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Thursday, November 14, 2019

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NEWS • ENTERTAINMENT • SPORT

IDA SECURE MASSIVE NEWBRIDGE SITE



IDA Ireland

CONOR MCHUGH
 editor@kildarepost.com

The IDA has confirmed the purchase of a 211 acre site just outside Newbridge, near the new Lidl distribution centre and the Pfizer facility, in a move that is believed will lead to the creation of hundreds of jobs for south Kildare.

It is understood that the sale was facilitated

by NAMA and could be developed into a business park, or for a single large foreign multinational manufacturer, similar in scale to the Intel facility outside Leixlip.

Local TDs Fiona O'Loughlin and Martin Heydon welcomed the €10 million site purchase by the IDA, and each stated the sale of the site at Littleconnell, Newbridge could be a significant boost for the county.

SEE PAGE 4 FOR FULL STORY →



SUPPORTING CHILDLINE

Sister and brother, Caoimhe and Cian Kelly, photographed at the Childline Breakfast at Enquiring Minds Creche, Prosperous, last Saturday. PICTURE: AISHLING CONWAY

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NEWS

IDA secure 211 acre site near Newbridge

Sale seen as significant boost to South Kildare economy

CONOR MCHUGH
editor@kildarepost.com

The IDA has bought a huge 211 acre site at Littleconnell just outside Newbridge, near the new Lidl distribution centre and the Pfizer facility.

It is understood that the sale was facilitated by NAMA and could be developed into a business park or for a single large foreign multinational manufacturer, similar in scale to the Intel facility outside Leixlip. Either way, it is expected that the €10 million spent buying the site will bring hundreds of jobs to the area.

Local TD Fiona O'Loughlin (FF) said she had heard of a large American firm who might be interested in establishing themselves in the county, and she warmly welcomed the news, saying it would be great for Newbridge and all of Kildare.

The IDA has not indicated if it had a potential enterprise in mind for the site, and at the time of going to press, had not responded to an inquiry from the Kildare Post.

Significantly, the €10 million paid by the IDA is more than the entirety of what the IDA spent on all similar land purchases in each of the previous two years.

The enhancement of the nearby motorway and other upgrades to the Naas to Newbridge road was considered key to the attractiveness and development of the site, allowing the IDA to bring potential clients "directly



An aerial picture of the area of the site which has been purchased by Kildare County Council at Littleconnell just outside Newbridge, near the new Lidl distribution centre and the Pfizer facility

from the plane". That's according to Deputy Martin Heydon, who has also welcomed the news as "a hugely significant jobs opportunity for Newbridge and South Kildare".

The FG deputy pointed to investment of €110m in the M7 road widening and the €30m Barrow Abstraction Scheme saying it had made the area "an even more attractive location for large multi-national employers".

Deputy O'Loughlin said she believed that rates paid by whatever is established at the site should be kept and spent locally.

Both TDs saw the news as a further impetus for the construction of a second bridge for Newbridge, and the further development of other facilities such as schools and better public transport.

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



EARLY BREAKFAST

Little Saoirse Dunne at Enquiring Minds Creche last Saturday. The creche hosted breakfast in aid of Childline PIC: AISHLING CONWAY

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A Night of Music and Song

Orna, Niall and Emmet Furey with Ciara Bergin attending a concert by the Defence Forces Training Centre at the Curragh Camp, hosted in St Brigid's Garrison Church last Sunday. PIC: AISHLING CONWAY



Charity brekky

Peter, Cathal and Ciara Rynne at the Enquiring Minds Creche, Propserous which hosted a breakfast event last weekend in aid of Childline PIC: AISHLING CONWAY



€27,000 raised by Kildare marathon runners

Congratulations to Ardclough residents Yvonne Brophy, Seamus Mangan, Bill Blake and Ian Collins who all completed the New York City Marathon on November 3. The four raised an incredible €27,000 for the Irish Cancer Society. They acknowledged the huge support in messages, and also the generous donations which will benefit the Irish Cancer Society.

CRIMEBRIEFS

Thieves steal charity box

Gardai are investigating after a group of men broke into the Lidl store in Sallins on Tuesday and stole a charity box.

Four males arrived in a red Ford Fiesta at the store at 11.10pm and three broke into the premises.

Anyone with information can contact Naas gardai on 045 884 300.

Break-in

Gardai in Newbridge are investigating a break-in to a home while the female homeowner was alone inside.

On Sunday morning, October 10, two men broke into the property in the Milltown area through the kitchen window.

The woman heard the two men, and fled through a bedroom window.

Gardai say the woman saw the two men being picked up in a black car by a third male.

Anyone with information can contact Newbridge gardai on 045 431 212.

Threatened with syringe

Gardai in Newbridge have launched an investigation after a man was stabbed with a syringe as he walked home from socialising in the town.

The incident happened last Saturday, November 9 on the Athgarvan road at 8.45pm.

Gardai say a male dressed in dark clothing jumped out from the bushes brandishing a syringe demanding the man's wallet.

An altercation subsequently took place and the injured party defended himself.

He was stabbed in the shoulder with the syringe and received treatment in hospital. Nothing was taken during the incident.

Anyone with information can contact Newbridge gardai on 045 431 212.

Clane home burglary

Gardai are appealing for information on a burglary at a Clane home.

The incident happened on Wednesday, November 6 at The Cloisters, Abbeylands.

Gardai say three men entered the home and stole a number of items. Anyone with information can contact Naas gardai on 045 884 300.

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NEWS

Newbridge Fire Station hosting major training event

SENAN HOGAN
 editor@kildarepost.com

A major emergency services training event will be held at Newbridge Fire Station next year.

Specialist response teams from Ireland and overseas will attend the Rescue Organisation Ireland National Rescue Challenge 2020 in Newbridge on Saturday, April 18.

The 12th Rescue Organisation Ireland National Rescue Challenge is designed for all emergency services, both professional and voluntary, to come together to demonstrate and share their skills in road traffic collision and pre-hospital trauma care.

SHARING SKILLS

This is the only event in Ireland where domestic and international emergency services come together, share skills and compete in these two crucial disciplines of patient care.

A spokesman for Rescue Organisation Ireland said: "We are partnering with Kildare Fire Service who are hosting the challenge."

"The Challenge will have many different learning opportunities for



Members of Kildare Fire Service taking part in training exercise in 2018. Photo: Rescue Organisation Ireland

everyone including the theme of agricultural-based scenarios in association with Macra na Ferma, a free and open to the public CPR Challenge in partnership with the Irish Heat Foundation and road safety with the Road Safety Authority."

Kildare Fire Service crew members recently took part in a

Rescue Organisation Ireland training exercise at Casement Aerodrome hosted by the Irish Air Corps.

The training covered Air Ambulance operations, parachute incidents, road traffic collision rapid extrication and ejector seats.

Rescue Organisation Ireland (ROI) is a voluntary organisation

and a registered charity founded by members of the Irish Fire & Emergency Services as a means of improving, updating and standardising the training of Emergency Service personnel (in particular Fire Service) who regularly respond and deal with Road Traffic Collisions (RTCs) on Ireland's roads.

Crossings Christmas Corolla Collection gets underway



The Crossings Naas are once again hosting their Christmas Corolla Collection.

"We're asking the people of Kildare to donate toys and foodstuffs to be distributed and donated to the St Vincent de Paul locally," said Liam Fitzpatrick of the Crossings.

"People can drop in their donations to The Crossings located on Sallins Road, Naas six days a week, from Monday to Friday, 8.30am-6pm and from 9am-5pm on Saturdays.

"We will be accepting donations until December 14" he stated, "so as to distribute the goods in time for Christmas.

"Our campaign was incredibly successful last year, and we were astounded by the generosity of the people of Naas and surrounding area - so all donations appreciated, toys, foodstuffs and gifts, etcetera, accepted up to, and including December 14".

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Shock as Kildare golf club closes suddenly

SENAN HOGAN
 editor@kildarepost.com

Dunmurry Springs Golf Club near Kildare town, which featured on RTE business makeover programme At Your Service, closed its gates on Tuesday after its debt was sold by its bank to a vulture fund.

Owner Simon Holohan said he made the decision to shut the facility "with enormous sadness."

He confirmed in a statement to members that the club's loan and credit facilities were sold last week by AIB to a vulture fund.

He added: "Without a banking

facility we are unable to continue to employ staff and maintain the course."

Dunmurry Springs Golf Club opened to players in 2005 but had five staff and 200 members up to its closure.

An EGM called by members of the golf club was due to be held last evening [Wednesday] in the club house.

When Dunmurry Springs was first opened in 2005, the course was awarded the accolade of one of the top-10 new courses in Europe by the US magazine 'The Golfer'.

The golf club featured on the At Your Service business makeover

programme fronted by hoteliers Francis and John Brennan in May 2018.

The programme heard that the family of owner and general manager Mr Holohan had built a golf course on their farming land over a decade ago after farming in the area since the 17th Century.

Viewers heard thAt the Brennans were brought in to help increase revenues at the facility by getting tenants to rent vacant units.

Mr Holohan said in his statement to members that despite hIS and his team's consistent and tireless work to maintain and



ABOVE: Owner and general manager Simon Holohan. Photo: RTE
BELOW LEFT: Dunmurry Springs Golf Club outside Kildare town



sustain Dunmurry Springs, "the last 12-24 months have been particularly difficult and we have now been given no option but to close."

He added: "I would like to thank our staff who have gone above and beyond to keep Dunmurry Springs going over the years.

"We will meet all our commitments to our staff and we will ensure they are given their full

entitlement at what is a very difficult time for them.

"I would also like to say thank you to all our loyal members who have stuck with us over the years and particularly to those members who have worked hard in recent months to help turn things around."

The facility is likely to be sold in 2020 and may re-open under new management, Mr Holohan said.

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NEWS

Construction begins this week on tech hub for Co Kildare

KIM O'LEARY
editor@kildarepost.com

Construction has commenced this week which will see the development of an exciting new tech space for Naas and Co Kildare. The Mid-East Regional Innovation Think Space (MERITS) in Naas, will provide a dynamic space for over 100 technology workers when works are completed in November of next year.

The hub was the successful recipient of nearly €2m funding under Enterprise Ireland's Regional Enterprise Development Fund and is a key objective under the Mid-East Regional Enterprise Plan 2020.

Welcoming the start of the construction phase, Labour's Emmet Stagg stated that the Mid East Regional Innovation Think Space (MERITS) is a project to cluster Irish and International new-technology companies. "It will provide workspace for technology entrepreneurs and technology businesses specifically those involved in the digital economy, internationally traded services and high-tech manufacturing and will work closely with Maynooth Works which is Maynooth University's Business Incubator Unit. MERITS will provide mentorship and support and through its provision, companies of all sizes will



Ena Coleman, Regional Development Executive Dublin Mid East at Enterprise Ireland with Cllr Rob Power and Peter Carey Chief Executive, Kildare County Council on site as construction commences on the new MERITS Tech Hub for Naas/Kildare

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have a space where they can access expertise and knowledge, develop cutting edge technologies, become more innovative and resilient, and grow business, creating new jobs in Kildare and the Mid-East Region" he said.

Mr Stagg stated that work on the project is expected to be completed by November next year.

Chief Executive of Kildare County Council, Peter Carey, praised the vision of everyone involved in getting the project to this point.

"On behalf of Kildare County Council, we are really proud and excited to be driving such an ambitious project for the county and the region. MERITS is one of a number of innovative workspaces that we are developing in partnership with our key stakeholders around the county and

the Mid-East region. MERITS is a purpose built co-working space that will be aimed at tech entrepreneurs and those involved in the digital economy. The hub will work closely with Maynooth University and MaynoothWorks, the Local Enterprise Office and Enterprise Ireland in providing the necessary supports that will allow entrepreneurs and start-ups to scale up".

"Kildare County Council recently conducted a commuter survey which highlighted to us the real ambition of our outbound commuters to relocate and work in the county. As a local authority, we want to meet their needs in this respect and are actively working on the development of additional hubs in the county such as an equine tech hub in Kildare town and a food innovation hub in Athy," added Mr Carey.

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Advertorial

This Winter COPD, Asthma, and Bronchitis sufferers can get relief with Natural Salt Therapy

Helps you breathe more easily Available from local pharmacies

As winter looms those who are prone to respiratory issues like chest infections, asthma attacks and bronchitis, will be trying to ensure they stay infection free. A natural salt based Air Purifier called Salin® Plus may be the answer. Local Pharmacists have been offering Salin® Plus for over seven years now and say that this natural salt therapy can help their customers manage respiratory problems including Asthma, COPD, Bronchitis, Cystic Fibrosis, Sinusitis, Rhinitis (Hay Fever), Allergies, Snoring and Sleep Apnoea. They consider the Salin® Plus Air Purifier to be a great complement to medication.

Salt therapy has been used since the mid 1800's when a Polish physician observed that miners working in salt caves didn't get the lung diseases common in other miners.

fanned through the air to relieve breathing difficulties. Once inhaled, the micro-particles of salt penetrate deep into the lungs which can help unblock and remove any build-up of mucus and foreign allergens.

What is the Salin® Plus Air Purifier?

It is a small device about the size of a kettle that you plug in each night and leave on while you sleep. The following morning you wake up feeling refreshed after having a great night's sleep.

Benefits of salt therapy

The benefits of salt therapy can be attributed to its anti-inflammatory effects. Salin® Plus Air Purifier uses Micro-crystalline salts that are

Works while you sleep

This alternative treatment uses dry sodium chloride to help relieve respiratory problems, there are no masks or tubes involved. Just plug in the small Salin® Plus Air Purifier and leave it on while you sleep.

Replace the Salin® Plus Air Purifier Filter regularly



For best results it is recommend that you should change the salt cartridge /



The Ideal Christmas Gift Salin® Plus Air Purifier helps you breathe more easily, so you get a great night's sleep



filter of the Salin® Plus Air Purifier every 4-6 months or it will not work as intended, that is to clear the airways and release phlegm, resulting in the user being able to breathe more easily and having a great night's sleep.

Keep a note of the date you change the filter.

A great complement to medication

The pharmacies profiled in this article recommend that you should never go off your medication without speaking to your pharmacist or doctor. However they consider the Salin® Plus Air Purifier to be a great complement to medication.

How Salin® Plus Air Purifier has helped these users

Colds, Coughs and Bronchitis



Siobhan, mother of triplets said "We purchased the Salin® Plus Air Purifier in September 2017 for our then 3yr old triplets who were born prematurely at 31 weeks. They very frequently suffered with **Colds,**

Coughs, Chest Infections, Bronchitis and we had hospital stays with Influenza and Pneumonia. The winter months were the most difficult. Steroids, Antibiotics and Inhalers would be prescribed to all three to deal with these symptoms. After installing the Salin® Plus Air Purifier in their bedroom, I very quickly noticed the excellent quality of the air. The girls would sleep very well and often undisturbed especially if they had a cough or chest infection.

Now age 5, the girls are doing great. I wish we had known about Salin® Plus Air Purifier soon after they were born. I wouldn't be without it."

COPD and Sinusitis



Mary O'Hara (pictured) said "I turn it on in my bedroom for 30 minutes before I go to bed and leave it on while I sleep all night. I would highly recommend Salin® Plus Air Purifier for those with **COPD**".

Mark O'Hara (pictured) said "I have been using the Salin® Plus Air Purifier now for approximately 3 months in my bedroom and have noticed a good improvement with my **Chronic Sinus** issues. The machine is easy to use and is quiet enough to not interfere with my sleep".

Chest Infections and Asthma



Deborah said, "I bought the Salin® Plus Air Purifier as my daughter suffered badly with breathing problems due to **Chest Infections and Asthma**. She was on a lot of medication. I have to say

that since getting this machine she sleeps better, breathes better, as do I and everyone else in the house. I would highly recommend the Salin® Plus Air Purifier for nasal or chest problems."

Tonsillitis and Sinus Infections



Michael's mum, Laura said: "Since winter 2013 Michael (pictured) had suffered with **Tonsillitis, Sinus Infections, and Chest Infections**. In January 2017, we were recommended to try the Salin® Plus Air Purifier for

Michael. He is now a far healthier child and is sleeping better. I can 100% say that the Salin® Plus Air Purifier has helped us and our little boy's life and I would recommend this product to other parents".

How Salin® Plus Air Purifier Works



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Jonathon Morrissey (Pharmacist) & Edel Marron (Manager)

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(L-R) Sandra Deegan, David Murphy (Pharmacist), Anne Marie Davis, Llsa O'Connor and Agata Magdziarz

David Murphy Staywell Pharmacy
The Crossings, Dublin Road, Naas,
Co Kildare. 045 874171



(L-R) Rachel Hussey, Billy Feighery (Pharmacist) and Sadhbh Sheridan

Sallins Pharmacy
Clane Road, Sallins,
Co Kildare.
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(L-R) Aine Clinton, Louise Taylor (Pharmacist) and Emily Garry

Kildare Pharmacy
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Co Kildare.
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(L-R) Lisa Murphy, John Tallon (Pharmacist), Sinead Mackey (technician), Hilary Farrell & Jackie Burke

Bergins Pharmacy
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(Salin® Plus Air Purifier Trial Hire Units are available at all of the above featured Pharmacies. T&C apply.)

Salin® Plus is a product of Virginia Medical Supplies • For more information see www.salinsalttherapy.com



NEWS

HAP scheme delays need to be addressed – TD

It's taking up to nine weeks to process some applications for Housing Assistance Payments (HAP) in Co Kildare, a TD has claimed.

Social Democrats co-leader Catherine Murphy, who raised the issue in the Dáil on Thursday, October 7, called on the Minister for Housing to intervene in the issue.

Dep Murphy said: "The delay in processing applications now averages nine weeks. Kildare County Council is now processing applications made in August. This means that anyone who had found accommodation has to come up with the deposit, the one month's rent in advance, the October rent and now the November rent is due.

"If that was totalled up for most parts of the country, it would amount to between €6,000 and €8,000.

"The HAP scheme is paid to people who cannot pay the rent so it does not take a genius to figure out that this is a real problem and people are borrowing money, if they can do that."

HAP is a form of social housing support provided by local authorities. Under HAP, local authorities can provide housing assistance to households with a long-term housing

need, including many long-term Rent Supplement recipients.

A spokesperson for Kildare Co Council said: "The current processing time for Housing Assistance Payment applications is 8-9 weeks, this time frame is due to the volume of applications being received."

Tánaiste Simon Coveney, who was a former Minister for Housing, Planning and Local Government, replied in the Dáil to Murphy that the HAP scheme was introduced because it provided more security of tenure for tenants and also more security and consistency for landlords as they were dealing with local authorities for payments rather than directly with tenants.

He added: "Last year, 17,926 people moved into HAP.

"It is a big part of social housing supports right now.

"We will see an extra 10,000 social housing units coming into the stock of social housing this year."

The Cork South Central TD added: "And over time we will see less reliance on the private rental market to accommodate people who cannot afford to find accommodation themselves."



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NEWS

Busy month for community gardaí across the county

ROSE B O'DONOGHUE
 editor@kildarepost.com

Community gardaí across County Kildare have been busy over the past few weeks. Last Friday, November 8, gardaí from Kildare town station hosted a crime prevention awareness event outside Café K in Kildare town shopping centre.

Sargent Gavin Dunphy accompanied by Garda William Barry and Garda Evanna Harty were busy for hours, engaging with shoppers and members of the public, and giving advice on personal safety, home security and crime prevention.

Deputy Fiona O'Loughlin dropped into the centre and found herself busy for an hour, handing out advice sheets

and forms.

Last Sunday, community gardaí attended the 45th celebrations of Maynooth Scouts and wished them well for another 45 years of teaching children invaluable skills. Gardaí also attended Kildare County Council's Community Awards at Maynooth University.

A 'coffee and cops' morning was held in Athy Golf Club with Mayor of Kildare, Cllr Suzanne Doyle dropping in. Gardaí also attended Athy town promoters' Halloween event which was aimed at reducing bonfires and anti-social behaviour.

A parade and party took place in Athy, in the back square on 31 October despite the poor weather and a great night was had by all.



Sgt Gavin Dunphy with Grace Carroll outside Café K



Eddie Heffernan, with Sgt Gavin Dunphy, Garda Evanna Harty, Garda William Barry and front, Deputy Fiona O'Loughlin and Helena Kerrigan at the event last Friday in Kildare town. PICS: Lucia (Lucy) Leavy



Community Garda Evanna Harty with staff members of Whelan's Pharmacy at last Friday's event in Kildare town



Difig Fiontair Áitiúil
Local Enterprise Office



Kildare County Council
Comhairle Contae Chill Dara



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For more information contact localenterprise@kildarecoco.ie or phone 045 980 838

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NEWS

Katie Taylor boxing gloves among auction items at ladies' lunch



TARA LANE
editor@kildarepost.com

Network Ireland Kildare Branch are in the final stages of preparation for the annual Charity Lunch to be held in Killashee Hotel on Friday, November 22. The event is being held in aid of the chosen charity for 2019, Aoiheann's Pink Tie and promises to be a huge success.

The event will commence with a Prosecco reception followed by a three course lunch and entertainment by John Forde and Kildare's renowned soprano, Celine Byrne.

Network Ireland Kildare Branch President, Emma Murphy commented "Only days to go to our annual charity lunch and wow, what a day we've planned"

"Jam packed with outstanding auction and raffle prizes fantastic entertainment, a gorgeous goodie bag and of course a diamond to be won on the day, what more can I say. It's a charity event not to be missed and we look forward to

raising much needed funds for Aoiheann's Pink Tie who offer amazing financial and practical support for families with children affected by this awful disease.

"Every cent counts so if you can't attend on the day, please contact me for details."

Amongst the items for auction, which will be conducted by popular Kildare auctioneer, Aubrey McCarthy, are a rugby ball signed by Ireland's senior team, two Dublin jerseys, a walk-on part in Fair City, a soccer jersey, framed picture of Dublin GAA legend Bernard Brogan, a stable tour of Gordon Elliot's racing yard, Katie Taylor boxing gloves and much more.

There is also a raffle with beautiful prizes so there will be some very happy winners while raising much needed funds for Aoiheann's Pink Tie. If you would like to make a contribution to Aoiheann's Pink Tie, you can contact Network Ireland Kildare Branch on Facebook or LinkedIn. Last year's charity luncheon raised



ABOVE LEFT: Rugby ball signed by Ireland's men's senior team IS one of the interesting sporting items up for auction and RIGHT: Goodie bags ready for guests at the Network Ireland Kildare charity luncheon on Friday week

€33,000 for Tiglin Rehabilitation Services, the largest amount raised to date from the event.

The events are run in association with Local Enterprise Office Kildare and with the support of Kildare Post/Kildare Now along with

our national partner, AIB. **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 15 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. We also celebrate

International Women's Day in March, our annual BusinessAwards and our very successful Annual Charity lunch in November. We have over 140 members from a large variety of professions, from sole traders to CEOs of large organisations.



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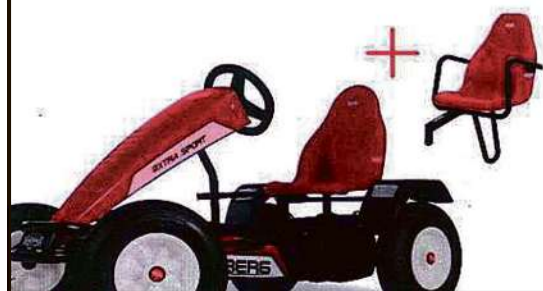
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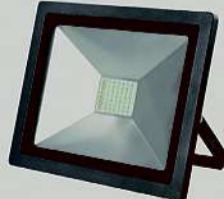

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NEWS

'Powerful' auction in aid of KARE services

Fab items will be on offer in this charity auction in aid of a local good cause, from holidays, dinner with Bertie Ahern and Charlie McCreevey to making your will, with solicitor's fees paid!

ROSE B O'DONOGHUE
 editor@kildarepost.com

Father and son, Sean and Robert Power, will be hosting a week-long auction later this month, in aid of KARE services.

"Having been involved at both board and volunteer level with KARE for a long number of years, my father Sean announced his intention to run the auction during his tenure as Mayor of Kildare last year" said Rob, who is a Kildare County Councillor representing Newbridge.

"But we are only getting around to it now!" he told the Kildare Post. "The fundraiser will comprise of a week-long online auction, commencing on November 22 where most items will be available to bid on. An open reception will be hosted on Sunday, December 1 at the Keadeen Hotel, Newbridge at 2pm where we will have a raffle and auction for a select group of items".

For any far-thinking readers, a solicitor's services to complete a will is one of the goods up for auction! Other items to be auctioned is dinner for 10 people with Bertie Ahern and Charlie McCreevey; weekends for two in Ireland



Shane, Margeurite with baby Aoife, Sean, Rob with Laura holding baby Maxwell and Lisa Power photographed when Sean was elected Mayor of Kildare and his son, Rob as Vice Mayor last year

(various) and Lisbon plus a family holiday in Salou; lunch and shopping spree in Kildare Village with overnight, dinner, bed and breakfast; Mondello driving experience; All-Ireland football final tickets; lunch for four at Dáil Éireann; green fees in various

Kildare golf clubs and generous prizes sponsored by Punchestown, Naas and The Curragh racecourses.

"We are hugely grateful for the support of various partners across business, retail, political, the hospitality sector and the generosity of the general public in

compiling the prize list to date" said Sean Power.

"If anyone would like to donate further prizes, please contact myself at 087 294 3299 or Rob at 085 727 9307 before Friday, November 15" concluded Sean.

The bidding line will open at

app.galabid.com/kare but will not be live until November 22. To register, text your name to 086 180 3786 after November 22; bidders will be updated on bids, and they will be able to increase their offer should they wish to remain in the 'race' for the goods/prize.

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NEWS



LEFT: Kevin Collins proud Dad with Tim, Grace and Ben and proud Irish mother, Jenny (nee Horan)
ABOVE: Ben Collins (17), whose grandparents hailed from Co Kildare. Ben has been selected to represent Ireland at next year's World Lacrosse Championships to be hosted in Limerick

Ben selected for lacrosse championships

ROSE B O'DONOGHUE
 editor@kildarepost.com

Seventeen year old Ben Collins was chuffed to be confirmed for the U19 Irish national team to compete in the Lacrosse World Championships to be hosted in Limerick in July 2020.

Ben is the youngest of 19 grandchildren of Evelyn and

Micheal 'Mick' Horan, former Mayor of Ballymore Eustace, and well known bus driver for several schools in the area.

The youngest of three children of Jenny (Horan) and her husband, Kevin Collins, Ben lives with his parents and siblings Tim (23) and Grace (19) in Manchester. The youth is extremely proud of his Irish heritage and is a regular

visitor 'home', having worked also during school vacation with his uncle Eamonn at the popular pub and restaurant, Horan's of Baltinglass.

Ben is currently studying at Loreto college in Manchester and planning to become an IT professional.

His older brother, Tim, has already gained international

honours in the same sport, albeit for England — but his mum Jenny is especially delighted that Ben will be representing her native Ireland, which will host the U19 World Championship competition next summer.

Hopefully, many of his Irish family will be there to cheer him on. "His part time work at his uncle Eamon's pub in Baltinglas helped

him to secure part-time bar and restaurant work closer to home, so thanks Uncle Ned!" said Ben's father, Kevin Collins.

The family were home in June of this year to cheer on close family friend, Dave Butler (formerly of Naas) who was honoured at LIFE Credit Union People of the Year Awards in Jenny's native village, Ballymore Eustace.

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Advertorial

Fallen Empire to perform at Green Isle Party Nights!

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Fallen Empire with added musicians pack a great repertoire of dance music, with a brass section also during their performance

The popular seven piece live band Fallen Empire will perform at this year's Green Isle party dates, December 6, 13 and 14. Fallen Empire are renowned for their lively performances, all the top favourites from the 60s through the noughties with something for everyone, guaranteed to keep the floor the 'hot spot' for the evening. There are two female singers and one male singer with an added bonus of possibly a flavour of the brass section at some point during the night's entertainment.

Various band members have played with headline acts like Bon Jovi, Damian Rice, Take That, The Coronas, Kid Rock and Razorlight, every genre of music covered from Pop, Rock, Motown to Dance Music.

Doors open at 7pm, for reserved seating in the Clifton Suite; dinner service starts at 7.30pm serving a delicious four course Christmas dinner.

DJ AND DANCING

Fallen Empire take to the stage at approximately 9.30pm – 9.45pm followed later by a professional DJ, so the dancing will continue! Only €49 per person; stay overnight for only €40 per person sharing with full Irish breakfast included.

Call 01 412 3708/03 to book or email events@greenislehotel.com Fallen Empire performing at the Green Isle Christmas Party nights on December 6, 13 and 14. Book now!

Christmas Coffee Morning

Dunshane Community invites all to their Christmas coffee morning to be hosted on Friday 29, from 10am-12pm. Hosted at Dunshane Community residence near Brannockstown (close to Ballymore and Kilcullen also), the event will have delicious cakes and seasonal treats for sale, along with festive crafts made at Dunshane. All welcome, enjoy a cuppa whilst supporting this wonderful service.

Bosco is back!

Bosco, a celebrity puppet from the 80s, is coming to Kilcullen, thanks to the local Lion's Club. Bosco and Paula Lambert Puppet Theatre will be at the Town Hall, Kilcullen on Sunday, December 7 at 2.40pm. Tickets to 'Once upon a time' with Bosco, are €12 per person, or a family of four for €40, available from Berney's Chemist, Main Street, Kilcullen or any member of Kilcullen Lion's Club.

The Chaser

A reminder that BME GFC will be hosting the Chaser on November 29 at Tulfarris Hotel & Golf Club. This is the club's major fundraiser this year and was recently launched by GAA correspondent Joe Brolly. Tickets are still available for the show which is based on the popular TV quiz programme; contact Bernie, BME GFC club secretary on 086 380 5332.

As always, Joe had a few controversial opinions to share but he was extremely high in praise of the GAA movement at grass root level, and of the efforts Ballymore GFC had made on the night, this level "being the real heart of the GAA community". A great night guaranteed at Tulfarris on November 29!

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Give a little gift and show a little kindness this Christmas

ROSE B O'DONOGHUE
 editor@kildarepost.com

Community worker with Kildare County Council, Carmel Cashin, is appealing to

Drug and alcohol awareness - Suncroft,

Suncroft Community Outreach Group is hosting a drink and drugs awareness night on Wednesday, 20 November. Guest speaker will be John Lonergan, former Mountjoy Governor, who will address the attendance on substance abuse. Starting at 7.30pm, parents, adults and students are welcome to attend. The event will be held at Suncroft Community Centre.

Kildare families across the county to start thinking about those less fortunate in advance of the festive season spend.

Carmel is encouraging parents to include their children or teenagers in gathering Christmas gift boxes, which will be distributed to the Peter McVerry hubs in Athy and Prosperous, women's refuge centres in County Kildare and County Wicklow, along with gift boxes for the homeless.

STRUGGLE

"Christmas is a wonderful time for most families but it's also a very hard time for those who struggle financially, for the homeless and for adults and children who may be temporarily living in refuge centres.

"Santa may not be aware of recent moves or have the full list of families living in centres or on the streets."

Carmel, recently appointed chair of Blessington Forum, is appealing for shoeboxes gift wrapped with treats and gifts

inside for children, men and women, with the collection point at St Kevin's Hall, Blessington on November 30, from 11am to 3.30pm.

"What really touches me every year when we are gathering the gift boxes, is to see hand-written cards made and written by children to other children.

"This really extols the true meaning of Christmas, of celebrating kindness and goodness with one another.

"We are basically appealing for children's gift boxes which can entail a small toy, a selection box, some colouring books with pencils or markers, maybe a book and some little bits and bobs, it all has to fit into a shoe box.

"Wrap the box and lid separately, and maybe put a post-it on the lid indicating boy/girl aged X years," she said.

REFUGE CENTRES

Carmel continued: "We also ask for adults' gift boxes which go to refuge centres in

counties Kildare and Wicklow, and to the homeless.

"For women, some toiletries, a little treat, maybe a hat and scarf, gloves or a book.

"For men, woolly hat and socks, a scarf, toiletries, chocolates, etc. No scratch cards please, no money and no razors.

"Don't tape up the lids as we have to check that all goods are age appropriate and

have no dangerous objects.

"If anyone wants to donate a sleeping bag instead of a gift box, that would be most appreciated too.

ALL SUPPORT WELCOME

"This is a good time to pick up a few bargains or unused gifts from last year, get your children involved and make up a few shoebox gifts now.

"You have no idea how

much these gifts mean to the recipients, who are down on their luck for now, but appreciate being treated as a person and to be remembered amidst the madness of the festive season!" concluded Carmel.

Collection point is at St Kevin's Hall, Blessington, on Saturday, November 30, from 11am-3.30pm. All support appreciated.



Spread a little kindness this Christmas please; gifts for adults and children will be distributed to women's refuges in Kildare and Wicklow, plus some will be given to the homeless



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James Mangold

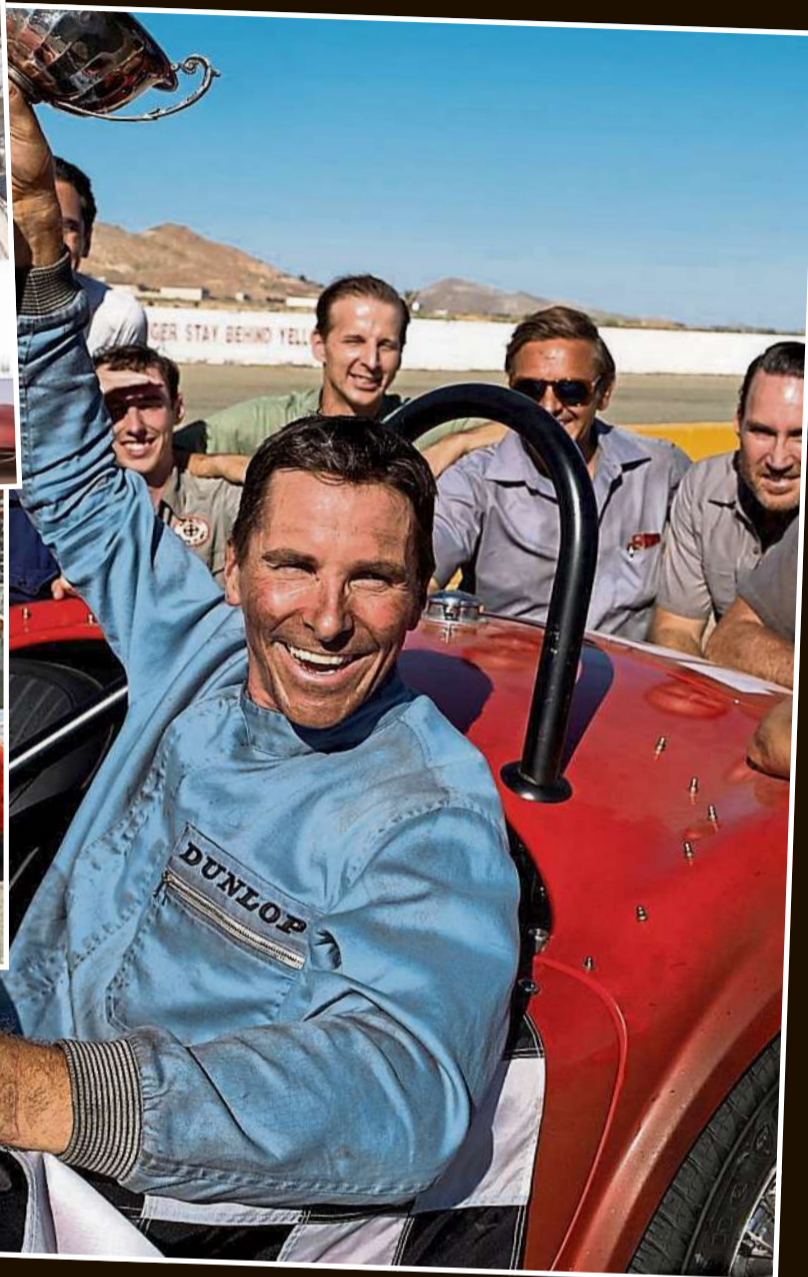
STARRING:
Matt Damon, Christian Bale

GENRE:
Drama

RUN TIME:
152 minutes

RELEASE DATE:
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American automotive designer Carroll Shelby and fearless British race car driver Ken Miles battle corporate interference, the laws of physics and their own personal demons to build a revolutionary vehicle for the Ford Motor Co. Together, they plan to compete against the race cars of Enzo Ferrari at the 24 Hours of Le Mans in France in 1966.



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KWWSPCA

ANIMALS IN NEED

WWW.KWWSPCA.IE

Several seasonal fundraisers this month for the KWWSPCA

In aid of the KWWSPCA, the Balanced Bodies Holistic Centre, Newbridge (2F/C, The Courtyard Shopping Centre — next to O'Brien's Wine Merchants) is hosting a Taster Day on Saturday, November 16. From 11am to 1pm, there will be donation based Yoga and Pilates classes and from 1.30 – 5pm, some discounted mini treatments. Spaces are limited, so bookings should be made on their website www.balancedbodies.ie or by calling 089 977 8276.

KWWSPCA SHELTER OPEN DAY - SUN, 24 NOV, 12-3PM

The KWWSPCA Animal Shelter near Athgarvan (eircode W12 EV60) will be hosting its Christmas Open Day on Sunday, November 24, from 12 to 3pm. There will be stalls selling Christmas gifts, for your friends and your pets, decorations, calendars and Christmas cards, a cake stall, a book stall and other interesting stalls. There will be face painting for the children and a chance to see some of the dogs and

kittens in the care of the KWWSPCA. Light refreshments will be available. Free entry and lots of free parking (please don't bring your own dogs to this event, it only stresses our resident canines).

KITTENS OF THE WEEK - RUM AND TONIC

Rum and Tonic are just two of the 15 kittens found dumped a few weeks ago in Athy. They are around 12 weeks old now and looking for their new homes. They are very friendly boys who have thrived in their foster home and would make wonderful additions to any family. They have had their first vaccine and are wormed up to date. There is an €80 adoption fee to partly offset their veterinary costs and this also includes their mandatory neutering at five months of age. If you would like to offer Rum (black) or Tonic (tabby) a forever home please call 086 175 1841

DOG OF THE WEEK - CATHAL

Cathal is an older, male Jack Russell terrier who has come into



Cathal, Dog of the Week

the care of the KWWSPCA as his owner has died and there is no family who can take care of him and his five terrier friends who lived with him in the same house. Cathal is a lovely little fellow, he is used to company so needs to go to a home where there would be someone with him for a good part of the day or where he would have the companionship of another small dog.

Cathal has not had much lead training but is getting the hang of it now although he much prefers to



Lidwien Van Elk, Suzanne Mauritz and Laura Moran from the Balanced Bodies Holistic, Newbridge who will be hosting Saturday's event with dogs Trish and Deedee, and Sakura looking on from the pen

potter round the garden rather than be taken out for walks. He loves the couch and being petted! He has been neutered, microchipped and vaccinated. 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.

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Feline duo, Rum and Tonic, KWWSPCA Cats of the Week and looking for their forever homes

CHRISTMAS OPEN DAY

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A CHANCE TO MEET SOME OF THE ANIMALS
IN THE CARE OF THE KWWSPCA

Naas man working for healthcare NGO in Asia

Barry Dunning from Naas is working in Jakarta, below



SENAN HOGAN
editor@kildarepost.com

A Naas native is currently 12,000 km away from home working for a major NGO in Indonesia.

Barry Dunning has had a varied career since he went to Naas CBS and did his Leaving Certificate in 2000.

After university in UCD and a few years working in Dail Eireann for the Labour Party, he moved to Australia in 2011.

Barry stayed in Sydney

until 2017 when he relocated to Jakarta — the capital of Indonesia and a city of over nine million people.

Jakarta, which is the world's second most populous urban area after Tokyo, is a melting pot of several cultures.

The Kildare native works for Rachel House — a local NGO which provides palliative care to children from marginalised communities across Jakarta living with serious and terminal illnesses, like

cancer and HIV.

Barry explained: "I've been here in Jakarta since 2017 working for Rachel House.

CARE

"We also educate medical professionals in palliative care and advocate to raise awareness amongst government and the wider community of palliative care and pain relief for those with very serious illnesses. My role at Rachel House is to manage operations and programs."





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NEWS

Croí Laighean CU signs sponsorship deal with Robertstown GAA Club

Partnership aimed at enhancing links with local communities in Kildare

Croí Laighan Credit Union has signed a sponsorship agreement with Robertstown GFC.

Martin Fitzgerald, Community Relations Specialist with Croí Laighean Credit Union, said the partnership with the community focused club will further strengthen links with local communities across its catchment area.

"We are delighted to build a longer-term relationship with the club and support the community ethos of Robertstown GFC, an ethos that is also shared by Croí Laighean Credit Union."

"Robertstown GFC is delighted with Croí Laighean's announcement of sponsorship over the next three years. This will be invested in the club's underage development programme," said Declan Percival, chairman of Robertstown GFC.

"We offer football training and development to almost 90 children, from the ages of five through 12. This very generous donation from the Credit Union organisation will be put to great use by the club.

"This year marks the 100th anniversary of Robertstown GFC," says Mark McDermott, chairman of Robertstown GFC's Underage



Martin Fitzgerald of Croí Laighean Credit Union, Robertstown Underage Chairman Mark McDermott and Theresa O'Neill of CLCU

Committee. "The best way we can express our thanks to those who founded the club is to ensure its development for the future. Part of that development includes expanding our facilities for our underage squads — we're currently developing a new floodlit pitch complete with a walking/running track — so every donation we receive helps us enormously."

Croí Laighean Credit Union has sponsored over 70 community-based organisations in North Kildare in recent years, including Robertstown GFC.

Earlier this year, the club was successful in applying for LGFA registration — thanks to the sterling efforts of Underage Committee member Catherine Mullaney and her dedicated team of volunteer



Members of Robertstown GFC and Croí Laighean Credit Union at the sponsorship launch

mentors.

"Almost 70 girls took part in the club's LGFA programme last spring," said McDermott. "This has provided a major shot in the arm for Robertstown GFC, and the uptake in Gaelic football among local girls has surpassed all our expectations.

"Croí Laighean Credit Union supported us in our efforts by supplying jerseys and kits to our underage girls.

"We sincerely thank Croí Laighean Credit Union for its generosity and look forward to working closely with our credit

union partners into the future," he concluded.

Croí Laighean Credit Union now has over 38,000 members across its catchment area with branches in Edenderry, Coill Dubh, Clane, Leixlip, Allenwood, Carbury and Prosperous.

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ADVERTORIAL

World record attempt at the Dew Drop, Kill!



Dress as Disney's Cinderella for the World Record attempt

SPONSORED CONTENT

On Saturday, November 30, The Dew Drop, Kill, in conjunction with CMRF & Crumlin Children's hospital will attempt to break the Guinness world record for 'The Largest Gathering Of People Dressed As Disney Animated Characters'.

The attempt will take place in the carpark of The Dew Drop in the afternoon at 3pm.

We need as many people as possible to dress up, so find

those princess dresses, prince charming suits and come out to be part of something unique and special.

We want the kiddies, mummies and daddies to dress up for this attempt. Don't be shy as it's for such an amazing cause.

On the day there will be a small Christmas market with stalls Christmas gift ideas, food vans, plenty of games for kids in our indoor carnival, cinema room, some special guests and music.

Upon arrival complimentary Dew Drop Brewhouse mulled cider, tea/coffee will be available as well as hot chocolate for the kiddies!

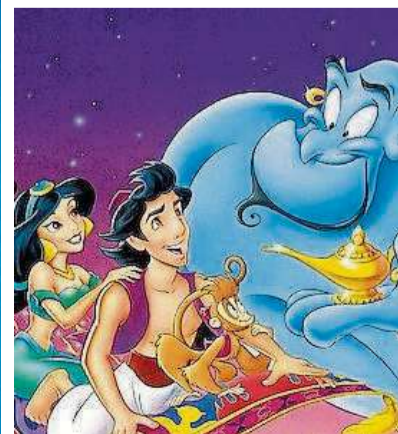
This is a registration event and please register online to guarantee your families place. €5 donation per person is all that is required

For further important information and updates on this event, and to register to attend, go to

www.dewdropinn.ie/disney



Dress as Disney characters such as Anna and Elsa from Frozen (left) or Aladdin, Jasmine and Genie (below) for the World Record attempt at the Dew Drop, Kill (above)



The Dew Drop

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Guinness World Record Attempt

Largest gathering of people dressed as

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CHRISTMAS MARKET

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STYLE VICTORIES



Kildare's leading style designer, Mary Grant is celebrating 25 years in the fashion industry

To celebrate her success, Mary is launching her first book entitled 'Empowered by Style'. The book aims to empower women to be the most confident version of themselves, no matter what stage of life they are in. Get some invaluable tips about shopping, not for special occasions, not to appease current trends, but on how to dress to please yourself!

Model Thalia Heffernan poses with Mary Grant customers, showcasing Mary's AW Collection 2019

STYLEFILE

ROSE BARRETT O'DONOGHUE

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



Get Mary Grant's tips on how to dress, to please – and empower - yourself!



Award winning fashion designer Mary Grant from Co Kildare

Think Mary Grant: the name imbues tall, leggy models swaying down the catwalks of high fashion events or on the Late Late Show under the helm of the late Gay Byrne. A new era of white long sleeved t-shirts with varying pinafores, or wrap around dresses and layered clothing bounced onto the Irish fashion scene in the '90s via Mary Grant.

Her style was a novelty at first but she has stayed the course at the top of the Irish style industry with her distinctive, 'funky' wear.

This year, marking her 25th anniversary in the fashion industry, Mary Grant is launching her first book entitled 'Empowered by Style'. The book aims to empower women to be the most confident version of themselves, no matter what

stage of life they are in.

The author was inspired to write the book after developing a powerful, no-brainer formula that, when implemented prevents women from getting that feeling of being 'stuck' or losing their identity after they have focused so much of their attention on everyone else.

It is a simple 3-step process which when done twice a year means that you are ready to step out the door every morning ready to achieve your goals in all aspects of life.

She has devised this system which she teaches to her customers, allowing them to continually evolve, being true to themselves and developing a unique style that leaves them feeling empowered every day.

Mary knows that most women put themselves last on their priority list. By her mid-thirties, she was a single mother of three children under the age of five. As work, children and responsibilities mounted, she found herself questioning who she was and why she hadn't done more with her life. And the 'big 40' was looming.

Speaking about this critical time in her life, Mary said "I had been neglecting myself. I was feeling unattractive, uninspired and irrelevant.

I was living on automatic pilot...and I was feeling well and truly stuck!" From there, Mary Grant's designer clothing was founded. She has won several accolades within the fashion trade, and last year, was one of the category winners at the

Network Ireland Kildare branch business women of the year awards.

With practical advice on finding your own personal style, how to dress your body shape, and how to use colour, the book will help women to build a timeless wardrobe over time that will look good whether you are 40 or 70.

Mary encourages women not to blow the budget on outfits for special occasions but instead to invest in pieces that make you feel great every day, and that can be dressed up or down to suit the occasion. Mary Grant's AW19 collection is available at www.marygrant.com or drop into 7 Cutlery Road, Newbridge Co Kildare.

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STYLE FILE



Tartan Tara dungarees €369 and Fiona long sleeve top €69



Tartan Tory pinny €399



Cynthia asymmetrical tunic €299



Black Cora tulle dress €399



Black Amelie tunic €299



Model Thalia Heffernan poses with Mary Grant customers, showcasing Mary's AW Collection 2019



Grey Sonja pinny €369 and Lara white tunic €315

The Other Side of the Coin

Acupuncture for Restless Legs

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Sharing the ancient wisdom that is Chinese medicine



Restless Legs Syndrome is often thought of as an inexplicable movement of the legs at night.

In fact, it is a neurological disorder characterised primarily by unpleasant sensations, particularly below the knees, that result in the movements.

There are many different descriptions of the sensations, among them are: a crawling feeling; a creeping inside the calves; aches and pains in the legs; or pins and needles, a prickly feeling.

These sensations are accompanied by an urge, often irresistible, to move the legs in order to provide relief from the discomfort.

In other words, the distressing feelings include within them a sense that movement will alleviate them; movement usually does help. Since the restless legs condition occurs most often during inactivity, particularly at night, the best relief-getting up and walking around-disrupts sleep. But,

so does the movement of the legs while in bed, which prevents easily falling asleep (or falling back to sleep after wakening).

Age Factors

Restless Legs Syndrome mainly occurs past age 50, and affects about 10% of those in that age group; it is particularly common in women.

Poor circulation in the legs-which may result from history of smoking, diabetes, lack of exercise, stress and other factors-contributes to the development of the condition.

Nutritional deficiency, particularly lack of iron, is known to exacerbate the disorder. The syndrome may also occur temporarily during late pregnancy, possibly as the result of reduced circulation in the legs and lower levels of folic acid.

Eating healthily and especially the eating of nutrient rich organic foods will help. Also aerobic type



exercise 3-4 times per week will help the circulation in the legs.

TCM

In traditional Chinese medicine (TCM) the excessive movements of the legs are interpreted as being a manifestation of "internal wind," a condition that is

related to liver blood deficiency.

Disturbance of sleep, a common aspect of the disorder, may also implicate deficiency of the heart. The limitation of the movements to the legs, are said to be influenced by the liver-kidney system, suggests

a deficiency of those two organs.

The liver-kidney system is said to deteriorate with aging and to be responsible for many of the disorders that arise with aging, so this relationship may also explain the prevalence of the disease among the elderly.

Please note do not get alarmed when a Chinese medical practitioner talks about deficiency of the kidney or any other organ, this does not mean there is a problem in that actual organ function, we are only talking about a deficiency in the subtle energy of the organ, just enough to cause restless legs or some other disorder.

The strange leg sensations described by those who experience Restless Legs Syndrome may correspond to the "numbness" pattern that is attributed to blood deficiency and blood stasis in the traditional Chinese system. Acupuncture points and Chinese herbal remedies that increase the blood

circulation would be used in most cases restless legs and also points and herbs that take away stress and anxiety.

Just a Symptom

I have treated this problem many times over the years and I have found that acupuncture combined with Chinese herbal medicine to be very effective.

To successfully treat this condition however it is vitally important to diagnosis it according to the principles of Chinese medicine, in other words not everyone who presents with this condition gets treated with exactly the same points or herbs.

Each person must be evaluated according to their particular symptoms and signs, keeping in mind that restless legs in most cases is only a symptom of some other underlying disorder or condition and by treating the problem in this way rather than by just trying to treat the symptom, will go a long way to promoting a long and lasting cure.

ENTERTAINMENT



Shannon Doran-Farrell and Chloe Quinn of 'Definition Dance', Clane, with Cait Cullen and Mary Dunne, organiser of the annual 'All Rise for Childline' breakfast morning fundraiser on Saturday, November 9, at Enquiring Minds Childcare Creche, Prosperous



Aoife and Ray Whelan



Orla Keogh, baby Juliette Cassidy, and Amy Deane

CHILDLINE CHARITY BREAKFAST AT ENQUIRING MINDS, PROSPEROUS

Pictures: TONY KEANE



Megan Campbell-Jacob, Abbi Layden, Ella Mannion, Cora Byrne, Izzy O'Flaherty of 'Definition Dance', Clane



Danielle Cassidy, author Audrey Moore, and Faye Deane



Michelle Farrell, Nicola O'Malley, and Clare Venter of Enquiring Minds Childcare Creche, with Wyman Reynolds

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- Croc-Effect Block Heel Ankle Boot- Octoba (Brown croc) €180 Dune



- Interchangeable Embellished Strap Chelsea Boot- Playful (black) €200 Dune

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- Knee High Buckle Strap Boot- Sebby (Tan) €240 Dune



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LOCAL EVENTS



Sean Browne, St. Mary's NS Maynooth, 1st prize, u-7 age category; and Leon Kane, St. Corban's Boys NS, Naas, 1st prize winner 11 - 13 age, Special category, pictured at the Life Credit Union schools art competition prize presentations, at Scoil Bhríde, Naas, on Tuesday, November 5



Zoe Lang, Killashee NS, 1st prize, 11 - 13 age category



Sadhbh Keogh, Ballysax NS, 3rd prize, 8 - 10 age category

LIFE CREDIT UNION SCHOOLS ART PRIZEGIVING

Pictures: TONY KEANE



LEFT: Charlotte Campbell, Mercy Convent Primary NS, Naas, 2nd prize, 8 - 10 age category; and Sam Cody-Cahill, 1st prize, 8 - 10 age Special category



Eva White, Rathmore NS, 3rd prize, 11 - 13 age Special category; and Kate O'Neill, Rathmore NS, 2nd prize, Junior Infants category



HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

Facebook: @evahillnutrition Web: www.evahillnutrition.com Email: info@evahillnutrition.com

In season: Mushrooms

IN our modern world you can get practically any food at any time of the year, but it is best to eat in season to be in harmony with nature and to support your system the most effectively.

If you look at autumn for example, it is amazing how more nurturing foods become naturally available, to help ground and calm you and get your immune system ready for the winter. Root vegetables of all colours, wild berries and the variety of mushrooms for me mean autumn cooking.

Mushrooms are especially beneficial for your health;

but only if they are organic, as they detoxify the soils. They have been the object of scientific research for many years and are considered to have valuable immune-building and anti-cancer properties. Some of these phytonutrients include beta-D-glucans, fucogalactans, APO (2-amino-3H-phenoxazin-3-one), p-tolyl-hydrazine and so on.

The Japanese varieties are especially valued, but contrary to public belief, the common button-type mushrooms have recently been shown to surpass some



of their more exotic mushroom counterparts (like shiitake or maitake) in terms of immune system benefits. Several recent studies placed button mushrooms at the top of the list with respect to regulation of unwanted inflammation.

Along with extracts from oyster, shiitake, maitake, and white button mushrooms, extracts from crimini

mushrooms have been found to reduce the binding of certain immune cells onto the lining of the aorta, reducing risk of damage to blood vessels and risk of blood flow problems. They also activate your innate antioxidant enzymes that protect our cells from oxidative damage.

High in hormone balancing CLA and good source of several minerals

Mushroom Stroganoff is one of Eva's favourite mushroom inspired dishes

and vitamins, including selenium, copper, zinc and a bit of bio-available B12 it makes a great vegetarian dinner option – just add more protein source, such as quinoa or lentil pasta. These are just two of my favourite Eastern-European mushroom dishes:

Mushroom Stroganoff
500g mixed organic mushrooms
2 red onions, chopped
4 cloves of garlic
Handful of fresh dill, finely chopped
2-3 tbsp sour cream
Olive oil, salt and a generous amount of freshly ground black pepper
Heat the onions in the olive oil, add garlic and mushrooms, season well and fry them until reduced in

volume and most of their moisture evaporated. Turn off the heat, add dill, sour cream and season to taste.

DID YOU KNOW?

The main body of the mushroom, the mycelium is underground, and we eat their fruits

Hungarian Mushroom Stew
500g mixed organic mushrooms
2 red onions, chopped
1 tbsp paprika
Olive oil, salt and

lots of black pepper
2 tbsp sour cream
A hint of hot paprika (optional)
Heat the onions in olive oil until soft – remove the dish from the heat and add paprika. Mix well, allowing the paprika to release its aroma. Add the mushrooms, season to taste and fry carefully on medium heat – avoid burning the paprika. Turn the heat off and add sour cream.



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ENTERTAINMENT



The Baldonnell Singers who participated in the concert

Out & About

**DEFENCE FORCES TRAINING CENTRE HOST
GALA EVENING OF MUSIC AND SONG**

Pictures: Aishling Conway



Captain Tarlach Doorley and Corporal Kevin McCabe



James, Tommy, Theresa and Aisling Griffin enjoying the event



Bernadette and Tom Snell at the event in St Brigid's



Captain John Carpenter (Conductor No.1 Army Band)



Ann Bracken and Colette Shorte



Laura O'Reilly, Fiona Courtney and Melissa Cooney



Rory and Ann De Bruir



Vanessa Moylan and Jennifer Kavanagh

Wildlife inspired exhibition on display at Kilcock Art Gallery

SENAN HOGAN
 editor@kildarepost.com

An exhibition of wildlife and landscape artwork continues at the Kilcock Art Gallery until Saturday.

The True to Nature event by UK-born artist Sarah Corner (pictured below right) features subjects as diverse as songbirds, falcons, foxes and horses depicted in the Co Tipperary countryside where Sarah lives.

After visiting Ireland in 2001, Sarah and her partner later decided to sell up and move from the UK to Co Tipperary.

In the summer of 2005, Sarah had a residency at the Cill Rialaig artist's retreat in Co Kerry followed by a solo exhibition at the Origin Gallery Dublin.

She also had two exhibitions with the Lee Gallery in Cork.

Her work adorns numerous private collections as well as the OPW and the Lake Hotel in Killarney.

In 2010 she was invited by the President of the All Ireland Polo club to exhibit a collection of her polo paintings at the Pavilion Clubhouse in the Phoenix Park, Dublin.

Sarah said of her creative process: "I spend a lot of time sketching in fields and although I often begin my oil paintings



outdoors, most of the work is done in my studio over weeks or months as my work is very detailed and considered.

"I work mainly on linen canvas and my style although highly realistic is quite painterly which I find allows me the best opportunity to exercise my skills whilst leaving me creative freedom to express myself. I interpret what I see and so allowing something of my thoughts and feelings to be in my paintings."



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ENTERTAINMENT

Kildare authors recognised at Woodbine Bookshops

From centre stage – to feeding calves!

ROSE B O'DONOGHUE
 editor@kildarepost.com

Two Kildare authors shortlisted for An Post Irish Book Awards 2019 were special guests at an Open Mic night on Wednesday 6 at a Kildare bookstore. Woodbine Books of Kilcullen held the event, in recognition of authors Orla McAlinden and Amy Gaffney, both of whom have been included in the final shortlist for the Short Story of the Year category at the An Post Irish Book Awards 2019 (to be hosted on November 20).

Newbridge based Orla McAlinden has already several accolades to her credit, having a collection of short stories today, *The Accidental Wife*, *The Flight of the Wren* (historical novel) and *Full of Grace*, her most recent collection of short stories.

The Visit from her first book won the Irish Book Awards Short Story of the Year award in 2016. This year, *A Real Woman from Full of Grace* published is also shortlisted for the prestigious award. hilariously, whilst Orla was centre stage and read from her award winning essay at Woodbine, within



Local authors, Orla McAlinden and Amy Gaffney, at the Open Mic night at Woodbine Book Shop, Kilcullen, on Wednesday, November 6.

PICTURE: TONY KEANE

a few hours she posted on social media, how she was out dealing with the other reality of her world – feeding three calves that weren't strong enough to be left outside during the bad weather!

Amy, who lives in Kildare town, is delighted her gripping story

Mother, May I? has also been shortlisted for the short story award.

Amy's story follows the struggles of 33-year-old Maggie, who yearns to be a mother yet feels compounded by modern trappings.



Annmarie McNally, Savannah Quinn.



Saoirse and Dawn Behan, Ilona Blunden, Abigail O'Leary



Augustas Dedele (Portarlington), Donnchadh O'Sullivan (Kildare town) and Dylan Scully (Kildare town)



Alex Tyrell from Naas and Johanna Cousins from Wexford



Dillon O'Reilly (Naas) and Nathaniel Adeeko (Galway)

GRADUATES CONFERRED AT IT CARLOW

Pictures: MARY BROWNE



LEFT: Signalwoman Jennifer Byrne (Carlow) and Signalman Steven O'Brien (Kildare)



RIGHT: Sgt. Micheál Rice (Naas) with his daughter Emily (4 months)



John Byrne (Kildare), Aoife Egan (Tipperary), Sinead Morris (Carlow) and Liam Kelly (Carlow) at Institute of Technology Carlow after their recent conferring

Songs from the Short Grass

Historic Kildare songs now available on CD

ROSE B O'DONOGHUE
editor@kildarepost.com

The Federation of Kildare History Societies have recently launched a new CD entitled Songs from the Short Grass.

Speaking to the Kildare Post, Brian McCabe, Federation Vice Chair said: "Songs are an important part of the social history of any area. They reflect the sentiments, language and, often, the sense of humour of a particular locality at a particular point in time.

"With this in mind, the Kildare Federation of Local History Groups have embarked on a project to research and record the songs of 'old' Kildare — many of whom may not have seen the light of day, or been sung,

for over 100 years. The CD features a selection of historic songs, all firmly rooted in County Kildare. These range from the well known to the previously unheard".

With the support of Kildare County Council under the Creative Ireland initiative, the Federation commissioned and produced the CD, with a collection of interesting historic songs, all firmly rooted in the county.

The CD which costs €10, was officially launched at Kilcullen Heritage Centre last month and compiled under the direction of Darren Brereton. Songs from the Shortgrass is available from the Kilcullen Heritage Centre 045 481 613 or from Brian at 087-351 3328, and is an ideal Christmas gift for ex-pats.



Local musician, Darren Brereton, performing at the launch of the new album CD of Kildare songs titled 'Songs from the Shortgrass' at the Co. Kildare Federation of Local History Group's Annual Seminar 2019, Kilcullen Heritage Centre, on Saturday, October 12. PICTURE: TONY KEANE

Class act at the Moat Theatre in Naas

New hit play on Saturday next, November 16

The Moat Theatre, Naas is one of the busiest small venues in the country. With their resident dramatic society, The Moat Club, winning several awards on the One-Act Drama circuit with NINE, and big-name acts lining up to book dates as far ahead as 2021, the 200 seat theatre will secure some leading shows and productions early next year.

The new hit play, Class by Iseult Golden and David Horan, is one such show. It features a setting familiar to all parents and teachers, a moving but hilarious script and three of the best actors on the Irish stage. Class was the hit of Dublin Theatre Festival 2017. It then went on to the Peacock stage at the Abbey Theatre in January 2018 before transferring to the Galway International Arts Festival and then the Traverse for Edinburgh Fringe in the summer of 2018. It is currently touring Ireland to sold out theatres and standing ovations.

Starring Sarah Morris, Stephen Jones (Dublin Oldschool) and Will O'Connell, this parent-teacher meeting goes very



Sarah Morris, Stephen Jones and Will O'Connell in Class by Iseult Golden and David Horan currently touring Ireland

wrong. Brian and Donna's son is 9 years old, and he's struggling. That's what his teacher says. Says he should see a psychologist. But Brian and Donna — recently separated — never liked school, never liked teachers. So are they going to trust this one? And should they?

Class is an explosive triple confrontation in a classroom over learning difficulties, love and entitlement.

Funny, heartbreaking and beautifully observed, with rave reviews and a sold-out run at the Abbey Theatre, Class is new Irish writing at its finest. It was sold out

before opening in Dublin and Galway, and it has had an extraordinary response from audiences and critics alike.

Class at The Moat Theatre, Naas on Saturday, 16 November at 8pm. Tickets €20 pp, contact 045 88 30 30 to book. See www.moattheatre.com

Santa arriving at Whitewater Shopping Centre

Christmas atmosphere really kicks off at 12pm on Saturday, 23 November with music and face painting in Whitewater!

Santa will travel in a horse and carriage, with the Patrician Band accompanying him from the garda station at approximately 1.30pm, arriving at Whitewater Shopping Centre for 2pm.

Santa and the band will then parade through the popular centre — with snow canons a-plenty and lots of festive decor and cheer! From 12noon on Saturday, 23 November, music, Santa, face painting and snow, all promised at Whitewater SC.





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And who could that be coming down the chimney? Sit down and enjoy a mini-pantomime with Santa and friends. Your last stop is a family visit with the man in red himself before you part ways with a smile on your face and memories for a lifetime.

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COMMUNITY FOCUS

Kildare volunteer shortlisted for prestigious award

KIM O'LEARY
editor@kildarepost.com

Co Kildare woman Aideen Dowling has been shortlisted in the Sports and Recreation category for her dedication to Special Olympics Leinster as part of the twelfth annual Volunteer Ireland Awards 2019.

The awards will be presented on 6 December. Originally from Leixlip and living in Clane, Aideen has been involved with Special Olympics for the last 18 years. She started out with the organisation as a general volunteer at sport events taking on the role of staging assistant.

She then progressed onto a time keeper role and subsequently obtained her swimming qualifications to become a swimming official. Aideen is now an accomplished swimming coach and regularly takes on lead event management roles at swimming events.

Speaking to the Kildare Post this week, Aideen said she was delighted to have been nominated in the Sports and Recreation category. "I work with some extremely dedicated and talented people in Special Olympics. I am incredibly humbled to have even been put forward for such an award let alone be shortlisted alongside such fantastic fellow nominees. Special Olympics provides such an opportunity to a vast number of people I am so proud to be able to represent them and all of their volunteers on this occasion," she said.

Aideen explained that she is from a family of keen swimmers and water safety instructors, and she started volunteering at local Special Olympic events at local pools.

"The volunteering aspect is



Aideen, far left, with Team Leinster competitors at the 2014 Special Olympics European Games

invisible to me, I really enjoy helping people to challenge themselves. Having the opportunity and ability to help people do this, whether it is in their chosen sport, or as a volunteer/coach has really been the attraction for me and what keeps me involved year after year.

"Initially, it was a common interest in swimming. However, this evolved over the years as I progressed in my professional career as a project manager, I have been able to offer more support up to running national events as well as training volunteers and coaches in special olympic clubs across the country" said Aideen.

Aideen has been involved in over

50 different sporting events and she also offers expert advice and support to clubs for any swimming related queries. She supports coaches by visiting their clubs and offering coach education, training and advice.

Aideen has attended several Special Olympics Ireland Games as Coach Chaperone and took on the role of Head Coach for the Special Olympics European Games which took place in Belgium in 2014. She proved to be a great asset to the delegation and was invited to take on the role of Competition Manager for Swimming in the 2018 Ireland Games. Yet again, she made a great impression and was invited to take on the role of Head Coach for the

Special Olympics World Games in Abu Dhabi in 2019.

Over 1 million people in Ireland volunteer and these awards aim to celebrate the hard work and dedication of volunteers across the country. Aged 10 to 80 from sixteen counties, this year's shortlist is a showcase of the breadth and depth of volunteering in Ireland. From mental health to sport to homelessness, volunteers have an invaluable impact on communities across Ireland every day.

Kildare Volunteer Centre manager Mick Power said: "I'd like to congratulate Aideen for being shortlisted in this year's Volunteer Ireland Awards. Each year, I am blown away by the

breadth and diversity of volunteering across Ireland. So many people go above and beyond because they care and they want to make a difference.

"These awards are a chance not just to say thank you to these extraordinary people but also to share their stories and shine a light on the extraordinary work that goes on in communities like those in Kildare every day."

The twelfth Volunteer Ireland Awards take place on Friday 6 December at the Carlton Hotel, Blanchardstown, Dublin 15. The winners of each category will be announced and Ireland's Volunteer of the Year for 2019 will be named.



Aideen congratulates the successful Irish athletes with Team Leinster at the at 2018 nationals



Aideen gets a hug from one of her Special Olympics athletes

ENTERTAINMENT



Well-known local singer Johnny Peters, and his wife Mary, pictured with Nicky Morris, Angela Rogers, Ena Flannery Marie and Kieran Stynes, at the launch of Johnny's new album *You're My World* at McDonnell's, Newbridge, on November 6



Johnny Peters performing at the launch of his new album *You're My World*



Local musicians, Davy Ussher and Pud Barrett

Out & About

JOHNNY PETERS LAUNCHES NEW ALBUM AT MCDONNELL'S

Pictures: TONY KEANE



Local musicians Pud Barrett and Tommy Mills performing on the night



Anne McNamara, Kirsty Duggan, Julie Ann McNamara



Johnny Peters pictured with Vincent O'Leary, Ces, and Andrew Smyth



Musician, Barry Tello, and comedian Dave Young, pictured with Johnny Peters



Alan Brereton, Billy Gamble, Niall Hurley



Johnny Peters and some of the original members of local Newbridge band, Pharaoh — Davy Ussher, Paddy Jones, Pud Barrett and Tommy Mills



Johnny Peters (centre) pictured with fellow local musicians Davy Ussher, Derek McNamara, Paddy Jones, Tommy Mills, and Pud Barrett

IN THE GARDEN

WITH JO



CONTACT JO AT CARAGH NURSERIES

email: jo@caraghnurseries.ie **web:** www.caraghnurseries.ie

Hedging prices over the last couple of years have been edging up slowly but we really do see the difference this year, most especially with availability. The most obvious of these is the Portuguese Laurel, which is going to be scarce.

We have already sold out of our own stock, and the demand is very high, so this results in us having to bring more stock in and thus, we have to pay the market prices, which are generally higher than what we would set ourselves.

Laurel and beech are also in high demand and the prices have edged up a little too. They are, equally, our most popular hedges, yet very different — beech being slow growing and deciduous (although it does hold on to some of those copper leaves in the autumn and winter); it takes up very little room and is, after the real native hedging like whitethorn, the most cost effective hedging for a residential garden. However, you need a little patience.

Laurel is evergreen, fast growing and relatively

instantaneous, but it needs more maintenance and can get very wide, it is more expensive than beech but you will need less of them as they are wider and denser plants, especially when we start looking at our more mature hedging sizes. When looking at, say, five to six foot plants you will still need three beech plants to the metre — but you could usually get away with only one of the laurel at the same size.

Don't discount, however, lots of other options and varieties available for your garden, including some widely used options like Photinia Red Robin, Portuguese laurel, Grisselinia, Privet and Yew, which are all available in rootballed options.

Alternatively, hornbeam, whitethorn, blackthorn, as well as Viburnum opulus or rosa rugosa as a mixed native hedge, which can be beautiful in its naturalness, are all available bare-root and, to be honest, as cheap as chips — but they are not really suitable options for town and city gardens.

The reason some of the

options are bare-root and some rootballed is because evergreen plants don't survive well as bare-roots. You may see options available in small sizes, but I stopped selling most evergreen hedging plants bare-root some years ago as the success rates at these sizes can be hit and miss.

If the sizes are small enough, then it can be a cheaper option and we do have some of these like smaller box hedging.

Hedging comes in such a wide range of sizes these days from the smaller two to three feet options (smaller again for things like the box hedging for which 8-10 inches is a normal enough size) through to some amazing plants for screening and privacy and instant maturity at eight to ten feet tall.

These more mature sizes of hedging are where we have really made our name and in which we now specialise.

We always hold a range of hedging up to eight feet tall and would usually have several options bigger than that again, providing instant cover, privacy and screening when you need it.




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Let there be Light

Statement Lighting makes a real impact and in this week's column I wanted to share with you some information on choosing the right lighting for your home, whilst showcasing some of our stunning statement lighting to watch out for in 2019/2020. A key component for any room, good lighting can enhance your interior space. Lighting to consider is general lighting, accent lighting, task lighting, and atmospheric lighting. Lighting should be chosen to suit a room's function, avoid glare and create the right mood.

General Lighting

General Lighting should turn a darkened room into daylight at the flick of a switch and is considered the main source of lighting in any room. General lighting can be provided by ceiling fixtures, chandeliers, recessed down lighters or wall lights. Recessed directional down lighters can also be installed in the ceiling and directed to emphasise a specific wall feature.

For a dining room, you could consider a large ceiling pendant or decorative chandelier as the focal point of the dining room. Suspended over the dining room table, it serves as a decorative style element that

enhances the beauty of the room. When used in conjunction with a dimmer it can create a soft and glowing atmosphere similar to that achieved by using candlelight. A chandelier over a dining table provides task lighting for the table and accent lighting for a centrepiece.

Accent Lighting

This is for highlighting pictures, bookshelves, wardrobes, mirrors and any other area that needs a bit of extra illumination. For example wall lights can be used to highlight a sideboard or console table. Care should be taken to select wall lights that compliment your ceiling pendant.

Atmospheric Lighting

Atmospheric Lighting is the term used to create the perfect ambience and can also be referred to as mood lighting as it can be easily adjustable depending on the mood required for the room. Wall lights work well in formal dining rooms and hallways. Wall lights can provide both upward and downward lighting. Wall lights should be mounted at a reasonable and comfortable height. Below the level of the top of the room's doorway is a good position as it takes into account a person of average

height

Task Lighting

This is the term used for lighting which illuminates a specific individual workstation e.g. reading, cooking, studying etc.

Reading requires lighting that comes from behind the readers shoulder. This can be done by placing a floor lamp at the right or left of a chair. The bottom of the shade should be located at eye level to avoid a glare.

Studying requires a desk light that is positioned to minimise shadows, veiling reflections and glare. A desk would typically be illuminated from the left hand side (for a right handed person) so that there are no distracting shadows or veiling reflections. The eye should be protected from the lamp with the use of a shade.

Supplemental task lighting is very important for your kitchen, particularly for work areas e.g. Sink, oven, and counter top. Recessed down-lighters work well here as do fluorescent tubes installed under the cabinets to reflect onto work surface. Down lighters can also be used inside glass cabinets to highlight collection of glassware etc. Picture lights are used to highlight paintings or photo galleries.

Some areas of the home require further attention. Bathroom lighting can be limited due to the many regulations concerning the type of lighting that can be used. The main priority in the bathroom should be safety. The bathroom needs plenty of even, shadow free lighting for putting on make-up, shaving etc. In small en-suites mirrored lights will suffice to illuminate the entire room, but in larger bathrooms a ceiling light or down lighter will also be required.

Thanks again for taking the time to read my column and I hope this post has given you some guidance and inspiration when choosing lighting for your home. If you would like to order any of the pendants featured in this column you can contact me at info@aspiredesign.ie or phone 045982265 / 0863999926. Many Thanks, Louise - winner of TV3's Showhouse Showdown.



Evelyn table lamp with faux silk shade €239 from Aspire Design



Trombone 10lt Pendant €588 from Aspire Design



Zane 60 LED Mirror, Ambient Lighting Bathroom, Touch Sensor, Heated Demister Pad, IP44 €350 from Aspire Design



Cedric 3lt flush bathroom light €140 from Aspire Design



Fortune 8 light chandelier €1,948 from Aspire Design



ABOVE: Odile 6 light pendant €479 from Aspire Design



LEFT: Felipe 8lt bar pendant €428 from Aspire Design ideal over island or dining table



Isla pendant 7lt pendant polished chrome €588 from Aspire Design

Clontarf house contents on auction this weekend

Superb range of Georgian, Victorian and Edwardian furniture plus ornate furnishings including gilt mirrors, rugs and collectables

The contents of the home of Dr Arthur and Ann (deceased 2019) McGann, a well-known and successful dentist in Fairview for over 40 years, will be auctioned off by well-known antique specialists

Matthews Auctioneers. The house, known locally as The Lodge, is located at 51 Summerville, Clontarf, Dublin 3, Eircode DO3 KD27 and will be signposted on public viewing days.

Gathered over fifty years together, the McGanns were lifelong collectors. The auction is "a veritable magpie's nest!" says auctioneer Damien Matthews. This auction will also include the

part-clearance of a fine Dublin 6 red-brick and the residual contents of a prestigious Castleknock residence, recently sold for development.

The catalogue is illustrated

online on the auctioneer's website, www.matthewsauctionrooms.com and the house itself will be open for public viewing of the contents from this Thursday, November 14, 11am onwards.

The auction will be held this Saturday and Sunday, November 16 and 17, commencing at 1pm each day.

Spacious home in Carbury on the market for €490,000

KIM O'LEARY
editor@kildarepost.com

This stunning four-bedroom detached

home in Carbury is situated on a spacious c. 1.4-acre site and includes a games room and garage/workshop for €490,000.

The property extends to c.3472sqft offering light airy spacious living accommodation to any potential purchaser.

With clean lines and modern décor this property has been meticulously maintained by its current owners.

Inside the property includes four good-sized bedrooms, four bathrooms (including two en suites), an entrance hallway, a spacious kitchen/dining area, sitting room, family room and a

games room with its own bar and pool table for hours of fun.

Outside, the property is approached through wrought iron electric gates and a spacious driveway with ample parking for several cars, a garage and a workshop to the rear of the property and good-sized, private gardens extending to c.1.4 acres.

Finished to the highest standard, the property is located just under 5km from Allenwood and Derrinturn with plenty of local amenities nearby.

Viewing of this home is strictly by appointment only.

Contact Kelly Hudson Properties Newbridge on 086 806 1800 or see www.daft.ie for further information.



The impressive residence at The Old School House, Carbury

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Saturday	16th November	From 11am
Sunday	17th November	From 11am

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PROPERTY

Antique furniture, collectibles and fine art to go under hammer in Prosperous

A lifetime collection of antique furniture, fine art and collectibles from the Eagle Lodge property in Clane goes under the hammer at

O'Reilly's Antiques in Prosperous on this Saturday at 12 noon.

The lavishly decorated home in Butterstream, Clane

was sold at the end of October.

There are over 430 quality lots in the auction, comprising of 19C Gilt

Overmantle Mirrors, Regency Mahogany Secretaire Bookcase, Georgian Mahogany Table and Chairs and Edwardian Canteen of Cutlery.

Also included is a Georgian Mahogany Console Table, Victorian Armchair (Strahan & Co), Regency Rosewood and Burr Walnut Games Tables, William IV Rosewood Work Box and pairs of French Kingwood Night Stands.

Artwork features paintings by artists George Armfield, Garman Morris, Claudine Morrow, Bill Brown, John Fitzgerald, R.B Higgins Etc.

Lots include a selection of quality Period Display Cabinets, Sideboards, Work Boxes, Desks, Canterbury's, Games Tables, Centre Tables, Clocks, Barometers, Royal Doulton, Silver, Royal Worcester, Rugs and Object D'Art.

Viewing takes place today (Thursday) and tomorrow (Friday) from 10am to 6pm and on the morning of the sale from 9am.

For more information, call 045 868650/ 087 2226814, see www.reillysantiques.ie or email: info@reillysantiques.ie.

View the catalogue for the auction online and bid online for items at www.the-saleroom.com



Items from Eagle Lodge, pictured below, are for sale by auction this weekend





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KILDARE POST

MOTORING



E: sales@kildarepost.com T: 045 408200

New Toyota Camry Hybrid – bigger, better and quieter



BREDA CORRIGAN

Member of Irish Motoring Writers' Association (IMWA)

The all-new Toyota Camry Hybrid Saloon — with its sophisticated elegance and exceptionally rewarding driving experience — takes Hybrid to a new level. Powering the new Camry is an all-new 2.5-litre petrol engine (mated to a cutting-edge Hybrid system) which provides the car with 218bhp and 221Nm of torque, while emitting as little as 98g/km in the process. The addition of superior sound insulation in the new Camry reduces road and wind noise at speed, which perfectly compliments the serene nature of Toyota's flagship car.

Sleek and modern look

The new Camry's sleek, modern profile is enhanced by new alloy wheels (17" or 18" depending on the model chosen), while the front view reveals a broad, confident front grille and stylish LED lights. Whether it's arriving in style or heading into the distance, the Camry Hybrid exudes true road presence. This is a car that is truly exciting to drive. Toyota has been creating pioneering Hybrids for over 20 years, and now they have brought next-generation technology to the Camry to take Hybrid performance further than ever before.

Toyota 'Safety Sense'

The comprehensive Toyota Safety Sense suite of safety features

comes as standard across the Camry model range, providing a unique set of advanced driver assistance technologies. Radar sensors and cameras help with everything from detecting potential collisions to monitoring road signs, providing complete peace of mind.

Toyota Safety Sense features a newly developed set of five active technologies — Pre-Collision System/ Pre-Collision System with Pedestrian Detection, Lane Departure Alert, Automatic High Beam, Road Sign Assist, and Adaptive Cruise Control — with the ultimate goal being to reduce traffic accidents as much as possible, helping to create a safer driving environment for everyone.



New TNGA Platform

The new Camry is built on Toyota's New Global Architecture (TNGA) platform, which endows the car with exhilarating handling, supreme safety, and intuitive new technology. TNGA provides remarkable roadholding and ride comfort, with a greater sense of control for true driving pleasure.

Inside, the new Camry there is no compromise on headroom, legroom or even the space between your shoulder and the door, and increased luggage capacity means you can take even more with you. With 524-litres of usable boot space, the Camry Hybrid Saloon can accommodate a golf bag and accessories with ease, while the

boot capacity can be increased further by folding the rear seats.

Self-Charging Hybrid

Because Toyota's self-charging Hybrid system has the unique ability to recycle energy other cars waste, excellent fuel efficiency is guaranteed. This can be up to 30% greater fuel efficiency than an equivalent diesel engine, so Camry Hybrid Saloon owners won't just enjoy the drive, they will enjoy the savings, too. Additionally, maintenance costs will be an average of 30% lower than those of a non-hybrid car.

This is due to the fact that self-charging Hybrids have less wear and tear on items like brake discs and tyres, and — thanks to the car's standard e-CVT (automatic) transmission, you don't have a clutch to replace either. Also, the batteries in Toyota self-charging Hybrids are designed to last the lifetime of the vehicle, providing total peace-of-mind ownership. Combining a petrol engine and an electric motor means that Toyota self-charging Hybrids emit on average 40% less CO₂ than internal combustion engine cars, while emitting up to 90% less NO_x (Nitrogen Oxides) than diesel engines, with no particulate matter, providing better air quality for everyone.



Specification levels

The new Toyota Camry Hybrid Saloon is available in three trim levels — entry-level 'Camry', mid-spec 'Sol' and top-spec 'Platinum'. As we have come to expect from Toyota, all trim levels come generously equipped, with the entry-level model coming with standard equipment such as stylish 17" alloy wheels, dual-zone air-conditioning, LED headlights, reversing camera, and front and rear parking sensors, along with many more comfort, convenience, safety and security features.

Upgrading to the 'Sol' model will add heated and



electrically-operated leather seats, satellite navigation, and a woodgrain insert on the dashboard, with the 'Platinum' model getting 18" alloy wheels, an upgraded interior, wireless phone charging, and additional safety equipment.

My Test Car

My test car was a Toyota Camry Hybrid 'Sol' finished in Pearl Red pearlescent paint with contrasting beige leather upholstery for maximum impact. Courtesy of a slick e-CVT (single speed automatic) transmission, the new Camry Hybrid Saloon provides quiet, confident, and brisk performance, with a ride quality which would give some premium brand models a good run for their money. Capable of sprinting from 0-100km/h in just 8.3-seconds, the new Camry always feels willing and able to respond to accelerator inputs from the driver, while strong brakes ensure that the car can stop with the same urgency when needed. When tested under strict new WLTP efficiency procedures, the new Camry proved itself capable of consuming as low as 5.3-litres of petrol for every 100km's driven on a combined driving cycle — an amazing result for such a sizable car.

The spacious interior of the new Camry is a very pleasant place to spend time in, with the emphasis very clearly on occupant comfort, while a logical approach to ergonomics ensures that every function of the car is within easy reach of the driver at all times. Overall build quality in the cabin of the car is of the highest standard, while supportive, and comfortable, leather seating ensures that all occupants arrive at their destination in a calm and relaxed manner.

Pricing and warranty

With a winning combination of striking good looks, cutting edge engine and drivetrain technology, and superior comfort, the all-new Toyota Camry Hybrid Saloon is destined for great success.

All Toyota passenger cars come with a comprehensive three-year/100,000km manufacturer's warranty as standard, while all Toyota Hybrid models come with a five-year hybrid component warranty too. With ex-works prices starting at €39,750, the new Camry is a tempting proposition indeed.

Contact the Crossings, Naas for all your Toyota enquiries, new and used.



New Toyota Camry Fact Box

Sleek, Modern Family Saloon
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Opel Vivaro-e to arrive in 2020

The electrification offensive from Opel continues. As of 2020, the Opel Vivaro will also be offered in a pure battery electric version. Customers can then choose between two sizes of battery, depending on their needs. The new Opel Vivaro-e will be available with a 50kWh battery for a range of up to 200 kilometres or a 75kWh battery for up to 300km according to WLTP.

Emissions-free deliveries are becoming increasingly important in urban areas and the demand for purely electric light commercial vehicles will increase accordingly.

The Vivaro-e is based on the group's highly variable EMP2 platform, which enables the use of conventional as well as electrified powertrains. The Vivaro-e extends Opel's range of particularly efficient light commercial vehicles. The next electric LCV — the Opel Combo-e — will arrive in 2021.

"Opel is going electric. All Opel models will be electrified by 2024," said Opel CEO Michael Lohscheller. "Customers can then choose

an electric variant of each model. Electrified LCVs will be especially important for the 'last mile' in urban areas, for example, as a people carrier or delivery van. That is why I am very happy that the Vivaro-e will already become available next year, while the electrified versions of the Opel Combo Life, Combo Cargo and Zafira Life will arrive in 2021."

Three generations: Opel Vivaro — a European success since 2001

With the new Opel Vivaro-e, the German brand will continue a success story that began with the first generation of the vehicle in 2001.

The Vivaro A was sold until 2014, principally as a shuttle bus, panel van and platform truck. Opel delivered more than 650,000 units to customers during this period.

In 2014, the second



The Opel Vivaro-e coming in 2020

generation was introduced, of which Opel had sold around 310,000 vehicles by the middle of this year.

The third-generation Opel Vivaro arrived at dealerships recently.

The multi-functional LCV is now available in three lengths instead of two (4.60 metres, 4.95m and 5.30m).

Compared with its predecessor, it also has a 200kg higher payload (up to 1,400 kilograms) and can pull half a ton more (trailer load up to 2,500kg).

Most versions of the new Vivaro are also only 1.90m high and can therefore access underground parking.

Comfort for the driver and

passengers has also increased.

Top technologies

Numerous top technologies and assistance systems, from IntelliGrip adaptive traction control and 180-degree panorama rear view camera to multimedia

infotainment are available as options.

Features such as sensor-controlled sliding doors and the FlexCargo load-through make the working day easier.

Contact Fitzpatrick's Opel Naas and Carlow for all further Opel enquiries.

The Hyundai Tucson at Fitzpatrick's Hyundai



5 YEAR UNLIMITED MILEAGE WARRANTY

*The Hyundai 5 Year Unlimited Mileage Warranty applies only to Hyundai vehicles that have been originally sold by an authorised Hyundai dealer to an end-customer, as set out in the terms and conditions of the warranty booklet. #Hyundai Tucson Comfort. Retail price €27,495. Finance amount €18,721.75. 36 monthly repayments of €247.24. Total cost of credit €1,790.28. Optional final payment of €1,547.90 APR 3.9% as at 27th September 2019. Minimum deposit €9,623.25. Lending criteria, conditions apply. Available at authorised dealers for models booked before 30th November 2019 and registered in January 2020. Hire purchase by Bank of Ireland t/a Bank of Ireland Finance. Dealer charges apply. *Price excludes dealer delivery and related charges. Offer applies to 201 Tucson Comfort Passenger booked before 30th November 2019 and registered in January 2020. Model shown for illustrative purposes. WLTP Co2 183 g/km. Fuel consumption 4.9L per 100 km.

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Old bangers worth €3,500 in Nissan 'Go Green' deal



Simple Criteria

The green scrappage offer is open to anyone driving a car that has been registered before the end of 2011 and will come as welcome news to anyone who has been thinking of making the switch to the Nissan LEAF. Anyone driving a car that has been registered up to the end of 2009 is guaranteed a minimum trade-in value of €3,000 toward the cost of a new Nissan LEAF, with trade-in values increasing up to €3,500 for cars registered up to the end of 2011.

Over 5,000 Nissan LEAF's sold

The news comes as Nissan continues to break all records for EV sales in Ireland having sold over 1,000 Nissan LEAF vehicles so far this year and over 5,000 since it launched the car over a decade ago.

Nissan is helping drivers to go green and to switch into the zero emissions Nissan LEAF by offering them up to €3,500 for their old banger.

Nissan has made the move to clean up the national car fleet and to support consumers who want to drive electric to reduce their carbon footprint. "Bring us your old polluting car and we'll give up to €3,500 to put towards the cost of driving away in a brand new, zero emissions Nissan LEAF," said James McCarthy, CEO of Nissan Ireland.



Nissan has introduced the offer after the Government failed to use Budget 2020 to deliver a green scrappage

scheme to incentivise motorists to switch out of older polluting cars into cleaner, zero emission cars as part of its policy to put one million electric vehicles onto Irish roads by 2030.

"Nissan has helped thousands of motorists to reduce their carbon footprint and our 'go green' scrappage offer is aimed at helping thousands more to follow in their footsteps and to protect our environment," said Mr. McCarthy.

"We are playing our part to clean up the national car fleet and to support motorists who want to take green action, to drive green miles, to reduce their carbon footprint and to become more sustainable," he added.

Real savings

The scrappage deal is set

to reduce the cost of buying the €29,890 entry level 40kWh Nissan LEAF, which has a range of up to 270 kilometres, to between €26,390 and €26,890, depending on the age of the car that is being traded-in.

Those who are interested in switching into the newly launched 62kWh model, which delivers up to 385 kilometres of zero emissions driving on a single charge, can save up to €3,500 off the starting price of €37,840 thanks to the green scrappage offer.

"Nissan is committed to doing what it can to clean up the national car fleet and to help consumers to take climate change action.

"This initiative will help any motorist who is thinking of going green and driving electric to make the switch," said Mr McCarthy.

Nissan X-Storage System

Nissan recently announced that the Nissan X-Storage system will be available to buy in Ireland in 2020, enabling EV drivers to use their cars to power their businesses and homes and to feed energy back to the power grid. The company already uses the technology together with sustainable solar energy to power its new Dublin headquarters. It has also expanded its own fleet of electric vehicles with the Nissan LEAF and Nissan ENV200 currently accounting for 60% of the cars that it has on the road.

Motorists can learn more about the offer and the trade-in value of their old banger by visiting their Naas Nissan at Newhall, Naas, contact (045) 888 438 or see www.nissan.ie



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All-new Peugeot 208 and E-208 prices/equipment announced

Pricing and equipment levels for the new Peugeot 208 and e-208 range have been announced, with order books now officially open at local Peugeot dealers, ahead of first deliveries in early 2020. Retail prices start from €18,300 plus delivery related charges, for the Active 1.2 PureTech 75bhp model. The e-208 Active version retails from €27,334, plus delivery, inclusive of the SEAI grant and VRT relief.

Available in Active, Allure and GT Line specification in petrol and diesel powertrains, four petrol units are on offer, dependent on trim, including a 1.2 PureTech 75bhp 5-spd, a 1.2 PureTech 100bhp 6-spd manual and 8-spd automatic and a 1.2 PureTech 130bhp 8-spd automatic. Diesel is offered in a 1.5 BlueHDi 100bhp 6-spd manual.

The all-electric powertrain is available across Active, Allure and GT Line trims, with the flagship GT version exclusively fitted with the zero-emissions unit. The 100 kW (136 bhp) electric unit with 50kWh battery, develops 260 Nm of torque from 0 km/h, for instant

response.

With three drive modes on offer, (Eco, Normal and Sport), the e-208 delivers 0 to 100kmh in 8.1s in Sport Mode. Drive range is up to 340 km, in accordance with the latest WLTP (Worldwide harmonised Light vehicles Test Procedures) certification. The battery is guaranteed for 8 years or 160,000 km, for up to 70% retention. Interior and boot-space are identical to the Internal Combustion Engine (ICE) versions as the batteries are distributed under the floor pan.

SPECIFICATIONS

Standard equipment from the Active 1.2 PureTech 75bhp 5-spd version includes 16" alloy wheels, tyre pressure monitor, spare wheel (ICE versions), ESP with Hill Assist, multifunctional leather steering wheel, hands free start, alarm, six airbags, air conditioning, comfort seats, cruise control and speed limiter, extended traffic sign recognition, auto headlamps, DAB radio, rear parking sensors, Peugeot i-Cockpit interior (7" touchscreen,



New Peugeot 208 specs and pricing now available, Contact Conlan's Peugeot, Rathangan for all enquiries

Mirrorscreen, USB socket, compact steering wheel and customisable digital heads up display) and smartphone holder.

The Active e-208 trim further features automatic climate control, front central armrest, 2 USB sockets in the rear, electric parking brake, auto wipers and advanced emergency

braking system.

Retailing from €21,450 plus delivery, the Allure 1.2 PureTech 100bhp 6-spd version benefits from electric folding mirrors, an electro-chrome rear view mirror, automatic climate control, front central armrest, two USB sockets in the front and two USB sockets in the rear, electric parking

brake, auto wipers and front and rear parking sensors.

All Allure models also have as standard half-TEP upholstery, rear electric windows, rear door privacy glass and quartz 3D instrument cluster.

The GT Line 1.2 PureTech 100bhp 6-spd model, from €23,595 plus delivery, adds 17" alloys, frameless

electro-chrome rear view mirror, full LED headlamps, LED side indicators, high beam assist, reverse camera with Visiopark 180, ambient lighting, full grain leather multifunction steering wheel and GT Line badge and styling.

The top-of-the-range GT e-208 retails from €32,660, inclusive of SEAI grant and VRT relief, and has as standard, hands-free access, Active Blindspot Detection, Alcantara fabric with half leather-effect, front passenger seat height adjustment, heated seats and GT badging and styling.

Colin Sheridan, Sales and Marketing Director at Gowan Distributors, Peugeot Importer in Ireland, said: "The all-new 208 is the first vehicle in Peugeot's line-up to fulfil the company's new philosophy of 'choose your Peugeot model, choose your petrol, diesel or electric powertrain'. We very much look forward with confidence to the arrival of the new 208 and e-208 and the new-201 registration plate."

Contact Conlan's Peugeot Kildare Rd, Rathangan at 045 524 345.

Sixth generation Opel Corsa goes electric!



BREDA CORRIGAN

Member of Irish Motoring Writers' Association (IMWA)

With the all-new, sixth generation Corsa, the German carmaker is offering, for the first time, a battery-electric version with a range of 330 kilometres (WLTP provisional figure).

Opel has chosen the brand's most popular model to finally bring electric mobility out of its niche-existence.

The Opel Corsa is an absolute bestseller, with more than 13.6 million units having been produced since the world premiere in 1982

The Corsa has made millions of people mobile, and now it is offering them access to emission-free driving.

The order books for the sixth-generation Opel Corsa are now open, beginning with



2019 Opel Corsa-e

the Corsa-e, followed by the diesel and petrol versions.

Opel has been producing cars for 120 years and has always made technology available to a wide audience of car buyers. The new Corsa-e offers state-of-the-art electric mobility. With a range of up to

330 km's, the five-seat Corsa-e is suitable for unconstrained every-day use.

The 50 kWh battery can be fast-charged to 80 per cent of its capacity in 30 minutes. The Corsa-e is prepared for all charging options — via cable, wallbox or high-speed

charging — and the battery is covered by an eight-year warranty.

The state-of-charge can be checked with the "myOpel" app, so that charging times and costs can be optimized at all times.

Furthermore, the driver can choose from three

driving modes — Normal, Eco and Sport. Sport increases responsiveness and driving dynamics, with a moderate loss of driving range.

In Eco mode, the Corsa-e becomes a long-distance runner, significantly increasing the range while hardly affecting comfort.

The Corsa-e needs only 2.8 seconds to sprint from zero to 50 km/h, and only 8.1 seconds from zero to 100 km/h — a match for many sports cars.

Contact Fitzpatrick's Opel Naas for all your Opel enquiries. Located at Naas Industrial Estate, Dublin Road, Naas.



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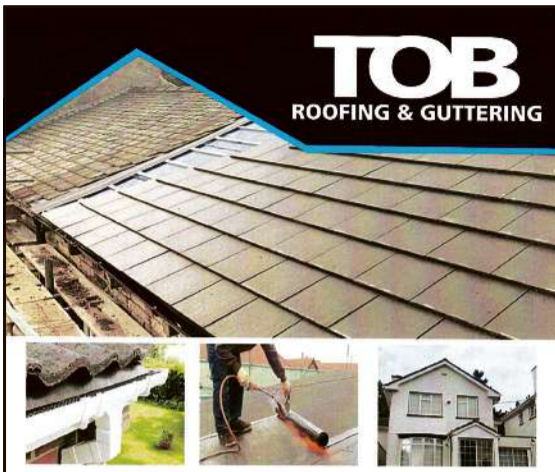
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PLANNING NOTICES

KILDARE COUNTY COUNCIL

I, Eugene Brennan, intend to apply for permission for development at this site at: The Village Centre, Stephenstown North, Two Mile House, Naas, Co. Kildare. The development will consist of: (a) Change of use from shop to office including ancillary accommodation at ground floor, permitted under planning register reference no. 04/1288 with minor modifications made under planning register reference no. 16/513 (b) All associated site development 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. Signed on behalf of the applicant by O'Flynn Architects, Lower Eyre Street, Newbridge, Co. Kildare. (045) 433400.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

I Michael Byrne, intend to apply for retention permission for development at this site, 29 Beechgrove, Kildare Town, Co. Kildare, R51 RP26. The development consists of the retention of alterations to existing dwelling including alterations to existing extensions to rear and side of dwelling, previously granted under planning ref. no. 98/1298, including increased floor areas, positioning of external walls and all associated 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. Signed on behalf of the applicant by DalyHudson Building Surveying & Architecture www.dalyhudson.com 045-530766

PLANNING NOTICES

KILDARE COUNTY COUNCIL

Genevieve Morrissey intends to apply for full planning permission for a development at Carrigeen, Clane, Co. Kildare. The development consists of sub-dividing a site, decommissioning and removing an existing effluent treatment system and connecting an existing house to public foul drain system, constructing a one and half storey type dwelling with connection to public foul drain 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.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

Ultra Dawn Ltd. t/a Premier Developments intend to apply for permission for a development on this site at Hawthorn Manor, Brockagh, Robertstown, Naas, Co. Kildare. The development consists of the omission of 1 no. detached 4-bedroom two-storey house on site no. 34 previously approved under planning file ref. 14/505 & 17/1153 and replaced with 2 no. semi-detached 3 bedroom two-storey houses (with optional fourth bedroom at second floor level including rooflights and ensuite within the attic level roof space) and all associated site development works. This results in an increase of 1 no. house. 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.



COMHAIRLE CHONTAE CHILL DARA
Kildare County Council

Value your Vote!

Register by Monday, 25 November 2019

The Draft Register of Electors was published on Friday, 1 November 2019. It is now on display at Kildare County Council's offices and at your local Garda Stations, Libraries, Post Offices and online at www.checktheregister.ie until Monday, 25 November 2019.

Following elections this year a large number of polling cards were returned and after making the necessary enquiries a large number of amendments and deletions were carried out on the 2020/21 Draft Register.

Please check that your name and address are present and correct on the Draft Register. To amend your details on the Register please download form RFA 1 from our website at <https://bit.ly/2JZd2eU> and return before the deadline of Monday, 25 November 2019 – for further information phone 045 980201 or email register@kildarecoco.ie

KILDARE COUNTY COUNCIL
Áras Chill Dara, Devoy Park, Naas, Co. Kildare, W91X77F.
Telephone: 045-980200 • Emergency Number
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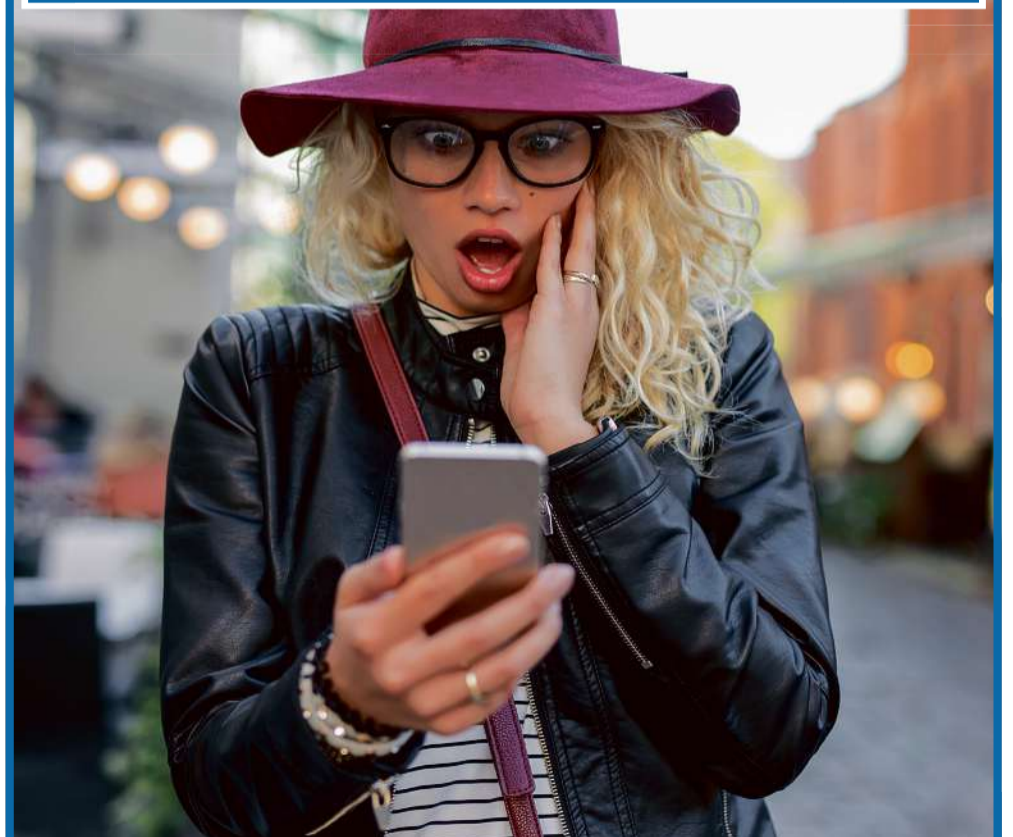
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LOCAL NEWS SUPRISINGLY FAST

SPORT

Banbridge ease past Naas in All-Ireland League Division 1B game

ENERGIA ALL-IRELAND LEAGUE DIVISION 1B

**BANBRIDGE 13
NAAS 3**

X
X

MARK HERBERT
Naas Rugby Club PRO

Naas travelled to Banbridge last Saturday for their latest Energia All-Ireland League Division 1B game. As has been the theme this winter, the game was played in appalling conditions, with driving rain and an icy breeze making life difficult for both players and spectators.

The story of the game is easily told. With open, running rugby not on the cards with the weather, both teams did not have to commit many players to the rucks, thus enabling them to have ample numbers in defence, meaning space and scoring chances were at a premium. A try in these conditions would be a huge score and Banbridge struck for one after just nine minutes.

After winning a penalty on

half-way they kicked for the corner. From the subsequent line-out they went through a series of phases and when Adam Doherty was stopped just short of the line, Ryan Hughes was on hand to pick up and dive over for the opening score. Doherty converted and Banbridge led 7-0.

Naas enjoyed the better of the exchanges for the remainder of the half but only had a Peter Osborne penalty on 30 minutes to show for this dominance. This was awarded for dangerous play by Matthew Laird who led with his forearm into a ruck, which saw him receive a yellow card. From straight on the front of the posts, Osborne made no mistake.

However, it could have been a whole lot better for Naas, as they spurned some decent opportunities to score. On 14 minutes, they turned down a chance of a kick at goal and dispatched the penalty into touch. From the line-out they set up a driving maul but somehow contrived to lose the ball and Banbridge were

able to clear. Then on 30 minutes, Banbridge were again penalised – this time for hands in a ruck – giving Naas a free play. From this Bryan Croke put in a great crossfield kick that Fionn Higgins just failed to gather with a try looking likely. They went back for the penalty and Naas elected to take a scrum which was collapsed.

To their dismay, referee Paul Haycock deemed Naas to be a fault for this giving Banbridge a penalty. In addition, Peter Osborne was just short with a difficult penalty attempt on 24 minutes, all of which meant that Naas trailed 7-3 at the interval.

If anything conditions got worse in the second half and the lack of floodlights meant that visibility was not the greatest, leading to a very stop/start game. Naas lost Fionn Higgins early on to a yellow card but survived the ten minutes of this without conceding, but on 60 minutes Ben Swindlehurst also received a card for a high tackle, which Doherty



punished by successfully kicking the penalty to increase the lead for the home side to 10-3.

However, Naas still have a losing bonus point in their grasp but this was snatched from them on 74 minutes. Despite playing with 14 men – Robin Sinton was the latest player to receive a yellow card, for another high tackle – Banbridge went on the attack

and Adam Doherty launched a high up and under. The ball appeared to be knocked backwards by Naas and then cleared, but the referee saw it differently. He ruled the ball was knocked on, and thus Naas cleared from an offside position – hence he awarded Banbridge a penalty. Doherty was again successful with his kick and the northern side now led by 13-3, an advantage which they maintained to the final whistle.

So another defeat for Naas, in spite of fine performances from Adam Coyle, Paul Monahan, Johnny Holmes, Tom Brady, Bryan Croke and Niall Delahunt in particular. However one victory could turn the whole season around, and they have another chance to gain this when they play Shannon at home next Saturday afternoon. Kick-off is at 2.30pm and all support will be greatly appreciated.

Banbridge: Adam Doherty, Connor Fields, Andrew Morrison, Josh Cromie, Joseph Finnegan, Bruce Houston, Jonathan

Stewart, Callum Reid, Peter Cromie, Michael Cromie, Matthew Laird, David O'Connor, David McCann, Ryan Hughes, Greg Jones. Replacements: Ross Haughey, Stu Cromie, Robin Sinton, Neil Fitzpatrick, Ross Cartmill.

Naas: Niall Delahunt, Fionn Higgins, Craig Adams, James Hawkey, Matt Stapleton, Bryan Croke, Peter Osborne, Conor Doyle, Graham Reynolds, Adam Coyle, Paul Monahan, David Benn, Johnny Holmes, Tom Brady, Ryan Casey. Replacements: Conor McCormack, Jack Barry, Ruadhan McDonnell, Ben Swindlehurst, Mark Sutton.

Other Naas RFC results last weekend:

J1: Naas 22 Greystones 5.
Under-20s: Naas 29. De La Salle Palmerstown 34.
Under-18s: Naas 18. Dundalk 14.
Under-16s: Naas 29. Portlaoise 12
Naas Women 22. Portlaoise 10.

Athy ladies not deterred by Wanderers' win

LEINSTER SENIOR WOMEN'S LEAGUE DIV 4

ATHY WANDERERS

0
26

MARK BERGIN

After a difficult fixture last Sunday week (when Athy was on the receiving end of a comprehensive defeat at the hands of a Suttonians RFC team featuring 7 players from the their AIL team squad, Athy senior women gave excellent account of themselves against a strong Wanderers RFC side at the showgrounds, Athy. Despite the loss, the home side will have been pleased at their much improved performance with the result flattering Wanderers somewhat.

Making her debut as an adult player, Sinéad Ryan from the Athy U18 team as well as a host of players completely new to rugby this season, Athy will have been disappointed not to register at least two scores in the game. Despite going behind

to an early score when the visitors turned over the ball and broke through some soft tackling, it was Athy who dominated territory and possession for much of the first quarter.

The ball retention by the home side was superb and on those occasions when the visitors were in possession in this period they were cut down by the Athy defence generating multiple turnovers. Attempts to kick over the home defensive line were dealt with by Patrycja Gruba and Iona Grufferty who tidied up ball and brought Athy back into an offensive position with their runs.

Unfortunately, Athy could not make this dominance count by getting over the line and when Wanderers did break out they quickly advanced up the field stretching the Athy defence and scoring a good score in the left hand corner. The visitors did pressure the home line again before the break but resolute defending by Athy held them out with the ball being held up in two



Sinéad Ryan who made her debut with the ladies senior team against Wanderers last weekend.

occasions by Robyn Griffin and Aileen Langton.

Following the break, it looked as though Wanderers had upped the intensity of their game and applied pressure on Athy from the off. However the home side responded in kind and with both teams trying to establish dominance the play oscillated between the two 22's for much of the second half. Neither team gave quarter and a thoroughly competitive game was in hand.

It was the home side who enjoyed slightly the greater possession but again struggled to really put the visitors under pressure close to their line. Athy's work on the fringes was top class with the back row of Elaine Lynch, Jade Molloy and Sabrina Mannion putting in huge shifts with strong carries and tackling.

Strong bursts by Athy's Mairead Corcoran and Ger Kelly amongst others off ruck possession could not get the home side through the disciplined Wanderers defence. Had the home side

managed to get the ball wide faster they would have been able to test the visitor defence and yielded the scores that their excellent ball retention deserved. Wanderers by contrast did move the ball out more frequently and but for the covering tackles on a couple of occasions by wing Louise Fennelly would surely have scored.

The greater experience of the visitors eventually prevailed when in the last 10 minutes they began to stretch the home defence with good quick recycling, their attacks being brought to a stop on several occasions by the key tackles of centre Aileen Langton, flanker Elaine Lynch and hooker Robyn Griffin, in particular.

Finally, the visitors did break through the middle for two late tries giving them a comfortable winning score line at the finish.

This was an excellent and competitive game and one that the home side really deserved more out of after the quality and intensity of their play through the whole match.

Racing with Horse Racing Ireland

Good week at the office for Kildare trainer Luke Dempsey

It was a good week for who Luke Dempsey shared a notable winner with Gordon Elliott as Surin impressed with a seven and a half length win in the Grade 3 Fishery Lane Hurdle at Naas on Saturday. The 9/2 chance made much of the running and pulled clear from the final flight to win from the Joseph O'Brien-trained Garden Of Babylon. Another big winner on the day was trainer Edward Harty who saddled Kilfenora to win the Brown Lad Handicap Hurdle. Mark Walsh did the steering as the 10/1 shot readily got the better of the gambled-on 13/8 favourite Rock De Baune. Walsh again carried the colours of JP McManus on Elixir D'ainay to win the 2m3f maiden hurdle in good style. The 13/8 favourite comfortably held market rival Longhouse Poet to win by a length and three-parts for Willie Mullins.

Dempsey was a winner again when he partnered the Ross O'Sullivan-trained Theatre World to a comfortable victory in the opening 2m6f handicap hurdle at Navan the following afternoon. A well-backed 7/2 favourite, the seven-year-old made almost all the running in the colours of the Downstown Syndicate. O'Sullivan is keen to run his winner over fences but there could well be more success to come over the smaller obstacles on the evidence. The pair shared a Thurles winner on Thursday where Benefit Run took the opening beginners' chase. In the colours of the Downtown

Syndicate, the 20/1 shot came from off the pace to win by a length and three quarters from Muyam Spirit.

And Walsh also added to his Naas gains when riding a treble at Navan on Sunday. The Clane star teamed up with Gordon Elliott to win the 2m4f maiden hurdle with Andy Dufresne which could hardly have been more impressive on his jumping debut. A ten-length bumper winner at Down Royal in January, he won by 11 lengths this time from the Henry De Bromhead-trained Cobbler's Way at odds of 9/10 favourite. Walsh was in the saddle as the Enda Bolger-trained Ballyoisin took the day's feature, the Grade 2 thetote.com Fortria Chase, for the second year running. He made much of the running on the 9/2 shot and was always holding the Cheltenham Festival winner A Plus Tard from the final fence. Walsh and Joseph O'Brien have loads to look forward to with Fakir D'oudairies which made a fine debut over fences in the beginners' chase. Only a four-year-old, he impressed with a three-length win over Willie Mullins' dual Champion Hurdle runner-up Melon.

Johnny Levins was first off the mark at Dundalk on Wednesday afternoon as Nigg Bay won the 6f claiming race in good style. A first winner on the Flat for jockey Mark Enright since June 2012, the 7/1 chance looked all over a winner at the 2f

pole and stuck to his task well to win from outsider French by a length and a quarter. Gary Carroll teamed up with Michael Mulvany to land the nursery handicap over the same distance with top weight The King Of Kells. Another 7/1 shot, he made much of the running to score by three and a half lengths from the Johnny Murtagh-trained Enchanted One. Murtagh went one better 30 minutes later when So Suave landed the 7f auction maiden under Niall McCullagh at odds of 10/11 favourite. Denis Coakley and his son Ross took the opening division of the 8f handicap with 9/2 chance Munfallet. The eight-year-old winner was well on top inside the final furlong and comfortably won from the Tracey Collins-trained Rippling Waters. Aidan Howard took the second leg of the same race with Lily Lily Rose which completed a double for Chris Hayes when edging out Suntory Times. Owned by the Love Thy Neighbour Syndicate, the 13/2 shot won by a neck. And Coakley's near neighbour Michael Halford won the opening division of the 10f handicap with Spelga, the 4/1 favourite. Ridden by Shane Foley, the three-year-old hit the front late on to deny the Sean Davis-ridden Turf Range by half a length.

Back on the all-weather on Friday night, Gary Carroll was a winner again when teaming up with Trim trainer Gerry Keane to land the 7f maiden with the newcomer Blametheshady. The Kildare

jockey brought the well-supported 7/1 chance from off the pace to win by

half a length from the Aidan O'Brien-trained Magic Fountain. Jessica Harrington

and Shane Foley won the 8f maiden with Ocean Monarch which scored by a head in the colours of Alpha Racing.



Surin and Luke Dempsey jump the last when winning the Grade 3 Fishery Lane Hurdle at Naas for Gordon Elliott. PHOTO: PATRICK MCCANN/RACING POST

Online survey on racing industry

Horse Racing Ireland is conducting an online survey to understand the educational and training needs of those working in racing and breeding. The results of the survey will be used by Horse Racing Ireland to provide a range of subsidised education and training services to the entire industry to upskill, re-train, recruit and retain staff. The survey will run for the next four weeks and will be available to complete at race meetings, on the RÁS website and via social media.

In addition, every trainer and breeder will receive correspondence with the survey details and HRI will also visit trainers' yards and stud farms. The survey is also available to complete at Horse Racing Ireland's Head Office in Ballymany, Newbridge or online at www.workinracing.ie.

Grainne Murphy, HRI's Industry Education & Training Manager, said: "This is the first time the industry has conducted a survey of this scale and the results will be

hugely beneficial to HRI, to develop a specific education and training plan for everyone working in racing and breeding. We are working closely with our colleagues in the Irish Stablestaff Association, the Irish Racehorse Trainers' Association, the Jockeys' Association and the Irish Thoroughbred Breeders' Association to deliver this survey. It's a really exciting and significant development for the industry and we would appreciate everyone's input and support."



Kilfenora ridden by Mark Walsh racing away from the last to win The Brown Lad Handicap Hurdle at Naas for trainer Eddie Harty Photo: Caroline Norris.

FIXTURES

Clonmel – Thursday, November 14 (First Race 12.40)
 Dundalk – Friday, November 15 (First Race 5.45)
 Punchestown – Saturday, November 16 (First Race 12.15)
 Punchestown – Sunday, November 17 (First Race 12.05)
 Cork – Sunday, November 17 (First Race 12.15)

Racing with Horse Racing Ireland

Mullins saddles three favourites at chilly Naas

Willie Mullins was very much the man to follow at Naas on Saturday where he trained three winning favourites. Success for Cilaos Emery, Elixir D'ainay and Tornado Flyer came only hours after the trainer saddled True Self to win the Queen Elizabeth Stakes at Flemington, Melbourne.

It was Mullins' first winner in Australia and with Ryan Moore in the saddle, she cruised into contention and asserted under a hands-and-heels ride to score by a length and a half. It was a welcome change of luck for the champion jumps' trainer Down Under who had sent out Melbourne Cup second and third Max Dynamite and fourth Simenon in recent years. The Hong Kong Vase at Sha Tin in a month's time is a possible for the winner and Mullins added, "I'd like to aim her at the Melbourne Cup next year but

the jockeys who ride her feel she could drop in trip rather than go up. She's confounded us from the very beginning as she was bought as a jumping mare and I couldn't believe the size of her when she arrived. She's proved to be incredible and a little bit of a freak."

A little closer to home, Paul Townend partnered the Luke McMahon-owned Cilaos Emery to win the Grade 3 Popular Square Chase at Naas. The 4/9 favourite was hugely impressive in winning from Ornuia and is now among the favourites for the Champion Chase at the Cheltenham Festival. Mark Walsh carried the colours of JP McManus on Elixir D'ainay to win the 2m3f maiden hurdle in good style. The 13/8 favourite comfortably held market rival Longhouse Poet to win by a length and three-parts. Townend was back in the saddle as

Tornado Flyer, owned by the TFP Partnership, batted well to land the beginners' chase. A 5/4 favourite, he won by three-parts of a length from Choungaya.

Also at Naas, Joseph O'Brien maintained his remarkable strike rate with success in the opening maiden hurdle. JJ Slevin was in the saddle as Embittered, a 7/2 chance, got the better of the Mullins-trained 4/9 favourite Blackbow by half a length.

Mullins and Townend were winners again at Navan on Sunday where Bacardys easily got the better of the hat-trick seeking Apple's Jade to win the Grade 2 Lismullen Hurdle. Gordon Elliott star mare had won the last two renewals of the race and was sent off the 1/4 favourite to win again but she had no answer as 100/30 shot Bacardys, owned by the Shanakiel Racing Syndicate, breezed by at the second last. At the line, he held a nine and a half length advantage and heads for the Grade 1 Hatton's Grade Hurdle at Fairyhouse.

Shane Foley added another Dundalk success to his CV when winning the opening division of the 10f handicap on the Michael Halford-trained Spelga on Wednesday afternoon. He brought his all-weather tally to 180 winners when the 4/1 favourite just got the better of Turf Range by half a length. Only Pat Smullen has ridden more winners at the venue. And Foley helped himself to another all-weather success, this time teaming up with Jessica Harrington, to win the 8f maiden on Friday night with Ocean Monarch which scored by a head in the colours of Alpha Racing.

Mullinavat conditional rider

Daniel Holden teamed up with Carrick-On-Suir trainer Mark Cahill to win the 2m handicap hurdle at Thurles on Thursday. Theatre Run, owned by the One Eight Seven Four Syndicate, scored a battling success over Romella, the 11/2 chance scoring by half a length.

Breeders' Cup heroes Joseph O'Brien and Wayne Lordan were back on more familiar ground at Dundalk on Friday night and the duo struck with Music To My Ears in the opening fillies' maiden. The 11/4

chance, in the colours of JP McManus, was always up with the pace and finished best of all to record a one and a half length success. O'Brien has loads to look forward to with Fakir D'oudairies which made a fine debut over fences at Navan on Sunday. Only a four-year-old, he impressed with a three-length win over Willie Mullins' dual Champion Hurdle runner-up Melon under Mark Walsh.

Amateur gets first winner at Thurles

Meath trainer Noel Meade gave Mallow amateur Jay Archdeacon his first winner when Rosgalme landed the bumper at Thurles on Thursday. The 20/1 chance carried the colours of the Knockmore Syndicate and got up in the final stride to deny No Grey Area's by a nose. Archdeacon is 19 and from Mallow, County Cork. Meath also won the bumper at Navan on Sunday with Eoin Walsh partnering 10/1 Joshua Webb to a two-length win for owner Jimmy Kernohan.

On the all-weather track at Dundalk on Friday night, Trim trainer Gerry Keane landed the 7f maiden with the newcomer Blametheshady. Gary Carroll brought the well-supported 7/1

chance from off the pace to win by half a length from the Aidan O'Brien-trained Magic Fountain. Gavin Cromwell continues to get the best out of Innamorare and the Peter Michael-owned four-year-old bounced back to form to win the 8f handicap.

Chris Hayes was on board the 14/1 chance which beat Katiymann by three-parts of a length. Shane Crawley sent punters home on the best of terms as 5/4 favourite Tartlette ran away with the concluding 10f handicap. Seamie Heffernan had the easiest of times as the Eyeroller Syndicate-owned three-year-old won by four and a half lengths from the Dermot Weld-trained Taliyna.

Cancelled Fairyhouse meeting fixed for next week

Horse Racing Ireland (HRI) has announced that the Fairyhouse meeting which was scheduled for Monday November 11 but was cancelled due to waterlogging, has been rescheduled for Tuesday, November 19.

Six races will be programmed as the Fairyhouse Membership Beginners Steeplechase was

transferred to Tuesday's Fairyhouse card.

This meeting will close for fresh entries by 12 noon on Thursday with declarations to run to be made by 10am on Monday, November 18.

The first race is off at 12.35pm.



Bacardys and Paul Townend clear the last on route to winning the Lismullen Hurdle (Grade 2) at Navan for Willie Mullins 10.11.2019 Photo: Patrick McCann/Racing Post



Cilaos Emery and Paul Townend take the Poplar Square Chase (Grade 3) at Naas 09.11.2019 Photo: Patrick McCann/Racing Post

SPORT

Naas ease into Under 21 football final

TONY DONOHUE U21 'A' FOOTBALL CHAMPIONSHIP

NAAS MAYNOOTH

**1-17
1-09**

ROBERT CRIBBIN

Naas are into another underage final after they defeated Maynooth in the U21 Football Championship semi-final on Friday night.

It was a victory that was very much expected and while Maynooth challenged the victors for periods of the first half, Naas' strength in depth eventually told.

The 2016 minor winning captain Ciaran Doyle finished with seven points while the likes of Dallan Gallagher and Luke Griffin also stood out.

Gallagher netted a crucial opening half goal and in the end it was a score that Maynooth were always trying to recover from.

Only two points separated the sides at the break but Naas were in dominant form in the second period and a late Maynooth goal from David Bonass only succeeded in putting a gloss on the scoreboard.

After Ciaran Doyle and Danny O'Sullivan exchanged early frees Naas took command during the opening quarter with further points from Doyle and Adam Cronin giving the county town a 0-4 to 0-1 lead.

O'Sullivan narrowed the gap to two minutes later but it was only brief respite as points from Darragh Kirwan and Luke Griffin pushed the lead out to four before a poorly directed Odhran Cussen kickout resulted in Dallan Gallagher kicking in a goal in the 20th minute.

Naas were dominating all over the pitch at this stage but they fell asleep for the closing minutes of the half.

Five points in a row from Maynooth left just two between the sides.

O'Sullivan found the

target with a brace of frees during that period with David Bonass, Ruadhan O'Giollain and Cathal McCabe scoring from play.

Naas led 1-6 to 0-7 at the break as a result but when Maynooth's Kevin Dunne scored, he narrowed that advantage to just the minimum at the beginning of the second half.

Naas all but put the game

to bed over the following fifteen minutes, however, as they scored six points on the bounce with Doyle x3, Gallagher and Brian Stynes getting on the board.

Maynooth responded with a score from Ronan Dunne but Naas' attacks were relentless and further points from Doyle, Griffin and Alex Beirne left them leading on a 1-15 to 0-9 scoreline.

Maynooth got something of a consolation in stoppage time when Bonass palmed a shot to the net after he latched onto a Niall O'Sullivan ball into the square.

However, Naas still had the final say with Sean Cullen and Paddy McDermott rounding off on the eight point victory and yet another win for Naas U21s.

NAAS: Luke Mullins; Cathal Daly, Conor McCarthy, Brian Stynes 0-1, Adam Cronin 0-1, David Shaw, Paddy McDermott 0-1, Sean Cullen 0-1, James Burke 0-1, Alex Beirne 0-1, Darragh Kirwan 0-1, Darragh Merriman, Dallan Gallagher 1-1, Luke Griffin 0-2 (0-1f), Ciaran Doyle 0-7 (0-4fs).

SUBS: Shane Ryan for Kirwan h-t, Eoin Archbold for Merriman 37 mins, Tom Browne for Gallagher 49 mins, Jack Cleary for Beirne 55 mins, Ian Blackburne for Burke 58 mins, Ben

Blackburne for Cullen 58 mins.

MAYNOOTH: ODHRAN CUSSEN; Callum McCabe, Darragh Hurley, Niall O'Sullivan, Conor Lynch, James Murray, David Bonass 1-1, Ruadhan O'Giollain 0-1, Ronan Dunne 0-1, Kevin Dunne 0-1, Danny O'Sullivan 0-4 (0-3fs), Ben Carroll, Cathal McCabe 0-1, Conchur O'Giollain, Cian Whyte.

SUBS: Paul Maguire for Whyte 41 mins, Niall Kinirons for Cathal McCabe 45 mins, Kevin Donovan for Carroll 49 mins. Ref: Dave Coady



Moorefield Evan O'Brien wins procession ahead of the challenging Cillian Devlin of Celbridge during the U21 A Football Semi Final

FIXTURES

MON 11 NOV

2019 U17 D FOOTBALL CHAMPIONSHIP

Venue: Ballykelly, Abbey Rangers V St Vincents 20:00, Ref: Paraic Mc Givern

TUE 12 NOV

2019 U17 B FOOTBALL CHAMPIONSHIP

Venue: Kilcock Main Pitch, Kilcock V Newtown Gaels 20:00, Ref: Fergus Devereux

WED 13 NOV

2019 U17 B FOOTBALL

CHAMPIONSHIP PLAY OFF

Venue: Leixlip, Leixlip V Raheens 19:30, Ref: P.J. Cummins
2 x 10 mins Extra time if Required

SAT 16 NOV

2019 U17 A FOOTBALL CHAMPIONSHIP SEMI FINALS

Venue: Conneff Park, Clane V Kilcullen 14:00, Ref: Liam Herbert
2 x 10 mins Extra time if Required
Venue: St Laurence's, St. Laurence's GAA V Naas 14:00,

Ref: Stephen Foley
2 x 10 mins Extra time if Required

2019 U17 B FOOTBALL CHAMPIONSHIP SEMI FINALS

Venue: Balyna, Balyna V Raheens / Leixlip 14:00, Ref: Colin Kearney
2 x 10 mins Extra time if Required
Venue: Maynooth, Maynooth V Kilcock/ Newtown Gaels 14:00, Ref: Eamonn Kelly
2 x 10 mins Extra time if Required

2019 U17 D FOOTBALL

CHAMPIONSHIP FINAL

Venue: Manguard Plus Hawkfield, St Kevin's V Abbey Rangers / St Vincent's 14:00, Ref: Jack O Connell 2 x 10 mins Extra time if Required

2019 U17 C FOOTBALL CHAMPIONSHIP FINAL

Venue: Manguard Plus Hawkfield, Carbury V St Edwards 15:30, Ref: Paraic Mc Givern
2 x 10 mins Extra time if Required

SUN 17 NOV

2019 TONY DONOHUE U21 C FOOTBALL CHAMPIONSHIP FINAL

Venue: Newbridge, Rathangan V Two Mile House 12:45, Ref: Paul Donnelly
2 x 10 mins Extra time if Required

2019 TONY DONOHUE U21 B FOOTBALL CHAMPIONSHIP FINAL

Venue: Newbridge, Athy V Ballymore Eustace 14:30, Ref: Matthew Redmond
2 x 10 mins Extra time if Required

2019 HAVEN HIRE UNDER 21 B HURLING CHAMPIONSHIP FINAL

Venue: Manguard Plus Hawkfield, Clane V Leixlip 16:30, Ref: Anthony Herbert
2 x 10 mins Extra time if Required

2019 TONY DONOHUE U21 A FOOTBALL CHAMPIONSHIP SEMI FINAL REPLAY

Venue: Manguard Plus Hawkfield, Celbridge V Moorefield 18:00, Ref: Conor Daly
2 x 10 mins Extra time if Required

SPORT

Sash made to rue missed chances as Éire Óg advance

AIB LEINSTER CLUB SFC
QUARTER-FINAL

SARSFIELDS 0-9
EIRE OG (CARLOW) 1-12

ROBERT CRIBBIN

Sarsfields Leinster championship hopes fell at the first hurdle when they went down to Eire OG of Carlow in Netwatch Cullen Park.

Eire OG recently won three in a row in their county and they showed all their experience as they outfoxed a youthful Sarsfields side.

Matty Byrne and Ben McCormack were arguably the Sash's most impressive performers in the Kildare championship so being without them meant they were probably up against it from the start and despite a good first half they soon ran out of gas.

Sarsfields led 0-6 to 0-2 at one stage of the first period but a well taken Jordan Morrissey goal for Eire OG stalled the Sash momentum before the sides went into the break level.

The second half was the most disappointing aspect of the Sarsfields performance as apart from a Ray Cahill 42nd minute free they went scoreless for the entire thirty minutes as an impressive Eire OG team eased ahead.

Incidentally Sarsfields didn't finish with their full compliment after Sean Campbell was sent off late on as Eire OG now go forward to face off with Portlaoise in the semi-final.

Sarsfields came into the game having to cope with the loss of Ben McCormack and Matty Byrne who have both departed for Australia and Davy Burke brought in Cian McConnell and Alan Smith in their absence.

Eire OG themselves made four changes to the official programme and in a tight and tense opening they began the better with dangerous forward Chris Blake putting the Carlow side in front with a 3rd minute free.

The same player then doubled his tally sixty seconds later on the back of great work by team captain Sean Gannon.

Sarsfields finally got into their groove with a free from Caoimhin McDonnell in the 6th minute and the Sash scored the next five points with all of them coming from play.

McDonnell added to his



Sarsfield's Caoimhin McDonnell about to get a pass away despite the best efforts of Moorefield captain James Murray, taken at the SFC replay final.
PIC: Pat Tinsely

tally after Barry Coffey equalised before Conor Hartley, Cian Costigan and Alan Smith all scored to give Sarsfields a 0-6 to 0-2 lead at the halfway mark of the half.

Sarsfields looked primed to kick on at that stage but it never transpired with Eire OG points from Blake and Ross Dunphy narrowing the deficit to two.

Eire OG then struck for the games opening goal in the 18th minute of the half when a Patrick O'Sullivan kickout was punched on by an Eire Og hand in midfield and all of a sudden a huge gap opened up for Jordan Morrissey to run into and he fired a shot to the back of the net.

Ray Cahill missed a placed ball in the aftermath for Sarsfields first wide and when Blake kicked his fourth free of the half Eire OG held a 1-5 to 0-6 advantage.

Sarsfields finished the half strongly though and with Barry Coffey becoming more influential he kicked a fine score from distance before Caoimhin McDonnell scored another free in stoppage time to deadlock the sides at the break.

Eire OG raced out of the blocks with three points in as many minutes at the start of the second half.

Blake got the ball rolling when he kicked a brilliant score to put the Carlow side in front when surrounded by a number of Sarsfields defenders and when Cormac Mullins kicked two fine efforts there was three points between the sides.

Mullins second score was a great goal chance when Sean Gannon found himself on his own and he fed the point taker but with Patrick O'Sullivan racing out it was chance for them to find the net but the ball went too high and between the posts.

Sarsfields reduced the gap to two points with a Ray Cahill free in the 42nd minute but remarkably it was the Newbridge side's only score in the second half.

Despite the inaccuracy on the scoreboard Sarsfields had a number of opportunities to at least get level but Cahill, Shane Doyle and Darragh Ryan all missed the target.

The confidence sapped out of the Kildare champions as a result and Eire OG

cruised home with four points in the final ten minutes.

Gannon, Morrissey and Darragh O'Brien all found the target before the icing was put on the cake with sub Niall Quinlan kicking over a sideline kick.

Things only got worse for Sarsfields as from that Quinlan point Sean Campbell was given a straight red card for a striking offence that really summed up their day as

Eire OG won out on a 1-12 to 0-9 scoreline.

EIRE OG: Rickie Keating; Richie Mahon, Mark Fitzgerald, Brendan Kavanagh, Jordan Lowry, Mark Furey, Paul McElligott, Jordan Morrissey 1-1, Cormac Mullins 0-2, Sean Gannon 0-1, Darragh O'Brien 0-1, Eoghan Ruth, Christopher Blake 0-5 (0-4fs), Ross Dunphy 0-1, Colm Hulton.

SUBS USED: Derek Hayden for Hulton 42 mins, Niall Quinlan 0-1 for Mullins 50 mins, Reece Denieffe for Quinlan (Black Card) 57 mins.

SARSFIELDS: Paddy O'Sullivan; Cian McConnell, Sean Campbell, Tom Aspell, Shea Ryan, Ciaran McEnerney Aspell, Darragh Ryan, Con Kavanagh, Caoimhin McDonnell 0-3 (0-2fs), Barry Coffey 0-2, Deccy McKenna, Conor Hartley 0-1, Cian Costigan 0-1, Ray Cahill 0-1 (0-1f), Alan Smith 0-1.

SUBS USED: Shane Doyle for Smith 41 mins, Brian McDonnell for McConnell 46 mins, Karl Hartley for Cahill 52 mins, David Shalvey for S.Ryan 52 mins, Cian Byrne for McKenna 56 mins, Robbie Confrey for Costigan 57 mins.

REF: Anthony Nolan (Wicklow)

TAKE 5 - Sarsfields v Eire Og

MAIN MAN

JORDAN MORRISSEY (EIRE OG)

In the absence of Matty Byrne, midfield was an area that Sarsfields really struggled in and Jordan Morrissey took full advantage in that regard as he scored 1-1 in an impressive display.

SCORE OF THE GAME

The game was well sewn up at this stage but Niall Quinlan's sideline kick late in the game summed up the Carlow side's second half performance in the fact that everything went their way.

TURNING POINT

Sarsfields performed pretty well in the first half but when leading on a 0-6 to 0-4 scoreline

they were hit with a real sucker punch as Morrissey fired in a goal. It gave rise to the Eire OG effort and Sarsfields really struggled from that point on.

TALKING POINT

Sarsfields will always be left wondering would the result have been the same if Matty Byrne and Ben McCormack were available. They were two huge losses to the Newbridge side and it was always going to be an uphill task against such an experienced side as a result.

REF WATCH

Wicklow official Anthony Nolan did a decent job, he let the game flow and while there was the usual one or two debatable decisions neither side could have much complaints.

SPORT

Monasterevan crash out of Leinster

AIB LEINSTER CLUB IFC QUARTER-FINAL

**Mattock Rangers (Louth) 3-9
MONASTEREVAN 1-8**

BY KILDARE POST REPORTER

Mattock Rangers will face Wicklow's Dunlavin for a place in the Leinster IFC final following the Collon side's impressive seven-point defeat of competition favourites Monasterevan in Stabannon on Sunday.

The affair hung in the balance, even though Rangers always led, early in the second half as the Kildare champions reduced the margin to a solitary point but a neat move involving Mattock's experienced Reid brothers saw Adrian find David with a quickly-taken free-kick and the veteran

finished confidently to the net.

The goal punctured Monasterevan's charge and when Rangers followed the strike with three successive points, the game skipped away from the visitors, who were overly reliant on Pádraig Nash.

Victory for Rangers maintains their proud provincial record, the red-and-black clad outfit having twice reached the latter stages of the Leinster senior championship in the noughties, including the 2002 decider. On the basis of their present form, Dunlavin, who saw off Meath's Nobber by six points on Saturday, will have their work cut out in trying to halt their charge.

Having got over Offaly side Bracknagh a fortnight earlier, Mattock raced out of the

blocks in Stabannon, with speedy Shane Hickey palming to the net with just seconds on the clock.

Though it was generally a slow start Monasterevan were dealt a second significant blow on 16 minutes, however, when Brian Corcoran punched Rangers' second major past Robbie White, giving his side a 2-1 to three-point advantage.

But, with Nash on song in attack, the away outfit whittled their deficit down to two at the interval, 2-2 to 0-6.

And they continued their strong streak into the second period, getting to within the minimum, before the Reids sparked a spell of Mattock dominance which would ultimately prove to be match-winning.

Nash's conversion of a



Ryan Bannon on the attack for Monasterevan as Shane Maguire closes in

penalty on 49 minutes raised Monasterevan spirits, reducing Mattock's lead to five, but three of the closing four points went the way of the winners as the closing margin stood at a commanding seven.

MATTOCK RANGERS: Mike Englishby; Alan Caraher, Shane Maguire, Dáire Englishby; Brendan Leacy, Niall

McKeown, Rónán Kilbane; Adrian Reid, Daniel Bannon; Terry Donegan, Ryan Leneghan (0-1), Shane Hickey (1-0); Brian Corcoran (1-1), Aaron O'Brien (0-2), David Reid (1-5, 0-3 frees)

SUBS: Cathal Fleming for Hickey, Hugh Donnelly for Corcoran, Oisín McKenna for Donnelly (BC), Ben Quail for McKenna, Cillian Hickey for Caraher

MONASTEREVAN: Robbie White; Daryl

Dunne, Gavin Worrell, Cormac Stapleton; John O'Toole, Tristan Kennedy, DJ Earley; Seán Kavanagh, Eoin Stapleton; Lenny Havens, Paul Maloney (0-1), Kevin Dunne; Kevin Fitzpatrick, Ryan Bannon, Pádraig Nash (1-4, 1-0 pen & 0-2 frees)

SUBS: Wayne Fitzpatrick (0-3, two frees) for Fitzpatrick, Mark Kelly for Havens, Kevin Mulpeter for Dunne

REFEREE: Patrick Coyle (Curraha)

Naas ease into Under 21 football final

TONY DONOHUE U21 'A' FOOTBALL CHAMPIONSHIP

**NAAS 1-17
MAYNOOTH 1-9**

Naas are into another underage final after they defeated Maynooth in the U21 Football Championship semi-final on Friday night.

It was a victory that was very much expected and while Maynooth challenged the victors for periods of the first half, Naas' strength in depth eventually told.

The 2016 minor winning captain Ciaran Doyle finished with seven points while the likes of Dallan Gallagher and Luke Griffin also stood out.

Gallagher netted a crucial opening half goal and in the end it was a score that Maynooth were always trying to recover from.

Only two points separated the sides at the break but Naas were in dominant form in the second period and a late Maynooth goal from David Bonass only succeeded in putting a gloss on the scoreboard.

After Ciaran Doyle and Danny O'Sullivan exchanged early frees Naas took command during the opening quarter with further points from Doyle and Adam Cronin giving the county town a 0-4 to 0-1 lead.

O'Sullivan narrowed the gap to two minutes later but it was only brief respite as points from Darragh Kirwan

and Luke Griffin pushed the lead out to four before a poorly directed Odhran Cussen kickout resulted in Dallan Gallagher kicking in a goal in the 20th minute.

Naas were dominating all over the pitch at this stage but they fell asleep for the closing minutes of the half as five points in a row from Maynooth left just two between the sides.

O'Sullivan found the target with a brace of frees during that period with David Bonass, Ruadhan O'Giollain and Cathal McCabe scoring from play.

Naas led 1-6 to 0-7 at the break as a result but when Maynooth's Kevin Dunne scored he narrowed that advantage to just the minimum at the beginning of the second half.

Naas all but put the game to bed over the following fifteen minutes however as they scored six points on the bounce with Doyle x3, Gallagher and Brian Stynes getting on the board.

Maynooth responded with a score from Ronan Dunne but Naas' attacks were relentless and further points from Doyle, Griffin and Alex Beirne left them leading on a 1-15 to 0-9 scoreline.

Maynooth got something of a consolation in stoppage time when Bonass palmed a shot to the net after he latched onto a Niall O'Sullivan ball into the square.



Darragh Kirwan gathers procession during the U21 football championship semi-finals

Naas still had the final say though with Sean Cullen and Paddy McDermott rounding off on the eight point victory.

NAAS: Luke Mullins; Cathal Daly, Conor McCarthy, Brian Stynes 0-1, Adam Cronin 0-1, David Shaw, Paddy McDermott 0-1, Sean Cullen 0-1, James

Burke 0-1, Alex Beirne 0-1, Darragh Kirwan 0-1, Darragh Merriman, Dallan Gallagher 1-1, Luke Griffin 0-2 (0-1f), Ciaran Doyle 0-7 (0-4fs).

SUBS: Shane Ryan for Kirwan h-t, Eoin Archbold for Merriman 37 mins, Tom Browne for Gallagher 49 mins, Jack Cleary for Beirne 55 mins, Ian

Blackburne for Burke 58 mins, Ben Blackburne for Cullen 58 mins.

MAYNOOTH: Odhran Cussen; Callum McCabe, Darragh Hurley, Niall O'Sullivan, Conor Lynch, James Murray, David Bonass 1-1, Ruadhan O'Giollain 0-1, Ronan Dunne 0-1, Kevin Dunne 0-1, Danny O'Sullivan 0-4 (0-3fs), Ben

Carroll, Cathal McCabe 0-1, Conchur O'Giollain, Cian Whyte.

SUBS: Paul Maguire for Whyte 41 mins, Niall Kinirons for Cathal McCabe 45 mins, Kevin Donovan for Carroll 49 mins.

REF: Dave Coady

SPORT

Naas continue in winning form with U21 hurling title

Haven Hire U21 'A' Hurling Final

NAAS 2-19
ÉIRE ÓG CORRA CHOILL 0-11
BY IAN BAKER

In winning their fourth successive U21 hurling championship, Naas hurlers also won their fifth Kildare hurling championship title of the year in St. Conleth's Park on Sunday afternoon.

Naas had this final wrapped-up in a mere nine minutes, scoring nine points without reply. Al Bergin, Ian Blackburne (2), Kevin Aherne, Harry Carroll (2), Shane Ryan and Cathal Dowling gave Naas a 0-9 to nil lead, and with that their fifth hurling championship of 2019.

If any of the other titles were contestable, the U21 hurling final was also going to be a coronation rather than a contest. As their senior team are still in the Leinster campaign, and training, no team in the county could have stopped Naas' four in a row and drive for five.

Cruising through the game with their smattering of senior players playing to the fore, Naas dominated this final from the first minute and then slowly substituted their key players as the game wound down.

Cathal Dowling, James Burke, Shane Ryan, Simon Leacy and Rian Boran gave consummate performances in Naas' fourth U21 title win,

allowing substitutes like James McKeon, Ben O'Reilly and David Murphy to finish Éire Óg Corra Choill off.

Despite Liam Dempsey opening Éire Óg Corra Choill's account in the tenth-minute with a free, only scoring a further '65 by half-time meant that the game was competitively over by that stage.

Brian Tobin scored a 13th minute goal, following the trajectory of a Blackburne shot, but with Blackburne and Ronan McGrath receiving red cards for an off the ball incident, the space only helped Naas.

As Tobin, Aherne and Burke revelled given the time and space, Naas led 1-14 to 0-2 at half-time.

Éire Óg Corra Choill were more competitive in the second-half, where Dempsey outscored Ryan in the opening minutes. Naas goalkeeper Jeff Keane also needed to be smart to deny substitute Daragh O'Shaughnessy.

But just as Éire Óg Corra Choill found some momentum, the reshuffle in space and positioning saw Naas corner-back Niall Murphy in an advanced role.

Flicked into his path by Ben O'Reilly, Murphy coolly hit the net, giving Naas an unassailable 2-15 to 0-4 lead.

Understandably, Naas grew disillusioned with the game, and Éire Óg Corra



Naas Rian Boran gathers procession ahead of EireOg Corrachoill Adam Flood during the Haven Hire U21 A Hurling Final

Keane (50).

Choill found some more space and time on the ball. Keeping an eye on their senior game against Tullaroan this Saturday, Naas whipped off many of their senior players.

Conor KIELTY and substitute Niall Tierney scored two successively fine points by the 50th minute as Sean MacDonnacha responded with a well-taken effort from midfield.

As substitute Daragh O'Shaughnessy, KIELTY and Dempsey thankfully concluded a cold and difficult game to watch with rallying points, Naas effortlessly and almost pointlessly claimed their fifth hurling championship of 2019.

SCORERS - Naas - B Tobin 1-1; S Ryan 0-4 (f); N Murphy 1-0; J Burke 0-3 (f); H Carroll, J McKeon (f), I Blackburne and K Aherne 0-2 each; C Dowling and S MacDonnacha 0-1 each.

ÉIRE ÓG CORRA CHOILL - L Dempsey 0-7 (2f, 3 '65); C KIELTY 0-2; N Tierney and D O'Shaughnessy 0-1 each.

NAAS: Jeff Keane; Ruairi Goodfellow, John McKeon, Niall Murphy; Simon Leacy, Rian Boran, Harry Carroll; Cathal Dowling, Sean MacDonnacha; James Burke, Ian Blackburne, Al Bergin; Shane Ryan, Kevin Aherne, Brian Tobin.

SUBS: James McKeon for Dowling (h/t); Ben O'Reilly for Burke (h/t); Ciaran Kelleher for Leacy (45 mins); Ciaran Doyle and Sean Burke for Ryan and

ÉIRE ÓG CORRA CHOILL: Philip Tierney; Cathal Cribbin, Michael Begley, Daniel Murray; James Dolan, Paul Dolan, Ronan McGrath; Conor KIELTY, Murray O'Byrne; Eoin O'Brien, Rory O'Neill, Liam Dempsey; Ollie O'Neill, Jack Higgins, Eoin Wilson.

SUBS: Cormac Byrne for O'Neill (21 mins); Daragh O'Shaughnessy for Cribbin (h/t); Niall Tierney for O'Brien (46); Niall Mullally for Dempsey (62).

REFEREE: Fergus Devereux.

Unprecedented Naas win clean-sweep of Kildare hurling championships

By Ian Baker

Naas' hurling success continues unabated this season with their U21

hurlers winning their fourth successive championship title.

Winning the last championship of the Kildare hurling calendar means that

Naas GAA have won the fifth championship: Minor, U21, Junior, Intermediate and Senior Championships.

No other team in Kildare hurling, probably in football too, have ever won the all championship grades from Minor to Senior and everything else in between in a single year.

With hopes still alive in the Leinster Club Intermediate Championship, playing Tullaroan in Callan in a semi-final this Saturday Naas must be crowned Kildare club of the year for this and much more success.

Speaking after the game, Naas manager Liam Greene delighted in his side's victory, suggesting that they knew they had to start the game with such intensity to dominate a spry Éire Óg

Corra Choill side.

"We started well because we were expecting Éire Óg Corra Choill to come strong and they did. But you must consider that a lot of our lads are playing senior and training, so a lot of the credit for today's victory would have to go to the senior management," says Greene.

Praising Éire Óg Corra Choill for "never giving-up and playing right to the end", Greene says it's important for Naas GAA that his side played "some very nice hurling" considering that Naas' seniors still remain in the Leinster championship.

Whilst Naas held a nine-point lead in the ninth-minute, after Liam Dempsey opened Éire Óg Corra Choill's account, Brian Tobin hit the net in the 13th minute and the U21

final was over.

Greene suggests that Naas "did need a goal at that stage just to show the dominance we had that stage and it probably gave us that little bit of breathing space. We were conscious that the guys do have a big game [this] week."

Anxious to get their players rested ahead of the Tullaroan game this Saturday, Naas were able to make a raft of changes, only leaving centre-back Rian Boran on the field, yet pushing him into corner-forward.

Winning their fifth hurling championship this year, Greene admits that "everything is going in the right direction for Naas; it's taken a while and it hasn't happened overnight."

"It's been twenty years of hard-work. We've a great

structure at juvenile level and that was put in place years' ago by Denis Hanley and John Holmes," says Greene.

"The structure that these two men put in place brought mentor and player alike through it and that "structure is still in place."

Travelling all over the country to play games, Greene knows that their structure is beginning to bear fruit. "It hasn't just happened this year or last year, it's been twenty years in the making."

Unlucky over several years to not make the breakthrough, Greene says that "now it's been worthwhile, and it's been a fantastic year really; it's probably unprecedented, certainly in Kildare."



Naas John McKeon races clear to set up an attack during the Haven Hire U21 A Hurling Final

Ballymore advance in impressive style



Stephen Davis of Ballymore Eustace GFC evades his Kenagh marker with Tadhg Grace and Michael Stewart Byrne in support. Match Report Robert Cribbin PICS: Natasha Graham

AIB LEINSTER JFC CHAMPIONSHIP

BALLYMORE EUSTACE 2-20
KENAGH (LONGFORD) 0-5

It was as emphatic as the scoreline suggests, as Ballymore Eustace ran out twenty one point winners over Kenagh on Saturday last.

Stephen Dwyer and sub Niall O'Neill got second half goals for the Kildare side but in truth, the game was well over as a contest by that stage.

Playing with the aid of the wind, Ballymore blew their opponents away in a devastating opening period that ended with them leading 0-14 to 0-2 at the break.

It all means that Ballymore will now go forward to a Leinster semi-final against Clann Na

Gael of Meath on Saturday week, November 23.

Ballymore were without the influential Mark Barrett due to injury but from the very start, it was very obvious that they were a step ahead of their opponents and they quickly went into a 0-4 to 0-0 lead with points from Simon Murphy, Shane Barrett, Niall Murphy and Tadhg Grace.

Kenagh replied with points from Lee Ross Gill and Thomas McGann but after kicking a few wides their confidence dipped and remarkably Ballymore kicked ten points in a row before the break.

The likes of both Niall and Simon Murphy as well as Tadhg Grace, Brian Crowe and Tadhg Barrett were all on target as Ballymore officially ended the game as

a contest leading 0-14 to 0-2 at the interval.

The non stop attacks from Ballymore continued on the resumption with a fisted effort from Crowe and an outside of the right effort from Tadhg Grace pushing the lead out to fourteen.

McGann and Rory O'Connor replied for Kenagh but once Niall O'Neill rattled in a 47th minute goal the Longford side's heads dropped again.

Stephen Dwyer palmed in a second goal a couple of minutes later on the back of good work from Joe Broderick as Ballymore improved their tally in a very one sided display.

Ballymore finished off with points from Patrick and Simon Murphy but they know more stiffer tests await after they won out on a 2-20 to 0-5 scoreline.

BALLYMORE EUSTACE: Steve Foley; Jake Meehan, David McAtamney, Steve Davis; Joe Broderick, Michael Stewart Byrne, Caolan Halpin; Tadhg Grace (0-2), Shane Barrett (0-1); Stephen Dwyer (1-1), Niall Murphy (0-5), Brian Crowe (0-2); Tadhg Barrett (0-3), Garreth Clarke, Simon Murphy (0-3).

SUBS: Niall O'Neill (1-1) for G Clarke (20 mins), Keith Fennell for S Davis (33 mins), Aaron Deegan (0-1) for N Murphy (45 mins), Patrick Murphy (0-1 free) for T Grace (48 mins), Callum McClintock for N O'Neill (48 mins), Kevin Kelleher for S Dwyer (50 mins)

KENAGH: Anthony McCormack; Gary Kenny, John Gill, James Higgins; Dylan Horkan, Graham Forbes, Shane Farrell (0-1 free); Alan Jones, Thomas McGann (0-2); Ronan Hughes, Sean Canavan, David Jones; Karl Farrell, Rory Connor (0-1), Lee Ross Gill (0-1).

SUBS: Damien Higgins for G Kenny (28 mins), Ian Farrell for G Forbes (half-time), Brian O'Boyle for D Jones inj (33 mins), Danny Kelly for R Connor (49 mins), Adam Ryan for J Gill (55 mins), John Rowan for R Hughes (55 mins)

REF: Marius Stones, Clara (Offaly)



Niall O'Neill (BME GFC) making a run for it



Ballymore's Shane Barrett impressed in the quarter final



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