



Clanna Gael Fontenoy GAA Club

CLANNS UPDATE



U16 hurlers certainly not out of place in Division 1

It's been very much a case of justice prevailing in the end for the U16 Uí Chonaill Fontenoy squad (the combination of hurlers from Clanna Gael Fontenoy and from Scoil Uí Chonaill). Having won all of their league fixtures during 2014 to stand atop of Division 2, only to be beaten by a 'reinforced' fourth-placed Ballinteer St Johns team in a play-off game for actual promotion to Division 1, the players faced the prospect of another year in Division 2. However, the powers that be in Parnell Park deemed that the team deserved their place in the higher division and duly promoted them to Division 1.

They faced Na Fianna away in Mobhi Road in their first Division 1 competitive fixture last weekend. And while the skill level and the pace of the game is clearly a major step up for the players, they acquitted themselves extremely well and never allowed themselves to be outplayed. This first outing against what is likely to be one of the strongest teams in the division augurs well for the games to come – not to mention the valuable experience all of the players can hope to gain from playing at the highest level.

Na Fianna 1-12 Uí ChonaillFontenoy 0-9

U11s share the spoils with Ballyboughal

Ballyboughal provided determined opposition for our U11 football team consisting of Senan T, Luke, David, Sol, Liam, Dylan, Ben V, Oisin, Matthew and Dáire. By the end of the first half the boys trailed by 5-2 to 2-0 - because they allowed the opposition to get in behind their defence and didn't win possession from their own kick outs.



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Club News

Match bits

Our Intermediate Footballers had a good win during the week over St Brigids in the cup with a score line of 0-11 to 0-10.

Congratulations to the Marian College team – which features a number of Clanns players - on winning their Dublin final, recording an impressive 4-12 against 1-6 for Colaiste Pobail Setanta.

Well done to Clanns players Orla Flanagan and Maria O'Dea and the Dublin U14 and U16 Ladies Football teams respectively on their great wins over Meath in the Leinster Championship last weekend.



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Club News

Lotto Results

The following numbers drawn on the 2nd March did not produce a jackpot winner: 4, 8, 10 and 22.

The jackpot increases to €7,200.

The lucky winners of €20 were: Joe Murray, Joe Hughes, Anto Keegan, Barry McDermott and M. Byrne.

Playing the Club Lotto is one sure way of helping the club's finances. Pick any five numbers and these are then eligible for all jackpot draws. Plus there are 5 x €20.00 winners drawn weekly.

It costs just €2.00 per ticket weekly. Or you can play by standing order through your bank if you so wish.

Contact Jay Byrne at 086-8870376 for details.

During the second half Clanns reduced the deficit through tight marking and hard work. Sol and David G had a great game marking Ballyboughal's top scorer, no. 17. Senan T was a stalwart in goals, bravely coming off his line on one occasion to prevent a definite goal. Luke and Oisin were great in defence fielding incoming balls and clearing their lines. Dylan and Ben V moved well off the ball up front, with Dylan scoring two goals and a point from play. Aidan joined the play early in the second half and proceeded to inspire the team as he weaved and waltzed his way through the opposition to score six goals and two points. He was ably supported by Liam, Dáire and Matthew who fielded well and made good assisting passes. The game finished 9-4 to 7-5 with Clanns deservedly in pole position.

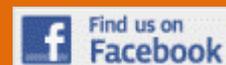
The other team comprising Adam, Jonathon, Aaron, Senan H, Finn, Ethan, Jack Tomas and Mark contributed to a good open game with plenty of goals and long-range scores. The first half was very close and saw Clanns take the lead at one stage with some well-taken points and two well-worked team goals. The solid defence limited Ballyboughal to long-range efforts for the most part. But a couple of quick fire goals from the opposition just before half time gave them a slender lead. The second half was much the same, the teams were evenly matched and both sides scored some excellent points and goals. Ballyboughal registered two more goals and, despite our boys giving it everything, they were unlucky not to score some more themselves. It ended a win for Ballyboughal but a good game from both teams.

Conditions get the better of our U15 hurlers



As if it wasn't challenging enough playing a skilful and physically big Peregrines side, the U15 hurlers had to contend with atrocious weather in the final 10 minutes or so of this Sunday morning encounter in Sean Moore Park. The visitors started the brighter to build and hold a narrow enough lead up to half time. But the fight back that Clanns displayed in the closing stages of the first half continued into the second half so much so that teams were level going into the closing stages. Then a viciously strong wind picked up and the heavens opened and Clanns found themselves playing into driving sheets of rain and sleet for a good five-minute spell. Unfortunately Peregrines were able to take full advantage of the elements to snatch a few easy goals. Despite this disappointing finish the players can be rightly proud of their formidable display.

Clanna Gael Fontenoy 1-10 Peregrines 4-8



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U13 hurlers register a most convincing win

The last day of February saw our U13 hurlers (B) travel across town to take on O'Tooles. It was a trip and game to remember. Right from the start Clanns controlled matters, scored early and continuously and only occasionally did the hosts even make it into their half of the pitch. The half-time score of 4-4 to 0-1 for Clanns said it all. It didn't quite continue like that in the second half. Playing against the wind and some light drizzle towards the end, the boys took it a bit easier. O'Tooles registered some fine scores but each time Clanns responded with another goal or point. Great teamwork was the key for this most convincing of wins.

O'Tooles 2-3 Clanna Gael Fontenoy 8-6



Teamwork a feature of U8 footballers' performance

The U8 boys returned to football action with a rough and tumble encounter with Round Towers on Saturday morning. This did not put the Clanns off though and they once again showed up in great numbers. The numerical mismatch forced them to operate with as many as five subs in some games, where the opposition had none. This had the effect of breaking up their rhythm but they still showed encouraging signs - with tackling being one of the most improved features. A couple of very big Round Towers players threatened to dominate the games but our boys dug in and showed great tenacity in the tackles. Teamwork was at a premium under the circumstances but the following players deserve mention for their efforts. Arvey Palay and Matthew Reid were rock solid in midfield, while the two Daniels (Murray and Sheridan) yet again looked sharp in attack. Reuben Clarke, Gavin McGrath and James Gilmore provided steel at the back with a series of tough challenges.



MEAGHERS
PHARMACY

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Osteoporosis: Don'ts

Smoking

Smoking contributes to decreased bone mass and increased fracture risk. Studies have shown that quitting smoking will reduce the decrease in bone mass and the risk of fracture.



Hazards

It is important to assess any risks of falls in the home. Elderly people should be encouraged to wear fitted shoes that have heels (avoid loose fitting slippers without heels as they can cause you to trip or fall). Extra precautions should be taken in icy weather to ensure falls don't occur.



Dangerous Exercises

Exercises that present a risk of falling should be avoided as well as high-impact exercises that can lead to fractures.

Alcohol

Alcohol intake should be kept to a minimum. Excessive consumption of alcohol can damage your bones. Consumption of alcohol also increases the risk of falling and breaking a bone.

This information is provided by Meaghers Pharmacy to help educate and raise awareness on important health issues.