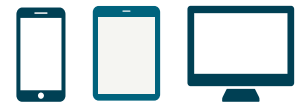


The Leader

Wednesday, November 6, 2019

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LIMERICK MOURNS 'MUCH CHERISHED' BROOKLYN

City in shock after
death of 11-year-old
boy in tragic
circumstances
See pages 2-3

Brooklyn Colbert who died after
an assault in a house in
Ballynanty on Sunday, will be
buried this Friday PICTURE, FACEBOOK

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Our hearts go out to Wayne and Sonia



WHAT WE THINK
EUGENE
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THE LEADER EDITOR

IN Limerick sadly we have, like other parts of the country, become used to tragic deaths from murders to terrible car accidents and other distressing incidents.

But heartbreaking news that an 11-year-old boy had been killed in a distressing incident in Ballynanty on Sunday evening has left the whole community here in mourning and praying for the parents, family and friends of Brooklyn Colbert.

Yes, most of us never knew Brooklyn, but we all sadly know about him now, a lovely young boy whose life was tragically taken from him.

He had so much to look forward to and, like his dad, loved sport and soccer and

enjoyed school at JFK on the Ennis Road.

Our thoughts and prayers go out to his parents Wayne Colbert and Sonia Aylmer.

One can't imagine the hurt and pain they are going through. We will never know.

With such a tragic death there is much media attention. Sadly, this is part of our job. Obviously such tragedies can't be ignored. But we too are human and can, through the many people paying tribute to Brooklyn, empathise with the family.



The late Brooklyn Colbert who died tragically on Sunday

Man is held in connection with murder of young boy

'Fatal assault': Investigations ongoing into tragic death of 11-year-old boy

REBECCA LAFFAN

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A 26-YEAR-OLD man remains in custody of Henry Street Garda station following his arrest in relation to the murder of a young boy in Ballynanty on Sunday evening.

Gardaí have described the incident leading to the death of 11-year-old Brooklyn Colbert as a "fatal assault".

It is believed that the arrested man was known to the 11-year-old, whose body was located in a house on Shanabooley Road at approximately 7pm on Sunday night last.

The man in question reportedly presented himself to gardaí on Sunday evening, prompting members of the force to search the man's home where Brooklyn's body was then found.

According to local sources, Brooklyn was seen with the man earlier the same day entering the home, which lies in a small cul-de-sac shadowed by Thomond Park.

A postmortem examination was completed



The small cul-de-sac on Shanabooley Road, Ballynanty remains sealed off PHOTO: ADRIAN BUTLER

on Monday evening at University Hospital Limerick by Assistant State Pathologist Dr Margot Bolster, with gardaí stating that "no details of the findings are being disclosed publicly for operational reasons".

Gardaí at Mayorstone Park are currently seeking information in what they have now established as a "murder investigation", and have launched a renewed appeal to the public for information surrounding the incident.

"Investigating gardaí have renewed their appeal for information in relation to this incident, any person who was in the vicinity of Shanabooley Road, Ballynanty or in the Moyross area between 4pm and 7pm on Sunday night November 3 2019.

"Anyone who saw anything suspicious or to any person who may have information in relation to this investigation is asked to contact the incident room at Mayorstone Park garda station on 061-456989, the garda Confidential Line 1800-666-111 or any garda station," a spokesperson said.

'We'll remember the playful glint in his eye'

Tributes: Fondly remembered Brooklyn to be buried on Friday after funeral Mass

REBECCA LAFFAN

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Eleven-year-old Brooklyn Colbert, who was murdered in a tragic incident in Ballynanty on Sunday last will be buried this Friday.

His remains will be brought to St Saviours Church, Glentworth Street, for 11am Mass with burial afterwards to Mount St Oliver cemetery.

Described as a "well-mannered and courteous" young boy, Brooklyn was a fifth class pupil of JFK Memorial School, on the Ennis Road, and was a well-known underage player in local soccer clubs.

"Brooklyn was a very lovable and kind boy, popular with both his peers and teachers," said his principal, Theresa O'Sullivan, "he had an easy-going personality with a good sense of humour."

"We will remember that playful glint in his eye, which never failed to soften the hearts of his teachers."

"He was as loyal to his friends as he was to Liverpool FC," she added. "Brooklyn will be greatly missed and fondly remembered by all as we continue to provide support for our school community."

Brooklyn was the only child to his mother Sonia Aylmer and was set to move into a new apartment in Parkview, Kileely, with her in the coming weeks.

The deceased boy is a son of well-known soccer player Wayne Colbert who played League of Ireland with Limerick. Wayne currently plays with city club Pike Rovers, with club chairman John Malone saying that the doting father "idolised Brooklyn and loved watching him play".

"Wayne captained our FAI Junior Cup team, and Brooklyn was a mascot the same day in 2016," added John. "I'd like to think he was taking after his dad as a talented player."

"Brooklyn was a very, very pleasant child and courteous young boy, so well-mannered and polite," he continued, "it's



Brooklyn has been described as having "an easy-going personality with a good sense of humour" PHOTO: FACEBOOK

very hard to get your head around this tragedy, you'd often hear of these incidents but you would never think they're going to land on your own front door.

"A couple of families lives are destroyed because of this," he said, "our thoughts and prayers go out to all of them."

Ballynanty Parish Priest, Very Rev Canon Donal McNamara said: "When I saw the incident was from the parish I was just devastated. My sympathies go out to the poor families and the neighbours."

"It's a delightful parish and



Brooklyn on a family holiday with dad Wayne



A couple of families lives are destroyed because of this

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Library launches elderly access scheme

MIKE FINNERTY

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THE Watch House Cross library is among a number of Irish libraries to be nominated as age-friendly.

As part of a novel approach to recognise and adapt to the needs of older people, Age Friendly Ireland initiated a process with the Libraries Development Committee and the County and City Management Association to encourage libraries to develop a more age-friendly approach.

Each local authority nominated a library, and the Watch House Cross facility was given the nod for Limerick.

Findings from the Healthy and Positive Ageing Initiative (HaPAI) survey showed that many older people were not using their public libraries with many reporting finding them difficult to access.

The proportion of older people is increasing in almost every country of the world as life expectancy increases; Ireland is ranked 19th worldwide for life expectancy, ahead of the United Kingdom, with the average person expected to live until 81 years old.

Minister Michael Ring from the Department of Rural and Community Development presented Watch House Cross Library with an Age-Friendly Charter to recognise the steps taken to make the Library more accessible to all ages.

"The strategy focuses on removing barriers to access, improving accessibility, and providing a welcoming and inclusive space," said the minister.

Brigade tackles fire at derelict industrial site

Quenched: Crew dampen down major fire in Thomondgate

FINTAN WALSH

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EMERGENCY services spent hours tackling a large industrial fire that occurred at a derelict building in Limerick city on Monday night.

Five units from Limerick and Shannon Fire Service were dispatched to the scene of a major fire at the old fisheries building at the Salmon Weir, Brown's Quay, at around 7.30pm.

On arrival at the scene, firefighters discovered that the building was alight with a significant amount of animal straw bedding on fire in the buildings, according to sources.

Firefighters had to use breathing

apparatus in order to extinguish the fire and dampen the building, which took several hours, and returned to the scene at around midnight.

Firefighters continued to dampen down the scene when they returned to the scene at around 7am this Tuesday.

Cllr John Costelloe, Sinn Fein, who posted a picture of himself at the scene of the fire, said on Facebook: "Very difficult fire to tackle tonight at the weir in Thomondgate. Well done to the emergency services for their brilliant work." It is understood Limerick Fire and Rescue Service had a busy Monday night, attending a series of calls, including a carbon monoxide alarm in the city.



Cllr John Costelloe was at the scene of the fire last night



FORE! GOLF CLASSIC 'PUTTS'

Pictured at the presentation of a cheque to the Alzheimer Society of Ireland - proceeds from the Flannery's Inter Pub Tu Tu charity golf classic held in Ballyneety - are from left, Lillian Sullivan, ASI, Segio Dandrea, winning captain, Phil Flannery, Phil Flannery senior, Hilary Hurley, ASI, Claire Rainsford, ASI, Gabrielle Malone, ASI, Robin Bowe, ASI and Paul Flannery

PICTURE: ADRIAN BUTLER

UMHL to hold a Ceremony of Remembrance for families

THE University Maternity Hospital Limerick's annual Ceremony of Remembrance will be held at the Church of the Holy Rosary.

The event will take place on Saturday, November 9, at 3pm. Parents who have experienced the death of their baby or suffered a pregnancy loss at any stage are all welcome to attend this service, as well as family, friends and hospital staff.

The event is organised by the Bereavement Support and Midwifery staff at UMHL.

Rita O'Brien, Clinical Midwife Specialist Bereavement and Loss said: "The loss of a pregnancy at any stage is a devastating experience for many couples. We want to join with families during this annual event to remember and celebrate each little life no matter how short.

New school is 'a huge addition to growing population'

NICK RABBITS

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CASTLETROY-based Senator Kieran O'Donnell has warmly welcomed the submission of the planning application for Limerick's newest secondary school.

As exclusively revealed by our sister newspaper the Limerick Leader last week, permission has now formally been sought from the local authority to build the new Educate Together secondary school serving the Castletroy, Monaleen, Annacotty and surrounding areas.

The new 1,000-student facility across the road from Northern

Trust on Groody Road, will have almost 60 classrooms, a large outdoor learning courtyard, plus a sports hall with a state-of-the-art fitness suite.

Mr O'Donnell, who has worked closely with the Educate Together school's principal, Eoin Shinnars said: "It's a fantastic news story for Castletroy.

"It's something I'm very proud of. It's one which will have 1,000 students and it will be in the heart of the community.

"I was determined the school opened, and we get a new school building on site as quickly as possible. It will be a rapid build on a



Kieran O'Donnell and Eoin Shinnars on the site of new school

14-acre site. I want to compliment Eoin and the board and the parents for the fantastic work they do.

"I live in the area and have reared my family here. So I understand the importance of the school. It's come through a rapid incarnation, and it's

something that Educate Together and the greater Castletroy/Annacotty area will benefit from. It will be a school which will be a huge and credible addition to the growing population of the communities," he said.

Other features of the €19m school will be the introduction of gender-neutral toilets, to will be fitted on each of the three floors.

Mr Shinnars said it will be "dynamic, bright and colourful" and promised "a fine building".

Currently, the Educate Together school is located in temporary accommodation at the old Salesians Secondary School at the North

Circular Road in the city. But it's expected that by September 2021, the new school will open.

Eventually, up to 100 teaching, special needs assistants and other ancillary posts will be created, as well as dozens of temporary construction positions, as the public project moves forward.

"The planning notice is up on site which is great news. As far as I'm aware, the Department of Education issued the planning documents to Limerick city planners last week. That will be an eight week process all going well. We don't anticipate any concerns or objections," said Mr Shinnars.

Pedestrian advocacy group meets

There will be a public meeting on Monday, November 11, to start the process of launching a new group to advocate for the rights of pedestrians.

The aim of the meeting is to form a steering group that will establish the Limerick Pedestrians Network. The group will be modelled after the Irish Pedestrians Network, established in Dublin by Limerick woman Neasa Hourigan.

Leading the Limerick

initiative is Thomas Bibby who said in a blog post on the matter, "Pedestrians should be top of the transport hierarchy but this can be difficult without a dedicated organisation to advocate for their needs."

Mr Bibby cites the success of cycling advocacy groups in inspiring Miss Hourigan's efforts in Dublin and is keen to establish a network in Limerick that will lobby for more pedestrian-friendly streets.

Ms Hourigan spoke in Narrative 4 in September and inspired a good number present to get involved in the campaign to improve the plans for O'Connell St.

The fact the council was not persuaded to pedestrianise even part of the main street makes a Limerick Pedestrian Network even more urgent, according to Mr Bibby.

The meeting takes place at 7pm in 2 Pery Square, the People's Museum.

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Westbury locals fight for their green space - See p8



Stephanie Sowers of Matthew Stephens launches the Tax Free Diamond Events at the 3 Level Luxury Store which started last Saturday and runs until Saturday 30th Nov.

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LEADER NEWS BULLETIN

CRIME

Worker accused of stealing €20k in benefit payments

A WOMAN who is accused of stealing almost €20,000 in benefit payments over a five-year period is to be prosecuted on indictment before the circuit court.

Amanda Hennigar, 45, who has an address at Kilteragh, Dooradoyle appeared before Limerick District Court having been charged with 99 counts of theft.

According to court documents, the offences are alleged to have happened at a post office in Limerick on various dates between July 7, 2008 and November 11, 2013.

There are a number of



alleged injured parties and each of the charges outline different amounts of money.

Given the number of charges, details of arrest and caution were submitted to the court by way of statutory certificate.

Sergeant Sean Murray said a "very large file" had been prepared for the Director of Public Prosecutions and that the matter is to proceed on indictment.

He requested a lengthy adjournment of the case to next March facilitate preparation of the book of evidence.

HEALTH

Labour calls for 'Bespoke' UHL trolley plan

LABOUR TD for Limerick, Jan O'Sullivan, and her party colleague, Tipperary TD Alan Kelly, have called for a "bespoke" plan to tackle the trolley crisis at UHL.

Deputy Kelly, the Labour Party's Health spokesperson said: "Throughout the month of October, over 1450 people were on trolleys in University Hospital Limerick."

"As Labour reps for the Mid-West region, we are saying that consistently high trolley numbers are unacceptable - not just for patients but for staff and people who live in the area, who are genuinely concerned about what is going on."

Deputy O'Sullivan, the Labour TD for Limerick City said: "With winter approaching, what approach will Fine Gael take to solve the crisis?"

MOTORING

Drivers to avoid prosecution over 'unconstitutional' law

THOUSANDS of motorists in Limerick are set to avoid prosecution and convictions for a variety of road traffic offences following a High Court ruling that a section of the Road Traffic Act is unconstitutional.

Separate challenges against the legality of section 44.10 of the Road Traffic Act 2010, were upheld by Ms Justice Úna Ni Raifeartaigh.

The provision prevents persons accused of offences such as speeding and holding a mobile phone while driving from mounting a defence on grounds they were not served with a first



fixed charge notice.

In her ruling, which was handed down last week, Ms Justice Ni Raifeartaigh found section 44 is unconstitutional because it does not distinguish between those who choose not to pay a first fixed charge notice and those who genuinely do not receive it.

A significant number of cases which are currently before courts in Limerick had been put "on hold" in recent months pending the outcome of the High Court challenge.

It is now expected these prosecutions will be withdrawn by the State.



Niall O'Callaghan and his castle bodyguard launch the new annual membership for King John's Castle

Annual pass for castle is launched

Shannon Heritage has announced a new annual membership card for King John's Castle.

The annual pass is being launched in conjunction with the new 'Release the History - Step Inside King John's Castle' campaign, and will give holders year-round access to the historic Castle in the heart of medieval Limerick City, rewarding frequent visitors.

A family pass for two adults and up to four children is up to €75, €50 for an adult and €40 for a student.

Niall O'Callaghan, managing director of Shannon Heritage said, "We are excited to be launching a new annual membership for King John's Castle.

"This ties in with our most recent campaign, to encourage Treaty people to explore Limerick's cultural centre piece."

Post office relocates to Jetland Centre

New beginnings:

Caherdavin Post Office begins a new chapter

ÁINE FITZGERALD

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CAHERDAVIN Post Office began a new chapter in its history this week after relocating to the Jetland Shopping Centre on Ennis Road.

Having operated alongside Whitty's Mace at the old Bank of Ireland for the past five years and at Ivan's Shop for 38 years prior to that, Monday morning brought new beginnings for staff and customers of Caherdavin PO.

"The post office is now located where Golden Discs used to be, beside Lloyds Pharmacy, in the Jetland Shopping Centre. We are just inside the door. It's busy already. The Dunnes revamp across the way is absolutely amazing," commented Joan Dowling, postmistress.

There are two full-time staff at the post office, Joan, her husband Paddy, and one part-time employee.

"A change of any kind always takes some getting used to but, overall,



Joan and Paddy Dowling of Caherdavin Post Office pictured this Tuesday at the new premises in Jetland Shopping Centre PICTURE:ADRIAN BUTLER

there has been a very positive reaction," Joan commented.

"We feel great about the move, we are getting used to it," Joan continued.

While there may be a change of location, the post office will continue to provide all the trusted services including BillPay, Foreign Exchange, AddressPal and all the usual postal services.

"I absolutely love it. I love dealing with the customers and helping them where I can," said Joan who is entering her sixth year as postmistress and has been in the post office business for 17 years.

Joan and Paddy have two children - All-Star, Limerick and Na Piarasaigh hurler Shane, and their daughter Fiona who also happens to work in the An Post business.



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Protest: Residents of estate on city outskirts call for protection of nearby land

Westbury locals fight to protect their green space

REBECCA LAFFAN

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MEMBERS of a community in the suburbs of Limerick city have been left "outraged" as a green area near their homes zoned as open space is being cleared of trees and shrubbery.

Residents of Riverdale, in Westbury have protested against developments on the land three times since March this year.

Gerard Madden, Parteen, who told the Limerick Leader he purchased the land at a public auction claims that the land is zoned for both open space and agricultural use.

This is disputed by local councillor and Mayor of Clare Cathal Crowe, who clarified the land's status to The Leader.

"Historically, all the land was zoned as residential and earmarked for another phase of housing development.

"Ten years ago I proposed we remove zoning entirely from it. It was around the time property developers were going bust and I thought what's the point in having another piece of land zoned for unfinished developments? So it was de-zoned. When it was de-zoned it was agricultural land.

"Five years later, I proposed to zone it as open-space which gives it extra protection," he added. Open space means it's for use of the public and no longer zoned for agriculture, the councillor added.

Riverdale resident Sharon Murphy, said, "Our children

play here, we pay to maintain the grass because we're in a private estate, he (the owner) knows this.

"First he said it was for horses, now it's for cattle. Just think of all the heavy machinery coming in here in the summer, you hear so much about farm deaths.

"We're a small community, we're going to have the smell of farming in on top of the houses here," she added. "The council distinctly said there's to be no cutting down of trees."

Mr Madden said, "In the last ten years the developers went bust, we're just here today clearing the land and you're allowed to do that legally. It's been agricultural land for the last 200 years," he added.

"This was sold at public



The land, located beside houses in Riverdale, Westbury, being cleared on October 31, and Sharon Murphy, Riverdale resident who has protested multiple times to the development of the land, which is currently zoned as 'open space' PHOTO: ADRIAN BUTLER

auction, and the reality is if the council want it for apartments or a park or something I've no trouble selling it to them."

Regarding the angered residents, Mr Madden said: "I think they've been misled by politicians, if the politicians want the land they should buy it for them."

The current zoning of "open space", stipulates that the lands will be retained as undeveloped open space, mainly for passive activities

such as children's play areas.

Cllr Crowe said, "This green area is used by kids from all over the estate, they kick ball down there.

"I'm very open and clear in my view that open space gives us protection and that virtually nothing can happen there, and I would encourage the landowner and his agents to reconsider and reassess what works they have planned.

"Going forward I will ensure that the land is

safeguarded to be used by residents."

A Clare County Council spokesperson said: "The land in question is not in the ownership of Clare County Council. Tree cutting does not require planning permission but may require a Tree Felling license which is not a matter for Clare County Council."

Gardaí said the incident "is a civil matter between the individual and the Department of Agriculture."

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Comments from online readers

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Limerick Leader



What you're saying about stories on **limerickleader.ie** and our social media platforms

POST-MORTEM COMPLETED AS MAN REMAINS IN CUSTODY OVER DEATH OF LIMERICK BOY

Maggie Jardine

It is a tragedy for everyone, family, first responders, friends, neighbours. Sleep well beautiful boy.



Bernadette Ryan

The loss of any life is sad, but there's something dreadfully heartbreaking about a child's life ending. My deepest sympathy to his mother, family and friends. My thoughts are also with the Gardaí and emergency services who attended and I always have a special place in my thoughts for the State Pathologist. I know it's her job, but it can't be easy

Teresa Ryan

No words can explain how cruel this is may he Rest In Peace

YOUNG BOY FOUND DEAD IN LIMERICK NAMED

Jeanette Cree Ferguson

This is every parent's worst nightmare for something to happen to their child....we cannot imagine the grief and heartache his poor mother and family are facing....may god guide you and give you all strength..to a beautiful young soul taken far too soon, may you rest in peace



Gretta O'Shea

Good god. I don't know how but please give this family some kind of comfort. All the angels watch over them, all our prayers are with you

Renee Tuggle

So so sad...hope and pray for his family to pull through this, no parent should have to bury a child because of someone else taking their precious life. You were a beautiful innocent boy Brooklyn, my thoughts are with your mammy

Judith Bellew

Can't comprehend any of this! My heart goes out to his parents & family. Not only will they miss him deeply! They also got to live with how he died...nothing makes sense anymore.

Michael Deedigan

I don't even want to imagine what this family will now have to go through, it's heartbreaking as an onlooker never mind being related to this little lad. May he rest in peace and I hope the family get all the love and support they need during this difficult time

AFFORDABLE HOUSING PLANNED AS OLD GUINNESS SITE SET FOR DEVELOPMENT

Billy Curtin

Hope they put in the amenities that are needed to go with housing



Colette Sims

Why not refurb all the old council houses lying neglected around the city crazy they being left to fall to ruin !!!!

Patrick Hanley

Don't forget St Saviours community hall promised for years

Marie Buckley

Time will tell. See how it goes after the next election.



Trevor Wall was jailed for four years for attempting to rob Deerpark Dairies, Davis Street on January 17, 2018

No clean getaway for knife-robber

Culprit: Shopkeeper used mop to defend herself

DAVID HURLEY

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A DRUG addict who attempted to rob cash from a family-run shop in the city centre fled empty handed after the owner grabbed a mop to defend herself, a court has heard.

During a sentencing hearing, Limerick Circuit Court was told Trevor Wall, 30, who has an address at Woodvale, Foynes brandished a large knife when he entered Deerpark Dairies, Davis Street on January 17, 2018.

Garda Eoin Cleary said the accused – a father-of-one – entered the small store shortly before 11.30am and demanded cash from the register.

He had a knife with a ten-inch

blade in his left hand while he used his right hand to cover his face. He was also wearing a hoodie.

Garda Cleary told barrister John O'Sullivan, prosecuting, that Mr Wall "took flight" when a woman who was working at the store picked up a mop which was near the counter.

Having been alerted to the attempted robbery, the woman's husband, followed the culprit and contacted gardai.

While Mr Wall was not apprehended on the day, he was identified on CCTV and was arrested a number of weeks later.

Garda Cleary said he made admissions telling gardai that everything was a blur as he had been on a three-day drugs binge.

"I can't believe I done that. I was

loaded," he told gardai during interview.

Barrister Pat Barriscale asked the court to note that no injury was caused and that there was no financial loss to the shopkeeper.

He said his client, who has a number of previous convictions, is remorseful and that he wrote a letter of apology to the woman prior to the sentencing hearing.

Mr Barriscale said his client is now drug free and "is a much better state" than on the day of the offence.

Imposing sentence, Judge Tom O'Donnell noted Mr Wall's admissions and guilty plea but said he bore a high degree of culpability.

"Robberies of this type are all too common," he commented as he imposed a four year prison sentence.

UL slips to fifth in University Rankings list

THE University of Limerick has slipped from first to fifth in the latest Sunday Times Good University Guide.

However the Castletroy university remains in pole position when it comes to graduate employment nationwide.

UL ranked first in the 2018 rankings, but this year's title went to University College Dublin.

Meanwhile across the city, Limerick Institute of Technology ranked in 13th position nationwide, with 84% of graduates going onto employment.

57.5% of students who attend UL go on to graduate with a first or a 2:1, while that figure rises to 64.9% at LIT.

The progression rate from UL is 6th nationwide, with 89% progressing to graduation, with the figure sitting at 84% in LIT.



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LEADER CRIME BRIEFS

BY DAVID HURLEY



Male injured in vicious and frenzied Halloween attack

GARDAI are investigating what they have described as a vicious and frenzied attack in the city centre on Halloween night.

Witness to the incident, which happened near Cormarket Row at around 10pm are being asked to come forward.

"A group of around five males viciously attacked another male. They also stole a black backpack containing a black River Island wallet which included a sum of cash," said Garda John Finnerty.

The victim, whose aged in his late 30s, was badly shaken by the attack and was



Gardai at Henry Street are investigating

treated for superficial injuries.

"This attack was seen by many late night revelers and would be described as a frenzied attack. We are appealing for witnesses to come forward," added Garda Finnerty.

Gardai at Henry Street are investigating the incident and can be contacted and (061) 212400.

Purse taken from handbag as woman was dining out

A WOMAN'S purse was stolen from her handbag while she was eating at a fast food restaurant in the city centre.

The theft occurred at a premises at O'Connell Street at around 6.30pm last Wednesday.

"It was a gold River Island purse containing a small sum of cash and some ID, cards and personal items. If you have any information on this crime, then we would like to hear from you," said Garda John Finnerty who added the purse was in a handbag was hanging on a chair adjacent to the table where the woman was dining.

Gardai at Henry Street are investigating.

Puzzling theft of banner from McCourt Museum

GARDAI are investigating the theft of a large banner from outside the Frank McCourt museum on Lower Hartstonge Street.

The theft of the banner, which had the words 'Museum Closed' Oct 30th' embroidered in red and black lettering was stolen at around 12.20am last Friday.

It was attached to railings at the entrance to the museum.

"A male wearing a black peak cap and a black jacket, probably in his 30s, approached the banner and untied it carefully. He folded it and placed it under



The banner was stolen from outside the museum

his arm and walked off in the direction of the O'Connell monument," said Garda John Finnerty.

"The banner would have no value whatsoever to anybody else and it's quite puzzling as to why one would steal it. The banner was expensive to make and has enormous sentimental value to the owner," he added.

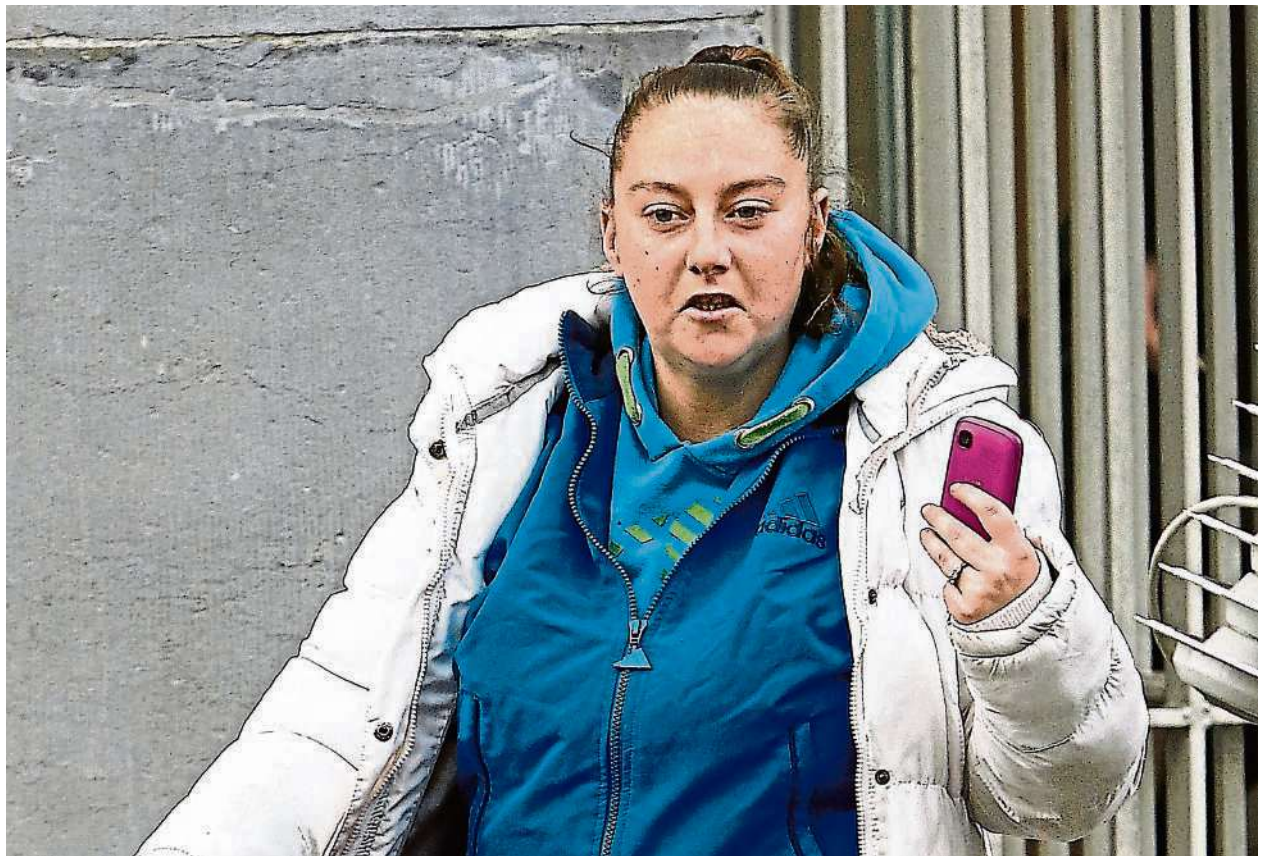
Scrap metal stolen at depot

A LARGE quantity of scrap metal was stolen from a commercial depot at Annacotty Business Park last Thursday.

According to investigating gardai, a rigid truck or a large trailer would have been used by the culprits to steal the scrap metal.

The theft, which occurred at around 11am, would also have taken some time to carry out.

Jail term for role in late-night attack on college students



Winifred O'Donoghue was sentenced to three and-a-half years imprisonment

Robbery: Serial offender had pleaded guilty

DAVID HURLEY

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A SERIAL offender has been jailed for her role in a late-night attack on a group of students in the city centre.

Winifred O'Donoghue, 32, who has an address at St Brendan Street, St Mary's Park had pleaded guilty to a number of robbery charges relating to an incident which occurred at Parnell Street in the early hours of October 18, 2018.

Four students who were targeted by Ms O'Donoghue and another woman moved out of their accommodation such was their fear following the incident which happened at Parnell Street - near Colbert Station.

The three women and one man, who are all aged in their early 20s, were returning to their accommodation following a night out in the city centre.

During a sentencing hearing, Limerick Circuit Court was told the male student was struck across the head with a glass bottle while a female student was "swung around" after her hair was grabbed by Ms O'Donoghue.

Garda Michael Dunphy said the incident happened at around 3am and that a taxi driver came to the assistance of the students and drove them home after alerting gardai.

He said the defendant stole a mobile phone from one of the students and that she



It was a gratuitous and unprovoked assault

JUDGE TOM O'DONNELL, BELOW



threatened him and "asked for money" to return it.

The iPhone was found concealed under her arm pit when she was arrested around an hour after gardai were alerted to the incident.

Garda Dunphy told John O'Sullivan BL, instructed by state solicitor Padraig Mawe, that Ms O'Donoghue can be identified on CCTV and that she made admissions following her arrest.

While none of the students submitted victim impact statements, Judge Tom O'Donnell was told they were all upset and distressed and moved "to the other side of the city" following the incident.

Barrister Erin O'Hagan said her client had "definitely taken something" on the night and was under the influence of an intoxicant.

She submitted the robbery was not premeditated and that it "appeared to be a spur of the moment attack".

Judge Tom O'Donnell was told while Ms O'Donoghue has a number of previous convictions she does not have a history of violence.

Imposing sentence, he noted she is making serious efforts to address her addiction problems in prison and that she is remorseful.

The judge said such incidents are far too prevalent in Limerick and that innocent victims are entitled to be protected from such crimes.

"It was a gratuitous and unprovoked assault," he commented.

He imposed a three and-a-half year prison sentence which he back-dated to the date of the offence.

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Tributes to UL student who died in kayaking accident

Tragic accident: Student got into difficulty in rough waters

REBECCA LAFFAN

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A UNIVERSITY of Limerick student has died following a kayaking incident in Killarney, Co Kerry.

Aisling O'Connor, a 21-year-old third-year Industrial Biochemistry student reportedly got into difficulty this Saturday, November 2, during a trip with UL's kayaking club.

The young woman, who is from Skibbereen, Co Cork and later lived in Ballyshannon, Co Donegal, was kayaking approximately 2km downstream from Lake Caragh, Glencar, Killarney, when her kayak overturned in rough waters.

Her father, David O'Connor revealed in an email to Cork's 96FM Opinion Line that Aisling's organs have been donated.

"There is not enough time or words to convey the essence and character of this simply wonderful and special person," said her father.

"She enriched the lives of everyone she encountered - loving,

bubbly, bright, vivacious, caring - I could go on and on. She was always taking care and looking out for others.

"Even in death, Aisling continues to care for, enrich and help others in need.

"My hope is that all of her organs are viable and will give the gift of life to those who need it. Aisling would not have had it any other way."

University of Limerick issued an email this Tuesday informing students of the tragic passing of Aisling.

In the email UL president, Dr Des Fitzgerald said the thoughts and prayers of the UL community are with Aisling's family. "I am very saddened to inform you of the untimely and tragic death of one of our students, Aisling O'Connor.

"Our thoughts and prayers go out to Aisling's family especially her parents Sorcha Begley and David O'Connor, her brothers Ciaran, Matthew and her sisters Clodagh and Maeve.

"We will work to support Aisling's friends, class mates and



Aisling O'Connor was a third-year student at University of Limerick PHOTO: AISLING O'CONNOR - FACEBOOK

club mates here at UL in coming to terms with this loss.

"Any student who feels they need support can contact The Chaplaincy, UL Eist and UL Student Life."

Members of the National Ambulance Service Centre (NASC) were in attendance at the scene between 2.30pm and 3pm, as well as gardai, two fire units and the Iveragh Coast Guard unit.

Aisling was reportedly airlifted to University Hospital Kerry in Tralee, while another fellow club member, a 21-year-old male, was taken to the same hospital via ambulance and is said to be in a stable condition

The two students were part of a 20-strong group of kayakers from the university's kayaking club, which has ceased all club activity for the time being.

Positive news as new car sales rise

DAVID HURLEY

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THERE was a year-on-year increase in the number of new cars sold last month for only the second time this year, new figures have revealed.

According to the Society of the Irish Motor Industry (SIMI), the number of cars which were registered in Limerick during October increased by 38% to 69 compared to 50 during the same month in 2018.

The only other monthly year-on-year increase was recorded in May when 158 new cars were registered for the first time.

A total of 4,296 new cars have been registered in Limerick so far this year compared to 3,858 during the same period of 2018.

Ford, Toyota and Volkswagen remain the three most popular manufacturers in Limerick while the five most sold models of car so far in 2019 are: Toyota Corolla (170), Nissan Qashqai (166), Ford Focus (144), Ford Kuga (142) and Hyundai Tucson (123).

According to the SIMI figures, the number of electric cars sold in Limerick in 2019 has trebled compared to 2018.

As of the end of October, 339 petrol electric cars have been sold along with 78 electric and 30 petrol/plug-in electric hybrid cars.

External consultant reports cost €1.8m

RYAN O'ROURKE

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THE Department of Employment Affairs and Social Protection has spent over €1.8m on external consultant reports since May 2016.

This was revealed by Fianna Fáil Spokesperson on Employment Affairs and Social Protection Willie O'Dea TD following a parliamentary question on this issue.

Commenting, Deputy O'Dea said, "Since May 2016 the Department of Employment Affairs and Social Protection has spent a considerable amount of money - over €1.8m - on external consultant reports. €300,000 alone was spent on a report

regarding compliance by the department with the General Data Protection Regulations, while another €280,000 was spent on an Actuarial Review of the Social Insurance Fund.

"While I recognise that much of this expenditure is necessary, it is essential that the government keeps the use of external consultants and their associated costs under review on an ongoing basis. The figures that I am referring to relate to just one government department, so I would imagine the total cost across all departments is significant.

"I appreciate that external consultants are also used to review schemes and analyse the impact of policy which is, of



Willie O'Dea, TD

course, necessary to ensure good policy outcomes, it is imperative that the Minister acts on the findings and recommendations in these reports, otherwise it is a waste of tax-payers' hard-earned money," concluded Deputy O'Dea.

The Department of Employment Affairs and Social Protection engages consultants to provide expert analysis over a wide range of areas.

Out of the payments which totaled €1.8m, a Jobseeker Customer Satisfaction Survey which took place in 2016 was one of the most costly individual reports at €124,550.

Collins hasn't been ruled out of Cabinet position

NIALL Collins, the Limerick TD involved in the ongoing 'Votegate' scandal hasn't been ruled out for a Cabinet position should Fianna Fail return to power in the upcoming heavily-touted general election.

Party leader Micheál Martin told the Sunday Independent that "I'm not ruling anybody in or out" when asked about whether the ongoing saga would affect his hypothetical Cabinet picks.

"I have been through political life. People go down and people go up," he told the paper, and referenced the

1995 incident in which Junior Minister for Finance Phil Hogan had to step down over a budget leak.

"In political life, people do make errors or do make mistakes. But I think, at a crucial time, this was an own-goal."

Collins won the Limerick seat in the 2016 General Election and had emerged as a frontbencher in recent times, prior to the 'Votegate' scandal that swept Irish politics in October.

Clare TD Timmy Dooley was also demoted from his front-bencher role in the wake of the scandal.

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Homeless figures for Limerick questioned

RYAN O'ROURKE

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OFFICIAL figures for the number of homeless people in Limerick, at 254, has been strongly questioned by Sinn Fein TD, Maurice Quinlivan.

According to the Department of Housing's official homeless figures September was the eight month in a row where the number of people in homeless accommodation was over 10,000.

"For the 8th month in a row the number of people living in emergency accommodation remains over ten thousand. In September 2019, 10,397 men, women and children were living in hotels, hubs and B&Bs. In Limerick 254 people remain homeless, while in the midwest 81 families with 142 children are still without a home," the Limerick City TD said.

The number of people who are homeless could, in fact, be much higher, he claims. "The number of homeless people is much higher, as

these government figures don't include families who are packed into their parent's homes, or those sleeping on a friend's couch until they find a house. The number of people without a home in this state is much, much higher than these official figures suggest.

"This government should be ashamed of themselves. They will leave a dreadful legacy by the time they finish up in government. Fine Gael had an opportunity in the recent budget to prioritise the

housing crisis and allocate substantial funding to address this emergency, but they just refused to do so. Instead, just yesterday, they transferred €1.5 billion into the so-called 'rainy day fund'

"The housing and homelessness crisis has now gotten so bad, people aren't surprised at these terrible figures anymore, and they think the crisis can't be fixed. But these aren't just figures and statistics, we are talking about 10,397 men, women and children here."



Maurice Quinlivan TD says that people are not surprised at these terrible figures anymore



Limerick Circuit Court was told Danielle McCormack stole hundreds of euro worth of property from Boots, William Street on two separate occasions

'Brazen' shoplifter jailed for 12 months

Recidivist: Mother-of-two has more than 40 convictions

DAVID HURLEY

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A SERIAL shoplifter who stole property worth more than €1,000 from a variety of stores and businesses in the city centre has been jailed for 12 months.

Danielle McCormack, 28, of no fixed abode, was prosecuted on indictment before Limerick Circuit Court in relation to a spate of offences which occurred on various dates between October 2017 and January 2018.

While she pleaded guilty to nine sample charges, barrister John O'Sullivan BL, prosecuting, said she had stolen a variety of property on 14 separate occasions.

Sergeant Michael Lambe said the defendant had committed each of the offences in a "fairly brazen way" by walking into the shops and taking goods without paying.

"The staff know her and she is well known to gardai," he said adding she is a recidivist and has more than 40 previous convictions.

Judge Tom O'Donnell was told she stole cosmetic products from Boots, William Street worth nearly €500, having entered the store on two separate occasions. On one occasion, she was in the store for nearly ten minutes and removed property from seven different display units.

Other stores which were targeted included Argos, Arts and Hobby, Flying Tiger Copenhagen, Haven pharmacy and Allens, William Street from where she stole a large mirror.

Sgt Lambe said the defendant made admissions when questioned about the offences but that there was no prospect of compensation being paid.

Barrister Erin O'Hagan said her

client – a mother of two – has a drug addiction problem and that this was the motivation for her offending.

She said she has completed a number of courses in prison and that she now realises she has to get her act together.

Imposing sentence, Judge O'Donnell said he was conscious of Ms McCormack's appalling record.

He said the crimes were "brazen to say the least" and that it was an aggravating factor that she was on bail at the time.

The judge said shopkeepers and business in Limerick are entitled to be protected from such offending and that he was obliged, in the circumstances, to impose a custodial sentence. He sentenced her to a total of 12 months' imprisonment directing that the sentence be served consecutively to a sentence she is currently serving for a separate offence.

Five year jail term for man in wheelchair

DAVID HURLEY

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A WHEELCHAIR-bound drug user who was caught with significant quantities of drugs on three separate occasions has been jailed for five years.

Sentencing Joseph Hayes, 57, of no fixed abode, Judge Tom O'Donnell said he was involved in what has to be regarded as a commercial enterprise.

The defendant had pleaded guilty to multiple charges including cultivating cannabis and possession of cocaine for the purpose of sale or supply. Two of the offences occurred while he was on bail having been charged in relation to the first offence.

Sergeant Mick Dunne said 20 cannabis plants (pictured), with a potential street value of €16,000, were found in the attic of Mr Hayes' then home in Johnsgate village on December 10, 2014.

A number of pellets containing crack cocaine, worth more than €4,000, were found in a shoe during a search of his bedroom.

Mr Hayes – a separated father-of-two – made some admissions and claimed the cannabis was for his personal use. However, Sgt Dunne said text messages on his phone indicated he was involved in the sale and supply of drugs.

The second seizure was made when a house at

Courtbrack Avenue, Dock Road was searched on May 31, 2018. On that occasion, cocaine worth more than €9,800 was found.

Garda Kevin Motherway said those drugs were found in clothing belonging to the defendant in the bathroom and bedroom. €870 in cash was seized along with three mobile phones and other paraphernalia.

Giving evidence in relation to the most recent offence, Detective Garda Shane Ryan said 98.2 grammes of cocaine, worth more than €6,800, was found in the defendant's bedroom at a house at Vartry Avenue, Raheen on March 6, last.

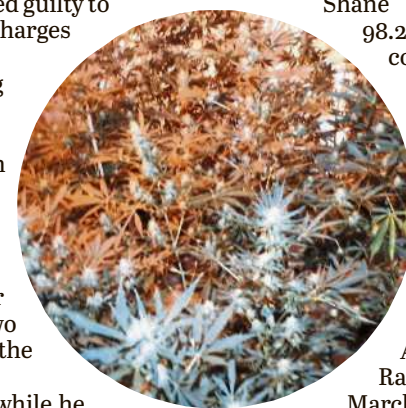
The drugs, he said, were found in seven bags of various weight and Mr Hayes admitted he had intended selling some of the drugs and using the remainder.

Mark Nicholas SC said his client had been "blighted with health difficulties" and that some of the cannabis was being used for pain management purposes.

He said Mr Hayes made admissions following his arrest and he submitted his client had been naive and that the case should be seen in the context of his chronic pain.

Judge O'Donnell said the "highly organised" nature of the offences and the fact that Mr Hayes was on bail were aggravating factors.

He imposed sentences totalling five years' imprisonment.



HSE Mid West
Community Healthcare

Castletroy Park
Medical Centre

Castletroy
Primary Care Centre

PUBLIC NOTICE

HSE Mid West Community Healthcare's new Primary Care Centre in Castletroy will open on Monday 11 November 2019.

Members of the Primary Care Teams will provide a range of Services including Nursing, Speech & Language, Occupational & Physiotherapy to People living in the Community.

The Primary Care Centre is located in the Castletroy Park Complex in Castletroy

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PET RESCUE



Limerick Animal Welfare based in Kilfinane, rescues animals in distress and helps to find pets a new home. Below are some dogs and cats available. LAW is open seven days a week from 12pm to 3pm. An adoption fee ensures that all pets come vaccinated, wormed, microchipped and neutered, and home checks apply. For more information, phone 087 6371044.

Looking for a new home



Winston is a 4-month-old white and black kitten. He is very friendly and loves hugs and cuddles. Winston will make a fantastic pet to any home. For more information on Winston, visit the sanctuary cattery. We are open daily from 12 noon until 3pm. Adoption fee is €100, he is neutered, wormed, vaccinated and litter trained.

Matthew is looking for a home. He is 6 months old. Matthew is a great companion and enjoys having your company. For more information on Matthew, visit the sanctuary cattery. We are open daily from 12 noon until 3pm. Adoption fee is €100, he is neutered, wormed, vaccinated and litter trained.



Chester is currently looking for a new home. Chester needs an understanding home where he can get used to his new surroundings. He is very friendly and is great with other dogs. For more information on Chester, visit the sanctuary any day between 12pm and 3pm. Adoption fee is €150, each dog is neutered, wormed, vaccinated and microchipped.

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Representatives from SSPC receiving the award for Research Centre of the Year at the 2019 Pharma Awards

The drugs do work! UL research lab wins national pharma award

SSPC, the Research Centre for pharmaceuticals at the University of Limerick, took home two awards at the recent Pharma Industry Awards, writes Mike Finnerty.

SSPC took home Pharma Research Centre of the Year and the Pharma Education and Training Award at the ceremony in Dublin.

The national research centre is led by the University of Limerick at the Bernal Institute.

"SSPC have had many worthy highlights over the last year," said

Denise Croker, SSPC executive director.

"To be recognised this year is a great honour and represents our commitment to research excellence, advancing talent, societal engagement and global impact."

"People are a central importance to making a research centre successful, as all the high-level outputs happen because of all the partners support, involvement and global networks," she added.

2018 was significant for SSPC as

the Centre secured the outcome of their Phase II SFI Research Centre application with a total value of €61M.

SSPC published 164 journal articles, yielded over 30 highly skilled researchers and accumulated an additional €7.5M in funding revenue.

Since launching in 2014, the Pharma Industry Awards has established itself as the benchmark for excellence in the Irish pharmaceutical industry.

Halloween chaos on city bus routes

Safety: NBRU call for a Garda Public Transport Unit

RYAN O'ROURKE
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THE National Bus and Rail Union has called for a dedicated Garda Public Transport Division to be established immediately, following a number of serious incidents in Limerick and across the country on Halloween night.

According to reports, large crowds of students at the University of Limerick resulted in buses being redirected after 8pm.

Incidents involving the throwing of fireworks, eggs, and stones also led to buses services being cancelled in O'Malley Park, Ballynanty and Carew Park.

Speaking on behalf of the National Bus and Rail Union, general secretary Dermot O'Leary said, "The withdrawal and/or curtailment of public transport services because of the loutish behavior we are witnessing on an almost daily basis is patently not fair on the



We are now calling on all politicians to insist that this Government acts before it's too late

DERMOT O'LEARY

hundreds and thousands of law-abiding citizens that use these services.

"The NBRU will continue to monitor the anti-social behaviour and downright thuggery that has become pervasive across bus and rail services. The spectre of service withdrawals, similar to those withdrawn on Halloween, looms large over our transport system. We are now calling on all politicians, from all parties and none, to insist that this Government acts before it's too late

"The NBRU has been campaigning for a Garda Public Transport Unit to be established for some time, the Government, both Ministers Ross, and Flanagan, should heed the concerns of public transport workers and not allow for the appalling vista of someone suffering serious injury or worse before action is taken"

Elsewhere in the country a female driver in Cork was threatened with rape, and had to lock herself into the cab of the bus as youths kicked on the door. The incident occurred on Thursday evening on the 220 service at Carrigaline. It was also reported that in Ashbourne in Co Meath, a large firework exploded inside the open door well of a bus.

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► PUBLIC MEETING ◀



CHAired BY:
Senator
Paul
Gavan

FIXING LIMERICK'S BROKEN HEALTH SERVICE

Monday 25th November
at 8pm
Pery's Hotel,
(GLENTWORTH STREET, LIMERICK)

Sinn Féin 



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EN9606-01 -T Fillet in MMA, MIG, TIG Stainless, TIG Aluminum and Oxy- acetylene

Course Duration:

26 weeks, including 9 weeks work experience

Proposed start date:

6th January 2020

Location:

Further Education and Training Centre,
Raheen Campus, Limerick

Cost:

This traineeship is free of charge to eligible applicants. Those in receipt of a Department of Employment Affairs and Social Protection payment may be eligible to receive a training allowance.

This provision is co-funded by the Government of Ireland and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning 2014 -2020.





Where it all began: Former Dunnes Stores staff members, Doireann Garrard, Caroline Duhig and Sarah O'Carroll, who all worked in the Sarsfield Street store as their first jobs in their late teens, came back for one final visit

One last look into the past

Before University of Limerick start their new build, the old Dunnes Stores on Sarsfield St was opened to the public for the last time

Pictures: Adrian Butler **Words:** Rebecca Laffan



Kara, Maria, Tommy, Siobhan, Lauryn and Barry O'Sullivan, Westbury

Maria: "I remember going down to Harry's cafe with my grandmother, the pictures here today bring back so many memories from years ago. The city campus is better than this place being left derelict, and it's the first thing people see when they come into the city so it's great that it's being used for something finally."

UL's new city campus will bring with it 330 jobs and 4,000 students in the next five years, it was announced on Friday, November 1.

Pauline Fenton, Boher, Deirdre Burns, Ennis and Therese Gaffney, Castletroy

Pauline: "I remember coming in here with my mother and doing the shopping, it's nice to be back again."

Deirdre: "I'm not sure about the new city campus, I thought this would have been a fabulous place for a great cinema for the city which we don't have. In terms of accommodation, I don't think the city is ready for that many students. But it would be great to see so many young people."



Mickey Cashell and Fionn O'Tuama, LSAD students

Fionn: "Hopefully the city is ready for it, I think it can bring with it a lot of good things. I'd love to see a more creative department here in the city, perhaps architecture. My main concern would be accommodation and students commute into the city centre."



Sinead Erbayraktar, Tina Graham Murphy and Rose Smith Ryan

Tina: "We have great memories here together. If the new students are as happy as we were here then it'll be great."

Candid Comment

By SPARTACUS

● THE University of Limerick is planning to open a city campus, which is great news for the city.

Go to any major Irish city like Galway, Cork or Dublin and you can't move for students who are gathering and socialising in the city centre.

Not so much in Limerick. Shop Street in Galway is thronged with students day and night, and you can't get room on a Luas most days because of students... but the same can't be said of Cruises Street or the 304 bus service.

Hopefully the injection of young bodies into our city centre will bring the city's pulse back from the brink.

The next thing we need is plenty of new accommodation in the city centre, so that many of these new students and staff live in the city.

● KING John's Castle continues to be one of the best options, when trying to entertain visitors and friends who are visiting Limerick.

A drive to the Cliffs of Moher and Bunratty, along with a visit to Adare, are on many peoples list, but a quick trip to our famous castle is highly recommended when doing your best.

Good to see this week that Shannon Heritage, which operates King John's Castle, announced details of its new membership scheme.

The new annual pass was launched in conjunction with the 'Release the History - Step Inside King John's Castle' campaign, and will give holders year-round access to the historic Castle.

The charges are not exorbitant either with family membership of two adults and four children at €75 and adult membership at €50 and senior citizens at €40.

As the old Limerick saying goes, "Support Your Own."

● Halloween is done with and before Spartacus can draw a breath after that over-inflated annual event, we turn around and find it's Christmas.

In Ballinacurra, one house was spotted that had Christmas lights draped on a tree in the front garden and another that actually had a Christmas Tree up in the front room.

Normally we blame the shops and the machinery of capitalism for forcing Christmas upon us, but their prompting is getting through and people are clearly internalising the message.

It used to be December 8 that heralded the Christmas run-in; there was a religious feast to mark the run-in to the big day and the shops duly declared that "the shopping day".

Spartacus admits that is hopelessly outmoded now in this era of permanent shopping, but, people, you don't have to play along. Resist! You are not powerless. Keep that box of decorations in the attic. Turn away from that "big sale" poster in the window inviting you to "save money".

Turn away and turn the dial away from Christmas FM. Be like Lyric FM that refuses to play any Christmas songs until December 8.

You can make a difference, because if you don't, soon you'll be waking up on St Stephen's Day and Easter is going to be in your face!

● With less than 50 days to go to Christmas, coffee giant Starbucks has re-introduced its famous red cups and festive favourites such as the Gingerbread Latte and Toffee Nut Latte.

However, for those who want to indulge themselves between now and December 25 take note - A grande or venti-sized festive latte - with fresh cream on top - will set you back at least €5.

Spartacus, for one, will be indulging over the coming weeks and is looking forward to a happy and sweet Christmas season.



Lynn Christianson and Shauna Doran, Garryowen

Lynn: "We used to come in and do the shopping, and then head straight to Harry's for toasted sandwiches - they had the best coleslaw in Limerick! And then get a magazine in Greetings."



Brid O'Brien May, Grange, and Ann Marie Kennedy, Effin

Brid: "Harry's used to be the place to meet when I was younger - they did the best food. It's strange but good to be back, and it's great to see something being done after 12 years of this being empty, it feels longer than that."



Jean Ryan, Raheen, and Grainne Ui Chaomhanaigh, Fedamore

Grainne: "My aunt owned The Nook back in the day, near here. I remember this building as a child, when I used to help with the shop."



B.Eng. in Electronic Engineering graduates, Kenneth Griffin, Castletroy Limerick, Daniel Nash, Brosna and John Gammell, Kilmallock with Prof. Vincent Cunnane, president LIT

LIT CONFERRING CEREMONIES

Pictures: ALAN PLACE



Prof. Vincent Cunnane, President LIT with Limerick hurler and B.Bs (Hons) Enterprise and Innovation graduate Diarmiad Byrnes



B.Eng in Manufacturing Technology graduate Barry Place with Emma Place B.Eng



B.A. (Hons) in Business Studies with Event Management graduates, Sorcha Mulqueen Kelly, Dooradoyle, Laura Molyneaux, South Circular Road and Fiona McGovern, Ardnacrusha



Jennifer Moran Stritch, Lucy Barry Dawkins, M.A. by Research and Carmel McKenna



B.Bs. (Hons) in Accounting and Finance graduates, Sarah McSweeney, Patrickswell, Karen Walsh, Coonagh and Chloe Dineen, Fedamore



B.Sc. (Hons) in Forensic and Pharmaceutical Sciences graduates, Aisling Dee, Mungret and Grace Roberts, Clarina



LEFT: B.Sc (Hons) in Interactive Digital Media graduates, back row left to right, Gavin O'Regan, Kilmurry, County Clare, Marks Pavlovskis, Limerick, Vincent O'Dea, Cranny Co. Clare and John Bowman, Co. Limerick, front row left to right, Olivia McNeely, Knockmpre Co. Mayo and Chloe Flynn, Co. Limerick

ABOVE: B.Sc (Hons) in Construction Management graduate, Patrick Humphreys, Monaleen Co. Limerick with his parents, John and Diane Humphreys and Prof. Vincent Cunnane, president LIT

RIGHT: Niamh Keane, Limerick with B.Eng in Industrial Automation and Robotic Systems graduate, Joseph O'Dea, Kilrush Co. Clare and B.Sc. in Creative Broadcast & Film Production graduate, Jamie Birrane, Limerick



M.Bs in Marketing and Management graduate, Katie Hennessy, Limerick



Elaine Helen, Head of Estates at LIT who conferred with a Master of Engineering (by Research) with Prof. Vincent Cunnane, president LIT and Dr. Liam Brown, vice president research, Development, Innovation, LIT



B.Eng in Industrial Automation and Robotic Systems graduate, Victor Szultka, Rosbrien Limerick with his daughters, Sofia and Hannah



B.A. (Hons) in Business Studies with Travel and Tourism Management graduates, Kelly Curran, Galway City and Aisling Duignan, Ennis Road



B.Sc. (Hons) in Music Technology and Production graduate, Andrew Morrison with his son Joshua, 2



Making Cents

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What to do if you're made redundant – (continued)



Not your fault: Most of the time you can't do anything about being made redundant

AS promised last week, I'm continuing with the theme, of what you should be doing if you were made redundant. I'm going to outline what I believe you need to think about and focus on, and there are 10 of them – consider them your redundancy checklist.

1. Know your numbers

If you don't know how much you're spending each month, find out, because the basis for your financial plan starts with estimating how much you'll spend during the time you're unemployed.

And you want to know the exact amount, don't guess.

Spend some time on this because it's important.

2. Know what your runway number is

Your runway number is the length of time you're existing savings and termination payment will last for, until you run out of money. And knowing how much you spend each month is critical in finding out what your runway number is.

So, if your savings/termination payment amount to €80,000 and the amount you spend each month over whatever other income you have i.e. job seekers benefit/partners income is say €4,000, then you have 20 months before you need to find that new job.

3. Know what your termination package is and understand what your options are

Your employer is likely to provide you with help in this regard i.e. they will get the administrators of the pension scheme to meet with you to discuss how they arrived at the termination payment they are offering, and what inputs they used in their calculations. You need to make sure the numbers they are using are correct i.e. the correct salary, years of service with the company etc. I've seen it happen in the past where the length of service used was incorrect and even if they were out by a couple of months, the difference to you could be thousands of Euros so read the fine print.

4. Stay calm

You need to remind yourself that you're not alone, and you're not responsible for a product coming off patent, or that Brexit is happening because of you etc. and no matter how terrible you feel right now, try to remember, the long term prognosis is better than you think.

5. Speak with your creditors

If you're concerned that you might not be able to meet future mortgage or personal loan repayments, you should contact your creditors and tell them about the situation you find yourself in.

6. Sign on

You should apply for job seekers benefit the first day you become unemployed. It's paid for nine months (234 days) for people with 260 or more PRSI contributions and six months (156 days) for people with fewer than 260 PRSI contributions paid. The maximum amount payable is €203 per week assuming your average weekly earnings were > €300. If they were less, the amount you receive is reduced e.g. average earnings between €220 and €299.99 the payment becomes €159.

7. Network

It's estimated that upwards of 85% of open positions are filled through networking. And why this percentage is so high, is because there is a hidden job market, you're not aware of.

Did you know that as much as 80% of new jobs are never advertised and are either filled internally or through networking i.e. someone who's employed and refers and recommends a person to their employer. You could be focusing your time and energy looking at only 20% of what jobs are actually

DID YOU KNOW?

The little boy (real name Gary Guffey) abducted in the 1977 film *Close Encounters of the Third Kind*, now works as a financial adviser.

available and missing out on the 80% that are available through networking.

8. Don't Forget About Your Pension

One of the biggest mistakes I see people make when leaving a job is overlooking or not paying enough attention to the pension, they built up in their time with the employer they're leaving.

You could have built up a significant amount but regardless of what the amount is, know what your options are, and you typically will have four.

I would suggest you get independent financial advice and explore which option is best for you. There is a very obvious conflict of interest getting advice from the pension administrators which is why I would reach out to a third

party, someone who isn't getting paid by the employer you're leaving.

9. Enjoy Your Time Off

You could have been working non-stop for the same employer for years, and this period of forced time off, is one you should take and enjoy guilt free. Anyone, I've ever met who has taken time out, before returning to work, have said it's the best thing they've ever done. You may need to pause and re-charge your batteries and reflect on what you want for the next period of your working life.

10. Don't be in a rush to do anything with your severance package

I come across people all the time who are in a mad rush to spend their severance package. They want to pay off debt, take a chunk off their mortgage, give some away to their kids, invest it etc.

I would caution against doing that, I would advise you take your time making any decision and when you do, make sure you know the impact of your decision, and how it interacts with other areas of your finances.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, I received a call yesterday from someone claiming to be from my credit card company, saying there was a

suspicious transaction on my account. I had closed my account six months ago, so I knew it was a scam call, so I just hung

up, but I wanted to let you and your readers know just in case others receive the same type of call.

A. First off, thank you for bringing this to our attention. I had a similar call myself last week. I received an automated message saying there was a

transaction on my visa card in the last 15 minutes, in the amount of €600 and they wanted me to verify that it was correct.

And I had to do so by pressing 1 on my phone, and that would take me through to a customer representative, who is actually a criminal, who will

try get information from me about my account i.e. card number, expiration date, credit limit, CVV number etc. or ask me to make a payment (to them).

Criminals make up fake situations in order to get a reaction out of you, so you'll give up information to them and that's what's happening

here. If you ever receive a call like this and you're not sure if it's legitimate or not, don't follow any instructions you've been given.

Hang up and call your bank though it's official contact numbers and check with them if it was them who was trying to call you or not.

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BREAKING NEWS

The Leader
LIMERICK LEADER



UL students honoured at Regeneron awards event

Technology: Company recognises outstanding research projects

NICK RABBITTS
 nick@limerickleader.ie

THREE University of Limerick students have been rewarded for their excellent research projects in science and engineering.

Science students Emily McMahon and Fiona Neylon along with Engineering student Aoife Walsh, plus have scooped prestigious Regeneration Ireland College awards.

Now in their second year, the awards are a collaboration between Regeneron and two universities – the University of Limerick and University College Cork.

The awards acknowledge outstanding research projects which are presented by selected students pursuing degrees in science and engineering. The winning students are awarded a generous bursary to support their studies, a paid placement at Regeneron and a Regeneron employee mentor to help them take the first steps of their careers.

To participate in the award selected students submitted a presentation on a specific topic related to their academic course. The shortlisted candidates were invited to present their findings to a group of senior Regeneron managers who selected the winners.

Niall O'Leary, vice-president and site head of Regeneron, which employs over 800 in Raheen, said, "Regeneron's people make us who we are, and our passion for science is something that we want to encourage in third level students across in Ireland. Regeneron not only offers a compelling career, but



also a unique culture where individuals are inspired to collaborate, think big, push boundaries and change the world. We congratulate all our worthy winners – we look forward to watching you thrive in your careers in science, technology, education and maths, and we hope this award supports you on that journey."

Dr. Witold Kwapinski, chemical and biochemical course director at the University of Limerick, said: "These awards give students an extremely advantageous opportunity to learn

UL winners Emily McMahon, Fiona Neylon and Aoife Walsh, Mooncoin, flanked by Niall O'Leary, vice-president

from the best and get a world class experience in a company that is right on our doorstep. Our collaboration with Regeneron provides students to pursue meaningful roles that fully utilises their scientific and engineering knowledge and gives them the opportunity to reach their maximum potential." Three further students from University College Cork also won prizes. They were master of science biotechnology students Róisín O'Connor, Kevin Lally and Kevin Russell.

Nod for Rahi Systems

RAHEEN-based global IT solutions provider Rahi Systems is shortlisted in two categories at the national Invest in Ireland awards.

Backed by the IDA, the awards acknowledge companies which make a significant contribution and commitment to foreign direct investment here.

One of 22 multinational firms to be shortlisted, Rahi has been acknowledged in the over 10 categories and this year they have been acknowledged in the



Marcus Doran,
Rahi Systems

excellence in regional investment' and emerging business investment of the year' categories.

Vice-president of Rahi Systems Europe Marcus Doran said: "It's an honour to be nominated for such a high calibre programme that recognises the best of Ireland's multinational business community."

Funding for drink companies

BORD Bia, Enterprise Ireland and Teagasc are calling on food and drink entrepreneurs from across Limerick to apply for its Food Works programme, which provides supports worth over €50,000.

The 2020 recruitment campaign for the programme is well under way, and Nicola Nic Pháidín, Enterprise Ireland said: "It is the only programme of its kind in Ireland, where three government agencies have come together to help develop innovative food and drink start-ups into commercially viable businesses with export potential."

"This year we are looking for scalable and export driven Irish food products that satisfy a genuine market need," she added.

More information is available at foodworksireland.ie

Scheme engineers shortlist inclusion

TWO initiatives from the region have been shortlisted for engineering excellence awards.

Limerick for Engineering, an industry led consortium of service companies which encourage careers in the discipline, has been shortlisted in the Engineering Education award, sponsored by Accenture.

It's a collaboration with education and training providers, with a single shared ambition – to increase the quality and quantity of engineering talent, at every level, in the region.

Meanwhile, Limerick Council has been included in the heritage and conservation award category, sponsored by the OPW for its work in Kilmallock's west wall walkway, something ongoing since 2008.

Founded in 2010, the Engineers Ireland excellence awards recognise the achievements of engineers who have demonstrated exception skills.



Bernal Institute students Noel O'Sullivan, Rachel Kennedy, Shahrzad Daghighi and Nastaran Nourmohammadi

Caroline Spillane, director general of Engineers Ireland said: "The projects shortlisted for 2019 Engineers Ireland Excellence Awards are a testament to the reputation and talent of engineers and

showcase the many creative and ingenious solutions engineers implement for communities in Ireland and overseas."

ESB chief executive Pat O'Doherty added: "Engineers make an incredibly valuable contribution to society and play a critical role in addressing some of society's biggest challenges, from providing renewable energy to delivering smart, sustainable infrastructure and protecting our water supplies. It is important therefore that we work collectively to inspire young people to consider engineering as a career choice, so that we can build the skills necessary to meet the long-term needs of our society."

Projects nominated in other categories include the new Centerparcs in Longford, and Dublin Port's new ro-ro jetty.

The awards ceremony takes place on Friday, November 15 next.

The Strand roasts the competition

IT'S official, the overall winners of the Knorr Professional Ireland's Great Roast 2019 competition have been announced.

The Limerick Strand Hotel won the best hotel roast in this year's hotly contested competition.

Previously known as the Great Carvery of the Year competition, Ireland's Great Roast is considered one of the top culinary

competitions on the island of Ireland. Venues from right across the four corners of the island entered and the Limerick Strand Hotel was up against some fantastic competition.

Jim Reeves, customer director at Unilever Food Solutions, made a surprise visit to the Limerick hotel to congratulate them on their success.

He said: "Once again this

year the standard of the food served was fantastic but the two winners (there was a pub category also) were exceptional.

"I believe these awards are important in recognising the work and effort that goes into sourcing top quality ingredients and preparing and serving delicious food every day. It's a huge credit to the venues' management, chef and serve teams."

Speaking about their win Stephen O'Connor, general manager from Limerick Strand Hotel said "We're absolutely thrilled to win the overall award for Ireland's Great Roast.

"Massive credit goes to Tom and our culinary team who go to great effort to ensure we consistently provide an outstanding menu for our customers," he added.



Claireann McKeown, marketing executive Limerick Strand Hotel; Jim Reeves, customer director Ireland Unilever; Tom Flavin, executive chef Limerick Strand Hotel, Stephen O'Connor, general manager Limerick Strand Hotel and Nigel Murray, sales development representative, Unilever at the presentation of Ireland's Great Roast award PICTURE: LIAM BURKE/PRESS 22




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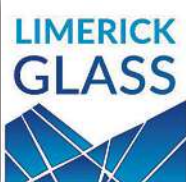
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ENTERTAINMENT

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

Limerick's Wilde Weekend

LIMERICK'S cultural scene will be given a Wilde injection of whimsy this weekend, with *A Wilde Fan* taking to the stage at the Belltable.

Running from Thursday, November 7 until Saturday, November 9, Myles Breen's "fan letter" to the Irish literary great will have "something for everyone" - from the obvious "staples" such as *The Importance Of Being Earnest* to "deeper, darker cuts," such as *Salome*.

The play is Myles Breen's homage to Wilde, who said he wrote the play "just so I can say his magnificent words".

A Wilde Fan takes to the stage at 8pm each night, and tickets range from €15-€18, and are still available on the Lime Tree Theatre website.



Mulcahy to release new album

LIMERICK city composer and electronic musician, Paddy Mulcahy, is to release his next album next week.

Mulcahy, 26, will release *How To Disappear* next Friday, November 15.

The album is layered with his strong ambient, minimal techno and contemporary classical influences.

The Ballinacurra Road musician was due to perform at the National Concert Hall for an environmental awareness gig, but the 21-act show was cancelled last week.



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AC/DC
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KASBAH | DOLANS | DOCK RD. | LIMERICK
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TICKETS: €18 + BF from dolans.ie & Ticketmaster
DOORS: 8pm | Over 18s only | I.D. required | R.O.A.R.

BRIAN DEADY
DOLANS WAREHOUSE
3-4 DOCK ROAD, LIMERICK
FRI DECEMBER 6TH 2019
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WILD YOUTH
LIVE AT THE BIG TOP
THE MILK MARKET, LIMERICK
FRI DECEMBER 6TH 2019
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The Alvin Purple Experience
Christmas Party
DOLANS WAREHOUSE
3-4 DOCK ROAD, LIMERICK
FRI DECEMBER 13TH 2019
TICKETS: €11 from dolans.ie / €15 on the door
DOORS: 9pm | Over 18s only | I.D. required | R.O.A.R.

David Keenan
DOLANS WAREHOUSE
3-4 DOCK ROAD, LIMERICK
SUN DECEMBER 15TH 2019
TICKETS: €20 + BF from dolans.ie & Ticketmaster
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ALL SHOWS ARE OVER 18'S ONLY (UNLESS STATED OTHERWISE) | I.D. REQUIRED | R.O.A.R.

BIG NIGHT OUT @

FUN HALLOWEEN NIGHT AT MOTHER MAC'S & SMYTH'S BAR



Kate Herbert, Natasha Gaughan, Rebecca Noonan and Sarah Shanahan at Smyth's Bar PICTURES: DAVE GAYNOR



Andrew McGrath, Cian Quish, Paul O'Heney and Sean Burke at Smyth's Bar



Stuart McNamara, Martina Lysaght and Rob Cross at Mother Mac's



Laura Kenny and Ava Lynch at Smyth's Bar



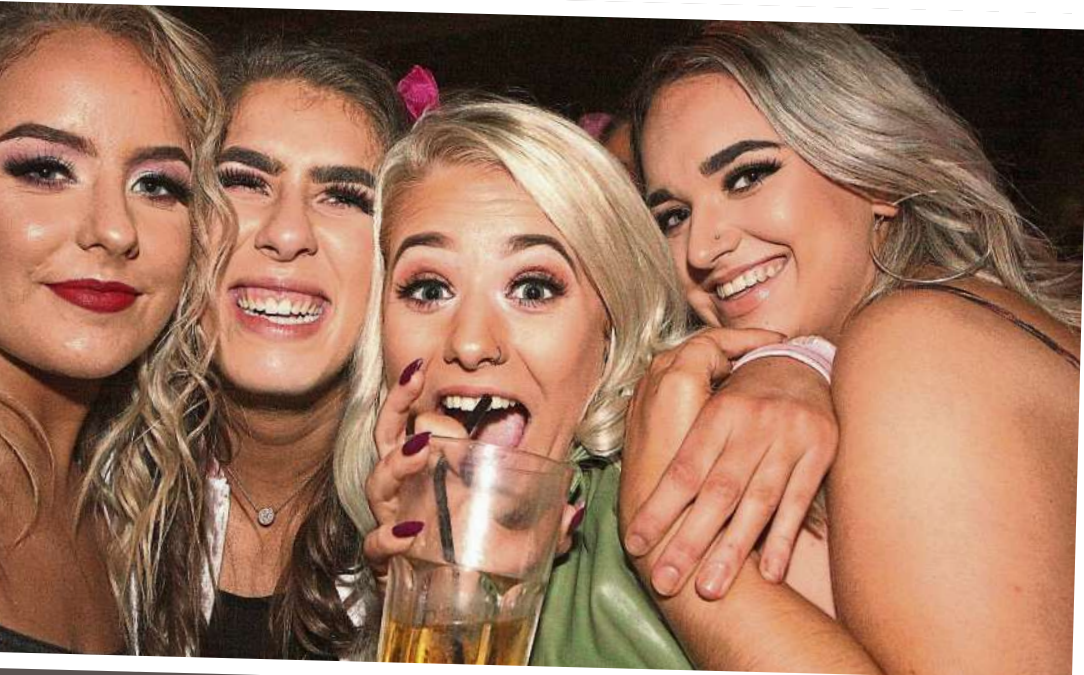
Anna Moriarty, Mark Connolly and Una O'Sullivan at Smyth's Bar



Bronwin Linnane and Aine Lynch at Smyth's Bar



Siobhan O'Keeffe and Sean Broderick at Mother Mac's



Ashling Magner, Elaine Fitzpatrick, Kayleigh Roche and Ciara Larkin at Smyth's Bar



Roisin Lynch, Miriam Dowling, Amy Doyle and Susan Mason at Smyth's Bar



Craig Thompson, Erika Mulcare, James Dee and Laura O'Gorman at Smyth's Bar



Jack Lynch, Cathal Kavanagh and Johnaton Horgan at Mother Mac's



Megan Cashin and Clíodhna Barrett at Smyth's Bar



Lauren Ryan and Roisin Glynn at Smyth's Bar

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COLLEGE PLAYERS THEATRE COMPANY PRESENTS

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A Wilde Fan is at the Belltable this week

THINGS WHAT ARE ON IN LIMERICK



ABOVE: Croi Glas double-bill at Dance Limerick this Thursday



RIGHT: Thanks Brother play the Kasbah this Friday PICTURE: MIGUEL RUIZ



Whenyoung play Dolan's this Friday

THIS weekend in Limerick you can get yourself to some of the best music gigs you'll see all year, catch a great dance double-bill, see the world through the eyes of Oscar Wilde and spend an afternoon ferreting through the prized possessions of dead people. Plenty of variety to keep you occupied!

Thursday (Nov 7)

A Wilde Fan is a deep-dive into the world of Oscar Wilde by Bottom Dog Theatre Company, at the **Belltable** from Thursday to Saturday this week. Myles Breen's solo show will feature excerpts from Wilde's writing, as well as his own added wit. At its heart, it's a performance about the clash between the public and private faces of Wilde - the virtuoso versus the lone writer, the lounge-room quipper compared to the occasionally-tortured nature of his personal life. You can expect to laugh and expect to cry. I like to think that were Oscar Wilde alive today, he'd be presenting a beloved Talk On The Wilde Side show on RTE every Friday night. 8pm each night, tickets are €15 on Thursday and €18 / €16 concession on Friday and Saturday.

There's a double-bill by **Croi Glan Dance Company** at **Dance Limerick** this Thursday night. **Visible And Invisible** is sold as "a physical and aural narrative of travel, migration and change", while **Too** "delves into the deep and complex territory of gender experience". Like most dance performance blurbs, that tells you next to nothing but Cork-based Croi Glan are among Ireland's most exciting dance companies, working with both disabled and able-bodied dancers, and anything choreographed by John Scott and Tara Brandel is always worth seeing. Dance fans are in for a treat. 8pm, tickets are €14 / €12 concession.

Over a hundred students and faculty members of the Irish World Academy will be on stage in the

It's another #WeekendInLimerick – and what a weekend! **Seamus Ryan** has the lowdown

University Concert Hall for the **Limerick Fling** this Thursday. It's a musical celebration of the talent at UL's Irish World Academy and will feature the Academy's faculty and students doing what they do best: music, dance and song. It'll be headlined by Irish singer-songwriter **John Spillane**, with **Fidget Feet Aerial Dance** adding some circus pizzazz. 8pm, tickets are €20 / €15 concession.

Friday (November 8)

Slowing Down is a weekend exhibition of work by artist **Declan Greene** at **Lucky Lane**. It opens on Friday at 7pm and runs till Monday. Free to see.

Enya Martin brings her observational comedy show to **Dolan's Warehouse** this Friday night. She's racked up millions of views on Facebook for her sassy videos about Dublin huns and Irish mummies and her Giz A Laugh page has made her a hit with international audiences as well as Irish people willing to laugh at themselves. Three sold-out nights in Vicar Street is not to be sniffed at. Doors at 7:30pm, tickets are €20.

Indie pop duo **Thanks Brother** play the **Kasbah Social Club** on Friday. Accomplished musicians in their own right - John Broe as lead singer of Miracle Bell, Roisin O as a solo artist - together they sound like Tori Amos would after three glasses of whiskey, a quick fumble

with Haim and discovery of a drum machine. That's a compliment. They've played support slots for the Coronas and Gavin James and certainly deserve their own headline show in a giant mucky field. Doors at 8pm, tickets are €15.

Martian Subculture, aka local lad **Evan O'Malley**, creates superb lo-fi psych rock and you can get a multi-hour blast of what

he's up to this Friday night in the **Record Room**. His lyrical themes range from loneliness to planetary exploration, which might not sound particularly uplifting but he lays those lyrics on top of upbeat indie soundtracks that will make you feel like you're hearing something happy even while the desolate pointlessness of the universe soaks into your soul. If you have somebody who really likes hugs, bring them along. Doors at 9pm, tickets are a fiver.

Saturday (Nov 9)

Trad takes over the **Lime Tree Theatre** this Saturday, as the **Kilfenora Céili Band** take to the stage for a night of multiple fiddles trying to drown out the sound of a banjo. There are thirteen members of the band, unlucky for some but apparently not for them as they've been touring since 1912. Yes, they've had a few personnel changes over the years. But like the Ship Of Theseus or Trigger's broom, it's still the same band. They also headlined the acoustic stage at Glastonbury in 2009. 8pm, tickets are €27.50.

Singer-songwriter **Jack Lukeman** plays the **University Concert Hall** on Saturday. His gravelly baritone voice and incurable showmanship have made him wildly popular with Irish audiences over the past two decades and he'll be singing plenty of songs from his fine 1999 album

Metropolis Blue to celebrate its 20th anniversary. 8pm, tickets are €25.

Indie trio **Whenyoung** play **Dolan's Warehouse** on Saturday night. If you were lucky enough to see their upstairs gig in the Dock Road venue a year ago, you certainly will want tickets to see them again but if you're unfamiliar with the band, I can't recommend this gig enough. Their debut album **Reasons To Dream**, released last May, is probably the best Irish record of the year, featuring the band running through jangle pop and shoegaze as though the genres were their native languages. They're superb and this show is easily the gig of the week. They'll be supported by sing-speak artist **Sinead O'Brien**, worth the ticket price on her own. Doors at 9pm, tickets are €14.

It's been well over a year since Limerick has had a **Lower Your Expectations** night but techno impresario Jack Brolly is back with a bang this Saturday, giving the city a night headlined by Club Comfort resident **DJ Baliboc** and the fantastic **Gemma Dunleavy**. They'll be supported by **DIENight** regular **Adam Sixs**. **Pharmacia** doors open at 9pm, tickets are €7.

Sunday (Nov 10)

If you feel that you haven't got enough old tat in your life, the **National Antiques Fair** in the **South Court Hotel** is your chance to hoard some more. Remember: your house isn't really full of stuff unless you have to crawl into your living room. 11am to 6pm, tickets are €5.

All weekend

Mariele Neudecker's Sediment exhibition is at the **Limerick City Gallery** until November 17. The **Open Minds** exhibition at the **Hunt Museum** runs till November 24. Both free to see.

That's your lot for this weekend and, as always, if you go to things, there will be more things!



Comedy with Enya Martin in Dolan's Warehouse this Friday

LEADER LIFE

* Fashion, Beauty, Health, Fitness and more from Limerick's Best Columnists



A Day In My Shoes

Gerry O'Brien

Limerick Motor Centre

Gerry has a need for speed

What time do you get up?

I get up around 7am as I am living in Clare and commute to Limerick every morning.

What is your normal breakfast?

Cornflakes, tea, toast and a glass of orange juice.

Do you go for a walk or to the gym before/after the office?

During the summer I would take a stroll after work or a spin on the quad to relax after a hard day.

You arrive at office at what time?

Depending on traffic, around

9am.

What are your first duties?

Check emails and messages and any leads for sales from the previous day.

How many cups of coffee/tea would you drink a day?

I make six, drink two, if I'm lucky.

What is normal lunch - do you have a favourite place?

Any good homely food - my favourite place is Morrisson's Bar.

Do you have many meetings during the day?

Depending on sales it varies

from two to six meetings.

What time do you finish up at?

I try to finish up by 6pm.

Do you watch much television?

No, not a television person. I'd watch it on the rare occasion if there is something I like - mainly GAA.

Do you read the newspapers?

These days I read the newspaper online.

What do you do to relax?

I'm very involved in organising motor sport events and that, believe it or not,

Gerry O'Brien, of Limerick Motor Centre

PICTURE: MICHAEL COWHEY

relaxes me.

Are you able to leave the office behind?

Depends on the time of year. From November to February, no. And from June to July, no.

What is a perfect work day?

A good sales day is two to three confirmed sales and in January handing over four or five cars.

Do you ever lose 'the cool' and if so what would make you annoyed?

Lack of communication, bad time management and poor product information.

INSIDE THIS WEEK



MARATHON NOT A SPRINT

Dr Eddie on running and life
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FIGHTING WINTER'S BITE

Eva's recipe for a cold evening
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CELIA SPOTTED: WINTER READY

Charlotte wraps up well
PAGE 39



CAPPING IT ALL OFF

Patrick on picking the right hat
PAGE 40

Marathon tips that you can apply to the rest of your life



MENTAL HEALTH MATTERS
DR EDDIE MURPHY
 CLINICAL PSYCHOLOGIST
 ADJUNCT ASSOCIATE PROFESSOR
 UCD SCHOOL OF PSYCHOLOGY

DUBLIN City Marathon is over and thousands got over the line. To get competent in something, they say, it takes 10,000 hours.

When I see a musician, actor, or athlete in action, it's the practice they have put in that I admire.

In life, to achieve your goal, your dream, it takes focus. It means that you miss out and deprive yourself of things because you want to develop a mastery of the skill you desire.

For me, this really shines through when I see the children on *The Late Late Toy Show*, which will be on our screens once again at the end of November. Their dedication is unbelievable.

If you want it, you've got to work for it. Refocus and think about where you want your energy and efforts going.

Is your energy moving towards the direction you want; is it directed towards others, toward ill-health, towards toxic people or towards your own wellbeing?

GOAL SETTING

For some it maybe the marathon, for others it's getting healthier, talking to a long lost friend, finding a life partner, having a child. What is your goal in life? Regardless of age, it's never too late to have a goal.

In life I am a big believer of having a big vision for your life. This is often called a BHAG, a 'Big Hairy Audacious Goal' in life.

Your BHAG can be personal or can set out how you would like things to be.

My BHAG would be Ireland as a society where wellbeing is achievable for all; and mental health and suicide prevention needs are immediately accessible, comprehensive and compassionate.

Try to get your goals to fit your passions, purpose, values and beliefs.

DOING FOR OTHERS

Many of the runners in this year's Dublin City Marathon were doing it for charities, others in memory of people in their lives. Doing something bigger than yourself is inspiring.

I myself run for Cystic Fibrosis Ireland. At those hard times during the race, I refocus on their phrase



In life, to achieve your goal, your dream, it takes focus

'Every Breath Counts'.

Sometimes we are defined by a label. Can you think of the label that defines you? Are you known as depressive, a worrier, a mum, a granddad, lazy, etc.

This is a powerful question, as it invites you to think beyond a label. It also asks you to think of others beyond the label you put on them, so you are moving from limitations to being limitless.

When you do this for yourself and for others, you are not just leaving stress, fear, worry, anger, low self-esteem and low confidence behind you.

The exercise is about emerging into a space where there are no limits. You are thriving.

When you do this you are your real self, you nurture your own wellbeing and happiness. Life is filled with positive emotions such as satisfaction, cheer, joy, love, hope and gratitude. Now you are moving into the space where your real self soars.

Live a life with meaning and passion. Sometimes we need to move beyond our own personal world. Individualism only leads to alienation and narrow interests. Get beyond yourself: find meaning and passions and fill your life with them and do it for others.

FRIENDS HELP YOU PREVAIL

Many people run together and train together. I run with my sister Jean and friend Mary. On the long runs we laugh, cry, grieve, problem solve, connect and talk. Without them I would find it almost impossible to run.

I truly admire the discipline of people who train on their own. However, we are social beings and having friendships is good for our wellbeing. Joining your local athletic, walking, Fit For Life or Parkrun group is the way to go.

Now on the run itself we may get split up, but you always meet up with people during the marathon. Multiple acts of kindness occur.



You don't decide to do a marathon without practice — so how can you channel your energies to achieve your goals?

PICTURE: FILE PHOTOGRAPH VIA PIXABAY

Encouraging words and smiles are aplenty.

I love this phrase that I once saw on a runner's shirt; 'I run for me, to set my head and my heart free'. This is so true.

PHYSICAL & MENTAL FITNESS

While it takes physical fitness to cross the finish line, mental fitness is an essential hidden component. You don't need to be doing marathons to develop this skill.

In life, opportunities happen and we have what I like to call a 'choice point'.

What have you done at the 'choice points' in your life? Stepped back or stepped up?

Reflecting on your actions over time, you might notice a pattern. What is your pattern?

This is why some people perceive their lives full of lucky

circumstances, while others are riddled with regrets about roads not taken.

Taking a risk means being more fearless about trying something new. Instead of giving in to worry about what could go wrong, the fearless ones think, "Isn't that interesting? I'd like to give that a try".

The more you do this, the more you open up the door to your confidence and, on this building block, other opportunities will emerge and your mental fitness will grow.

One of the biggest mental fitness skills is flexibility. Flexible people respond differently to situations than do rigid types. So shake up your routine, say hello and smile, stop at a different place for a coffee rather than heading to your local, watch a new TV

program, and get involved in something you're passionate about.

Becoming more flexible can lever changes in mental habits that create the opportunities for optimism and hope.

FINAL THOUGHTS

Sometimes marathons are not done in 26.2 miles, but represent a life journey.

It's not about the finish, it's about getting there. Enjoy, be present, connect, laugh, love and live.

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

POSITIVE PARENTING

LOVE PARENTING 

Top Tips

Avoiding Christmas over saturation

ALL spook-related decorations came down the morning after Halloween, only to be replaced by tinsel, singing Santas and selection boxes. With seven weeks to go, we run the risk of being exhausted by Christmas before it ever arrives so here are a few pointers for keeping the festive season in perspective:

- * Set a date for the start of Christmas talk: December 1st seems like a reasonable point. Before that, all Christmas preparations are discouraged – no buying, decorating, partying or over-indulging before that date. Once the chocolate advent calendar is opened, Christmas talk can begin.

- * The letter to Santa heralds the beginning of the festive season (where your children will be officially writing what you cunningly gleaned weeks/months beforehand).

- * Help your child to understand the concept of giving and receiving. Younger children can round up old toys and books for charity, and older teenagers could be encouraged to volunteer with local food drives and collections.

- * Enjoy the free parts of the build-up to the holidays so that children learn it isn't just all about stuff. On Sunday, November 17 the Limerick Christmas lights are being turned on – you could make it family trip into town and take some keepsake photos together.

- * Lead by example: If all your thoughts turn to plans and to-do lists, your child will follow your lead. Teach them about perspective by exercising it yourself.



Try to answer questions in a way that is age and stage appropriate

Explaining big issues to not-so-big people

CURRENT news items don't make for easy listening or reading. Child homelessness is an issue that pervades Irish society, revelations both at home and abroad continue to lift the lid on decades of sexism around the world and acts of terror seem to punctuate daily news.

It is hard for us, as adults, to hear what seems like constant bad news but what makes it seem harder is the need to protect our children from it. One minute you're in your car, singing along to your child's favourite song. Then the news comes on and you're fiddling with buttons at break-neck speed, trying to change radio station before the dreaded questions start coming from the back seat. 'Mommy, why did that man have to go prison?' 'Why is somebody missing, where did he go?' While we all handle these situations and lines of questioning differently, there are a couple of

things that are worth bearing in mind.

Try to answer questions in a way that is age and stage appropriate. A child of five, for example, needs surface information. Enough to feel that her question is being answered but not so much that it will scare her. Take, for example, the question about prison. You could begin by explaining that there are rules, maybe taking school as an example. Talk about how most people follow those rules but there are some (just a few) who don't. When that happens, a judge has to decide what kind of time-out to give that person and sometimes, that time-out means having to stay in prison for a while. At five, this will generally satisfy their curiosity and additional questions might focus on the prison itself – what colour are the walls, what do people in there eat etc. For an older child of eight or nine, their focus

will generally lean more towards the crime itself and this can be trickier. You may find that you have to offer quite a bit of reassurance around how rare these events are and assure her that your job is always to keep her safe. For teenagers, it provides an opportunity to take about and cause and effect, a reminder of how one poor decision can have lifelong consequences and of the importance of personal safety.

Don't forget to line up your stories. There's nothing worse than going to great lengths to find a suitable explanation for a question, only to hear 'well Grandad said that man hurt the other man and then he died'. Talk to your partner, childminder and parents about how much information your child needs for their particular age so that you are all singing from the same hymn sheet. This is particularly useful when the birds

and the bees conversations begin!

Bear in mind that you can't shield your children from everything. Newspaper headlines in shops are largely unavoidable, as is the information available on social media (for older children). What you can do is let them know that they can always ask you questions, share their worries or fear with you and talk to you about things that they might hear and don't understand. Google or Siri might answer some of their questions, but they can't climb into bed beside your child when she has a nightmare or is unwell.

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

SUDOKU

4	5		9					8
7	6						3	4
			7	4			5	
2		7		1		8		
			2	7				
	1		8		4			2
	4		5	2				
3		8					6	5
	2			8			4	3

DOUBLE CROSSWORD

- Cryptic Clues:**
- Across**
- 6. A poor fiddler outside the door (7)
 - 7. Crouch down - it's an illegal occupation (5)
 - 9. A number of them give you the time of your life! (5)
 - 10. Leaves high and dry on the beaches (7)
 - 12. Washing may depend on it (7,4)
 - 14. Superintending, but missing something? (11)
 - 18. Piece of bread the French break into bits (7)
 - 19. Get even? (5)
 - 21. It's irritating getting only a little credit in support (5)
 - 22. He's not a particular person (7)
- Down**
- 1. Tighten up on one's salary? (5)
 - 2. A gunsmith adds it to his stock (6)
 - 3. Its line is straightforward (3)
 - 4. It will come as a sudden blow (6)
 - 5. It ends a flight in two ways (7)
 - 8. Bacon's lines (7)
 - 11. Makes slow progress by streetcar (7)
 - 13. It makes a man keen on money, and a woman on food (7)
 - 15. Stay to put mother in control (6)
 - 16. It's a necessity to want to exist (4,2)
 - 17. A description of one found wanting (5)
 - 20. The last thing one aims for (3)

1	2	3	4	5
6				7
8			10	
			11	
12				
	13			
14		15		16
				17
18				19
			20	
21				22

- Quick Clues:**
- Across**
- 6. Resuscitation (7)
 - 7. Journal (5)
 - 9. Killed (5)
 - 10. Relax (7)
 - 12. Mediator (11)
 - 14. Make (11)
 - 18. Lasting (7)
 - 19. Shun (5)
 - 21. Corner (5)
 - 22. Ruffle (7)
- Down**
- 1. Answer (5)
 - 2. Sight (6)
 - 3. Outdo (3)
 - 4. Quoit (6)
 - 5. Liberty (7)
 - 8. Appease (7)
 - 11. Rout (7)
 - 13. Slander (7)
 - 15. Powerless (6)
 - 16. Show (6)
 - 17. Pivot (5)
 - 20. Marsh (3)

To hear any crossword solution or the full solutions call 0905 789 4251. Calls cost 80p per minute plus your network access charge. SP: Spoke, 0333 202 3390.

For four extra letter codeword clues, call 0901 293 5251. Calls cost £1 plus your network access charge. SP: Spoke, 0333 202 3390.

CODEWORD

Codeword is the crossword puzzle with no clues. The number in each square corresponds to a letter. Work out the words in the grid using the letters provided. Fill in these known letters first, then use skill and judgement to work out the others.

4		10		18	16	7	12	19	14	7	4
22	11	1	3			1		14		17	
	22		18	25	11	17	14	19		24	1
23	18	15	15					20		3	23
			14		7	12	2	7	13	11	24
21	1	14	13	25		6		13		2	19
1		12		11	13	26		7			25
18		4		3		11		8	14	26	7
19	18	25	19	8	14	12	16		12		
20		18		6				19	13	18	6
14	12	12		25	8	11	1	16	8		5
12		19			8				7	5	14
16	13	7	18	17	14	12	16		4		4

ABCDEFGHIJKL M N O P Q R S T UVWXYZ

WORDWHEEL

You have 10 mins to find as many words as possible using the letters in the wheel. Each must use the hub letter and at least 3 others. Letters may be used only once. You cannot use plurals, foreign words or proper nouns. There is at least one 9-letter word to be found.

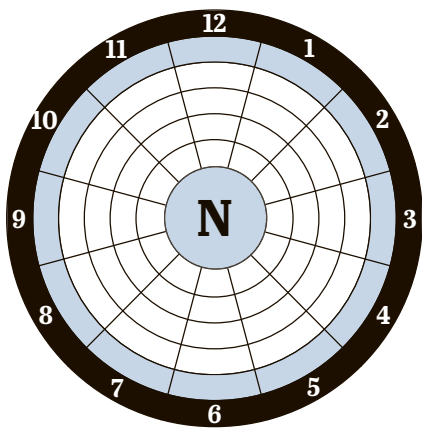


How you rate:

15 words, average; 20 words, good; 25 words, very good; 30 or more, excellent.

CLOCKWORD

The solutions from 1 to 12 are all six-letter words ending with the letter N in the centre. Moving clockwise from 1, the letters in the outer circle will spell out the name of a late US rap artist.



- 1. Idea
- 2. Parentless child
- 3. Inn
- 4. Source
- 5. Dried grape
- 6. Asian
- 7. Get
- 8. Harmony
- 9. Serious
- 10. Clothing fastener
- 11. Natural
- 12. Rule

NINER

Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

THE CLUES:

- 87124 gives a man's name;
- 4585653 gives a man's name;
- 89337 gives a woman's name.

KAKURO

Fill in the white squares with the numbers 1 to 9.

Each horizontal block of squares must add up to the number in the shaded square to its left, and each vertical block must add up to the number in the shaded square above it.

No number may be used more than once in any one block.

			14	11	8						30	9
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SPLIT DECISION

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

S	L	E	E	D
F	R	I	N	L
L	X	C	I	E
P	A	L	A	M
I	P	I	K	E
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SUDOKU

			2									6
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LAST WEEK'S SOLUTIONS

CLOCKWORD:

- 1 Depend, 2 Abroad, 3 Varied, 4 Intend, 5 Demand, 6 Candid, 7 Adored, 8 Shrewd, 9 Sacred, 10 Ironed, 11 Defend, 12 Yawned.

CELEBRITY: David Cassidy.

NINER: SEDUCTION.

KAKURO:

			7	6		5	9
	3	8	4		2	1	5
8	7		3	5	2	9	
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SUDOKU:

4	3	7	1	8	6	2	5	9
9	5	1	2	4	3	6	7	8
6	2	8	9	5	7	1	4	3
5	1	3	6	7	4	9	8	2
8	6	2	5	1	9	7	3	4
7	4	9	3	2	8	5	6	1
3	9	5	4	6	2	8	1	7
1	7	4	8	9	5	3	2	6
2	8	6	7	3	1	4	9	5

SPLIT DECISION:

F	L	E	E	T
A	A	R		
R	O	G	U	E
M	E	E		
S	O	R	T	S



HEALTHY LIVING

EVA HILL HAMILTON

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Fighting winter's chill

NOVEMBER showed up with chill and record showers – it is best you keep warm inside and out. Some foods and spices are especially helpful these times, offering real comfort whilst boosting circulation to our extremities, warding off chill-blains. And once again nature shows her perfection in the way she provides foods for our enjoyment and health. You see the foods that become available to us in the fall and winter seasons are typically warming.

Traditional Chinese Medicine categorize more pungent, bitter and spicy foods as warming, or Yung.

These include several spices as cinnamon, ginger, horseradish or wasabi, garlic, rosemary, onions and peppery watercress, along with root vegetables as beetroot, parsnip, turnip and the like. Hearty stews can be made from these ingredients, using luscious lamb or beef – or even chickpeas if you wish to have a meat-free day. Including some anti-inflammatory warming fruits as mango, papaya, prunes, dates and avocado will complete the mouth watering dinners.

One of my favourite go-to stews when I need to cosy up by the fire is this mulled lamb, served with steamed



Cosy up by the fire and enjoy this mulled lamb stew

and mashed root vegetables using plenty of organic butter and olive oil, garnished with a fresh anti-inflammatory salsa.

Warming Mulled Lamb Stew

1/2 tsp ground cardamom
1/2 tsp ground ginger
1 tsp cumin seeds

1 tsp ground cinnamon
3 tbsp mild coconut oil
600g lamb neck fillet, cut into large chunks
12 baby shallots
1 tbsp fine flour (I like to use sprouted wheat from health stores)
300ml port
800ml lamb stock or beef

stock
300g prunes
1 cinnamon stick
Olive oil
salt and
freshly ground
black pepper

For the salsa

1 small red onion
Fresh
coriander leaves
1 avocado
1 mango
Freshly squeezed lemon juice

Mix and rub the spices all over the chunks of lamb.

In a large casserole dish, fry the lamb in the oil until browned all over and then set aside (you may need to do this in batches). In the same pan, fry the shallots for five minutes until golden-brown and then return the lamb to the pan. Add the flour and cook through for a minute. Pour in the port and boil out

the alcohol for a couple of minutes, stirring constantly to de-glace the caramelised bits from the pan. Pour in the stock, add the prunes, cinnamon stick and season well with salt and freshly

ground black pepper. Put a lid on the casserole and bake for 1.5 hour in a pre-heated 180C oven.

For the mango salsa: chop a small red onion, add a good pinch of sea salt and set aside to pickle. Cube the avocado and the mango into same size, drizzle with fresh lemon juice then mix in the prepared onion and chopped coriander green.

Serve the lamb stew with steamed and mashed root vegetables and the salsa.

DID YOU KNOW?

Grass-fed lamb is one of the healthiest meats containing high levels of Conjugated Linoleic Acid (CLA), a fat that aids fat burning and increase muscle mass

FREE IN THIS WEEK'S LIMERICK LEADER

UL into the future

It started with just 100 students, the result of a long and passionate campaign fought by the people of Limerick and the Mid-West. Today, student numbers have rocketed to more than 12,000, on a campus in Plassey that is one of Europe's finest.

In this week's Limerick Leader, don't miss this special supplement on the spectacular growth of UL since 1972, as the university prepares to launch its long-awaited city-centre campus and looks ahead to its 50th anniversary in 2022.



Plassey House, 1972



UL campus, 2019

A commemorative supplement with the LIMERICK LEADER of November 9, 2019

Limerick's university - building towards 50th anniversary in 2022

Over the years UL students and staff make their way across the iconic Long Bridge one of the landmarks of a campus that is widely regarded as among the finest in Europe. After 47 years during which the Plassey site has expanded enormously, UL announced earlier this year that a new campus is to be built in the heart of Limerick City at a site overlooking the Shannon river. Below left, which was purchased from Queen's Quay, for work on the city centre business, the right 477 metres from the river bank.

UL into the future



STYLE & FASHION

CELIA HOLMAN LEE

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There were some stunning designs on the catwalk which gave the audience great ideas for the winter and Christmas season

Wonderful day for a wedding



A black wedding dress is a new one on me! This spectacular black bridal gown from Aibheil of Adare was the feature piece of the finale of the Adare Village for Fashion event

HOW lucky are we at the Holman Lee Agency to have been part of the Adare Village for Fashion event at Adare Manor? The range of style and choice from the boutiques was amazing.

Coats don't come more classical than what was on show on the Adare Manor catwalk, from classic capes in monochrome to simple oversized coats and faux fur. Undoubtedly, the coats were the stars of the show!

Florals are not just for spring. Floral designs are a wardrobe no-brainer and I love how winter florals can be dressed up or down depending on your personal choice.

If you are looking for a stand out, everyday dress then look no further than Adare Village. My favourite trends were on show including bodycon and soft feminine chiffon. There was also great attention given to layering. There were blouses with pussycat bow necklines, denims, blazers and fantastic boots and shoes. The finale was spectacular when a black bridal dress from Aibheil of Adare appeared on the catwalk. Congratulations to all the fashion houses in Adare!



Floral prints, velvet and check patterns all made an appearance on the catwalk

CELIA SPOTTED

Looking good out and about in Limerick

Name: Charlotte Geraghty
Occupation: Make-up artist working at FMN Salon in Mungret
From: Caherdavin

I don't have one particular style when it comes to fashion. I like to wear all different types of outfits. I sometimes would be influenced by looking at fashion on social media such as Instagram. Being a make-up artist, I follow a lot of beauty influencers on Instagram such as Suzanne Jackson, Keilidh Cashell, Ellie Kelly, etc. but as well as the make-up side I like to see the current fashion trends too. One of my style icons would be Suzanne Jackson. She is always dressed in the latest fashion and she inspires me as such a successful business woman in the beauty and make-up industry. River Island, New Look and Penneys would definitely be my favourite shops. They always have the newest fashion trends. The clothes and accessories are affordable, good quality and good value for money. I always shop in the city centre as I don't drive and these are definitely my go-to shops.

CHARLOTTE SAYS

Top, jeans and handbag, all from River Island: I love wearing polo necks in autumn and winter. I have them in a few different colours. I absolutely love the fit of River Island jeans, they always give a really nice shape. My handbag is ideal, I bring it everywhere. The size is perfect and I can fit everything I need into it.

Faux fur gilet from New Look: I love it for the winter as it's really warm and comfortable. It goes with lots of different things from my wardrobe.

Boots, belt, hat and gloves are from Penneys: Penneys is definitely one of the most popular shops for us Irish gals! These boots are my go-to 'going out' boots for winter. They are so comfortable to walk in. I find Penneys always have lovely hats, scarves and gloves for the winter.



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Limerick - a Stroll Down Memory Lane



An ideal Christmas Gift for someone special!

By Seán Curtin

VOL. NINETEEN

"the brilliant pictorial collection continues...!"

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Look out for Celia's 'My Week' column in the Limerick Leader every Thursday



MANABOUTTOWN

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Capping it all off: How to pick the right hat

THE hat is a much-maligned piece of clothing. It seems like there's always a mate making snarky remarks about your headwear.

Most guys – once bitten, twice shy – have resigned themselves to a life of cold heads, their mates' laughter ringing in their ears after that one time they kept wore the peaky blinders hat to the local. It's only because they fear what they do not understand. Not only is a hat a very suave way to finish off an outfit, but it's also a very functional accessory that's appropriate in all seasons and all weathers.

With seemingly endless styles to pick from, finding the hat for you can be tricky. It needs to fit well, look good and it can't be at odds with your personal style and the rest of your wardrobe. But fear not, because I'm here to run through some of the most popular and fashionable headwear options and add some simple tips to help you pull them off after you've put them on.

THE BASEBALL CAP

As the name suggests, the baseball cap made its debut atop the heads of the Brooklyn Excelsiors baseball team in 1860 as a means of shielding the players' eyes from the sun. Since then it has continued to swing for the fences, becoming a crucial part of hip-hop attire and epitomising high-low dressing.

Like any piece of headwear, the humble baseball cap can simply be camouflage for a bad hair day, but it can also be used to a bold style statement and the likes of Drake, Jay-Z and other rap royalty have turned this into an art form.

On one end of the spectrum, we have dad hats. The dad hat is essentially a baseball cap with an ageist title. Picture the type of cap your dad would wear while cutting the lawn on a hot day. They're comfortable, cheap and an easy alternative to hair restoration treatments and against all odds, the dad hat has filtered its way into popular culture until it ended up worn backwards on the heads of

Love Island contestants. Just remember to keep it casual – limit it to t-shirt/sweatshirt outfits. If you try to dress it up with tailoring you will look like you're having a senior moment.

At the other end of the spectrum is the more streetwear-leaning snapback. The snapback shares some traits with its elderly cousin, but it can be distinguished by its flat brim and adjustable back. It's invariably associated with urban music and American streetwear so it's best paired with hoodies and overshirts. Whatever style you opt for just make sure you take the sticker off the brim. And make sure your cap doesn't promise to make anything "Great Again".

THE BEANIE HAT

The beanie has undergone a long transformation from being the cold weather kit of fishermen and soldiers to a high street accessory and a bona fide menswear staple. Be it cable-knit, crocheted or fisherman, the beanie is a little piece of rugged, woollen goodness that acts as the crowning glory to your outfit. Not just for casual wear, it has become common for the debonair gentleman to combine traditional tailoring – suits, blazers and overcoats – with a beanie as a smart winter accessory that combines rugged masculinity with sleek style perfectly.

There are no hard and fast rules to pulling off a beanie other than to balance its casual leanings with structure. Small fisherman styles work well with formal overcoats for example. Oh and be aware that the sagging droopy beanies made popular by Becks a decade ago are now a thing of the past and will make you look like something that's wearing an ill-fitting condom in 2019 – i.e. a dick.

THE NEWSBOY CAP

The newsboy hat – aka the baker boy hat – aka the Peaky Blinders hat – was a bit hit among the working class in the 20th century. It's characterised by a curved brim, puffy eight-panel body and a top button. Considered old fashioned for a long time, the newsboy hat has

had a major resurgence recently – thanks in no small part to Cillian Murphy et al. It's versatile, adaptable and adds class and character to a plain casual outfit.

It's worth investing in a quality Harris Tweed cap as Harris Tweed is indestructible and an absolute lifesaver in cold weather. Just be careful not to go too old-timey with your overall look. As popular as Peaky Blinders is you don't want to look like you're going to a Halloween party in January.

THE FLAT CAP

Another working-class hero and a favourite of auld lads in the pub/mart nationwide, the flat cap is a close relative of the newsboy. It differs from the newsboy by discarding the top button and a puffed-up shape. While it rose to prominence in the 20th century, it has also enjoyed a recent resurgence due to its vintage look, ease of wear, and its simplicity as an accessory that can punctuate looks from smart casual to smart perfectly.

It's a sturdy alternative to a beanie in autumn. While it's not as warm as a beanie, it's a lot dressier and it won't leave you with 'hat-hair' if you take it off. Stick to a good quality wool here and never, ever get one in leather, unless you want to look like a henchman in a Martin Scorsese movie.

THE FEDORA HAT

The fedora is a hat that has fallen in and out of favour over the years. In prohibition-era America, the fedora became synonymous with mobsters, whereas nowadays it's more likely to be seen atop the head of a festival going hipster, concealing a man bun underneath.

The fedora is characterised by its soft felt construction, pinched front, teardrop-shaped crown and a wide brim that straddles the gap between Pork Pie hat (think Walter White in Breaking Bad) and Cowboy hat. During the golden age of Hollywood, A-listers like Gary Grant and Humphrey Bogart were rarely seen without one. Nowadays, the fedora has a celebrity fan club that includes David Beckham,



A hat a very suave way to finish off an outfit

Justin Bieber, James Bay and Bruno Mars.

It's a hard look to pull off but done properly, the fedora will instantly add some old school charm to a contemporary outfit. Make sure you buy one that fits your head. It might sound like something that goes without saying but if you want to wear it tilted back at an angle, ala James Bay, you may need to buy it slightly smaller so that it sits snugly on your crown. A fedora won't really work with a hoody and trainers either so try it casually with a Cuban collar shirt and cropped tailored trousers.

THE BUCKET HAT

The bucket hat has managed to crawl its way out of the ashes of mid

90's Britpop, and into festivals and raves worldwide. The bucket hat derives its name from looking like an inverted bucket with slightly flared edges and was invented in the early 1900s as a means of protecting Irish fishermen from the rain. Despite falling in and out of favour in the decades since, the bucket hat has been worn by everyone from hip-hop royalty to fighting Manchester brothers, earning it some valuable street cred.

The recent love for all things 90s has seen the bucket hat make a return to streetwear fashion. Unless you're going to a rave or a festival, play it safe and pair it with classic t-shirts and sweatshirts in muted colours.

Look of the Week Selected Homme

My look of the week is from one of my favourite stores in The Crescent Shopping Centre - Selected Homme. Here I'm wearing a layered look featuring a wool overcoat. My Black Covent Wool Overcoat costs €159.99, my Slim Seamus Check shirt costs €49.99 and is available in four colours, my Straight Paris chinos cost €59.99 and my Baxter leather shoes cost €99.99. The Selected Homme/Femme store in the Crescent has some amazing pieces for guys and girls so call into Lisa and the team and check out their amazing range. Photo by Paudie Bourke.





AGNIESZKA'S AESTHETICS

AGNIESZKA ORŁOWSKA



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Pulling the right strings: What are PDO thread lifts?

MOST thread lifting procedures today are non-invasive. While there are many different types of thread lifts, the PDO thread lift is amongst the most popular today.

The threads are made in South Korea and is one of the most commonly performed skin lifting procedures today.

What is a PDO Thread Lift?

The PDO Thread Lift is a treatment which lifts and tightens sagging skin tissue, using threads made of Polydioxanone (PDO). The threads introduce them into the deeper layers of the skin. Once introduced, the threads produce three effects in the skin:

- Instant skin lifting through mechanical effects
- Cellular renewal through Collagen stimulation, and neovascularisation to improve skin texture, fine lines and elasticity
- Skin tightening by contracting fat tissue.

About 6 months after the procedure, the PDO threads will disappear through simple hydrolysis (they are absorbable). The lifted facial contours will remain for about 3-6 months more, due to the cellular rejuvenation effects. Your skin cells are stimulated to produce new collagen, and new blood vessels to improve skin microcirculation. At the same time, the PDO threads cause the fat tissue to contract, producing a skin tightening and facial slimming effect.

A PDO Thread Lift is a minimally invasive procedure. After numbing the treatment area PDO threads are inserted via blunt tip needles (called cannulas) into different layers of the skin. Once

inserted, the threads anchor the skin and lift it upwards. The excess threads are then cut off.

Depending on the areas treated, the procedure takes 15-30 minutes.

PDO threads can be used for lifting, rejuvenation (improving skin texture and wrinkles), volumising, and even reducing fat.

Are There Different Types of PDO Threads?

PDO threads come in different thickness and length. This will affect their quality, effectiveness, and of course, the price of your treatment.

Your practitioner may choose to use different threads for you, depending on your skin lifting and rejuvenation needs.

Mono threads are smooth threads without barbs. This thread type is usually placed into the face in a mesh-like fashion for skin tightening effect. Skin tightening usually improves after collagen starts forming around the threads. The treatment areas are normally neck lines or sagginess, forehead and under eyes. Between 10 to 20 mono threads are usually inserted for each treatment area. In order to sustain a lift, the threads are attached to an "anchoring point" on the scalp or face. Mono threads tighten the skin but without significant lifting; therefore they have to be used with cog threads for an overall improvement in face tightening and rejuvenation. Cog threads are

essentially mono threads with barbs to hook to the underside of the skin. The barbs form a support structure that lifts the sagging tissue.

Unlike mono threads, cog threads do not need anchoring points. Collagen formation can also occur around the threads and their barbs. Cog threads are most effective for jawline lifting and slimming. This treatment is surprisingly safe.

Screw threads can come in the form of one or two threads intertwined together around the inserting needle. Screw thread has the effect of giving volume on a sunken area of the skin. "Multi Screw" – when intertwining two threads are used – has a stronger effect than just screw thread. Screw threads are often used for general face lifting and volumizing.

What Areas Can Be Treated with PDO Thread Lift?

The PDO thread lift is very versatile, allowing practically all areas of the face to be treated, including the:

- Under eye area
- Eyebrows
- Crow's feet (wrinkles around eyes)
- Cheeks
- Nasolabial folds

- Naso jugal folds
- Wrinkles around mouth
- Jaw line
- Jowls
- Neck

After Care

Most people are able to continue with normal activities with immediate improvement in their appearance. Some will have a little redness, pin prick marks, and some degree of swelling, possibly indentations at the insertion or exit points and a little tenderness. The immediate side effects are expected to settle within two weeks.

It is generally advised to:

- * Try to sleep on your back for five nights
- * Make-up should not be worn for 12 hours
- * No facials or facial massage for 10 days
- * To attend a review appointment
- * Avoid alcohol, vigorous exercise, sun bathing, and extremes of heat or cold for 14 days post treatment. These activities have been found to increase and prolong swelling.
- * Swelling may worsen in the first 24 hours, and then will settle. Cold packs can be helpful in reducing swelling.
- * Bruising may take a few days to appear, arnica can be helpful in clearing bruising.

* It is advisable to avoid aspirin and alcohol for 12-48 hours after treatment.

* Tenderness will settle as swelling goes down.

What Results Can You Expect After a Treatment? How Long Do They Last?

Your skin is immediately lifted after a procedure, as the threads provide support to lift skin in its new position.

You may look slightly tighter than the final result, but in about a week, you will begin to look much more natural.

The rejuvenating effects kick in after one to two months – you will notice better skin texture, firmer and smoother skin. Your practitioner may concentrate more on either skin rejuvenation, or skin lifting during your procedure. Depending on the technique and which is used, the results will vary from person to person.

Approximately six months after the treatment the threads will have dissolved, but the results will still continue for many more months.

By repeating the treatment six-nine months after the first procedure it will allow for a long lasting result of up to three years.



Before and after: PDO Thread Lift is a popular non-surgical skin lifting treatment



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Rogha na Seachtaine



TO DO:

Shop 'n' Save at the Crescent SC

Join me and the Spin South West crew tomorrow from 4-9pm. We'll be keeping you entertained and have lots of prizes to giveaway, while you shop until you drop with discounts from over 50 retailers on the night.



TO LISTEN:

Track of the week

Chris Kabs - See You Here: Renowned producer Chris Kabs is already an established musician who has sold out The Sound House and recently played Longitude. With one EP under his belt he is now gearing up to release his debut album 'Better'. Fresh off the press his single "See you here" dropped on Friday. Give it a listen.

TO SEE:

Whenyounng at Dolans

LIMERICK'S own Whenyounng return to Dolan's this Saturday November 9 at 9pm. Having seen the lads perform live at Electric Picnic over the summer - I can safely say they are NOT to be missed. More info and tickets @Dolans.ie



The Script's Mark Sheehan, Danny O'Donoghue and Glen Power will tour Europe next summer with a concert in Cork next June, the nearest location to

The return of The Script!

THE Script has announced an open-air summer show at Irish Independent Park, Cork on June 23 2020 as part of their huge European Sunsets and Full Moons tour.

Tickets at €49.90 including booking fee will go on sale this Friday November 8 at 9.30am.

After six billion streams, 30 million single sales, 10.8 million album sales, over 12 million monthly Spotify listeners and 1.8 million ticket sales, Irish alt-pop trio The Script embark upon a new chapter with the release of their new album 'Sunsets & Full Moons'. Their album is also due for release this Friday.

The Script also bring their Sunsets and Full Moons tour to SSE Arena Belfast on March 3 and 3Arena Dublin for three shows on March 5, 6 and 7. English singer-songwriter Becky Hill is special guest for all Irish dates.

Having returned with the emotive, stadium-bound first single

'The Last Time', 'Sunsets & Full Moons' is the sound of The Script - Danny O'Donoghue (vocals, piano, guitar), Mark Sheehan (vocals, guitars) and Glen Power (drums) - focusing on the inclusive, uplifting song writing that helped them become an arena-filling band with a fervent fan base the world over.

In many ways, 'Sunsets & Full Moons' feels like a sequel to The Script's much-loved debut album. Both albums emerged from emotionally turbulent times: O Donoghue lost his father around the time of the release of their debut. And ten years later, he lost his mother as they worked on this album - with both his parents passing on Valentine's Day. Naturally the songs began to reflect the band's own personal experiences - and those are themes sure to resonate with their fans, too.

"I think it's the most poignant record we've ever made," asserts O'Donoghue. "Our music was always about being together with the

audience, and writing about your own feelings, and sharing them".

The Script approached the album reinvigorated following a triumphant tour in support of 2017's number one album 'Freedom Child'.

Again echoing their early days, the band embraced the unifying power of the simple things - killer hooks, insistent melodies and stirring sentiments. They opted to produce the album themselves, staying close to home at their unshowy space in Metropolis Studios, with help from mixing master and old friend Mark 'Spike' Stent (Coldplay, Beyoncé, Frank Ocean) plus Manny Marroquin (Post Malone, Lizzo, Dua Lipa) and Dan Frampton (AuRa, Maejor, Jack Savoretti).

"No frills, no production, just us playing as a band," notes Sheehan. "It's us doing what we do best.

The overriding theme, concludes O'Donoghue, is simple. "No matter how deep and dark it gets, it's going

to be daylight again." Exuding hope and positivity in the face of challenging times, The Script's sense of uplift as alive and vital as it ever was.

Win tickets on Fully Charged with Ed and Valerie every morning this week from 7am!

Psst!

A word of congratulations!

FROM everyone at Spin South West, we want to share our warmest congratulations with The Irish Woman's Hockey team on their fantastic achievement! We can't wait to get behind you and support you on your journey to Tokyo 2020!

Limerick Panto brings magic to concert hall with Aladdin

Stars: Joining the cast this year will be Johnny Ward

RYAN O'ROURKE

Ryan.orourke@limerickleader.ie

THE SAVOY Hotel became 'a whole new world' on Tuesday afternoon, as the cast of Limerick Panto added a touch of magic to the launch of this year's festivities.

This year's pantomime, which will be the 8th year in a row the show has taken place, will be a take on the ever-popular Aladdin.

The pantomime will take place at the University Concert Hall from Thursday, December 19 to Sunday, January 5, and will feature over 30 shows.

This year will also feature a "sensory-friendly" performance, along with an Irish sign language interpreter, on Friday, January 3, at 2pm.

University Concert Hall board member, Lorcan Murray, was on hand to share in the excitement at the pantomime's launch.

"We are here to launch the hottest ticket in town, and of course they are flying out. Why? Because it is now the 8th Panto in a row at the University Concert Hall.

"It all started eight years ago with Cinderella. At the time it was a big risk, we were all wondering whether it would go, would it not. But today, the launch speaks for itself, it has been a really great success.

"We are looking forward to it. Particularly with all the cast, a very professional cast.

"We have stars from Strictly Come Dancing, Fair City, Love Hate and of course our own Myles Breen and Richard Lynch. It's a great day for family, friends, and of course, work colleagues as well."



Abanazer is played by Johnny Ward, one of the country's most familiar faces following his stints on Fair City and Dancing with the Stars



Abanazer with Genie (Rachel O'Connell) and Aladdin (Dayl Cronin)



The Widow Twankey, Myles Breen, doing her laundry



Rachel O'Connell who plays Genie, stroking her magic lamp



Jasmine, played by Hayley Jo Murphy at the launch of Aladdin in the Savoy Hotel



I ♥ LIMERICK

RICHARD LYNCH

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Folk dancers celebrate a decade of bringing communities together

NEMIERS Latvian Folk Dance group celebrated its ten-year anniversary at Millennium Centre in Caherconlish recently.

The founder of the group is Aiga Kunicka, who at the beginning searched extensively for people with dance experience between circles of friends and the Latvian community in Limerick, and that is now the group was formed. Aiga has recently decided to return to Latvia and her work was also celebrated at the anniversary event.

Agnija Suplinska, a member of Nemiers, said: "She is an amazing teacher and such a lovely person, the dance group will truly miss her. We have all learned so much from her and are very thankful for all of her hard work and dedication throughout the years."

The dance group has been bringing Latvian communities together for the past ten years, with their aim being to hold onto their Latvian roots and to give people a taste of home.

They consist of 16 members are to become a member, all you need to have is an interest in dancing and an eagerness to learn. They



Pictured with the Limerick Latvian dance group Nemiers is Aiga Kunicka (4th from left, front row) who was the group's Artistic Director until August 2019 and the 10th-anniversary event also served as her farewell party as she and her family were moving back to Latvia. PICTURE:

RICHARD LYNCH/ILOVELIMERICK

attend events all throughout the year, including culture and street festivals, fundraisers, and on occasion have danced at nursing homes.

One of the biggest events they attend is the Latvia Dance Festival called 'Dziesmu un Deju Svetki', which takes place every four years in Riga, Latvia and can

be described as the Olympics for Latvian dancing. Nemiers performed there in the summer of 2018.

Aiga tells me, "Even

though we are living outside of our country, we've always tried to hold onto our culture. I am so thankful to all of my dancers for their perseverance and

determination throughout these years. I am hopeful that the dance group will continue the traditions we have started."

Congrats to all!

Unity Gospel Choir sing their praises for Pieta House

UNITY Gospel Choir Limerick (UGCL) is releasing a new CD, 'Love Shine a Light' in aid of Pieta House and in memory of suicide victims Brendan (Benny) McNamara and Yasmin Lee Williams.

The CD is set to officially launch Monday, November 11 at Maggi Choo's at 101 and will have Patrick J. Hogan as compère. The Mayor, Cllr. Michael Sheehan amongst other guests will also speak

on the night and will be accompanied by a few songs from the choir, Chloe O'Halloran (17) will also perform on the night.

Founder and director of UGCL, Gretta O'Shea said, "There has been a spurt of suicides in Limerick over the last month or so and we decided it would be a great help to keep existing services open".

Pieta House is one of the

services in Limerick tackling this issue and provides a space to talk to a professional.

The CD comes as a result of the shared dream between Pieta House founder, Joan Freeman and UGCL, to someday record 'Love Shine a Light', and with the help of many kind donations, this dream has been made a reality.

Well done to all!



Gretta O'Shea, Director of UGCL and Kieran O'Brien, Pieta House with members of Limerick Fire Service and Gardai

PICTURE: ANTHONY SHEEHAN/ILOVELIMERICK

THINGS I ♥ THIS WEEK

CHARITY GIG

Kate O'Donnell fundraiser concert

ACCLAIMED Limerick singer songwriter Emma Langford has rallied the support of musicians local and national for a very special hometown show to raise vital funds for Kate O'Donnell at Na Piarasigh GAA Club on Friday, November 22. Kate was diagnosed with an extremely rare form of cancer in December 2018 at the young age of 27.

Now the Caherdavin-born singer will take to the mic with friends at Na Piarasigh GAA Club for a special concert in aid of former camogie star Kate O'Donnell. All profits on the night will go to cover the costs of treatment for Kate O'Donnell.

Emma said, "Kate is only a couple of years younger than me. To know that a

girl who has her whole life ahead of her needs help instantly, it was a cause I wanted to be a part of."

Kate's cancer is Fibrolamellar, which affects only 1 in 5 million people worldwide and that is a rare liver cancer usually occurs in adolescents and young adults who have no history of liver disease.

Kate now needs access to a licensed treatment called Atezolizumab. The Atezolizumab treatment costs €5,845 per vial and Kate will need one vial every 3 weeks for the next two years. That will be at a personal expense to Kate and her family.

The fundraising committee is hoping to sell 500 tickets for the gig. For more information on the event and to buy a ticket, call 087 2074693.



Emma Langford



Richard pictured with Derek Anthony Purcell PICTURE: ORLA MCLAUGHLIN/ILOVELIMERICK

RichardKnows Podcast E1 with Derek Anthony Purcell

TO kick off my brand new podcast which is called RichardKnows I am joined by Derek Anthony Purcell, creative director of Bang London.

Four years ago, Limerick native, Derek Anthony Purcell, creative director of Bang London made a vision come to life in the costume and design industry. Starting out from humble roots in Garryowen, he never forgets the beginning of his design career working alongside Celia Holman Lee, Derek decided to give London ago and hasn't looked back since.

And 2018 turned out to be a

starting point of well-deserved success for Bang London. Having dressed Kate Moss in a six-page exclusive for Beauty Paper Magazine.

Most recently, Derek worked with the designer, Gabriella Slade for the Spice Girls world tour. Derek and his team at Bang London created seven out of twenty-four outfits for the Spice Girls World Tour. Derek said: "It was such a pleasure working with Gabriella Slade designer for the Spice Girls tour, her direction, and eye for detail is nothing short of incredible." The Spice Girls performed together for the first time in seven years at Croke

Park on Friday, May 24, 2019.

Now, he is working and dressing style-icons, such as Kate Moss in a six-page exclusive; Not to mention Beyoncé, Rita Ora, Anne-Marie and Zara Larson who have all been 'Banged.'

The conversation never strayed too far from Limerick. Derek commented on the talent that exists in the city, as well as the amazing opportunities for fashion students in the Limerick School of Art and Design.

As our chat came to an end, I was truly inspired by Derek and his story. One thing that stuck with me was Derek's gratitude, "I am truly grateful and lucky that I get to do a job that I truly love doing every single day."

Check out my podcast at www.soundcloud.com/richardknows.

SUICIDE PREVENTION

Haven Hub to be a beacon of hope

THE Haven Hub, a new section in the Social Services Centre in Limerick City, will serve as a place where people suffering from mental health issues or have been affected by suicide can come for support.

A unique aspect of the Haven Hub is that they will be opened during the peak time of suicide at 10 pm, unlike any other option in Limerick.

The Hub offers low-cost counselling services for individuals and families in distress.

Leona O'Callaghan, Founder of The Haven Hub, said: "Here at the Social Services Centre, they've given us space to basically open up to people in distress after hours. It's also just for people who need a cup of tea



Pictured at the new Haven Hub are Gary Donnellan, First Aid Officer, Lesley-Anne Liddane, Secretary and PR Officer, Leona O'Callaghan, Founder and Chairperson, Paul Fitzpatrick, Welfare Officer, and John Nugent, Treasurer

PICTURE: KATE DEVANEY/ILOVELIMERICK

or coffee and to feel cared about."

The Haven Hub also supplies patrol teams that can bring a person in distress from the river to a safe and warm environment. They are currently looking for volunteers and are

reaching out to the HSE to work with us in getting these volunteers Assist trained. To donate visit www.gofundme.com/f/haven-hub-support-service-for-limerick. Contact limerickhavenhub@gmail.com for more info.

HERO OF THE WEEK

Julie Kilmartin



Julie Kilmartin, Kilmartin's Educational Services held a coffee morning last Friday and raised over €1,000 in aid of Live 95 Helping Limerick Children and chosen charities Cari, Children's Grief Centre and Cliona's Foundation. Well done Julie! Richard pictured with Mary Madden, CARL, Julie Kilmartin, Mary Fagan, Children's Grief Centre, and Fergal Deegan, representing Cliona's Foundation and Limerick Leader PICTURE: KATE DEVANEY/ILOVELIMERICK

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GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 04/11/19

This Week's Jackpot: €3,400
Numbers: 5-20-22-23

Lucky Dips: Connie Finnan c/o James McNamara; Sinead McCarthy c/o James McNamara; Aidan Frahill c/o PRO

Promoters Prizes: Dave Connolly & Denis McInerney

Next Week's Jackpot: €3,500

Next Draw: 11/11/19

Richmond R.F.C.
Development Fund Weekly Lotto

This weeks lucky numbers 3-4-12-22

Jackpot €4,200

Date: 31st October 2019

4 x Lucky Dip @ 25 each: Noel Stewart c/o Joe; Gearoid Murphy c/o Claughaun Bar; Damien Kennedy c/o Claughaun Bar; John Ryan c/o Joe

Next weeks Jackpot: €4,300

Next draw held 7th November 19

ST. MARY'S R.F.C.

Lotto Draw held Tuesday 29th October 2019

Winning Numbers: 1-9-13-23

No Jackpot Winner
Lucky Dips: Patsy Ahern c/o F. Ahern; Marion Peters c/o M Ryan; Darragh Keeley c/o T Kerley; Evan Hehir c/o D Frawley

Jackpot €11,800

Next draw held Larkin's Bar

ST. MARY'S R.F.C.

Lotto Draw held Monday 4th November 2019

Winning Numbers: 5-15-16-26

No Jackpot Winner
Lucky Dips: Patsy Ahern c/o F. Ahern; Evelyn Collins c/o M Ryan; Eoghan O'Byrne c/o club; Ber Nolan c/o C Mullins

Jackpot €11,950

Next draw held Radcliff's Bar

To Superintendent Garda Siochana.

Take Notice that we the undersigned are applying for Renewal of Personal Fitness Certificate, Course Only

Gerard O'Neill, Donnybrook, Sixmilebridge, Co. Clare

Michael O'Neill, Granahan, Newmarket-on-Fergus, Co. Clare

Sarah O'Neill, Granahan, NewMarket-on-Fergus, Co. Clare

Hugh O'Neill, Granahan, Newmarket-on-Fergus, Co. Clare

Rachel O'Neill, Kilnacrandy, Quin, Co. Clare

Tom Carey, Cahirdown, Listowel, Co. Kerry

John Carey, Cahirdown, Listowel, Co. Kerry

Tony Dunworth, Gallows Hill, Cratloe, Co. Clare

Francis Dunworth, 22 Westfields, North Circular Rd, Limerick

Sean Dunworth, 22 Westfields, North Circular Rd, Limerick

Denis Gould, Cree Village, Kilrush, Co. Clare

Patrick T. Casey, Skehanagh, Clarecastle, Co. Clare

Neil Casey, Skehanagh, Clarecastle, Co. Clare

Tim Murphy, New Street, Abbeyfeale, Co. Limerick

Kevin McManus, Roxboro, Ballysheedy, Co. Limerick

David McManus, Roxboro, Ballysheedy, Co. Limerick

Gerard Lynch, 24 Clarke Avenue, Janesboro, Limerick

Seamus Prenderville, Knockbrack, Abbeyfeale, Co. Limerick

Finbar Murphy, Toomdeely North, Askeaton, Co. Limerick

Colm McInerney, Quilty, Ennis, Co. Clare

Eric Brown, Greenville, Listowel, Co. Kerry

Berkie Brown, Ballybunion Road, Listowel, Co. Kerry

Barney McMahon, Killarney Road, Abbeyfeale, Co. Limerick

We, The Undersigned having applied for Renewal of Certificate of Certification of Personal Fitness do hereby make application for Renewal of Certificate of Suitability of Premises

Patrick McAuliffe, Main Street, Hospital, Co. Limerick

Patrick McAuliffe, Main Street, Bruff, Co. Limerick

Berkie Brown, of Brown Bookmakers Ltd,

The Square, Ballyduff, Co. Kerry

Take notice that we the undersigned are applying for Renewal of Personal Fitness Certificate

Browne Bookmakers Limited, c/o Ballybunion Road,

Listowel Co. Kerry

Pat McAuliffe, Railway Road, Kilmallock, Co. Limerick

PLANNING NOTICES

APPLICATION TO PLANNING AUTHORITY

Limerick City and County Council: We, Cabhrú Leat Teoranta Ltd, intend to apply for Retention Permission for the following development at 14 St Nessian's Road, Dooradoyle, Co, Limerick. The development consists of; Retention of change of use of a portion of the ground floor of the existing commercial building at 14 St Nessian's Road from general commercial use to its current use as a Medical centre consulting room together with all associated signage and incidental ancillary works.

The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the planning authority during its public opening hours. A submission or observation in relation to the application may be made in writing to the planning authority on payment of the prescribed fee, €20, within the period of 5 weeks beginning on the date of receipt by the authority of the application and such submissions or observations will be considered by the planning authority in making a decision on the application. The planning authority may grant permission subject to or without conditions or may refuse to grant permission.

Contact
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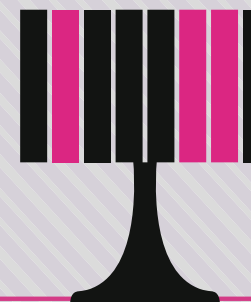
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FAMILY ANNOUNCEMENTS

IN MEMORIAM



† BYRNE

(Birthday Remembrance)
Birthdays Remembrance of a loving wife mother and grandmother Annette Byrne, 81 Star Court, John Carew Park whose birthday occurs November 9th.
 To my darling wife on your birthday
 I lost my life's companion
 A life linked with my own
 And day by day I think of you
 As I walk through life alone
 The house you left is so lonely now
 Those left behind are good and kind
 But no one replaces you
Happy Birthday Annette, all my love and kisses, your heartbroken husband Pa. Also remembering Nan Dotie today

Mam, I am sending a dove to Heaven
 With a parcel on its wings
 Be careful when you open it
 It's full of beautiful things.
 Inside are a million kisses
 Wrapped in a million hugs
 To say how much I miss you
 And to send you all my love
 I hold you close within my heart
 And there you will remain
 To walk with me throughout my life
 Until we meet again.
Happy Birthday Mam, love Miriam, Ger and family
 I wish I could see you Mam
 On this your special day
 I hold you close within my heart
 There you shall remain
 Until the day comes when we meet again
 As I wish you Happy Birthday
 And tears begin to flow
 How I love and miss you
 No one will ever know
 There are no words for me to say
 Except Happy Birthday Mam, I miss you every day
Love you forever Mam, Kim and Jonathan xxx

If tears could wash away your pain
 We would not feel such hurt again
 The heartbreak felt since you've been gone
 We wouldn't wish on anyone
 But today's your birthday
 So we've got to be brave
 And accept God's taken what He first gave
Happy Birthday Mam, Patrick and Bid

Another Leaf Has Fallen

Another leaf has fallen,
 another soul has gone.
 But still we have God's promises,
 in every robin's song,
 For he is in His heaven,
 and though He takes away,
 He always leaves to mortals,
 the bright sun's kindly ray,
 He leaves the fragrant blossoms,
 and lovely forest, green,
 And gives us new found comfort,
 when we on Him will lean.

IN MEMORIAM

Mam, If you were still here today
 your birthday
 I would be at your door fine and early
 I would hold you close as I always did
 Just like any good mother deserves from her son.
 It's on days like this, lovely memories rush back
 I smile, I cry, when I think of you Mam
 As it's your birthday and alone I am
 Now when I think of you it brings a tear
 Forever wishing that you were still here
 I would do so much to keep you happy
 No more sickness, no pain, just your big smile
 Your beautiful soul departed this earth
 Just like the leaves now fall from a tree
 You were given Angel wings, you were set free
 The empty chair that is in our home
 Is gifted with your name, home is not the same
 As we all gather today and talk, speak your name
 Memories of you Mam I hold so dear
 Tucked in my broken heart to feel you near
 So once more on this your birthday my mother
 I will thank God for you, I miss you like no other
 I know you watch my family from above with unending love
Sadly missed by Douglas and Sarah

I have a gift you cannot see
 Of heartfelt love and memories
 This special gift the Angels bring
 Carried through the sunlit skies
 On wings of doves and butterflies
 A loving wish wrapped tight with love
 To one I've lost, living above
Happy Birthday Mam, love Pauline, Chris and family

A happy wish for you today
 I miss you more than words can say
 The pain, the tears, I try to hide
 Breaks my heart deep inside.
 Sending you love in Heaven Mam
 And wishing you a Happy Birthday
Adrian and Kellie xxx

Behind the gates of Heaven
 There's someone special there
 Our loving gentle mother who used always care
 Look around your garden Lord
 For a woman with a smile
 That's our precious mother Lord
 She must stand out a mile
 Hold her in your arms Lord
 And treasure her with care
 For you have in your possession
 A mother beyond compare
Happy Birthday Mam, love and miss you lots, Stephen, Ciara, Stephen and Ellie xxx

A gift of love on your birthday
 It can't be bought, it can't be sold
 It can't be measured to silver or gold
 It's a birthday wish that God above
 Will fill your heart with peace and love
Happy Birthday Mam, Anthony and Andrea xxx

Today is our Nana's birthday
 And memories are sad
 Of a Nana we loved and wished we still had
Happy Birthday Nana from your grandchildren Amanda, Gerard, Wayne, Alex, Laura, Amie, Paige, Jack, Patrick, Shauna, Tiana, Dylan, Crystal, Apryl, Ryan, Trudy, Alanah, Lilly, Rudy, Abbigail, C.J., Stephen, Ellie and Emilia and your two great grandchildren LeeJay and Rylie xxx

IN MEMORIAM

To have you as my best friend
 Was the greatest gift of all
Happy Birthday Annette from Angela xxx



Birthdays Remembrance of my mother and sister Ann Meehan late of Kileely and Annette Byrne late of Carew Park

You held my hand when I was small
 You caught me when I fell
 Ye were the best mother and sister to me
 Two people who made our lives complete
 And please God some day, again we'll meet
Happy Birthday, lots of love xxx
Thinking of ye always from Pauline and family; and all the Meehan family



*Though today, you walk in sorrow
 You will not be alone.*

*There is One whose loving wisdom
 Is far greater than our own.*

*Put your trusting hand in His,
 As a little child would do
 And He like a loving father
 Will guide and comfort you!*

*Day by day, there will come to you
 New faith, new hope, new light.
 You'll find that stars unseen by day,
 Shine through the darkest night*

*And though your heart is longing,
 For the dear one who's at rest.
 You'll know before the journey's end,
 That God's dear ways are best!*

IN MEMORIAM



† COUGHLAN

(14th Anniversary)
In loving memory of Darren Coughlan late of Pineview Gardens, Moyross whose anniversary occurs November 7. Mass offered on Saturday 9th November at 7:30pm in Corpus Christi Church.

I give you this one thought to keep
 I am with you still, I do not sleep.
 I am a thousand winds that blow,
 I am the diamond glints on snow,
 I am the sunlight on ripened grain,
 I am the gentle autumn rain.
 When you awaken in the morning's hush,
 I am the swift, uplifting rush of quiet birds in circled flight.
 I am the soft stars that shine at night.
 Do not think of me as gone
 I am with you still – in each new dawn,
 If my parting has left a void,
 Then fill it with remembered joy.
 A friendship shared, a laugh, a kiss,
 Ah yes, these things I too will miss.
 Be not burdened with times of sorrow,
 I wish you the sunshine of tomorrow.
 My Life's been full, I savoured much,
 Good friends, good times, a loved one's touch,
 Perhaps my time seemed all too brief,
 Don't lengthen it now with undue grief.
 Lift up your heart and share with me,
 God wanted me now, He set me free.
 We begin to remember not just that you died,
 But that you lived,
 And that your life gave us memories, too beautiful to forget.
Sadly missed and never forgotten by your Mam and Dad, brothers John, Eugene, sisters Noreen and Angeliq and friend Bobby, nieces, nephews, uncles and aunts xx

We never forget you,
 We won't even try
 We just miss you more,
 As time goes by.
Sadly missed and always remembered by your aunt Charlotte, Mike, Sean, Kelly and Keith

Little Angels robed in white
 Give our uncle Darren a kiss
 goodnight
From Katie, D.J. and Roxanne

If memories keep us close
 We are never far apart;
 God has you in His keeping -
 We have you in our hearts.
Sadly missed by your uncle Pat

Remembering you is easy
 We do it every day;
 Missing you is a heartache
 That never goes away.
Sadly missed by your cousin Lyndsey and family

IN MEMORIAM

Softly the leaves of memory fall
 Gently we gather and treasure them all
 Unseen, unheard but always near
 Still loved, still missed, still very near
Love you always, from your aunty Liz and Joe

Behind the gates of Heaven Lord
 There's someone special there
 It's my loving cousin Darren
 Who I'll always hold so near
 Look around your garden Lord
 For my cousin Darren with the biggest smile
 That's my precious cousin Lord
 He must stand out a mile
Love you always, Forever 18, your cousins Amy, Dylan and Demi xxxxxxxxxx

Time passes, memories stay
 Never forgotten, especially today
Love you always, your cousins John and Glen

Just a prayer from the family who loved you
 Just a memory fond and true
 In our hearts you will live forever
 Because we thought the world of you
Love you always, your aunt Jackie and cousin Kelly

We look upon your picture
 Sweet memories we recall
 Of a face so full of sunshine
 And smiles for us all.
Love your cousin Phyllis and family. Also thinking of my mother Kathleen whose anniversary occurs at this time.

Will those who think of our aunt Kathleen today
 A little prayer to Jesus say
From all your nieces and nephews

Remembering you is easy Darren
 We do it every day;
 Missing you is a heartache
 That never goes away.
From your aunt Mary and Tom

May the winds of love blow gently
 And whisper for you to hear,
 That we will always love & miss you Darren
 Each day of the year.
From your aunt Majella and family



Light a Candle...

*A candle to remember, may it burn ever so bright
 As we look to the heavens on this very night.
 Beyond the stars, our dear loved ones soars
 Embraced by their Savior on heaven's shores.
 As the angels protect them
 and sing their sweet name
 We honor their life with the glow of this flame.
 So we light this candle for our loved ones tonight
 As a symbol of our love and their eternal life.*

IN MEMORIAM



† FITZPATRICK

(34th Anniversary)
Cherished memories of our dear mother, grandmother and great grandmother, Mary Fitzpatrick, late of 9, Yeats Ave, Kincora Park who went to heaven 34 years ago the 5th November 1985 aged just 49 years.

Mass offered
 Mam, 34 years now we have all lived our lives, always aware of how much time we lost being with you, oh to lose you came at a cost, not in monetary value, in love, care and you not there. We know we were lucky to have had you as a mother, we know we wouldn't have swapped you for another, but we also know we felt robbed of our mother.
 Today we will dwell on the memories we have, no matter how the years go by we still need you back, times have been tough as you know, Mam we needed you so, to hold our hands, help us along as life did us wrong. But we are sure you were there picking us up, each of us on the times that we did fall, whether through illness, grief, strife and unending pain, you must have felt it too, walking with us for it all. That was you Mam, never ever left us down, you faced life with a smile, seldom a frown. While we had 49 years only of your life, we don't forget all you did as a mother and a wife. You are now in the company of our very best, with Dad, our Mikey, our Anna, your special guests, now your friend Kathleen has joined you too, watch over her as she settles in at home. God bless you Mam and thanks for it all, we will forever long for you as too young you got your call.
Always and forever in our hearts Mam, from your sons Denis and Michael, daughters Noreen, Breda, MaryTina, Pauline and Caroline and their families. xxx

THANKSGIVINGS

GRATEFUL THANKS to The Sacred Heart and Our Blessed Lady for all favours received and also thanks to St. Padre Pio, A. A. A. Saints. M.J.M.

I'm Free

*Don't grieve for me, for now I'm free;
 I took His hand when I heard Him call;
 I turned my back and left it all.
 If my parting has left a void;
 then fill it with remembered joy.
 My life's been full, I savored much;
 good friends, good times,
 a loved one's touch.
 A friendship shared, a laugh, a kiss;
 ah yes, these things, I too, will miss.
 Perhaps my time seemed all too brief;
 don't lengthen it now with undue grief.
 Lift up your hearts and share with me;
 God wanted me now, He set me free.*



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TRISH WHELAN
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I first laid eyes on Ford's big Ranger Raptor at the Commercial Vehicle Show in Birmingham earlier this year and looked forward to getting behind the wheel of this big toughie.

Following its recent arrival here in Ireland, I got to do just that last week and found it to be one of my most exhilarating test drives so far this year.

Raptor is available in double cab format and with a price tag of €63,950.

Its commanding presence is due to its imposing looks and dimensions - a real get-out-of-my-way vehicle to meet on the road.

It is well named as 'Raptors' are birds of prey that primarily hunt and feed on vertebrates. Like vultures, falcons and buzzards.

This is the toughest, highest performing version of Europe's best-selling pick-up, the Ford Ranger. Developed by Ford Performance, this awe-inspiring Ranger Raptor supports thrill-seeking outdoor lifestyles and can tackle the harshest off-road terrain, at speed!

Ground clearance is 283 mm and wading depth 850mm. A 32.5 degree approach angle, and ramp-over and departure angles of 24 degrees provide impressive go-anywhere capability. There's also unique underbody protection to deflect off-road obstacles.

Its go-anywhere ability is delivered by an ultra-strong chassis, bespoke suspension and tyres; its 213hp powerful Bi-turbo 2.0 EcoBlue and 10-speed automatic powertrain, and a huge 500 Nm of torque.

This 'vehicle of prey' is a true workhorse as it has an integrated tow bar with a 2,500 tow capacity. Two front recovery hooks can shift up to 4,635kg and two at the rear are rated 3,863kg. Maximum payload is up to 620kg. The 1,560mm by 1,743mm, the load tray was designed with the weekend explorer in mind as it is able to take dirt bikes, motorbikes or jet-skis in addition to work tools and supplies. A lift assist Tailgate uses a new torsion rod assembly to give the owner a 66 per cent reduction in the force required



Raptor swoops in



'Vehicle of prey': Ford Ranger Raptor is a true workhorse as it has an integrated tow bar with a 2,500 tow capacity

to close it.

The wider ratio-span means enhanced acceleration and responsiveness.

Official combined fuel figures are around 8.9 L/100kms; CO2 emissions are 233g/km. Raptor can accelerate from 0-100km/h in 10.0s. However, the trip computer registered 11.2 L/100kms during my few days with the vehicle.

This pick-up's race-bred suspension can tackle fearsome terrain at high speed while remaining in complete control and comfort, using a 150mm wider track and 51mm taller ride height

UNDER THE HOOD

Model: Ford Ranger Raptor
Format: Double cab pick-up
Engine: BiTurbo 2.0, 213hp
Fuel consumption: 8.9 L/100km
Payload: up to 620kg
CO2: 233g/km
Towing capacity: 2,500
Price: €63,950

compared with the Ranger XLT.

Using the big hand grip on the A-Pillar and the side step board, I found it easy to swing myself up into the driver's seat.

The cabin reflects the Ford Performance DNA with quality craftsmanship, harmonious colours and durable materials. Premium leather and suede bolstered seats have been specially designed for enhanced grip and off-road high-speed support with a dual-firmness cushion for big comfort. Both front seats have 8-way power adjustments so it's easy to get your perfect fit and the name Raptor is embroidered on front seats. There's simply enormous head and leg room for all passengers. Huge side mirrors help with visibility.

Features included all of the above - Bluetooth, cruise control, the terrain management system, 17-inch x 8.5-inch alloy wheels, the unique Raptor trim (leather & suede), dual zone automatic air condition, SYNC 3 communications and entertainment system with navigation centre and connected smartphones using voice commands. The system delivers Apple CarPlay and Android Auto; the 8-inch central colour touchscreen can be operated with pinch and swipe gestures while FordPass Connect allows you connectivity while on the move.

The big array of driver assistance and safety technologies includes a version of Ford Stability Control and all its other functions like Roll Mitigation and Electronic Stability Control, Trailer Sway Control, Hill Start Assist, Hill Descent control and Load Adaptive Control.

Huge all-terrain BF Goodrich 285/70 R17 (33-inch by 11-inch) tyres have been specially developed for the Ranger Raptor and look the part.

Drivers can select from six Terrain Management System modes so they can tackle a wide range of terrain and driving scenarios. These include Normal, Sport, Grass/Gravel/Snow for off-road slippy and uneven surfaces (4H), Mud/Sand mode (4H/4L to engage), Rock mode (4L to engage), and Baja mode used by drivers in the gruelling endurance desert rally through Mexico's Baja California Peninsula. This Ranger Raptor was torture-tested in the challenging desert landscapes around Borrego Springs in the U.S.

Ford Europe's Performance Director, Leo Roeks, says "Forget everything you think you know about pick-ups. Our new Ranger Raptor is a different breed - a thoroughbred desert racer and extreme lifestyle off-roader that can toil with the best of them in the harshest of working conditions. It's aggressive design is driven by performance and functionality."

Ford Ranger is Europe's best-selling pick-up, selling 13,600 units in Q1 of this year, an increase of 15 per cent compared with the same period last year.

I felt very much at home in the Raptor and was reluctant to hand it back.

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Irish Guide Dogs target €1 million with raffle

Draw: Three events in Limerick

THE Limerick Branch of Irish Guide Dogs for the Blind is holding a number of events over the next few weeks selling tickets to support the organisation's annual Ford Focus Car Raffle.

The raffle is once again supported by Ford Ireland and this year the aim is to bring the figure raised to date to €1 million.

Local woman Marie Ryan, who has been a fundraiser for Irish Guide Dogs for the Blind for many years, said, "Over €900k has been raised since the partnership with Ford Ireland began and all our Volunteers in Limerick are hoping to do our bit to help

bring that figure to €1 million this year. Support like this represents the cost of twenty fully trained dogs which change the lives of those in our community who are vision impaired or the family of children with autism."

Forthcoming events include:

■ Castletroy Shopping Centre – Thursday and Friday November 7 and 8

■ Arthurs Quay Shopping Centre – Saturday November 9.

■ Crescent Shopping Centre – Friday and Saturday November 22 and 23

Ciarán McMahon, Chairman and Managing



The draw for the winner of a 2020 Ford Focus takes place on December 18

Director of Ford Ireland said: "Ford has been supporting Irish Guide Dogs for the Blind since 2011 and we are hugely proud of that long-standing partnership. The charity's work is literally life-changing for clients who are vision

impaired and the families of children with autism. We are delighted to again support the Irish Guide Dogs for the Blind team in their valuable work."

Tickets can also be purchased online at

<https://guidedogs.ie/car-raffle>

The draw for the winner of the 2020 Ford Focus will take place at Irish Guide Dogs for the Blind's National Training Centre in Cork on Wednesday, December 18.

FASTNEWS

PEUGEOT

New 208 scheduled for January release

PEUGEOT'S new 208 will arrive in dealer showrooms just in time for the January 2020 registration plate.

Available from launch with a choice of petrol, diesel or electric powertrains, the new 208 will have the latest-generation i-Cockpit and 3D head-up display, together with a range of driving aids usually reserved for more expensive models. The new model is available with a 5, 7 or 10-inch touch screen, depending on trim and options selected.

TOYOTA

Hybrid advantage event nationwide

TOYOTA will hold an event at its dealerships nationwide to make it easy for interested drivers to start their electric journey in hybrid with a range of offers for '201'. Toyota's Hybrid Advantage event takes place in dealerships across Ireland from November 6-9, and 'is all about people discovering the myriad benefits of driving self-charging hybrids'.

RENAULT

THE much-anticipated fifth generation of the all-new Renault CLIO will launch in Dennehy Motors on this Thursday, November 7.

First launched nearly 30 years ago, All-New CLIO offers totally refreshed exterior styling combined with revolutionary interior design, drawing on the DNA of the previous four generations of the French icon.

For 201, Renault is supporting the national carbon action plan, by offering customers guaranteed savings of €3,500 on All-New CLIO with the new Renault Carbon Rewards offer:

■ €1,000 Carbon Cashback.

■ 2.01% APR from Renault Bank (saving customers €2,500 on interest payments compared to high street banks).

■ This 201 offer is also available on the zero-emissions Renault ZOE and low emission diesel and petrol variants of Captur, KADJAR and Mégane range.

■ The offer is available on all orders taken from now until 31st January 2020.

For more information, visit dennehymotors.ie

All-new CLIO launches at Dennehy Motors



The all-new Renault CLIO will launch in Dennehy Motors on Thursday, November 7

TOYOTA

Brian Geary announces Hybrid Advantage event

BRIAN Geary is delighted to announce its Hybrid Advantage event in conjunction with its great range of offers available for 201. Demand for Toyota's huge range of self-charging hybrids has been unprecedented in 2019 with Toyota growing its market share to 10.4% based almost exclusively on sales of hybrids. In fact, hybrid is the fastest growing powertrain in Ireland in terms of volume over the last four years and such is its success that Ireland's best-selling car, Corolla, and the best-selling SUV, C-HR, are both going hybrid only from 2020.

HYBRID ADVANTAGE

The Hybrid Advantage event, which takes place from the 6-9th November, is all about people discovering the myriad benefits of driving self-charging hybrids versus conventionally powered cars.

Toyota will be showcasing the largest range of self-charging hybrid vehicles available in Ireland today.

For more information www.briangeary.ie

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*The Hyundai 5 Year Unlimited Mileage Warranty applies only to Hyundai vehicles that have been originally sold by an authorised Hyundai dealer to an end-customer, as set out in the terms and conditions of the warranty booklet. [#]Hyundai Tucson Comfort. Retail price €27,495. Finance amount €18,721.75. 36 monthly repayments of €247.24. Total cost of credit €1,790.28. Optional final payment of €11,547.90 APR 3.9% as at 27th September 2019. Minimum deposit €9,623.25. Lending criteria, conditions apply. Available at authorised dealers for models booked before 30th November 2019 and registered in January 2020. Hire purchase by Bank of Ireland t/a Bank of Ireland Finance. Dealer charges apply. *Price excludes dealer delivery and related charges. Offer applies to 201 Tucson Comfort Passenger booked before 30th November 2019 and registered in January 2020. Model shown for illustrative purposes. WLTP Co2 183 g/km. Fuel consumption 4.9L per 100 km.

SPORT

Leader

**SUDDEN DEATH
HOCKEY GLORY**



Limerick's Upton
off to Japan

For more see Page 52

Back to the day job: Ireland's and Munster star Keith Earls was back in training this week following his return from the World Cup in Japan. Munster's 12 Irish players have reported for duty, with Joey Carbery the only injury concern ahead of this Saturday's meeting with Ulster



Munster's season cranks up with visit of Ulster

Rugby: Munster to bolster squad by signing two World Cup winners

COLM KINSELLA
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MUNSTER Rugby's season cranks up a gear this weekend as interprovincial rivals Ulster arrive in Limerick for a crucial Guinness PRO14 derby at Thomond Park, Saturday, 5.15pm.

Munster have been boosted by the return of their 12 Ireland World Cup players this week to their training base at UL, while supporters have been excited by reports that two members of South Africa's World Cup winning squad, centre Damien de Allende and second row RG Snyman will join the province next summer.

However, Munster have poured cold water on these reports, for now.

Munster Head Coach

Johann van Graan said: "We are in advanced discussions with both players, but there are no contracts signed at this stage.

"We are confident there will be a commitment in the future, subject to conditions, but at this stage no contracts have been signed and we have nothing official to confirm."

One of the 12 players who has returned to Munster from Ireland World Cup duty, out-half Joey Carbery, is currently rehabbing an ankle injury.

The injury leaves Carbery in a race against time to be fit for Munster's opening Heineken Champions Cup pool fixture against the Ospreys at Liberty Stadium on Saturday, November 16, 5.30pm.

Munster moved to top spot in Conference B of the Guinness Pro14 with an impressive 33-23 bonus point victory over the Cardiff Blues at Cardiff Arms Park on Saturday night.

Scrum-half Alby Mathewson grabbed a brace of tries, while Limerick winger Calvin Nash and South African back-row Chris Cloete also touched down for the winners. Man of the Match JJ Hanrahan kicked 13 points with the boot.

Hanrahan said: "Any time you come to the Arms Park it is a massive challenge. They had caught us two years in a row here before this.

"We marked this one in our calendar pretty early in the year, we knew it was going

to be a huge challenge.

"We made 11 changes from the last day, but I think it's the beauty of our squad, we really trust it, particularly in a World Cup year, you're going to need your squad massively and I think the boys today were unbelievable, especially some of the young guys that turned up."

Meanwhile, Munster's Heineken Champions Cup opponents Saracens were this week handed a 35-point deduction and fined more than stg£5m by Premiership Rugby after being found guilty of breaching salary cap rules.

The points deduction coming into immediate effect in the Premiership.

The charges relate to a failure to disclose player

payments in each of the 2016/2017, 2017/2018 and 2018/2019 seasons.

The five times that Saracens have finished as Premiership champions, a 35-point deduction would have meant they would not have reached the play-offs.

An statement from Premiership Rugby announced: "The charges, which relate to the seasons 2016-17, 2017-18 and 2018-19, were brought in June 2019 following a nine-month investigation by Premiership Rugby."

Munster are due to face holders Sarries' in back-to-back Heineken Champions Cup pool fixtures in December.

For more on Munster Rugby see #LLSport on social media channels.

GAA

Limerick
champions
on their
travels

JEROME O'CONNELL
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THREE Limerick county champions enter Munster club action this weekend.

Both senior hurling and football champions are on their travels on Sunday - Patrickswell travelling to Waterford to play defending champions Ballygunner and Newcastle West facing Nemo Rangers.

On Saturday, south Limerick side Galtee Gaels play in the Munster club IFC with Clare champions St Breckans of Lisdoonvarna visitors to the LIT Gaelic Grounds.

The clash of Patrickswell and Ballygunner will be one of the headline GAA fixtures next weekend - the duo battling in Walsh Park to reach a November 24 provincial final against Borris-Ileigh (Tipperary) or Glen Rovers (Cork).

The last of Patrickswell's six Munster final appearances was 2003 while the last of their two titles was won in 1990.

The 20-time Limerick SHC winners have played 38 games in the Munster club SHC with 19 wins, two draws and 17 defeats - four of which were in provincial deciders.

Patrickswell have met Waterford opponents on four occasions with three victories.

Patrickswell last ventured into the Munster club in 2015 when losing to Cork's Glen Rovers.

The Limerick senior club hurling champions have won Munster honours in five of the nine seasons this decade. In football, Newcastle West face Nemo Rangers in a repeat of the 1987 Munster final.

The Limerick champions are without a win in the last 10 Munster club SFC campaigns - the last Limerick win was when Drom-Broadford were crowned Munster champions in 2008 when they beat Nemo Rangers in the semi final.

Newcastle West last ventured into Munster in 2015 when they lost to Clonmel Commercial.

SPORT
SNIPPETS

Captain my captain

MUNSTER captain Peter O'Mahony has been installed as third favourite to succeed Rory Best as the next Ireland rugby captain.

Leinster out-half Jonathan Sexton is the bookies' favourite to be announced as the new Ireland skipper at odds of 1/1. The decision on the new Ireland captain in the wake of Rory Best's retirement will be made before the 2020 Six Nations.

Bookmakers BoyleSports have cut the odds on Leinster Rugby and Ireland fly-half Johnny Sexton becoming the new skipper from 6/4 to evens.

Another Leinster player, James Ryan is the 5/2 second favourite from 7/2.

Munster back-row Peter O'Mahony is next in the market at odds of 3/1, while his provincial team mate CJ Stander is available at 10/1.

Another Munster player, Limerick scrum-half Conor Murray is a 20/1 shot with the bookies' to lead Ireland into the 2020 6 Nations Championship.

Cork National
returns to Limerick

LIMERICK racehorse trainer Michael Hourigan landed the €50,000 Grade B Paddy Power Cork Grand National at Cork Racecourse on Sunday.

The Gatechecker, owned by leading Limerick owner JP McManus, bounced back to form to claim top honours in the three and-a-half-mile feature race at Mallow under a confident ride from Darragh O'Keeffe.

The nine-year-old had finished in third place in the race 12 months ago, but made no mistake this time winning by an impressive seven and a half lengths at odds of 18/1.

Afterwards winning Patrickswell trainer Michael Hourigan said: "I always thought he'd win a big pot, but recently I thought it was slipping away on him. It's arrived now, and we'll take it - he has been a good servant"

It was a significant success for O'Keeffe, who has now ridden out his claim.

#LLSport

For more Limerick Sport see limerickleader.ie or use #LLSport on social media channels such as Facebook, Twitter and Instagram



That's my girl: Roisin Upton celebrates with her Crescent College hockey coach Sean O'Callaghan after qualifying for the Tokyo2020 Olympic Games

Upton eyes
medal at
Tokyo 2020

COLM KINSELLA
ckinsella@limerickleader.ie

LIMERICK hockey star Róisín Upton says the Ireland women's hockey team will be targeting winning a medal at next year's Olympic Games in Tokyo.

Raheen woman Upton played a key role as Ireland qualified for the Olympics for the first time ever following their dramatic sudden death penalty shoot-out win over Canada in Dublin on Sunday evening.

Catholic Institute player Upton converted one of the Ireland penalties in sudden death having earlier missed in the shoot-out.

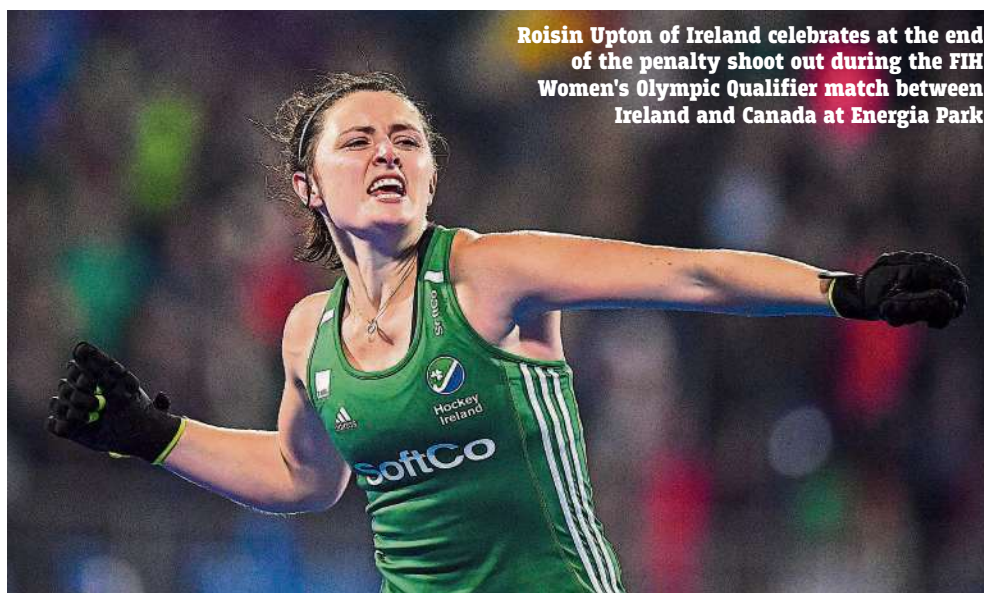
Limerick woman Upton played a crucial role as the Ireland women's hockey team won a silver medal at the World Cup in London in 2018. More than 12,000 hockey fans attended Ireland's two-leg Olympic play-off fixture with Canada on Saturday and Sunday evenings.

A delighted Upton, who has now won more than 70 caps for Ireland, said: "It will be a tough eight months training now, but we are going to aim big, we will be aiming for a medal.

"Qualifying for Tokyo, it's surreal. I tried to imagine what time moment might feel like during the week and it's just completely surpasses it 20 times over. It's absolutely incredible.

"This whole experience, everything that we are trying to achieve is so much greater than us, it has been a decade in the making. Legends that I grew up watching, my idols Eimear Cregan, Elaine Brommell, they have all been there, it seems incredible now. I feel so privileged to be part of this team."

A former student of An Mhódh Scoil and Crescent College Comprehensive, Upton also played ladies Gaelic football with Mungret-St Paul's and soccer with Janesboro.



Roisin Upton of Ireland celebrates at the end of the penalty shoot out during the FIH Women's Olympic Qualifier match between Ireland and Canada at Energia Park

Limerick colleges duo face into must win hurling games in Dr Harty Cup



Pa Reale, John the Babbist goes for a high ball during Menagh CBS Secondary and John The Baptist Community School Harty Cup Round one tie. PICTURE: KEITH WISEMAN

LIMERICK'S two Dr Harty Cup sides battle for survival this Wednesday in the Munster Senior A (U19) Post Primary Schools Hurling Championship. After round one defeats, Ardscoil Ris and

John the Baptist Community School in Hospital need victories to bounce back into contention.

Árdscoil Ris and Rochestown meet in Mallow and both suffered round one

defeats.

Hospital play a Thurles CBS side that defeated St Colmans in round one.

Both games have 1.30 starts ahead of the final group games on November 20.

Schools Cup action returns

THE Clayton Hotels Munster Schools Senior and Junior Cup competitions resume this week after the mid-term break.

In the Senior Cup, in Group B, Crescent College Comprehensive, winners over St Munchin's College and Glenstal Abbey in their previous outings, host Rockwell College this Wednesday, November 6 at 2.30pm, while in Group A, Ardscoil Ris, having their second outing of the competition, travel to West

Cork to face Bandon Grammar School at the same time.

Also in the Senior Cup, 2018 winners Glenstal Abbey face a trip to Cork to take on CBC on Saturday, 12.30pm.

This week's action in the Clayton Hotels Munster Schools Junior Cup will see Ardscoil Ris host local rivals Crescent College this Wednesday, November 6 at 2.30pm, while on Friday, November 8 it's the local derby meeting of St Munchin's College and

Castletroy College in Corbally, 2pm.

The new-look format of both the Schools Senior and Junior Cup competitions sees schools play group games prior to Christmas, ahead of the knock-out stages in January 2020.

Teams in both the Senior and Junior Cup competitions are divided into two groups, Group A and Group B, with the introduction of a Munster Club Select Player (CSP) side in Group A of the Senior competition.



David Doyle, Crescent College, in action against James Hourigan and Oran O'Reilly, Ardscoil Ris during their Limerick City Schools Senior Cup Final last week

JUNIOR SOCCER

Munster Junior weekend



Steven McGann, Pike Rovers, in action against Seamus McCarthy, Athlunkard Villa when the sides met in the last round of the Munster Junior Cup. The final round of local level takes place this weekend, before the winners enter the 'out of town' phase of this famous trophy

PAT SHEEHAN
sport@limerickleader.ie

THE MUNSTER Junior Cup continues on Sunday and another couple of sides will make it into the hat for the Open stages of the competition.

With their 'B' team already through to Round Four, Regional Utd 'A' will be trying to join their club mates when they host Southend.

These sides met a few weeks back in the FAI when Regional had to grind out a 2-0 win. On that occasion Southend proved a stubborn side who also possess a goal threat.

You feel home advantage may make things easier this time out for the Premier side

but don't expect Southend to bow down.

Summerville Rvs have been improving with every game this season and they get a chance to test their progression on Sunday when they host Premier A side Cappamore in the MFA.

Following the Oscar Traynor exploits of the last week, it's back to Premier League action for most sides this weekend.

The big game for most is a toss up between Saturday's clash of Aisling Annacotty and Pike Rvs in Annacotty and Sunday's Geraldines v Balla game.

Pike Rovers lead the way by a point and after slipping up versus Mungret last time out, interest is on how they react to dropping a couple of

points.

They have been the form side all year but looked very flat last time out. They will need a big lift this time particularly as they meet an Aisling side that have been improving steadily.

Geraldines are a point the leaders and one point further back are Ballynanty Rvs. The sides meet in Garryowen in what promises to be a cracking tie.

'Dines' have been quietly going about their business picking up points and they meet a Balla side smarting from a Munster Junior Cup exit (pending objection) to Fairview in their last game.

The 'Blues' have yet to find the right mix to accommodate the influx of players. If they sort that conundrum they will be a

scary proposition.

Fairview Rangers are also a point behind the leaders and they welcome Kilmallock to the Fairgreen.

Coonagh Utd, following their win over 'Boro in the FAI take on an in-form Mungret Reg side in Coonagh while Janesboro look to get back to winning ways when they host Prospect.

The Premier A League is proving a competitive promotion race. With a place in the top flight on offer for the top two sides there is a lot to play for.

Moyross currently lead the way and on Sunday they travel across town to take on Carew Park.

Athlunkard Villa and Newport are two sides hoping to be in the mix at season's

end and they meet in Lee Estate on Sunday.

Hill Celtic welcome Holycross and Charleville who will no doubt be challenging welcome Corbally Utd on Saturday evening.

There are two games scheduled for the FAI Youth Cup with Aisling hosting Shelbourne and Corbally Utd welcome Murroe to Athlunkard.

The Tuohy Cup continues tomorrow (Thursday) when Prospect Priory take on Nenagh. Neither side has been setting the world on fire in the League so a prolonged run in the Divisional Cup is their best chance of success this season so we should get a competitive tie.

JUNIOR SOCCER FIXTURES

THURSDAY NOV 7

TUOHY CUP

Prospect Priory v Nenagh, 7.00, R McCann, D Power, M Kennedy

SATURDAY NOV 9

PREMIER LEAGUE

Aisling Annacotty v Pike Rvs, 7.00, B Higgins

PREMIER A LEAGUE

Charleville v Corbally Utd, 7.00, G Clancy

SUNDAY NOV 10

MUNSTER JUNIOR CUP

Regional Utd A v Southend, 2.00, R Broe
Summerville Rvs v Cappamore, 2.00, G

Clancy

PREMIER LEAGUE

Coonagh Utd v Mungret Reg, 11.00, R Broe

Janesboro v Prospect, 11.00, R McCann
Geraldines v Ballynanty Rvs, 11.00, A Hall
Fairview Rgs v Kilmallock, 11.00, D Power

PREMIER A LEAGUE

Hill Celtic v Holycross, 11.00, N Casey
Athlunkard Villa v Newport, 11.00, B Higgins
Carew Park v Moyross, 11.00, R Peiper

DIVISION 1A

Kilfrush v Knockainey, Elton, 11.00, M Kennedy
Granville Rgs v Star Rvs, 11.00, A Galvin
Ballylanders v Hyde Rgs, 11.00, Mike Monahan

Patrickswell v Shelbourne, 11.00, LIT, Martin Monaghan

DIV 1B

Charleville v Caledonians, 11.00, G Collopy
Athlunkard Villa v Glenview Rgs, 2.00, S Rooney
Pallasgreen v Newport, 2.00, D Downing

DIV 2A

Meanus v Murroe, 2.00, M Murphy
Kilmallock v Caherconlish, 2.00, M Kavanagh
Hyde Rgs v Castle Utd, 2.00, J Rooney
Corbally Utd v Wembley Rvs, 2.00, Martin Monahan

DIV 2B

Aisling D v Parkville, Kilonan, 2.00, T O'Sullivan
Northside v Abbey Rvs, 2.00, M Blake

Coonagh B v Lisnagry, 2.00, J Clancy

DIV 3

Lisnagry v Dromore Celtic, 11.00, M McCormack
Murroe v Shelbourne, 11.00, S Scully
Nenagh v Caledonians, 11.00, A Walsh

FAI YOUTH CUP

Aisling v Shelbourne, 2.00, P O'Brien
Corbally Utd v Murroe, 2.00, M Bourke

YOUTH DIV ONE

Caherdivin v Kilfrush, 2.00, J McNamara

THURSDAY NOV 14

TUOHY CUP

Kilmallock v Coonagh Utd, 7.00, J McNamara, A Galvin, Martin Monaghan

For more see limerickleader.ie

DIVISION 3A

	P	W	D	L	Pts
Moyross B	7	6	0	1	18
Caledonians B	5	4	0	1	12
Dromore Celtic	7	4	0	3	12
Mungret Reg C	6	3	2	1	11
Nenagh B	7	3	2	2	11
Lisnagry B	6	3	1	2	10
Shelbourne B	6	2	2	2	8
Newport	6	1	1	4	4
Athlunkard Villa C	7	1	0	6	3
Murroe C	5	0	0	5	0

U17 DIVISION 1

	P	W	D	L	Pts
Fairview Rgs	6	6	0	0	18
Charleville	6	4	1	1	13
Aisling Annacotty	6	2	2	2	9
Caherdivin Celtic	5	2	1	2	7
Aisling Annacotty B	6	1	0	5	3
Kilfrush	5	0	0	5	0

DIVISION 2A

	P	W	D	L	Pts
Caherconlish	8	8	0	0	24
Janesboro B	8	7	0	1	21
Kilmallock B	8	6	2	0	20
Wembley Rvs	8	5	2	1	17
Castle Utd	8	5	0	3	15
Murroe B	7	4	0	3	12
Hyde Rgs B	8	3	1	4	10
Meanus	7	3	1	3	10
Corbally Utd B	7	2	2	3	8
Prospect Priory B	8	2	2	4	8
Knockainey B	9	2	1	6	7
Herbertstown	22	1	1	20	4

DIVISION 2B

	P	W	D	L	Pts
Aisling Annacotty D	8	7	1	0	22
Fairview Rgs C	8	5	2	1	17
Northside	7	5	0	2	15
Brazuca United	10	4	3	3	15
Kilfrush B	9	4	1	4	13
Parkville B	7	3	2	2	11
Lisnagry	8	2	2	4	8
Coonagh Utd B	7	2	1	4	7
Coonagh Utd C	9	1	3	5	6
Abbey Rvs	9	0	1	8	1

ON THE BALL

“Limerick to the core...”

JEROME O'CONNELL

Club hurlers in Limerick SHC Team of the Decade

IN the aftermath of the All-Stars last weekend I set myself the task of assembling a Limerick club SHC Team of the Decade.

It was a decade that saw Limerick win one All-Ireland SHC, two Munster SHC titles, one Division One Allianz League title, one Division Two League title and two Munster Leagues.

But this Team of the Decade selection is based solely on performances in the Limerick club senior hurling championship.

There were 10 Limerick SHC titles won since 2010 – five to Na Piarasigh, three to Kilmallock and two for Patrickswell.

On top of Daly Cup success, Na Piarasigh progressed to win four Munster club titles and of course Limerick's first ever All-Ireland club SHC title.

There was also provincial success and an All-Ireland final appearance for Kilmallock in this decade.

Across the last 10 years 21 different sides played in the county SHC. Seven clubs were ever present – Na Piarasigh, Kilmallock, Patrickswell, Adare, Ahane, Doon and South Liberties.

The only other clubs to spend more than half the decade in the top flight were Murroe-Boher, Knockainey and Ballybrown.

Across the last 10 years, while there were only three county champions, another five sides contested finals – Emmets, Ahane, Adare (2), Ballybrown and Doon.

Na Piarasigh won five titles from seven final appearances, Kilmallock won three titles from four finals and Patrickswell returned two wins from three finals.

My Limerick SHC Team of the Decade includes six players from Na Piarasigh, three from Kilmallock, two from Patrickswell and one each for Doon, Adare, Ahane and Murroe-Boher.

Just three of the team haven't played senior championship for Limerick – Padraic Kennedy, Jake Mulcahy and Willie Griffin.

Na Piarasigh's Padraic Kennedy gets the goalkeeping spot.

Others on the short-list were Brian Murray, Barry Hennessy and Eoghan McNamara.

In the full back are Na Piarasigh duo Cathall King, Mike Casey and Seanie O'Brien from Patrickswell.

Honourable mentions to Kilmallock's Mark O'Loughlin, Liam Hurley and Aaron Costello, Na Piarasigh's Kieran Kennedy, Stevie O'Reilly of Ballybrown and Doon's Richie English.

In the half back line it's Doon's Denis Moloney, Diarmaid Byrnes of



Our team of the decade, in Limerick club hurling, has a strong Na Piarasigh presence with six players making the team from the Caherdavin side

Patrickswell and Gavin O'Mahony of Kilmallock.

Among the others in contention were Shane O'Neill (South Liberties), Wayne McNamara and Declan Hannon (Adare), Nigel Finch (Knockainey), Nickie Quaid (Effin), Dan Morrissey (Ahane), Liam Walsh, Kevin O'Donnell, Philip O'Loughlin (all Kilmallock), Mark Carmody (Patrickswell) and Seamus Hickey (Murroe-Boher).

Midfield is Alan Dempsey (Na Piarasigh) and Jake Mulcahy (Kilmallock).

Other options were Paudie O'Brien (Kilmallock), Donal O'Grady (Granagh-Ballingarry), Cian Lynch (Patrickswell), John Fitzgibbon (Adare), James Ryan (Garryspillane) and William O'Donoghue (Na Piarasigh).

The trio selected in the half forward line are Shane Dowling (Na Piarasigh), Seanie Tobin (Murroe-Boher) and Niall Moran (Ahane).

Others among those considered were David Breen (Na Piarasigh), Barry Foley, Kevin and Thomas O'Brien (Patrickswell), Tom Morrissey (Ahane), Donie Ryan

(Garryspillane) and Padraic Barron (Knockainey).

The inside line of attack is Adrian Breen (Na Piarasigh), Graeme Mulcahy (Kilmallock) and Willie Griffin (Adare).

Among those to miss out are Eoin Ryan (Kilmallock), Pat Tobin (Murroe-Boher), Aaron Gillane (Patrickswell), Kevin Downes and Peter Casey (Na Piarasigh) and Alan O'Connor (Ballybrown).

Where possible, players are selected in positions that they played in and longevity was a big consideration given it's the Team of the Decade.

My selection is largely one to spark debate and I've no doubt there are players who have sparked in recent seasons that will leave a huge legacy but aren't included here.

TEAM: Padraic Kennedy (Na Piarasigh); Cathall King (Na Piarasigh), Mike Casey (Na Piarasigh), Seanie O'Brien (Patrickswell); Denis Moloney (Doon), Diarmaid Byrnes (Patrickswell), Gavin O'Mahony (Kilmallock); Alan Dempsey (Na Piarasigh), Jake Mulcahy (Kilmallock); Shane Dowling (Na Piarasigh), Seanie Tobin (Murroe-Boher), Niall Moran (Ahane); Adrian Breen (Na Piarasigh), Graeme Mulcahy (Kilmallock), Willie Griffin (Adare).

COLM KINSELLA

Engaging Erasmus is top of the world

WATCHING the World Cup final trophy presentation on Saturday morning in Japan, the sight of Springboks' head coach Rassie Erasmus declining captain Siya Kolisi's offer to go up and receive the Webb Ellis trophy jointly caught the attention of many viewers.

But the gesture was in keeping with the Erasmus that journalists covering the Munster beat got to know in the years he worked as the province's first director of rugby.

At press briefings, Erasmus was polite, friendly, engaging. Briefings were part of his duty and he carried the out in a pleasant manner. He was giving in interviews. Erasmus can be ruthless too, as all directors of rugby or head coaches need to be, but it's always first and foremost for the good of the team.

But it was the manner in which Erasmus handled the sudden death of his assistant coach Anthony Foley and its aftermath in October 2016 where the South African won most plaudits.

There is no coach's handbook for how to deal with such an unfortunate situation. A day after former Munster number eight Foley was laid to rest in Killaloe, Munster played Glasgow Warriors in the Champions Cup at Thomond Park, producing a stirring display.

Erasmus was the figurehead for the organisation, he handled himself with dignity and class throughout. No surprise then to see him mastermind a third World Cup win for South Africa.



World Cup winner, Erasmus

DONN O'SULLIVAN

GAA club championships are the gift that keep on giving

I must 'Google' something once an hour during an average day. Maybe it is an inquisitive mind or maybe, I should be spending my time more productively, but the origin of words and phrases and indeed sports team names is something that has always interested me.

From learning why Boca Juniors wear Blue and Yellow, to why Juventus wear black and white, to why Germany's away kit in soccer is green, the origins behind sports traditions, stadiums, customs and indeed

team names has been something I have loved even before Google was invented.

Ever year, around this time, my interest is spiked. I can often be found down the rabbit hole that is Wikipedia looking for the origins of place names, club names and indeed the location of some



Marty Kavanagh and Jack Kavanagh of St Mullins, Carlow, celebrate their win over Cuala

of Ireland's most remote villages.

To a 'sports nerd' like me, the GAA Club championship season is a gift that keeps on giving.

Much to my family's annoyance, I can often 'regale' them about the origins of the name of the town we are driving through, or where the 'hurling' field is situated.

I am fully aware that this is a niche market and maybe as you read this, if you still are, you will find someone who is just like you, but if you are not interested in finding out the background to the names below, then I think you are missing out.

Then again, while I am down this GAA rabbit hole, am I the one missing out? To be honest, I am happy.

Enjoy 'Googling' - JK Brackens, Fr O'Neills, Sean Traceys, St Mullins, Cuala Rosenallis, Fr Manning Gaels and Berlin GAA.

COLM KINSELLA

Major champ Reed can prevail at Turkish Airlines Open

ENGLISH MAN Justin Rose will look to become the first player in almost 20 years to win three consecutive European Tour tournaments when he defends his title at the Turkish Airlines Open in Antalya this weekend.

The big-money event which tees off this Thursday is the sixth

Rolex Series event of the European Tour's 2019 Race to Dubai calendar.

World number seven Rose is looking to become the first player since Colin Montgomerie in 2000 – to win three successive European Tour tournaments.

Rose currently tops the betting market in a star studded field at

17/2 to prevail in Turkey this weekend.

However, preference here is for American Major champion Patrick Reed who has been in decent form.

The winner of the Northern Trust in August finished eighth at the WGC HSBC Champions in China last weekend with a final round 66.

Irish hopes will centre on Open champion Shane Lowry, currently fourth favourite in the betting list at 16/1.

Lowry is currently sitting in third place in the Race to Dubai standings behind Bernd Wiesberger and John Rahm.

However, on current form Reed at odds of 10/1 makes more appeal.



Our tip this weekend, Patrick Reed

IS THAT ON THE BOX?

Wednesday

TENNIS

NEXT GEN FINALS
AMAZON PRIME 12NOON

HORSE RACING

DUNDALK
RACING TV 2.15PM

SOCCER

ATALANTA V MAN CITY
BT SPORT 8PM

SOCCER

RMADRID V GALATASARY
BT SPORT 8PM

SOCCER

CRVENA ZVEZDA V SPURS
BT SPORT 8PM

Thursday

GOLF

TURKISH OPEN
SKY SPORTS 9AM

TENNIS

NEXT GEN
AMAZON PRIME 12NOON

SOCCER

LAZIO V CELTIC
BT SPORT 5.55PM

SOCCER

RANGERS V PORTO
BT SPORT 8PM

SOCCER

MAN UTD V P BELGRADE
BT SPORT 8PM

Friday

GOLF

TURKISH OPEN
SKY SPORTS 9AM

RUGBY UNION

CONNACHT V LEINSTER
TG4/EIR SPORT 7.35PM

RUGBY UNION

SALE SHARKS V WASPS
BT SPORT 7.45PM

SOCCER

D HAMLET V CARLISLE
BBC2 7.55PM

SOCCER

NORWICH V WATFORD
SKY SPORTS 8PM

Saturday



Chris Cloete flies through the air against Cardiff last weekend. Munster take on Ulster on Saturday at 5.15pm

RUGBY LEAGUE

NEW ZEALAND V LIONS
BBC2 7AM

GOLF

TURKISH OPEN
SKY SPORTS 9AM

TENNIS

NEXT GEN FINALS
AMAZON PRIME 12NOON

SOCCER

CHELSEA V C PALACE
BT SPORT 12.30PM

SOCCER

NOTTS FOREST V DERBY
SKY SPORTS 12.30PM

RUGBY UNION WOMEN'S

FRANCE V ENGLAND
SKY SPORTS 1.10PM

DARTS

GRAND SLAM 2019
SKY ACTION 2PM

RUGBY UNION

BEDFORD V NEWCASTLE
SKY SPORTS 3PM

RUGBY UNION

GLOUCESTER V SARACENS
BT SPORT 3PM

RUGBY UNION

MUNSTER V ULSTER
EIR SPORT 5.15PM

SOCCER

LEICESTER V ARSENAL
SKY SPORTS 5.30PM

AMERICAN FOOTBALL

LSU @ ALABAMA
BT ESPN 8PM

HORSE RACING

PENN NATIONAL
SKY SPORTS RACING 10PM

BASKETBALL

SPURS @ CELTICS
SKY SPORTS 10PM

Sunday

GOLF

TURKISH OPEN
SKY SPORTS 9AM

SOCCER

DOVER V SOUTHEND
BT SPORTS 12NOON

HURLING

BALGUNNER V P'WELL
TG4 1.45PM

SOCCER

WOLVES V ASTON VILLA
SKY SPORTS 2PM

RUGBY UNION

EXETER V BRISTOL
BT SPORT 3PM

GAELIC FOOTBALL

COROPIN V BALLINTUBBER
TG4 3PM DEFERRED

SOCCER

LIVERPOOL V MAN CITY
SKY SPORTS 4.30PM



Lazio and Celtic meet in the Europa League on Thursday night. A game which will provide plenty of colour



Diarmaid Byrnes of Patrickswell will be in action on Sunday



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