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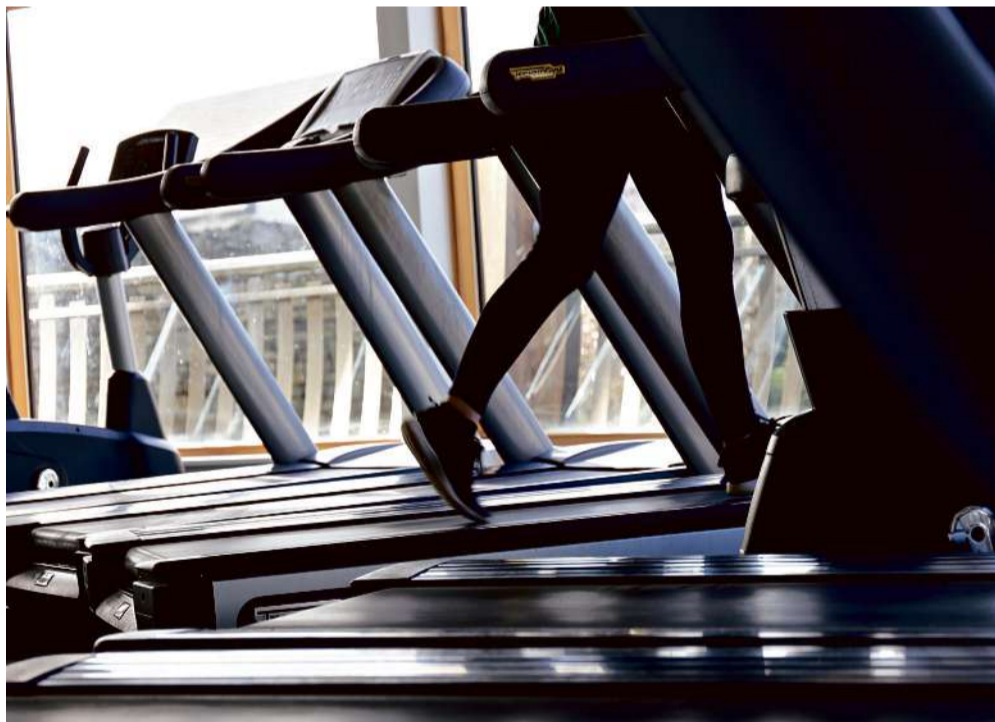
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NEWS • ENTERTAINMENT • SPORT

HSE: Stay vigilant on coronavirus

Kildare people have been advised by the HSE to continue to take precautions in relation to Covid-19 (coronavirus), despite there being no confirmed cases in Ireland yet.

Since the outbreak in northern Italy, the Department of Foreign Affairs is warning citizens not to travel to the affected towns.

The HSE said it can take up to 14 days for symptoms to show and tell-tale signs may include a cough, shortness of breath, breathing difficulties and fever (high temperature).

The virus can also cause more severe illness including pneumonia.

The HSE said people can protect

themselves from the virus by washing their hands properly and regularly covering their mouth and nose with a tissue when they cough and sneeze.

More than 13,500 Personal Protective Equipment (PPE) packs have been sent to GP surgeries and other health clinics.

The World Health Organisation said yesterday that the number of recorded cases has risen to 80,988 across 33 countries and territories and the current mortality rate is about 2%.

People are advised to check the latest updates from the Department of Health at: www.gov.ie/health-covid-t:19.

SEE PAGE 4 FOR FULL STORY →



CLANE KIDS BACKING FUNDRAISER



Young family members and friends of six-year-old Clane boy Ruairi McDonnell cheer for the launch of 'Roar for Ruairi' charity fundraiser in Rathcoffey GAA last Saturday night. The youngster suffers from a rare, degenerative neurological condition, and the community is rallying to raise money for his nursing care. See page 24 for more photos. PICTURE: TONY KEANE

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**16 PAGES OF
HOUSE & HOME**

SEE PAGES 37-52

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NEWS

Army man creates anti-virus wipes

KIM O'LEARY
editor@kildarepost.com

A Naas army expert who is in Italy as the coronavirus hits the region has helped to create a new antibacterial wipe which may help to halt the spread of the deadly virus.

Retired Irish Army Bomb Disposal Expert and Naas based Lt Col Ray Lane and his wife are currently in Lake Como in Italy which is one of several regions in the country facing threat from the coronavirus.

Speaking to the Kildare Post this week, Lt Col Lane said that Lake Como is currently calm and quiet. "There's no sense of fear here in Lake Como, everyone is keeping calm. There are some restrictions in place such as bars and restaurants closing at 6pm in the evening, and mass has also been cancelled. There's no big panic, but face masks are available to people who want them," explained Lt Col Lane.

Lt Col Lane is involved in the development of Anti-Biological Wipes in conjunction with the European Defence Agency and NUI Galway.

The project is being led by esteemed Professor Lokesh Joshi. Research shows that these wipes could be effective in the battle against the deadly coronavirus, which is reported to have developed in a food market in Wuhan, China, before Christmas.

This project, a collaboration which has the backing of the

European Defence Agency (EDA) (funding) with the Czech University of Defence and the Defence Forces Ireland, Aquila Bioscience at National University of Ireland Galway, has been able to develop a novel, safe, effective and environmentally friendly technology called ABwipe TM.

According to Lt Col Lane, the wipes decontaminate surfaces from bacterial, viral and biotoxin loads. ABwipe TM contains a naturally occurring biodegradable cellulose-based material with natural proteins and carbohydrates that are specifically selected to bind to, remove from the target surface, and trap biological agents including viruses, bacteria, fungi and biotoxins.

Proven effective

"The wipes have so far proven to be effective and we believe that they could potentially help stop the virus from spreading further, it's something that maybe the HSE should consider implementing in Ireland as well as the isolation rooms and the face masks as precautionary measures," said Lt Col Lane.

While 11 deaths linked to the coronavirus have been reported in Italy in recent days, Ireland is in a containment phase in relation to COVID-19 - the coronavirus which has spread globally from Wuhan in China.

According to the HSE there have been 90 suspected cases tested in Ireland, however none of these cases have tested positive



Lt Col Ray Lane said: "The wipes have so far proven to be effective and we believe that they could potentially help stop the virus from spreading further"

for the virus. The National Public Health Emergency Team has said it is continuing to monitor Ireland's preparedness, given the evolving situation globally.

It can take up to 14 days for symptoms of the virus to show and symptoms may include a cough, a shortness of breath, breathing difficulties, or a high temperature.

The virus can also cause more severe illness, including pneumonia.

Measures to protect yourself from contracting the virus include washing your hands properly and regularly with soap and water or an alcohol-based hand rub, and covering your mouth and nose with a tissue or your sleeve when you cough and sneeze.

The HSE says the risk of getting coronavirus in Ireland is low, and should a case arise, will contact anyone who has been in contact with the infected person.

INSIDE

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Enterprise Week in Kildare
PAGE 22



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

Fundraiser for Newbridge man

The Pa Keogh Fund Committee is hosting a Benefit Night in Moorefield GAA Club in Newbridge on this Saturday evening at 8pm.

Entertainment on the night will be provided by Johnny Peters and DMac.

Tickets cost €10 each and are on sale locally at McDonnell's

Pub, The Railway Bar, Flangan's Bar and Coffey's Bar.

There will also be a bumper raffle on the night.

For further details or to give

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Birthday girl Bridie is 92 years young!

Bridie Connelly celebrated her 92nd birthday in her dining room in Kildare town on Sunday surrounded by children, grandchildren and great children. PICTURE: MARTIN CONNELLY.



CRIMEBRIEFS

DOOR KICKED IN

The front door of a house on the Standhouse Road in Newbridge was kicked in on Thursday, February 20, last.

Cash was taken in the incident which happened between 8pm and 10.30pm.

BURGLARIES IN MAYNOOTH

There were two burglaries in Maynooth on the same day this week.

The incidents occurred in the Carton Court and Greenfield areas.

Anybody who noticed anything suspicious is asked to contact gardai.

BREAK-IN

The rear window of a house in Kill Hill was forced on February 25 between 5pm and 8pm.

Jewellery was taken in the raid.

THEFTS FROM CARS

There were five thefts from cars in one day — Saturday, February 22.

One incident took place at Arconagh, Naas when a vehicle parked outside a

house was broken into.

Thefts took place from other vehicles parked in St David's Church car park in Naas and Our Lady's Church of the Nativity car park in Leixlip.

Other incidents took place in Ryston Sports & Social Club car park in Newbridge and at Nelson Street in Athy.

TILL ROBBED IN BROAD DAYLIGHT

Two men were arrested after a till was robbed from a shop in Naas.

The pair, aged 44 and 45, with addresses in Dublin,

entered a boutique at North Main Street on February 12 at 2.40pm.

A staff member was threatened before they left the premises with the till, which was later recovered by Naas gardai.

ROBBERY AT SHOPPING CENTRE

Monread Shopping Centre in Naas was broken into in an early morning incident.

A small amount of cash was taken during the break-in on February 13 at 6.15am.

A back office was broken into and a safe was removed.

Images of four males, who were covered up, were captured on a CCTV system.

Gardai recovered the safe a small distance away on the M7.

BUILDING SITE TARGETED BY THIEVES

A generator has been stolen from a building site in Naas.

The Lincoln model equipment piece was taken between 3.30pm on February 10 and 7am on February 11.

It was taken from a house

which is under construction at Blessington Road, Naas. It is valued at €600.

MAN ARRESTED FOR DRUNKENNESS

A man arrested near a Naas night venue was taken to the local garda station.

The 20 year old, from Nurney, was arrested after he refused to leave the area.

He was detained for being intoxicated and refusing to comply with the direction of a garda.

The incident happened at midnight on Saturday, February 15.

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NEWS

New Sinn Féin councillor gets warm welcome at meeting

HENRY BAURESS
editor@kildarepost.com

Kildare County Council has co-opted Sinn Féin representative Noel Connolly to replace the party's new TD, Patricia Ryan.

The new Sinn Féin councillor said he would be paying particular attention to making sure that the council supported those with disabilities.

At a specially convened meeting at Aras Chill Dara on Tuesday,

February 25, the council unanimously agreed to the co-option. There was a wide welcome.

Former Sinn Féin member, now non-party, Íde Cussen, said the atmosphere at the council when

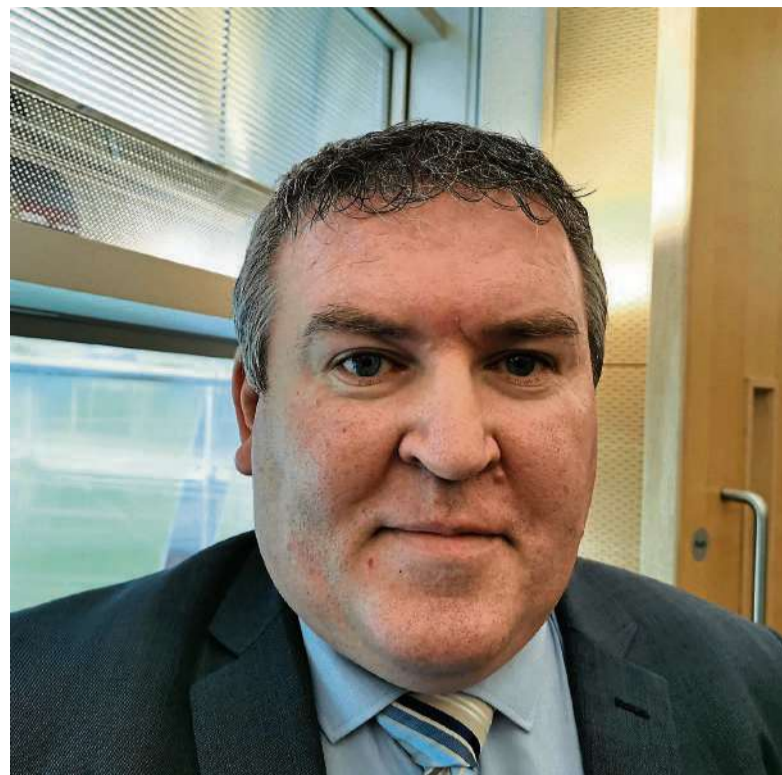
Sinn Féin councillors were elected locally in 2014, was "quite chilly" but "people have changed in the meantime".

The proposal was made by Fianna Fáil's Daragh Fitzpatrick and seconded by Fine Gael's Mark Stafford.

A quorum was required and around 22 of the 40 councillors were present.

Also present were members of Cllr Connolly's family including his wife Olive, a nurse working at Cheeverstown House in Dublin, and children, James, Niamh and Jack.

Cllr Connolly has been a member of Sinn Féin for



Newly co-opted Sinn Féin councillor, Noel Connolly

10 years, and like Deputy Ryan, who he is replacing, has spent time observing council meetings from the public gallery.

He worked with Argos in retail for 15 years but stepped back after experiencing ill health.

He then took up a role as a charity shop manager with the St Vincent de Paul Society. He also is a member of Ellistown GAA club.

Cllr Connolly and his family live in the Lackagh area, which lies between Monasterevin, Kildare town and Rathangan.

Originally from Dublin, The Ward (between Finglas and Ashbourne), he and his family lived in Portarlinton for 10 years and have been in Lackagh for 10 years.

CONGRATULATIONS

Opening the brief meeting, Mayor Suzanne Doyle, who will serve along with Cllr Connolly in the Kildare-Newbridge Municipal District, welcomed everyone and congratulated Deputy Patricia Ryan, who was also present at the meeting.

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Local gardaí get hi-tech speed guns

SENAN HOGAN
editor@kildarepost.com

Kildare gardai have been trained in state-of-the-art equipment which can clock speeding cars from 1.2km away.

The TruCAM II laser guns — which can be used 24 hours a day — will be able to detect the speed of vehicles before the driver may be able to see the garda.

It's understood that 50 of the devices have been purchased by the force — and some will be in use in Kildare Garda Division.

Supt Eddie Golden of Roads Policing said: "We have invested heavily in speed enforcement.

"The safety vans are all out there but also we're giving new technology to our officers in Roads Policing Units.

"Some of the devices can go up to 1.2km in range so you may not see us.

"We can pick up a car from that kind of distance."

He added: "I remind all drivers

that the speed limits around the country are the maximum permissible limit not necessarily the safest due to changing road weather and traffic conditions.

"The new equipment enhances our ability to conduct speed enforcement checks over a 24 hour period."

Meanwhile, gardai have designated dozens of new areas across County Kildare where speed vans will operate.

Locations on local roads, regional roads, dual carriageway and motorways has increased by more than one third from 55 to 75.

Extra speed zones include two added to the M4 and M9, one added to the M7 and N7 and four added to the R445 which runs between Naas and Monasterevin.

Gardaí said that the safety cameras operate in areas where there is a history of speed related collisions, known as speed enforcement zones.

The GPS co-ordinates of the new zones are on the Garda website.



The Duke and Duchess of Cambridge have included Kildare in their three-day itinerary but it's not known yet where they will visit

Royals to visit Kildare next week

The Duke and Duchess of Cambridge have included Kildare in the itinerary of their official visit to Ireland between Tuesday, March 3 and Thursday, March 5.

It hasn't been revealed for security reasons which engagements will be undertaken by William and Kate in the Lilywhite county.

However Kensington Palace said the royals are interested in local organisations which support and empower young people

opportunities to develop important life skills.

The three-day visit will also feature engagements in Dublin, Meath, and Galway.

Overall, the trip is designed to help highlight the many strong links between the UK and Ireland.

It follows the Queen's historic Irish state visit in 2011 which included a memorable stop-over at the Irish National Stud and Japanese Gardens near Kildare town.



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NEWS

State transport body to hold talks with Kildare councillors

HENRY BAURESS
editor@kildarepost.com

The National Transport Authority (NTA) will face a number of pressing transport issues when it meets a Kildare County Council committee in March.

The transport body has confirmed it will attend the next meeting of Kildare County Council's Corporate Policy Group on March 30, to make a presentation to the group at 12 noon.

The NTA is the public body which manages transport in the Greater Dublin Area and throughout Ireland, via licencing and contracts. Under the Public Transport Regulation Act 2009, the NTA is responsible for licencing.

Following a motion from Cllr Nuala Killeen at its February 24 meeting calling for "significant increases to all peak commuter time bus services", councillors will provide questions to the NTA before its delegation arrives.

Cllr Killeen said new and improved orbital services are needed as there is a lack of sufficient public transport options to meet the needs of commuters, which is impacting communities economically.

The NTA will face a number of questions and issues.

Cllr Aidan Farrelly told the meeting he has spoken to dozens of passengers who all say there have raised question about the service.

Cllr Farrelly is coordinating a submission from councillors which will be given to the NTA in advance of the meeting, summarising people's issues with public transport in the county.

Cllr Fiona McLoughlin Healy said not all links are commercially viable and that Local Link, which recently made a presentation to the council, is subsidised. "There should be a holistic approach," she said.

Mayor Suzanne Doyle said there should be a coordinated approach to the NTA delegation and the council should make suggestions to solve the problems.

Cllr Ide Cussen said there are separate issues for the north and south of the county.

In a response to Cllr Killeen, Kildare County Council said that the Public Transport Regulation Act 2009 (PTR Act) defines public bus passenger services as those where each journey is used by members of the public and a charge or charges are paid in respect of each passenger.

It also said that except where the NTA decides, the service is provided on a



regular and scheduled basis and carriage is provided on a regular and scheduled.

The NTA will face questions on these issues which have been raised by Cllr Farrelly and others, when it meets the council this month.

If anyone would like to contribute to the NTA meeting, you can send an email to aidan.farrelly@socialdemocrats.ie by March 9.

The National Transport Authority (NTA) is the public body which manages transport including bus services throughout Ireland



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NEWS

Short film festival set for Riverbank in Newbridge

KILDARE POSTS REPORTER
 editor@kildarepost.com

Saturday, March 7, will be a special day for Kildare film lovers as a number of short films will be shown for the Kildare Short Grass Film Festival in the Riverbank, Newbridge.

Over the last decade, Kildare County Council has funded a diverse range of films through the Short Grass Films bursary awards and film commission. The range includes short film, animation, documentary, drama as well as feature length films, many of which have received national and international accolades.

Kildare Short Grass Films has also supported the making of films on location in the county and filmmakers who reside here, providing development and competition funding and support to bring films to festivals.

Further initiatives include Kildare Young Film makers, Ballitore Young Film makers and Maynooth Film for All Film Club.

On March 7, the Kildare Short Grass Film Festival presents a curated programme of short films film screenings, supported through the schemes, with opportunities to network and find out more about how to

apply for the Film Commission and Bursary awards

The festival will appeal to movie buffs and film makers at all stages of their career.

An information session on how to apply for Kildare Short Grass Film Commission/bursary (book on Eventbrite link below) takes place between 9.30-10.30am on the day.

The film schedule, which is subject to change, starts at 11am. Attendance at the short films screenings is free of charge, but booking is essential.

There will be a further film session at 1.45pm.

Between 6-8pm there will be an networking opportunity and wine reception.

At 8pm there will be a special screening. As part of the Virgin Media Dublin International Film Festival Riverbank Arts Centre presents Arracht, a new Irish language film by Tom Sullivan set during The Great Famine. The entrance charge for this is €6/€9.

The screening will be followed by a Q&A with the director and lead actor, Donal O Healai. All sessions can be booked through the Riverbank Box Office.



SIX NATIONS TROPHY IN NAAS

ABOVE: Vincent O'Leary, proprietor of Fletchers, with his grandson Charlie Daly, pictured with the Guinness Six Nations Cup at Fletchers, Naas, on Monday night, February 17.

BELOW: Naas RFC U-14s (standing) Orla Doyle, Sophie Cullen, Erica Vaughan, Saoirse Aherne, Masie Molloy, Lily Haslam; (kneeling) Sarah Treacy, May Kelleher, Heidi Lyons

PICTURES: TONY KEANE

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NEWS

Over 10,000 cars a day go through Kill

PAUL O'MEARA
 editor@kildarepost.com

At least 10,000 vehicles — and up to 15,000 on some occasions — go through Kill each day.

The figures emerged at a Naas Municipal District meeting as councilors pressed in vain for a pedestrian crossing for the village.

Cllr Bill Clear also told the meeting that there are about 1,000 pupils at the Scoil Bhríde primary school. Virtually all of the businesses are on one side of the village and the school and most of the housing is on the other side.

“It doesn't have a crossing and it should have. All the kids are on one side of the road and the shops are on the other. It's unfair on school kids,” he added.

Cllr Anne Breen said the crossing should be restored to where it was but KCC's director of transport Tadhg McDonnell countered that the crossing should not be situated where cars are reversing from parked positions.

Kildare County Council say a pedestrian crossing won't be approved for Kill before a traffic count is undertaken to establish the amount of traffic passing through.

A campaign for a crossing surfaced in the wake of an accident involving a girl, who received minor injuries, crossing the main street in October 2018.

A temporary crossing was provided by KCC but was removed last summer.

According to the council the crossing was a “temporary measure” during the construction of the M7 widening project creating three lanes on either side.

This issue has led to protests by parents who walked through the village from the Scoil Bhríde primary school 17 months ago.

Mr McDonnell said a decision on a crossing must await a traffic survey which is set to take place at the end next month.

This will happen once the traffic levels on the main route “settles down” following the restoration of



Kill resident Aurley Keenan hands over a petition to Kildare County Council official Josh Hannigan in 2018

the 120kph speed limit.

“There is pressure for a crossing. I don't want to be unfair to Kill but there are other villages as well including Sallins (and) there are competing priorities.”

Mr McDonnell also said KCC needs to put a traffic policy in place which will establish a “hierarchy” to indicate which areas merit a crossing.

Cllr Fintan Brett acknowledged that the Naas to Kill cycle scheme will create three crossings - at the school, in the village centre and near Embassy Manor.

But work hasn't started on this and “when something (an accident) happens on the motorway, traffic comes through Kill, any hiccup on the road means traffic coming through”.

Kill resident Diana Maynard said: “I'm so angry right now. As a parent I got involved in the campaign to get a safe crossing for our village. I have four children and elderly relatives who need a safe place to cross.”

“The council will have blood on their hands if God forbid an accident happens because the village is getting busier.”

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Circus operators agree to repair Fairgreen in Naas



Cllr Bill Clear raised his concerns with the condition of the Fairgreen, right, after the visit of Circus Gerbola, left



PAUL O'MEARA
editor@kildarepost.com

Damage done to the surface of a public green area in Naas by a departing circus group will be repaired.

The condition of Fairgreen was highlighted by local Councillor Bill Clear.

Circus Gerbola, a regular and popular visitor to Naas, departed on Monday last following a series of performances.

"There is a responsibility on anyone using the area to leave it as they found it

and this instance this didn't happen but they've undertaken to restore the site," said Cllr Clear.

He said unless groups using publicly owned areas did so without causing any damage then it would be the responsibility of Kildare County Council to do the work, adding that the council parks department is under constant pressure to meet demands on resources.

"If anybody wants to use it the cost of the county council should be zero," he added.

In fairness to Circus Gerbola it has to

be pointed out that the area was hit with torrential rainfall during their visit and damage to the site was inevitable — a point acknowledged by Cllr Clear.

In a social media message, the circus said it strives to leave all areas it uses as if it found them.

The post added that the ground was cut up because of the bad weather conditions.

However, the repair work cannot be done until the site becomes dry and once this happens the restoration work will follow.

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NEWS

Tesco stores in Kildare help raise funds for sick children in Dublin's Temple Street hospital

SENAN HOGAN
editor@kildarepost.com

Tesco Ireland said it has reached a fundraising milestone having raised €5 million over the course of its five-year partnership with CHI at Temple Street with stores across Kildare raising a whopping €275,431.65 throughout this period.

The funds raised to date have helped the hospital to buy over 270 pieces of vital medical equipment for patients including ultrasound scanners, patient monitors and respiratory equipment.

Tesco Ireland first chose Temple Street as its Charity Partner in 2014 following a selection process guided by Tesco colleagues nationwide and since then has grown to



Ethan (3), Jacob (6) and Alannah (8) pictured in Temple Street Children's Hospital



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become one of the largest fundraising achievements in the private sector in Ireland.

Tesco is also announcing a further extension to its partnership for one-year for 2020 and continuing with its ambition of purchasing much-needed equipment to aid the treatment of sick children with the aim of raising an additional €1 million.

Over the past five years, Tesco Ireland and its 13,000 colleagues have passionately rolled out a dedicated programme of fundraising initiatives that include the Great Irish Bake for Temple Street, in-store face-painting and activity days as well as Halloween parties in aid of Trick or Treat for Temple Street. The fundraising initiatives are fully colleague led and customer supported.

In April 2019 in one day alone, Tesco colleagues and customers in Kildare raised €6,969.07 in aid of Temple Street as part of their annual Great Irish Bake initiative. These funds specifically helped Temple Street to purchase specialised Ophthalmology YAG Laser which is used to improve a patient's vision after cataract surgery.

To date, Tesco customers have generously supported five annual Great Irish Bakes in aid of Temple Street, purchasing approximately

15,000 buns per year. Since 2016, Tesco has sold over 300,000 Charity bouquets with a €1 donation from each sale going towards the hospital. During festive seasons, Tesco sold 100,000 of their much-loved plush toys Cedric the Bear and Jingles the Penguin with proceeds going towards Temple Street. In addition, dedicated Tesco colleagues have generously donated over 70,000 hours of their time fundraising for Temple Street.

Speaking about the fundraising milestone, Kari Daniels, Chief Executive, Tesco Ireland said: "Over the past five years, the Tesco Ireland Charity Partner Programme has inspired and motivated our colleagues and customers to pool our strengths and passion in support of a cause that is close to all of our hearts. We're firm believers that every little help makes a big difference, and our colleague-lead fundraising is living proof of this. I want to thank our colleagues and customers in Kildare who have been so supportive of our efforts and I want to heartily commend the dedication of every single member of the Temple Street team for the steadfast work they do every day to look after sick children with pride, skill and compassion. We have big

plans for our work with the hospital for 2020 and look forward to bringing those to life this year."

Denise Fitzgerald, Chief Executive, Temple Street Foundation commented: "We are truly honoured that Tesco is extending our charity partnership for another year and I want to congratulate everyone involved on reaching such a momentous fundraising milestone. As a direct result of their support over the past five years, funds have been invested where they are needed most right across the hospital, directly benefiting sick children and their families who depend on Temple Street to provide the urgent care they need. Put simply, these funds have helped to save lives and for that we commend Tesco colleagues for their dedication and Tesco customers or their loyalty and generosity."

"Each year Temple Street treats over 147,000 children from across the country. For thousands of children who need specialised care, Temple Street is the only hospital in which they can be treated.

"Through this Tesco charity partner programme, Tesco colleagues and customers have helped children from all over Ireland get better and be real life heroes".

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NEWS

Yoga and pilates at Whitewater helping to raise funds for HOPE (D)



The owners of Balanced Bodies holistic centre in Newbridge recently gave free classes in Yoga and Pilates at Whitewater Shopping Centre. All donations were donated to HOPE (D) counselling charity. The event was organised as part of Mindful February. Pictured are: Terri Thorpe Chairperson of HOPE (D) and owners of Balanced Bodies: Suzanne Mauritz, Lidwien Van Elk and Laura Ryan. PICTURES: MARTIN CONNELLY



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OVER HALF OF FUNDRAISING TARGET REACHED - THANKS TO DONORS!

This time last year, the KWWSPCA Shelter was in a very serious situation as it had been refused the retention of its planning permission by Kildare County Council and there was also a strong possibility that the property, which is leased by the KWWSPCA, might have to be sold.

The situation has eased somewhat as the Society appealed the County Council's decision to An Bord Pleanála who granted a two year extension to the present planning permission and the property may not now have to be sold in the near future.

However, it is inevitable that a new Shelter will have to be found within the next two years. A major fundraising campaign was launched this time last year, and we are delighted that just over €180,000 of the target of €300,000 has already been raised.



Cat Of The Week: Auto - also known as Wonky Boy!

Our thanks go to all our supporters who have been so generous with their donations and with their fund-raising activities on our behalf. There is still a long way to go, but we are very hopeful that our target will be reached. Donations are still very welcome!

We also need a new location. Please help us find just a few acres of land or an existing property that could be converted into a shelter.

CAT OF THE WEEK - AUTO - AFFECTIONATELY KNOWN AS 'WONKY BOY'

A special home is needed for the world's most special kitten! Auto (affectionately known as Wonky Boy) came into our care at the very start of the New Year as a young kitten having been found as a stray.

It was evident he had issues with his hind legs and after X-rays it was discovered he had two slipping knee caps that needed to be surgically repaired and a deformed femur which nothing could be done about. Whether this was from a birth defect or an accident when he was a tiny baby will never be known but he is not in any pain.

Auto is a wibbly wobbly wonder, but don't be fooled into thinking it slows him down at all. He is such a sweetheart, friendly to a fault. If his foster mom is not immediately available for cuddles, he forces himself on the dogs.

We are looking for an indoor home for Auto. He is fully vaccinated, neutered and wormed up to date.

Should you be interested in adopting Auto or learning more please call 0861751841.

Origin: Ireland. Age about 10 - 12 weeks.

DOG OF THE WEEK - ROSSI

Rossi is a three-year old collie who lives at our shelter near Athgarvan. He is an active dog who would like a home in a rural location. His home must be very well secured, and he should go to an active family who will provide him with plenty of exercise and mental stimulation.

He likes his walks and walks well on the lead. His ideal home should be an adult family or a family with older children no younger than mid-teens. He likes some dogs so if the new home had



Dog Of The Week: Rossi is a three-year-old collie looking for a nice home

another dog, they would, of course, have to be tested to make sure they would be happy together.

Rossi is neutered, vaccinated and microchipped (number 972274200056467). With expressions of interest please contact 0871279835 or email kwwspca@gmail.com.

We ask for a minimum donation of €150 to partly offset our veterinary expenses, a dog collar tag and dog licence are required to complete the adoption, a home visit applies, and he MUST have a very secure garden. Origin: Ireland.

The Kildare & West Wicklow Society for the Prevention of Cruelty to Animals (KWWSPCA) is a registered charity (Number CHY6280) and is registered with the Charities Regulatory

Authority (Number 20011048). DAFM Registration Number IPT200001C.

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NEWS

Huge programme of events for Local Enterprise Week 2020

KILDARE POST REPORTER
 editor@kildarepost.com

The first week in March will see small businesses and budding entrepreneurs gather across the country for Local Enterprise Week 2020. An initiative of the Local Enterprise Offices, thousands of attendees are expected at over 300 events across the country during the week aimed at supporting small businesses and fostering entrepreneurship.

Headlining the week in County Kildare is 25-year old world-renowned disruptive e-commerce and social media entrepreneur, Seánie Walsh. The V353 Creative Director will show participants how to make the most in the digital space and how to exploit the ecommerce maze to build sustainable ventures.

The week will also host management consultant, Blaise Brosnan of the Management Resource Institute for the 'Connect and Learn' networking lunch at the Killashee Hotel, and for those ready to take the first step in setting up their own business, Noel Davidson of the Entrepreneurs Academy will

be delivering a one-day Start Up Bootcamp workshop.

The week is an opportunity for small businesses and entrepreneurs to sample the range of supports that are on offer from Kildare Local Enterprise Office. These include financial supports, selling, networking, Brexit support, social media workshops, LEAN programmes and sessions dealing with how to make your business more sustainable.

The week will also host the county finals for the hopefuls in this year's Student Enterprise Programme and National Enterprise Awards as they hope to secure places in the national finals taking place in May.

Peter Carey, Chief Executive, Kildare County Council said; "Local Enterprise Week is a chance for Kildare businesses and for those possible future start-ups to see the full range of supports out there for them.

"No matter what their business challenge or sector the Local Enterprise Office will be putting on events for everyone, be it LEAN workshops, trading online, sales and marketing, mastering social

media, or simply, how to start a business, then it will be covered.

"It is also a great chance to network and broaden your connections in business so use it to the advantage of your business, or business idea."

To book places and for more information on Local Enterprise Week go to www.localenterprise.ie/Kildare/Training-Events/Enterprise-Week-2020/

PROGRAMME OF EVENTS

MONDAY, MARCH 2

The Seánie Walsh Experience at the Osprey Hotel, Naas.

TUESDAY, MARCH 3

Introduction to LEAN Management Seminar, Osprey Hotel, Naas

Start Your Own Business Course, Keadeen Hotel, Newbridge — SOLD OUT

Creating Promotional Videos using your Smartphone — Áras Chill Dara, Naas

Building Financial Confidence & Literacy for Growth, Osprey Hotel, Naas

WEDNESDAY, MARCH 4

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The Seánie Walsh Experience takes place on Monday at the Osprey Hotel

Masterclass, Keadeen Hotel, Newbridge

The Female Entrepreneur Business Development Programme, Killashee House Hotel, Naas

THURSDAY, MARCH 5

Student Enterprise Awards County Final, Killashee House Hotel, Naas

Start Your Own Business Course, Clanard Court Hotel, Athy

Connect and Learn! - Networking Lunch with Blaise

Brosnan, Killashee House Hotel, Naas

Trading Online Voucher Seminar, Áras Chill Dara, Naas

Developing an Age Friendly Marketing & Digital Strategy (Complimentary for participants attending the Trading Online Voucher Seminar), Áras Chill Dara, Naas

FRIDAY, MARCH 6

The Kick Start Start Your Own Business Programme — one day bootcamp, Osprey Hotel, Naas

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Roar for Ruairi fundraiser launch

Rathcoffey GAA and Clane GAA came together last Saturday night to launch the Roar for Ruairi campaign.

They want to raise money to assist the McDonnell family in Clane.

Six-year-old Ruairi Monnell has a rare and life-limiting neurological condition. The money raised will help the family make renovations to their home to care for the child, and assist with homecare costs.

According to his mum Ruth, Ruairi loves the Incredible Hulk, which is why they have named the fundraising appeal Roar for Ruairi.

You can support the campaign on GoFundMe.



Kildare county footballer Eoin Doyle; dad Martin, and kids Ruairi, Fionn, and Tomás McDonnell; former Mayo footballer Conor Mortimer; and former Kildare player Johnny Doyle.



Susan Reilly and Ciara Kinahan.

PICTURES: TONY KEANE



Max, Charlotte and Lucy Hendrich



Joe Heslin, Dave Hendrich, David Byrne



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LIFESTYLE



The Dowling family in Rathangan remembered their late mother, Rosie, last Sunday as they cheered on the runners at the annual Run for Rosie. Pictured are TV presenter Brian Dowling with his sisters Michelle, Valerie, Aoife, Tracey, Paula and Tara, alongside Cork GAA star Anna Geary



Sophie Maher, Leah Noonan and Sadhbh Kelly

Out & About

RUN FOR ROSIE IN RATHANGAN

Pictures: AISHLING CONWAY



Members of the Dowling family cheer the crowd on



Laura and Mairead Raleigh



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The Run for Rosie in Rathangan

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HomeCOOKING

by Barbara Collins



POACHED RHUBARB CRUMBLE



INGREDIENTS

POACHED RHUBARB
 185ml white wine
 1 tbsp golden caster sugar
 1 vanilla pod, split lengthways and seeds removed
 400g rhubarb stalks cut into 5cm pieces

CRUMBLE
 75g jumbo oats
 30g plain flour
 30g ground almonds
 2 tbsp golden caster sugar
 2tbsp ground ginger
 70g melted butter

Rhubarb is made for crumble, I think. The white wine makes a real difference to this recipe. You can use apples instead.

METHOD

Heat oven to 180C/160C fan/gas 3.

Pour the wine, sugar, vanilla pod and seeds, and 150ml water into a saucepan and bring to the boil. Drop in the rhubarb, turn down the heat and poach for 2-3 mins. Turn off the heat and leave the rhubarb to cool in the liquid. Then put it in a baking dish.

Mix the oats, almonds, flour and sugar in a bowl and pour over the melted butter. Stir well, then tip onto the rhubarb. bake for 20 mins, tossing halfway through, until golden and crisp. Remove from the oven and leave to cool.

Serve with cream or custard.

Contact Barbara:- Twitter: @thegoodchinaset | Email: barbara@thegoodchinaset.com



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LIFESTYLE



Actor Simon Delaney offically opened The Grafton Barber at the Newbridge Shopping Centre on January 12. He is pictured with owners Catalin Rasinar and Denisa Muntianu



Simon Delaney with Helen Whitley and Jackie Whelan from Newbridge



Simon Delaney offically opens The Grafton Barber in Newbridge alongside owners Catalin Rasinar and Denisa Muntianu

ACTOR SIMON DELANEY OPENS THE GRAFTON BARBER IN NEWBRIDGE

Pictures: AISHLING CONWAY



The new Grafton Barber premises



Simon Delaney with staff from Peter Mark in the centre

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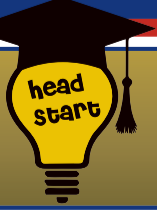
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Getting to the root of those SIBO pains

HAVE you been diagnosed with SIBO? Then you are one of the “luckier of the lot” who have been given a more specific answer and probably a partial solution to their digestive discomforts.

SIBO stands for Small Intestinal Bacterial Overgrowth – it is not an infection, but the normal bacteria get to the wrong place and over proliferate to produce the uncomfortable symptoms of bloating, pain,

abnormal bowel movements and even anxiety and depression. You might have had the diagnosis of IBS with the same symptoms. In fact, an estimated 70% of IBS patients have SIBO with elevated hydrogen and / or methane gas when examined with the right test.

SIBO can result from eating a typical sugary - milky Western diet full of snacks - or failure of the gastric acid barrier either due to stress or medications; like antacids or reduced bile secretions in



SIBO can result from eating a typical sugary - milky Western diet PICTURE: PIXABAY

your liver – gallbladder. SIBO can also be the result of failure of neurological issues within the gut; problems with the migrating motor complex that orchestrate small intestinal motility, leading to constipation and the bacteria normally

residing in the large intestine to make its way to the small intestine. Anatomic alterations, or impairment of systemic and local immunity may also play a role - therefore thorough investigation is recommended.

The hydrogen breath test is an established non-invasive way for assessing malabsorption of sugars in the small intestine – this is what gastroenterologists order in hospitals to diagnose SIBO. However, there are patients who can suffer from the same spectrum of digestive issues but who produce little or no hydrogen, instead producing relatively large amounts of methane. These patients will avoid detection with the traditional hospital breath test for malabsorption based on hydrogen detection; therefore, several false negatives would be expected.

The current management strategies for SIBO centre on antibiotics and maybe elimination diets. The FODMAPs diet may provide symptom relief short term as it removes certain fermentable fibres from the intestine but excluding

healthy foods will lead to long term complications – including the reduction in beneficial bacteria that are necessary for immune health. Antibiotics also create a reduction in diversity of your microbes for months – even years, which in turn will affect your overall health.

As always, the underlining imbalances need to be addressed, otherwise the bacteria can overgrow again. Individualized investigations and tailored dietary changes, stratified herbal remedies and lifestyle modification strategies may bring long-lasting results. In my clinic I use private functional tests to allow for a better understanding of your underlying imbalances, then tailor an action plan which best suits you. Don't hesitate to contact me for more details and to find Your root to better health.



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General enquiries can be emailed to the HR Manager – sarah.murphy@mgsimg.com

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STYLISTS



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Irish brands are ba(n)g on trend but short on designer cost!

STYLEFILE

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Irish brands are ba(n)g on trend!



Front zip striped crossbody Gienni €40

Bags are the fashion item that helps a woman navigate her life every single day and carry the things that matter most to her. It's a considered purchase often driven by functionality and beauty in equal parts. Before you consider which clothes to invest in, look to the runway first for spring/summer 2020's top handbag trends, poised to overtake the high street any day now.

There are a number of Irish brands that capture the essence of catwalk trends but for a fraction of the price. The right handbag can transform your wardrobe pieces from standard to fashion forward and on trend. Trends for SS20 are reflected in their new collections from three Irish companies include:

BUCKLES

It's all about the details for spring 2020 with statement-making buckles — both front and centre and more subtle. Small, square purses at Proenza Schouler had their minimalist vibe disrupted by a large

buckle going across the centre, adding contrast.

On velvet bags at Tommy Hilfiger, the oversized buckles gave a structural touch.

Finally, statement buckles decorated a whole range of Michael Kors bags, with the straps going over the bag vertically

STRIPES

Stripes may be fashion's most classic print, but it got a refresh in the bags of the new collections. Be it Marc Jacobs' clutches or Fendi's signature square tote shape, there were broad, colourful stripes that decorated many of the styles seen on the runway. Even luxe minimalist Gabriela Hearst adopted a bold, blue-striped pattern.

Expect this pattern to be replicated and reinterpreted several times over in the months to come on the high street. The stripy printed bags at Fendi had a bit of a '70s vibe, with colourful stripes over a brown suede tote bag.

Marc Jacobs' striped leather clutches also had a '70s feel.

THICK CHAINS

Chain handles and straps are high-end bag staples, but for the summer 2020 bag trends, they were given a twist, with extra-large chain links. Bottega Veneta showed thick chain bags contrasting with slimline bags. At Mulberry, models came out with thick chain bags and also thick chain belts. The new Chanel 19 bag also had a thick chain handle and strap.

DREAMY FLORALS

Dreamy florals that might otherwise look outdated get a modern update with these pretty purses. Vintage florals were big on the Anna Sui and Brock Collection runways this year, with soft and romantic prints. The floral print on Tory Burch bags was delicate and small for a more romantic take on the trend.

Stockists nationwide: Gienni - Kilkenny, Debenhams and Shaws; Dice - Pamela Scott and Shaws; Liberty by Gienni - Shaws and Debenhams (check out the store at Whitewater Shopping Centre, Newbridge).

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3. Buckle flap hobo bag from Gienni €55

Print backpack from Liberty by Gienni €50



Stone handbag from DICE €58



Flower pattern crossbody from Dice



Black crossbody from DICE €48



Pink buckle bag from Liberty by Gionni €49



Canvas print cross body bag, Liberty by Gionni €40



Tortoiseshell crossbody from Gionni €48



Top chain backpack from Gionni €50



Navy top handle woven shopper Gionni €50



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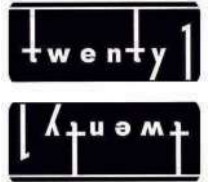
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FASHION FIX



PICTURES: AISHLING CONWAY



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JACK&JONES - t- shirt €14.99 (or 2 for €20)
JACK&JONES - Jacket - €59.99
JACK&JONES - Trainers - WAS €59.99
NOW - €18



Sabeil O'Neill

Only Denim Jacket - €39.99
Vero Moda Dress - €44.99



David Quirke

JACK&JONES - Liam (skinny jean) - €49.99
JACK&JONES - Hoodie - €34.99
JACK&JONES - Gilet - €49.99
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Kerriane Rollinson

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Only Ava Jacket (blue) - €49.99

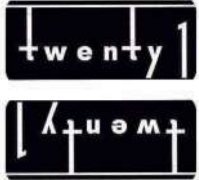
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Katie O'Sullivan

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Vero Moda (dotty blouse) - €34.99



Sabeil O'Neill

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Orange Vero Moda Jacket - €59.99
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Kela Henry

Only Tshirt - €16.99
Only Stripe Skirt - €39.99

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Christina Leonard pictured after her makeover at Whitewater Shopping Centre last Friday. She is pictured, right, with Breda Nolan, personal shopper at Debenhams.

PICTURE: AISHLING CONWAY



Christina looks a million dollars after Operation Transformation makeover

Christina Leonard from Carbury received a head-to-toe makeover in Newbridge last Friday. The special treat was arranged for her by the Community and Cultural Section of Kildare County Council.

Council official Tracy Keogh said: "I'm the administrator of a Facebook page called Kildare Community Stories. We cover all the community work that Kildare County Council carries out and supports, including the Operation Transformation programme that Kildare Sports Partnership runs every year in tandem with the RTÉ TV programme.

"Christina came to our attention through her Facebook page OT Carbury 2020. Christina applied to be a leader on the TV programme last year. She said she was on a slippery slope with her weight and needed a change.

"When she didn't get through to the final group, she didn't give up. She set up a Facebook page and mobilised her entire community to join her on twice-weekly walks at Carbury GAA. 250 people turned up for the first walk in January.

"Christina followed the Operation Transformation menu, walked for miles and lost 16 lbs in just seven weeks. A group of 20 local people who were also weighing in lost 17 stone between them."

Christina did all this despite the disappointment of not appearing on the TV programme and in the face of a major health challenge – she has Fibromyalgia, which causes her energy levels to fluctuate.

Said Tracy: "We reached out to her because we felt that she was a very real and relatable person who was a cheerleader for her whole community. She agreed to share

her journey on our Facebook page and even led one of our Operation Transformation Walks in Leixlip.

"It's been brilliant getting to know Christina and her family. She's a great person and a super role model. We went out to meet everyone in Carbury too – they're a very close-knit and mutually supportive community.

"As the weeks went by and Christina continued to commit to the programme, we decided that we didn't want her to miss out on the end-of-series makeover that's the highlight of the Operation Transformation journey. So, we organised a local one!

"We didn't have a budget as such so we were delighted when some generous sponsors came on board to make the day possible – the Whitewater Shopping Centre, Debenhams, Neeba Hair and

Beauty and Dawn Christina Makeup Artist all contributed their services for free. It was a pleasure dealing with those great local businesses.

"We were so excited to surprise Christina with the makeover news and to share the day with our followers on the Facebook page. The feedback has been so positive – everyone was thrilled for Christina and wished her all the best.

"Christina was already beautiful on the day she started her Operation Transformation journey but it was fantastic to see her looking and feeling her best on Friday, thanks to some expert help.

"She's all set for some important events that are coming up – the filming of the Operation Transformation finale at RTÉ and an Operation Transformation function at Carbury GAA.

"The Community and Cultural Section has been with Christina every step of the way and we wish her well with her new healthy lifestyle. What a dramatic difference seven weeks can make!"

Christina said: "I decided to follow the Operation Transformation programme and get Carbury involved because I wanted everyone to lose weight and feel better, including myself. It has been so motivating to see everyone taking part – from small children to people in their seventies.

"I was so excited about my makeover on Friday. I was treated like a princess and was gifted several outfits to take away.

"Thanks very much to Kildare Community Stories, my family, my community and everyone who helped along the way. I've had the time of my life."

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ABOVE: A contemporary designed bathroom with practical storage space

When it comes to bathrooms, we often find space limited to store essential items such as towels, shampoo bottles, toilet rolls, cleaning products and candles. This week I thought I would share with you some obvious and not so obvious storage solutions that may suit your Bathroom. Hopefully these simple updates will help you rid your bathroom of clutter and help you feel more organised in the mornings.

BATHROOM FURNITURE

If possible, consider a sink with a vanity unit. The contemporary 'Bailey vanity unit' from BTW Naas is the perfect addition for any

contemporary bathroom. As it's a floating unit it will give the illusion of more space and help make your bathroom feel bigger than it is. This unit is available in white, black and light grey. For traditional bathrooms you may favour the 'Langham furniture range' from BTW Naas which incorporates beautifully balanced beading around the frame and scalloped legs. If you prefer the softness of curves rather than straight lines, then the '1340 curved vanity unit' from BTW Naas is perfect to create a serene classic bathroom interior. With maximum storage capabilities this unit is ideal for hiding all your bathroom essentials and keeping the

worktops free from clutter. It's also available in a range of colours to include matt white, sand, dark olive and classic grey.

TROLLEY

A Trolley is an excellent stylish addition to any bathroom. For example, the 'Hornavan' trolley from IKEA has ample shelves to hold towels and all your bathroom essentials. The easy to move castors means you can move it beside the bath when required to hold your book, candles, glass of wine or cup of tea. The 'Grundtal' trolley from IKEA is another one to consider as it is made from stainless steel and includes



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an area to hang towels as well as removable easy to clean shelves.

MIRRORS WITH CONCEALED STORAGE

Not a new storage solution but they have certainly evolved when compared to the traditional mirrored cabinets used 30 years ago. Now these mirrors are minimal and sophisticated with concealed storage solutions and dual functionality. A good example is the 'Maya LED Mirror Cabinet' from BTW Naas featuring ambient downlight, infrared sensor, heating demister pad, charging socket and mirror sides.

SEATING

A seat in a bathroom can be a perfect addition especially for busy families. The 'Vilto' storage stool and the 'Ragrund' towel chair both from IKEA provide the perfect solution with the dual functionality of providing a seat and storage for towels making them ideal for small bathrooms.

The 'Ragrund' towel chair is made from hardwearing bamboo.



ABOVE: Storage space within a modern designed bathroom

RIGHT: Curved vanity unit

BELOW RIGHT: Floating vanity unit with sink



SHELVES

When floor space is at a minimum then remember you can always utilise your wall space for hanging wall mounted slim line cabinets or shelves to maximise your storage capacity. Three stacked floating shelves will provide you with ample space for your towels, toiletries and maybe even a flowerpot. Another option for hanging towels is to lean a wooden ladder against your wall and style with your favourite

towels. This will look elegant as well as providing a storage solution for your towels.

BASKETS

It's certainly hard to make toilet roll look pretty but the addition of a nice basket in your bathroom will make it look better and more organised.

I hope you found this column helpful. For more information on the bathroom

furniture ranges from BTW, Naas you can contact them at 045981750 or visit their phenomenal showrooms at M7 Business Park, Newhall, Naas.

If there is a topic that you would like covered in one of my weekly columns then please drop me an email with your suggestions.

Many Thanks, Louise - winner of TV3's Showhouse Showdown, 0863999926 info@aspiredesign.ie



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Out with the old, in with the new!

Now that 2020 is well underway, and your New Year's Resolutions are slowly coming to a close, it's time to start thinking about what's really important – your interior!

Some of 2019's biggest interior trends included velvet, geometric patterns, minimalism, and pastel colour blocks.

But you know what they say, out with the old, in with the new! Here are EZ Living Furniture's 2020 interior trend predictions! You could say they have 2020 vision!

MIXED METALS!

By the end of 2019 brass and copper became very popular. People started introducing subtle metallic features in the form of taps, shelf mirrors, and legs of tables.

But now that it's 2020, the metal trend has really started to take off. Silver, gold, tin, and copper are all

expected to add flavour to your interior this year.

MORE IS MORE!

Although 2019 was all about minimalism, 2020 has already proven to want more for its occupants. Maximalism is already taking off this year with people investing in bolds, bright colours, and abstract prints.

Less might have been more in 2019 but 2020 is already proving to march to the beat of its own drum

and embracing the more chaotic look.

BLACK IS BACK!

Black is back. Whites and woods may have been 2019 focused but now that it's 2020, black is back and it's not going anywhere anytime soon. We are expecting black everything this year from countertops, to cabinets, to wardrobes, and even baths. Matte blacks will create a chic and sophisticated look to your interior this year.

FLOWER POWER!

Block wallpaper was trending in 2019 but now that it's 2020, it's all about floral wallpaper adding a bit of punch. Shades of greens, botanical designs, and even geometric patterns are all in.

What's becoming even more on trend is the placement of your wallpaper.

Printed wallpaper added to the bathroom, and ceiling is becoming more popular than ever before.

50 SHADES OF PINK!

Last year featured lots of greys, blues and yellows but from what we can see already, pink is giving us a wink. Subtle pink shades such as a pastel pink, blush pink, and baby pink are sure to create calming moods in your homes this year!

Here's to a new decade of interior design. What are you predicting?

For more information on the latest interior trends, simply visit www.ezlivingfurniture.ie



Black accents are back in interiors this year

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Spacious four-bed Kilcock home on market



The spacious home at Ballycaghan, Kilcock, is on the market with Coonan Property



A detached four-bed at Ballycaghan, Kilcock, has come on the market with Coonan Property.

Built in 2010 to an impressive standard, the house extends to c. 241.5 sq m. (2,600 sq ft.).

This property boasts four generously proportioned bedrooms, three bathrooms plus guest toilet; and living accommodation with rooms to suit all requirements including a playroom/office or second living room,

sunroom and utility room. Situated in a peaceful, quiet cul de sac, this property sits on a fantastic site of over 0.75 acres and is surrounded by open countryside with the added bonus of a double fronted block garage.

The location is also very convenient for commuting to Dublin, as its only 3km from the Kilcock exit on the M4 motorway or Kilcock train station. Schools, shops and sports clubs are all just a five minute drive into Kilcock

village.

All in all, this most attractive and modern property should suit the needs of families looking for the peace and tranquillity of country living yet convenient to local amenities.

The home is for sale by private treaty with an asking price of €599,000.

For further information please contact Edward Cummins on 01 628 6128 or email: edwardc@coonan.com.



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Straffan's stunning Aisling House sells for over €635,000

Coonan Property have recently closed on the sale of Aisling House, at Bishops court in Straffan.

After a busy marketing campaign with strong interest, a local family have just completed the purchase of this stunning property, according to the selling agent.

Aisling House has featured in various magazines and was described as "one of Ireland's best houses" by the Irish Independent.

Image magazine called it "one of the best Irish homes" and "a sleek contemporary house that pays homage to its intimate forest setting".

This light filled contemporary home is simply stunning. The attention to detail at every level is unbelievable and has created a practical family home in a mature and



Aisling House, Bishops court, in Straffan

tranquil setting.

An Irish Architecture Award Winning (2011) home, it is situated in a scenic woodland setting 25 minutes from Dublin city centre, near Straffan and Ardclough villages.

The four bedroom, four

bathroom detached home features a living area with polished concrete floors, a large kitchen-dining area, a study, a master bedroom leading on to a roof terrace and a built-in garden playhouse with electricity.

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treaty for an amount in excess of the guide price of €635,000.

For further information on Coonan Property listings, please contact Michael Wright 01 628 6128 or email mickw@coonan.com.



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Located in Ballymany shopping centre, Newbridge, just a short distance from the M7's junction 12, Elegant Lighting buy their lights from various sellers across Europe where many unique designs and elevated quality standards are to be found.

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Some of the wide range of lighting options available at Elegant Lighting, Newbridge



that will create the perfect ambience in your home, an eye catching statement piece or something a bit different you will be sure to find something from their range which is carefully assembled from sources all over Europe and beyond.

Call into the showroom where you will receive a warm welcome and honest advice.

Customer parking is free at Elegant Lighting and the store is open seven days a week - between 10am and 5pm on Monday to Saturday inclusive and from 1pm to 5pm every Sunday.

Elegant Lighting has a vast array of styles and prices.

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Popular Newbridge bar for sale with guide price of €0.5 million

SENAN HOGAN

editor@kildarepost.com

The well-known Curragh Inn bar in Newbridge is currently for sale with a guide price of €500,000.

The sale will not affect the current tenant which has leased the premises until December 2021.

The sprawling venue is one of the largest pubs in Newbridge and spans over 6,000 square feet (557 square metres).

The main lounge is 25m long by 10 metres wide and features include timber flooring.

Coonan Estate Agents said the pub's prime town centre gives it potential for further development.

The Curragh Inn is currently laid out as a large lounge area with a function room, smoking area, kitchen, cold stores and toilet facilities.

In addition, the first floor office space has recently been refurbished. Some of the four offices overlook the Main

Street.

There is also extensive additional space of around 2,500 square feet to the rear which is in need of full repair.

The premises was shut for several months in 2016.

Republic of Ireland manager Martin O'Neill and FAI chief John Delaney also paid a visit to the venue two years ago as part of a Republic of Ireland Supporter's Club event.

The premises is well known for music gigs and is also a popular venue for charity fundraisers.

Coonan's Estate Agents expect a lot of interest in the property due to its location in the town and its proximity to the M7 motorway, Whitewater Shopping Centre and Kildare Village.

St Conleths Park GAA ground is on the same street and is the main GAA ground for Kildare.

The property has already been viewed hundreds of times on the Daft.ie property website.



The Curragh Inn, Newbridge

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Don't cut corners when it comes to renovation safety measures

When it comes to works involving gas or electricity in your home, safety must always come first. Follow these five guidelines to ensure that your home renovation project goes smoothly.

1. Having a property rewired is expensive and disruptive, so we often put up with the wiring we've inherited when we move and forget about getting it sorted. Unless the sockets, light switches and flexes are obviously old, it can be hard to tell the age of the wiring.

A good place to start is the fuse box. If it has rewirable fuses, for example, it should probably be replaced because modern fuse boxes don't use fuse wire.

Other signs of old wiring include sockets with burn marks, sockets mounted on skirting boards, and surface-mounted cables.

2. The only way to be sure if the wiring's safe is to get a qualified electrician to test it. If your home does need rewiring, it's best to use registered electrician



The key thing is to get a completion certificate from a recognised body to prove that the electrical work is safe and legal

(www.reci.ie), as they can self-certify that their work complies with building regulations.

The key thing is to get a completion certificate from a recognised body to prove that the electrical work is safe and legal, something often needed when you sell or rent out your home.

3. Gas appliances are another potential danger. By law, they must be installed by a registered gas installer. They should also be serviced by one annually to ensure they're safe and working efficiently.

Carbon monoxide poisoning from gas appliances can, of course, be fatal and is hard to detect. That's why it's safest to have a carbon monoxide alarm in each room where there's a gas

appliance. But fitting one isn't enough - you must press the test button on it regularly to make sure it's working, and change the batteries when required, although some alarms have built-in batteries that can't be replaced.

4. Smoke alarms should also be tested regularly, but there's nothing more annoying than one that goes off every time you burn a piece of toast.

Taking out the battery is a potentially dangerous habit to get in to, so go for an alarm with a silencer button. Some alarms are 'toast proof', meaning they're less likely to be set off when you cook.

If you have wired-in alarms (see below), your electrician should fit a heat detector, rather than a smoke alarm, in the kitchen.

5. All new homes must be fitted with interlinking wired-in smoke alarms and this can also apply when you do major building work, such as rewiring, or converting the loft.

If you don't want to replace your home's existing doors with fire doors when doing a conversion, getting an electrician to install smoke alarms throughout should ensure compliance with building regs.

If wired-in alarms aren't required, fitting smoke alarms that wirelessly interlink is a great alternative. Interlinking means that if there's a fire, all the alarms will go off at the same time, so even if you're sleeping a long way from the fire, you'll be alerted instantly.



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Fruits You Sir! Grow your own and reap the benefits

There is nothing better than picking your own fruit off your own tree and eating it straight from picking! It really is the simple things and we are here to start a revolution of fruit growing around the country.

If you have a nice open plot to grow your trees on then work away but we are also encouraging you to think about other areas that you could grow fruit trees. How about a school project?

We were planting up an avenue at our children's school with trees and thought, why not plant fruit trees for the kids to enjoy? So we planted a row along the avenue to the school gate, keeping them low enough so that they could pick the fruit. How about a green area? Or a sports club or community centre. Your local rugby, soccer or GAA club will usually have an area at the front that is open and unused, why not plant two or three fruit trees? They tend to be the most inexpensive trees starting at a young but already fruiting three year old tree from €25.

If you have a green area why not talk to your residents association about planting a grouping of fruit trees, wouldn't the kids and adults alike love the idea of picking fruit during the late summer and autumn? Wouldn't it be lovely if one of the local residents had time to make an apple or pear tart for the neighbours? Lets all join the movement to grow more fruit trees within our community.

Fruit trees need full sun to thrive. Apples, pears, and plums are tolerant of less-than-ideal conditions, they don't want to be waterlogged and as long as they have good air flow around them, they will fruit well, especially in a good summer.

FOOD AND WATER

Though fruit trees often prosper with only minimal care, paying attention to their needs will reward you with a larger, more flavorful crop. Water newly planted trees whenever the top two inches of soil are dry.

As the plants develop more extensive root systems, you can water less often —

but keep in mind that, to produce a juicy crop, all fruit trees must be watered in dry periods. Mulching helps conserve the moisture and keeps in the organic matter around the roots.

As a commercial grower we use a rigid fertilise regime to have our trees looking their best but getting the best growth and root structure in the pots but as a home grower and with the tree planted into the open soil your tree will require only minimal feeding.

It's best to base your fertilising schedule on the growth of the tree. If it's growing satisfactorily, its nutrient needs are being met. If its performance is below par, though, apply a high-nitrogen fertiliser in early spring.

PRUNING

First and foremost, it's highly recommended that you prune your fruit trees to a manageable height. Although the thought of a 20-foot apple tree may seem appealing, think of the practicalities — even if you manage to reach the ripe

apples at the top of the tree, what will you do with that much fruit? Trim to a height that will allow you to easily harvest and prune. If you can't reach above your head and easily pick fruit from the tree's tallest branch, it's likely too tall. Pruning will not only make your life easier but will make the tree healthier too.

When it's cold, prune for shape: February & March are the ideal months to do your winter pruning.

Try your best to prune during a dry spell without a chance of frost, as fresh cuts on your tree can be particularly susceptible to moisture and cold. Since the majority of fruit trees are deciduous, winter is an excellent time to prune for shape without leaves or fruit cluttering your view. Remove crossing branches, anything that's growing back into the centre of the tree, or limbs that are broken or dead. The shape of the tree is up to you, but make sure its centre is open and uncluttered—it's important that air can move freely through the branches once the warmer weather



Above: Pear tree growing alongside a stone wall with fresh fruit ready to be picked, below: plums tree growing alongside a stone wall with fresh fruit ready to be picked



returns and the tree is again covered in fruit and leaves.

STYLES OF FRUIT TREES

We always have a good range of fruit trees which include some larger trees and also some shaped fruit trees. Why not consider an espaliered or even a fan trained tree if you have a south facing wall that they

can grow against? Or if you prefer a vineyard-style, row along the garden. Our mature trees are good and strong and ideal for if you are considering an orchard style garden. With a good range of pears, plums and apples in some of our personal favourite varieties we have every kind of tree you could wish for.



Bio Garden, Sheki, Azerbaijan, October, 2018



Trees with red apples in an orchard

New Ford Ranger Raptor - the ultimate workmate



BREDA CORRIGAN

Member of Irish Motoring Writers' Association (IMWA)

Ford has launched the new Ranger Raptor – the toughest and most high-performing version ever of Europe's best-selling pick-up. Developed by Ford Performance for the true enthusiast off-roader, the first-ever Ranger Raptor is now available to thrill-seeking customers in Ireland. The new Ranger Raptor is powered by a Bi-turbo version of Ford's 2.0 litre EcoBlue diesel engine that delivers 213 PS and 500 Nm of torque, and is mated to Ford's new 10-speed automatic gearbox.

IMPOSING DIMENSIONS

The commanding presence delivered by the ultimate Ranger's imposing dimensions and extreme styling is supported by a unique Ford Performance chassis optimised for

high-speed off-road driving and go-anywhere capability.

Built to withstand high-impact off-road events, the Ranger Raptor's unique, super-strong reinforced chassis frame uses high-strength, low-alloy steels to endure the punishment delivered by off-road racing. The Raptor's race-bred suspension has been specifically crafted to tackle fearsome terrain at high-speed while remaining in complete control and comfort, using a 150 mm wider track and 51 mm taller ride height compared with the Ranger XLT. FOX shock absorbers with Position Sensitive Damping provide higher damping forces at extremes for unparalleled off-road capability, and lower damping forces in more moderate conditions for a smoother ride on-road. Front damper travel is increased by 32 per cent, and rear travel by 18 per cent. All-terrain BF Goodrich 285/70 R17 tyres have been specially developed for the Ranger Raptor. The 33-inch (838 mm) by 11-inch (285 mm) tyres offer a tough sidewall to take on the most formidable environments with confidence, and an



aggressive off-road tread pattern that provides an iron grip in wet, mud, sand and snow conditions.

OPTIMISED OFF-ROAD ABILITY

The unique chassis design is combined with optimised off-road geometry that delivers 283 mm ground clearance and 850 mm wading depth. A 32.5-degree approach angle, and ramp-over and departure angles of 24 degrees, provide impressive go-anywhere capability. The Ranger Raptor also features unique underbody protection to deflect off-road obstacles. Available in Ford Performance Blue, Colorado Red, Shadow Black, Frozen White and Conquer Grey

colours with contrasting Dyno Grey accents, the new Ranger Raptor's aggressive design is driven by performance and functionality.

Ford Performance DNA is present throughout the interior, which delivers quality craftsmanship, harmonious colours and durable materials for driving scenarios from the high street to high altitude. The premium leather and suede bolstered seats are specially designed for enhanced grip and off-road high-speed support with a dual-firmness cushion for ultimate comfort.

TEST VEHICLE

My test vehicle was a new Ranger Raptor, which was

finished in striking Ford Performance Blue metallic paintwork for maximum visual impact. Drivers can select from six Terrain Management System modes to tackle a wide range of terrain and driving scenarios, including: Normal mode, Sport mode, Grass/Gravel/Snow mode, Mud/Sand mode, Rock mode, and Baja mode. While the first 5 modes are self explanatory, the Baja mode tunes responses for high-speed off-road performance, just like drivers need in the famous Baja desert rally. The one thing that really grabs attention with the Ranger Raptor is its sheer size. Park a Raptor on the street and it will dwarf a standard Ranger

by a considerable amount, as it is the Raptor's bodywork that really makes it stand out from the crowd. The Raptor's standard BiTurbo 2.0-litre EcoBlue engine allows for swift acceleration for this type of off-roader, with the 0-100km/h sprint achievable in just 10.0-seconds, while fuel economy of up to 31.7mpg is possible on a combined driving cycle.

PRICING

The Ford Ranger Raptor has carved itself a unique place in the market simply because it's like no other pick-up currently on sale. The engineering modifications have turned the already likeable Ranger into a seriously impressive vehicle – both on and off-road. The Ranger Raptor is priced at €63,950 (ex-delivery), and is on sale now.

Contact Finlays on 045 431725.

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MOTORING

SEAT Ireland accelerates into the 'Top 10' for the first time



BREDA CORRIGAN

Member of Irish Motoring Writers' Association (IMWA)

SEAT Ireland has been breaking its own records again, with the news that for the second year running has had its best January in the brands history. But not only that, it is the first time the brand has broken into the top-ten selling car brands in the Irish market. SEAT Ireland recorded its best-ever January significantly increasing its sales compared to January 2019 despite a market that is down 3.47% on last year.

Once again, SEAT's SUVs continue to drive a large part this growth, with Irish buyers

very much coveting the Ateca in particular, which is now the brand's best-selling model. This is very closely followed by the Arona and now in third place by the 2020 Continental Irish SUV of the Year, the SEAT Tarraco. The success is also thanks to the enhanced Dealer Network with new strategic appointments in 2019 such as Connollys SEAT in Sligo and Aherns SEAT in Kerry.

STRONG START

"Naturally we are delighted with the strong start for 2020, which is a credit to our dealer network and our own staff and is especially significant given that the market is down almost 4% compared to 2019. But this month also marks a special milestone in that we have broken into the top ten selling car brands in Ireland, and this is even before we launch some of our most important new products later in the year." said Niall



Phillips, Brand Director at SEAT Ireland.

"There is a lot of mixed messages in the market at the moment, so it can be confusing for buyers to know

what and when to purchase, but it is always a point to remember that buying a SEAT on PCP gives you the assurance of us worrying about the future residual

value of your vehicle as we guarantee it. Over the next year we will offer every possible technology from petrol and diesel to plug-in hybrid and fully electric

vehicles and we believe that with cleaner petrol and diesel engines as well as future technologies, we are on the way to reaching our common climate goals." said Phillips.

CITROËN continue impressive growth



BREDA CORRIGAN

Member of Irish Motoring Writers' Association (IMWA)

Citroën were again the fastest growing mainstream passenger car brand in Ireland this January

following a registration performance of 244 passenger car units, which was up 67% on 2019 figures. January is of huge importance to the motor industry with on average 30% of annual sales taking place in this month.

With the vast majority of brands suffering sales volume reductions in line with the total market and beyond, Citroën bucked the trend with impressive results from its New C5 Aircross SUV which was responsible for 113

registrations and its C3, the B-Segment hatchback with 58 registrations and up 53% on last year.

During the month of January, Commercial vehicle sales accounted for 70% of the total brand registrations with the New Berlingo Van accounting for 487 of these 580 registrations, up 49% on 2019. In January, Citroën achieved a combined 824 registrations between passenger and commercial vehicles to achieve a market share of 2.23%, the highest

market share achieved by the brand in Ireland since 2007.

Citroën Ireland's Managing Director, Pat Ryan, commented: "We are delighted that our 2020 sales performance has continued from where we left off in 2019, solidifying our position as fastest growing mainstream passenger car brand in

Ireland and also recording our highest market share in thirteen years. The last six months of 2019 were extremely successful for us and our January performance has even exceeded our high expectations. Over the past 18 to 24 months we have made a number of large-scale

changes to how we do business here in Ireland and we are starting to see the fruits of our labour. During this period, we have appointed eight new dealerships which have all contributed massively to this sales performance while also energising our existing dealers."



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Survey reveals commutes to work and college getting longer

Almost half of Irish motorists are spending longer on commuting to work or their place of education than they were last year, a recent survey has found.

In response to an AA Car Insurance survey of over 6,500 Irish drivers, 30.29% of those surveyed indicated that they now spend more time on their commute to and from work than they were 12 months ago. Meanwhile, a further 16.04% stated that this was somewhat true of their current commute, depending largely on traffic levels.

Meanwhile, the survey also found indicators of a growing reliance on the private car, with 20.42% of respondents stating that they were more likely to use a car for their morning commute than they would have been 12 months ago.

"In recent years the number of those in employment has steadily returned from recession era levels. While this is certainly

a positive, it appears that the infrastructure hasn't yet caught up to the increase volume of people commuting during peak hours and with many public transport options operating at peak capacity during the main morning and evening rush, many are spending longer commuting than they previously have due to increased road traffic," Conor Faughnan, AA Director of Consumer Affairs stated.

"One of the major challenges facing Ireland currently is the fact that we have, over several generations and governments, established an over-reliance on the private car due to under-investment in public transport and cycling infrastructure. Many of those who do drive are conscious of the negative climate and environmental implications of relying so heavily on a car, but often view the alternatives as too unreliable for them to rely on."



While the survey indicated that car reliance was on the rise among respondents, it also found that motorists were willing to

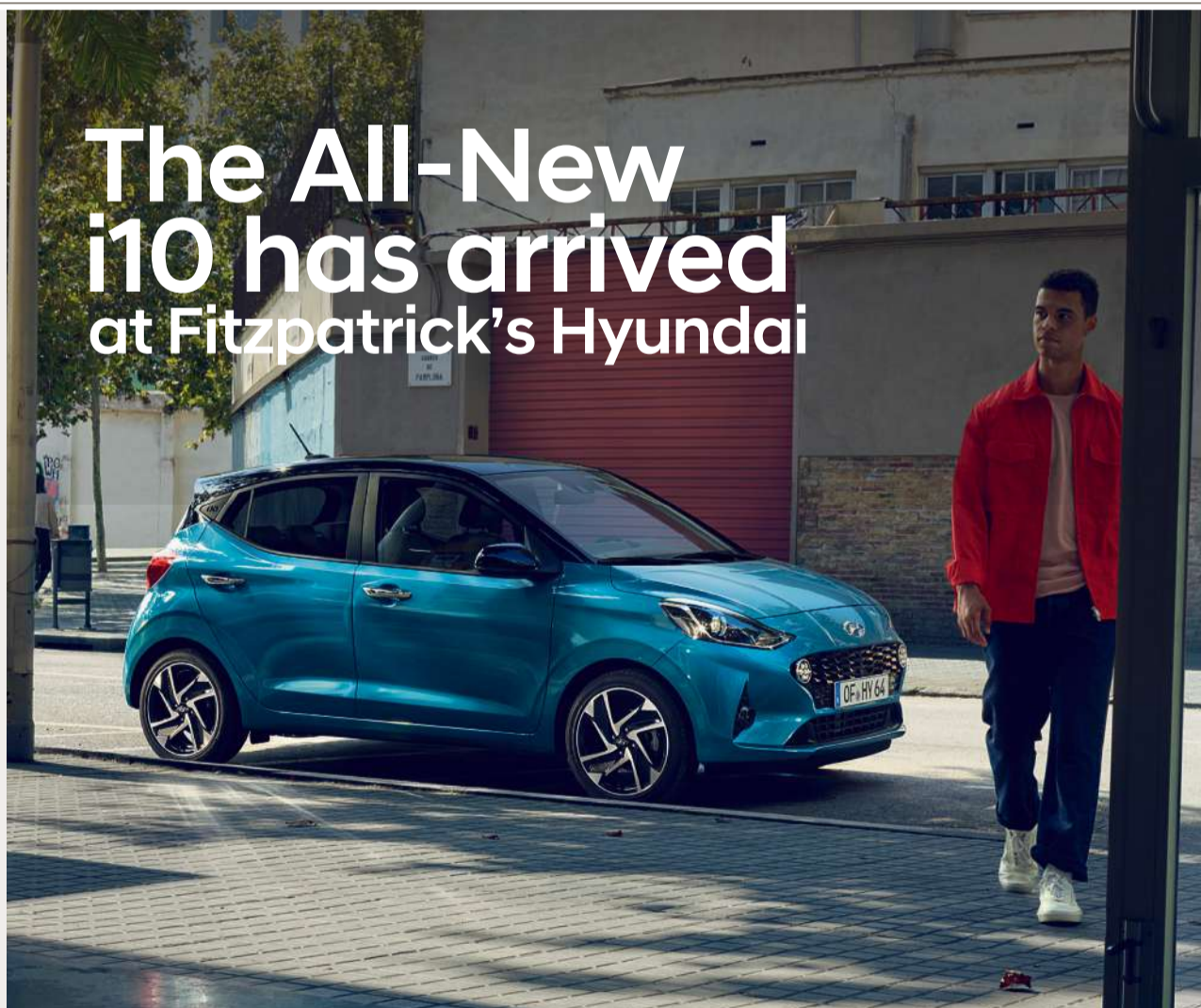
switch to public transport if they felt it was reliable.

When asked about their commuting habits, 35.26% of those surveyed strongly

agreed that a lack of reliable public transport had left them reliant on a car to get to work, even though they would prefer not to use their

car. Meanwhile, a further 13.63% indicated that they were somewhat in agreement with this prompt.

"You only need to look at how full LUAS and major city bus routes are during rush hour, as well as the growing number of those who cycle as their primary mode of transport, to see that where you provide viable alternatives to the car people are more than willing to use them," Faughnan added. "Project Ireland 2040 includes a number of good initiatives such as a LUAS for Cork, a Metro for Dublin and plans for significant increases in funding for cycling infrastructure. However, we need to see these efforts carried out in a timely manner and, irrespective of whoever makes up the next government, a change in attitudes at Leinster House where too often the go to idea in response to congestion has been to simply build more road space."



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PLANNING NOTICES

KILDARE COUNTY COUNCIL

I, Aine Duggan, intend to apply for permission for the proposed erection of a dormer bungalow, garage/fuel store and the installation of new septic tank with percolation area and is to include all associated landscaping and site development works using existing agricultural site entrance at Ballysax Little, The Curragh, Co. Kildare. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of Kildare County Council, Áras Chill Dara, Devoy Park, Naas, Co. Kildare, during its public opening hours. A submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed fee, €20, within the period of 5 weeks beginning on the date of receipt by the authority of the application, and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

I, Caroline Donnelly intend to apply for permission for a development on this site at Roseberry, Newbridge, Co. Kildare. The development consists of planning permission for a change of housetype and house site position, to that granted under Kildare Planning File Reference 14/399 and revised by Significant Further Information and subsequent duration extended by Kildare County Council planning file reference 19/1162. All associated site works of these permissions remain, as per that granted under Kildare County Council planning file reference 14/399 and revised by Significant Further Information. That the planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority during its public opening hours and that a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

PLANNING NOTICES


KILDARE COUNTY COUNCIL

I Kevin Toner intend to apply for permission for development at this site 238 Ryevale Lawns, Leixlip, Co. Kildare. W23KW67 The development will consist/consists of construction of a single storey extension for Grandfather flat to rear of existing dwelling, refurbishment works to existing dwelling and 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 of 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 the grant permission.


PLANNING NOTICES

KILDARE COUNTY COUNCIL

I, Mimi Keogh, wish to apply for retention permission at my property at Kill West, Kill, Co. Kildare. Retention permission is sought for (a) extension to the rear of the existing semi-detached dwelling on the site consisting of a ground floor dining room and first floor bedroom total floor area 51.5m² and (b) a domestic garage the rear of the site measuring 15.9m². 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.



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PLANNING NOTICES

KILDARE COUNTY COUNCIL

THE BOARD of MANAGEMENT TWO MILE HOUSE NATIONAL SCHOOL intend to apply for PERMISSION for development at this site at TWO MILE HOUSE NATIONAL SCHOOL, TWO MILE HOUSE, NAAS, CO. KILDARE.

The development will consist/consists of:

PHASE 1 DEVELOPMENT : PERMISSION FOR THE CONSTRUCTION OF A COMMUNITY BUILDING CONSISTING OF A MIXED-USE COMMUNITY HALL (WITH DOUBLE HEIGHT ELEMENT), PERMISSION FOR A SINGLE STOREY ELEMENT (FRONT DOOR, TOILETS AND PLANT ROOM), CONNECTING GLASS ATRIUM TO EXISTING SCHOOL REMOVAL OF APPROX. 1100 CUBIC METRES OF SOIL (AND CONSEQUENT REDUCTION OF SITE LEVELS TO BE CONSISTENT WITH EXISTING GROUND LEVELS AROUND THE SCHOOL), CONNECTION TO EXISTING SECONDARY EFFLUENT TREATMENT SYSTEM ON SITE AND ALL ASSOCIATED SITE WORKS. **PHASE 2 DEVELOPMENT:** PERMISSION FOR THE CONSTRUCTION OF A SINGLE STOREY COMMUNITY BUILDING CONSISTING TO ADJOIN PHASE 1 DEVELOPMENT CONSISTING OF MEETING ROOMS, KITCHEN, SPORT EQUIPMENT STORAGE ROOMS, OFFICES, RECEPTION AND ANCILLARY ROOMS CONNECTION TO EXISTING SECONDARY EFFLUENT TREATMENT SYSTEM ON SITE AND ALL ASSOCIATED SITE WORKS. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

KILDARE COUNTY COUNCIL

Michael & Mary Nolan intend to apply for Planning Permission for a development at 10-11 North Main Street, Naas, Co Kildare.

The development will consist of:

- 1)The demolition of an existing detached store structure to the rear of the existing shop structure.
- 2)The construction of a 3 storey rear extension partially over the existing single storey shop structure comprising of 5 no apartments (2 no. 2 bedroom and 3 no. 1 bedroom units)
- 3)Associated alterations to the existing shop ground and first floor plan to form a ground floor shop unit (area circa162sq.m) and a first floor office unit (area circa 74sq.m) with independent access from main street.
- 4)Ancillary alterations to all elevations.
- 5)Foul water to existing foul sewer & surface water to existing surface water sewer
- 6)And all associated site works.

The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the planning authority during its public opening hours. 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 planning Authority of the application. O'Loughlin Architects Ltd 087 9858836

PLANNING NOTICES

KILDARE COUNTY COUNCIL

SIGNIFICANT FURTHER INFORMATION

Anthony & Joycelyn Campbell has submitted significant further information for planning file 19/860 for a development development at Rathcoffey, Naas consisting of constructing seven detached two-storey houses each with detached garages and individual treatment systems, new entrance for three dwellings off R408 and the remaining four off road constructed under planning file 16/1218 and all associated site works. Significant further information has been submitted to the planning authority consisting of change of vehicular access arrangements from R408, submission of a hydrogeological and assimilative assessment report and the submission of 7 x revised site suitability reports. The significant further information is available for inspection or purchase at a fee not exceeding the reasonable cost of making a copy, at the offices of Kildare County Council, Áras Chill Dara, Devoy Park, Naas, Co. Kildare, during its public opening hours. A submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed fee, €20, within the period of 2 weeks beginning on the date of receipt by the authority of new public notices (this fee is not applicable to persons who made original submissions/observations), and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

KILDARE COUNTY COUNCIL

We, David & Roisin Moylan, intend to apply for permission for development at this site, 27 Curragh Road, Kildare, R51 XW60.

The development consists of 1. Renovations and alterations to existing dwelling including alterations to front elevation 2. Construction of proposed single storey extension to existing side elevation 3. Construction of storey and a half extension to rear of the existing dwelling 4. Access via proposed double entrance granted under planning ref. no. 19/424 5. Revisions to site boundaries previously granted under planning ref. no 19/424 and all associated site works. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of 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

I, Sheila Talty Deane, intend to apply for permission for development at Trax Restaurant, Friary Road, Naas, Co. Kildare. The development will consist of a proposed change of use of the existing building from a Restaurant to a 4 Bedroom private dwelling to include the provision of a single bedroom and en-suite bathroom in a proposed new internal mezzanine floor level, the addition of 2 new arched windows/doors to the north facing gable of the original building, the addition of new windows to the north facing elevation of the existing flat roofed extension, new windows to the rear/east facing elevation of the existing flat roofed extension and new windows and doors to the south facing elevation of the existing flat roofed extension, along with a series of new heritage type rooflights over the central volume, the provision of a new chimney and the demolition of external storage and timber sheds, together with all associated site works. The premises is listed on the Record of Protected Structures in the current Kildare County Development Plan 2017-2023 under Reference No. NS19-054. 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

Paul and Sinéad Noonan intend to apply for full planning permission for a development at Staplestown, Donadea, Co. Kildare. The development consists of construction of a single storey extension and alterations to existing house, new effluent treatment system and all 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

I, Kelvin McNally, intend to apply for planning permission for development at this site, Dunferth, Enfield, Co. Kildare. The development will consist of the construction of a storey-and-a-half type dwelling and detached domestic garage, O'Reilly Oakstown BAF sewerage treatment system, recessed site entrance and all associated ancillary site works. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

I, William Mulhall intend to apply for permission for a development on this site at Derrymullen, Robertstown, Naas, Co. Kildare. The development consists of planning permission for a two storey farmhouse dwelling on the family farm land holding, installation of an Oakstown BAF on site waste water treatment plant and percolation area and all associated siteworks. That the planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority during its public opening hours and that a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

ALAN O BRIEN intend to apply for PERMISSION and RETENTION PERMISSION for development at this site at MORRISTOWNBILLER, NEWBRIDGE, CO. KILDARE.

The development will consist/consists of:

Retention of existing single storey family unit with permission to construct a single storey link extension linking the family unit to the existing family home, permission to upgrade existing septic tank to secondary effluent treatment system and all associated site works. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

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KildareNow.com AS THE NEWS HAPPENS

Potential Cheltenham runners get a good outing at Punchestown

Next month's Cheltenham Festival is on the agenda for Neverushacon which ran out a convincing winner of the opening cross country chase at Punchestown.

Jessica Harrington's nine-year-old, a 4/1 chance under Paddy Kennedy, readily got the better of the front-running Ballyboker Bridge with odds-on favourite Yanworth back in third place. On the day it was announced that Mark Walsh would ride the Gordon Elliott-trained Delta Work in the Cheltenham Gold Cup, the Clane jockey won the Grade 3 novice hurdle for the County Meath trainer with Run Wild Fred. The 14/1 chance won well from Willie Mullins' 8/11 favourite Lord Royal and might be heading to the Festival himself for a handicap or one of the novice hurdles. Walsh made it two on the day, and again beat a Willie Mullins runner into

second place, when partnering the Jessica Harrington-trained Barrington Court to win the 2m maiden hurdle. The 4/1 shot beat Getaway Gorgeous by a head.

Mark Walsh was back in the winners' enclosure at the same track the following day where he landed the mares' maiden hurdle on Fort Worth Texas. Trained by Colin Bowe, the 9/2 shot won by 10 lengths from Tucanae, the 11/8 favourite for owner Leo McArdle. Curragh trainer Pdraig Roche took the bumper with the well-fancied Line Break, the 7/2 chance scoring by four and a quarter-lengths under leading amateur Derek O'Connor. The John Power-owned four-year-old may head to Limerick next month for a listed bumper. "We always liked her. She was running a nice race here over hurdles but unfortunately



The Jessica Harrington-trained Neverushacon and Paddy Kennedy win the cross-country race at Punchestown on Tuesday

tipped up on her debut last month. She seems to have improved so hopefully she is something to look forward to," said the winning trainer.

Kokura battled well to win the 7f median auction maiden for Curragh trainer Johnny Murtagh and young apprentice Ben Coen at Dundalk on Friday night. The well-backed 11/10 favourite was never worse than second and got to the front a furlong from the finish to beat Ken Condon's Rio Ocho by half a length in the colours of Fitzwilliam Racing.

Aidan Howard was a winner at Fairyhouse on Saturday where Birdie Blitz battled to a narrow success.

The 100/30 favourite got the better of the Gordon Elliott-trained Hell On Earth to take the 2m4f handicap hurdle under conditional rider Simon Torrens. Jessica Harrington and Robbie Power enjoyed a more comfortable success as odds-on favourite Sizing Pottsie won the 2m beginners' chase. Sent off a 4/6 favourite, the six-year-old made all the running to win by 15 lengths from his main market rival Dakota Moirette.

Trainer Ted Walsh could well have a leading Aintree Grand National hope on his hands after Any Second Now took the Grade 3 chase at Naas on Sunday in fine style. A very well-backed 3/1 chance under Mark Walsh, the eight-year-old stayed on strongly to win by a length and a quarter from 5/2 favourite Articulum. The winning trainer said, "He travelled and jumped and if he runs as well as Seabass did at Aintree, I'll be delighted. It's a good prep for Aintree. Whether he's good enough or not only time will tell. He's going there in a good frame of mind and he gets the trip. If you're not in, you can't win!" Pdraig Roche made it two in the week as Castle Oliver made it three in a row in the 2m4f handicap chase. A winner at Fairyhouse and Down Royal, the six-year-old was sent off at odds of 8/1 and readily beat the Denis Hickey-trained Countess Cathleen by three and a half lengths. The winner could well return to the course in a couple of weeks' time for the Leinster National.

Jessica Harrington recorded two winners at Naas, sharing them with Paddy Kennedy and Robbie Power. Kennedy landed the 2m handicap hurdle on the well-supported 5/2 favourite Instant Return, owned and

bred by Brian Miller, and then pushed Power all the way to the line as Harrington notched up a 1-2 in the maiden hurdle over the same distance. Power came out on top on 5/2 chance Port Stanley which saw off his stable companion Lynwood Gold by half a length for owners Linda Mulcahy and Mary Wolridge.

Oliver McKiernan and Barry Browne landed their

second Naas winner of the year as Aarons Day landed the 2m handicap hurdle by a length and a half from the Gordon Elliott-trained Ardampir. Successful with Best Behavior at the track late last month, the Rathcoole trainer and Browne were popular with punters as the 3/1 favourite recorded a cosy win, possibly setting up a tilt at a bigger prize at the Punchestown festival.

Horse Racing Ireland launch summer Student Internship Programme

Horse Racing Ireland (HRI) have launched their 2020 summer student internship programme which returns for its seventh year.

There are a number of paid placements available, commencing in June 2020 and running for 12 weeks throughout the summer to the end of August.

The programme is open to all Third Level students in any college year of any course.

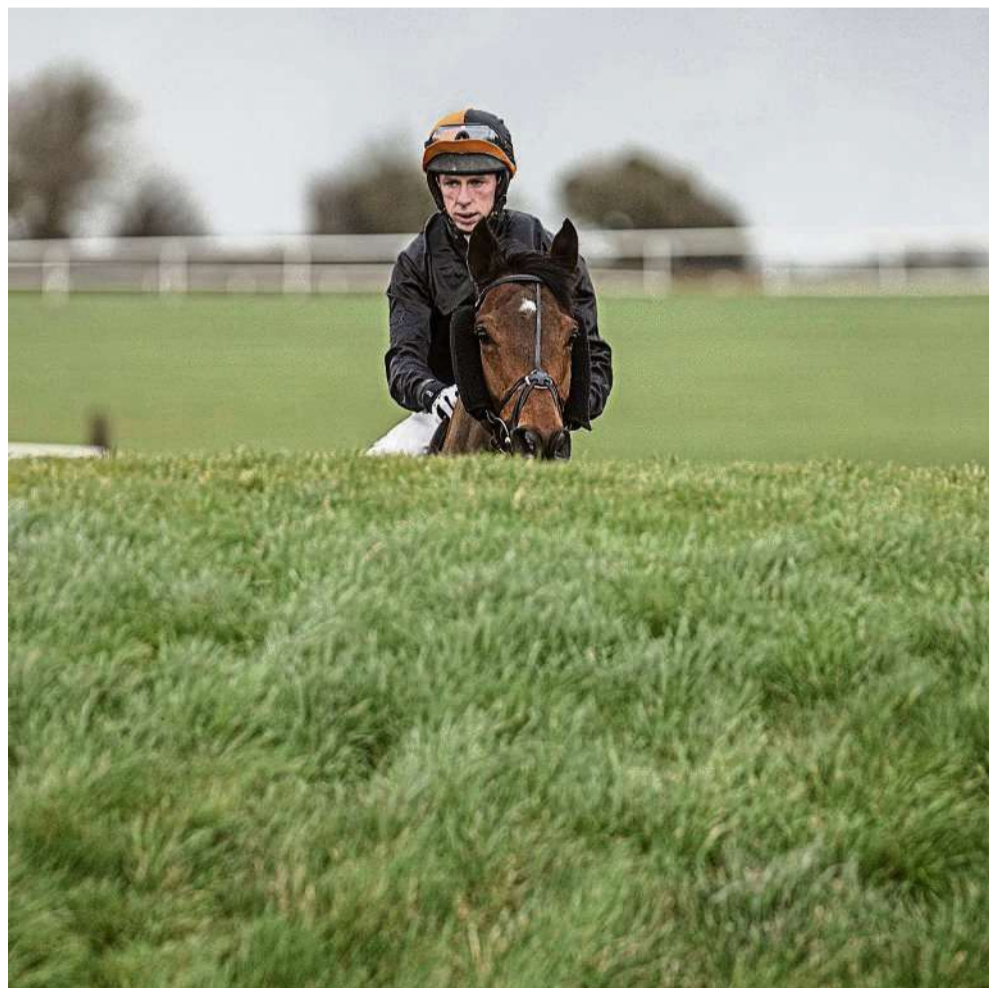
Students will benefit from mentoring by experienced professionals which will allow them to develop their practical skills in a fast-paced environment while gaining valuable experience of the work which goes on behind

the scenes in the Irish racing and breeding industry.

HRI Education and Training Manager, Grainne Murphy, said: "The student internship programme plays a key role in the strategic aim of HRI to attract new entrants into the thoroughbred racing and breeding industry."

"We hope that, for the successful applicants, this is the just first step to a fulfilling and rewarding career within this great industry."

Further details and the application form are available at www.workinracing.ie/ internships. Closing date for applications is March 20, 2020.



Paddy Kennedy and Neverushacon eye up Ruby's Double ahead of their success at Punchestown on Tuesday

UPCOMING FIXTURES

CLONMEL - THURSDAY, FEBRUARY 27 (FIRST RACE 2.15PM)

DUNDALK - FRIDAY, FEBRUARY 28 (FIRST RACE 5.00PM)

NAVAN - SATURDAY, FEBRUARY 29 (FIRST RACE 1.45PM)

LEOPARDSTOWN - SUNDAY, MARCH 1 (FIRST RACE 2.00PM)

SPORT

Kildare Ladies stay consistent with four League wins in a row

LIDL LADIES NATIONAL FOOTBALL LEAGUE DIVISION 3 ROUND 4

Referee Eamonn Moran (Kerry)

KILDARE LAOIS

**3-14
4-06**

BY DONAL FITZPATRICK
sport@kildarepost.com

Meaghan Dunne scored four goals for the Laois Ladies but it wasn't enough as neighbours Kildare made it four wins in a row in Division 3 at Hawkfield on Sunday.

The visitors got off to a wonderful start when Erone Fitzpatrick set up Dunne who blasted to the net from close range. Erone Fitzpatrick added a point a minute later but the home side got on top after that and hit seven unanswered points along with a Grace White goal leaving them 1-8 to 1-1 ahead after 21 minutes.

Laois finished the half strongly. Dunne added two more goals to complete her hat-trick while Aoife Kirrane also pointed to leave it 1-11 to 3-2 at half time.

Laois levelled the game on the resumption of play when Dunne banged in her fourth goal from the penalty spot. She had to take the spot kick twice with Hulgrane saving the first effort but Referee



The Kildare Ladies football squad which defeated Laois at the weekend

Eamonn Moran ordering it to be retaking as he adjudged the Kildare Netminder had moved before the ball was struck. Dunne made no mistake second time round and Laois led once again when Fitzpatrick curled over her second point. Niamh Sinnott and Leah Loughman traded points to leave Laois ahead with 17 minutes to play but the home side finished the game very strongly. Nessa

Dooley and Niamh Sinnott raised green flags in quick succession and that gave Kildare a lead they would never relinquish as they went on to win by five points in the end on a full-time score of Kildare 3-14, Laois 4-06.

Kildare's next game is away to Roscommon on Sunday, March 8. Roscommon's heavy defeat away to Down at the weekend could trigger a backlash in

the fixture with Fermanagh who they will face in this weekend's refixed game after it was postponed due to Storm Dennis.

Kildare will have no game next weekend and it will give players a chance to recharge, management access any niggling injuries players may have, look at the video to address areas of concerns.

The game v Roscommon will play a big part in

determining which of the top three teams can have an eye on making it to a league final.

KILDARE: Mary Hulgrane, Claire Sullivan, Lara Gilbert, Louise Scully, Rachel Cribbin, Dervla McGinn, Claire Nugent, Roisin Byrne 0.06, Grace Clifford cpt, Erica Burke 0-1, Lara Curran 0-3 (2Fs) Grace White 1-0, Neasa Dooley 1-3, Gráinne Kenneally, Niamh Sinnott 1-1.

KILDARE SUBS: Irene Heavey, Siobhan O Sullivan, Rachel Corrigan, Megan O Connor, Aislinn Dooley, Caoimhe Fagan Hynes, Leah Hayes, Aoife Rattigan, Shauna Kendrick, Aoife Stapleton,

Orlaith Sullivan, Joanne, Deay, Sarah Munnely, Ellen Dowling, Clíodhna Malone.

LAOIS: Sinead O Rourke, Andrea Moran, Laura Nerney, Amy Potts, Casey Conroy, Anna Healy Cpt, Ciara Hughes, Fiona Dooley, Eva Galvin, Caoimhe Simms, Eva Loughman 0-3 (3Fs), Emma Lawlor, Kate Whelan, Erone Fitzpatrick 0-2, Meaghan Dunne 4-0.

LAOIS SUBS: Nadine Dempseys, Emily Mulhall, Rebecca Reddin, Alice Walsh, Sophie Delahunt, Kate Jacob, Mo Nerney, Rebecca Balfe, Rachel Fitzgerald, Aoife Kirrane 0.01

Minor Ladies coast past Laois for winning start

LEINSTER LGFA MINOR CHAMPIONSHIP ROUND 1

Manguard Plus Hawkfield
Referee Kelly Cunningham
(Offaly)

KILDARE LAOIS

**1-18
0-5**

The Kildare minor ladies got their campaign off to a successful start with a 1-18 to

0-5 win against Laois in the first part of a doubleheader played in Manguard Plus Hawkfield, with the senior ladies also playing Laois in the Lidl NFL.

Despite a slow start, the home side held Laois to only 2 points in the second half with Kildare displaying strong scoring abilities along with a solid defensive performance

led by captain Laoise Lenehan to seal their first win.

This fixture started as a low scoring game with just three scores, two from Laois's full forward Leah Tarpey inside 15 minutes. However at the other end, Kildare came close to goal multiple times but were denied by the Laois goal-keeper Orla Knowles.

Kildare opened their account on 20 minutes from the boot of Aoife Rattigan. The momentum then shifted into Kildare's favor with a 7 point unanswered scoring spree. With Sally Murphy, Orlaith Sullivan and Elaine Keogh contributing to the first half lead.

The second half was impacted by Kildare's strong

bench and their performance. Substitutes such as Hayley Wiltshire and Ella Maguire contributing well scoring three points between them. Kildare's hold on the game was cemented with a 52nd minute goal from Holly Tyrell. As well as a quick kick out won by Sally Murphy, and conversion between the posts. Kildare were well on

their way, with a 14 point lead with ten minutes to play. An exchange of points between Laois's Tarpey and Kildare's Ella Maguire finished out the game, Kildare finishing strongly.

Kildare will play Dublin in the second round of the Leinster A championship in Dublin and this fixture takes place on March 15.

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ROBERT CRIBBIN
sport@kildarepost.com

The Kildare hurlers are very much on track for promotion from Division 2B of the National Hurling League after sauntering past Roscommon on Sunday afternoon.

Roscommon started off the game in some style with Mickey Joe Egan and Cillian Egan getting goals in the opening five minutes and Kildare had to dig deep to get back into the game.

David Herity's men fought back with first half goals from Conor KIELTY, Jack Sheridan and James Burke and that essentially settled the result in Kildare's favour.

Sheridan and Brian Byrne added further three pointers in the second period as they impressively made amends for a Christy Cup setback against the same opposition in 2019.

It now means Kildare are three from three and sit top of the division ahead of season defining games away to Down and Derry.

Kildare registered the first point in the shape of Niall O'Muineachain but over the next six minutes they conceded 2-1.

A Cathal Dolan free levelled up matters before two goals followed with Mickey Joe Egan scoring on the back of a poorly directed puckout from Paddy McKenna.

Cillian Egan then knocked in the second Rossies goal after the sliotar dropped in

the square and Kildare looked in a bit of bother.

Brian Byrne and Dolan exchanged frees but after Conor KIELTY fired in Kildare's first goal the hosts took control.

Naas stars Jack Sheridan and James Burke added in further goals and after a spate of points they moved 3-6 to 2-2 clear.

The teams then shared scores for the rest of the half with Kildare points from Byrne, Sheridan and Paul Divilly resulting in the Lillywhites taking a 3-13 to 2-7 lead into the break after a very high scoring half of hurling.

A nine point advantage essentially meant that Kildare had the League points in his hands and they went through the motions for the majority of the second period.

Brian Byrne in particular knocked over points for fun which ended with him scoring 1-11.

Dolan on the other side was the Roscommon chief score getter while Divilly and Dowling also registered scores for Kildare.

Kildare finished in style with Brian Byrne kicking in a 65th minute goal before the tally went to five when Jack Sheridan netted with a 21 yard free.

All in all a good days work for Kildare but the real tests are only around the corner.

KILDARE: Paddy McKenna; Cian Forde, John Doran, Simon Leacey, Niall O'Muineachain 0-1, Ross Kelly, Rian Boran, Paul Divilly 0-2, Aran Kelly, Cathal Dowling 0-2, Brian Byrne 1-11 (0-9fs), James Burke 1-0, Conor KIELTY 1-0, Jack Sheridan 2-4, Shane Ryan 0-1.



Kildare full back John Doran flicks the ball clear as Roscommon opponent Pdraig Kelly closes in during the National Hurling League Division 2 Round 4 clash at Hawkfield

SUBS USED: Conor Gordon for Forde 25 mins, Caolan Smith for KIELTY 43 mins, Conor Dowling for Cathal Dowling 52 mins, Cathal Melville for Divilly 65 mins, Declan Molloy for Ryan 68 mins.

ROSCOMMON: Pdraic Dolan; Alan Moore, Jason Kilkenny, Pat Nolan, Michael Byrne, Peter Kellehan, Gearoid Egan, Conor Coyle, Shane Curley, Cathal Dolan 0-10 (0-9fs), Connell Kennelly, Naos Connaughton, Cillian Egan 1-1, Pdraig Kelly, Mickey Joe Egan 1-1.

SUBS USED: Diarmuid Treacy for Coyle 57 mins, Cormac Coyle for Egan 61 mins, Eoghán Costello for Curley 63 mins, Jamie Lawlor for Nolan 70 mins, Michael Kellehan for Kelly 73 mins.

REF: Mick Murtagh (Westmeath)

GAME AT A GLANCE

MAIN MAN

Brian Byrne (Kildare). Not for the first time this year and probably not the last Brian Byrne stood out for the Kildare Hurlers. He has taken the captaincy in his stride and his 1-11 tally proved that. He's the real driving force of this Kildare team at the moment.

HIGHLIGHT

The Kildare attack really seems to have refound its mojo with a couple of Naas players really putting their hands forward. Byrne has already been mentioned but the likes of Jack Sheridan and James Burke are getting better by the game.

TALKING POINT

It wasn't all positive news in Manguard Plus Hawkfield on Sunday and for a big Senior Inter County Hurling League game to not have a workable scoreboard left a lot to be desired. Added to the disadvantage of not having a PA system it was far from ideal.

TURNING POINT

Roscommon's blistering start left Kildare chasing shadows early on but once Conor KIELTY knocked in a 13th minute goal the tide turned and Kildare raced clear from that point on.

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Allianz Football League Division 2

**ROSCOMMON
KILDARE**

**2-11
0-13**

ROBERT CRIBBIN
at St Conleth's Park

Two second half goals helped Roscommon to a crucial National Football League success over Kildare in St Conleth's Park on Sunday afternoon.

Cathal Cregg and Enda Smith were the goal getters as the Connacht side overcame a three point deficit in the early stages of the second half.

Kildare had been the better side up to that stage with Adam Tyrrell kicking five points but they had no answer to Roscommon's late revival.

While Roscommon are well positioned to push forward for a shot at promotion, Kildare are now looking behind them as they strive to maintain their Sam Maguire status.

After mixed starts to the League both Kildare and

Roscommon came into this Division 2 clash desperate for points to stay in the race for promotion.

Roscommon were lightning like out of the blocks and after Cian McKeon kicked the opening point after only twenty seconds the Connacht side took control with four points in a row.

Niall Daly, Donie Smith and Cathal Cregg followed up with scores and although there was only five minutes on the clock Kildare looked in a degree of trouble.

The Rossies would go scoreless for a half an hour though and Jack O'Connor's Kildare team grew in confidence.

Adam Tyrrell was making his first start of the year and despite shipping a heavy knock in the early stages the Moorefield man kicked Kildare's opening point in the 9th minute.

It began a great spell of



Heated exchanges between Kildare and Roscommon during the crucial clash at St Conleth's Park, Newbridge.

PICTURE: PAT TINSLEY

dominance for the team in white with Tyrrell adding on a brace before a lovely Niall Kelly effort levelled up matters.

Tyrrell also had something of a goal chance but great defending from David Murray thwarted him.

That didn't overly affect the Lillywhites though as Daniel Flynn burst onto proceedings with a couple of

fourth point to maintain parity for Kildare.

Cathal Cregg then drilled over a point in the 39th minute to reduce the gap to the minimum before Kildare kicked successive scores from placed balls in the shape of Tyrrell and goalkeeper Mark Donnellan.

Kildare were 0-10 to 0-7 up and being the dominant team they looked set to kick on but Roscommon dug extremely deep and back to back efforts from Donie Smith left just a point between the teams.

Kildare added on another point from Paddy Brophy but they were sucker punched minutes later when a flowing Roscommon move ended with Cathal Cregg palming to the net.

Niall Kilroy followed up with a point and Anthony Cunningham's side were 1-10 to 0-11 leaders going into the final quarter.

Niall Kelly's second point of the game in the 57th minute had Kildare within touching distance but they would get no closer to their

opponents.

A converted penalty from the boot of Enda Smith after Cian McKeon was brought down in the square settled the contest in the Rossies favour.

Brian Stack rounded off the game with a late point as Roscommon secured a deserved four point win.

KILDARE: Mark Donnellan 0-1 (0-1f); Peter Kelly, Mick O'Grady, Darragh Malone, Kevin Flynn, Eoin Doyle, Shea Ryan, David Hyland, Kevin Feely, Paddy Brophy 0-2, Paul Cribbin, Keith Cribbin, Niall Kelly 0-2, Daniel Flynn 0-3, Adam Tyrrell 0-5 (0-3fs, 0-1 mark)
SUBS USED: Con Kavanagh for Malone 40 mins, David Slattery for K.Cribbin 54 mins, Jimmy Hyland for Tyrrell 56 mins, Jack Robinson for N.Kelly 61 mins, Neil Flynn for P.Kelly 69 mins.

ROSCOMMON: Colm Lavin; David Murray, Brian Stack 0-1 Mark Richardson, Niall Daly 0-1, Conor Daly, Conor Hussey, Eddie Nolan, Enda Smith 1-0, Niall Kilroy 0-1, Cian McKeon 0-2 (0-1f), Hubert Darcy, Donie Smith 0-4 (0-2fs), Ciaran Lennon, Cathal Cregg 1-2.
SUBS USED: Tadhg O'Rourke for Nolan 41 mins, Conor Cox for Lennon 47 mins, Cathal Compton for Cregg 57 mins, Finbarr Cregg for Darcy 66 mins, Richard Hughes for D.Smith 75 mins.
REF: Martin McNally (Monaghan)

Kildare GAA Fixtures

Thu 27 Feb

EUROPCAR DOWLING CUP GROUP A

Robertstown: Robertstown V Ardclough 20:00: Ref: Paul Donnelly

EUROPCAR KEOGH CUP GROUP A

Paddy Martin Memorial Park: Ellistown V Straffan 20:00: Ref: Henry Barrett

MANGUARD PLUS MINOR FOOTBALL LEAGUE DIV1

St Laurence's: St. Laurence's GAA V Maynooth 20:00: Ref: Kieran Harris

KILCULLEN: CELBRIDGE V KILCULLEN 20:00: REF: MICHAEL MALONE

Sat 29 Feb

EUROPCAR ALDRIDGE CUP GROUP A

Johnstownbridge: Johnstownbridge V Raheens 14:00: Ref: Raymond Kelly

EUROPCAR ALDRIDGE CUP GROUP B

Round Towers GFC: Round Towers V Celbridge 14:00: Ref:

Henry Barrett

Maynooth: Maynooth V Moorefield 14:00: Ref: Conor Daly

EUROPCAR ALDRIDGE CUP GROUP C

St Laurence's: St. Laurence's GAA V Carbury 14:00: Ref: Owen Murphy

Athy: Athy V Clane 14:00: Ref: Niall Colgan

EUROPCAR ALDRIDGE CUP GROUP D

Sarsfields GAA Club: Sarsfields V Eadestown 14:00: Ref: Paddy Mc Dermott

Castledermot: Castledermot V Monasterevan 14:00: Ref: Stephen Foley

EUROPCAR KEOGH CUP GROUP A

Suncroft GFC: Milltown Suncroft GFC 14:00: Ref: Jack O Connell

EUROPCAR KEOGH CUP GROUP B

Clogherinkoe: Clogherinkoe V Ballymore Eustace 14:00: Ref: Killian Jones

Kilcullen: Kilcullen V Sallins 17:00: Ref: Declan Peppard

EUROPCAR KEOGH CUP GROUP D

Rathangan: Rathangan V St. Kevin's 14:00: Ref: P.J. Cummins

EUROPCAR DOWLING CUP GROUP A

Rheban: Rheban V Ardclough 14:00: Ref: David Coady

EUROPCAR DOWLING CUP GROUP B

St. Farnans Park: Caragh V Rathcoffey 19:00: Ref: Paraic Mc Givern

EUROPCAR DOWLING CUP GROUP C

Athgarvan GAA Pitch: Athgarvan V Ballykelly 14:00: Ref: Paul Donnelly

Kill: Kill V Grangenolvin 14:00: Ref: Anthony Herbert

SENIOR A CUP

Moorefield: Moorefield V Raheens 15:30: Ref: Billy O Connell

Naas: Naas V Celbridge 15:30: Ref: Liam Herbert

Sun 01 Mar

MANGUARD PLUS MINOR FOOTBALL LEAGUE DIV1

Celbridge: Celbridge V Sarsfields 12:00: Ref: Fergus Devereux

Maynooth: Maynooth V Clane 12:00: Ref: Anthony Herbert

Naas: Naas V St. Laurence's GAA 12:00: Ref: Declan Peppard

Kilcullen: Kilcullen V Athy 12:00: Ref: Lee Moore

MANGUARD PLUS MINOR FOOTBALL LEAGUE DIV2

Kilcock Main Pitch: Kilcock V Raheens 12:00: Ref: P.J. Cummins

Moorefield: Moorefield V Leixlip 12:00: Ref: David Houlihan

Sallins: Sallins V Carbury 12:00: Ref: Frank Delaney

St. Farnans Park: Newtown Gaels V Balyra 12:00: Ref: John Enright

MANGUARD PLUS MINOR FOOTBALL LEAGUE DIV3

Eadestown: Eadestown V Rathangan 12:00: Ref: Liam Herbert

Suncroft GFC: Suncroft GFC V Oliver Plunkett's 12:00: Ref: Ryan Moran

Aylmer Gaels: Aylmer Gaels V Round Towers 12:00: Ref: Ken Doyle

TBC: St. Edwards V Fr.Prendegast Gaels 12:00: Ref: Michael Malone

MANGUARD PLUS MINOR FOOTBALL LEAGUE D4

Milltown: Milltown V Ellistown 12:00: Ref: Billy O Connell

Confey: Confey GAA V Abbey Rangers 12:00: Ref: Tim O Sullivan

Castledermot: St Vincent's V O'Toole's 12:00: Ref: David Coady

St Kevin's: St Kevin's V Athgarvan 12:00: Ref: Alan Smullen

St Kevin's: St Kevin's V Athgarvan 12:00: Ref: Alan Smullen

Tue 03 Mar

Manguard Plus Minor Football League Div2

Venue: Robertstown: Newtown Gaels V Carbury 15:00: Ref: John Enright

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