUNCIL
Ramona Mooney intends to apply for full planning permission for a development at Baltracey, Donadea, Naas, Co. Kildare. The development consists of constructing a one and a half storey type house, detached domestic garage, recessed vehicular entrance, effluent treatment system, and all associated ancillary 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 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.

KILDARE COUNTY COUNCIL
I, Seamus McNally, intend to apply for planning permission for development at this site, Ballynamulagh, Enfield, Co. Kildare. The development will consist of the construction of a storey-and-a-half type dwelling and detached domestic garage, O'Reilly Oakstown BAF sewerage treatment system, recessed site entrance and all associated ancillary 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

PLANNING NOTICES

KILDARE COUNTY COUNCIL
Significant Further Information and Revised Plans has been submitted to Kildare County Council for the following. The development as previously applied for consists of Application is being made for FULL PLANNING PERMISSION for the following; Extensions and alterations to existing two storey house to include (A) Two Storey Extension to rear of existing house (B) Single storey extension to side of existing house (C) Single storey porch to front of existing house (D) New windows to side elevations of existing house (E) Internal modifications and all associated works (F) Domestic garage (G) New site entrance (existing entrance closed off) (H) Effluent treatment plant (I) Landscaping and all associated site development works The Significant Further Information and Revised Plans include for the following (i) Modified roof profile from gable ended roof to hipped roof design over the front of the existing house (ii) Revised location of new site entrance This application is at additional information stage under planning reference number 19626 All at, Punchersgrange, Rathangan, County Kildare For Nicola O'Hara Significant Further Information and Revised plans in relation to the application has been furnished to the planning authority and is available for inspection or purchase at a fee not exceeding the reasonable cost of making a copy at the offices of the Authority during its public opening hours. A submission or observation in relation to the significant further information / revised plans may be made in writing to the Planning Authority on payment of the prescribed fee not later than 2 weeks after receipt of the newspaper notice and site notice by the Planning Authority.

KILDARE COUNTY COUNCIL
I Paul Davis intend to apply to Kildare County Council for Retention Permission at Bishops court, Tuckmilltown, Straffan, Co. Kildare for (a) As built Entrance to access existing 2 storey house and all associated site development 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

PLANNING NOTICES

KILDARE COUNTY COUNCIL
We, Dermot Ryan and Sarah Quinn, intend to apply for permission for development at this site The Fir's, SALLINS ROAD, NAAS, CO. KILDARE, W91 D68E / W91 X58E The development consists of: PROTECTED STRUCTURE 1. Demolition of lean-to ancillary sheds to rear of couch house 2. Removal of Chimney breast from rear return portion of house 3. Internal alterations in main house: conversion of existing kitchen into pantry and art studio with new doors opening onto existing patio. First floor alterations to accommodate new ensuite and enlarge existing bathroom, adding roof access skylight. 4. Single storey extension linking north side of house to south side of couch house, containing dining area, glazed link corridor. Net increase in ground floor area: 25.7 sq.m. 5. Internal works to couch house (used by previous owner as two apartments) include revamp of existing lay-out, to include playroom, new kitchen, stairway and home office. 6. Alterations to existing garden wall, relocation and widening of vehicular gateway to 4.4m wide. The Firs is a Protected Structure, Kildare RPS Ref. NS19-101, NIAH Ref.11814094 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

PLANNING NOTICES

KILDARE COUNTY COUNCIL
I Bernard Higgins intend to apply to Kildare County Council for Retention Permission at Boleybeg, Ballytore, Co. Kildare, R14 C940 for Windows to gables at 1st floor level to existing dormer house and all associated site development 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

PLANNING NOTICES

KILDARE COUNTY COUNCIL
Application is being made for Full Planning Permission for three storey neighborhood center development consisting of; (A) 1no. Convenience store with ancillary off-licence use complete with coffee shop, delicatessen, toilets and associated works. Fuel filling facilities to rear of building, forecourt area, 3no. 40,000 Ltr underground fuel tanks, electric charging points, canopy, pump islands, signage, service area and all associated site development works, all at ground floor level. (B) 1no. retail shop unit at ground floor level. (C) 2no. takeaway units at first floor level. (D) 1no. medical suite at first floor level (E) 3no. medical suites at second floor level (F) Car parking, boundary treatments, new site entrance / exit, landscaping and all associated site development works (overall site) All at Piercetown, Station Road, Newbridge, County Kildare For Andrew Cross 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.

GAMING ACT

I NIAL SHANAHAN, 27 THE RISE, COLLEGE WOOD PARK, CLANE APPLY TO THE SUPERINTENDANT IN KILDARE FOR A CERTIFICATE OF PERSONAL FITNESS TO WORK AS A BOOK-MAKER.

LEGAL NOTICES

I, DARAGH FITZPATRICK APPLY TO THE SUPERINTENDENT IN KILDARE FOR CERTIFICATE OF SUITABILITY OF PREMISES, AT KILMEAGUE, NAAS CO, KILDARE.

LEGAL NOTICES

I Paul Corrigan apply to the Superintendent in Kildare for a certificate of personal fitness to work as a bookmaker.

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A jubilant Ray Coffey at the final whistle.



Thumbs up for the victorious Sash from Rosaleen Hurley and Fiona Byrne.



Nathan Smyth is enthralled by the last minute drama.



Sssssh....Sean Campbell is making his speech!

JOE MALLON SFC FINAL REPLAY SASH ARE THE CHAMPS!

Pictures: PAT TINSLEY



LGFA U15 Div 5 champions Milltown Pictures Donal Fitzpatrick



Raheens, Division 3 U15 Champions, see full results page 67

GAA FIXTURES and RESULTS

Fri 01 Nov
2019 TONY DONOHUE U21 D FOOTBALL CHAMPIONSHIP
Venue: Manguard Plus Hawkfield, Miltown V Abbey Rangers 19:45, Ref: TBC 2 x 10 min extra time if required

2019 U17 B FOOTBALL CHAMPIONSHIP
Venue: Raheens, Raheens V Suncroft GFC 19:30, Ref: Liam Whelan

Sat 02 Nov
2019 U17 A FOOTBALL CHAMPIONSHIP GROUP 1
Venue: Celbridge, Celbridge V Naas 15:00, Ref: Michael Behan
Venue: Sarsfields GAA Club, Sarsfields V Clane 15:00, Ref: Paraic Mc Givern

2019 U17 A FOOTBALL CHAMPIONSHIP GROUP 2
Venue: Moorefield, Moorefield V Athy 15:00, Ref: Conor Daly
Venue: St Laurence's, St. Laurence's GAA V Kilcullen 15:00, Ref: Niall Colgan

2019 U17 B FOOTBALL CHAMPIONSHIP
Venue: Maynooth, Maynooth V Leixlip 15:00, Ref: Tim O Sullivan
Venue: Kilcock V Newtown Gaels 15:00, Ref: Fergus Devereux
Venue: Balyna, Balyna V Sallins 15:00, Ref: P.J. Cummins

2019 U17 C FOOTBALL CHAMPIONSHIP
Venue: Sean Tierney Park, Aylmer Gaels V St

Edwards 15:00, Ref: John Mc Loughlin
Venue: Carbury, Carbury V Two Mile House 15:00, Ref: Peter Farrell
Venue: Paddy Martin Memorial Park, Ellistown V Ballymore Eustace 15:00, Ref: Ryan Moran
Venue: Eadestown, Eadestown V Athgarvan 15:00, Ref: Jack O Connell

2019 U17 D FOOTBALL CHAMPIONSHIP
Venue: Miltown, Miltown V St Vincents 14:00, Ref: Michael Meehan
Venue: Confey, Confey GAA V St Kevin's 14:00, Ref: Noel Reilly
Venue: Celbridge, Celbridge V Abbey Rangers 14:00, Ref: Eamonn Kelly

Sun 03 Nov
2019 HAVEN HIRE U21 B HURLING CHAMPIONSHIP FINAL
Venue: Newbridge, Clane V Leixlip/Coill Dubh 13:00, Ref: TBC 2 x 10 min extra time if required

2019 TONY DONOHUE U21 A FOOTBALL CHAMPIONSHIP
Venue: Sarsfields GAA Club, Sarsfields V Moorefield 14:00, Ref: TBC 2 x 10 min extra time if required
Venue: Maynooth, Maynooth V Aylmer Gaels 14:00, Ref: Tim O Sullivan 2 x 10 min extra time if required
Venue: Celbridge, Celbridge V Carbury 18:00, Ref: Michael Behan 2 x 10 min extra time if required

2019 TONY DONOHUE U21 B FOOTBALL CHAMPIONSHIP SEMI FINALS
Venue: Newbridge, Raheens/St Laurence's V Athy 14:45, Ref: TBC 2 x 10 min extra time if required
Venue: Manguard Plus Hawkfield, Ballymore Eustace/Sallins V Fr.Prendegast Gaels 16:00, Ref: TBC 2 x 10 min extra time if required

2019 TONY DONOHUE U21 C FOOTBALL CHAMPIONSHIP SEMI FINAL
Venue: Manguard Plus Hawkfield, St. Edwards V Two Mile House 14:30, Ref: TBC 2 x 10 min extra time if required

2019 TONY DONOHUE U21 D FOOTBALL CHAMPIONSHIP SEMI FINAL

Venue: Manguard Plus Hawkfield, Ellistown V St Vincents 13:00, Ref: TBC 2 x 10 min extra time if required

Tue 05 Nov
2019 U17 B FOOTBALL CHAMPIONSHIP
Venue: Leixlip, Leixlip V Raheens 20:00, Ref: Michael Malone

Wed 07 Nov
2019 TONY DONOHUE U21 C FOOTBALL CHAMPIONSHIP SEMI FINAL
Venue: Manguard Plus, Leixlip V Castledermot 20:00, Ref: TBC 2 x 10 min extra time if required

Racing with Horse Racing Ireland

More success for Monasterevin trainer Fahey in Tipperary

The 'He'llberemembered Hurdle' at Thurles on Thursday threw up an apt winner when Peregrine Run landed the 16th success of his career for Monasterevin trainer Peter Fahey.

The popular nine-year-old

has enjoyed a transformation this season, going from solid handicap chaser to a winning machine and has played no small part in rebuilding rider Kevin Sexton's career.

Peregrine Run, who was recording his sixth win of the

season under Sexton, won comfortably by five and a half lengths and left trainer Peter Fahey dreaming of a trip to Cheltenham's November meeting.

It was a wonderful week for Monasterevin on the

racing front as Des Buckley sent out his first winner when 14-1 shot Oneiroi upset odds-on favourite Yale in the Navan Welcomes Owners Maiden at the Proudstown venue on Wednesday.

Leopardstown's final Flat

card of the year on Saturday provided Moonee trainer Jessica Harrington with her 62nd win of the campaign and, fittingly, it was another two-year-old filly Celestial Object, who delivered with a three-and-three-quarter

length win from the front under Shane Foley in the Irish Stallion Farms EBF Fillies Maiden.

Harrington and her team should be action again in coming days at Naas, Cork and Clonmel racecourses.



Celestial Object and Shane Foley win the Irish Stallion Farms EBF Fillies Maiden at Leopardstown for Jessica Harrington. Photo: Patrick McCann/Racing Post

Aidan O'Brien favouring Melbourne Cup tilt with Magic Wand

Ballydoyle are preparing a three-pronged attack in a bid to land a first Lexus Melbourne Cup on Tuesday week with Aidan O'Brien leaning towards trying Cox Plate fourth Magic Wand over two miles for the first time in the \$8m showpiece at Flemington.

Magic Wand was beaten four lengths by Japan's Lys Gracieux in the Ladbrokes-sponsored Moonee Valley feature on Saturday and boasts winning form over 1m4f courtesy of

victory in the Ribblesdale at Royal Ascot last year.

A five-time runner-up in top-level company, Magic Wand is a general 33-1 to land Australia's most high-profile race, while Hunting Horn was shortened to 20-1 (from 66) following his win in Saturday's McCafe Moonee Valley Gold Cup.

St Leger fifth Il Paradiso will head straight to the race and is pleasing the O'Brien travelling team. Wayne Lordan is set to ride Il Paradiso, while Ryan Moore

will partner either Hunting Horn or Magic Wand in the Melbourne Cup, for which third acceptances close on Monday morning.

July Cup hero Ten Sovereigns remains in quarantine in Sydney following his below-par effort in the TAB Everest and is entered in Saturday's inaugural Golden Eagle at Rosehill along with stablemate Never No More.



Peregrine Run and Kevin Sexton win the 'He'llberemembered Hurdle' at Thurles for Monasterevin trainer Peter Fahey. Photo: Patrick McCann/Racing Post

Upcoming Fixtures

Clonmel - Thursday, October 31 (First Race 12.55)

Dundalk - Friday, November 1 (First Race 5.45)

Down Royal - Friday, November 1 (First Race 12.40)

Down Royal - Saturday, November 2 (First Race 1.10)

Cork - Sunday, November 3 (First Race 1.00)

Naas - Sunday, November 3 (First Race 12.20)

Racing with Horse Racing Ireland

Trip to Cheltenham reaps big reward for Hennessy

He has trained Derby winners in England and Ireland, but he was completely overcome after the success of Heaven Help Us in the maiden hurdle at Cheltenham on Friday. Paul Hennessy, whose dual-purpose stable is located in Rathvawn just outside Gowran, is one of the best in the business in the greyhound world with winners of the Irish Derby and two in the English Derby, but Heaven Help Us could be the start of something in his nascent racehorse training career, helped on its way by winning owner John Turner.

Danny Mullins timed his challenge to perfect on Heaven Help Us as he reeled in the favourite Master Debonair on the run-in to take the Foundation Developments Ltd Maiden Hurdle. Hennessy has just three horses among his kennel-full of greyhounds and the dogs were certainly not barking about 33-1 chance Heaven Help Us and

Hennessy could not imagine standing where Willie Mullins, Gordon Elliott and the other greats have welcomed winners.

Willie Mullins dominated the Annesley Williams Rated Novice Hurdle later on the Galway card as the diminutive Foveros followed up his win at the summer festival at the track with an arguably better performance under Paul Townend.

The low sun led to all of the hurdles in the back straight being omitted, six in total, which did not particularly suit anybody, but the winner battled on well from the final flight to get the better of stablemate Quartz Du Rheu to complete a 1-2 for the champion jumps trainer from Closutton.

Coolcullen trainer Jim Bolger recorded a treble at Naas last Sunday week and added two more winners at the Curragh on Tuesday, with the success of newcomer Ten Year Ticket kicking off the double at odds of 33-1 in the

opening maiden. Bolger struck with the Kevin Manning-ridden Rock Of Gibraltar gelding before doubling his tally with penalised weekend winner Mother Vincent, who was partnered by Luke McAteer.

The defection of Simply A Breeze and Alezia from the mile maiden at the Curragh on Tuesday made an already tempting task even more manageable for Patrick Sarsfield, who strolled home at 1-5 under a motionless Donnacha O'Brien for his older brother, Joseph, who trains on Owing Hill. The 86-rated three-year-old, who only found the classy Madhmoon and Sydney Opera House too strong last year, made it second time lucky for connections after being snapped up for 260,000gns in July from Eddie Lynam's stable.

It proved to be another wonderful week for O'Brien who sent out Thames River to win at Dundalk on Friday night before he and Shane



Heaven Help Us and Daniel Mullins, right, jumps the final flight and beats the favourite, Master Debonair and Robbie Power in the 2m Maiden Hurdle Cheltenham. Pic: Edward Whitaker

Cross combined to take the final Group race of the Irish season with Degraives, who held Persia by half a length in the Eyrefield Stakes at Leopardstown on Saturday.

The son of Camelot looked set for a comfortable success before idling in the closing stages and looks sure to be contesting Group races as a three-year-old next season.

O'Brien also helped himself to an across the cards double on Sunday as Punches Cross scored at Wexford and Global Equity won at Galway - adding more success.

Keane celebrates 100 wins at local track

High-flying Colin Keane reached 100 winners for the second time in three years and, fittingly it arrived at his local track Navan on Wednesday following the emphatic success on Nullifier in the Irish Stallion Farms EBF Maiden. He added a further victory on the Arthur Moore-trained Sea Ducor in the www.navanracecourse.ie Handicap to keep himself in the hunt for a second title. It is the first time two jockeys have reached 100 winners in the Irish championship.

The resurgence of Skryne jockey Keith Donoghue has been one of the most heartwarming tales in Irish racing in recent years and the rider, who quit the saddle in 2017 at the age of just 23 because of his constant battle with the weighing scales, proved himself to be an able deputy for the injured Jack Kennedy on Battleoverdoyen at Galway on Sunday. Donoghue has won the Cross Country Chase at the last two Cheltenham Festivals on the legendary Tiger Roll, and he was full of praise for the Gordon Elliott-trained Battleoverdoyen after the Grade 1-winning hurdler made a winning start over fences by eight lengths in the

Derrygimlagh Bog Irish EBF Beginners Chase.

There was a bittersweet success for Kiltale trainer Ger Lyons in the Listed Knockaire Stakes at Leopardstown on Saturday as Psychedelic Funk was ridden to victory by Gary Carroll rather than stable jockey and Trim native Colin Keane who is gunning for the Flat jockeys' championship. He chose to ride the third, Laughifuwant, for his father, Gerry, instead.

Tony Martin's upturn in fortunes in 2019 continued at Leopardstown on Saturday as the Kildalkey-based trainer sent out 10-1 shot Melburnian to win the Tote October Handicap under Niall McCullagh.

Stamullen trainer Tom McCourt was also among the winners on Saturday courtesy of De Mazzaro at Galway. The 7-2 favourite was much the best under Darragh O'Keeffe and stayed on best of all to beat Top Moon by three lengths.

Later on the Galway card, Balrath-based trainer Gavin Cromwell got in on the act as Georgieshore swooped late and fast under Jonathan Moore to get the better of Midland Millie by a neck.



Nullifier and Colin Keane win the Irish Stallion Farms EBF Maiden at Navan to give Colin his 100th winner for the season. Photo: Alain Barr.

SPORT



Barry Coffey with proud parents Anne and Ken and sister Susie



Sarsfields midfield maestro Matty Byrne with delighted family



Cian Chilly Byrne with proud and beaming son Liam



Heading home happy were Eoin, Oisín and Tracey Moore

JOE MALLON SFC FINAL REPLAY SASH ARE THE CHAMPS!

Pictures: PAT TINSLEY



Proud parents Ollie and Seamus Ryan with star Sash sons Shay and Daragh who was Man of the Match at Sunday's final replay



Con Kavanagh shares Dermot with his proud parents Valerie and Tony



Sash legend and star of the 1965 All-Ireland U21 winning Kildare team



Lochlann Buckley, great grandson of the legendary Kildare footballer Mick Buckley, with parents Brian and Tracey

Éire Óg to face Naas in U-21 hurling championship final

UNDER 21 HURLING CHAMPIONSHIP SEMI-FINAL

Éire Óg Chorrachoill 5-14
Killard 0-6

ROBERT CRIBBIN

It was all too easy as Éire Óg Chorrachoill booked an U21 hurling final spot with a very comfortable success over Killard at Manguard Centre of Excellence. By the end of a game that was played in strong wind and rain, there were 23 points separating the sides with Rory O'Neill top scoring with 3-4 for Éire Óg as they completely outclassed

their opponents. Éire Óg were 1-2 to 0-0 ahead after five minutes and from there, the result was never in doubt with Padraig Cribbin and Adam Flood getting the other goals for the Donore based outfit. Killard only scored one point in the opening half as they trailed on a 3-6 to 0-1 scoreline at the break and while they improved slightly in the second half it didn't have much impact on the scoreboard.

The result means Éire Óg will face off with Naas in the decider for the second year running with the senior county champions in a final

without even stepping onto the field after Celbridge gave them a walkover in the last four.

Rory O'Neill opened the scoring for Éire Óg with a nice point near the sideline and less than a minute later the same player found the net when shooting past Matthew Farrelly despite falling over on the point of contact. Liam Dempsey knocked over his opening point a couple of minutes later before Killard responded with a Sean Whelan free to reduce the gap to four points but for the next twenty minutes, Éire Óg were in cruise control as they scored 2-4 without reply.

O'Neill and Adam Flood got the goals with the points coming from the sticks of O'Neill and Dempsey again as well as Conor KIELTY. Éire Óg could have been even further ahead as Eoin O'Brien had a shot well saved by Farrelly but even still, the winners had a huge fourteen point advantage at the break.

Éire Óg got goal number four within minutes of the restart with half-time sub Padraig Cribbin firing home.

Killard hit back with a point from Eoghan Walsh but Éire Óg's goal threat was always there and O'Neill wrapped up his hat-trick in the 39th minute when he

volleyed a shot into the goal after receiving a pass from Adam Flood. Killard were being dominated all over the field but to their credit they didn't throw in the towel and Drew Costello who only three days previously had won a Minor Football Championship with Naas pointed as well as Sean Whelan nailing a brace to keep themselves somewhat competitive.

Éire Óg then finished out the game with a couple more points as Cribbin on the double, Jack Higgins on the treble and Dempsey with a few frees rounded off on the handsome victory.

ÉIRE ÓG CHORRACHOILL: Phillip Tierney; Cathal Cribbin, Michael Begley, Daniel Murray, Paul Dolan, James Dolan, Ronan McGrath, Conor KIELTY 0-1, Reece Gavin, Eoin O'Brien, Rory O'Neill 3-4, Liam Dempsey 0-3 (0-3fs), Eoin Wilson 0-1, Adam Flood 1-0, Jack Higgins 0-3. Subs used: Padraig Cribbin 1-2 for Wilson h-t, Barry Connolly for Flood 41 mins, Ronan Connolly for O'Brien 43 mins.

KILLARD: Matthew Farrelly; Michael O'Mahoney, Eoghan Walsh 0-1, Cian O'Doherty, Ben Redden, Drew Costello 0-1, Aidan Harrington, Aran Carney, Sean Whelan 0-3 (0-2fs), Darragh McMahon, Cillian Burke, Eden O'Reilly, Mark Byrne, Joe Aherne, Finghin McCarthy.

REF: Owen Murphy

U15 LGFA finals' results

BANK HOLIDAY MONDAY, OCTOBER 28, 2019
VENUE: MANGUARD PLUS CENTRE OF EXCELLENCE, HAWKFIELD

Div 1
Kilcullen 3.15 Sarsfields 1.06
Div 2
Eadestown 5.11 Rathcoffey 4.11
Div 3
Raheens 3.07 Kill 3.06
Div 4
Kildangan Nurney 5.09
Sallins 1.02

Div 5
Milltown 3.11 Rathangan 2.02
Div 6
Athy 5.08 Confey 5.05 AET
Div 7
Balyna (2) 9.12 Sallins (2) 6.12 AET

Best wishes to Kilcock ladies who compete in the Junior Leinster final on Sunday next, against Navan O'Mahony's.

The game commences at 2pm, venue Coralstown GAA, Kinnegad.



U 15 Division 1 champions, Kilcullen PICTURE DONAL FITZPATRICKS



Moorefield take advantage of penalty opportunity

Eanna O'Connor sends Sash goalkeeper Paddy O'Sullivan the wrong way to score the second of Moorefield's penalties in the space of five minutes. Picture Pat Tinsley



Eadestown, Division 2 champions 2019

On form Naas prove just too strong for Clane

U21 FOOTBALL CHAMPIONSHIP
QUARTER-FINAL

NAAS
CLANE

3-18
2-14

ROBERT CRIBBIN

It was a repeat of last year's final but this time the result was different as Naas defeated Clane in the Under 21 Football Championship.

Naas had firepower all over the field and while Sean Cullen, Darragh Merriman and Shane Ryan got the goals the likes of Darragh Kirwan, Alex Beirne and Ciaran Doyle were hugely influential.

Like three years ago Clane were without their talisman in Brian McLoughlin but even if he was available it would be a stretch to suggest the result would have been different as the scoreline flatters Clane somewhat.

It's just another in a long line of extremely strong Naas underage teams and they will be favourites to land another trophy to their roll of honour at the end of the campaign.

Both teams had a couple of players from last week's minor final on show and while they are the two dominant sides at underage, currently the conveyor belt coming through the Naas club is something to behold.

Clane did start well and were quickly into a 0-3 to 0-1 lead with Ciaran Kelly looking sharp up front as he kicked all of Clane's early points.

After opening the scoring it was the only time that Clane led, as after



Naas' Alex Beirne who finished the game with three points

Sean Cullen netted in the 7th minute Naas raced clear.

The likes of Darragh Merriman, Darragh Kirwan, Dallan Gallagher and Alex Beirne then all added on points as Naas went into cruise control

Merriman got a second goal before half-time as Naas went into a ten point lead at the change of ends with only Kelly, Tadhg Montgomery and Shane O'Sullivan getting on the scoreboard for Clane.

The second half was going along similar lines when Beirne, James Burke and Ciaran Doyle pointed to leave Naas in a 2-15 to 0-10 lead but Clane did get some momentum going after Kelly kicked a couple more frees and Eoghan Maguire notched a quickfire 1-1.

Clane got within six points at one stage but just when they thought they had a chance Shane Ryan netted down the other end to essentially end the game as a

contest.

Sam McCormack got a goal for Clane in the dying minutes but it arrived much too late in the day as Naas cruised home to win out on a 3-18 to 2-14 scoreline.

NAAS: Luke Mullins 0-1 (0-1f); Cathal Daly, Adam Cronin, Conor McCarthy, Paddy McDermott, Brian Stynes, Darragh Merriman 1-1, James Burke 0-1, Alex Beirne 0-3, Sean Cullen 1-0, Darragh Kirwan 0-5, David Shaw, Dallan Gallagher 0-2, Luke Griffin 0-1 (0-1f), Ciaran Doyle 0-4 (0-3fs). Subs used: Jack Cleary for Merriman 40 mins, Shane Ryan 1-0 for Gallagher 42 mins, Drew Costello for Beirne 55 mins, Simon Leacy for McDermott 58 mins.

CLANE: Cian Burke; John Lynch, Brian Corbett, Danny Vaughan, Tadhg Montgomery 0-1, Danny Reilly, Colm O'Sullivan, Caolan Smith, Shane McCormack, James Behan, Shane O'Sullivan 0-3 (0-2fs), Sam McCormack 1-1, Eoghan Maguire 1-1, Ciaran Kelly 0-8 (0-7fs), Mark Kelly. Subs used: Conor Wash for Vaughan 58 mins, Conor Ward for C.O'Sullivan 58 mins, Sam Reilly for M.Kelly 60 mins.

REF: Matty Redmond

Maynooth go on after high scoring clash with Kilcock

U21 FOOTBALL CHAMPIONSHIP
ROUND 1

MAYNOOTH
KILCOCK

3-12
1-11

ROBERT CRIBBIN

Maynooth advance to the next round of the Under 21 championship after a seven point victory over Kilcock on Saturday afternoon.

First half goals from the brotherly duo of Ruadhan and Conchur O'Giollain had Maynooth in good shape which was only added to by a second half effort from Paul Maguire.

Kilcock were competitive throughout with Callum Warfield grabbing 1-3 but they were unable to handle the Maynooth forward threat who were deserving winners in the end.

It was an action packed first half period which started with Paul Maguire and David Bonass kicking points for Maynooth.

Kilcock were soon level after efforts from Cian Duke and Cian O'Sullivan found the target but they were soon rocked when Conchur O'Giollain found room on the Kilcock end line before firing a shot past Kealon Scanlon for Maynooth's opening goal.

Callum Warfield responded in kind for Kilcock a couple of minutes later and when Cormac Daly pointed in the 17th minute the sides were level.

Maynooth with Kildare star Neil Flynn as a selector dominated the rest of the half with a Ruadhan O'Giollain goal coming before Bonass, Ronan Dunne and Danny

O'Sullivan knocked over points.

Kilcock finished the half's scoring with an effort from Warfield but it was Maynooth who had the advantage leading 2-6 to 1-4.

Kilcock reduced the gap to four with Warfield's second point at the start of the second half but back to back O'Sullivan frees soon negated the impact.

Kilcock's Findlay Nairn then got his first point in the 45th minute but Kevin Dunne essentially settled the result in Maynooth's favour when he kicked in their third goal with O'Sullivan and Bonass following up with points.

Kilcock never gave up but the second goal they needed never arrived and while they had a couple of shots saved they had to be content with points late on from Warfield, Daly, O'Sullivan and Jason Gibbons.

As a result Maynooth rather comfortably sealed a win that sets up a quarter-final meeting with Aylmer Gaels this weekend.

MAYNOOTH: Odhran Cussen; Callum McCabe, Darragh Hurley, Cathal Quinn, Conor Lynch, Ben Carroll, David Bonass 0-3, Ronan Dunne 0-1, Ruadhan O'Giollain 1-0, Kevin Dunne 1-0, Danny O'Sullivan 0-4 (0-4fs), Cian Whyte, Paul Maguire 0-2, Conchur O'Giollain 1-0, Cathal McCabe. Subs used: James Murray for Quinn 42 mins, Brendan Bradley for R.O'Giollain 53 mins.

KILCOCK: Kealon Scanlon; Shane O'Sullivan, Sean Eves, Rory O'Brien, Luke Sheridan, Paddy Kelly, Alan Byrne, Jason Gibbons 0-1, Cormac Daly 0-2, Cian O'Sullivan 0-3 (0-2fs), Cian Duke 0-1 (0-1f), Eoghan Mulhall, Cillian Thornton, Callum Warfield 1-3, Findlay Nairn 0-1. Subs used: Conor Stokes for Duke 34 mins, Sean Hill for Byrne 40 mins, Conor Lawless for S.O'Sullivan 51 mins, Andrew Maguire for Thornton 51 mins, Sean Berns for Daly 60 mins.

REF: Lar Heeney

Celbridge hold off Balyna to secure last eight spot

U21 FOOTBALL C'SHIP ROUND 1

CELBRIDGE
BALYNA

1-12
0-13

ROBERT CRIBBIN

Celbridge fought off a late Balyna comeback to book their place in the semi-finals of the Under 21 Football Championship.

With the aid of a Ross Maycock goal, Celbridge led 1-10 to 0-7 at the break but they only scored two points in the second half as Balyna, with the help of Jack Robinson who scored 0-10, came roaring back.

Celbridge were without Tony Archbold but they dug deep to secure the win that sets up a last eight meeting with Carbury.

Balyna started the better and could have had a goal after only two minutes when Jack Robinson shot for goal but his effort was stopped on the line before the dangerous full forward eventually took his point.

That spurred Celbridge into life and they scored the next six points with Ross Maycock, Darragh Archbold, Dean O'Donoghue, Kevin Gorman and Sam McHugh all on target to give the hosts a

five point lead.

Robinson and Maycock then shared scores as Celbridge led 0-7 to 0-3 halfway through the half.

A 17th minute Balyna point from Sam Doran had Balyna within three points but they were hit with a sucker punch when a Celbridge counter attack resulted in Ross Maycock finding the net.

Conor Doyle added to that goal with a point and all of a sudden Celbridge had opened up a seven point advantage.

Balyna kicked further points from Doran and

Robinson but again Celbridge had a response and efforts from Archbold and Liam O'Flynn had the North Kildare side ahead 1-10 to 0-7 at the break.

Celbridge really should have put the game to bed in the opening minutes of the second half after Maycock had a couple of opportunities for goals but he firstly crashed a shot off the bar before then palming wide from a dropping Archbold point attempt.

Archbold did split the posts in the 36th minute but one point was scant consolation for the

dominance they were putting on Balyna at that stage.

Consecutive Robinson frees then had Balyna back to within five points and although Conor Doyle steadied the Celbridge ship it was mostly Balyna for the last quarter.

Robinson with three more frees got his side back in the game as they trailed 1-12 to 0-12 entering the last five minutes and when Mark Grehan brought the gap back to two it looked like they might be able to snatch a result.

Celbridge defended well in the closing stages though

and they were able to shut down Balyna's threat and seal a place in the next round.

CELBRIDGE: Tadhg Halpin; Adam Synott, Lee Maycock, Sam McHugh 0-1, Kevin Gorman 0-1, Cian Powell, John Clarke, Darragh Murphy, Dean O'Donoghue 0-2 (0-1f), Darragh Archbold 0-3, Paddy Wall, Conor Doyle 0-2, Gillian Devlin, Liam O'Flynn 0-1, Ross Maycock 1-2.

BALYNA: Tom McDonnell; Mark Newman, Elian Scanlon, Jack Sutton, Jamie Boyle, Killian Galligan, Sean Scanlon, Mark Grehan 0-1, Sean Holton, Shane O'Neill, Sam Doran 0-2, Aedan Boyle, Ashley Langan, Jack Robinson 0-10 (0-8fs), Shane Flynn. Subs used: Jack Donegan for Langan 38 mins, Karl Langan for O'Neill 45 mins.

REF: Conor Daly

SPORT

Pictures: Pat Tinsley

We have the best team and panel in the county - Coffey

All the talk in the days and weeks leading up to the all Newbridge county final was about Moorefield three-in-a-row bid and how Sarsfields wanted to stop them.

Moorefield had never achieved that feat and Sarsfields were the last ones to do so, and for Barry Coffey it was a huge motivation factor in the victory.

"We hadn't talked or processed it until today (Sunday) but there's no point in beating them in the first round or drawing as they were only moral victories so we needed to get the win here, it means a lot to the lads and it's a great relief.

"It was a huge thing to stop them but the only way to that was focusing on ourselves and to be honest we have the best team and panel in the county so it wasn't about stopping Moorefield.

"If you look at the pitch they have plenty to stop us with so it was more about

getting our gameplan right and in turn we'd go on and win the county championship and here we are."

Coffey kicked the levelling score in the first game, and explained how the workrate of the forwards has transformed the team.

"You know what Moorefield are going to give you, they are a very tough team but I think our lads were willing to die to win so its more relief than enjoyment at the minute.

"That workrate among the forwards is Davy Burke all over and he's whipped a few lads off after ten minutes in league games so we've learned the hard way that if you're not defending you'll be sitting beside him on the sideline.

"So there's lads queuing up with the likes of Karl Hartley and Robbie Confrey who got no game time and they'd be on any other team in the county and there's a good

few others as well," he said.

Sarsfields made a blistering start to the game as they built on the momentum from Coffey's leveller.

"We were probably too pumped up at the start as they ran away from us in the second quarter but after that we dominated. We knew if we came out of the blocks we'd be well set up but we did go over the top a bit and they got a run on us.

"We regrouped at half-time though, and we knew we had too many forwards not to score. There were two lads on me for a lot of the game but I knew then there would be more space for Ben McCormack, Ray Cahill, Alan Smith and Cian Costigan. They can't have two on everyone so at this stage I don't really care who does the scoring and Conor Hartley and Daragh Ryan stepped up so it doesn't really matter how you get over the line when you're playing Moorefield but it's enjoyable to win."



Cian Costigan about to pull the trigger on his shot that landed the first of Sarsfield's two goals.



The bouncing ball eludes the leaping shot of Sarsfield's Ciaran McEnerney Aspell.

TAKEFIVE

MAIN MAN - Darragh Ryan (Sarsfields)

There were a number of players on the Sash side in the running for the official Man of the Match award but it eventually went to the all action half back and rightly so. Ryan has been in and out of the team throughout the campaign but he's a Davy Burke type player in the fact he was all over the place and he also bagged two points for himself.

TURNING POINT

In such a tightly contested game goals were always going to be crucial and Cian Costigan's 50th minute effort eventually gave Sarsfields the breathing space they desired. Prior to the opening goal, only two points separated the teams and while the Sash were still the better side Moorefield were right on their tails but Costigan pushed them clear.

SCORE OF THE GAME

Ben McCormack's equalising point in the 43rd minute was a thing of beauty and it kickstarted the Sarsfields momentum shift. It was a beautiful effort from distance off his weaker left foot and it was just one of four points from play for the centre forward.

TALKING POINT

Moorefield have had some glorious days over the last few years but in some ways it felt like the end of an era at the final whistle for the two-time Leinster champions. Their hugely successful management team is parting ways and with a few lads possibly retiring and going travelling it could be all change in 2020, so Sarsfields time really is now.

WHAT NOW?

Sarsfields now go on to represent Kildare against Eire Og of Carlow in the Leinster Club quarter-final on Sunday week.

SPORT

Pictures: Pat Tinsley

Hartley happy to get the win in the end

ROBERT CRIBBEN
editor@kildarepost.com

Conor Hartley was one of the young fledglings to appear from hugely talented Sarsfields minor and Under 21 teams a couple of years ago but now in a strange way he's no longer a kid.

Hartley was a member of the Kildare senior football squad this year and with so many under 21 players on the Sarsfields side he is something of a more experienced head alongside the likes of Shea Ryan, Ben McCormack and Con Kavanagh.

It was no coincidence though that the quartet mentioned above played a starring role in the win over Moorefield.

"With Moorefield it's

always going to be tough as they are a great side and they have been the team to beat the last few years so we knew we were going to get it tough and that's exactly what happened.

"Even when we were six points up I knew it wasn't over and even with the two late penalties you were just holding on at the end but thankfully we stuck it out.

"We just try to stick to the game plan as we know they are going to score as they are a great team but it's how we responded was the important thing."

"The three-in-a-row is the only thing we have over them (Moorefield) as we don't have a Leinster and it's great to hold on to that but I'm sure we'll see them again."

A good start is always key and Sarsfields got that when

leading 0-5 to 0-1 early on but their main aim was to stop Moorefield getting goals and while it didn't quite transpire they did manage to get a handle on their opponents for long periods.

"After the last day we were definitely the happier ones and when it went into injury time you were thinking that was it, but Barry Coffey managed to pull it out of the fire and even just looking back on the video we made a lot of uncharacteristic mistakes which we usually wouldn't.

"So there was still a lot of room for improvement and we knew if we tidied up there we would be in a good position.

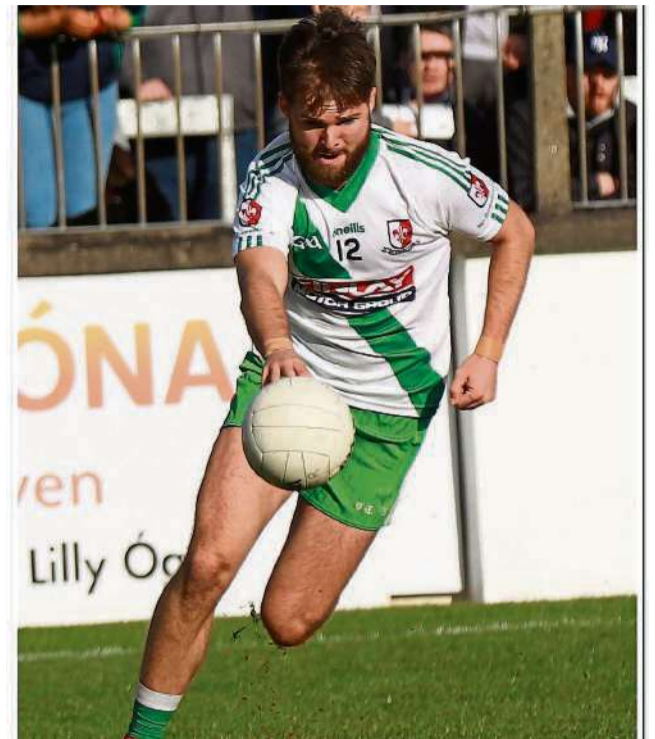
"We did look for a good start and just to stop them scoring goals as the two in the first game were a killer for us and it made it very hard for us to get back into it so we tried to

keep them out for as long as we could and I know they got one in the end but we managed to stick to the game plan and we got out in the end," Hartley said.

Sunday was also a hugely emotional day for everyone involved with Sarsfields after Anne Nolan Dempsey had passed away the night before. Anne was the mother of Sean who had played with the club previously and Hartley made a point that she was always on their minds.

"We had Anne in our thoughts and we mentioned her a few times before the game and we were playing for her out there and Sean Dempsey is a great lad and he was here today.

"We weren't expecting him to be here at all and even seeing him gave us the lift we needed."



Ryan happy to get Sarsfields back on top

ROBERT CRIBBEN
editor@kildarepost.com

With regards to Kildare Senior Football Championship. Sarsfields are the most successful in the county so even three years without one is seen as a long time.

For Shea Ryan it's a second senior medal and he praised the impact the new management had on getting them over the line.

"We're all delighted now, three years is a long time in Sarsfields but there was a lot of hard work there the last few years with different managers and different systems and we just weren't clicking but when Davy came in and met us he was wondering how we weren't achieving as we all knew we had the talent there with the younger players coming through.

"The new management was a breath of fresh air for all of us and just delighted to get over the line."

Sarsfields stayed alive by the skin of their teeth in the original drawn game but for a lot of the players it's a game they feel they should have won

as they missed a lot of chances and they improved tenfold in that regard.

Moorefield hit 1-4 without reply at one stage of the first half but the Sash were still able to garner a response.

"We said last week that after their ten minute spell that we dominated, we controlled midfield and we just didn't take our chances.

"Even though we got the last point we thought we left that game behind us so we knew that if we got our shooting conversion rate up to 60 or 70% we'd have a chance and today (Sunday) they all went over.

"It's a great trait of this team in that we have great character and leadership and it's not just the starting team but the whole 30 or 40 on the panel.

"We knew Moorefield would have a few purple patches so it was just about limiting them on that and we knew we'd get our chance to go on and the few extra scores before half-time helped in getting the deficit down to just two points and that was big for us," Ryan said.

For the second successive

Sarsfields senior title win it's Ryan that walks away with the Man of the Match award and after Shea picked it up in 2016 it was brother Daragh's turn to take the spoils on a big day for the family.

"It was Daragh's first time starting a county final and his first medal so it was nice for him and he got Man of the Match as well so I'm delighted

for him as he had a very good game and he's a credit to himself."

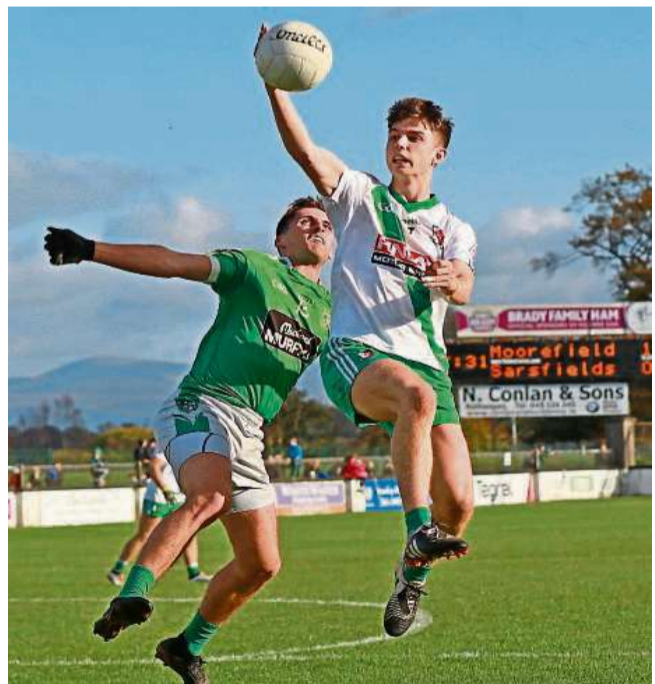
Attention will now soon turn towards a Leinster championship campaign and it's something they want to improve on after losing at the first hurdle three years ago which Ryan was a part of.

"It's well documented that we have a couple of boys going off travelling so we'll celebrate and then focus on Leinster as we want to give that a good lash this year.

"We've let ourselves down in the last couple of years so we need to regroup and give it a right go."



Moorefield veteran Mark Murnaghan makes a crucial pass before having to retire due to injury after only 18 minutes into the game.



Man of the Match, Sarsfield's Darragh Ryan, gathers the ball ahead of the challenge of Eanna O'Connor.



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SPORT

Pictures: Pat Tinsley

Sarsfields dethrone Moorefield to claim senior county title

Joe Mallon Motors Renault SFC Final Replay

SARSFIELDS
MOOREFIELD

2-15
2-9

ROBERT CRIBBIN

Sarsfields are back as the kings of Kildare football after they got one over Newbridge rivals Moorefield in the Senior Football Championship Final replay at St. Conleth's Park.

Sarsfields were fully deserving winners and two second half goals from Cian Costigan and Shane Doyle eventually put the seal on the six point success.

The game was tightly fought until Costigan's 50th minute goal and from that point on the Sash began to take control.

Sarsfields began well and led 0-5 to 0-1 but a Niall Hurley Lynch goal gave Moorefield the initiative to lead at the break but helped by the ferocity of the Ryan brothers and the scoring threat of Ben McCormack Sarsfields eventually pulled clear.

It's a victory that will taste very sweet around the bottom of the town as they denied the Moores after three-in-a-row and it will have been a big motivation factor for the winners.

Prior to throw-in, there was a number of changes as it was announced that both Cian Costigan and Declan McKenna would come in for Alan Smith and Cian McConnell on the Sarsfields side while for Moorefield Adam Tyrrell replaced the injured Mark Dempsey.

They were the scheduled moves but after the pre-match parade Moorefield made four more alterations with Tom Kinsella, Ciaran Kelly, Jason Phillips and Sean Dempsey all coming in.

It didn't seem to work originally though, as Ben McCormack kicked the opening two points with both efforts coming from play.

Moorefield responded

with a 4th minute Eanna O'Connor free but the Sash were rampant in the opening quarter and they scored the next three points with Cahill from a free and Darragh Ryan and Conor Hartley from play all splitting the posts.

Moorefield were sluggish during this period but a drilled Eddie Heavey point halfway through the half soon got them into their groove.

Eanna O'Connor and Ciaran Kelly followed up with points and all of a sudden only a point separated the sides.

The defending champions then hit the front for the first time when a long ball from Eanna O'Connor was knocked down by Jason Phillips in the square to Ciaran Kelly and he laid off to goal poacher Niall Hurley Lynch who buried a shot past Paddy O'Sullivan in the Sarsfields goal.

It was a real purple patch for Moorefield and further scores from Kelly and Cian O'Connor had them in a 1-6 to 0-5 lead.

Sarsfields ended a barren scoring spell of fourteen minutes with points from Hartley, Ryan and Declan McKenna but they missed a glorious chance to go back in front when Cian Costigan turned Liam Callaghan and had Ciaran McEnerney Aspell in space in front of goal but the Sarsfields defender mishit his shot and the effort went by the post.

O'Connor with his third of the half and his first from play increased the Moores advantage to two in first half stoppage time as they went into the break leading on a 1-7 to 0-8 scoreline.

The second half was a lot less intense than a ferocious first half and there were only two points in the opening ten minutes with Ray Cahill and Adam Tyrrell exchanging frees.

Sarsfields lost captain Sean Campbell to injury in the early part of the half as well but it only seemed to serve as motivation as they



Sarsfields celebrate in Newbridge after their stunning victory



LEFT: Sarsfield's Conor Hartley splits the posts from a difficult angle despite the best efforts of Moores captain James Murray.

RIGHT: Sarsfield's Caoimhin McDonnell is first to the ball in this aerial duel with Aaron Masterson.



scored 1-6 without reply between the 42nd and 57th minutes.

Points from McCormack and Declan McKenna got Sarsfields level before Barry Coffey edged them into a two point lead with a brace of efforts.

Cian Costigan then found the net in the 50th minute when McKenna won a break at midfield before laying off to McCormack and the centre forward duly found Costigan to score.

Coffey and McCormack then increased the margin

and the Sash looked home and hosed as they went seven clear.

Moorefield, as they do, refused to throw in the towel and a point from Adam Tyrrell was followed by the awarding of two penalties where O'Connor and Daryl Flynn were fouled with Tyrrell seeing the first saved before O'Connor scored with the subsequent spot kick a couple of moments later.

That gave Moorefield a glimmer of hope in the four minutes of stoppage time but that was quickly

extinguished when sub Shane Doyle took advantage of Moorefield keeper Tom Kinsella wandering outfield and struck home to an empty net as Sarsfields put the seal on a first county title since 2016.

SARSFIELDS: Paddy O'Sullivan; Shea Ryan, Sean Campbell, Tom Aspell, Con Kavanagh, Ciaran McEnerney Aspell, Darragh Ryan 0-2, Matty Byrne, Caoimhin McDonnell, Declan McKenna 0-2, Ben McCormack 0-4, Conor Hartley 0-2, Barry Coffey 0-3 (0-2fs), Ray Cahill 0-2 (0-2fs), Cian Costigan 1-0. Subs used: David Shalvey for McDonnell 37 mins, Diarmuid Hartley for Campbell 40 mins, Alan Smith for Cahill 45 mins,

Shane Doyle 1-0 for Costigan 51 mins, Brian McDonnell for McEnerney Aspell 57 mins.

MOOREFIELD: Tom Kinsella; Sean Healy, Liam Healy, Sean Dempsey, Liam Callaghan, Kevin Murnaghan, James Murray, Aaron Masterson, Cian O'Connor 0-1, Adam Tyrrell 0-2 (0-1f), Eddie Heavey 0-1, Niall Hurley Lynch 1-0, Ciaran Kelly 0-2, Jason Phillips, Eanna O'Connor 1-3 (0-2fs). Subs used: Anthony Durney for Murnaghan 18 mins, David Whyte for Phillips 34 mins, Eamonn Callaghan for Kelly 43 mins, Daryl Flynn for Hurley Lynch 46 mins, Daire Dunne for Heavey 60 mins, Eoin O'Connor for L.Callaghan 61 mins.

REF: Liam Herbert



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Kildarepost Sport

Thursday, October 31, 2019



U-21 football and hurling championship coverage - pages 67 and 68

SEN-SASH-IONAL!



Jubilant Sarsfields captain Sean Campbell raises the Dermot Bourke Cup after his side defeated fierce Newbridge rivals, Moorefield, to win the Joe Mallon Renault Senior Football Championship Final at St Conleth's Park last Sunday. Picture: Pat Tinsley.

olutions - Improving pitch performance
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ROSE B O'DONOGHUE
editor@kildarepost.com

The stage was set for a mighty rematch last Sunday for the Joe Mallon Renault Senior Football Championship, as Newbridge clubs Sarsfields and Moorefield lined out

for the replay. Sarsfields had pulled a last minute equaliser out of the bag from the boot of Barry Coffey the previous week, shocking reigning champions, Moorefield.

St Conleth's Park was a sea of green as fans from the rival clubs arrived. In some cases, families had

divided loyalties but all were hoping for a good game with the tension and excitement of the week before. Few predicted that it would be the underdogs, Sarsfields, who would run out the winners with a six point margin, even after Moorefield were given two penalty reprieves, one

converted but one brilliantly saved by Sash goalkeeper, Paddy O'Sullivan.

And so, Moorefield fans lamented but none could take away from the determined performance of Davy Burke's boys. The three in a row was not to be for Moores but

they'll be back and no doubt, ready to avenge Sunday's steal by an impressive Sarsfields side. Meanwhile the celebrations continue, see comprehensive coverage with this edition, action and fan pics courtesy of Pat Tinsley,

Pages 69-71: Robert Cribbin reviews all the action from the SFC final replay

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