



Clanna Gael Fontenoy GAA Club CLANNS UPDATE



Adult hurlers in hunt for promotion

Our adult hurlers are still very much in the hunt for a promotion playoff spot in their league. Their latest win was an impressive 4-8 to 0-12 win away to Craobh Chiarain in Clonsaugh. Unfortunately, they couldn't put the momentum from that win to good use in their subsequent evening in Ringsend Park against Realt Dearg: an early injury to one of the visiting players left him lying beside the goalmouth area unable to move; and the wait for an ambulance led the referee to decide after 35 minutes that the game could not be resumed and finished with sufficient day light.



As things stand, Good Counsel top the table and look a good bet for automatic promotion. Ballyboden St Endas occupy second position, while Clanns are one of four teams sharing third position – but crucially with two games in hand over a number of those teams. With the second and third-placed teams scheduled to play off for the second promotion spot, the battle goes on to the end of August. All support is welcome to their remaining fixtures: Sun 11th August 11.00hrs, away v St Vincents; Tues 13th August 19.15hrs, home v Whitehall Colmcilles; Sun 25th August 11.00hrs, home v St Finians (S); Game v Realt Dearg to be rescheduled

You are invited for some fun at our Summer Games every Wednesday ...

CLANNA GAEL FONTENOY GAA
GIRLS U8-U14 Players

VENUE: Pitch 2, Sean Moore Park

Summer Games every Wednesday 6.30PM

Practice your football and rounders skills, have fun, meet new friends and old, in a positive environment with vetted and trained coaches

Have Fun

Meet new friends

Member and non member U8-U14

Proud sponsors of Clanna Gael Fontenoy

Vitamins for a healthy summer

Part of taking care of yourself is to ensure that you get all of your daily nutrients, minerals and vitamins for summer.

Of course, achieving this goal through diet is best, but busy lives and summer activities can take a big hit on even the healthiest of eaters. Luckily, supplementation can fill the gaps and keep you covered.

Speak to the pharmacist about taking a supplement with the following vitamins to help with your summer wellbeing:

- **Vitamin C** - Plays a role in boosting the bodys immunity. Summer is the second worst time for sinus infection
- **Vitamin A** – The Ultraviolet light from the sun can damage skin cells and vitamin A plays a role in repairing skin damage
- **Vitamin D** - is synthesized from sunlight, it can fall very low during the long winter months. It is therefore best to stop this drop in levels and increase the amount of vitamin D in the body during the summer.
- **Vitamin E** - has an antioxidant effect on the cell membrane and helps to renew cells. It also improves the health of the skin and hair. These benefits make it an important vitamin for the summer season.



This information is provided by Niamh Murphy MPSI, Pharmacist, Ringsend

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