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Who will triumph at this year's Thyestes Chase?

Who will get their hands on the silverware in the Thyestes Chase at Gowran Park - the race that stops a county!



The winning riders from the last four Thyestes Chase races at Gowran Park (clockwise from top left:) Ruby Walsh (Invitation Only, 2019), Jack Kennedy (Monbeg Notorious, 2018), David Mullins (Champagne West, 2017), Robbie Power (My Murphy, 2016)




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NEWS



Kilkenny hurler Aidan Fogarty with pro dancer Emily Barker during the third live show of Dancing with the stars PICTURES: KYRAN O'BRIEN PHOTOGRAPHY/KOBPIX

Odds shorten as Aidan Fogarty zones in on title

Kilkenny hurling star Aidan Fogarty has seen his odds of success on Dancing With The Stars slashed from 12-1 right down to 6-1 with bookmakers Paddy Power. And another stunning

performance from Aidan and his stunning dancing partner Emily Barker last Sunday night ensured top quality marks for the Urlingford man. Aidan, an electrical engineer

and All-Ireland medal winner with Kilkenny, has received tremendous support from locals and beyond. Here's hoping he gets a step closer to the overall title next Sunday!

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*Thursday 23rd January
at Gowran Park*



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NEWS

ROUNDUP

House prices to rise 1%

The price of the average three-bed semi in County Kilkenny is expected to rise by 1% in the next 12 months, according to a survey carried out by Real Estate Alliance.

After a stable year to September, prices in the county fell by 2.8% to €207,500 in the final quarter of 2019, due to an increase in supply in Kilkenny City.

Go red for February

The Irish Heart Foundation today launched its Go Red for Women campaign, in support of women in Kilkenny and across Ireland – one-quarter of whom will die from cardiovascular disease.

Support the Go Red for Women campaign today by organising a red event in February volunteering on February 14. For more see www.GoRed.ie.



Gavin Carroll at Rafter Dempsey's

Gavin Carroll will be playing all your acoustic favourites from Bruce Springsteen, Mumford and Sons, Van Morrison, Brian Adams and Ed Sheeran to traditional ballads and so much more at Rafter Dempsey's on Friday night. All are welcome. Admission is free.

Bee lessons lecture

East Waterford Beekeepers' Association is hosting a public lecture with Dr Una Fitzpatrick on Wednesday February 12 at 7pm in the Dunhill Education Centre, Dunhill Ecopark, Co Waterford.

The Lecture title is: All-Ireland Pollinator Plan 2015-2020: Lessons Learned and looking to the future. All are welcome.

Free workshop

A free workshop on Effective communication with People with an Intellectual Disability will take place at the Ormonde Hotel on February 1.

Minister for Disability Finian McGrath will speak about community participation for people with an

intellectual disability.

Paul Crilly, Social Ability Carlow/Kilkenny, will speak about how to communicate effectively to people with an intellectual disability.

All are very welcome to come along to this event.



Landmark Rescue

South East Mountain Rescue recorded their 500th call-out since they were founded back in 1977.

They assisted an injured walker from the Peaks Club who had been walking the Galtee Mountains.

Swing Dancing at Home Rule Club

Why not head down to the Home Rule Club on Thursday for some expertly guided swing dancing classes? Beginners are always welcome and friendly company is guaranteed. It's never too late to try something new.

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Thyestes Thursday will see thousands of racing fanatics flock to Gowran Park

All roads lead to Gowran today (Thursday) as Goffs Thyestes day, the highlight of the local racing calendar, takes centre stage.

This year's Goffs Thyestes Chase goes to post at 3pm and there will be much anticipation in the air. Entries include Acapella Bourgeois, Chef Des Obeaux, Ex Patriot and the early bookies favourite Minella Till Dawn trained by Gordon Elliott.

There is a very interesting card on the day with the John Mulhern Galmoy Hurdle going to post at 1.50pm won in the past two years by Presenting Percy who is also entered this year.

Tickets bought online at GowranPark.ie will give prompt access to the track as they can be printed off or scanned on the phone. People who purchase online can avail of reduced ticket prices. At the entrance on the day tickets will be priced at €25 for adults and €20 for OAP/Students.

Aside from the top-class racing Gowran Park has a host of entertainment for everyone to enjoy after racing. There are live music on all floors and in the Heineken Live Marquee plus culinary delights to suit all palates.

Gates open at 10.30am with the first race

going to post at 12.45pm. Courtesy buses will run from the gates of Kilkenny Castle Gates from 10.45am on the day and return at 5pm.

BOYLESPORTS COME TO GOWRAN

BoyleSports are strengthening their racecourse presence in Ireland with the takeover of the SP shop in Gowran Park. BoyleSports has a number of shops in the locality in Kilkenny, Carlow, Bagenalstown, Castlecomer, Callan, Urlingford and Thomastown.

Gowran Park Manager Eddie Scally is really looking forward to the new partnership and feels it's a great fit for Gowran Park.

"We are delighted to welcome BoyleSports to Gowran Park starting on Goffs Thyestes Day," he said. "Boylesports have really started to increase their presence in this region in the past number of years and we feel the product and service they provide the racing public is second to none."

"I am really excited to work with John, Conor and the team at Boylesports over the coming weeks and months and am sure our customers will be very happy with the new improved SP shop on offer at Gowran Park."



Wedding Fair at Langtons

Pictured at the Langton House Hotel Wedding Fair are Wedding MCs Chris Kavanagh and Fiona Foley PICTURE: HARRY REID

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NEWS



LEFT: Cathaoirleach Peter Chap Cleere, Mayor Martin Brett, Anne Graham, CEO NTA, Eamon Mahon, Exec. Engineer, Ian Gardner, City Engineer, Tim Butler, Director Of Services, and Declan Murphy, Senior Executive Engineer

ABOVE: One of the buses from the fleet that serves the city
PICTURES: HARRY REID

KK1 and KK2 officially launched in city

The National Transport Authority (NTA) and Kilkenny County Council (KCC) have formally launched the KK1 and KK2 bus routes.

The two routes, operated by City Direct and fully funded by the NTA, have seen a volume of nearly 10,000 passengers since the service first began on 18 December 2019, and

has received a hugely positive reaction among residents.

With the introduction of Kilkenny's first urban-style bus route, commuters, students, families, visitors, and the elderly are now able to avail of a transport option that covers the entirety of the city centre over the course of 64

stops in total. Routes KK1 and KK2 also provide Kilkenny residents with an environmentally-friendly alternative to personal car use.

Route KK1 runs from Loughboy Retail Park to the N77 Roundabout and serves Upper Patrick Street, MacDonagh Junction, and Castlecomer Road. Route KK2 runs

from Purcellsinch to St Luke's Hospital with stops at Dublin Road, Newpark Shopping Centre, MacDonagh Station, Nowlan Park, and Loreto. The routes through the city centre, serving Parliament Street, Market Yard, and John Street Upper. Each route operates every 30 minutes Monday to

Saturday. Services on Sunday operate by the hour, with services every half hour. Late night services operate on Friday and Saturday nights. For the first three months, a promotional Leap fare of €1 is in place and passengers are encouraged to visit the pop-up shop at 76/77 John Street.

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NEWS

Kilkenny's Festival and Event grants awards evening

Kilkenny County Council hosted an event in the River Court Hotel to recognise and acknowledge the tremendous work being done by local community groups and tourism festivals throughout Kilkenny.

Cathaoirleach Peter 'Chap' Cleere on behalf of his fellow Councillors, publicly thanked the organisers of local and national festivals for their tireless dedication to their local communities.

PRAISE

Chief Executive Colette Byrne praised community representatives and informed the attendance of some significant projects being undertaken by Kilkenny County Council in the coming year, including the Abbey Quarter, The Kilkenny Greenway and the Butler Gallery at Evans' home which will shortly be open to the public. Elected members from all municipal districts attended and met and thanked the local groups.



Clr Mick McCarthy, Cora Nowlan, Martina Comerford, Grace Quinn, Clr Peter Cleere, Ronan Ryan ALL PICTURES: VICKY COMERFORD



Colette Byrne, Cathaoirleach Peter Chap Cleere, Martina Comerford and Brian Tyrrell



Haruna, Clr Peter Chap Cleere, Rachel Murray and Kiko PICTURES: VICKY COMERFORD



Cathaoirleach Peter Chap Cleere and Brenda Hickey



John Brennan, Billy Moran, Chap Cleere, Michael Macca Brennan and Enda Healy



Cathaoirleach Peter Chap Cleere and John Cleere

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with *Siobhan Donohoe*

Out and about with the Reporter's ambassador

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Bon Appetit! It's time for Kilkenny's first Restaurant Week

Restaurants all over Kilkenny city and county are getting ready to dish up some culinary delights at the county's first 'Restaurant Week'.

Running from January 22 to February 2, Restaurant Week is a 10-day celebration of Kilkenny's award-winning culinary scene and will see eateries offering discounts and special offers to customers.

Devised by Visit Kilkenny, this initiative is set to encourage diners to experience the great selection of quality and variety that Kilkenny has to offer and encourage increased trade for businesses at the beginning of the traditionally quieter season.

It is also arriving in time for most people's first pay cheque of 2020. So there's no excuse not to go out and treat yourself with these super meal deals.

During Kilkenny's Restaurant Week, diners can enjoy special *prix fixe* menus at a large number of restaurants around the city and county.

Taking part are Paris Texas, the Grill and Bar at Lyrath Estate, Zuni Restaurant, The Garden Room at Langtons House Hotel, Matt The Millers, Riverview Bar in Kilkenny River Court Hotel, The Left Bank, Rive Gauche, La Rivista, Harpers in the Hibernian Hotel, Hoban Bar & Brasserie at Kilkenny Ormonde Hotel, The Hound at Hunters Yard at Mount Juliet Estate Autograph Collection, Anocht in Kilkenny Design Centre, and the Paddock Bar at the Springhill Court Hotel.

Also coming on board are some of Kilkenny's newest eateries - Lil's Restaurant



at the Avalon House Hotel, Lady Eleanor in Butler House & Gardens, Face2, Truffles and Arán Artisan Bakery & Bistro.

There will be lots of serious value on the menus, with some restaurants giving a complementary bottle of wine or prosecco with dinner, while others are giving discounts or offers such as buy one, get one half price.

Kilkenny is now one of Ireland's leading 'foodie destinations', having been named 'Foodie Destination' in 2018.

The county also hosts an active calendar of food events that take place throughout the year from Savour Kilkenny and Kilkenny Food Trail events.

"We are delighted to add 'Restaurant Week' to our calendar of events," said Colin

Ahearn, chairperson of Visit Kilkenny.

"This is the ideal way to kick off the 2020 season early and showcase our eateries and produce while offering customers excellent value for money. We look forward to continuing the tradition and making this an annual event every January."

Full details on all the offers visit www.visitkilkenny.ie.



Some of the Kilkenny's restaurants and chefs involved in Kilkenny's first Restaurant Week

PICTURES: CHRISTOPHER DUNNE



Anne-Marie Hallinan and Siobhan Donohoe in the Lady Eleanor in Butler House & Gardens



Siobhan and Head Chef Tom Comerford enjoying a meal at the Hoban Bar & Brasserie in Kilkenny Ormonde Hotel

Raising the style stakes for the Thyestes Chase

It's the race that stops a county, and the style stakes are set to be high too for Thyestes Day at Gowran Park this Thursday.

We popped into Red Mills at Cillin Hill to get some outfit inspiration ahead of the big day.

Fedoras are fast becoming an essential for race goers, and since Duchess of Cambridge, Kate Middleton, was spotted in a stunning pheasant wrap style from the Hicks & Brown brand a few weeks ago, they have been flying off the shelves ever since.

The Hicks & Brown range is exclusive to Red Mills here in Ireland, and includes hats in a range of colours and styles, with eye catching feather details and even matching clutch bags.

Wrapping up warm is essential for chilly winter race meetings, and heritage brand, Welligogs, offer a gorgeous selection of wool and tweed coats and jackets, which are not only beautifully tailored, but effortlessly stylish and super practical for this time of year.

Faux fur always adds a touch of glamour and new brand Annabel Brocks combines strokeably soft headbands and scarves with cashmere tweed capes and gilets, for a glammed up and cosy look.

For footwear, the Fairfax & Favor brand is extremely popular in equestrian circles, with their most popular 'Regina' high boot available in a flat or heeled style, and in a range of colours, in suede or leather, and you can accessorize with their colourful tassels, all of which are exclusively available at Red Mills Cillin Hill and online at www.redmillsstore.ie

Here's to a great day's racing for the Chase. Now that the outfit is sorted, all I've left is to do is back the right runner. All tips are welcome!



Some of the style available at Red Mills PICTURES: VICKY COMERFORD



Kate Middleton raising a hat to the Hicks & Brown brand



NEWS

Kilkenny project shortlisted for adult learning award

SEAN KEANE

sean.keane@iconicnews.ie

The KCAT Arts Centre in the centre of Callan has been shortlisted for the AONTAS STAR Awards 2020 under the Social Inclusion category.

The STAR Awards, which recognises the very best in adult learning in Ireland, is organised by AONTAS, the National Adult Learning Organisation, as part of the Adult Learners' Festival 2020, taking place from March 2 to 6.

The KCAT Arts Centre creates an opportunity for people from different backgrounds to join together in a variety of art courses.

The learning environment at the Centre leads to better understanding and healthier attitudes between people.

Congratulating the shortlisted projects, Niamh O'Reilly, CEO of AONTAS, said: "Adult learning brings people together,

strengthens communities and enables people to reach their potential. In a world of fast-paced change and increasing inequalities, we need a range of innovative educational opportunities that prepare people for the future. Ireland is continually developing an inclusive further, adult and community education system that leaves no-one behind and the AONTAS STAR Awards duly recognises these high-quality adult learning projects. The STAR Awards ceremony shines a light on the unsung adult learning heroes across urban and rural communities the length and breadth of the Island."

The STAR Awards is judged by an independent judging panel comprising of adult learners, tutors, and adult learning experts. The judging panel will meet with the shortlisted groups in early February before choosing a winner



Members of the community with their mentors at KCAT, Callan

in each of the seven categories: health and wellbeing; third-level access and engagement; social inclusion (large organisation / small and medium organisation); sustainable employment (large

organisation / small and medium organisation); and a special recognition award for a European Social Fund (ESF) initiative.

The STAR Awards ceremony will be hosted in The Law Society,

Dublin on Monday, March 2. Over 150 guests are expected to attend the awards ceremony, representing 22 shortlisted projects.

KCAT is a multi-disciplinary Arts Centre dedicated to the fostering and nurturing of creative ambition and professional development in the arts.

KCAT believes that everyone, regardless of background, age, gender or ability should have access to a creative world – as students, participants, artists or audiences.

KCAT courses are for everybody. They are thoughtfully designed in such a way that they are accessible to people of all races, genders, abilities and ages. The framework of KCAT's programming is reflective of their artist led and community based ethos. They have a wide selection of learning opportunities available so that everyone can be involved in the arts.

Brain injury charity needs place to meet

SEAN KEANE

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A charity providing community support to 52 people in Kilkenny with an acquired brain injury has no where to hold weekly meetings.

Acquired Brain Injury Ireland helps those who have been released from hospital following falls, road traffic accidents, strokes, assaults and brain infections.

"The need for a clubhouse somewhere in the city to allow the charity to carry out group meetings and rehabilitation programmes is essential,"

Evelyn Norton, service manager with Acquired Brain Injury Ireland said.

"A day resource service is first and foremost a community where people with a brain injury are encouraged to develop new relationships and interests and to build creatively on their strengths and capabilities," she said.

"In this space, we can provide a client-centred approach, combining a range of cognitive, social, educational creative and rehabilitative activities in a supportive environment.

"The idea of a clubhouse or

meeting place is to enhance self-esteem, independence, community involvement and personal growth.

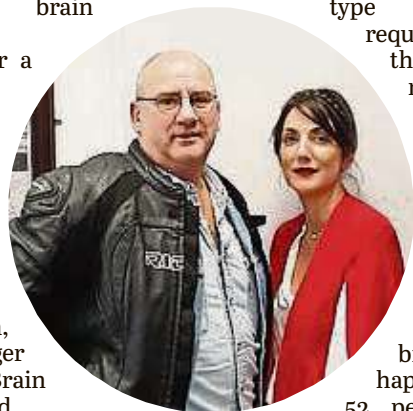
"It is a place for people to congregate, to be accepted and to work together towards the common goal of re-integration into the community," Ms Norton said.

"At present we have no accommodation for a clubhouse type service which requires a room for their Tuesday morning

meetings with a capacity for 10 to 15 people to carry out group meetings and rehabilitation programmes.

"People never think a brain injury will happen to them yet 52 people every day sustain a brain injury up to 19,000 per year in Ireland," she pointed out. We provide specialised individualised rehabilitation programmes for people in their homes and communities.

Programmes are developed with the person, their family and acquire brain injury clinical team, supported by a community rehabilitation assistant with goals focused on return to social, educational, domestic or leisure activities.



Help Gaeltacht KK make a record!

Following their appearance on *Up For the Match* last summer the night before the All-Ireland hurling final, Gaeltacht KK have been turning heads. Although a trad group they have all sorts of wonderful musical influences which make them a must see. You can join them in *The Set* on January 31 when they will record their first album. Don't miss it!

EXPLORE THE CITY



The Cats can now explore their city with Transport for Ireland's new KK1 and KK2 bus services operated by City Direct. Enjoy €1 fares with your TFI Leap Card until March 17th. For more information and timetables, visit transportforireland.ie



€1 PROMO LEAP FARE

NEWS

Renowned musicians announced for Tradfest

MARY CODY

mary.cody@iconicnews.ie

Among the world-renowned headliners for the long weekend from March 13 to 17 will be Seventies trad rock ground-breakers Horslips, the anniversary tour of Andy Irvine and Paul Brady's seminal album from the same era, the almost annual return of Donal Lunny as part of ZoDoMo and the wrap-up gig in



The Set Theatre of multi-award winning singer, Iarla Ó Lionáird and his friend Steve Cooney.

Festival Manager, Marian Flannery, said that they are delighted to be able to bring the festival to another level.

LEARN FROM THE BEST

She pointed to the instrument master-classes and workshops which feature the chance to learn from some of the finest musicians in the business.

"The chance to improve your skills on the accordion

with Máirtín O'Connor, on the fiddle with Zoe Conway or Declan Folan, on the bouzouki with Donal Lunny, on the bodhrán with local legend Tommy Lanigan and on the pipes with former long-time local resident Leonard Barry among others show why our festival has become really popular with musicians, as well as music fans from home and abroad," she said.

The classes kick off this week with a ten-week sold-out samba drumming class series with local percussionist Jeremy Hickey.

"In terms of the live gigs, Tradfest is thrilled with the calibre of acts coming to Kilkenny again," she added. "We are particularly delighted to have Horslips coming to Kilkenny for the first time since their heyday when they rocked out venues like the Carlton and the Mayfair ballrooms."



Getting raffle ready at Coon Party

Maria Purcell and Hazel Sherlock prepare to distribute the raffle prizes for the Coon senior citizens party in the Lord Bagenal

PICTURE: HARRY REID

Lidl launch One Good Club Youth Mental Health and Wellbeing

MARY CODY

mary.cody@iconicnews.ie

Lidl Ireland have launched One Good Club, a five-step youth mental health awareness programme for local clubs, developed in partnership with the Ladies Gaelic Football Association (LGFA) and Jigsaw – the National Centre for Youth Mental Health.

The Lidl One Good Club programme aims to increase awareness and knowledge of mental health across the LGFA community. The new initiative offers clubs the opportunity to support all members and engage in activities that can promote their health and wellbeing.

The programme is championed by four One Good Club Ambassadors – Dublin's Carla Rowe, three-time senior

All-Ireland and three-time All-Star award winner; Galway's Nicola Ward, 2019 All-Star award winner; Waterford's Caoimhe McGrath, Division 2 winner in 2019 and Donegal's Emer Gallagher, Full Back on the Ulster Championship winning team in 2019.

The One Good Club programme forms part of Lidl's €2.1 million investment in the fifth year of partnership with the LGFA.

The five-step programme was developed using the '5 a Day for your Mental Health', an evidence-informed framework, made up of simple actions aimed at boosting your mental health and wellbeing. The steps include 'Connect', 'Be Active', 'Take Notice', 'Give' and 'Keep Learning'.

Lidl are calling on clubs across the country to sign up to the first round of

the programme commencing on April 6 over a period of 10 weeks. Participating clubs are encouraged to undertake activities from one of the five a day each fortnight and to capture the moments and share them on social media using the hashtag #OneGoodClub.

Clubs that complete all five steps in the programme will receive official Lidl One Good Club accreditation, as well as gear and kit for their club. Accredited clubs will also enter the running to win a Lidl One Good Club funding award. There are three funding awards available with a total value of €10,000.

Some 40% of adolescents aged 12-19 reported experiencing levels of depression outside the normal range to the the National Centre for Youth Mental Health. For more see www.lidl.ie/onegoodclub





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8oz Fillet Steak.....	€21.00
6oz Fillet Steak.....	€17.00
<i>Succulent prime Irish Steaks served with fresh salad, coleslaw, mushrooms, onions, baked potato or mash or fries, pepper sauce or garlic butter.</i>	
Lamb Cutlets.....	€14.00
Darne of Salmon with creamy dill sauce.....	€14.00
Irish Fillet of Chicken with mushroom sauce.....	€12.00
Fresh Beer Battered Fish.....	€13.00
Lasagne.....	€12.00
Bacon & Cabbage.....	€12.00
Scampi.....	€12.00
Roast of the Day.....	€11.00
Steak Burger.....	€10.00
Chicken Fillet Burger.....	€10.00
Goujons of Chicken.....	€9.00
Toasted Special.....	€9.00

All served with fresh salad, coleslaw or fresh veg, and a choice of steakhouse fries or baked potato or mash.

SATURDAY NIGHT SPECIAL

4 course dinner for 2 persons including bottle of house wine: €50

Starters

- * Homemade Soup
- * Crispy Bacon Salad
- * Smoked Salmon
- * Garlic Bread with Cheese

Main Courses

- * 8oz Striploin (€4 extra)
- * 6oz Fillet Steak (€4 extra)
- * Succulent prime Irish Steak served with mushrooms, onions & a choice of fries or baked potato and pepper sauce or garlic butter.
- * Fresh Salmon with creamy Dill Sauce
- * Fillet of Chicken with Mushroom Sauce
- * Lamb Cutlets Served with fresh vegetables and a choice of steakhouse fries or baked potato.

Desserts

- * Selection of Homemade Desserts
- * Tea or Coffee

All our beef, chicken, lamb and eggs are 100% Irish origin and sourced from members of Quality Assurance Schemes and local suppliers. All meals are freshly cooked.

A LA CART MENU AVAILABLE

Children's Menu

1/2 Roast of the Day.....	€7.50
Chicken Nuggets and Chips.....	€5.50
Sausage and Chips.....	€5.50
Beef Burger and Chips.....	€5.50
Chicken Burger and Chips.....	€5.50

Desserts

Selection of Home Made Desserts.....	€5.00
Selection of Ice creams.....	€4.50
Jelly and Ice cream.....	€4.50

Tea/Coffee

Tea/Coffee.....	€2.00
Cappuccino.....	€2.50
Latte.....	€2.30
Espresso.....	€2.00
Hot Chocolate.....	€2.20
Irish Coffee.....	€5.00
Baileys Coffee.....	€5.00

Bottle House Wine

Red Wine.....	€18.00
White Wine.....	€18.00

Glass House Wine

Red.....	€5.50
White.....	€5.50

All our beef, lamb, bacon, chicken & eggs are 100% Irish Origin & are sourced from Members of Quality Assurance Schemes.

Beef Supplier - Slaney Meats, Bunclody, Co Wexford
 Lamb Supplier - Irish Country Meats, Camolin, Co Wexford
 Bacon & Chicken Supplier - John Ireland Butchers, Gowran, Co Kilkenny
 Fish Supplier - Fishermans Market, Hebron Business Park, Kilkenny
 Veg Supplier - Iverk, Piltown, Co Kilkenny
 All Meats are freshly cooked.

CONFIRMATIONS, HOLY COMMUNIONS, PARTIES, CELEBRATIONS, SPORTS TEAMS

Menu

- * **2 COURSE €13**
Roast lamb/beef, chicken, salmon, 8oz Striploin, 6oz Fillet
Tea / Coffee (Steaks €4 extra)
- * **3 COURSE €16**
Starter or Desert ~ Roast lamb/beef, chicken, salmon,
8oz Striploin, 6oz Fillet ~ Tea / Coffee (Steaks €4 extra)
- * **4 COURSE €19**
Starter and Desert ~ Roast lamb/beef, chicken, salmon,
8oz Striploin, 6oz Fillet ~ Tea / Coffee (Steaks €4 extra)
- * **STARTERS ~ CHOICE OF THREE**
- * **DESSERTS ~ CHOICE OF THREE**

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OPENING HOURS
SATURDAY 4PM-9PM
SUNDAY 1PM-7PM

NEWS



ABOVE: Marian Flannery and Jeremy Hickey (Rhythm Makers)

LEFT: Samba Drumming students with their teacher Jeremy Hickey

BELOW: Siobhan Donohoe and Jeremy Hickey (Rhythm Makers)

PICTURES: VICKY COMERFORD



Drumming the snakes out with samba for Patrick's Day



SIOBHAN DONOHOE

Email: siobhan.donohoe@kilkennypeople.ie

The tradition that St Patrick sent the snakes out of Ireland will be supported by a wonderful band of grown-up samba drummers for 2020.

A new initiative on St Patrick's Day will see the residents and businesses of John Street bring their street to life after the city parade.

Following the parade this year, there will be a Post-Parade Party on John Street from 3 to 5.30pm. The organisers plan to have a stage with top class national music acts like Kíla at the top of John Street and will have other activities along the street including the Fuinneamh community drum, Déise

Medieval Viking Village, Street performers, music workshops and lots more. They are asking the people of Kilkenny and visitors to come out, wear the green and celebrate the national feast day with friends and neighbours and to enjoy what promises to be a fun-filled family afternoon.

The preparations for the post-Parade party have begun with lessons for Kilkenny's newest Samba Band. Meeting for drumming workshops every Tuesday, drummer boy extraordinaire Jeremy Hickey will have them finely tuned in time for a 'Lá le Padraig' 2020 performance. The rehearsals are taking place in one of John Street's oldest and now coolest venues, Billy Byrne's. Taught by local multi-instrumentalist and award-winning stickman Jeremy, these drumming workshops are already proving to be great fun!

Jeremy will also be giving an adult drumming workshop during Tradfest on the St Patrick's Weekend in The Glasshouse in Sullivan's on March 14. Details and booking at www.kilkennytradfest.com



Jeremy Hickey (Rhythm Makers) and Willie Byrne

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Ivory Fireplace 54"

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NOW €1799

SAVE €401

Fireplace excluding stove
REDUCED TO €999



FIREPLACE PACKAGE

with Henley 5kw insert stove
Dublin Corbel Ivory Fireplace 54"

Granite hearth and Insert
Complete with Heritage Henley 5kw insert
WAS €1900
NOW €1500

SAVE €400



HENLEY SKELLIG BLACK ENAMEL

9 kw Solid Fuel Room Heater

WAS €999
NOW €899

SAVE €100



HENLEY ASCOT BLACK ENAMEL

9 kw Solid Fuel Room Heater
WAS €975
NOW €875

SAVE €100



STOVAX RIVA 55 INSERT

9 kw Solid Fuel Complete with 3 sided frame Room Heater
WAS €2075
NOW €1850

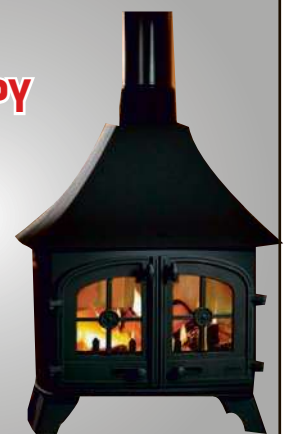
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YEOMAN DEVON DOUBLE SIDED STOVE LOW CANOPY

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STOVAX STOCKTON 11 COOKER TOP

11-14kw Room Heater Cooking top Solid Fuel
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SAVE €160



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ALL THINGS INTERIOR

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Painting Finishes Explained

Choosing the perfect paint finish for your home can be a little daunting so this week I thought I would explain the different paint finishes to suit different surfaces in your home e.g. a door frame, radiator etc. to help demystify the decision process.

FOR YOUR INTERIOR WALLS AND CEILINGS

Let's start with walls as there are the largest surface that you will paint. Emulsion is the main paint used for interior walls and ceilings, but you also need to be aware of the finish you would like to achieve.

Sheen is a major consideration for all surfaces as sheen has a direct impact on how shade looks. Different sheen levels enhance or hide imperfections dependent on the sheen level you opt for. Sheen levels can vary from enhanced matt to soft sheen depending on your required finish. Today matt finishes are still trending with many homeowners as it helps to hide imperfections in the walls and has great depth of colour. As paint colour changes in natural and artificial light and according to the time of time always test your paint colour in your room to ensure you are happy with the colour.

For high traffic areas such as a hallway or kitchen a 3%-7% soft sheen is a



preferable sheen level as it is easier to clean and more forgiving. However, if you just love the look of a matt finish then you could consider a more durable stain-resistant finish like ceramic matt which gives a flat matt finish that is silky smooth yet washable.

Bathrooms tend to require a higher sheen level as flat matt finishes may show water marks and stain easier. You will find some paints on the market today that are moisture resistant and mould resistant, so these are options to consider for a busy bathroom. Semigloss paint stands up the best to water and cleaning and therefore is a good choice for childrens bedroom and bathrooms provided there are no imperfections on your walls.

To create a fun feature wall

in a child's bedroom or playroom consider chalkboard paint or magnetic paint to create fun surfaces for playtime.

EXTERIOR WALLS

For exterior walls you need to ensure you use an appropriate exterior masonry paint to ensure it can combat the demands of our Irish weather. Opt for a paint that is mildew and mould resistant and resists dirt pick-up. Ensure you treat any algal growth or mould prior before you paint your exterior walls.

WOOD SURFACES

For wood surfaces you can not use an emulsion paint as it will chip off. Instead you need to use either an eggshell,



satin or gloss finish for your surfaces. Most paint companies supply paint colours in all finish types so it is easier to match paint colours. If you have chosen an emulsion paint for your walls and you want your radiator cover painted in the same colour then you simply opt for an eggshell, satin or gloss finish depending on the sheen level you prefer.

Other surfaces that would require a specific wood finish are doors, architraves, skirting, wood paneling and kitchen cabinets. Eggshell tends to have a discreet low sheen to create a calm classical look. Whilst a gloss finish can have a sheen value of 90% which can add an energy to a space.

RADIATORS

When painting your radiators, you may wish to paint them in a contrasting colour to your walls or in the same colour. An Emulsion paint cannot be applied here, but you can opt for an eggshell, satin or gloss finish depending again on the sheen

level you like. Gloss paint can be a good choice as it is exceptionally hard wearing and easy to clean. Gloss paints can have a 80-90 % sheen level, whilst an eggshell water based alkyd for metal can have 25% sheen.

FLOOR SURFACES

If you want to update your existing flooring there are a few paint finishes to consider such as oil based paints or water based floor paints. Oil based paints tend to be more durable but have a longer dryer time.

FURNITURE

Today we are all very conscious of the environment and upcycling and repurposing items is experiencing major growth as people experiment with creative paint finishes. As mentioned earlier eggshell, satin and gloss finishes can be used on all wood surfaces, but you might also like to try some alternative specialist paint finish depending on the look and style you want to

achieve. Some of the trending paint finishes today to create specialist effects include chalky paint finishes, metallic detail, distressed finish, stenciling and spray paint finishes.

Mismatched older furniture can be unified by using one paint colour to create a cohesive scheme.

Alternatively, if you love to embrace bold colours then a splash of bright colour on a statement piece of furniture can brighten a room and create a stunning focal point.

TOP TIP

Primers can make or break your decorating project. Make sure to use the relevant primer for your paint finish to achieve a hard-wearing finish.

Remember if there is a topic that you would like covered in 2020 then please drop me a line with your suggestions. Thanks, Louise winner of TV3's Showhouse Showdown, 0863999926
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EDUCATION



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Don't let landform development erode your Leaving Cert points

The Leaving Cert Geography course by its very nature is broad in content and depth and can be a daunting exam for students.

This week I will be giving notes & tips on landform development in Ireland. The topic of landscape development will be this week's topic on the REVISE.ie column. The table right (FIG 1) shows how frequently the topic has appeared as 20 marks part a's & 30 mark questions.

Students have a degree of choice when it comes to landform development. Students will always be offered a choice when it comes to answering this type of a question as we can see from the 2017 papers, question 3B. This 30 mark question should be given between 12 to 15 minutes time in the exam but no longer.

Examine the impact of the processes of erosion on the formation of one fluvial landform, coastal landform or glacial landform that you have studied. (30 marks)

This question seems very wordy but in essence students are simply being asked to discuss the role of erosion in the making of a feature of erosion in either a river environment, coastal environment or glaciated environment. Students will have a choice in terms of what environment they chose and a choice in selecting a suitable feature of erosion from that environment.

MARKING SCHEME

Process of erosion named will earn 2 marks – students should name a process of erosion (E.g. hydraulic action) that is active in the formation of the erosional feature they selected. This process would then be explained.

A named landform of erosion will get 2 marks – students should name the feature of erosion & its environment that they intend to talk about.

Examination of all other points will get 13 x SRP's

Credit 2nd process of erosion named for 1 x SRP from examination. All further references to processes of erosion require examination. – This means that if students should name a further process of erosion they will earn marks. All other processes will have

Landform development	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009
Feature of erosion			Q3B		Q1B		Q2B				
Feature of deposition				Q2B				Q2B			
Choice of feature		Q2C							Q2B	Q1B	Q1C
Both features						Q2B					
Human Interaction			Q1C			Q1C		Q2C	Q1C	Q3B	Q3C

FIG 1

to be explained in order to gain marks.

Credit 1 x SRP for example from examination – if students can give a named example of a feature of erosion from a suitable environment they will gain these marks. This is not tied to Ireland.

Focus of question is on the impact of the processes of erosion on the formation of one landform.

Explanation of processes of deposition 0 marks – students must stick to the question asked. Some students believe that by using a meander in the river environment that it will cut down on the amount of information they have to learn. However a meander is formed by both erosion & deposition meaning that it would be hard to speak about its creation in detail as SRP's on

deposition may not be relevant.

Credit a relevant labelled diagram for 1 x SRP. Diagram without labelling 0 marks – A suitable diagram can be useful to gain marks but also as an aid to help you explain how the feature is created.

Credit a max of 2 x SRP's if merely a description of landform with no reference to formation – again

reading the question here is very important. Students must explain how a feature is made & not just give a description of what the feature looks like.

Students need to study & be aware of all three environments and need to be aware of all the different features of erosion & deposition. Students should be able to identify them in pictures and on maps. Today's notes will look at the sea cliff as a feature of erosion in the marine environment.

PROCESSES OF EROSION

These are the ways in which erosion happens in the marine or coastal environment. First up is hydraulic action – this force on the coastline is greatest during storms. Compressed air can create tiny explosions in the cracks. This air is forced into the crack by incoming waves. Abrasion occurs when sediment carried by waves are hurled against the coastline, breaking it away, while attrition happens when material carried by the waves crash & knock into each other, rounding and smoothing them. Solution is a process of erosion caused by the chemical reaction between sea and rocks.

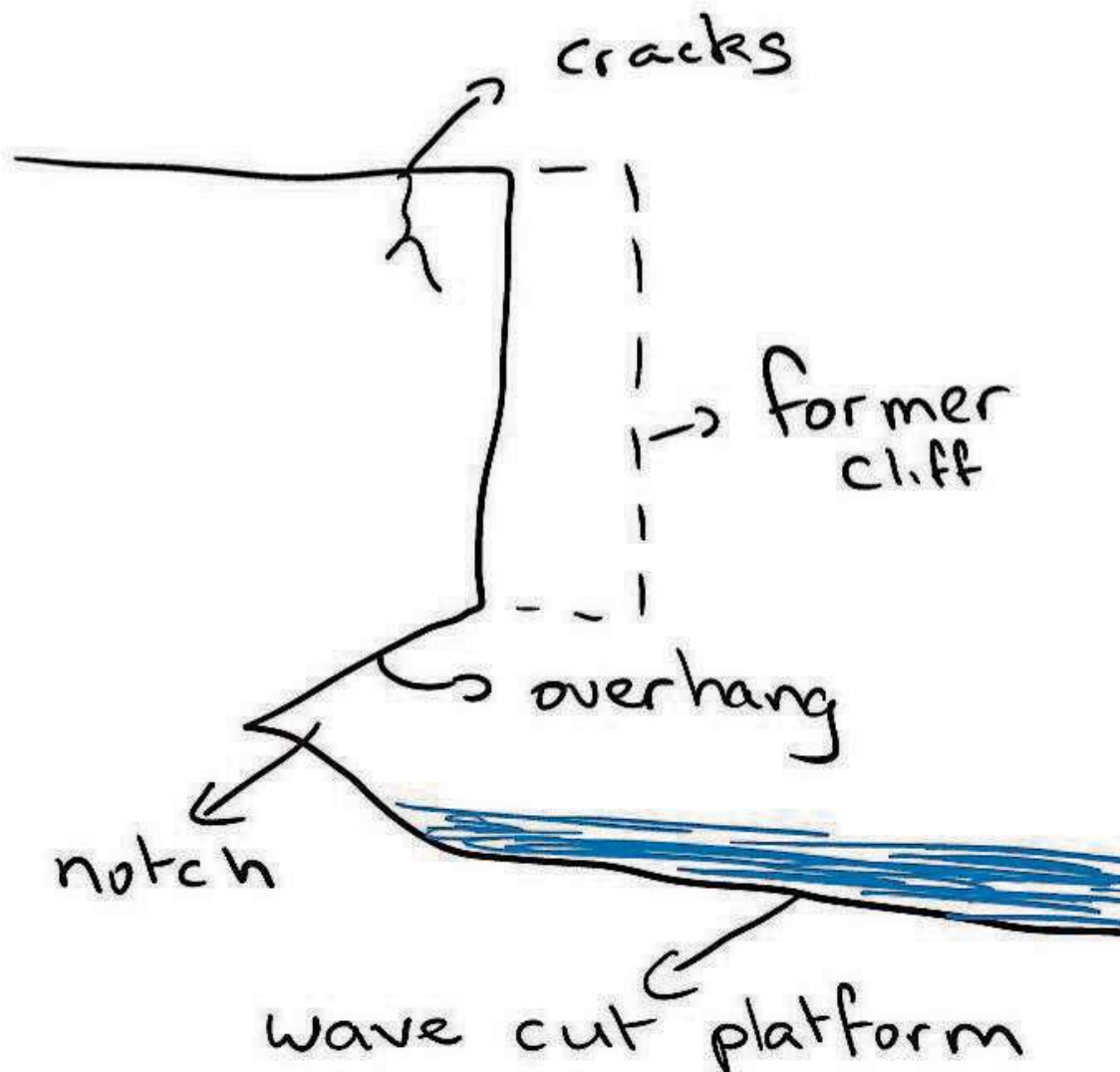
SEA CLIFF

A cliff is a steep, sometimes vertical, rock face found along the coastline. Examples include the Cliffs of Moher in county Clare. A cliff develops when a notch is formed by the processes of erosion near the high water mark. The notch gets bigger until the overhanging rock collapses – and a cliff is formed. As the cliff retreats inland, a wave-cut platform and a wave-built terrace are formed.

A wave cut platform is a flat surface in front of the cliff. It acts as a brake to slow down wave action thus preventing further erosion. A wave built terrace is created from loose material that falls from the cliff and gathers at the end of the wave cut terrace.

It slows down incoming waves thus reducing further erosion. Eventually this will make the cliff inactive.

An inactive cliff often has vegetation growing from it. Softer boulder clay cliffs are the most impacted by erosion. For more make your way to www.REVISE.ie!





OPEN WEEKEND

Saturday 1st & Sunday 2nd February 2020

- » Free use of facilities all weekend
- » Free cholesterol testing
- » Free blood pressure testing
- » Free advice on all aspects of health, fitness, injury recovery and joint replacement programmes

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- » 15% off all memberships
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Your second six months of financial targets for 2020

As promised last week, my final instalment of things to do in the second half of 2020.

And, the goal of having something to do each month is to create triggers that remind you about what you should consider doing in a particular month. Having one task to complete in a month is much better than being overwhelmed and trying to complete four or five. They also keep you motivated because there's nothing better than saying okay, task completed this month, and that wasn't so bad, what do I have to do next month?

JULY

This month I want you to review your insurances.

Reshopping your car, home, life and health insurance every year could save you a lot in premiums over the long run, so I would suggest you use online comparison websites to review costs.

And when it comes to life and income protection cover, in particular, some don't see its value right now because they may not get benefit from it for years or maybe never. As a result they lose sight of how important insurance cover actually is.

And when the need arises and they need that cover, they can't just buy it then, it's too late.

Don't let that happen to you.

AUGUST

I want you to review your pension portfolio this month to make sure the asset allocation assigned, continues to be aligned to your personal risk profile.

You may not have checked up on your investments in a while so now is a good time to do so.

And yes, it might be a boring task to complete, but it's very important because research has shown that choosing among asset classes has a greater impact on your investment returns than the specific investments you select or how well you time the market.

Markets have performed well in the past number of years but the bear will come out of hibernation at some point and when it does, you want to make sure your asset allocation is right for you and will continue to reflect your appetite for risk during those months when things get a little bit more choppy.

SEPTEMBER

This month I want you to put your estate in order.

And that begins with making a will if you haven't one in place already, or

Get online and compare prices for your various insurances. You could save a packet



updating the one you have.

Ask anyone who's experienced the death of a family member who hadn't made a will and the difficulty with trying to locate accounts, the time involved going through the grant of probate process, the conflict it can create with other members of the family and so on.

It's quite inexpensive to engage with a solicitor who will draft a legal will for you, and I would recommend you reach out and get expert advice when doing this. You could do it yourself, but you want to be 100% sure that what you have in place is correct and legal and would stand up in a court of law if ever challenged.

OCTOBER

This month I want you to bump up your regular pension contributions or make lump sum lodgements to it, by way of AVC contributions.

Rule Number One, when joining an employer-sponsored pension scheme, is to contribute enough that will at least capture any match your employer is promising.

But that doesn't mean you can't contribute more than that, and the chances are good you're probably not contributing as much as you can. And if you're not maxing out the amount you're allowed to, now is the time to at least increase the amount you're currently contributing.

NOVEMBER

Hopefully an end of year bonus is just a month away and regardless of its size, finding what the best return for it is, and what type of account suits you, is something I would spend some time



It's quite inexpensive to engage with a solicitor who will draft a legal will for you, and I would recommend you reach out and get expert advice when doing this

DID YOU KNOW?

Paper money isn't paper at all. The Eurobank note is actually made from pure cotton fibre.

investigating this month.

Is the best return on investment paying down debt? Should you use some if to top up your pension fund? If making an investment, what term can you commit to? What capital guarantees do you need if any?

You need to find the answers to these questions in advance of making any decision and if you're not sure or trust yourself in finding out what's best for you, reach out and get help.

DECEMBER

This month your task is to reflect on how things went during the year.

It's a busy time of the year, and time to take a break from your finances for a month. But I would suggest you set some time aside during your Xmas break to review what you accomplished during the year. How many of the tasks you set yourself did you follow through on? And the ones you didn't make progress on, why was that?

Doing this, you're getting a jump start in the New Year and your hitting the ground running so to speak in January. You've done your reflection, and you're ready to get things moving quicker.

I hope you found these monthly tasks helpful. And as I said last week, please feel free to switch the order in which I suggested them to suit you, and or include other tasks I haven't mentioned like planning for your summer holidays, setting up a new regular savings account for your child's future educational costs, claiming back tax reliefs, overpaying on your mortgage, reviewing your net worth, getting ready for a new mortgage application, buying a car etc.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, my father was diagnosed with an illness last year, which meant we had to alter his property to accommodate him. He's due to pay his property tax this month and I'm wondering will the alterations made change the amount he has to pay i.e. will he end up paying more?

A: You'll only ever end up paying more if the improvements made, add to the value of a property, and they bring it into another band. If they don't, then the LPT amount remains the same.

However, in your Dad's instance, because he was forced to make changes to his property, to make it suitable to his new situation, rather than paying the same or more LPT, he may not have to pay anything at all.

If the cost of carrying out the work was greater than 25% of the value of his property, before any adaptations were made, he will be exempt from paying the LPT.

So, if for example his property was valued at €150,000 before any changes, and the cost of work is equal to or greater than €37,500, he will be able to secure an exemption from paying LPT.

And this exemption will remain in place until the property is either sold or your Dad no longer occupies it as his main residence.

If the cost of work is less than 25% of the value of his property, but it increases the value, he may qualify for a reduction when declaring what the market value of his property is.

He can reduce the value by €50,000. And whilst this won't eliminate the cost of his LPT altogether, it could reduce his annual cost by c. €104.



THE BOOK & COFFEE SHOP

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PRESENTS

CREATIVE WRITING:

AN OPEN DISCUSSION

CHAPTER ONE

6.30-7.30 THURSDAY 6TH FEBRUARY



LIFESTYLE



The gym can be a very intimidating place for beginners so if you know someone who also resolved to start exercising in the New Year, then start together



MANABOUTTOWN

PATRICK McLOUGHNEY

CONTACT PATRICK

Email: patmcloughney@hotmail.com

Twitter: @iammcloughney Instagram: iamcloughney

New year new you? Getting fit for 2020

I'M going to starting eating right and working out once the New Year starts. If these goals were on your list of New Year's resolutions for the past however many years and you're still trying to find a way to actually do it/stick to it, I'm not judging you. I've been there. This year, though, things will be different because you're going to have a plan and you're going to be armed with some tips from me and my personal trainer Tomasz Ochocki (@tomfitline) on how to get started and stick to your fitness goals for the rest of the year and beyond.

It Doesn't Have To Be The New Year

Tom, a personal trainer for many years, cautions that if you're new to fitness, starting a new routine is going to be hard regardless of whether you start in January or a July. But there's no better time to start your fitness journey than the present. It takes time to break bad habits and build momentum and if you didn't start in January it really doesn't matter. February is a much

better month anyway.

Make Sure You're Ready

While you might be in the zone mentally to start a diet and exercise program, your body might say "hold one just a minute." Tell your GP you want to begin a health and fitness regimen and make sure you're physically healthy enough to start. Once you have the green light to start it's time to start getting ready mentally.

Create A Plan And Write Down Your Goals

Tom recommends writing down your goals and then writing down specific plans for your goals. "What can you do to achieve those goals?" Be specific and be realistic. Not just "I want to lose 10kg by the Summer." Take baby steps. This is how I'll lose 10kg by the summer –

Step one: I'm going to join the gym.

Step two: I'm going to work with a personal trainer.

Step three: I'm going to go to the gym at this time, this many times a

week.

Step four: I'm going to do 30 minutes of cardio this many times a week.

You get the idea

Identifying days and times that

work for you and sticking to those days is a big part of getting up and running (literally). If your favourite TV show is on a certain night of the week then don't pick that night (it's not a punishment.) If your favourite football team are in the Champions League then don't pick Tuesdays or Wednesdays. Or, if you're a Man United fan like me, just go any night of the week – you're not missing anything.

Bring A Friend

The gym can be a very intimidating place for beginners so if you know someone who also resolved to start exercising in the New Year, then start together. It will increase your chances for success and make it more fun and less daunting. It also provides both of you with a support system, a source of motivation and inspiration and a more positive experience of the gym overall. On those dark winter evenings when you don't feel like making the effort, that's when your workout partner says "mon ta ..." and gives you the extra motivation you need.

Don't Neglect Your Diet And Steer Clear Of Fads

It might sound like a cliché but abs really are made in the kitchen and so are a lot of other things. When I started working with Tom, the first thing he did was make changes to my diet. I had to eat healthily and smartly for two weeks before I ever picked up a dumbbell. Tom says "Diet is critical to our ability to have good moods, to think clearly and rid ourselves of bugs and illnesses and other factors that stop us from having the willpower and motivation to work out and live a healthy lifestyle." You can't just work out and not change anything about your diet so in addition to setting fitness goals, create a dietary plan as well. Don't know how? Well, that's where your personal trainer comes in. Tom also recommends steering clear of trendy fad diets. "If you say I'm going to try keto or go vegan for a few weeks because it's all the rage then you're going to fall off." One of the most important parts of setting and achieving goals is consistency and staying on your own path. Buying into fads will distract from your own personal journey.

Be Realistic



Here I am with my personal trainer Tomasz Ochocki

Starting a new diet and fitness routine and committing to them is no small feat and that's why a lot of people see it as a change of lifestyle rather than just dieting and exercising. That's also a big part of the reason why so many people give up on it. Changes to your routine will take time to adjust to and reaching your goals will also take time. A lot of people start out with big picture goals like "I want to be shredded by the summer" or "I want to lose this much weight by the Christening in April." Instead, start slow and focus on the day to day and week to week work that will help you reach the big picture goals. Think of your fitness journey as if you were building a house. Start one brick at a time and develop a solid foundation and then build from the ground up.

Accountability Is Key

Accountability is a major factor in sticking to your diet and your fitness goals. Get a friend or ideally a personal trainer that will check in with you and push you to stick to your meal plan and stay motivated to work out. A good personal trainer will also track your progress and support you every step of the way. Your tribe determines your vibe so surround yourself with people that share the same goals as you and want to see you succeed.

If you'd like to work with my personal trainer then you'll find him in the Vitamin Shop on William Street in Limerick or hit him up online at www.perfectline.ie.

Watch This Space Gucci grip watch

My watch of the week is The Gucci Grip watch from Keanes Jewellers. I hear you ask, 'but what is a Grip watch?'

Well, according to Gucci, the name 'Grip' not only relates to the way the timepiece fits snug to your wrist but is also a reference to the grip tape used on a skateboard.

This model features a yellow gold PVD case and yellow gold PVD bracelet, both engraved with Gucci's signature Interlocking G logo. If you're

after something a little more subtle, you can pick up the same model with a steel case and bracelet. With a slim case with measures just 35mm in diameter, the Grip is the perfect choice for men or women who appreciate clean yet eye-catching designs with vintage appeal.

I love how clear the watch face is, making it easy to read the time, despite being a bold, irregular design. You'll find it in Keanes for €1,500.



LIFESTYLE

Contrasting fortunes in the first week of OT



MENTAL HEALTH MATTERS DR EDDIE MURPHY

CLINICAL PSYCHOLOGIST
ADJUNCT ASSOCIATE PROFESSOR
UCD SCHOOL OF PSYCHOLOGY

One week down and I have to say that the second weigh in was so eventful. We are keen that Operation

Transformation involves weight loss at a healthy sustainable rate and not that of rapid weight loss shows such as the Biggest Loser where it's been demonstrated that those who have damaged their metabolism and regained their weight.

The Leaders are rightfully enjoying the limelight and were on The Late Late Show telling their stories.

LORRAINE 46YRS - CAVAN - STARTING WEIGHT 12ST 5LBS - LOST 0 LBS

This was a first; no leader has never lost weight in the first week.

Karl was quickly out of the traps and having reviewed the excellent Fitbit data could see that Lorraine wasn't working hard enough in her sessions. No effort = No reward!

Lorraine was flabbergasted. One thing I know about Lorraine is that she is a fighter and as our lightest leader she will be working harder to make her target next week.

Another thing Lorraine did was not eat some of the snacks, Aoife our registered dietician is very clear the snacks are part of the plan. Come on Lorraine we are all behind you.

SHANE 29YRS - LOUGHREY, GALWAY - STARTING WEIGHT 20ST 7LB LOST 17LBS

Oh My God, from one extreme to another.

Losing 17lb has the risk of causing metabolic damage and is only replicating previous failed crash diets that Shane had done before.

Shane's weight loss was too much and as we looked into the week some complexities emerged



He still has a punishing schedule; in life we all need work rest and play and I am unsure where Shane gets his rest

particularly Shane's relationship with vegetables and fruit.

He has some sensory food aversions some of which Shane associates with a time when he was in hospital as a teenager.

Myself and Aoife are going to explore this so we can see if Shane can grow his repertoire of food.

He still has a punishing schedule; in life we all need work rest and play and I am unsure where Shane gets his rest.

Stats from his Fitbit (you can't get away from us this year!) puts him sleeping five hours 20 minutes. That's sleep deprivation territory.

If I was on that schedule I would be tense, tetchy and exhausted. There is strong evidence linking obesity and sleep deprivation.

Think about it where is the energy?

BARRY 39YRS - CORK - STARTING WEIGHT 29ST 4LBS - LOST 14LBS

Barry lost 14lbs this week. Given his size and his 16 stone 12 lb of muscle, it was to be predicted.

Barry and Andrea, our first OT couple, are working hard as a team.



Shane's weight loss of 17lbs was too much if anything, in the first week of Operation Transformation and he is sleeping too little, according to Dr Eddie. He needs more time to rest and play as well as work

Having the support of someone is critical so if you are going to engage in exercise then get a training partner.

Only for Jean and Mary my training partners I would rarely get out. Barry was able to get off vaping, a great start to his lung health.

There are some concerns regarding a non-alcoholic fatty liver (Barry doesn't drink)

The excellent Dr Sumi is looking into this. While we see the high-five giving, smiling Barry, at times, like us all, he hits lows.

So I have asked Barry to keep an eye on this so I can intervene early if required.

ANDREA 31YRS - CORK - STARTING WEIGHT 21ST 2LBS LOST 12LBS

Another great start. Focused, precise and exact, that's what you

expect from scientist Andrea.

She had a foot/gait issue and got it assessed early and got appropriate footwear.

That's critical too often and I put myself in this category. We linger on with injuries without tackling them in a timely manner.

It's important that Andrea's OT journey is seen in its own right and not be overshadowed by the ebullient Barry.

TANYA 33YRS - CORK - STARTING WEIGHT 14ST 11LBS - LOST 5LBS

Tanya has an in-home trainer as good as Karl Henry in her wonderful son Rian.

Tanya did brilliantly on her weight loss but it was her ability to kick her behavioural addiction to her 12-can-a-day habit of Coca Cola - first came the caffeine withdrawals, then headaches, then

jitters, then cravings.

In fairness to Tanya she has pushed through and substituted her cravings with distraction and water. It worked.

If you have a fizzy drink habit that offers little nutritionally then it's time to take the plunge like Tanya and move away from the risks of diabetes.

If this is what the first week was like then I imagine there is going to be real fireworks and drama as our leaders fight their demons

*** Dr Eddie Murphy is a clinical psychologist, author and mental health expert. ONLINE CBT - STOP DEPRESSION - STOP ANXIETY - available at <https://stratushealth-care.ie/mental-wellbeing/>**

POSITIVE PARENTING

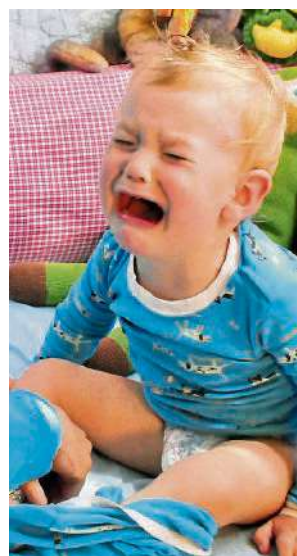
LOVE PARENTING 

Top Tips

Managing temper tantrums

- * Keep how you react in a certain situation the same once you have found a positive system that works.
- * We all learn by repetition. You will have to repeat what you do many times before your child begins to understand this is how you react and how we should react generally.
- * Prevention is better than cure: Know your toddler. While it is important for each child to face challenges, know your child's limits, look for and be aware of triggers.
- * Create diversions. Distraction is a parent's most used tool!
- * Choose your battles - Ignore minor issues.
- * Say No and mean it. Don't reward the tantrum because you don't like seeing your child upset.
- * Don't worry about embarrassment - Know that any parent that sees you with a toddler having a tantrum will empathise because we have all been there!

* Finally, parents need to remember that we are not infallible. We will make mistakes, but we will learn from them too. And once we can display a positive reaction to any situation, our children will learn this skill too.



By dedicating short, regular and specific times to play with your child, you are providing an opportunity for the development

Learning through play

CHILDREN learn through play. It's their language. As they roll around on the ground, play pretend games or paint and draw, they test their physical strength, they set up problems and they find solutions; "Teddy has a broken leg, we must find ways of making teddy better". As they talk, move and have fun, children are constantly learning. Their imaginations are expanding and they are learning how to relate with others.

When a child feels understood and appreciated by their parent during play, their negative behaviour decreases, their confidence increases and this in turn makes them better able to make and keep friends. The most important first step when playing with your child is to follow their lead. Let yourself be guided by their ideas and imagination but

still get involved yourself. You'll find that when you sit back and follow your child's lead, you give them the chance to use their imagination and express themselves through play. Once we, as parents, are interested and attentive to our child's play, they become much more involved and interested, which supports their creativity. By dedicating short, regular and specific times to play with your child, you are providing an opportunity for the development of their confidence and communication skills. It is also a lot of fun, which is an important part of building a strong and healthy relationship with them.

Some useful things to bear in mind when playing with your child:

- * Let your child lead the play.

You may have to be a witch one day, a Gruffalo the next so just roll with it

- * Let them change the game and for younger children let them change the rules - they need to feel ownership of it

- * Listen and respect their activity. Try to avoid testing questions such as 'what is this?' 'What colour, shape, size etc. is this?'

- * Be attentive and help with the game without taking over

- * Play regularly with your child so they know you have this special time together

- * Allow for experimenting and mistakes

- * Appreciate and encourage your child's efforts

- * Don't compete with young children; this can discourage them from wanting to play with you

- * Young children need to win more than they lose

As well as toys that you can buy such as sets of animals, toy people, cars, blocks etc., remember that paper and paint, water and sand, mud, pots and pans, pegs, wooden spoons, wooden blocks, old clothes to dress up, boxes of all sizes and shapes give children hours of fun.

Let your hair down, have fun with your child and you will understand exactly why Einstein described play as 'the highest form of research'.

This article was contributed by a member of Parenting Limerick. Parenting Limerick is a network of parenting and family support organisations. For more information on this and other topics go to www.loveparenting.ie.

LIFESTYLE



HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

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

Take sunshine vitamin D for your health



In Ireland, studies have shown that children (and adults) in Ireland have low levels of vitamin D which can result in weak bones

that vitamin D has been shown to influence nearly 3,000 of them, the bigger picture of its true impact on your health can be easily understood.

Just one example of an important gene that vitamin D up-regulates is your ability to fight infections. It produces over 200 antimicrobial peptides, the most important of which is

cathelicidin, a naturally occurring broad-spectrum antibiotic. This is one of the explanations for why it's so effective against colds and influenza. Vitamin D also modulates (balances) your immune response; it can prevent an overreaction in the form of inflammation, which can lead to a variety of allergies, asthma and autoimmune disorders, such

as Crohn's disease.

Vitamin D receptors have been identified throughout the human body, and that includes your brain. One study found that people with the lowest levels of vitamin D were 11 times more prone to be depressed than those who had normal levels. Vitamin D deficiency has previously been implicated in both psychiatric and neurological disorders. Researchers believe that optimal vitamin D levels may enhance the amount of important chemicals in your brain and protect brain cells; improves your brain's detoxification process and remove mercury by radically increasing an intracellular antioxidant; called glutathione. All these wonderful properties play part in the prevention of dementia and Alzheimer's disease.

In the summertime it is easy to get adequate Vitamin

D, once you expose 40% of your body. In winter months – and let's be honest most months in Ireland, we need to supplement. But reaping the health benefits of vitamin D is dose dependent, meaning you need to make sure your levels are within therapeutic range to benefit. And this range is far higher than previously thought and way higher than the recommended daily allowance established. Based on the most recent research, the current recommendation is 35 IU of vitamin D per pound of body weight. Therefore, for a child weighing 40 pounds, the recommended average dose would be 1,400 IU daily, and for a 170-pound adult, the dose would be nearly 6,000 IU. It is best to get your GP or practitioner to check your levels regularly, especially if you have any health conditions.

As we slowly struggle our way through winter and sunny spring afternoons are only a dream yet, we need to think of supplementing with some "sunshine vitamin", namely vitamin D. Its deficiency is a well-known risk factor for rickets, and some evidence suggests it may increase susceptibility to autoimmune diseases such as multiple sclerosis (MS), rheumatoid arthritis and type 1 diabetes, as well as

certain cancers and even dementia.

Vitamin D deficiency is a growing epidemic across the world and is contributing to many chronic debilitating diseases.

Vitamin D is actually a "pro-hormone," which your body produces from cholesterol. Because it is a pro-hormone, it influences your entire body's multiple repair and maintenance functions. We have about 25,000 genes in our body. When you consider the fact


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Olive trees ideal to thrive in Irish climate

So many varieties and different looks for your garden

One of my favourite trees to use in designs are olive trees, they have never lost their appeal and their classic look makes them so easy to use but with their different types, you can create lots of different looks.

Our climate is perfect for growing olive trees as they are hardy to around -15C and can be grown in Ireland without a fleece to this temperature. In fact, they need at least three months of the year at a cold temperature to flower and in turn fruit. They don't mind the wind and can tolerate some drought so they are the perfect tree for gardens where low maintenance is a priority.

CHOOSE AN OLD, 'GNARLY' TREE!

They are slow growing and reasonably compact so are ideal for a small garden or on a terrace and their evergreen green-grey foliage is a great lift to a garden. Being drought

resistant they are great in pots too but do need a good fertiliser to help them create the energy to flower.

Now you have been sold on the olive tree it is time to decide which shape and size you would like, the options are numerous; from old trees with large really wide old trunks so big that it isn't possible to get your arms right around them. They are amazingly mature looking and we have these available up to 4metres tall but still with a relatively compact head so these work nice in a large planter surrounded by low growing lavender. We also have the same kind of size tree but slightly more gnarly with a higher root bulb and a real quirkiness to them, they give great maturity and character to a garden.

The next options is a medium sized tree so a good sized stem but not as 'trunky' as the two above but the heads on these tend to be wider and looser and give

really depth of foliage, great for lining along a smaller garden and giving texture without too much height, so not blocking light. I was in a garden this morning that we planted last Autumn, a city garden that we used Olives as the main tree foliage against a dark grey painted background and lit from underneath they create a stunning look and can then be under planted with pops of contrasting colours of blues and whites or go a bit bolder with some real pops of colour.

POTTED SMALLER TREES

Another option is smaller trees that work well at a door or entrance or in a smaller pot, the heads on these tend to be pruned tightly to create a small ball shape but will grow and loosen if you allow them. The last option is the bonsai or Niwaki cloud pruned trees and these really do need to be seen to be appreciated. Several stems come from the base and have cloud pruned foliage all the way up, they are a work of art

and a stunning specimen in your garden.

FEED THEM!

Your olive trees will benefit from a good feed which is high in potassium, phosphate & magnesium which will enrich the soil and encourage good growth and flowering, use in May and then again in October and water in well. If the winter has been a harsh one then a fast release fertiliser like a simple tomato food will have them looking good as new and replacing any lost leaves. They need good watering in the summer months to keep them in their optimum health and especially if they are pot grown.

Like most evergreen trees, olives do well if pruned well although avoid pruning until the last of the Spring frosts and don't leave to late in the year either as this could leave the tree exposed to early frosty mornings. Pruning increases that chances of fruiting and in a good summer and the right



A typical al fresco mediterranean garden with olive trees but this can work in Ireland too!

conditions you may get Olives need to pick them in but as we don't get quite September/October before the first frosts. enough summer heat you will



These bigger olive trees in potted containers have an interesting 'gnarly' shape



For an extended garden or grounds a mature olive tree creates a focal point of interest

OUT & ABOUT



Dunnamaggin tractor run line up

Out & About

WHAT A DAY FOR DUNNAMAGGIN TRACTOR RUN

Pictures: VICKY COMERFORD



John Bambrick and Neil Lane



Mick Cleere, Copper the dog and Gavin Cleere



Mark Byrne, Matt Byrne, Patrick Luttrell, Michael Luttrell and Micheal Luttrell



Joe Sheridan, Michael Brennan, Jackie Brennan and Mel Kealy



Liam Davies, Tommy Byrne, Eoghan Wallace, Willie Bergin senior and Willie Bergin junior



Helena McLoughlin, Sean O'Meara, Ann Doherty and Thomas Troy

OUT & ABOUT



LEFT: Áine Murtagh, Dillon Murtagh, Erin ni Riain, James Murtagh, Darryl Barry, Jo Barry and Lauren Traynor

ABOVE: Sam Doherty, Dan Doherty, and Robbie Lyons were having a wheely good time at the Tractor Run in Dunnamaggin!

RIGHT: The Connery boys Adam, Liam and Oisín



Barry Hoyne, Barry Ragget, Jack Raggett and Eoin Hoyne



Charlotte Kennedy in the driving seat



Andrew Ireland, Dave Dargan, Dylan Cass, and Christy Cass



Aideen King, William King, Eamon Saunders, Jack Egan and PJ Egan



The McCormack family

ENTERTAINMENT

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

Rare chance to see Noh theatre from Japan

A rare programme of classical and contemporary Noh Theatre will be presented at the Watergate Theatre, Kilkenny on Saturday, February 1.

The show featuring the 650 Year Old Japanese Art Form noh will celebrate Japan's Season of Culture in the year of the 2020 Tokyo Olympics.

Noh is a highly aesthetic classical Japanese theatre style featuring dance, music and poetry.

Acclaimed artists Teruhisa and Kinue Oshima, and Akira Matsui collaborate with Jannette Cheong and Richard Emmert once again in celebration of the 2020 Japan Season of Culture.

The programme: *Takasago*, a play from the classical repertoire, deals with the legend of the twin pines of Sumiyoshi and Takasago.

Between the Stones: A new English Noh drama by Jannette Cheong with music by Richard Emmert, that explores how the burden of grief turns into a celebration of life, friendship and love, through the healing power of gardens.

Takasago: Written by Zeami, is one of the most important and well known plays in the classical noh repertoire and deals with the legend of the twin pines of Sumiyoshi.



Book early for Conor and Sean Price

Sean and Conor Price play at the Watergate Theatre on Wednesday, April 15.

The rising stars of Irish Music are coming back to the city.

In 2019 they started their nationwide tour with their first gig at the Watergate Theatre; it was so successful they have decided to start 2020 back here.

Sean commented: "There is something great about playing in Kilkenny, the crowd have so much energy and the venue really suits us, we are really excited to be back there for our first 2020 gig".

Sean and Conor recently signed a deal with London based label Frtyfve. They have had 2 of their songs played on the final of Love Island Australia. 2020 promises to be a big year for this duo and their band that are making waves in Ireland and beyond.



Sean and conor price are coming back to the Watergate Theatre in April

SG Guillotine

Following the release of his EP PROSPECT last April, Irish hip-hop artist SG Guillotine is back with new single, CRASH.

Produced by Atlanta, Georgia based South African beat making sensation EPIK THE DAWN, the riveting track about the journey to success showcases the reason why SG Guillotine is a name you are going to be hearing frequently this year.

Exhibiting a sound reminiscent of a medley of Tyga and G-Eazy but with an Irish twang and a supreme display of lyricism and a sound.

This track is a clear indicator of SG Guillotine's unique, intricately crafted artistry and solidifies him as an artist to watch this year, as he is firmly on the rise in an undeniably promising direction.

Speaking on the message of the song, SG shared the meaning of the song.

"We can't make it too fast we might crash out; refers to the journey to success and that we shouldn't want it too fast because it could cause us to lose the run of ourselves and crash.

"When I say 200 on dash and laugh it's all gas, I'm referring to the fast come up and how it can seem really fun in the fast lane.

'We ain't got nothing, we only got time and if you give me yours then you know you got mine,' basically means, time is the only thing we have and if you are willing to give me yours then you'll get the same from me.'

Born in Margate, England and raised in Kilkenny city, Hip Hop artist SG Guillotine (Samuel Guilfoyle) embarked on his music career at the age of 16 after being introduced to Rap and Hip Hop through listening to artists like Eminem, 50 Cent and Tyga.

Inspired by the lyricism of American Rap he began to embrace his songwriting skills, acquiring new techniques and incorporating them into his music whilst experimenting with his sound through collaboration with different artists and producers.

ENTERTAINMENT

YOUR WEEKLY GUIDE TO WHAT'S GOING ON IN KILKENNY

OPERA

While the 69th Wexford Festival Opera won't open for another 10 months, the Festival has hit the ground running after the New Year to continue preparations for the inaugural artistic programme of its new artistic Director, Rosetta Cucchi.

Final casting is currently being confirmed and auditions for the Wexford Factory, an Academy for young Irish singers, are due to take place later in the month.

Open to young Irish singers or singers resident in Ireland and offering masterclasses with internationally renowned singers and artists such as Juan Diego Flórez, there has been keen interest in the Wexford Factory and competition for places will be keen.

2019 was a successful year for the Festival, with all three main stage operas receiving acclaim.

The programme featured not just one, but two Irish composers on the main stage of the National Opera House, including the world premiere of a specially-commissioned opera by Irish composer Andrew Synnott, *La cucina*, which was performed as a companion piece to the short Rossini opera, *Adina*. Irish mezzo-soprano Rachel Kelly made her debut in *Adina* while Irish soprano Maire Flavin sang the lead role in *La cucina*.

A concert performance of the rarely performed opera, *The Veiled Prophet* by Irish composer Charles Villiers Stanford, was well received and well attended by key media.

Most of the 41 public events were sold-out for the 13 day Festival, bringing thousands to the coastal Irish town. Not limited to Wexford in October, the Wexford Festival experience extended throughout the island and internationally over the year with events in Dublin and London for Friends of Wexford Festival Opera and with the return of Opera in the Garden at the Merrion Hotel.

Millions more across the globe were treated to a taste of the festival through the worldwide live stream of the sold-out production of Antonio Vivaldi's *Dorilla in Tempe* via rte.ie/culture.



Linda McCarthy, Mary Byrne and Nicole Banim Butler in *Dirty During* coming to the Watergate Theatre in February

Wild, crude new comedy on way!

Dressing Room 1 Productions will return to Kilkenny for a second national Irish tour of the hilarious play *Dirty Dusting*, starring the inimitable Mary Byrne of *X Factor*.

The Watergate Theatre Kilkenny will host the hilarious comedy on Saturday, February 22.

Hold onto your seats, arriving with a bang this wild new comedy about a trio of 70-something cleaners face the axe.

Well instead of taking threats of

redundancy lying down, these game girls set up a phone sex service and that's when the fun begins.

rolling in the aisles

These three girls will have you rolling in the aisles as they turn into 'telephone belles' - their bosses don't know about it, their families would never guess and their very willing customers are none the wiser.

Round up your friends for a hilarious night out starring *X Factor*'s Mary Byrne alongside

Linda Mc Carthy, Nicole Banim Butler and David Delaney.

The show is directed by Richard Mansworth, a young up and coming Producer/Director who has already brought many productions to the stage with sell out audiences!

Be shocked, delighted and amused by the only chat-line girls with dusters, attitude and their very own bus passes!

Pure theatrical Viagra? It probably is for those who might just need the real thing!

Crude? Yes! Funny? Absolutely! If you love *Mrs. Brown's Boys* come and meet their match in this must-see comedy of the year! Written by Ed Waugh and Trevor Wood, *Dirty Dusting* is directed by Richard Mansworth, with choreography by Ruth Maher. The show has enjoyed phenomenal success in the UK. After enjoying sell out runs and over 25,000 people having enjoyed the play, *Dirty Dusting* was written by two UK journalists Ed Waugh and Trevor Wood.

Arts Council's key role in sustaining the arts

Without the financial assistance of the Arts Council many festivals and activities in Kilkenny could not go ahead.

Kilkenny Arts Festival, the Watergate Theatre, Barnstorm Theatre Company, KCAT in Callan and many more receive annual grants.

And more people in more diverse communities across the country will benefit from investment of €80 million in the arts this year, the Arts Council has

said.

The state agency for funding and developing the arts said money it invests under its new plan would help break down barriers to accessing the arts and improve the pay and conditions of the artists.

Arts Council Chair Prof Kevin Rafter said the Council is working to improve the pay and conditions of artists as well as ensuring everyone has the unique personal experience that comes from the arts.

Increased public funding allows

the Arts Council to assist artists at every stage of their careers while removing barriers that prevent people engaging with and participating in the arts such their socio-economic background, location, ethnicity or through lack of accommodation.

The Council wants to strengthen key arts infrastructure and organisations in their ability to develop and create great work for a wider public and put in place measures alongside awards,

schemes and bursaries to improve conditions of artists.

The Council said it would invest €36.8 million through its Strategic Funding programme, including grants to sustain and develop the arts through key organisations. Some €14 million will be invested through in projects and programmes, including Arts Grant Funding, Project Awards, Open Call, and grants for hundreds of productions, touring and festivals.

ENTERTAINMENT

Gig Guide for Kilkenny

Thursday

Goffs Thyestes Chase, Gowran Park, from 10am
Swing Dancing, Home Rule Club, 7.30pm
Three Hail Mary's, Watergate Theatre, 8pm
Sleeping Beauty Panto, Castlecomer Community Hall, 8pm

Friday

Trad followed by DJ and Late Bar, Matt The Millers, 6pm
Open Rehearsal for St Canice's Cathedral Choir, St Canice's Cathedral, 7pm
Three Hail Mary's, Watergate Theatre, 8pm
David O'Doherty: Ultrasound, Stand Up Comedy, Set Theatre, 8pm
Sleeping Beauty Panto, Castlecomer Community Hall, 8pm
Tommy Fleming In Concert, Lyrath Estate, 8pm
Gavin Carroll, Rafter Dempseys, 10pm

Open House in The Bar, Home Rule Club, 9pm
Devil The Bit, Lanigan's Bar, 9.30pm
Acousticats, Kyteler's Inn, 10pm

Saturday

Sleeping Beauty Panto, Castlecomer Community Hall, 2.30pm & 8pm
Trad followed by DJ and Late Bar, Matt The Millers, 6pm
Johnny Scully Live, Home Rule Club, 9pm
Sean 'N' Steve, Rafter Dempseys, 10pm
Live DJ, Lanigan's Bar, 10pm
Róisín Dubh, Kyteler's Inn, 10pm

Sunday

Hot 4 Jazz Quartet, Left Bank, 5pm
Generation 5, Kyteler's Inn, 6.30pm
Foster and Allen Timeless Memories Tour, Watergate Theatre, 8pm
Tomas Jackman, Kyteler's Inn, 9pm
The Barflys, Pumphouse Bar,



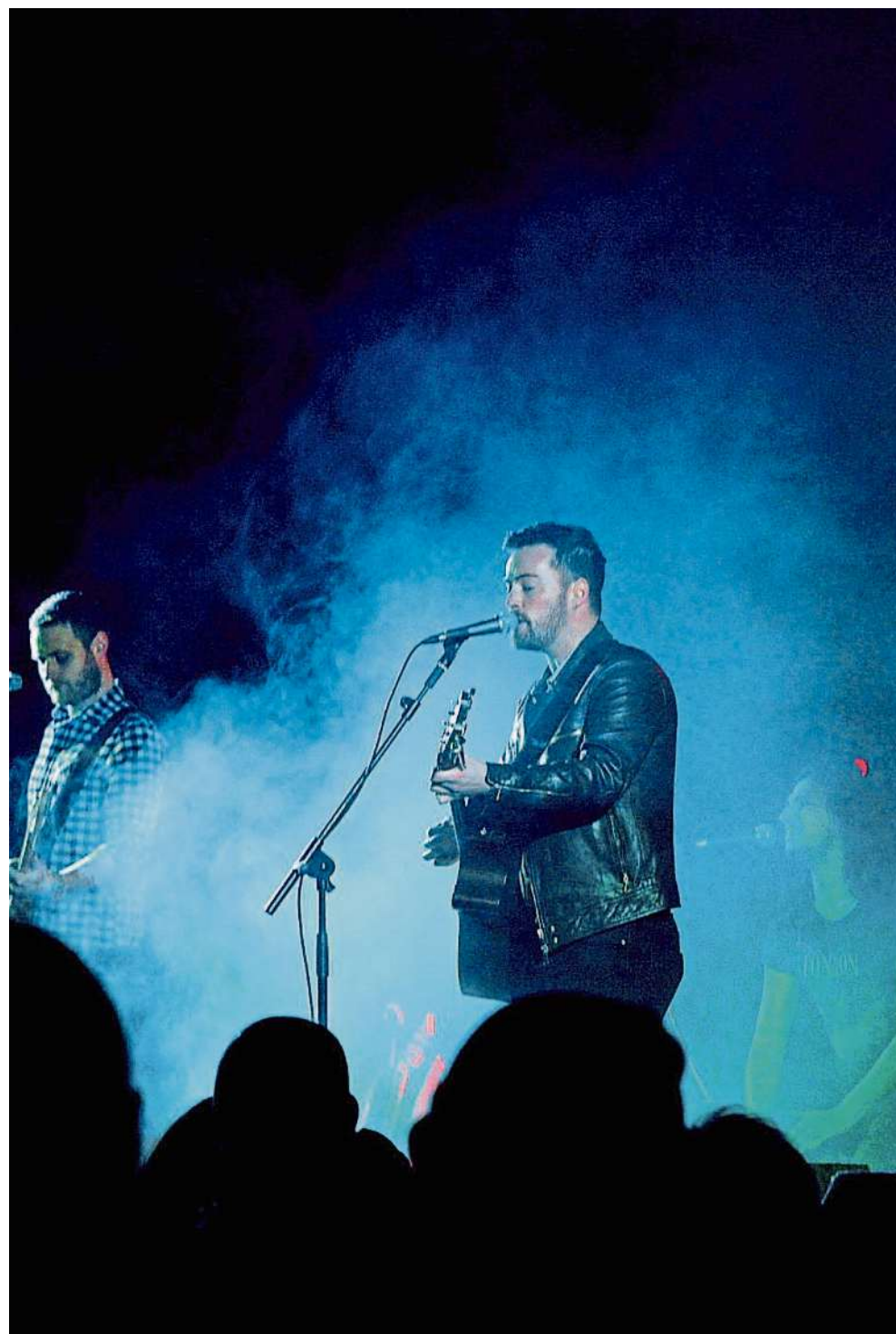
9.30pm
Devil The Bit, Lanigan's Bar,

9.30pm
Monday

Monday Night Madness, Matt The Millers, from 6pm



Richard and Emily Holohan at Aslan PICTURE: CHRISTOPHER DUNNE



Oh Bryan warmed up the crowds on home turf before Aslan took to the stage at Cillin Hill

PICTURE: CHRISTOPHER DUNNE

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COOKING

HOME COOKING

WITH BARBARA COLLINS**CONTACT BARBARA**email: barbara@thegoodchinaset.com web: www.thegoodchinaset.com

Herby Chicken with Apple Cider Vinegar

I love using apple cider vinegar whenever I can. It has to be Long Meadow's version with Mother for me. I find it great for joints and general well-being. I take it every day diluted in water. The McKeever grow the apples in the orchard behind their house in Armagh.

They make the most wonderful cider, juices and this vinegar. Find stockists at www.longmeadowcider.com

The fresh herbs are a must, so try to grow some in pots to have whenever you need them.



INGREDIENTS

- 4 free-range chicken breasts**
- 100ml rapeseed or olive oil**
- Juice of a lemon**
- 3 tbsp apple cider vinegar**
- 3 cloves garlic pressed**
- Handful fresh basil chopped**
- Handful fresh parsley chopped**
- 1 tsp fresh rosemary chopped**
- 1 tsp fresh thyme chopped**
- 1/2 tsp salt**
- 1/2 tsp ground black pepper**



METHOD

Whisk together all ingredients except the chicken to make a marinade. Poke the chicken all over with a fork so it can absorb the marinade. Place the chicken in a dish, or zip-top bag and cover completely with the marinade. Let it marinate for up to 4 hours, with a minimum of 30 minutes. Heat the grill to a medium heat and brush with oil to prevent sticking. Place chicken on the grill and cook 4-6 minutes per side, depending on thickness. Let rest for 5 minutes, then serve hot.

This recipe is great for dinner with potatoes and vegetables or with salad and good bread. It also works with couscous and roasted vegetables.



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OUT & ABOUT



Flying the flag for Conahy Shamrocks were Oliver and Breda Dollard



Out & About

PLENTY OF COLOUR AT CLUB ALL-IRELAND HURLING FINALS

Pictures: WILLIE DEMPSEY



Ready to cheer on the Shamrocks in Sunday's senior final were Pippa Rose and Valerie Aylward



All set for a busy evening of club hurling action in Croke Park were Peter, Caoimhe, Aoife and Emma Mulhall

OUT & ABOUT



LEFT: These happy Conahy Shamrocks brought plenty of colour to Croker for their club's junior All-Ireland final

ABOVE: Supporting Tullaroan in the intermediate All-Ireland final were Celina Essex, Janina Echhart and Kimberly Castrix

RIGHT: All set for Croke Park were Aine Bergin and Gemma Dowling



Shamrocks supporters Trevor Sutton, Jennifer Grant, Phylis Sutton, Jimmy, Sinead and Richard Grant



Helen Prendergast, Joan Fowler and Sarah Phelan with Jack Mulcahy and James Kennedy



Ollie Harrington, Anne Harrington Rees, Anna Harrington, Mary Harrington, Jimmy Comerford and Tom Mullins

THE KILKENNY REPORTER

MOTORING



E: advertising@thekilkennyreporter.ie T: Shane: 087 6577256 Patrick: 086 048 2018

Drop-dead gorgeous

BMW 3 Series: New seventh generation of popular model exceeds all expectations



TRISH WHELAN
www.CarandTravel.ie

MY first glimpse of BMW's latest 3 Series was a preproduction model to demonstrate what the finished car would probably look like. Such models never end up being the finished article as many tweaks and turns are made to the exterior and interior before full production models roll off the line and find their way to showrooms.

But this preproduction model was drop-dead gorgeous in every respect, both outside and in. Since then, changes have been made to make it even more attractive.

This is the seventh generation of the 'globally successful ambassador for driving pleasure in a premium midsize car', to quote BMW.

It benefits from significantly enhanced sporting prowess, a new design language, extensive refinements to its premium ambience and what the brand call 'trailblazing driver assistance, control & operation and connectivity technology'.

Exterior highlights include a modern design with precise lines and contoured surfaces, with sporty proportions, a large BMW kidney grille with single surround for the two elements, a new interpretation

of the LED twin headlights, sporty T-shaped air intakes, and a twin-pipe exhaust system.

The car comes with wider front and rear tracks, a longer wheelbase, lower weight (up to -55kg); body rigidity has been increased by up to 50pc, has new shock absorber technology, and M Sport differential (optional).

The cabin is upmarket and inviting. And snug. The layout is beautiful and the cockpit driver-focused. The use of high class materials with very precise workmanship is very evident throughout. Newly designed leather seats hold you in nicely and the driver's has power adjustments.

There's more front shoulder and elbow room, it's easy to get in and out of the rear as doors open wide, and there's now greater legroom there. But very tall people find it difficult to sit comfortably in the rear and there's very little room in the middle seat and there's a high tunnel to contend with.

Features include a new sports leather steering wheel, a new panel of buttons for light functions, new design for the gear selector and the control panel around it which includes the iDrive Controller knob that is easy to use for media, communications, navigation, maps



etc. The colourful navigation takes up the whole central console screen and you can also see your directions displayed on the instrument panel in front of you.

Other highlights include a larger Head-Up Display, a digital key.

The car has an expanded range of digital services from BMW Connected and Connected Drive. Buttons can be used to call up menus or to select menu items and settings. Some functions of the iDrive can be operated with the touchpad of the controller.

Remote software upgrades keeps the car up-to-date and you can access the car and start up the engine via your smartphone using the Digital Key.

LED interior lights are standard, ambient lighting with a welcome light carpet comes as an option. Six speakers are also standard but there's an optional Harman Kardon surround sound system with 16 speakers. Two USB ports and Bluetooth interface are provided but a wireless charging area is an option.

The spec also includes the instrument cluster with screen size up from 2.7 to 5.7 inches and Control Display with screen diagonal up from 6.5 to 8.8 inches. You can opt for the BMW Live Cockpit Professional which comes with a fully digital 1.3-inch instrument cluster and 10.25-inch Control Display.

Boot capacity is 480 litres and there's a storage area below the boot floor as the car is fitted with run flat tyres.

Inside, you sit low in the car which makes for a more exciting drive. There's plenty of oomph in the engine and you'll just want to keep on driving. A small crib, though, is the thickness of the steering wheel. However, it gives great feedback to the driver when on the road.

New powertrains have higher output, greater pulling power and improved efficiency. Six engine variants are offered, four-cylinder

petrol models, four-cylinder diesels, plus six-cylinder diesel unit with outputs ranging from 150hp to 265hp.

My car was the ultra-sporty 320d M Sport saloon with 190hp and matched to an eight-speed Steptronic transmission, max torque is 400 Nm, 0-100km/h takes 7.1 sec, top speed is 240km/h; combined fuel consumption is around 4.7-4.4 L/100kms, Annual Road Tax is €200.

The dynamics are noticeably sharper due to the upgraded chassis technology, new damper technology, the stiffer body structure and suspension mountings, wider tracks (front and rear), the car's weight loss, low centre of gravity and even 50:50 weight distribution. There are five driving modes to choose from.

An array of driver assistance systems paves the way to automated driving. Some come as standard, but others are optional extras and the car can park itself with the Parking Assistant system.

While the 320d M Sport is priced at €49,213, my car came with a big amount of extra options and packs which took the car as tested, to €59,286.82. Prices include VAT and VRT.

MOTORING

New Captur is ready to impress

Pricing and specifications announced for all-new Captur



The 2020 Renault Captur is now available from €21,995 RRP with three generous trim levels

RENAULT Ireland has today announced the pricing and specifications for All-New Captur, which is available to order from dealerships now.

Since its launch in 2013 Renault has been key to defining the compact-SUV segment and with almost 10,000 registrations to-date, Captur has been the most successful compact-SUV ever in Ireland. Captur has played a critical role in growing compact SUVs to over 10% of the new passenger car market in 2019.

Style, space, interior quality and active safety equipment have become the keys to success in the segment, which All-New Captur offers to an unrivalled

degree.

All-New Captur has been awarded the maximum 5-star Euro NCAP safety test rating, proving its qualities in terms of safety and wide range of driving aids. ADAS (Advanced Driver Assistance Systems) available on the All-New Captur fall into three categories: Driving, Parking and Safety. Together, they form the Renault EASY DRIVE system. Their settings are easy to adjust from the Renault EASY LINK multimedia system touchscreen.

In addition, Renault was recently voted Manufacturer of the Year by TopGear.com.

Starting from €21,995, or €199 per month with 3.9%

APR PCP, the second generation All-New Captur is available with three trim levels – Play, Iconic and S-Edition – on a comprehensive powertrain line-up and offers totally revolutionary interior design while the exterior styling has been transformed.

More space than before, more versatile than ever, more refined, and with a range of ADAS and generous EasyLife features, All-New Captur will delight new and existing Captur owners alike. From entry level upwards, all versions of All-New Captur

include 17" wheels, multimedia touchscreen with Apple CarPlay and Android Auto, full LED lights and Automatic Climate Control. Moving up the range adds more standard features, including the contrasting roof, the stunning 9.3" touchscreen and some stylish alloy wheel designs.

Play features a 7" touch screen with smartphone mirroring, LED lights, climate control and 17" alloy-look flex wheels, and a comprehensive ADAS suite including E-Call, Lane Assist, Traffic Sign Recognition and

AEBS.

Iconic ramps up the spec with several features rarely found on similarly priced competitors. Still ahead on ADAS, Captur Iconic includes keyless entry, built-in navigation (EasyLink system with Google search and live fuel prices) and is the only brand offering two-tone paint at no additional cost.

S-Edition is the top of the All-New Captur range. At this price point, Captur is the only model with two-tone paint at no extra cost, and the 9.3" portrait multimedia screen is a standout feature

in the segment. Look closer and you'll see that, even at this price point, Renault is one of few brands offering navigation, LED lights, keyless entry, and ambient lighting.

All-New Captur has increased in size, now 110mm longer than before, offering significantly improved interior and boot space.

The new model takes Captur's instantly recognisable styling cues and dials up the quality in the detailing. The front gains full LED lights with more pronounced C-shaped LEDs, while the C-shaped motif is repeated in the rear LEDs which now curve around the tailgate.

Pricing

Customers can avail of €3,500 Savings Guaranteed on All-New Captur for 201, as Renault is rewarding customers for choosing a cleaner, lower emissions car with Renault Carbon Rewards, a simple and transparent new offer for 201 registrations. Customers will receive €1,000 Carbon Cashback and 2.01% APR until 31st January 2020 through Renault Bank.

All-New Captur is available to order now with cars arriving in Renault dealerships this week.

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19 Kia Sportage 1.7 Diesel K3 Sunroof	Grey	€ 30,900
19 Kia Stonic 1.6 Diesel K2	Choice	€ 22,500
19 Kia Stonic 1.6 Diesel K2	Choice	€ 21,750
19 Kia Stonic K2 1.4 Petrol	Red	€ 20,900
19 Kia Stonic K3 1.6 Diesel	Blue	€ 23,950
19 Kia X Ceed 1.0 Petrol K4	Gold	€ 27,500
19 Mitsubishi AXS 1.5 Diesel	White	€ 23,900
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18 Ford Focus Estate 1.5 Titanium	Grey	€ 17,500
18 Kia Sportage 1.7 Diesel LX	Silver	€ 25,900
18 Kia Optima 1.7 Diesel Platinum	Silver	€ 26,900
18 Kia Sorento 2.2 7 Seater 4WD Diesel	White	€ 34,500
18 Kia Carens 1.7 Diesel EX 7 Seater	Black	€ 22,900
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18 Dacia Duster 4WD 1.5 Diesel	Silver	€ 15,200
18 Kia Sportage 1.7 LX Diesel	Silver	€ 24,900
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17 Kia Sportage 1.7 Diesel EX	Silver	€ 22,900
17 Kia Ceed 1.4 Diesel EX 5 door	Grey	€ 16,900
17 Opel Mokka X 1.6 Diesel	White	€ 16,900
17 Kia Sportage 1.7 Diesel Platinum	Grey	€ 22,900
17 Kia Sportage 1.7 Diesel EX	Black	€ 22,900
17 Kia Ceed 1.6 Diesel EX	Red	€ 16,900
17 Skoda Superb 2.0 Diesel Style	Grey	€ 19,900
17 Kia Sportage 1.7 EX Diesel	Blue	€ 22,900
17 Ford Focus 1.0 Petrol Style 5 door	Silver	€ 14,900
17 Ford Kuga Titanium 1.5 Diesel	Black	€ 20,900
16 Kia Rio 1.4 EX Diesel	Silver	€ 11,900

16 Kia Sportage 1.7 EX Diesel	Blue	€ 20,900
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16 Kia Ceed 1.6 Diesel EX	Red	€ 15,500
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16 Kia Sportage 1.7 Diesel EX	White	€ 20,900
16 Kia Optima 1.7 Diesel EX	Silver	€ 19,900
16 Kia Sportage 1.7 Diesel EX	Red	€ 20,900
16 Nissan Leaf Electric	White	€ 12,500
16 Kia Rio 1.4 EX Diesel	Grey	€ 11,500
16 Hyundai I10 Deluxe 1.15 door petrol	Silver	€ 9,500
15 Kia Rio 1.4 EX Diesel	Red	€ 10,900
15 Kia Venga 1.4 EX Diesel	Red	€ 10,900
15 Kia Ceed 1.4 5 door TX	Black	€ 13,500
15 VW Golf 1.6 TDI Trendline	Grey	€ 12,900
15 Kia Ceed 1.6 EX Sportywagon Diesel	Gold	€ 14,500
15 Kia Sportage 1.7 EX Diesel	White	€ 17,900
15 Ford Mondeo 1.6 Diesel Saloon	Silver	€ 12,900
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15 Hyundai I40 1.7 Diesel	White	€ 13,900
15 Kia Picanto 1.0 EX 5 door	Silver	€ 5,900
14 Ford Focus 1.6 5 door Diesel	Black	€ 11,900
14 Hyundai IX20 1.4 Diesel	Red	€ 8,900
14 Hyundai IX35 1.7 Diesel	White	€ 15,900
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14 Peugeot Partner Van	White	€ 8,900
14 Kia Venga 1.4 Diesel EX	Silver	€ 8,900
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13 Dacia Duster 1.5 Diesel	Black	€ 7,900
13 BMW 520 Diesel Estate	Grey	€ 16,900
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13 Nissan Note 1.5 Diesel	White	€ 7,250
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13 Nissan Qashquai 1.5 DCI 4X4	Black	€ 10,900
12 Ford Fiesta 1.4 Diesel Style	Black	€ 6,900
12 Hyundai I40 1.6 Diesel Saloon	Black	€ 8,900
12 Hyundai I40 1.6 Diesel Saloon	Black	€ 8,900

12 Volkswagen Golf 2.0 TDI Bluemotion	Black	€ 9,500
12 Kia Sportage 1.7 EX Diesel	Black	€ 12,500
12 Kia Sportage 1.7 EX Diesel	Grey	€ 12,900
12 Hyundai IX35 1.7 Diesel	Silver	€ 10,900
12 Kia Sportage 1.7 EX Diesel	Gold	€ 12,900
12 Seat Ibiza 1.2 Diesel Estate	Grey	€ 5,950
12 Renault Fluence 1.5 Diesel Saloon	Silver	€ 5,900
12 Kia Ceed 1.6 Diesel Elite Sportywagon	Black	€ 7,900
12 Kia Sorento EX 4WD 7 Seater	Silver	€ 13,500
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11 Kia Sportage 1.7 Diesel EX	Gold	€ 10,500
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11 Kia Sportage 1.7 Diesel GSE	Silver	€ 10,500
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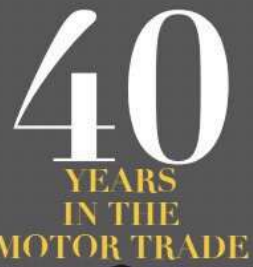
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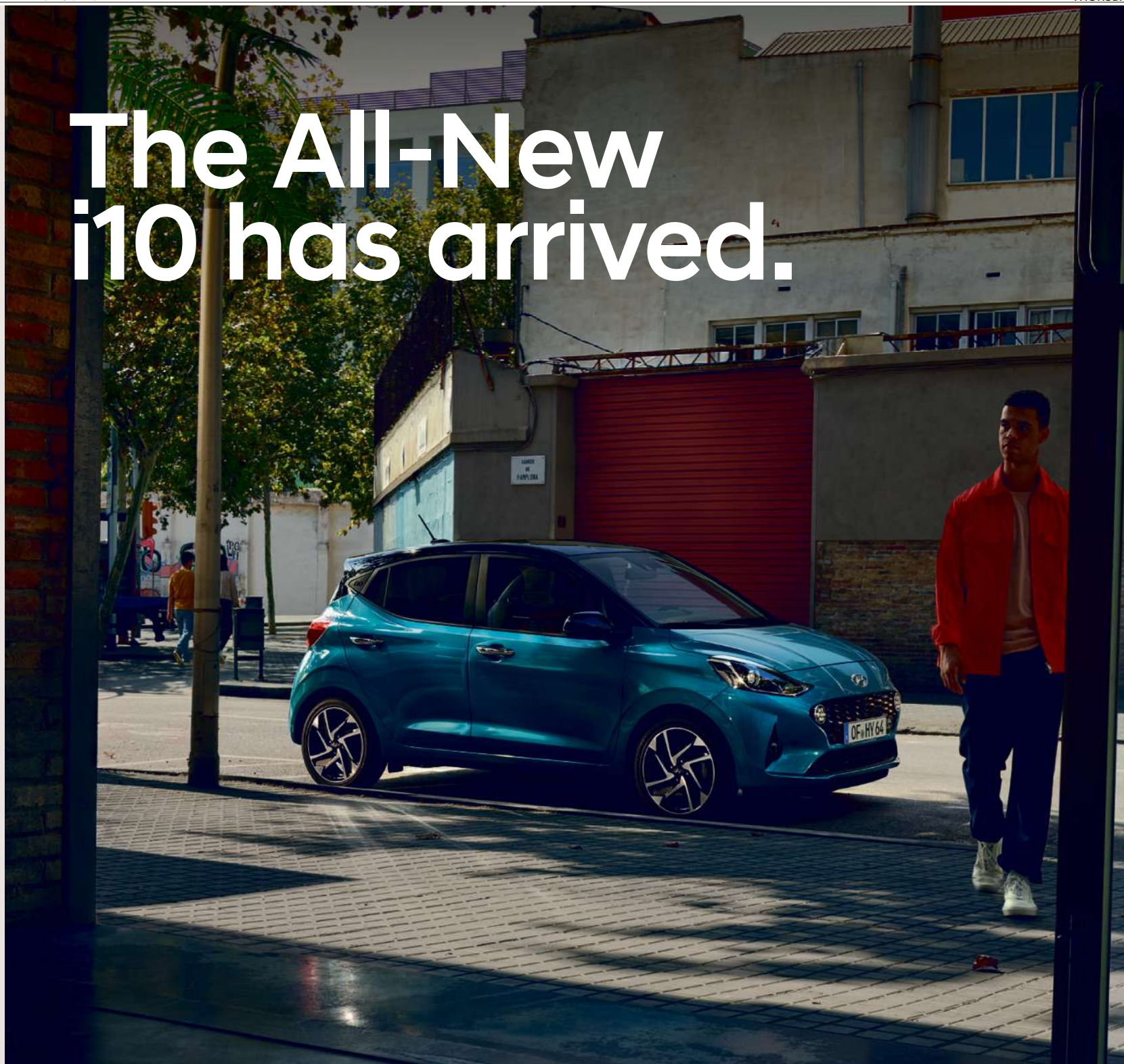


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Barrow Valley Outdoor Activities Hub

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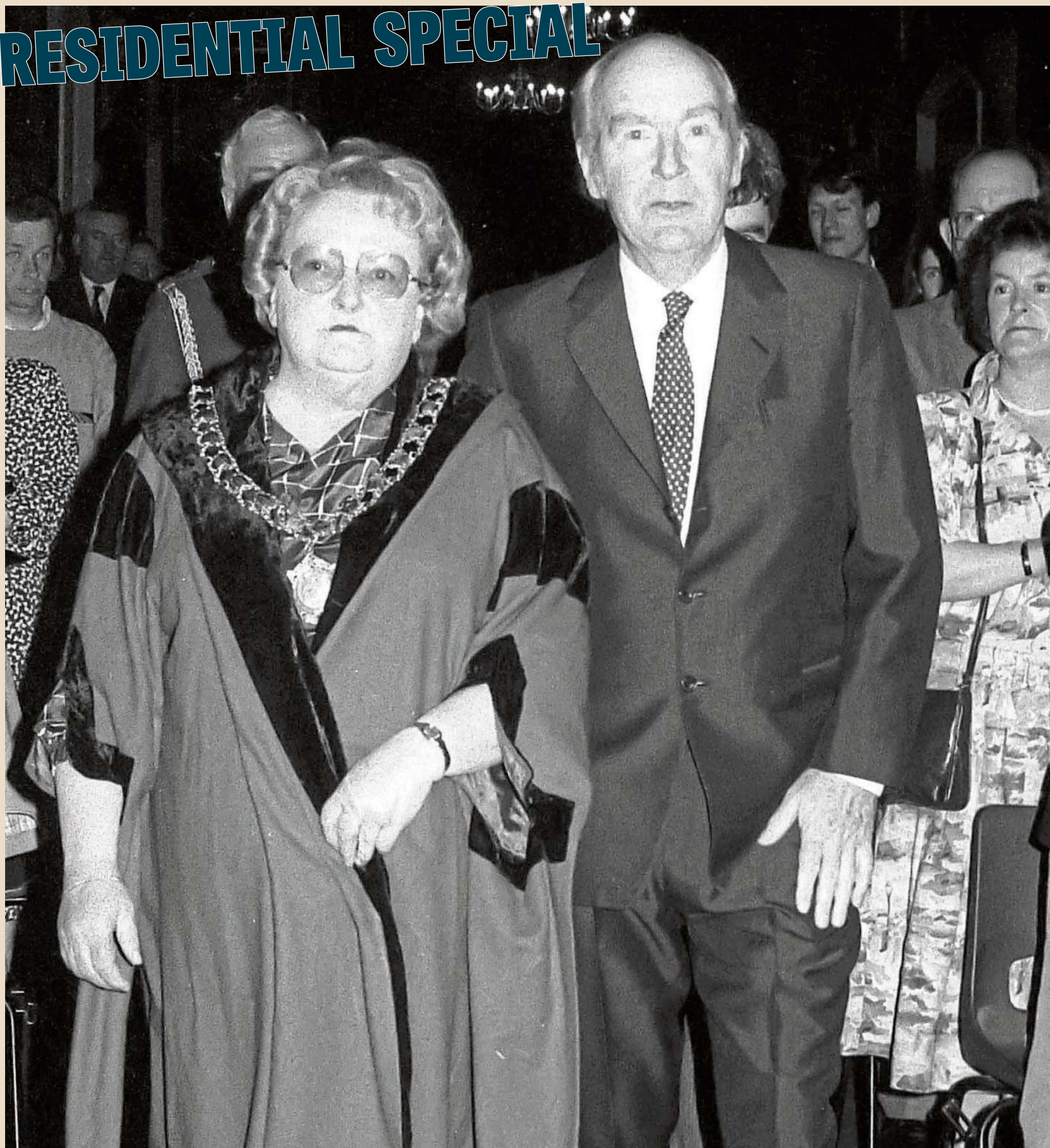
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All our THE KILKENNY REPORTER Yesterdays

Taking a trip down memory lane in Kilkenny

PRESIDENTIAL SPECIAL



The Mayor of Kilkenny, Margaret Tynan, and the President of Ireland, Patrick Hillery, arriving at the Long Gallery in Kilkenny Castle for the presentation of the President's Awards in 1989 PICTURE: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



President Hillery meets guests the President's Awards in Kilkenny Castle

All Our Yesterdays

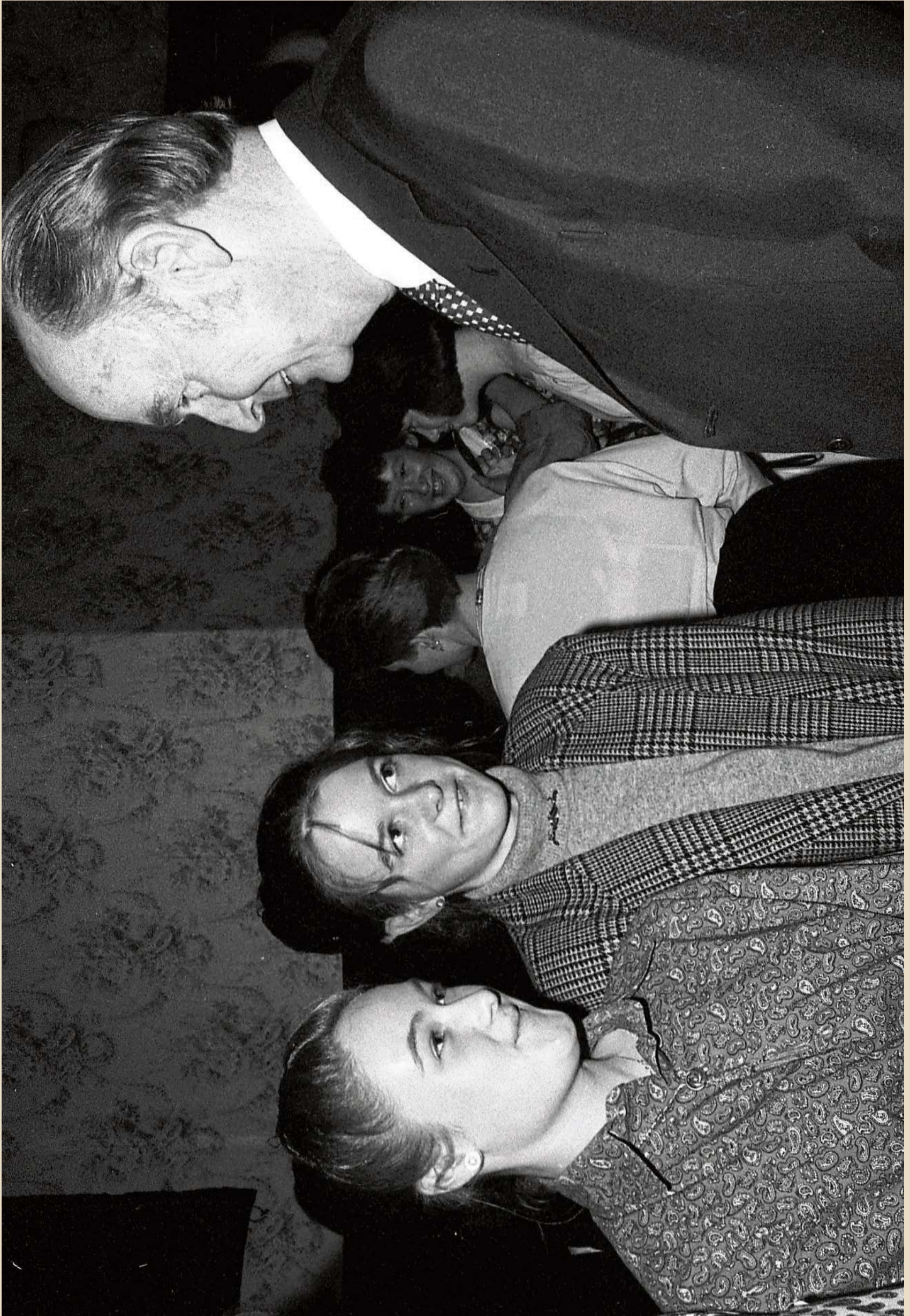
Down memory lane with the
THE KILKENNY REPORTER



President Hillary with recipients of the President's Awards in Kilkenny Castle, 1989 PICTURE: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



President of Ireland, Michael D. Higgins, meets some Kilkenny recipients of the President's Award in Kilkenny Castle. PICTURE: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



President Patrick Hillery with recipients of the President's Award PICTURE: MICHAEL BROPHY

SPORT

SUPER EIGHTS! Shamrocks put titles back-to-back



TJ Reid, Brian Cody and Adrian Mullen hold the Tommy Moore Cup after beating Borris-Ileigh PICTURES: MARK DESMOND



ABOVE: Eoin Cody in action against Paddy Stapleton
BELOW: The Shamrocks players celebrate at the final whistle
BOTTOM: Darren Mullen sprints away from Brendan Maher



AIB SENIOR CLUB HURLING ALL-IRELAND FINAL

SHAMROCKS BORRIS-ILEIGH

0-18
0-15

JOHN KNOX

at Croke Park

It was a familiar All-Ireland final day for big winners Shamrocks from Ballyhale.

Another day, another performance, another All-Ireland club senior hurling title, the eighth from nine starts.

And on Sunday at Croke Park against a fine Borris-Ileigh (Tipperary) outfit who probably didn't make good enough use of decent second half possession, the Shamrocks put All-Ireland wins back-to-back for the first time.

"We wanted to do that, we really wanted to do it," insisted thrilled Shamrocks

manager, Henry Sherfflin, who has now guided the team to six major titles in his two seasons in charge - two each in Kilkenny, Leinster and at national level.

Shamrocks were slow enough into their stride as Borris-Ileigh, and roving attacker Jerry Kelly in particular, started in flying from. The losers shot 0-4 to 0-1 clear by the 11th minute with Kelly doing all the scoring.

The Kilkenny champions caught up by the 19th minute, the strong hurling Patrick Mullen hitting the target twice along with TJ Reid (2) to level it at 0-5 each.

A minute later Colin Fennelly burst a hole in the opposing defence to get Adrian Mullen clear, but he

was fouled. When TJ Reid knocked over the free the Shamrocks were in front for the the first time, and they were never headed after that.

At the break the winners led by 0-10 to 0-6, and when they opened the second half with a quick point from Eoin Reid they looked set to take off.

Borris-Ileigh didn't buckle.

With Brendan Maher, Seamus Burke, Dan McCormack and Kelly driving their cause with some force, they threatened a fair amount.

But too often shots for scorers fell short, and Shamrocks goalie Dean Mason, who was ultra safe in his handling, cleared his lines.

All the time Shamrocks were more economical in their use of the ball. When Adrian Mullen and Evan Shefflin put points back-to-back in the 50th and 52nd minutes they looked well placed when 0-16 to 0-10 clear.

The Tipp champions hit back for scores from Brendan Maher (2) and Jerry Kelly (2) to rip the contest wide open again three minutes off the

Then up popped TJ Reid to take a pass from Eoin Cody after a great possession win by Adrian Mullen in midfield to shoot Shamrocks 0-17 to 0-14 clear. The Cats were as good as home after that.

While TJ Reid, Michael and Colin Fennelly, Richie Reid and Patrick Mullen all produced big performances for the winners, young Darragh Corcoran produced a mighty display as corner-back, while Darren Mullen had a dream game in

8
Shamrocks won
their eighth
All-Ireland

the other corner.

The Shamrocks win rounded off a remarkable weekend for Kilkenny clubs, with Conahy Shamrocks (junior) and Tullaroan (intermediate) completing the clean sweep of All-Ireland club titles.

SCORERS

SHAMROCKS - TJ Reid (0-8); Patrick Mullen (0-3); Evan Shefflin, Eoin Reid, Adrian Mullen (0-2 each); Colin Fennelly (0-1).

BORRIS-ILEIGH - Jerry Kelly (0-7); Brendan Maher (0-6); Tommy Ryan, Kieran Maher (0-1 each).

SHAMROCKS - Dean Mason; Darragh

Corcoran, Joey Holden, Darren Mullen; Evan Shefflin, Michael Fennelly (capt), Richie Reid; Ronan Corcoran, Patrick Mullen; Adrian Mullen, Brian Cody, TJ Reid; Eoin Reid, Colin Fennelly, Eoin Cody. Subs - Joseph Cuddihy for R. Corcoran 46th min; Mark Aylward for E. Reid 53rd min; Conor Walsh for P. Mullen 60th min.

BORRIS-ILEIGH - James McCormack; Seamus Burke, Paddy Stapleton, Liam Ryan; Sean McCormack, Brendan Maher, Ray McCormack; Tommy Ryan, Dan McCormack; Kieran Maher, Niall Kenny, Conor Kenny; Kevin Maher, Jerry Kelly, James Devaney. Subs - Jack Hogan for K. Maher 46th min; Ciaran Cowan for T. Ryan 51st min; Matthew Stapleton for N. Kenny 53rd min.

REFEREE - Colm Lyons (Cork).

Wonderful Tullaroan win thrilling final not even Hollywood could create

AIB INTERMEDIATE CLUB HURLING ALL-IRELAND FINAL

**TULLAROAN
FR O'NEILL'S**

**3-19
5-12**

JOHN KNOX

at Croke Park

Famous Tullaroan, the biggest winners ever in their home championship, will return to the Kilkenny senior hurling championship this season as All-Ireland champions.

The big-hearted north Kilkenny outfit won an absolutely amazing All-Ireland club intermediate hurling final when just edging past mighty Fr O'Neill's of Cork in a classy game in Croke Park.

Not even the best of Hollywood could match the wonders produced by this pair who simply let rip.

In the end a point from top

scorer and Tullaroan captain, Shane Walsh with the second last puck of the match earned Tullaroan a sensational victory.

Things looked good for the Leesiders when they hit the opposition with goals by Deccie Dalton and Cillian Broderick in the 42nd minute - yes, within a minute - to open out a lead of 4-8 to 2-9.

Within 10 minutes Tullaroan had turned the match on its head.

They shot 1-7 without the reply, the goal from Martin Keoghan, to jump 3-16 to 4-8 in front. We thought we had seen the best of it.

Not by any stretch of the imagination. Fr O'Neill's roared back, a 57th minute goal by sub Jason Hankard pulling them back into the game before late back-to-back points from Thomas Millerick and Paudie

McMahon levelled it.

Tullaroan produced one last moment of brilliance. Adam Tallis and Martin Keoghan worked the ball to Shane Walsh to shoot the winner at the Canal End with the clock beyond the 63rd minute.

It was a crazy but hugely entertaining contest.

Tullaroan looked nervous and unsure early on. They were all fingers and thumbs and they couldn't get simple things like raising the ball off the ground right.

Fr O'Neill's, strong in the tackle and fast and direct in their hurling, made them pay. The Leesiders opened with unanswered points from Eoin Conway, Deccie Dalton from a poorly conceded 65 and Kevin O'Sullivan.

It took Tullaroan 10 minutes to get off the scoring mark. They did so through John Walton after Martin Walsh won a great ball.

Still, as the game hit the 16th minute Fr O'Neill's were moving well and showed 1-3 to 0-1 in front, the goal coming from Dalton after a great move involving Eoin Conway and Paudie McMahon.

The gap went to 1-4 to 0-1 before the Cats had their second score from Shane Walsh in the 19th minute, but the chase was on. When Martin Keoghan goaled in the 26th minute the winners



CHAMPIONS! Shane Walsh and Joe Norton lift the trophy after Tullaroan's famous win in Croke Park PICTURES: WILLIE DEMPSEY

were ahead, 1-5 to 1-4.

It was level at 1-5 each with the break only a minute away, but after Peter Walsh took a pass from the deadly Shane Walsh to rattle the net, he rifled Tullaroan into an interval lead of 2-5 to 1-6.

The second quarter action looked promising. What followed fell into the realm of the unbelievable, but the sizzling action was lapped up by the 5,498 attendance who were entertained royally even deep into additional time.

Tullaroan may have had to wait and suffer before they

won the Kilkenny title, but today they showed they like that winning feeling. They like it a lot!

It was a great day for Kilkenny club hurling in Croke Park.

SCORERS:

TULLAROAN - Shane Walsh (0-10, 0-4 frees, 0-1 65); Martin Keoghan (2-1); Peter Walsh (1-2); John Walton, Tommy Walsh (0-2 each); Padraig Walsh, Bill Gaffney (0-1 each).

FR O'NEILL'S - Deccie Dalton (2-4, 0-2 frees, 0-1 65); Eoin Conway (1-2); Cillian Broderick, Jason Hankard (1-0 each); Kevin O'Sullivan, Paudie McMahon (0-2 each); Thomas Millerick, Sean O'Connor (0-1 each).

TULLAROAN - Paul Buggy; Diarmuid Doheny, Tommy Walsh (Village), Stephen Maher; Martin Walsh, Padraig Walsh, Jack Keoghan; Tomas Dunne, Mark Walsh; Bill Gaffney, Martin Keoghan, John Walton; Peter Walsh, Tommy Walsh (Mountgale), Shane Walsh. Subs: Ken Coogan for Dunne, 39 mins; Adam Tallis for Mark Walsh, 44 mins.

FR O'NEILL'S - Colin Sloane; Mike Millerick, Podge Butler, Ger Millerick; John Barry, Dan Harrington, Thomas Millerick; Joe Millerick, Kevin O'Sullivan; Liam O'Driscoll, Rob Cullinane, Paudie McMahon; Eoin Conway, Deccie Dalton, Cillian Broderick. Subs: Jason Hankard for Conway, 49 mins; Sean O'Connor for Barry, 54 mins; Eoin Motherway for Broderick, 57 mins.

REFEREE - Thomas Walsh (Waterford).



A HELPING HAND: Diarmuid Doheny (Tullaroan) holds off Deccie Dalton (Fr O'Neill's)

Junior joy as Conahy are crowned champions

AIB JUNIOR CLUB HURLING ALL-IRELAND FINAL

**CONAHY SHAMROCKS
RUSSELL ROVERS**

**0-22
0-15**

TREVOR SPILLANE

at Croke Park

After a topsy-turvy year, Conahy Shamrocks are All-Ireland champions!

Beaten in the 2019 county final, the Kilkenny club ended their season on a high when they eased past Cork's Russell Rovers to once again secure the junior club All-Ireland honours.

Captain James Bergin led Conahy's charge, chipping in with 0-12 as they added to their 2008 success with a dominant display in Croke Park on Saturday evening.

As the captain said, playing a Kilkenny style of fast and direct hurling led the Shamrocks to glory. Their clever use of the ball and space left Russell Rovers chasing shadows at times.

Conahy made a fine start to the

game, opening up a four-point lead (0-6 to 0-2) by the 13th minute thanks to good scores from Kieran Mooney (0-2), Eoin Cahill and Bill Murphy.

Russell Rovers rallied and, with the help of full-forward Josh Beausang, clawed the gap back. Three Beausang frees in quick succession brought them to within two points of the leaders by the 21st minute, but Conahy wouldn't be



Tom Phelan challenges Luke Duggan Murray

caught. Bergin fired over the next three scores, all from frees, to stretch the lead again. Although Beausang did reply with a 65, the Shamrocks were four clear at the break (0-11 to 0-7).

The Kilkenny side were quick out of the blocks in the second half, moving seven points clear thanks to Mooney (0-2) and Bergin.

From there they never looked back, posting a reply every time Russell Rovers managed a score of their own in the third quarter. With Bergin taking his tally into double figures they held on for a comfortable victory.

SCORERS

CONAHY SHAMROCKS - James Bergin (0-12, 0-8 frees); Kieran Mooney (0-4); Donal Brennan (0-2); Eddie Delaney, Tom Phelan, Eoin Cahill, Bill Murphy (0-1 each).

RUSSELL ROVERS - Josh Beausang (0-5, 0-3 frees, 0-1 65); Brian Hartnett (0-4, 0-3 frees); Luke Duggan Murphy (0-2); Ross Walsh, Daniel Moynihan (0-1, free each); Kieran Walsh, Daniel O'Brien (0-1 each).

CONAHY SHAMROCKS - Padraic Delaney; Simon Callinan, Davy Healy, Liam Cass; Darren Cuddihy, Brian Healy, Eoin Carroll; Donal Brennan, Eddie



Conahy captain James Bergin lifts the trophy PICTURES: WILLIE DEMPSEY

Delaney; Tom Phelan, John Mullan, Eoin Cahill; James Bergin, Kieran Mooney, Bill Murphy. Subs: Alan Healy for Cuddihy, 48 mins; Tom Rice for Cahill, 60 mins; Tom Nolan for Murphy, 60 mins.

RUSSELL ROVERS - Ross Walsh; Kevin O'Brien, Eoghan O'Sullivan, Paul Lane; Chris Ruddy, John

Paul Ivers, James Kenefick; Kevin Tattan, Kieran Walsh; Jack McGrath, Luke Duggan Murphy, Daniel Moynihan; Kevin Moynihan, Josh Beausang, Brian Hartnett. Sub: Daniel O'Brien for Beausang, 30 mins.

REFEREE - Sean Stack (Dublin)

SPORT

Glory days as titles 1,2,3 come to Kilkenny

What a weekend of club hurling as three Kilkenny sides hit the jackpot in Croke Park and take home titles, writes **Ashling Dalton**



Kilkenny clubs have enjoyed their fair share of success in the All-Ireland club series over the last two decades and beyond.

However, none more so than the men who come from the South, Shamrocks from Ballyhale.

Has any other club held such a monopoly over the competition? The answer is a resounding no.

You only have to look at Shamrocks current haul of titles.

STAND PROUDLY

They stand proudly at the top of the hurling Roll of Honour with a whopping eight titles, having contested nine finals.

That is a remarkable strike rate by any standard.

Birr of Offaly and Portumna of Galway are next in the honours list with four titles each.

Nobody, really, has come close to the flying southerners.

It can also be argued that no other club boasts as many All-Ireland winning captains with their county.

Ballyhale have a total of six senior winners within their ranks.

Liam Fennelly has the honour of being captain of Kilkenny twice in glory years in 1983 and 1992. He is the only man to have lifted the old and new MacCarthy Cups.

His brother, Ger captained Kilkenny to victory in 1979.

In the Brian Cody era, fans have seen Henry Shefflin (2007), James 'Cha'

Fitzpatrick (2008), Michael Fennelly (2009) and Joey Holden (2015) lead Kilkenny to MacCarthy Cup wins.

LED BRILLIANTLY

Michael Fennelly was looking to add to his impressive CV by captaining Ballyhale to their eight title. He did!

Sunday's success was the first time Shamrocks put wins back-to-back.

Fennelly led the team brilliantly, and was an inspiring force in the heart of the defence. What a warrior. What a man.

He has pushed his battered and bruised body beyond all reasonable limits, and he is still a force.

In the opposite corner in the final on Sunday in Croke Park were Tipperary champions, Borris-Ileigh.



Shamrocks from Ballyhale won their eight All-Ireland club senior hurling championship title on Sunday.

It was the first time the senior club championship produced a Kilkenny versus Tipperary final.

Borris-Ileigh won the club championship in 1987, so they were looking to bridge a huge gap.

They had swept all before them in Munster before seeing off last year's losing finalists, St Thomas (Galway). Led by the gifted Brendan Maher, they had proven themselves to be good, very good.

Ballyhale had lost midfielder Conor Phelan to a crucial ligament injury before the semi-final against Slaughtneil (Derry).

On the plus side, the long striking Richie Reid used his holiday leave from duty with the Irish Army in the Lebanon cleverly and was

available for the semi-final and final.

Good and bad news for manager Henry Shefflin and his selectors, Richie O'Neill, Patrick Phelan and Tommy Shefflin (trainer).

There was a change in the midfield pairing for the final. Patrick Mullen came on in place of Conor Walsh.

HUGE NUMBERS

Sunday was a crisp and clear day in Croke Park. There was an usual feel having the All-Ireland club finals so early in the year, but fans turned out in huge numbers and the attendance swelled to nearly 26,000.

Usually we would be looking to St Patrick's Day in March for these finals.

One of the big talking points surrounding the game were the potential clashes

between Brendan Maher and TJ Reid, and Paddy Stapleton against Colin Fennelly.

Whoever won these battles could decide the outcome, serious talk suggested.

Jerry Kelly scored the first point of the day for Borris-Ileigh. There was definite nervousness on Ballyhale's side as bad deliveries were going straight into Brendan Maher's hands.

TJ Reid managed to settle the nerves with a point. However, Borris-Ileigh were not here to play the understudy.

Full-forward Kelly shot three points in-a-row to energise his team. Patrick Mullen added to Ballyhale's tally with a point.

A BIT SLOPPY

The Noresiders were a bit



Tullaroan, the 2020 All-Ireland intermediate club hurling champions PICTURE: WILLIE DEMPSEY

“The Kilkenny, Leinster and All-Ireland champions really are a team of the age. They can win the ugly games. They can win dazzling ones too



lay. It was the first time they put wins back-to-back PICTURE: WILLIE DEMPSEY

sloppy and needed to be smarter in their option taking as Borris-Ileigh were playing with a sweeper.

Darren Mullen had been left as the spare man, and while he didn't have someone to mark in defence, the Ballyhale forwards were getting little or no time on the ball.

There was a maroon and white jersey wherever they turned. They had to take their points because getting a goal was looking very unlikely, even from an early stage.

Patrick Mullen and TJ Reid shot a couple of beautiful points from far out the field. They managed to get to half time four points ahead (0-10 to 0-6), which would have left Henry Shefflin happy enough.

Shamrocks struggled at

times to get to grips with Borris-Ileigh's pace, and uncharacteristically, were losing possession easily.

Eoin Reid got the second half underway with a point, with an assist from the hard-working Colin Fennelly. It looked like Shamrocks were starting to find their stride.

For a squad that has goal scoring power in their DNA, Shamrocks aren't totally reliant on finding the net. They can slog it out games when needed.

PATIENCE

Patience and calmness are the gifts of experience. Shamrocks use the qualities well.

It was a testament to the strength of their defence that Borris-Ileigh were unable to find the net either.

The match wasn't particularly pretty. The exchanges were hard, tough, scrappy even at times.

It was the sort of contest that demanded peak mental and physical fitness. There were worrying moments when Jerry Kelly and Brendan Maher grabbed a brace of points to bring their team to within a whisker of a possible victory in the 57th minute (0-16 to 0-14).

Shamrocks held their heads and hurled their way out of trouble.

Up popped TJ Reid to deliver a pressure relieving point. He settled the team.

When he worked his socks off to win a free subsequently which he turned into a point, he shot an oxygen boost into all around him.

Shamrocks were fortified



Shamrocks captain, Michael Fennelly, won his fifth All-Ireland club senior hurling championship medal when leading the team to victory over Borris-Ileigh (Tipperary) PICTURE: MARK DESMOND

for the gallop to the line.

Borris-Ileigh had one last chance to score a goal when Brendan Maher stood over a close in free. Shamrocks packed their defence.

TEAM OF THE AGE

Nothing came of Maher's effort. Ballyhale were champions, again.

The Kilkenny, Leinster and All-Ireland champions really are a team of the age.

They can win the ugly games. They can win dazzling ones too.

If they have to put the head down and gut it out to get the

job done, so be it. If they get a chance to destroy, they will.

They are top of the club championship Roll of Honour for a reason. Good hurlers with character have always worn the colours.

Now a number of the players on show last weekend will be looking towards the National Hurling League and championship with Kilkenny.

Where to in the short term?

Will Kilkenny manager, Brian Cody, let the club players take a rest before

calling them to duty?

Having players in the panel fresh is very important when looking towards the demands of the extended Leinster Round Robin series.

For now, enjoy and take time to appreciate what was achieved in Croke Park.

We all witnessed a first in hurling - the one county winning the three All-Ireland club hurling titles: senior, intermediate and junior.

Celebrate the magnificence of Shamrocks, Conahy Shamrocks and Tullaroan.



Conahy Shamrocks, the 2020 All-Ireland junior hurling club champions. Conahy won the title also in 2008 PICTURE: WILLIE DEMPSEY

SPORT



Joey Holden lifts the Tommy Moore Cup after Ballyhale's victory



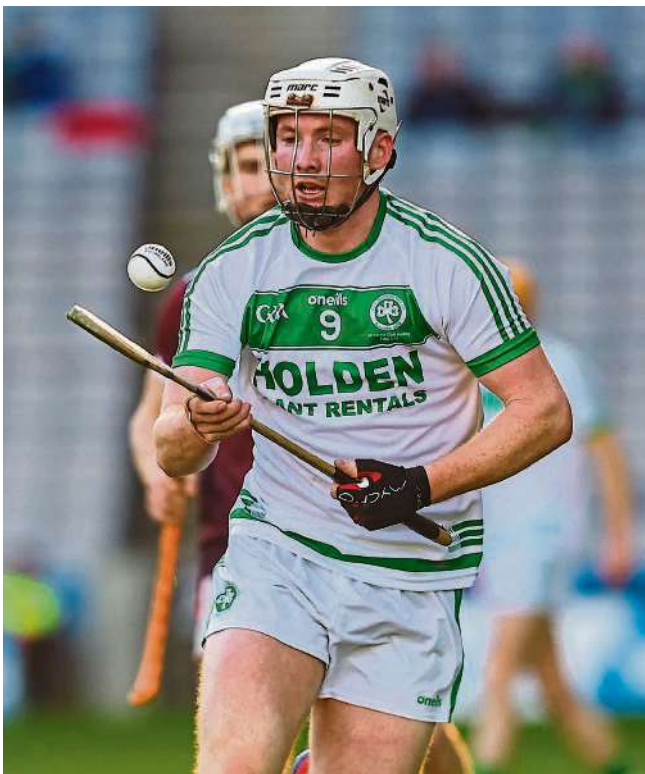
Brian Cody finds himself the centre of Borris-Ileigh attention during Sunday's All-Ireland final



Darren Mullen in action against Dan McCormack

SHEER BLISS AS BALLYHALE RETAIN ALL-IRELAND TITLE

Pictures: MARK DESMOND



Patrick Mullen goes on the charge for Ballyhale



Sunday's win gave Ballyhale their eighth All-Ireland title, making them the most successful club in the country



Man of the Match TJ Reid is interviewed after the game



Young players from Shamrocks and Borris-Ileigh got the chance to show their skills during the half-time mini game



Colin Fennelly heads for goal during Sunday's final

REPORTER SPORT

Smoking Gun can land big Thyestes prize at Gowran

THE €100,000 Goffs Thyestes Handicap Steeplechase takes centre stage at Gowran Park in Kilkenny on Thursday.

First held in 1954, the race commemorates the famous racehorse owned by the McCalmont family who have been closely linked with Gowran Park since its inception.

Run over three miles, the race is seen as a trial for the Grand Nationals at Fairyhouse and Aintree. Over the years, the Thyestes Chase has been won by many of the biggest equine names.

RTE will televise this week's big race.

The list of previous Thyestes winners reads like a who's who of

Irish National Hunt racing stars — from Arkle to Hedgehunter, from Flying Bolt to Djakadam. The feature race at Gowran Park this Thursday is due to go to post at 3pm, and is supported by six other races, including the Grade 2 John Mulhern Galmoy Hurdle with a €45,000 prize up for grabs.

The JP McManus-owned

Minella Til Dawn heads the betting for the big race at odds of 6/1. Next best in the market is the Willie Mullins-trained Chef Des Obeaux at 7/1, but preference here is for Smoking Gun, the Gigginstown House Stud runner, trained by Joseph O'Brien and currently a 10/1 shot, who impressed in a recent Punchestown win.



Fans are in for a treat at Gowran Park

IS THAT ON THE BOX?

Thursday

GOLF
DUBAI DESERT CLASSIC
SKY SPORTS 4AM

SNOOKER
EUROPEAN MASTERS
EUROSPORT 3PM

SOCCER
WOLVES V LIVERPOOL
BT SPORT 8PM

GOLF
FARMERS INSURANCE OPEN
SKY SPORTS 8PM

TENNIS
AUSTRALIAN OPEN
EUROSPORT 11.50PM

Friday

GOLF
DUBAI DESERT CLASSIC
SKY SPORTS 7.30AM

SOCCER
SUNDERLAND V DONCASTER
SKY SPORTS 7.45PM

GOLF
FARMERS INSURANCE OPEN
SKY SPORTS 8PM

NBA
HORNETS @ BUCKS
SKY SPORTS 8PM

RUGBY UNION
RUGBY 7S HAMILTON
SKY SPORT 9PM

Saturday



Pictured at the launch is Paul Geaney of Kerry who face Dublin on Saturday night
PICTURE: BRENDAN MORAN/SPORTSFILE

CRICKET
SOUTH AFRICA V ENGLAND
SKY SPORTS 8AM

SOCCER
BRENTFORD V LEICESTER
BBC ONE 12.45PM

RUGBY UNION
KINGS V CHEETAHS
EIR SPORT 1PM

NETBALL
NEW ZEALAND V S AFRICA
SKY SPORTS 2.15PM

RUGBY UNION
HARTBURY V COVENTRY
SKY SPORTS 2.30PM

RUGBY UNION
BRISTOL V GLOUCESTER
BT SPORT 3PM

SOCCER
FIORENTINA V GENOA
PREMIER SPORT 5PM

HURLING
TIPPERARY V LIMERICK
EIR SPORT 5.15PM

SOCCER
HULL V CHELSEA
BT SPORT 5.30PM

GOLF
FARMERS INSURANCE OPEN
SKY SPORTS 6PM

GAELIC FOOTBALL
DUBLIN V KERRY
EIR/RTE 7.15PM

GAELIC FOOTBALL
DONEGAL V MAYO
EIR SPORT 7.15PM

SOCCER
TORINO V ATALANTA
PREMIER SPORT 7.45PM

NBA
JAZZ @ MAVERICKS
SKY SPORTS 11.55PM

Sunday

RUGBY UNION
HARLEQUINS V SARACENS
BT SPORT 2PM

HURLING
CORK V WATERFORD
TG4 2PM

SOCCER
WATFORD V MAN UTD
BT SPORT 3PM

HURLING
KILKENNY V DUBLIN
TG4 4PM (DEFERRED)

SOCCER
SHREWSBURY V LIVERPOOL
BBC ONE 5PM

GOLF
FARMERS INSURANCE OPEN
SKY SPORTS 6PM

SOCCER
NAPOLI V JUVENTUS
PREMIER SPORT 7.45PM



Kilkenny start their NHL campaign on Sunday

Can Klopp's Liverpool extend their lead at the top of the Premier Division table?



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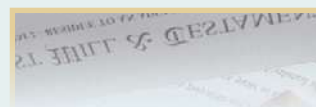
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WEDDING SHOWCASE

SUNDAY JANUARY 26TH
2-5PM



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