



Clanna Gael Fontenoy GAA Club CLANNS UPDATE



Minors defeat Division 3 table-toppers

Fielding just 13 players, our Minor footballers recorded a fine victory over Round Towers of Clondalkin on Sunday at Sean Moore Park with an impressive 15-point winning margin. The win was all the more remarkable given the opposition's standing atop the Division 3 table.

Powered from centre back by Sean Rimmer and centre field by Dean Gannon and Jack Mulcahy, Clanns raced into a strong position, leading by 4-8 to 1-3 at the break with some great scores from Ross, Dean Tilley, Dean Gannon, Danno K, Eoin Barron and Conor Barnes in the forwards. Clanns started the second half strongly, but Towers fought almost to the end and - but for some good defending from David Pugh, in goal, Mark Stafford, Jack R, Ted Walsh and Monty - the game could have proved a closer affair. Following the loss of their first two games the recent win over 'Boden, coupled with this one, have moved them right up the league table.

Clanna Gael Fontenoy 8-13 Round Towers 4-10

Tough going at the top



The Division 1 journey continues for our U16 hurlers (the combined Uí Chonaille Fontenoy team) with matches over the last week against some of the top teams in the Dublin area. First up was Cuala away in Shanganagh Park followed by Lucan Sarsfield at home in Ringsend Park. In sharp contrast to their earlier win over Raheny, both of these games resulted in defeats – though that to Lucan was by only five points as a result of much improved second-half display. But the team is improving all the time and can look forward with confidence to next week's meeting with St Vincents.

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Féile – good luck girls!

Our U14 girls play in the Feile this weekend in Portmarnock in a group with Templeogue Synge Street, St Patricks Donabate and Eirn Go Bragh. Their group games are on Saturday morning at 10.50, 11.50 and 1.40 and it would be great for them to have as many supporters as possible on hand to cheer them on.

The very best of luck to the team and their mentors - Orlaith, Lorcan, Phil and Kevin. They have put a tremendous amount of effort in to the training over the past few months so here's hoping they will get the results they deserve.

Lotto Results

The following numbers drawn on the 20th April did not produce a winner for the jackpot: 2, 5, 29 and 30. The jackpot increases to €8,600

The lucky winners of €20 were: Suzanne Murray, the Brierlys, Austin O'Reilly, Carol Buckley, Liam Gray.

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.



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Another fine victory for our U17 girls

Though closely contested for the first 40 minutes, this match was won in the final 20 as Clanns broke free to mark up an impressive score line against their hosts, Garda/Westmanstown.

In the early stages a lot of pressure was absorbed by the defenders Laura, Shóna and Ava, with Lorna standing in for Claire in goal – and producing some crucial saves in the process. Laoise, Ella and Maria covered huge ground. By the midpoint stage Clanns were four points up - thanks to a goal by Clodagh McD together with some points from the same player as well as Emer and Amy Carroll.

Some sound half-time advice from Amy Brannigan produced the desired results with Aisling, Clodagh and Amy C moving into space well, creating more chances, as the ball was supplied in by Laoise, Emer, Maria and Niamh. Clodagh McD (2), Niamh and Anna Heavey all contributed goals. Shanna gave her all on her welcome return from injury. Ella, Laoise and Niamh all shrugged off knocks to help win the match. The effort of all the girls was really impressive - everyone worked really hard in defence and attack and played some great football.

Garda/Westmanstown 1-7 Clanna Gael Fontenoy 4-11

U11s do themselves proud

Our U11 footballers travelled with 17 players to a non-streamed tournament in Kilbogget Park on a lovely Saturday morning. Both teams played one game against Gerdaline Moran sides and two games against strong Kilmacud Crokes teams. We won both the Gerdaline Moran games and whilst we lost the other games we contested them strongly.

It was a day to be proud of the lads because, in the face of defeat, they fought valiantly to the end and always believed in themselves. Hugh O'Malley was inspirational in defence and punched in one lovely goal as a ball crossed the goal mouth. Being sick overnight slightly dampened Francis's wick, but it didn't stop him pummeling the net with four goals and marshalling the defensive line like a terrier. Jack was powerful in midfield and made some lovely runs to score 2-1 and was unlucky with some close wides. Dylan had his best game of the season catching some great balls and creating the platform for numerous attacks.

Our newer team members continue to improve. Matthew Reid fielded some lovely balls and was unlucky not to score a well-struck shot. David marked his players tightly and found midfielders with good passes. Luke was tough in defence and did good running off the ball in attack. Oisín gave little away in defence and cleared some good ball from the danger zone. Finn continues to develop as a dynamic player winning many 50/50 balls and used possession well. Noah, playing his first game with the team, was great and acquitted himself well both in attack and defence scoring a smasher of a goal.

Other old timers worked hard too. Jonathan was accurate and clever in his kick outs and Mark worked tirelessly in defence. Adam untiringly covered all zones scoring 2-2. Seanan H sparkled, scoring a lovely goal and some well-taken points under pressure. Daire showed good form up front and took two points on the day. Arran played strongly at midfield winning good ball and Tomas was crucial in defence countering many attacks and breaking through with the ball to set up the midfielders. All in all, this was a great day for the coaches because no heads dropped and all boys never gave up.

Club News

Bon Voyage Orlaith



The Club says a big 'thank you' to Orlaith Curran who, after a year or so with us, is travelling further afield to the likes of New Zealand and Hong Kong. She has been instrumental in much of the good work initiated during the last 12 months – including the Croke Park-sponsored 'Play to Stay' initiative and the 'Le Cheile' support programme for our team mentors and coaches. Our loss will be someone else's gain in that she will be promoting the GAA games ethos for the benefit of others.

Winners of Seller's Draw

The names of all those who sold the GAA Draw tickets went into a draw, from which the following prize winners emerged:

- 1st: Ivan Wilson - €200
- 2nd: Ken O'Byrne - €100
- 3rd: Niamh Vaughan - Tipperary signed jersey
- 4th: Shane Henry - bottle of Jameson
- 5th: Clodagh Tiernan - bottle of wine
- 6th: Lisa Murray - bottle of wine
- 7th: Mary O'Connell - bottle of wine

Well done to all concerned.



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Our U15s secure valuable away win

Short a number of key players who were on Dublin Development Squad football duty, our U15 hurlers travelled to St Patricks in Palmerstown on Sunday morning more in hope than expectation. But sheer determination and commitment, allied with no small amount of skill, got them the victory they deserved.



Every one of the players did their level best and delivered all that was asked of them. But particular credit must go to Niall Madill in defence, Conor Rimmer who was certainly back to his ever-reliable self in a sweeping role, Cian O'Regan who worked tirelessly in midfield and Patrick McNamara up front who scored three fine goals - each coming at the end of his trademark solo runs from deep. Clanns fourth goal was scored by relative newcomer, Cian Doyle. Goalkeeper, Stephen Deering, and his defence did more than enough to keep St Pats at bay especially in the final stages as they pressed desperately to rescue the game.

Team: Stephen Deering, Niall Madill, Ruairí Corrigan, Conor Rimmer, Colm O'Keeffe, Matthew O'Rourke, Des Duggan, Cian O'Regan, Seamus McCann, Cian Doyle, Cian Morgan, Kevin McGrath, Jack Ginnelly, Cillian McCarthy.

St Pats Palmerstown 4-4 Clanna Gael Fontenoy 4-8

Visit www.clannagaelfontenoy.ie for lots more information on the Club's activities


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Asthma Triggers

Air Pollution

Air Pollution, both indoor and outdoor, can trigger Asthma symptoms. Exhaust fumes, factory smoke and smoke from coal fires are examples of outdoor air pollution. Perfumes, fumes from heating systems and smoke from coal fires are examples of indoor air pollution.

- Check the air quality in your area at www.epa.ie
- Service heating systems in the home regularly
- Avoid using products that trigger asthma (fragrance-free soaps etc.)

Cigarette Smoke

Cigarette smoke is a major trigger of asthma symptoms. Smoking or breathing in cigarette smoke makes your asthma control worse, increases the risk of infection and viruses, and lessens the effectiveness of your medication.

- Do not smoke
- If you are a smoker, you should quit

Colds and Flu

Colds and flu, as well as throat infections, can trigger asthma symptoms.

- Get the flu vaccine each year
- Stop the spread of colds and infection by washing your hands and using hand sanitizer

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