



# Limerick Chronicle



**SPRING FASHION ARRIVES**  
NEXT SEASON'S HOT NEW LOOKS  
LAND IN LIMERICK PAGES 23-25



## TRADERS' CONCERNS OVER NEW CITY PLAN

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**A HIGH-PROFILE group of business people fear the O'Connell Street revitalisation scheme could bring about a "ghost city" and the plans are not "sufficiently ambitious."**

In a wide ranging submission to Limerick City and County Council, the Limerick Chamber's city centre group has also said it does not believe the €9.1m allocated is enough funding needed to carry out the proposed changes to the scheme,

unveiled last summer.

The group - which includes Gordon Kearney, Rooney's Auctioneers, Helen O'Donnell, Hunt Museum, John Moran and Michael Tiernan in its number - has issued a series of recommendations to the local authority.

Chief among these is the erection of an "iconic and unique" canopy roof over the retail and hospitality section of Limerick's main thoroughfare, from the junction of William Street to the Roches Street crossing.

→ **CONTINUED ON PAGE**



### A new community in heart of city

Housing Minister Eoghan Murphy cut the ribbon on the €19m housing scheme at the former Tait Clothing Factory, Edward Street on Monday with 88-year-old Pa Phelan, of the Boherbuoy Band, who worked in the old clothing factory that previously existed on the site. Full story, page 4. PICTURE: ADRIAN BUTLER

**Race gets ready**  
**COUNTDOWN TO THE GREAT LIMERICK RUN**



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**Back to school**  
**KIDS RUN OUT FOR RUGBY MASTERCLASS**



PAGE 6



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## Since 1768

The Limerick Chronicle has the proud distinction of being Ireland's oldest newspaper and has been published continuously since 1768, more than 120 years before its sister paper the Limerick Leader first appeared in 1889. For many years the two titles were rivals but the Chronicle was bought by the Limerick Leader in the 1950s, since when they have been part of the same newspaper 'stable', and brought to you by the same team of award-winning journalists. The Chronicle shares its sister paper's highly popular website [www.limerickleader.ie](http://www.limerickleader.ie)

## WEATHER

Check updates on [limerickleader.ie](http://limerickleader.ie)



**TODAY**  
**WINTRY MIX OF**  
**SHOWERS - LOW**  
**2°C RISING UP TO**  
**9°C BY AFTERNOON**



**TOMORROW**  
**MOSTLY CLOUDY**  
**WITH A COUPLE**  
**OF SHOWERS**  
**-HIGH OF 8°C**



**THURSDAY**  
**BEST DAY OF THE**  
**WEEK - WITH**  
**SUNSHINE AND**  
**PATCHY CLOUDS**



## PICTURE OF THE WEEK

### This Savage Town highlighted at new exhibition showcasing original artwork of graphic novel

Declan Shalvey and Philip Barrett at the opening of Savage Town at Ormston House, an exhibition celebrating the artwork of their Limerick-based graphic novel of the same name. Created by Mr Shalvey, Mr Barrett and Jordie Bellaire, Savage Town is set in Limerick at the turn of the millennium and is loosely based on real events. The exhibition at Ormston House includes original artwork and runs until February 17. Admission is free. PICTURE: DAVE GAYNOR

## Limerick Chronicle

YOUR LOCAL NEWS - ONLINE

The website for the Chronicle's sister paper, [www.limerickleader.ie](http://www.limerickleader.ie) provides the most comprehensive and up to date news and sports service for the people of Limerick

## Death

**O'SULLIVAN** Emilie (nee O'Connor) (Hazeldene Drive, Ennis Road, Limerick formerly of Patrick Street) January 28, 2018, passed away peacefully at St Camillus Hospital. Beloved wife of Barry. Dearly loved mother of David and Karin. Sadly missed by her loving grandchildren, Daniel and his wife Chrissy, Finbar, Ellie and their mother Evelyn, great-grandson Alfie, brother-in-law Jack, nephews, nieces, extended family and friends. Rest in peace. Reposing at Thompson's Funeral Home, Thomas Street this Tuesday evening from 5.30pm to 7pm followed by removal to Our Lady of the Rosary Church, Ennis Road. Requiem Mass tomorrow Wednesday at 11am with burial afterwards in Mount St Lawrence Cemetery.

## INSIDE YOUR CHRONICLE

### Reasonable expectations



**Parenting:** Knowing what you can and can't control is a key parenting tool Page 18

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**Summer getaway:** Meghann Scully is making plans Page 22

## TWEETS OF THE WEEK

@Paul\_OConnell  
Sometimes sport is just about getting out, taking part and having fun. Great to visit my old primary school An Mhodhscoil in Limerick and see the boys and girls taking part in the Aldi Play Rugby Programme.



We want to hear your news and views @limerick\_leader

@LimerickIT  
We were delighted to award former @LITSports Rugby Development Officer and current International Rugby Referee of the Year @JoyNevilleRef a special contribution award at our recent Sports Scholarship Awards. We are very proud of you Joy!

@JeromeSport  
Limerick win..... Limerick 1-25 Laois 0-18 result in Allianz Hurling League Division 1B. Will need to be better next Sunday in Tullamore v Offaly #GAA #LLSport

**EVENT: GREAT LIMERICK RUN RETURNS IN MAY**

# Thousands sign up for the run

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**ON YOUR marks, get set, go; almost 3,000 people have already signed up to take part in this year's Bon Secours Hospital Great Limerick Run.**

With races taking place across Saturday and Sunday, May 5 and 6, the event is expected to boost the local economy to the tune of €4.5m over the May Bank Holiday weekend.

Now in its ninth year, the Great Limerick Run is the largest mass participatory event outside of Dublin.

This year's UL Sport Run for Fun is also set to become the largest children's event nationally, with 3,500 children expected to take part. It alone raised over €85,000 for participating primary schools last year.

"When you see how the people of Limerick come out to support the run, participate in it, volunteer at it, for me that's really what's great about Limerick," race director John Cleary said.

Speaking at the official launch of the event, Mr Cleary also confirmed that the Munster Athletics



Pictured are Jason Kenny of Bon Secours, race director John Cleary and Lorna Clancy, Limerick Leader PICTURE: ADRIAN BUTLER

Council has again designated both the Marathon and the Half-Marathon as its official Munster championship race.

More than 14,200 people took part in last year's races, according to Mayor of Limerick Metropolitan Council Sean Lynch, who has pledged to take part in this year's events.

"You can walk, you can jog, you can do what you like. It caters for everybody, it's absolutely fantastic for our city," Mayor Lynch said.

Bon Secours Hospital Limerick said it was very proud to be showcasing such a flagship event for the

city, according to hospital manager Jason Kenny.

"We're very, very proud to be behind and be associated with the event, which is a great way to showcase what's best about Limerick and the Mid-West, which aligns into that we at Bon Secours Hospital want to do," he explained.

Nominated charities for the 2018 race include the Irish Cancer Society, Focus Ireland, Milford Hospice, Pieta House, the Live95fm Stop Tour and Cari and the Children's Ark Unit at University Hospital Limerick.

For more, see [www.great-limerickrun.com](http://www.great-limerickrun.com).

occupy the new plazas.

"What definitively needs to be avoided is increased pedestrianisation, devoid of increased numbers of pedestrians," they state, calling on the council to undertake an analysis of the projected footfall impacts of the project.

To tackle this, an "animated, interactive public realm" should be put in place, having both day and night attractions to incentivise increased footfall, the Chamber group says.

The whole plan, they say, must be linked to the Living City Initiative to ensure the Georgian Quarter in the city centre is brought back into greater use.

In terms of big name

shops, the group has asked whether there is potential in Ireland to apply grading guidelines for listed buildings, allowing changes to inside units. A call was also repeated for a 'garda cabin'.

The revitalisation plans were criticised when presented by council, with many taking issue with the fact traffic will be allowed to remain in the initial design.

Councillors will in the coming months decide whether to accept, reject or modify the design.

Other group members include Brian Tuohy, Savins, John Cooney, Jasmine Palace, Chamber president Ken Johnson and Maeve Duff of AIB.

Public Call for expression of interest from suitably qualified and experienced individuals to serve on the Evaluation and Approvals Committee of the Local Enterprise Office (LEO) Limerick.

Oifig Fiontair Áitiúil  
Local Enterprise Office



Comhairle Cathrach  
& Contae Luimnigh  
Limerick City  
& County Council

The Local Enterprise Office (LEO) Limerick, part of Limerick City and County Council, is a first stop shop to provide support and services to help start, grow and develop micro and small businesses in Limerick City and County. LEO Limerick is part of a National network of 31 LEO's and provides financial supports, management development, mentoring and business skills training for businesses in Limerick and is also a single point of contact through which all information on State supports for small and micro business can be accessed.

Limerick City and County Council is now inviting expressions of interest from persons interested in being appointed to the LEO Evaluation and Approvals Committee (LEO EVAC). There is no remuneration attached to the position. The LEO EVAC evaluates and approves all applications for grant aid made to LEO.

In making any appointments to this Committee, the Local Authority will give due consideration to the principles of equality and gender balance, however the Council will not necessarily be confined to those who make such expressions of interest but will ensure that all of those appointed have the relevant mix of knowledge and expertise to contribute to the Committee.

#### Prospective members should:

- have an extensive track record of assessing financial and business proposals and ability to challenge company submissions;
- have an understanding of Local Enterprise Office supports for business;
- have broad business experience and a clear ability to empathise with challenges facing micro enterprises;
- have the ability to demonstrate their understanding and experience of the micro enterprise sector.
- have expertise in one of the following areas:
  - Debt/banking and/or cash-flow management expertise
  - Equity and/or investment expertise
  - Financial and/or business qualifications
  - Technology
  - Business development
  - Marketing/sales
  - Business plan assessment/financial analysis

Application form for the Expressions of Interest can be downloaded from the Local Enterprise Office Limerick website [www.localenterprise.ie/limerick](http://www.localenterprise.ie/limerick) or can be obtained by email request to [localenterprise@limerick.ie](mailto:localenterprise@limerick.ie). Completed application forms should be sent by email to [localenterprise@limerick.ie](mailto:localenterprise@limerick.ie) by 4.30p.m. on **Friday 16th February 2018**. All applications will be acknowledged and applicants will be informed in due course of decisions in relation to the appointments.

The Council will appoint members for a maximum period of three years in accordance with the provisions of the agreed Service Level Agreement between the Council and Enterprise Ireland. The decision of the Council is final and is not confined to the applications received.

All expressions of interest lapse at the end of two calendar years from 16th February 2018.

Oifig Fiontair Áitiúil Luimneach

Local Enterprise Office Limerick



## Call for 'iconic' urban canopy

► CONTINUED FROM PAGE 1

They want this to be a "focal feature" of Limerick's new city centre, and are calling for it to be made a "priority component".

"All upgrades to features and aspects need to be ambitious and visionary, rather than formulaic in design," the submission reads.

In the submission – delivered to council manager Conn Murray this Monday – the group added additional funding will need to be secured by council to complete the redevelopment to a standard which represents "real measurable change".

The group have also warned that people may not

## NEWS

**HOMES:** NEW COMMUNITY ESTABLISHED AS LORD EDWARD STREET SITE OPENS

# Transformation of former Tait's factory is complete

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**A BRAND new community has been created in the heart of the city as one of the largest social housing developments in the country opened.**

Eighty-one housing units have been built in the grounds of the old Tait's clothing factory, which closed in 1975.

A community centre has also been put in place at the development which comprises a mix of 57 one-and-two bed apartments for the elderly, and 24 three-bed family homes.

Housing Minister Eoghan Murphy joined former staff of the old Limerick Clothing Factory – in its heyday the largest in the world – and new tenants to cut the ribbon at the €19m development.

He said: "This is an excellent model for tackling the housing crisis. We take old buildings in important parts of the community in the city, and we re-purpose them, we regenerate them, and we bring in new life into that part of the community."

One of the new tenants, John Lyons, is to move with wife Bridget from Thomondgate. He said he was delighted with his apartment, as it means his daughter Suzanne will be



At the opening of the Lord Edward Street housing scheme, Housing Minister Eoghan Murphy with new residents of Lord Edward Street, John and Bridget Lyons and their daughter, Suzanne

PICTURE: ADRIAN BUTLER

able to visit more often.

"It's a brilliant development. Where I live, there are steps up to my apartment. My daughter is disabled and she couldn't get up the stairs. Now she can come any time and get a cup of coffee. It's absolutely so positive," Mr Lyons said.

Maura Stapleton, of Mallow Street, used to work in the clothing factory.

The 88-year-old was in reflective mood, looking around the walls of what was once home to hundreds.

"The housing is magnificent. I'm so proud to see what has happened," she

told reporters.

The Boherbuoy Band, whose bandhall is opposite, played at the centenary of the clothing factory – they returned this Monday.

Minister Murphy paid tribute to Jan O'Sullivan, who green-lit this scheme during her time as Housing

Minister.

She said: "These houses have provided badly needed homes for hard-pressed people on Limerick's housing list. Even at a time of terrible financial hardship, the Labour party in government delivered for Limerick."

## BUSINESS

### Clare's Wish opens new charity shop

CLARE'S Wish opened a new charity shop in Castletroy. The charity, whose goal is to raise money for adults with terminal medical conditions, opened at Groody Centre.

## EVENTS

### Table quiz in aid of Spring Fest

AN ANNUAL table quiz to raise funds for The Limerick Spring Festival of Politics and Ideas takes place at Dolans Warehouse tomorrow Wednesday at 8pm. Entry for a table of 4 costs €20.

## HEALTH

### 54 patients treated on UHL trolleys

ACCORDING to the Irish Nurses and Midwives Organisation, there were 54 patients being treated on ED trolleys and on additional trolleys or beds in the wards at UHL on Monday morning.

## CULTURE

### Screening of 'The Blues Brothers'

A SPECIAL screening of cult classic 'The Blues Brothers' starring John Belushi and Dan Aykroyd takes place tomorrow evening at Chez le Fab, Arthur's Quay, at 7.15 pm. Entry free with cafe purchase.

## ROADS

### Housing estate to be taken in charge

LIMERICK City and County Council has announced its intention to take in charge Ritaville, Old Cork Road. Any submissions should be made to the council by 4pm on Friday 9 March 2018.

## LANDMARK

### Birthday splash for Cllr Joe Pond

FIANNA Fail councillor Joe Pond celebrated his 60th birthday over the weekend with a party at the Black Swan in Anacotty. Among the attendees were deputy Willie O'Dea and former mayor Kieran O'Hanlon.

## Historic oak staircase to be donated to the Civic Trust

A LOCAL council in England is to fund the removal of an historic oak staircase, regarded as a war memorial, from a hospital and transfer it to the custodianship of the Limerick Civic Trust.

Cotswold District Council in Gloucestershire will remove the stairwell from the Cotswold Old Memorial Hospital, an historic item previously donated to the hospital by the Limerick-based family of Major Edgar James Bannatyne.

Major Bannatyne was a

member of the Royal Flying Corps in World War 1 and died at Rendcomb Airfield in the Cotswolds in 1917.

The line of the family has now died out, but the Bannatyne family are remembered as "leading merchants who helped to bring prosperity to Limerick", the Civic Trust said.

The Trust will remember the Bannatynes by installing the staircase in St Munchin's Church in King's Island, where there are a number of graves and monuments to the

family.

David O'Brien, CEO of the Civic Trust, said he was "very grateful" with the awarding of custodianship of the staircase. "We are delighted to be able to provide a very fitting home for the staircase in St Munchin's Church which we are currently converting into a museum, allowing us to ensure this unique war memorial will be open to the public."

Plans are in place to turn St Munchin's Church into a military museum.



Cotswold District Council is donating the Bannatyne staircase to Limerick Civic Trust after the demolition of a local hospital



Housing Minister Eoghan Murphy, flanked by Michelle Brassil and Tom Dowling, Troy Studios at the opening of the Engine building in Upper Cecil Street this Monday

PICTURE: ADRIAN BUTLER

# A biblical path to stars as €2.5m Engine powers up

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**A NEW centre in Cecil Street could power people from Limerick's regeneration areas with an 'Engine' to walk the pathway to the stars.**

Housing Minister Eoghan Murphy was on hand to cut the ribbon at the new Engine multi-disciplinary innovation centre at the former Dominican Biblical Institute.

The multi-storey complex, which was purchased by the council for €2.25m, has been set up to provide individuals and companies with facilities, with its layout encouraging cross-collaboration, creativity and innovation.

Troy Studios is providing a boot-camp course at the centre, while high-tech company WP Engine, which is ramping up its footprint locally, has its offices in the complex.

And Film in Limerick also use the building, which provides a one-stop shop for employment, training and skills across all sectors, with a focus on regeneration areas.

Carmel Kirby, social development director at the council, revealed a film training course will start at the centre.

"Regeneration area residents are being targeted for this training and our medium to long term view is that 200 full time jobs will be generated from the

250 training places allocated here for regeneration residents," she said.

"I'm really excited about the opportunities being created here, in particular to address the inter-generational long-term unemployment issue in regeneration, and look forward to continuing with our success in creating employment pathways," Ms Kirby added. Michelle Brassil, Troy Studios, said it's a "superb" facility, adding: "You couldn't do better."

Eamon Murphy, who chairs Innovate Limerick, which runs Engine, described the opening as "one of the proudest occasions of my life".

"This offers employment, but more important it offers sustainability. It's the first time in my experience where an open network has been created within a closed network environment. And it has worked. It's a miracle, an exemplar for north Dublin and other deprived areas not alone in Ireland but also Europe," he said.

Mr Murphy concluded: "Taoiseach Leo Varadkar talks about making Ireland an island at the centre of the world. If you think about the collaboration which is going to happen between the Engine, Troy studios, NBC and Night-flyers, this is Ireland at the centre of the world. This is about upskilling and training people in these very important creative arts which are needed and putting it to use with some of the biggest players internationally."

## Tesco appeal halts Lidl expansion plan

TESCO Ireland has blocked a major new store planned by Lidl in Limerick City.

The German discount retailer was seeking to expand at Punch's Cross.

It wanted to demolish its current outlet at the junction of Childers Road and Rosbrien Road on the southside, as well as the former Atlantic Homecare building.

In their place, a new store would be build, measuring some 1,690 square metres.

While Limerick City and County Council gave the multi-million euro plans the green light – on the condition that the net size of the new store was cut to 1,250 square metres – An Bord Pleanala has overturned this decision.

Tesco, one of the store's main competitors, appealed against the local authority's decision, as did Lidl.

Lidl bosses stated that limiting the retail floor space would make its changes unviable, as all

it did was match the size of its existing outlet.

The firm had planned to create 30 new jobs as part of a €4m investment.

Lidl accused Tesco of being "a serial objector" with a record of over 20 planning appeals.

Tesco, which has an outlet in the nearby Roxboro Road shopping centre, said the size of the proposed development was excessive for a site zoned as a 'local centre'.

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SPORT: PAUL O'CONNELL VISITS HIS FORMER PRIMARY SCHOOL TO INSPIRE PUPILS TO GET ACTIVE

# Rugby star goes back to school for new campaign

JESS CASEY

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**RUGBY legend Paul O'Connell returned to his primary school to surprise pupils and teachers alike as part of a campaign to inspire school children to get active.**

The former Ireland, British and Irish Lions and Munster captain returned to An Mhodscoil, O'Connell Avenue, as part of Aldi's latest campaign to increase participation in rugby.

An IRFU initiative, Aldi Play Rugby aims to inspire school children to get active, take part in regular exercise and to eat healthily.

A new advertising campaign launched this week sees O'Connell walking the corridors of his former school where he discovered rugby and being cheered on by pupils in the playground.

"It was a real thrill heading back to my old primary school, An Mhodscoil, to film this new ad for Aldi," Paul said.

"I started playing rugby late but it helped shape me into the person I am today. It taught me values, fairness, respect and teamwork."

"The Aldi Play Rugby pro-



Paul O'Connell returns to his primary school, An Mhodscoil, to surprise students while promoting Aldi's new campaign – the Aldi Play Rugby programme

gramme is free to join and my old school was actually the 1,100th member to sign up," he added.

"It provides boys and girls all over Ireland with the support and equipment they need to get active and stay healthy."

**"(Rugby) taught me values, fairness, respect and teamwork."**

Paul O'Connell

Aldi is thrilled to be working with Paul on this campaign, according to group buying director at Aldi Ireland Finbar McCarthy.

"Paul is a fantastic ambassador for the Aldi Play Rugby programme and the

perfect role model for encouraging children to get active, eat healthily and most importantly, have fun."

"The Aldi Play Rugby programme has been a huge success with over 1,100 schools signed up to take

part."

"Together with the IRFU we aim to increase the number of children participating in the initiative to over 100,000 this year."

Visit [www.aldi.ie/play-rugby](http://www.aldi.ie/play-rugby) to get your school signed up for free.



Aldi's new ad 'Feeding the future of Irish rugby' launched this week was launched by rugby legend Paul O'Connell



The rugby star then joined students for a healthy snack



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## BON SECOURS HOSPITAL GREAT LIMERICK RUN



[WWW.GREATLIMERICKRUN.COM](http://WWW.GREATLIMERICKRUN.COM)

**FILM:** NETFLIX-BOUND BIG-BUDGET SCI-FI SERIES IS 'A REALLY SUPER OPPORTUNITY FOR LIMERICK'

# 'Hundreds of extras' needed for Nightflyers shoot in Troy

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**HUNDREDS of extras are needed for the big-budget sci fi television series Nightflyers that is filming at Troy Studios, a casting agent has confirmed.**

The Netflix-bound show which has been commissioned for a full series is actively seeking "people from Limerick and the Mid-West" to fill roles as extras, according to Peter Dalton of MovieExtras.ie, who confirmed to the Chronicle that the company was casting for the Troy based production.

"We are delighted to be casting Nightflyers. It's a really super opportunity for Limerick and Troy Studios so it's a privilege to be a part of it. The interest has been phenomenal so far, we'll be casting hundreds of extras over the course of the series and we're looking for people from Limerick and the Mid-West to fill the roles.

"We're still looking for more people, there are definitely some quirky souls out there that have yet to register their interest and we'd love to find them.

"We are trying to keep the extras casting as diverse as possible so we really are welcoming people of all ages, nationalities and genders. No experience is necessary so for people who never



Concept art for the Nightflyer ship from the series of the same name which is shooting at Troy Studios. Hundreds of extras are required for filming

thought they would get an opportunity to go behind the scenes of a massive production like this, here's your opportunity.

"Everyone that applies will be considered and filming is running until the

**Everyone that applies will be considered and filming is running until the summer**

Peter Dalton

summer so there will be lots of opportunities coming," he added, noting that all roles will be paid.

SYFY ordered a series for Nightflyers before the pilot had even been shot. The show, which is based on the

Game of Thrones author George RR Martin's writings, will star Gretchen Mol of Boardwalk Empire fame, while a star studded team that have worked The Blacklist, Suits and Orange is the New Black are involved in its

production. A large number of people are being employed on the production, which is due to run until August and is thought to be the biggest ever done in the Republic.

See [www.movieextras.ie](http://www.movieextras.ie).

## Flooding causes rail disruptions on Ennis-Limerick route

COMMUTERS planning to travel between Limerick and Ennis by train will have to avail of bus transfers, following flooding in County Clare.

As a result of flooding in Ballycar, Iarnród Éireann (Irish Rail) has issued an alert to customers that bus transfers will operation between Limerick and Ennis.

This has been active since last Saturday.

"This is due to flooding at

Ballycar, an area which has seen a number of significant flood events in recent years, and the bus transfers are expected to continue for a number of weeks," said a spokesperson.

All railway services will be substituted by bus. People travelling by rail between Limerick and Galway will have to avail of the bus between Limerick and Ennis.

Irish Rail said that

Sixmilebridge Station will have bus transfers to and from Limerick and Ennis, but to a reduced frequency, details of which are available on the website's journey planner.

"Iarnród Éireann will monitor flood levels which are continuing to rise, and advise customers on likely service restoration dates when flood levels begin to recede. We apologise for the inconvenience caused."

The flooding in Clare follows a week of severe nationwide spells of wind and rain, after Met Eireann issued an Orange alert for strong gusts last Tuesday.

The depression, officially named as Storm Georgina, consisted of strong gusts and was mainly active in the early hours of Wednesday morning.

Met Eireann issued a notice for freezing temperatures on Monday night.



Ballycar, in Clare, pictured in 2014, has been affected by 'significant flood events' in recent years, according to Irish Rail PRESS 22



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**WEAPON:** VICTIM SUSTAINED LACERATION TO ARM AFTER BEING STRUCK WITH SMALL KNIFE

# Homeless man jailed following attack in dining room of shelter

**DAVID HURLEY**  
e-mail: david.hurley@limerickleader.ie  
Twitter: @dhurley1

**A HOMELESS man has been jailed for stabbing another man during a violent incident in the dining room at McGarry House.**

Ian Fitzgerald, aged 44, of no fixed abode pleaded guilty to assaulting another man causing him harm on October 14, 2016.

During a sentencing hearing, Garda Aoibheann Prendiville said the defendant lunged and struck the victim with a small knife which was attached to a bunch of keys.

She said Mr Fitzgerald believed a brother of the injured man was "in some way involved" in the death of a friend of his a number of days earlier.

"It was some sort of retaliation," said Kenneth Kerins BL who added his client accepts his actions were "misguided and irrational".

It was accepted the injured man had not provoked Mr Fitzgerald in any way.



Ian Fitzgerald admitted assaulting another man causing him harm during an incident at McGarry House, McGarry House

Limerick Circuit Court was the incident, which happened shortly after 8am, was witnessed by staff at McGarry House and that it was also captured on CCTV.

The victim sustained a 12cm laceration to his left

**"The situation is he is effectively homeless"**

Judge Tom O'Donnell

forearm which requires sutures.

Garda Prendiville said the defendant, who has more than 30 previous convictions, was "very aggressive" and agitated when gardai arrived and that he

could not be questioned for several hours following his arrest given his level of intoxication. Having considered the contents of a lengthy probation report, Judge Tom O'Donnell noted the defendant was "emo-

tionally charged" at the time given the death of his friend.

He said his transient lifestyle and his use of alcohol were factors in the case as are his mental health issues.

The judge commented the defendant's future is uncertain and that he is "effectively facing homelessness" when released from prison.

While Mr Fitzgerald made admissions and expressed remorse, Judge O'Donnell said the use of a weapon as outlined was an aggravating factor.

He said what happened was a serious offence and he imposed a three year prison sentence suspending the final six months on condition the 44-year-old remains under the care and supervision of the Probation Service for six months post-release.

Back-dating the sentence to the date of the offence, Judge O'Donnell asked that "every effort" be made to ensure Mr Fitzgerald has somewhere to go when released and that he does not end up sleeping rough.

"I'm very keen to see he is not left to sleep on the streets of Limerick," he said.

## Woman assaulted on street following row outside store

A YOUNG woman has admitted assaulting her sister during an altercation outside a department store in the city centre, writes David Hurley.

Kerry Martin, aged 29, who has an address at Monabrahaher Road, Ballynanty pleaded guilty to an offence under the provisions of the Non Fatal Offences Against the Person Act relating to an incident on February 14, 2017.

After the defendant indicated her plea, Sergeant Donal Cronin told Limerick District Court the assault happened at O'Connell Street a short time after a verbal altercation had taken place between the sisters outside Penneys.

"Relations between them were not at an optimum at the



Judge Marian O'Leary adjourned the matter to March 16

time," he said adding that Kerry Martin had followed her sister for a short distance after encountering her.

Judge Marian O'Leary was told Ms Martin's sister,

Tracey, was not injured as a result of the incident and that she did not require any medical treatment.

A number of independent witnesses were spoken to as part of the garda investigation and CCTV footage from the area was also obtained.

When questioned about the incident, the defendant, who has no previous convictions, made "forthright admissions".

Having noted Ms Martin's guilty plea and the facts of the case, Judge O'Leary adjourned the matter for sentence to March 16, next.

In the meantime, gardai are to canvass the injured party to establish if she wishes to prepare a victim impact statement for the court.

## Man with drink problem stole two bottles of scotch

A MAN who admitted stealing two bottles of scotch from a supermarket has vowed to stay off drink forever, writes David Hurley.

Paul O'Donoghue, aged 31, of Lenihan Avenue, Prospect pleaded guilty to theft charges relating to an incident at Lidl, Childers Road last year.

Sergeant John Moloney, prosecuting, told Limerick District Court the defendant entered the store and selected two 700ml bottles of Queen Margot Scotch, worth almost €40, and left the store without paying for them.

When asked by Judge Mary Larkin if the goods were recovered, the sergeant said the scotch "had been consumed" by the time the de-



Two bottles of Queen Margot scotch were stolen

endant was identified as a suspect and located by gardai.

Solicitor Sarah Ryan said her client, who has a number of previous convictions, has

had problems with alcohol in the past but had been off drink "for a while" prior to the incident.

Speaking from the body of the court, the defendant said he had never stolen anything before and that what had happened was a wake-up call.

"I'm off drink now and I will stay off it forever," he said.

Mr O'Donoghue added that he had 'blacked out' on the day and does not remember what happened.

Judge Larkin imposed a €100 fine. She fined him an additional €50 in relation to his non-appearance in court on a previous occasion which resulted in a bench warrant being issued for his arrest.



# Record holiday show set for city

**NICK RABBITS**  
e-mail: nick@limerickleader.ie  
Twitter: @nick468official

**THE largest holiday show to ever take place in the region is to hit the University of Limerick Arena this weekend.**

On Saturday February 3, and Sunday, February 4, the arena will play host to 90 exhibitors including airlines, hotels, cruise companies, travel agents, tourist boards, tour operators and more.

It's anticipated record crowds will attend the free event, which attracts thousands of holiday makers from across the country each year.

It will run between 12 noon and 5.30pm on both days.

Show organisers have advised holiday makers to book early this year, with last minute deals set to be few and far between due to the rush to snap up holidays for the likes of Spain, Portugal and the Canaries.

Edmund Hourican, managing director at Bizex, organisers of the Holiday Show said: "We have a great event lined up and the timing is excellent as it's going to be a bumper year for holidays, the



Edmund Hourican, Holiday World

biggest in over a decade."

In addition to free admission, there will also be free car parking and free kids entertainment.

Visitors to the show will have the opportunity to discuss and book their holidays with the travel experts and also be in with a chance to win many prizes on offer through the two day event. Exhibitors include airlines, tour operators, tourism attractions, cruise companies, caravan and camping motorhomes and of course many travel agents to help you book that summer break.

For more information on the Holiday Show, telephone 061-213555.



Getting into gear for this year's Holiday Show, set to be held at the UL Arena is Ciara O'Brien from American Holidays LIAM BURKE/PRESS22



## Students to present BT research in Dublin

Three transition year students from Thomond Community College have been asked to discuss the findings of their BT Young Scientist Project at a major conference in Dublin to mark the 2018 Suffrage Centenary.

Pictured at the RDS with Minister for European Affairs Helen McEntee are students Toni Corbett, Robyn Kiely and Manika Chaddad who completed their project on the lack of female participation in politics.

The students surveyed female members of the Oireachtas as part of their research into why more women don't pursue political careers.

Their investigation found that a high percentage of women cited culture as the greatest factor followed by the difficulties in juggling family life with the job. The girls' investigation also found that a lack of confidence was a significant challenge for women who want to become involved in politics.

The conference, to be held on February 1, is organised in partnership with the Royal Irish Academy and the Houses of the Oireachtas. It will focus on female suffrage a hundred years on from women securing the right to vote, while celebrating the lives and experiences of women in Irish politics.

## Book examines history of free education

ALTHOUGH Ireland today has one of the highest rates of second-level school completion in the EU, just 50 years ago, more than half of children were dropping out of full-time education by the age of 15, writes Jess Casey.

This improvement has been the result of the introduction of free second level education in the 1960s, according to the authors of a new publication launched recently at Mary Immaculate College.

'Teacher Preparation in Ireland: History, Policy and Future Directions' examines the history, policy and future direction of Irish education, marking the 50th anniversary of free education.

Written by Professor Teresa O'Doherty, Dean of Education, at MIC; Professor Judith Harford, University College Dublin and Professor Thomas O'Donoghue, University of Western Australia, the publication aims to provide a



Pictured are Professor Kathy Hall, Professor Judith Harford, UCD, Professor Tom O'Donoghue, University Western Australia and Professor Teresa O'Doherty, MIC PICTURE: LIAM BURKE PRESS 22

background on the nature of teacher preparation for teaching both before and after the initiative was taken, according to Professor Teresa O'Doherty.

"So that armed with a sound knowledge of the background of programmes and colleges, they could better understand the radical developments which are occurring," she said.

"Secondly, the authors hope that by writing from within teacher education that some of the challenges associated with the uni-

versitisation of teacher education might be teased out and inform future policy development".

Teacher Preparation in Ireland: History, Policy and Future Directions is published by Emerald Publishing Limited and is available to purchase online.

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## Love (and some food & wine) is all you need this Valentines!

THEY'RE feeling the LOVE at Limerick Strand this February! And what's not to love when you live in a vibrant city where the people are passionate about their location, produce and rich history.

To celebrate Valentine's Day this year, they have decided that love is all around in Limerick and inviting all to enjoy a fabulous food & wine dinner. So come as you are and enjoy the love!

The "Love Food & Wine" event takes place on Friday, February 9 at 7pm commencing with a welcome drink followed by an amazing four



course wine tasting dinner, featuring the best local and seasonal ingredients served in the

Not only does the Limerick Strand have a fine reputation for food traceability (Ireland's Menu Provenance award at the Gold Medal Award 2017), local produce and hospitality it also has a huge passion for rugby with

its entrance lobby decorated with an impressive array of rugby jerseys from the many teams that have both stayed and played at Thomond Park. Going that bit further, they have decided to share the love with their 'All Blacks' rivals and invited the renowned Siefried Estates to match each dish with their amazing wines.

The Love Food & Wine event costs €39 per person to include welcome drink.

Tickets are limited and pre-booking essential. Contact the hotel on 353 61 421800 or email: [events@strandlimerick.ie](mailto:events@strandlimerick.ie).

## Absolute celebrates TripAdvisor accolade with the sweetest deal

THE award winning four-star Absolute Hotel in Limerick city has added another notable achievement to its list of accolades.

The Absolute is the only Limerick hotel to make it into the top 10 Best hotels in Ireland in this year's TripAdvisor's Travellers' Choice Awards.

General manager Donnacha Hurley said: "We are thrilled with this accolade, we will be having another party here at the Absolute for the staff.

"I could not be prouder, it is fantastic for the team, it is the recognition that keeps us focused on the customer and our values."

Now in their 16th year, the Travellers' Choice Awards are determined on "millions of reviews and opinions collected in a single year from

### Hotel's accolades

In the top 10 Best hotels in Ireland - TripAdvisor's

Travellers' Choice Awards 2018

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TripAdvisor travellers worldwide," according to the online travel giant.

"These awards are revered and eagerly awaited each year by the hospitality industry owing to the fact that unlike

other hospitality awards, these are based on feedback from actual guests over the past year," said Hayley Coleman, TripAdvisor spokesperson.

To celebrate, the hotel is offering a sweet Valentine's package called the 'Perfect Date'.

You can get a one-night stay for two people with a full Irish breakfast the next morning and a three-course evening meal and a glass of bubbly in the Absolute Bar & Grill from only €89 per person sharing.

The Absolute bar and grill is atmospheric and intimate and enjoys scenic views of the Abbey river. The hotel has everything you need for your perfect date.

To book call +353 61 463600 or visit [www.absolutehotel.com](http://www.absolutehotel.com)



Book your dinner date at the Absolute Hotel Restaurant now

## Anna's top Eatwise tips

**STILL STRUGGLING TO GET ON TRACK? TIME TO GET SMARTER THAN YOUR BODY!**

I have noticed over the years that for most people, it takes a while to get on track with a good routine and healthy eating in the new year. It's not just a matter of flicking a switch in your head on 1st January and off you go!

**WHY CAN'T I JUST GET STARTED?**

In the first half of January there might have been boxes of sweets and chocolates lurking around the house, rich cheeses in the fridge... sometimes there are still invitations and events that get squeezed into the early days of the new year, get-togethers with people we wanted to see over 'the Christmas' and didn't have space in the diary or the wherewithal to make

happen!

Also we love the foods and drinks we indulge in over Christmas and it can take a while to wean ourselves off them both physically and emotionally - your body will be sending you messages to keep going with the goodies, keep storing fat... now it's time to get smarter than your body!

**NO MORE FAD DIETS - BUT MAKE SOME REAL CHANGES**

I often see clients who have done well in the past with weight loss - whether they attended a slimming club, did it themselves, did a gym programme... but the weight has gone back on. I think the era of fad diets is, thankfully, coming to an end - we all know people who've done them, lost the weight, only to put it all - or more - back on again.

Studies have shown that there are hormones at play here like the 'hunger hormones', leptin and ghrelin, which are complicated and affected by other hormones, how much sleep we get and what food we eat.

The main thing to know is that with a faster weight loss, the change in these hormones makes us hungrier and with slower weight loss they are better balanced.

So let's set a good example to the younger generation, help them understand food better and prevent obesity happening in the first place - it's much easier to avoid than to correct - but whatever weight we lose is a benefit so never think it's too late!

Anna McElhinney, nutritionist at Eatwise, Castle Troy, can be contacted on 061 633311 or 087 2287543 [www.eatwise.ie](http://www.eatwise.ie)

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## Top Tips - For 'sleepover' territory

From around the age of five or six, children can become quite obsessed with the idea of sleepovers. It's the fantasy of late nights in a different house with their best friend, coupled with a sudden sense of being independent. There are a few tips that might make talking about/preparing for sleepovers easier:

- Remember that YOU are in charge. If you are uncomfortable with your child not being at home for a night, explain to them that it is something they can do when they are older.
- Don't let your fear of upsetting your child outweigh your own feeling of discomfort - if you don't want them staying overnight at a friend's house, then they don't do it.
- Try to keep sleepovers to a minimum so that they are a treat and so disruption to your child's sleeping pattern doesn't become a regular event. If you are happy to let them stay over, help them to prepare. Remind them that their nightly routine (brushing teeth, going to the loo before bed etc.) will still happen, just in a different house.
- Reassure your child that they can call you at any stage in the night if they are upset or scared and make sure that same message comes from the parents having them over.
- Be prepared for crankiness the next day, because of a late night and early morning.
- Try to keep sleepovers to a minimum so that they are a treat and so disruption to your child's sleeping pattern doesn't become a regular event.



# Reasonable expectations: Your key parenting tool

**P**ARENTING comes with its more-than-fair share of worrying. Are my children eating healthily? Should I be worried that my teenager has stopped talking to me? Do my children know just how much they are loved? The list is endless.

What is really important is knowing the difference between what you, as a parent, can control and what you can't. The key to this is

trying to keep your expectations within reasonable boundaries. Take babies, for example.

They need nourishment and nurturing so we need to keep them fed, warm, clean and loved. Sometimes though, between the images we are swamped with on social media and marketing campaigns that equate bigger spends with better parenting, we lose sight of how basic those needs are. 'Baby essentials' seem to include

monitor alarms that can work in space and bath toys that will increase your baby's IQ. We all get caught up in it! The trick is to stand back and think about what suits you, your parenting style and your budget. Work within that framework and you will be meeting the most important expectations - your own. Interrupted sleep and a whole new routine are enough to get your head around. Don't waste precious energy worrying that you forgot to take a

photo of your baby beside his one month milestone card. Parenting happens outside and beyond those Instagram moments.

Try to apply the concept of reasonable expectations to the majority of your parenting tasks. This is particularly relevant if you have more than one child. Ever notice how frustrated you get when your second child doesn't do the same thing your first did at a particular age? 'I can't understand it, his older brother

was trained a year at this stage' or 'your sister's room is always tidy, why is yours always a mess?' Bear in mind that your children are individuals, each with their own way of feeling and behaving. If you set standard expectations, you are only increasing your own stress levels. You can't make something happen just by willing it so take the time to explain to your child why you are asking them to do something. If trying to talk to your teenager

ends up in rows, explain to them that your job is to make sure they are safe and happy. You may only get a grunt in return but it's more than you started with!

Parenting is a daily learning process and it's all about trial and error. The trick is managing your expectations and celebrating the little wins along the way.

**FOR MORE POSITIVE PARENTING TIPS, LOG ON TO [WWW.LOVEPARENTING.IE](http://WWW.LOVEPARENTING.IE)**

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**PRICE INCLUDES**

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- ✓ Hand luggage only
- ✓ Return coach transfers from Milan airport to hotel
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**16 MARCH 2018 (€335)**

**PRICE INCLUDES**

- ✓ Luxury coach travel from selected departure points
- ✓ 3 nights' accommodation in the 3\* Ashe Hotel, Tralee
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**30 MARCH 2018 (€335)**

**PRICE INCLUDES**

- ✓ Luxury coach travel from selected departure points
- ✓ 3 nights' accommodation in the 3\* Ashe Hotel, Tralee
- ✓ Irish breakfast and evening meals
- ✓ 2 full day tours exploring the region
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**29 APRIL (€419)**  
**01 JULY (€443)**  
**09 SEPT 2018 (€443)**

**PRICE INCLUDES**

- ✓ Luxury coach travel from selected departure points
- ✓ 4 nights' accommodation in the 3\* Westlodge Hotel, Bantry
- ✓ Irish breakfast and evening meals
- ✓ 3 full day tours exploring the region
- ✓ Services of an experienced Travel Solutions tour manager

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GREAT GETAWAYS  
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# Out&About

OUR PHOTOGRAPHERS HAVE BEEN OUT AND ABOUT TO THE HOTTEST NIGHT SPOTS IN AND AROUND LIMERICK. THIS WEEK THEY VISITED **GLEN TAVERN, MOTHER MAC'S, NANCY BLAKE'S & TED'S**

Pictured out and about over the weekend were Mark Dooley, Tiffany Boucher and Sloane Perron at Nancy Blake's

PICTURES: DAVE GAYNOR



Eilis Power and Linda Fahy at Ted's Bar



Aoife Kenny and Aoife Gallagher at Nancy Blake's

RIGHT: Stephen Mulligan and Tara Mulholland at The Glen Tavern



Aitana Djaho and Niamh Shanahan at Nancy Blake's



Anne-Marie O'Hanrahan and Seán O'Hanrahan at Nancy Blake's



Thomas Rice and Joshua McCarthy at The Glen Tavern



Chris Slattery and Christine Burnell at Mother Mac's



Sean and Aoife Frehan and Chris Quigley at Mother Mac's

**BELLTABLE**  
69 O'Connell St, Limerick



Theatre de la Pire  
Espèce presents  
**Short Forms**  
Thur 1st Feb  
at 8pm  
**Tickets: €10**

Box Office 061 953400  
[www.limetreetheatre.ie](http://www.limetreetheatre.ie)



Sandra and David Crowe at Ted's Bar



Laura Yasinitsky and Nick Koenis at Nancy Blake's



Leahanne Bourke and Niamh O'Grady at Ted's

LISTINGS OUT&amp;ABOUT ENTERTAINMENT CINEMA THEATRE

# The Guide

Limerick  
Chronicle<http://www.limerickleader.ie/what-s-on>**TUESDAY, JANUARY 30****THE ACOUSTIC CLUB**

Charlie Malone's Bar, 9pm

**WEDNESDAY, JANUARY 31****OPEN MIC**

Chez le Fab, 7pm

**LIMERICK SPRING QUIZ**

Dolan's Warehouse, 8pm

**TRAD MUSIC**

The Glen Tavern, 9pm

**OPEN MIC**

The Old Quarter, 9pm

**THURSDAY, FEBRUARY 1****SHORT FORMS**

Belltable, 8pm. €10

**BACK TO THE 80S**

Lime Tree, 8pm and Fri. €15/12

**FRIDAY, FEBRUARY 2****MACBETH**

UCH, 9.30am and 1.30pm. €13

**LEO THE ZERO**

Belltable, 1pm. Free

**NIAMH KAVANAGH**

Dolan's Upstairs, 8pm. €18

**DESTROYER 666**

Dolan's Warehouse, 9pm. €20

**ONE SEPTEMBER**

The Old Quarter, 10pm

**SATURDAY, FEBRUARY 3****TOMMY FLEMING**

UCH, 8pm. €30/27

**LOVE NOT EIGHT**

Dolan's Warehouse, 8pm. €9/7

**DRIVE**

The Old Quarter, 10pm

**BONGO STEVE LIVE**

The Library, 11pm

**SUNDAY, FEBRUARY 4****MUSICAL CHAIRS**

The Old Quarter, 7pm

**TRAD MUSIC**

Locke, nightly at 9pm, Sun-Thurs

**MONDAY, FEBRUARY 5****THE KILLING OF A SACRED DEER**

Belltable, 8pm. €8



# GIG OF THE WEEK

## Popular group Théâtre de la Pire Espèce to make a much anticipated return to the Belltable

**FOLLOWING** a hugely successful run at the Belltable last January, Canadian theatre company Théâtre de la Pire Espèce returns this week with an exciting new production.

Quebec's foremost object theater company returns to the city to work with participants in the Belltable:Connect Masterclass Series, which runs to May.

Théâtre de la Pire Espèce will also perform 'Short Forms' for the first time in Ireland, three short plays in 30 minutes this Thursday night (8pm, €10). On Friday, artistic director Francais Monty will also present a reading of Leo the Zero in the Belltable at 1pm and admission is free.

See [www.limetreetheatre.ie](http://www.limetreetheatre.ie) for more.

## Brand new dance festival in city

**DANCE** Limerick wants people to "dive in and discover" the fruits of its new festival taking place in February.

What Next is the city dance resource organisation's - and Ireland's - newest dance festival and takes place from February 9-10.

It features an exciting line up of choreographers, dance artists, musicians and visual artists from across the world.

It will showcase stimulating contemporary dance in three programmes spread across two days with a Closing Party by VJ and visual art curator Padraic E. Moore.

See [www.dancelimerick.ie](http://www.dancelimerick.ie).



What Next: Oscillate is one of the works for the new dance festival

## BELLTABLE

69 O'Connell St, Limerick



The Vanbrugh Quartet  
with pianist

# Michael McHale

Fri, Feb 9<sup>th</sup> | 8pm

Tickets: €17/€15

Box Office 061 953400

[www.limetreetheatre.ie](http://www.limetreetheatre.ie)

# MEGHANN MIX



with  
**Meghann  
Scully**



**CONTACT MEGHANN**

Twitter: @meghann\_scully  
email: meghann.scully@spinsouthwest.com

# Time to get a bit of sunshine

**I**T seems January has been a very long, cold and dark month. It was never ending until of course this week. I don't think I've ever been happier for pay day.

The beans and toast, while a very handy dinner, was becoming mundane and the yearning for a tasty takeaway was too much.

Last weekend I met with my friends and it seems holidays and sunshine are the hot topic right now as we all reach payday. We have all been missing the vitamin D after that long winter. Then I got word about a special festival taking place in Portugal.

I've been playing tag rugby in Limerick for almost a year and it has honestly been the best thing I ever did. I came here not knowing many people and now I can't walk down any street with seeing a familiar face from the rugby field. It's exercise and socialising all in one. The only problem being the cold nights of recent.

Portugal is a new tag rugby festival taking place on the beach in Portugal and it's happening this May. Once I heard about it I didn't hesitate to sign up. I don't even have a



Summer memories: A few of my holiday snaps from last year in Portugal

team but I've been reassured that individuals can sign up too. Tag rugby, sun, sea and sand sounds like a dream to me not to mention some socialising as well.

I went to Portugal last summer for a long weekend with my mother and I adored

it. It was welcoming and warm. The fresh seafood was amazing and I promised myself I would return so this tag festival cannot come at a better time.

I'm planning on making a holiday of this trip by staying for longer than the weekend.

There is so much to do and see around Portugal. The beaches are simply stunning. Golden sand and clear blue sea. There is plenty of water activities from banana boating to water skiing, boat tours and kayaking.

The nightlife is Portugal

has something to offer everyone. My mother doesn't like bars and clubs so we went to restaurants that had live music. My aunts and uncles have gone on family trips and found it ideal for children. My friends have gone on party holidays and loved it. It's such

a diverse and fun filled place. You can fly from Shannon as well which is ideal.

The tag rugby festival is taking place from the May 11-13 in Praia Da Rocha. If you fancy heading along then get in touch with me at meghann.scully@gmail.com.

## PICK 'N' MIX

### The Coronas for the Secret Gig



#### GIG NEWS

The Coronas are playing the next Spin South West Secret Gig this Friday before they head off on a tour of America. Such a talented and down to earth bunch of guys. I've seen them live a few times they put on a super show.



### Spark of creativity

#### MY BOOK

I'm coming to the final stages of completing my book and I'm starting to organise photos and a cover design for it. I love being involved so heavily with every aspect of it and being given creative freedom with it.

### Latest brew house in Limerick

#### COFFEE SHOP

We have a new coffee shop in Limerick. Rift Coffee has opened on Mallow Street. I tried it out during the week and I was really impressed with my creamy, frothy latte.



## TRAVEL TIPS

WE are edging closer to the Six Nations. Ireland kick off their campaign this weekend against France in Paris. The squad who usually train in Carton House decided to mix things up this year and they travelled to Spain for some Vitamin D and to get set for the challenge ahead. James Cronin was a last minute call up as Dave Kilcoyne suffered a knock against Castres. A total of ten Munster players are in the Irish set up and after the performance against Castres I will be expecting to see a number of Munster players in the starting fifteen. I am heading to London on St Patrick's



Can Rory and the boys do it in 2018?

weekend for the clash between Ireland and England in Twickenham Stadium. When I lived in London these games had the best atmo-

sphere and excitement because at the end of the day there is no greater rivalry than there is with your neighbour.

# Chronicle **Fashion** Fitness & Health

OUR COLUMNISTS WILL HAVE YOU LOOKING AND FEELING YOUR VERY BEST!

## CUTE & COMFY FOR SPRING



MONSOON'S SPRING/  
SUMMER 2018  
COLLECTION ARRIVES  
AT THE CRESCENT  
SHOPPING CENTRE  
**NEXT PAGES**

Model Rena sporting an embroidered blouse for €60 and high waisted trousers €70 from Monsoon Spring/Summer 2018 Collection

FASHION, FITNESS & HEALTH

# STYLE AND FASHION



with Celia  
Holman Lee

## Light & breezy from Monsoon

Jump into spring with this ruby embroidered blouse for €85 and this Reena stripe linen jumpsuit for €90



**M**ONSOON Spring/Summer 2018 collections take inspiration from the idea of transeasonal dressing with a youthful focus, giving way to a more versatile approach to dressing.

The collection combines key trends from the catwalks, as well as focusing on the rise of global style tribe influencers.

A vibrant mix of prints and fabrics have been fused together to create signature styles for the new season, while staying true to the values of Monsoon clothing.

The collection is available from Monsoon store in the Crescent Shopping Centre, nationwide and online.



This velvet military jacket goes for €120 while it is paired with this amazing Adina placement print dress for €155



Victoriana dress from the collection retails for €182



**LOOK OUT FOR CELIA'S 'MY WEEK' COLUMN IN THE LIMERICK LEADER EVERY THURSDAY**

**CONTACT CELIA**

Facebook [celiaholmanlee](#)  
Email [celia@holmanlee.ie](mailto:celia@holmanlee.ie)  
Website [www.holmanlee.ie](http://www.holmanlee.ie)



This great gingham dress is only €99 from the new collection



Flower power: This flora print dress is €108

# IFI@Belltable



## JAN/FEB 2018



**Mon 22<sup>nd</sup> January**  
**SONG OF GRANITE**



**Mon 29<sup>th</sup> January**  
**GRACE JONES: BLOODLIGHT AND BAM!**



**Mon 5<sup>th</sup> February**  
**THE KILLING OF A SACRED DEER**



**Mon 12<sup>th</sup> February**  
**HAPPY END**



[www.limetreetheatre.ie](http://www.limetreetheatre.ie) | 061 953 400





# MAN ABOUT TOWN

with Patrick  
McLoughney

## Saying 'I do': A groom's guide to

**T**HE venue's booked, the invites are out, and it's very gradually dawning on you that you're about to make what is arguably the biggest commitment one can make in their lifetime.

So, you'd bloody better look good while doing it, right? Given that you probably already have enough things to lose sleep over, and because I had to do my research for a guest speaking role at the Clayton Hotel's Wedding showcase, I thought a guide on what you should wear when tying the knot would be helpful.

A well-fitting suit can hide a multitude of sins, even in the case of men who are more portly, or who have 'grown into themselves'. As with all tailoring, good fit is paramount, so regardless of which option you go for, you'll want to ensure you're meticulously measured before trying anything on.

### MORNING SUITS

A bit of a traditionalist? Then chances are you've already decided on a classic morning suit (a tailcoat, a dress shirt either with a turndown or wing collar that is single- or double-cuffed, a waistcoat, and a pair of formal trousers), but you're probably still weighing up whether to buy or hire. If money's no object, then you're likely not all that fussed on whether you'll get an opportunity to wear your wedding suit post-nuptials, but if, on the other hand, you'd rather only splurge on something you'll get decent mileage from, look for a



Looking you best on the big day: There a number of menswear shops in Limerick so browse around

morning suit that you can a) wear for other formal events (few and far between for most, but you could dust it down for a day at the races, especially if you make the trip over to Ascot every year) or b) divvy up into separates that can be worn in other contexts – e.g. the waistcoat or trousers.

If you're watching the pennies because your bride (or, indeed, groom) has spent a sizeable chunk of your wedding fund on exotic floral arrangements or drone cameras, then maybe consider hiring instead. Esquire and Billy Higgins both offer a wedding formalwear hire service, allowing you to find a suit that fits well but won't leave you financially crippled.

### TUXEDOS

Not just an evening-appropriate option, the tuxedo sits somewhere between the grandeur of the morning suit and the comparatively casual feel of the lounge suit. What's more, you're bound to get plenty of post-wedding wear out of a quality tux, as it'll quickly become your go-to for everything from a New Year's Eve ball to a work-related awards ceremony. So, it's best to cough up and buy rather than hire this one. While black is a classic choice (and likely your best bet if you want to wear this for a whole manner of other occasions), midnight blue is an equally advisable option – especially if it complements other hues in the wedding colour scheme.

### LOUNGE SUIT

If the idea of donning a morning coat or tux makes you shudder, then turn to less formal types of tailoring instead. While a wedding is very much your day for wearing what you want, there are a few options that are particularly well-suited to the occasion. First up, you need to decide on style and cut. A slim-fit, single-breasted two-piece is a slick and contemporary choice for the groom who wants to keep things simple, but still look exceptionally sharp. However, classic-fitting double-breasted or three-piece suits are also worth considering – especially if you're looking for something that makes a statement but is still resolutely timeless.

### SEASON & COLOUR

Next, assess the season. If your wedding is scheduled for late spring, then its mild, potentially humid weather will call for a suit considerably different to one that's appropriate for a marriage that's pencilled in for mid-January. For high summer weddings or those taking place in hotter climes, consider a linen or lightweight cotton design to ensure you stay looking cool and feeling fresh for those official photos. On the flip side, a good quality wool suit will keep you from shivering more than normal (jitters will – let's face it – be par for the course) at a wintertime ceremony. When it comes to colour, you'll need to again bear in mind the season. Black, grey (from stone to charcoal) and deeper shades of blue work well year-round,

## WATCH OF THE WEEK

### Fossil Q Grant hybrid watch

MY watch of the week is the Fossil Q Grant Hybrid watch (product code: FTW122). The Fossil Q Grant is billed as a classic hybrid that looks like a watch, but acts like a smartwatch. So what is a hybrid watch? Simply put, it's a semi-smartwatch or an analogue watch which also



has smart features. It gives you the choice to wear a 'normal' watch but still benefit from modern tech like Bluetooth connectivity. Fossil puts it quite nicely saying it's "A smartwatch for analogue watch lovers." The Q Grant looks and works like a regular analogue watch. It is

one after all and the Fossil Q Grant is leagues ahead of the competition when it comes to design and build. The LEDs (see above under the left-button) can also be used to notify you of other things such as when certain apps have a notification on your phone or even when a particular hashtag or emoji is used. You'll find this beautiful timepiece locally for around €180.

## FRAGRANCE OF THE WEEK

### Maison Margiela replica at the barbers

MY fragrance of the week is Replica, At The Barbers by Maison Margiela. You may have seen my previous Maison Margiela fragrance review of Jazz Club, which gave background to the brand (see my instagram @iammcloughney for details) so I'm going to spare you a history lesson on this occasion and just give you the low down on another of the ever popular Maison



Martin Margiela fragrances; At The Barbers, created by

perfumer Louis Turner. 'At the Barbers' was created to bottle the fragrances of a classic, retro barbershop. The scent captures the scene of a traditional barber's where cut throat razors are drawn against leather strops and hot towels used for cut throat shaves. At The Barbers by Maison Margiela is available at Brown Thomas for around €105 (100ml).

## FASHION, FITNESS & HEALTH

### CONTACT PATRICK

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instagram: iammcloughney



# wedding wear

while more adventurous choices like white and pastel hues tend to look their best during the warmer, brighter summer months. You also need to take into account your bride or groom's choice of wedding wear – you're aiming for harmony here (and you don't want to fall at the first hurdle) so colours will either need to match or contrast pleasingly.

### MADE-TO-MEASURE OR OFF-THE-RACK?

Finally, decide – in light of the choices you've made above – whether you want to go bespoke or are happy with an off-the-rack option. Making use of an expert tailor's bespoke service is something every man should experience once in their lifetime, and what better occasion than your own wedding day? Brown Thomas offer a fantastic Made To Measure service by appointment for Canali and Zegna suiting. This type of service guarantees a glove-like fit and still allows for a great amount of customisation – including monogramming, button

**Mix and match classic hues such as navy, black and grey with lighter neutrals like beige and stone and you're on to a winning look**

choice and jacket lining colour – ensuring that your wedding suit is unique to you. Note: If you're thinking of going down the made-to-measure route, be sure to leave plenty of time – as the process can take up to twelve weeks. Alternatively, if you're conscious of mounting costs for what is, cynically speaking, a 24-hour party, then select an off-the-rack style that's as close to perfect as possible and see a tailor for any necessary post-purchase alterations. Remember that outside of standard adjustments to how it fits, any tailor worth their salt can also help personalise your suit by changing the jacket lining,

switching buttons, etc. – elevating an everyday high street design into something truly worthy of the occasion.

### SMART-CASUAL ALTERNATIVES

Impromptu wedding in Vegas? Beach wedding in Bali? Sometimes formal tailoring just isn't required, so why not loosen the tie knot a little? Now, I'm not suggesting you rock up to one of the most momentous occasions of your life in a pair of distressed jeans, a fraying T-shirt and beanie, but there are plenty more laid-back alternatives to traditional groomsware, which are typically made up of a combination of the following elements: smartly-fitting chinos or casual trousers, a long-sleeved button-down shirt, and a blazer. This formula can also be applied to your day-after-the-wedding outfit. Mix and match classic hues such as navy, black and grey with lighter neutrals like beige and stone and you're on to a winning look that's slightly more relaxed but still smart enough to say your vows in.

## LOOK OF THE WEEK

### Brown Thomas Menswear

IN keeping with this week's theme, my look of the week is from Brown Thomas menswear. My suit is a Hugo Boss three-piece sold separately. My Hayes single breasted suit jacket costs €449, My Wilson buttoned waistcoat costs €199 and my Gibson slim fit trousers cost €179. The shirt that I'm wearing is a Made-to-Measure Eton shirt that was customized to my exact specifications and it cost €160 (prices will vary depending of the level of customization) and my tie is from The Kooples and it cost €80. Pop into Brown Thomas to check out their suiting range and to find out more about the Eton Made-to-Measure service that's available year round.



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## FASHION, FITNESS &amp; HEALTH

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# Why women should be lifting



## IT BURNS SERIOUS CALORIES

So many people think cardio is the only way to go when it comes to burning calories. But in fact here's where weight training can be a big secret weapon. Sure a cardio session might burn more calories immediately but a weights session goes on burning those calories for many hours after the session is complete depending of course on the intensity of your session. On top of that – the more muscle mass the body has – the more calories it uses throughout the day doing normal day-to-day jobs. Long story short – calorie burn can continue for the rest of the day and more after a weights workout.

## 2: IT TONES THE BODY

So many ladies say to me "I don't want to build muscle – I just want to tone up..." But what I would love every one with this mindset to know is that "toning" means building muscle! Weight lifting basically allows the body to build muscle tone giving you that more solid and svelte shape you have in mind. The main fear in women's minds is that they will become bulky

– but this is quite simply a myth. It would take years of crazy training, thousands of calories a day and a whole lot of dedication to achieve the type of muscle growth that might be considered "bulky" to some.

## 3: IT HELPS SCULPT GORGEOUS CURVES

Weight training is the best way to build a gorgeous curvy body. One of my favourite workouts is "Glute Day" because it quite literally builds your bottom. If you desire a rounder or more pert bottom, there are a number of weighted exercises that will help. Squats, lunges, hip thrusts, deadlifts, leg curls, split squats and step ups will all go a long way to helping you lift and tone.

## 4: IT MAKES YOU STRONGER

Strong is the new skinny right? Weight training is so beneficial for increasing your body strength. Not only that but adding an element of strength training to your fitness routine can be so motivating. Hitting new personal bests and just seeing how far you improve is a great way to keep you going with your gym

training plan.

## 5: IT HELPS SLEEP, ENERGY AND HEALTH

Believe it or not but a good gym routine and weights plan will actually help improve your nights sleep. You'll find you have increased energy during the day and your overall health will only be improved by your healthy living lifestyle.

One thing I do like to point out is that I like a mix of weight training and cardio in order to have a well rounded, healthy lifestyle and maintain a healthy happy body and shape.

It's so easy to overdo one element but keeping a nice balance – as with so many things in life – is the key to making sure your body is healthy and happy inside and out.

Remember if you are adopting or taking part in a weight training program – stretching, foam rolling and taking time to care for your body is key. I often recommend adding a pilates or yoga class into the mix as it can help with stretching out the muscles.

Stretching and foam rolling is very much a part of the program.

## WHAT I'M LOVING THIS WEEK

### More BEO Dates

THE Beo Events team have only gone and done it again! They have added yet two more dates to the diary for Dublin and Laois! Tickets for both will go on sale this Thursday at 9am on Eventbrite. The Dublin date is February 25 at Clontarf Castle and the Laoise date is March 11 at The Heritage in Killenard.

If you did miss the Limerick date earlier in January, this might be the perfect little road trip for you and your friends to enjoy a day with people like Coach Pat Divilly, Yogi Sile Seoige, Nutrition experts My Nutrition Ireland and the hilarious Doireann Garrihy. Hope to see you there.

*\*New Dates Added\**

FEBRUARY 25TH, 2018  
CLONTARF CASTLE HOTEL,  
DUBLIN

MARCH 11TH, 2018  
THE HERITAGE KILLENARD,  
LAOIS



### — FITNESS, WORKOUTS — Three HIIT Sessions

Here's a little look at some workouts you can try for a little cardio and resistance HIIT! Here are three HIIT sessions. HIIT Session 1: 30 Seconds Sprint 10 Box Jumps 1 Push/Pull on Prowler...

### HIIT Workouts

I'VE been doing very mixed training lately, just wanting to get the body feeling strong again after the madness of panto. I've posted a few videos to my website this week with some inspiration so if you'd like to give them a go, check it out. [www.leannemoore.ie](http://www.leannemoore.ie)

## HEALTHY RECIPE: Seeded Spelt Bread



### WHAT YOU NEED

4 Cups Spelt Flour  
1/4 Cup mixed seeds (sunflower, sesame, pumpkin)  
2 Tspns Baking Soda  
2 Cups Almond Milk  
1/2 Tspn Himalayan Pink Salt/ Sea Salt

1 Tblsn Agave  
Preheat the oven to 170C.  
Grease a loaf tin using coconut oil.

In a large mixing bowl add the spelt flour, agave, salt, baking soda, seeds and almond milk.

Mix until fully combined. Spread mixture evenly into loaf tin.

Bake in the oven for 45 minutes.

Remove from tin and allow to cool on a wire tray.

Serve and enjoy!



with **EVA HILL HAMILTON**

# HEALTHYLIVING

**CONTACT EVA**

website: [www.evahillnutrition.com](http://www.evahillnutrition.com)  
 email: [info@evahillnutrition.com](mailto:info@evahillnutrition.com)  
 facebook: [HealingWithWholeFoods](https://www.facebook.com/HealingWithWholeFoods)

## Are your adrenal glands under the weather?

**D**O you have an awful hard time getting up despite adequate time spent in bed?

Do you feel constantly tired and then can't go to sleep at night? Do you find it hard to concentrate? Do you suffer from mood swings, depression or anxiety and crave sweets or salty snacks? Your adrenal glands might be under the weather and contribute to chronic fatigue.

These little glands sitting on top of our kidneys are essential to keep us alert and help us deal with stress. They release the 'stress' hormones, adrenalin, noradrenalin, cortisol and DHEA. While the



The adrenal glands are small glands located on top of each kidney. They produce hormones that you can't live without

first two are secreted as the response to acute stress and help you fight the problem, Cortisol is secreted in a cycle called the circadian rhythm –

high cortisol in the morning which reduces through the day to give way to our sleeping hormone, Melatonin.

In periods of long-term or

profound mental or physical stress the adrenal glands can go into overdrive but eventually they will become exhausted. The result is that hormonal levels of Cortisol & DHEA in the blood stream become imbalanced. You can find yourself in a vicious cycle: stress makes your body use more nutrients, at the same time it slows down or inhibits digestion / nutrient absorption, it compromises immunity so you are less able to adapt and cope with stress...

So what do most people do when they're tired? They reach for stimulants like coffee and sweets, even herbal boosters - all of which

can push the adrenals for a while, but one can end up with an adrenal exhaustion out of which there is no amount of caffeine that can drag one out.

When you hit the exhaustion stage the only solution is actually to rest as much as possible and assist your adrenal glands and any underlying functions to get back in shape.

Gentle stretching exercises, relaxation techniques are helpful. Regular, easily digested meals and snacks are essential: high protein smoothies (especially with collagen), eggs, soups, bean casseroles, fish with lots of vegetables are ideal.

Potassium, Magnesium, B complex and C vitamins are the most depleted ones during stress and exhaustion, so dark green vegetables, wholegrains and fresh fruits should be on the menu daily. Sweet potato and lettuce have a wonderful re-generating effect on the adrenals. There's a new liquid multivitamin

available in a fermented / activated wholefood form for best absorption, it is called Dr Wolz Zelloxygen Plus. I find it extremely beneficial for convalescent and fatigued patients.

If you are not on any medication you could also try a gentle adaptogen herb like Aswaghandha, Siberian Ginseng, or Rhodiola to help you cope with every day tasks and keep you focused. Viridian brand makes a great combination of these. Chamomile and Valerian teas can assist sleeping, so enjoy a cup before bedtime.

In my clinic I work closely together with my clients' health care team and run private tests also to identify that underlying issue of fatigue and other health concerns.

It takes a bit of investigatory work, but once the root cause is unrevealed personalised dietary changes, supplements, herbs can usher your body back to health and vitality.

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# 'Lovin' Limerick' is easy

## O'Connell launches TLC 'Loving Limerick' Valentine's competition

**T**EAM Limerick Clean-Up4 announces 'Loving Limerick' Valentine's competition.

The hugely successful Team Limerick Clean-up (TLC) is set to take place for the fourth consecutive year this Good Friday, March 30 and registration is now open on [www.teamlimerickcleanup.ie](http://www.teamlimerickcleanup.ie). To celebrate TLC4, Primary Schools from across Limerick have been invited to take part in an exciting Valentines competition. Paul O'Connell was joined by pupils from Scoil Iosaf Girls' NS at The Red Door Gallery, Newcastle West to launch the Team Limerick Clean-up4 and 'Loving Limerick' competition.

Primary School classes are being asked to design and decorate a big love heart to celebrate their love for Limerick and TLC. The competition is an enjoyable way to promote greater awareness of TLC4 amongst young students and all love hearts will be on display at The Hunt Museum in Limerick city over Valentines week.

The competition is divided into three different categories: Category A: Junior Infants to First Class; Category B: Second to Fourth Class and Category C: Fifth and Sixth classes. The winning schools will receive vouchers for school equipment. Full details of the competition can be found on the TLC website.

Paul said; "We're pleased to announce that registration for TLC4 is now open! TLC3 was Europe's largest ever one-day cleanup with over 16,500 people taking to the streets of Limerick and we intend to continue this growth for TLC4."

He added; "The Valentines competition is a fun, innovative way to further educate young kids on the importance of keeping their communities clean all year round. We have received really positive feedback so far and it looks like over 200 love hearts will be on display in The Hunt Museum

this Valentines!" See [www.teamlimerickcleanup.ie](http://www.teamlimerickcleanup.ie) for more info.

### Munster Heart Foundation Ball 2018 set to be a huge success

The Munster Heart Foundation Ball 2018 is taking place at the Limerick Strand Hotel on Saturday, February 17 from 7.30pm.

Speaking on behalf of University Hospital Limerick, cardiologist Samer Arnous speaks of how a staggering 10,000 people a year die from cardiovascular diseases-CHD, Stroke and other circulatory diseases. 5,000 of these relate to CHD, mainly heart attacks.

The UHL new Cardiology unit was established in 2013. Among the services the hospital provide is 24/7 treatment for acute heart attacks and acute cardiac emergencies. They cover a large population of up to half a million people, including Limerick and many of the surrounding counties.

The hospital has a strong research output in collaboration with UL Medical School. Their plan is to introduce new and innovative treatments for their patients over the next few years. Like every department in the country, they are very reliant on HSE funding, which can be difficult for the hospital at times.

The Munster Heart Foundation was set up in 2015, and all funds raised goes towards the development of the department and enhance research.

Tickets for the Annual Munster Heart Foundation Ball 2018 are €100 per person which includes a champagne reception with the Limerick Gospel Choir, a 4-course meal, special entertainment by Liam O'Brien, music by The Mad Hatters followed by DJ. A raffle and auction will also be held on the night, with great spot prizes. Tickets available on Ticket Master.

### Limerickman William Bennett completes epic



Paul O'Connell was joined by pupils, Hannah Noonan, 6, Amy Lane, 5, Ella Byrne, 5 and Sadhbh Galvin, 6 from Scoil Iosaf Girls' NS at The Red Door Gallery, Newcastle West to launch the Team Limerick Clean-up4 and 'Loving Limerick' competition PICTURE: ALAN PLACE



Attending the press launch for the Annual Munster Heart Foundation Ball taking place at the Limerick Strand Hotel on Saturday, February 17, was organiser Lisa Tracey, Dr. Samer Arnous, Mayor Cllr Stephen Keary and Gerry O'Doherty PICTURE: LIAM BURKE

### 58,000 km, around the world cycle

Last week, William Bennett, a twenty-seven year old cyclist from Limerick reached the end of his three year attempt to cycle around the world. His journey took him across five continents

and through a total of fifty-eight countries, where he completed his aim to travel the length of each of those continents solely by bicycle. Along the way, he battled tropical diseases, breakdowns and multiple robberies, yet was left with an

overwhelmingly positive view of the world.

Bennett, set off from his hometown of Limerick in January 2015 after five years of planning and saving for his three year ride. His route would first take him across Europe, where he endured days of sub-zero temperatures as he traversed both Poland and western Ukraine during their harsh winter months. This steep learning curve would serve him well as he crossed the Bosphorus Strait and started his long cycle across Asia which would take him over a year to complete.

After a final 4,000 km winter dash across Europe, Bennett arrived in his hometown of Limerick on Saturday, January 13, completing his 58,000 km bike ride, 1,105 days after leaving home. Despite experiencing being robbed, Bennett was left with an overwhelmingly positive view of the

world. "The vast majority of people I met around the world, were hard-working decent people just trying to raise a family and live a good life. I lost count of the number of people who would offer me food, buy me dinner, would come to my rescue when I became badly sick and who would invite me, a complete stranger, into their homes to spend the night. It has been an eye-opening and enlightening experience and one that I am so happy to have had the opportunity to undertake." Congratulations William!

### 'Savage Town' graphic novel exhibition launch shows the best of Limerick talent

By [ilovelimerick](http://ilovelimerick.com) correspondent Zoe Conway

Limerick comic book artist's Declan Shalvey and Philip Barrett launched the 'Savage Town' exhibition at

To see lots of great Limerick videos, look under the 'Media' section in our website, [www.ILoveLimerick.com](http://www.ILoveLimerick.com)



William Bennett surrounded by family and friends at his homecoming, after completing an epic 58,000 km cycle around the world

PICTURE: KIERAN RYAN



Pictured at the Savage Town graphic novel exhibition launch, creators Declan Shalvey, and Philip Barrett

PICTURE: CIARA MARIA HAYES/ILOVELIMERICK



Singer/songwriter Aaron Hackett has just released his new album 'Tides' PICTURE: JOHNNY BAYNES/ILOVELIMERICK

Ormston House last week. 'Savage Town' is an original Irish graphic crime novel from Declan, Philip and Jordie Bellaire, a two-timer Eisner winning colourist.

The launch was packed to the rafters with admiring supporters. Some of their original pieces of art from the graphic novel were on display and offered for sale alongside the novel. There was a live performance by rapper Dyrt of a song written by Mexy, inspired by the amazing art and story of Savage Town.

The story takes place in Limerick city and is about Jimmy 'Hardy' Savage, a gangster on the rise.

The story of Savage Town is an interesting one, as the graphic novel took over two years to create, and would not have been possible without the collaborative work between them. As Philip says: "It was Declan the writer, he had the golden nugget of the idea, but he didn't want to

draw it himself. Normally he draws everything himself, he's a very famous comic book artist."

All artists are known for their individual works. Declan has done a lot of work with Marvel comics, even saying that he, "writes 'Deadpool' at the moment. I've worked on 'Venom', 'Thunderbolt', lots of stuff, before it was ever in film". Whereas Philip has mainly been an Irish comic book writer, focusing more "on very small things, sort of slice of life in Ireland," making this his first big project.

Declan describes the entire experience as being, "really collaborative, Phil would draw these faces, if you look at the book, you'll see these characters with really messy hair, tracksuits, and runners, and you just recognise, you know them, you see them from walking around, and so I'd end up kind of writing storylines for charac-

ters I really liked."

The time and energy spent on this novel would not have been possible without the passion they both have for Limerick and their art, as Phil said, "it's a labour of love, all one hundred and ten pages".

The book is available in stores in Eason's and Steamboat Records, Limerick.

### Limerick singer Aaron Hackett's new album 'Tides' is out now

By **ilovelimerick** correspondent **Sophie Goodwin**

Aaron Hackett, an up and coming singing star from Dooradoyle has just released his new album 'Tides' and its exceptional piece of work with all his own lyrics and production.

Aaron said that this album has been a concept for years. He imagined the idea of an album split into four parts – Spring, Summer, Fall, and Winter. The album is about

loss and the emotions and ideas that you experience as you try to move past something that has had a monumental effect on your life.

The title 'Tides' is a symbol for various things on this album. Aaron says, "it represents how two individuals can never beat the same way. Rather than moving as a wave together, we often find ourselves on opposite shores, and that's what makes us human. One rises, one falls – one's high, one's low – one pushes, one pulls."

Aaron has had a passion for music for as long as he can remember, with a lot of influences in his life from artists like Frank Ocean and Lana Del Rey to his own personal experiences. He tells me, "When I was eight, I just picked up the guitar and taught myself how to play. I just covered other people's songs, before I started writing my own."

If there are any session



Richard and Leanne Moore pictured with Niamh during her last visit to Limerick. Niamh performs on Friday, February 2 at Dolan's PICTURE: DOLF PATJIN/ILOVELIMERICK

## Niamh celebrates 25th Eurovision anniversary

by **ilovelimerick** correspondent **Ryan O'Connell**

It is hard to believe it has been 25 years since Niamh Kavanagh stormed the Eurovision stage to represent Ireland. The iconic Irish singer, whose voice is renowned across the world, will celebrate the 25th anniversary of her Eurovision win with an intimate concert in Dolan's Pub on Friday, February 2 at 8pm. The event promises to combine Kavanagh's incredible voice "with a sprinkle of chat and craic for good measure".

The event will commemorate her win "with a retrospective of special songs highlighting memorable moments from her extensive career". Niamh will be joined by guitarist Paul Megahey for a set described as "familiar favourites interpreted in Niamh's inimitable fashion".

Kavanagh won the Eurovision Song Contest in 1993 in Millstreet with the now iconic 'In Your Eyes'. After a nerve-racking showdown with the United Kingdom, Kavanagh came out victorious with a then-record 187 points.

'In Your Eyes' went on to be the best selling song of 1993 in Ireland. Speaking of the experience, Kavanagh described the show as "extremely emotional" and "personal".

Kavanagh returned to the Eurovision stage in 2010 in Oslo, with 'It's For You'. With the song, Kavanagh reached the top 10 in Ireland, as well as reaching the final of the Eurovision – Ireland's first time in four years. Kavanagh told ILoveLimerick in 2010 that it was "a fantastic experience".

Kavanagh is no stranger to performing in Limerick, having headlined Limerick Pride Festival in 2010 telling the audience: "I have been treated like royalty everywhere I go. The audience was so warm and sang along to every number. This has been a very special experience for me". See [www.dolans.ie](http://www.dolans.ie).

musicians willing to work alongside Aaron in order to tour this album make sure to contact him on his Facebook page.

### And finally...

If anyone wants to keep tabs on what I am up to around Limerick, you can

find me on Facebook as Richard Lynch and Twitter @Richanthon. If you have a good news story about Limerick I could share on this page, you can contact me via email at [Richard@ILoveLimerick.com](mailto:Richard@ILoveLimerick.com). Look forward to hearing from you!

Love to you all  
**Richard (Richanthon) x**

# Motors

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JLR CENTRE

## The future is electric in Shannon

TRISH WHELAN

CarAndTravel.ie

**JAGUAR Land Rover is to open a software engineering centre and create 150 jobs in Shannon this year.**

Working alongside JLR's engineering team in the UK, the Shannon facility will be involved in realising the company's vision for electric and automated driving vehicles and will develop new technologies to support electrification and self-driving features on future Jaguar and Land Rover



Artist rendering of the Jaguar Land Rover Software Engineering Centre when it is completed. Pictured above is the fully electric I-Pace

vehicles.

The company has selected Shannon as it is globally recognised as a centre of excel-

lence for current and future software engineering talent.

Supported by the Irish Development Agency, the

Shannon team will start by developing the next generation of electric architecture as well as exploring advanced

driver assistance systems features for future vehicles.

Jaguar Land Rover has agreed a partnership with

online education provider Udacity, which specialises in courses such as automated driving, artificial intelligence, robotics and data analytics. These courses will provide the skills to support JLR's engineering capabilities and ongoing technological innovation.

JLR is looking for software engineers with experience in a range of disciplines such as artificial intelligence, safety critical systems and vehicle architecture.

The first fully electric performance SUV, the Jaguar I-PACE, goes on sale this year.

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### PLANNING NOTICES

#### APPLICATION TO PLANNING AUTHORITY

Limerick City and County Council Planning Permission is being sought from Limerick City and County Council by Michael Murphy Homes Ltd., for the provision of 4 semi-detached two storey dwellings with all associated site works both above and below ground, and the delivery of the completion of road access onto Bloodmill Road for the existing housing estate, Glendale Lawn to facilitate compliance with condition number 23 of planning reference 01/2274, at Bloodmill Road, Limerick. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority, Limerick City & County Council Offices, Dooradoyle Road, Limerick during its public opening hours and a submission or observation in relation to the application may be made to the Authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the Authority of the application.

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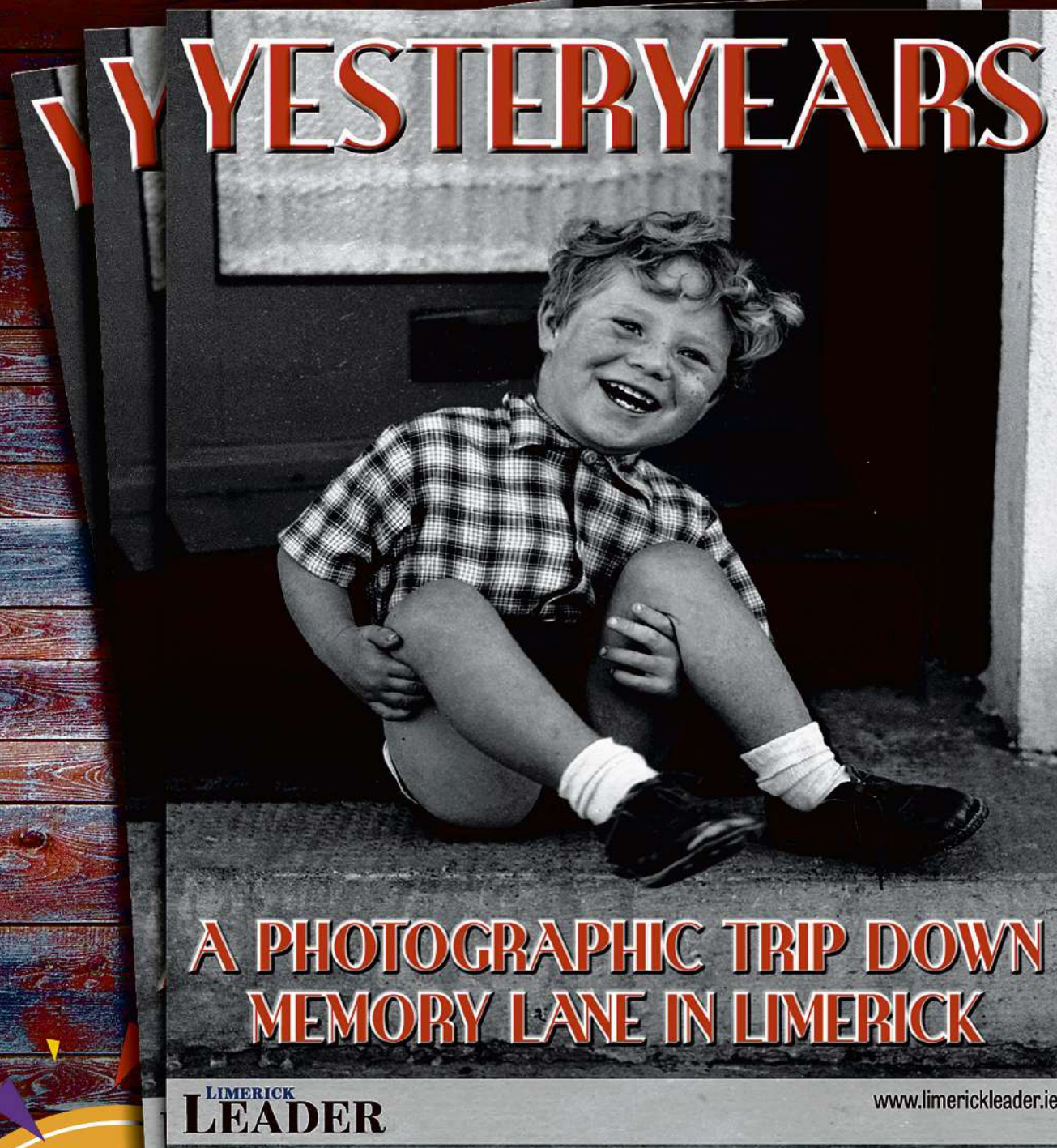
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# SPORT

Tuesday, January 30, 2018  
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## Ciara Neville wins Irish sprint title



By **DONN O'SULLIVAN**  
e-mail: [sport@limerickleader.ie](mailto:sport@limerickleader.ie)  
Twitter: @donnosullivan

LIMERICK'S Ciara Neville claimed Gold on Sunday afternoon in the Irish Junior Women 60.

Neville's win came during the Irish Life Health sponsored National Indoor Junior and U23 Championships at Athlone IT in Athlone, County Westmeath.

The Castletroy College student's time was a new Championship 'Best Performance' and is just four one hundredths shy of the World Indoor qualifying time of 7.30 seconds.

That qualifying time is also the Irish record which Neville currently holds with Amy Foster (City of Lisburn).

Molly Scott (SLOT) was second in a swift final in 7.45 followed by Lauren Roy (City of Lisburn) in 7.57. Scott, a team mate of Ciara Neville in the Irish squad at the IAAF World Junior Athletics Championships in 2016, won the 60m hurdles in 8.54.

Also in Athlone on Sunday, Alanna Lally (UCD) won the race of the day in the women's U23 800m holding off Limerick's Jenna Bromell (Emerald) in by the narrowest of margins - 2:07.09 to 2:07.30.

Another Limerick athlete to the fore was Cathal Locke of Dooneen.

Over two laps, Locke streaked to victory in the junior 400m in a time of 48.22.

Neville shared the lime-light on the say with Rhasidat Adeleke from Tallaght.

Adeleke (15) starred with a sensational 23.80 national junior and youth record to win the 200m.

With times like these coming from such young athletes, the future is bright for Irish athletics.



Former Glenstal Abbey pupil and Munster rugby hooker Duncan Casey has signed with French ProD2 side Grenoble this week. Here, the Shannon RFC number two is pictured with Grenoble Rugby President Michel Martinez at the signing of the 'medical joker' contract

# Munster hooker Casey joins up with Grenoble

By **COLM KINSELLA**  
e-mail: [ckinsella@limerickleader.ie](mailto:ckinsella@limerickleader.ie)  
Twitter: @cksportleader

HOOKER Duncan Casey says he is 'very excited to give things a rattle in France' after it was confirmed this week that he is to leave these shores.

As exclusively revealed by the Limerick Leader earlier this month, Shannon clubman Casey is swapping Munster for French ProD2 club Grenoble as a medical joker for the injured Arnaud Héguy.

Former Glenstal Abbey star Casey has played 46 times for Munster and scored

five tries since making his debut against Perpignan in the Heineken Cup at Thomond Park in December 2013.

Bidding farewell to his Munster team mates, coaches and supporters on Twitter, 27-year-old Casey said he had 'wonderful memories, experiences and relationships from his time with the province.'

Casey tweeted: "Nothing lasts forever, and my time in Munster has sadly come to an end. Thanks to all our supporters, staff and above all players for the wonderful memories, experiences and

relationships I enjoyed over the years. Very excited to give things a rattle in France."

The 2014-15 season saw Duncan make 16 starts in 20 appearances and he was deservedly named Munster Rugby Young Player of the Year.

Unfortunately a number of injury set-backs followed and consistent game-time was limited as he was vying for a place in a hugely competitive position.

On his return to fitness, Casey played his part in the knock-out stages of last year's title-winning British and Irish Cup campaign, and al-

though the academy graduate has not featured for the senior side this season, he has lined out with his club side Shannon and Munster A.

Commenting on Casey's departure, Munster team manager Niall O'Donovan said: "Duncan has been a massive character in our squad and will be sorely missed by this group of players and staff."

"He has worked hard in coming through the Munster pathway and has overcome a number of challenges in getting himself back to full fitness."

"We wish Duncan all the

best with his next opportunity in France."

Meanwhile, Limerick's seven Ulster Bank League clubs face crucial fixtures on Saturday.

In Division 1A, Garryowen host Lansdowne at Dooradoyle, while Young Munster are on the road to St Mary's College.

In Division 1B, leaders Shannon travel to Banbridge, while UL-Bohemian entertain Old Belvedere.

In 2B, table toppers Old Crescent travel to Skerries, while in 2C, leaders Thomond are at Malahide, while Bruff host Bangor.

# SCHOOLBOY SOCCER NOTES



The Aviva Soccer Sisters initiative returns to Limerick this Easter in association with the FAI. For more, see the notes below

PIC STEPHEN MCCARTHY/SPORTSFILE

## LIMERICK DISTRICT SCHOOLBOY/GIRL LEAGUE FIXTURES

### Saturday February 3

#### U-11 RED GROUP

Shelbourne v Aisling Annacotty 1; 11.am  
Shelbourne Park J. O'Halloran  
Lisnagry FC v Limerick FC; 11.am Scanlon  
Park J. Clancy  
Regional United 1 v Mungret Regional 1;  
11.am Dooradoyle J. Mulligan  
Pike Rovers v Corbally United 1; 11.am Pike  
Grounds

#### U-11 BLUE GROUP

Corbally United 2 v Janesboro 11.am  
Athlunkard; D. Brosnan  
Geraldines v Fairview Rangers 1; 11.am  
Garryowen S Vasilenko  
Caherdavin Celtic 1 v Regional United 2;  
11.am Greenhills; J. Curran  
Granville Rangers v Aisling Annacotty 2;  
11.am Glenbrook; R. Broe

#### U-11 GREEN GROUP

Mungret Regional 2 v Carew Park 11.am  
Mungret; L. Hughes  
Newport Town 1 v Coonagh United 11.am  
Newport; D. Downing  
Bridge Celtic v Aisling Annacotty 3; 12.30  
Bridgetown; T. Mannion

#### U-11 BROWN GROUP

Granville Rangers 2 v Pike Rovers 2; 12.30  
Glenbrook; R. Broe  
Caherconlish v Parkville 11.am Cahercon-  
lish; D. Weldrick  
Caherdavin Celtic 2 v Aisling Annacotty 4;  
12.30 Greenhills; J. Curran

#### U-11 WHITE GROUP

Newport Town 2 v Corbally United 4; 11.am  
Newport; B. Higgins  
Star Rovers v Aisling Annacotty 5; 11.am  
Lee Estate; T. Joyce

#### HYNAN TRAVEL U-13 PREMIER LEAGUE

Shelbourne A v Aisling Annacotty B 12.30  
Shelbourne Park J. Galvin  
Limerick v Mungret Regional A 11.am  
Hogan Park D. Power  
Pike Rovers v Fairview Rangers A 12.30  
Pike Grounds; A. Galvin  
Aisling Annacotty A v Corbally United 2.p.m  
Annacotty AWP; Martin Monaghan

#### U-13 DIVISION ONE LEAGUE

Parkville A v Caherdavin Celtic 11.am  
Knockalisheen; Mike Monahan  
Newport Town A v Carew Park 12.30 New-

port; B. Higgins  
Bridge Celtic A v Regional United A; 11.am  
Bridgetown; T. Mannion  
Ballynanty Rovers v Summerville Rovers  
11.am Shelbourne Park J. Galvin

#### U-13 DIVISION TWO LEAGUE

Fairview Rangers B v Janesboro 11.am Fair-  
green; K. Gorman  
Shelbourne B v Regional United B 2.p.m  
Shelbourne Park K. McNamara  
Lisnagry v Geraldines 12.30 Scanlon Park  
J. Clancy  
Corbally United B v Mungret Regional B  
12.30 Athlunkard; D. Brosnan

#### U-13 DIVISION THREE LEAGUE

Granville Rangers v Corbally United C; 2.p.m  
Glenbrook; R. Broe  
Aisling Annacotty C v Newport Town B;  
11.am Annacotty; F. O'Neill

#### U-15 PREMIER LEAGUE

Aisling Annacotty A v Fairview Rangers;  
3.30 Annacotty AWP; Martin Monaghan  
Newport Town A v Summerville Rovers  
12.30 Newport; D. Downing  
Mungret Regional v Caherdavin Celtic;  
2.p.m Castlemungret; J. Reilly  
Regional United v Janesboro; 12.30 Door-  
adoyle AWP; J. Mulligan

#### U-15 DIVISION ONE LEAGUE

Aisling Annacotty B v Shelbourne; 11.am Ki-  
lonan; M. Kirby  
Aisling Annacotty C v Geraldines; 12.30 Ki-  
lonan; M. Kirby  
Corbally United B v Newport Town B; 12.30  
Athlunkard; G. Clancy  
Fairview Rangers B v Regional United B;  
12.30 Fairgreen; K. Gorman  
Corbally United A v Mungret Regional B  
11.am Athlunkard; G. Clancy

#### LDL NOTES

The U-7 small sided games scheduled to  
commence on Saturday, 3 February is put  
back to a later date due to the inclement  
weather.

With a large number of fixtures having  
been cancelled over the past number of  
weeks due to the severe bad weather, it  
has been decided by the committee that  
fixtures will be scheduled for Monday, 19  
March, and a full schedule of fixtures will  
also be played over the Easter weekend.

### Aisling Annacotty

**GIRLS U18S** : Aisling Annacotty 2-0 Tulla  
Utd : The dark days of January were lit up  
Sunday evening by one of the best un-  
derage girls soccer matches anyone

watching could remember. With Annacotty  
on maximum points, and last season's  
champions Tulla on one loss, both sides  
knew this was a vital game, and it showed  
in the frantic pace and high-quality football  
from start to finish. In the first half, An-  
nacotty dominated, and they got their re-  
ward, when Aisling Kennedy, in a move  
reminiscent of Thierry Henry's famous  
strike against Manchester United, flicked  
the ball over her shoulder, swivelled on a  
sixpence, let the ball bounce once, and  
caught it sweetly on the volley to smash it  
over the keeper's head from 20 yards. It  
could have been two before half time,  
when Kennedy touched a neat lay-off to  
Rachel O'Dell whose 22-yard effort was six  
inches over. With the Tulla keeper kept  
busy with other strong shots from Costello  
and Cleary, Annacotty were well on top,  
but Tulla were by no means out of it and  
forced a number of corners, and looked  
dangerous on the break. It was a massive  
relief then, when with 15 minutes to go,  
the ball finally fell into Ni Aodha's path inside  
the box, and despite the attempted block,  
she smashed it to the net from 15 yards.  
Job done, she made way for Amy Costello  
who kept the Tulla defence occupied with  
plenty of movement in the last 10 minutes.  
At the whistle, both sets of coaches and  
supporters were in agreement that they  
had witnessed an outstanding game, and  
indeed many of the opposing players were  
chatting about their upcoming game as  
teammates against Wexford U18s next  
weekend.

### Fairview Rangers

**U-14:** Yet again a curtailed fixture list for  
the club due to weather conditions, with  
only the 14 A league fixture, away to Re-  
gional, and the Under16 side's home tie  
against Killarney in the national cup  
(switched to UL grounds) surviving.  
First into action were our under 14 side,  
who faced a difficult assignment against  
an excellent Regional side. We began well  
in the tie, and had the lion's share of pos-  
session for the opening 15 minutes or so.  
We did create some chances in that period  
but unfortunately could not convert.  
Our pressure eventually paid off when  
Jamie Hogan weaved his way past three  
defenders before wrong footing the re-  
gional net minder to register a fantastic in-  
dividual goal. Although continuing to  
dominate, some good defending by our  
hosts kept the score at a minimum until  
half time. We doubled our lead in the  
second period when good work from Josh  
McCarthy set up Matt TePou to finish in

style. It was Regional's turn to dominate  
thereafter, and after throwing extra bodies  
up front, they reduced the deficit, when  
from our corner kick, they broke swiftly up  
the field and made it 2-1. We restored our  
two goal advantage shortly after when a  
swerving effort from Anthony Byrnes de-  
ceived the net minder to fly into the net.  
Some half chances for the remaining 10 or  
so minutes of the game, created by both  
sides, but the score remained as is at the  
final whistle. All involved from both squads  
are to be complimented for serving up an  
entertaining game in the most difficult of  
conditions. Next up were our under 16  
team who played an outstanding Killarney  
Celtic side in the national cup.  
Nothing to separate these sides on the day,  
and although the prevailing weather made  
life difficult for both teams, it was never-  
theless an enthralling game, with the re-  
sult in the balance until the very end.  
Chances though, were at a premium, with  
defences dominating throughout the tie.  
Consequently the game finished 0-0 after  
extra time, and proceeded to a penalty  
shootout. Always a lottery in a sense, but  
our lads proved the more accurate on the  
day to advance to the next round.  
One has to have sympathy for our oppo-  
nents, as we know full well how it feels to  
exit a competition, in such a manner.  
Best on the day for us were Shay Mc-  
Carthy, Joe Kavanagh, Sam Molyneux,  
Jack O'Callaghan and a man of the Match  
performance by Cian O'Brien.  
**BEST OF LUCK:** Finally all involved with  
the club would like to wish both Conor Keane  
and Dennis Dulhea, from the under 16  
panel, the best of luck for the future.  
Both players have moved to Limerick FC.

### Soccer Sisters

The FAI and Aviva have this week an-  
nounced the return of the FAI Soccer  
Sister Camps which will take place across  
Limerick during the Easter school holidays.  
Aviva is calling on girls between the ages  
of 6 and 14 years old to sign up and get in-  
volved. Now in its twelfth year, the initiative  
is designed to give girls the opportunity to  
develop their skills, have fun, meet new  
people and stay active.  
The participants will enjoy an action  
packed two days of training provided by  
the FAI and each participant will receive a  
full Aviva Soccer Sister kit including a lim-  
ited edition Soccer Sister jersey and a  
football. To register for the Aviva FAI  
Soccer Sisters Easter camps go to  
www.soccersisters.ie

# SPORT ON TV

## TUESDAY

### SOCCER

Sheff Utd v Aston Villa 7.45pm Sky Sports Football  
Atalanta v Juventus 7.45pm Sky Sports Mix  
Huddersfield v Liverpool 8pm BT Sport

## WEDNESDAY

### SOCCER

Fraserburgh vs Rangers 7.30pm Sky Sports Football  
AC Milan v Lazio 7.45pm Sky Sports Mix  
Tottenham v Man Utd 8pm BT Sports  
Monaco v Montpellier 8pm BT Sports

## THURSDAY

### GOLF

Maybank Championship 2018 7.30am Sky Sports Golf  
Waste Management Phoenix Open 2018 Sky Sports

### DARTS

Premier League 2018 7.30pm Sky Sports

### RUGBY LEAGUE

Warrington v Leeds Rhinos 7.45pm Sky Sports

## FRIDAY

### GOLF

Maybank Championship 2018 7.30am Sky Sports Golf  
Waste Management Phoenix Open 2018 Sky Sports

### SOCCER

FC Koln v Dortmund 7.45pm BT Sport  
Sociedad v Deportivo 8pm Sky Sports  
Bolton v Bristol City 8pm Sky Sports

### RUGBY UNION

Northampton Saints vs Harlequins 7.45pm BT Sport  
Wales U20 vs Scotland U20 7.45pm BBCi  
France U20 v Ireland U20 7.30pm RTE2

### RUGBY LEAGUE

St Helens v Castleford Tigers 7.45pm Sky Sports

## SATURDAY

### GOLF

Maybank Championship 2018 7.30am Sky Sports Golf  
Waste Management Phoenix Open 2018 Sky Sports

### SOCCER

Eibar v Sevilla 12noon Sky Sports  
Kilmarnock vs Celtic 12.30pm BT Sport  
Burnley v Man City 12.30 Sky Sports  
Betis v Villarreal 3.15pm Sky Sports  
Wolves v Sheff Utd 5.30pm Sky Sports  
Arsenal v Everton 5.30pm BT Sport  
Levante v Real Madrid 7.45pm Sky Sports

### TENNIS

Spain vs Great Britain Davis Cup 1pm BBC1

### RUGBY UNION

Wales v Scotland 2.15pm BBC1  
France v Ireland 4.45pm BBC1/TV3

### GAA

Tipperary vs Waterford NHL 8pm EirSport

## SUNDAY

### GOLF

Maybank Championship 2018 7.30am Sky Sports Golf  
Waste Management Phoenix Open 2018 Sky Sports

### RUGBY UNION

Wasps vs Leicester Tigers 1pm BT Sport  
Italy v England 3pm BBC/TV3

BOXING - IRISH TITLES COME HOME TO LIMERICK

# Sheehy crowned national champion



The Champ: Irish U-22 and Senior heavyweight champion Kevin Sheehy, pictured with his coach Ken Moore this week, following Kevin's National title win

By **DONN O'SULLIVAN**  
e-mail: donn.osullivan@limerickleader.ie  
Twitter: @donnosullivan

LIMERICK fighters were to the fore last weekend at the national U-22 and U-18 boxing championships in Dublin.

A total of four national titles were brought home on the night as Kevin Sheehy (91kg), Nell Fox (81kg) and brothers Patrick (69kg) and Edward Donovan (69kg U-18) were all crowned champions of Ireland.

Kevin Sheehy, pictured, defeated James Clarke of Kilnarnagh in Dublin. The fight was the fourth time the two had met and Sheehy was delighted to level the score last weekend with a hard fought, all be it unanimous, decision.

Speaking after the fight, Sheehy's coach Ken Moore was full of praise for the Limerick star, who added the U-22 national title to the senior title he won in December of 2017. At just 19 years of age, Sheehy is one to watch for the future.

"All four of Kevin's fights with Clarke have been national finals and the last two

have been won by the Dubliner. So we were very anxious on this one. He was fantastic in the fight. Really, really, good" said the proud corner man.

So, with two national titles under his belt, what next for Sheehy?

"Our immediate goal would be that he would enter the 'Elite' championships. That would be in with the big boys. That would be more for experience than anything at this point. However, because of his senior win and his U-22 title from last weekend, I would be very hopeful that he would be selected to represent Ireland at the European U-22 championships in Romania which are to be held in March" added the St Francis Boxing club man.

The senior title that Sheehy won, at just 19, is open to boxers from the ages of 18-40, so the fact that he won that title and added the U-22 title too, means that boxing politics should not stand in the way of his Irish selection. Ken Moore, who shares Sheehy's corner with his brother Jim and Valerie Hamilton, admits that

everyone in Irish boxing has been so impressed with Sheehy, that he does not foresee any selection issues, as only one fighter from each weight will be picked.

"Politics shouldn't be an issue. People have been very impressed with him. He is one of the better fighters in that bracket. We are very happy with where he is" added Moore.

A large Limerick crowd was in attendance last weekend at the National Arena and Sheehy was supported on the night by his family and girlfriend. The fighter was said to have been 'relieved' with the win and is now focussed on the next fight, which could be as soon as February 9 in the Elite level. There is also another round of Elite level fights in November, which are, in everything other than name, trials for Olympic selection.

As mentioned, four Limerick fighters came away from Dublin with national titles last weekend.

Sheehy was joined in the winners circle by Patrick Donovan, his brother Edward and Nell Fox.

The Donovan brothers,

from the Our Lady of Lourdes club in Limerick are two up and coming fighters which are as good as we have seen in the Mid West in recent times.

Patrick's win was his 11th national title, while younger brother Edward claimed his sixth. Nell, Rathkeale, won the title with a walk over.

With such a number of Irish titles coming to the City,

it will surely not be long before Limerick can have another Olympic boxing star to cheer on, following on from Andy Lee, who of course, later went on to be champion of the World.

### Limerick Results from last weekend in Dublin

Under 22 - 91kg Kevin Sheehy (St Francis) beat

James Clarke (Kilnarnagh) 5-0  
81+kg Nell Fox (Rathkeale) W/O

69kg Patrick Donovan (O.L.O.L.) beat Michael Avetisian (Glasnevin) 5-0

Under 18 - 69kg Edward Donovan (OLOL) beat Christian Preston (Glasnevin) 5-0



Kevin Sheehy of St Francis Boxing Club Limerick (Blue) in action against James Clarke of Kilnarnagh during their U-22 National title fight last weekend PICTURE: WILLIAM MCNAMARA

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