



Clanna Gael Fontenoy GAA Club

CLANNS UPDATE



Footballers progress in the Shield

A place in the semi-final of the Shield is the prize for our U16 footballers after their tremendous win over St Peregrines in a sunny Ringsend Park. The game was so evenly contested that it was level at half time on 1-6 apiece and level again at full time with a score line of 4-10 to 3-13 requiring extra time. Both sides played some brilliant football and registered some great scores. But it was the strong four-point lead that Clanns held when half time of the extra 20-minute period was reached that proved crucial. Although Peregrines fought back gamely during the last 10 minutes the lads held on to run out deserving winners.



All of the players contributed hugely to this victory. Donal Byrne was as strong as ever in goal, making some great saves at crucial stages of the match. Outfield Josh Tilson was very effective and scored some fine points. Playing on the half-forward line instead of his normal defensive position, Conor Rimmer won a great deal of possession that provided the platform for attacks; while Theo Scollard put the ball in the back of the net on a number of occasions.

Clanna Gael Fontenoy 5-15 St Peregrines 4-15

U15 footballers back in contention

Our U15 footballers recorded an important win over Na Fianna in Ringsend Park last weekend to put them right back in contention for Division Two honours. As you would expect of a game between the second and third placed teams in the league, this was a ding dong battle from the outset. A host of missed scoring opportunities during the first half looked as though they would prove costly for Clanns, but they rallied brilliantly in the second half to register a number of crucial scores and claim victory. They now sit alone in second place in the league table just two points behind the leaders, Clontarf.

Clanna Gael Fontenoy 4-6 Na Fianna 1-11

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Club News

May Day parade

The Ringsend & Irishtown Community Centre are hosting their 8th Annual May Day Parade on Monday 2nd May and welcome representatives of the Club to participate as in previous years. The Children usually dress in their Clanns colours and hold the Club banner for the parade. Those wishing to participate are asked to congregate at the Ringsend & Irishtown Community Centre at 1.30pm for commencement of the parade at 2pm. After the parade there will be all sorts of entertainment at the Centre – including Bouncy Castles, Face painters, Clowns, Music and Games.

Clanns Summer Social

Make sure to book your place for the Summer Social on Saturday 14th May – email Una McCullagh at una18@hotmail.com

Clanna Gael Fontenoy Summer Social
The Merry Ploughboys Live in Concert
Saturday 14th May

Venue: Clanna Gael Fontenoy, Sean Moore Park
Time: 9 pm
Tickets: €15 Includes finger food (must be bought in advance)
Contact: Una McCullagh for tickets on 086-0889949
Email: una18@hotmail.com

This is the 14th Annual Summer Social for Clanna Gael Fontenoy and is a fund-raising event for the Club. The band The Merry Ploughboys are a Dublin based band who have performed live music for many years and are a great addition to any event. They have performed live music for many years and are a great addition to any event.

Commemorating 1916

The Club is certainly playing its part in the 1916 commemorations. A group of officials and players – including Chairman Conor Dodd and Executive Committee members Frank White, Brian Delany and Noel McDonagh – proudly flew the Club colours at the Laochra celebration in Croke Park after the League football finals.



Clanns in Croke Park

As part of the Ringsend Community Week there is a **hurling match to commemorate 1916 between Clanns and St Joseph/O Connell Boys in Sean Moore Park on Saturday next (30th April), with the throw in at 7pm.** This will be followed by a ballad session in the Club with Raglan Road.

Promising results for U16 hurlers

The U16 hurlers who play under the Isles of the Sea name (Clanns and Scoil Uí Chonaill combined) returned to winning ways with a good victory over O'Tooles in St Anne's Park. They showed themselves to be the stronger side throughout even if this was not being registered on the score board as much as it should have been. Still the fact that a number of players contributed well to the scoring - David Kennedy (1-3), Scott Collopy (1-0), Cian O'Regan (0-3, 2fs) and Patrick McNamara (0-1) – proved enough to get them over the line with a five-point margin. In the absence of Conor Hennessy in goal, Kevin McGrath stepped in between the posts and delivered a stand out performance in terms of blocking, collecting high balls and in his puck-out strategy. Brian Barron who stepped in at short notice from the U14s also had an excellent game.

The following week saw them travel away to take on Faughs. However, the hosts' position on top of the league table did not intimidate the lads in any way. In fact, they played the better hurling for much of the first half and deservedly held a four-point lead at half time. Although this pattern continued into the second half, a few brief lapses in concentration and some tired legs eventually proved too much and a relieved Faughs got to the final whistle four points to the good. At wing back Ruairí Corrigan played his best game ever for the club, Conor Rimmer and Matthew O'Rourke were extremely effective throughout, James Crowley played like one beyond his years, Cian O'Regan registered an impressive 2-2, while yet again Kevin McGrath performed very well between the posts.

O'Tooles 1-5 Isles of the Sea 2-7

Faughs 4-3 Isles of the Sea 2-5

**MEAGHERS**
PHARMACY

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Heartburn and indigestion

Heartburn is an unpleasant burning feeling behind the breastbone that is often accompanied by a sore/bitter taste in the throat.

It occurs when the muscle between the stomach and the oesophagus isn't working very well, allowing acid to escape from the stomach and travel up causing pain and discomfort. Common causes of heartburn are pregnancy, overweight, wearing tight fitting clothes around the stomach, fatty foods, alcohol, smoking, caffeine and ulcers.

Indigestion occurs when there is too much acid in the stomach and generally causes discomfort or pain in the stomach area rather than the chest.

Indigestion is generally associated with eating in large amounts, skipping meals, eating spicy foods, drinking alcohol, smoking or fizzy drinks.

Treatments

Antacids (e.g. Rennie) neutralise acid in the stomach and are helpful in indigestion. Alginates (e.g. Gaviscon) form a raft/layer on the surface of the stomach preventing acid coming back up.

If symptoms persist, treatments such as Zantac or Nexium reduce the secretion and production of acid in the stomach relieving symptoms of both indigestion and heartburn. Remember to consult your pharmacist or doctor before taking anything new. For more information or health tips and advice visit our website at www.meagherspharmacy.ie or contact Eimear on eimear@meagherspharmacy.ie

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