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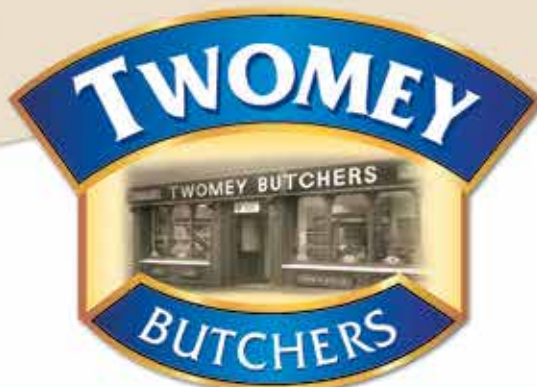
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If you cannot access physical copies, the LVO can be viewed online at:
<https://www.outlookmags.com/archives/lee-valley-outlook/>

We are a bi-weekly magazine; therefore, submissions must be on the Sunday
before publication at the latest, if you want a piece included in the following

week's edition. Due to print processes, late submissions will be published in the
following edition.

As always submissions as Gaeilge are always welcome too!

We love hearing local stories, opinions and events - current or historical, if you
would like to submit an article as bearla nó as gaeilge, please feel free to email us
here on leevalleyoutlook@macroom.ie, we would love to hear from you.

Go raibh maith agaibh, Peter & Gráinne

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Please note Des has a new number

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GARDEN FETE AT KILLARNEY ROAD SATURDAY 11th JULY

**The day of the Garden Fete is fast approaching, in
the garden of Árd na Coille, Killarney Road. It's on
next Saturday, 11th July from 1.30pm to 5.30pm.**

It's all in aid of Critical CFR – Macroom. We reach
out to you to come and support these very worthy
people. When an ambulance is called, the Critical First
Responders are immediately alerted and are usually
the first to arrive at the scene of the accident or sick
person. They give medical assistance as appropriate,
and they are a source of comfort to the relatives while
they await the arrival of the ambulance. Lives depend
on our Critical First Responders team. They deserve
our support. Every euro helps support CFR to provide
this volunteer-based emergency medical response

that provides immediate help in the first vital minutes
of a life-threatening emergency in Macroom and
surrounding areas.

We look forward to a day of fun and the very best
musical entertainment in the garden, while we sample
the great variety of confectionary on offer. Some of the
best bakers in the region have offered cakes, scones,
cupcakes, tarts, and every sweet treat you can think of.
While we feast on the baking with tea or coffee, we will
be entertained by musicians and singers to include,
Jer Wolfe, Jerry McCarthy, Willie Burke, John Lyons,
Joe McSweeney, Peadar Morgan, Tim McSweeney.
This is an open session and if you want to bring along
your instrument or your singing voice you will be very

welcome, and we encourage people to participate.

There is a Bake Sale by Catherine L Murphy, other home-
produced foods, plants and anything for your garden,
a raffle, a Jumble Sale, and some interesting games.
Members of the CFR team will give demonstrations on
life saving and resuscitation in their tent throughout the
afternoon. There is plenty free parking nearby in the
carpark by the Auld Triangle.

While we support our First Responders, we will have an
afternoon of great entertainment. Whether you come
for an hour, or decide to stay for the whole afternoon,
you are very welcome and your support will mean so
much.



Garden Fete/ Tea Party with Music at Árd na Coille, Killarney Road, Macroom P12 TX33. Hosted by Ellen Lynch. On Saturday 11th July, 1.30pm to 5.30pm



Members of Macroom CFR taking part in a St Patricks Day parade in Macroom



CFR volunteers who were demonstrating CPR at Cork Summer Show.



Eoin Maguire (front) with members of Macroom CFR at Castle Hotel, Macroom after AEDventure Hunt

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NEW TO THE MARKET



FOR IDENTIFICATION PURPOSES ONLY

OAK GROVE LODGE, CARRIGADROHID, MACROOM, CO. CORK, P12 XE30

Killian Lynch Auctioneers are pleased to offer this beautiful, traditional 4 bedroom residence on C.3 acres. The property which is in excellent condition throughout extends to C.2,000 sq ft living accommodation is heaped in history and character, considering the house dates back to the early 1800s. The property has recently been fully insulated and modernized throughout. Located in the scenic setting of the Lee Valley surrounded by mature gardens close to all amenities, 2 minutes drive from Coachford village and Carrigadrohid village, C.10 minutes from Macroom town and C.25 minutes from Cork city. This is a fantastic opportunity to acquire a property with extra land suitable for a variety of users. BER: C3 (116139320)

AMV: €495,000

UNDER OFFER



RYLAND VILLAGE, RYLAND, CO. CORK, P32W544

Killian Lynch Auctioneers are pleased to offer this 3 bedroom Bungalow & garage on c.0.84 acres. The property which is in good structural condition comprises of c.1260 sq ft living accommodation throughout. This is an ideal opportunity for those seeking their forever home in a quiet, scenic country side area. Located only walking distance to Ryland village, c.20 minutes drive to Macroom town & a c.30 minute drive to Cork city. Viewings advised BER: C2 (119289700)

AMV: €280,000

UNDER OFFER



2 GLEBE STONE, COACHFORD, CO. CORK, P12 W529

Killian Lynch Auctioneers are pleased to offer this spacious 3/4 bedroom detached house on a corner site. The property which consists of c.1550 sq ft living accommodation is in need of minor modernization but is in good structural condition throughout. Located in a sought after area only a couple minutes walking distance to Coachford village, including schools, shops, pubs & Café's, c.15 minutes drive to Macroom town & a c.30 minutes drive to Cork city. BER: C

AMV: €330,000

NEW TO MARKET



DROMONIG, KILNAMARTYRA, MACROOM, CO. CORK, P12XC91

Killian Lynch Auctioneers are pleased to offer this pristine 4-bedroom detached residence on C.0.74 acres. The property which extends to C.2,443 sq ft living accommodation has just been completed to a very high standard and will be a beautiful family home surrounded by a quiet and scenic setting. Located only C.10 minutes west of Macroom town and C.40 minutes from Cork city. BER: A

AMV: €550,000

UNDER OFFER



7 MEADOW VIEW, KILMONEY, CARRIGALINE, CO. CORK, P43WK27

Killian Lynch Auctioneers are pleased to offer this superb end of row 4 bedroom semi detached house with front and rear gardens, situated in a nice cul de sac position over looking a large green area. The property which comprises of C.1740 sq ft living accommodation is in turnkey condition having been maintained to an exceptionally high standard. The property boasts a tastefully designed kitchen equipped with high end appliances. It also has a balcony area to the front and rear of the property and has a good BER rating of B2 making it an energy efficient house and qualifies it for a green mortgage. Located in the much sought after Castle Heights development, just C.2km from Carrigaline, C.15 minutes from Cork Airport and C.20 minutes drive to Cork city. Viewings highly advised. BER: B2 (105501027)

AMV: €445,000

UNDER OFFER



3 CLEVEDON GARDENS, KILMONEY ROAD UPPER, CARRIGALINE, CO. CORK, P43 YY72

Killian Lynch Auctioneers are pleased to present this beautiful c.1465 sq ft south facing bungalow. The property which was fully renovated in 2022 offers a modern, stylish interior throughout. The heart of the home is its bespoke kitchen, which is filled with natural light & high end appliances. It also has a good BER rating of B3 making it an energy efficient home & also qualifies it for a green mortgage. A property of this exceptional standard & located is rarely seen on the market and would make for an ideal turnkey family home. Located only c.1 km from Carrigaline town centre & a c.25 minute drive to Cork city centre. Viewings highly advised. BER: B3 (114797285)

AMV: €460,000

NEW TO MARKET



2 BRIDGEVIEW TERRACE, VICTORIA CROSS, CORK CITY, CO. CORK, T12 W1DH

Killian Lynch Auctioneers are pleased to present this 3/4 bedroom mid terrace house with front and rear gardens. The property which comprises of C.1,324 sq ft living accommodation was extended in C.1990 and is deceptively spacious. This is a fantastic opportunity to first time buyers and rental investors alike. Located in a much sought after area, only C.5 minutes walking distance to UCC, CUH, Fitzgerald's Park, Mardyke sports grounds and less than a C.5 minute drive into Cork city. Viewings advised. BER: E1 (114776966)

AMV: €395,000

NEW TO MARKET



1 ROS ALANN, MILLSTREET ROAD, MACROOM, CO. CORK, P12 PY06

Killian Lynch Auctioneers are pleased to offer this beautifully presented detached residence. This exceptional 'A' rated property comprises of C.2,000 sq ft living accommodation and is in pristine condition throughout. Set behind stone entrance pillars with a tarmac driveway, the property also offers excellent privacy and stunning views. Located only C.500 yards from the Macroom bypass interchange junction, C.2km from Macroom town centre and a C.30 minute drive to both Cork city and Kilmaree. Viewings highly advised. BER: A (119422632)

AMV: €480,000

TED'S OPEL VAUXHALL RUN IN ITS 19TH YEAR!!

Now in it's 19th year Ted's Opel Vauxhall Run is one of the largest Opel/Vauxhall events in the whole of Ireland, attracting enthusiasts from throughout the country and beyond.

This year's run will take place on Saturday 8th August 2026. Based this year at Coolcower House, Macroom, Co. Cork. P12 E135.

Registration takes place on Saturday morning from 9am with a fee of €20 per car. Each car will receive a starter pack. The first Award of the day will be presented at 10am and the cars will depart at 11am. The route will take in some of the fantastic scenery of Mid West Cork, Muskerry and the Gaeltacht Mhúscraí region.

Leaving Coolcower House the route will take in Hartnett's Cross, Toonsbridge, Inchigeela, Lough Allua, Pipe Hill, Carriganass Castle, Coomhola Bridge, Ballylickey, Stopping at Cronin's Centra / Service Station for the mid-way stop.

We will then continue to Kealkill, The Coosane Gap, Coppeen, Boxers Cross, Kilmurray, Lissarda and



returning to Coolcower House for the Prizegiving and a BBQ.

As always there is an array of Perpetual and Special Awards on offer, some will be presented during the day, there will be a raffle with numerous Prizes.

We are delighted to have the continued support of

Opel Ireland and Cartell.ie. and Casey Caravan Services. Our association with the Dogs for the Disabled Charity began before our first run in 2008 and we continue to fundraise for them. All Opel/Vauxhall / Bedford / GM vehicles are welcome on the run regardless of age. We hope to see you all on the weekend of the 8th August. Even if you don't own a vehicle, come out to see the cars and wave us off or give us a wave along the way, or come join us when we return in the evening. Fáilte roimh cách.

Further information call Ted:- 086 3256751 or Denis:- 086 3562905 or follow the event on Facebook.

For Accommodation: Coolcower House, Macroom, Co. Cork. P12 E135. Contact Bernie 087 7657153

Fountain House B&B, Macroom, P12 YP20, Contact Breda 086 8213940.

Castle Hotel, Macroom, P12 ED78. Contact 026 41074.

THE MACROOM FRIENDSHIP ACTIVE RETIREMENT GROUP

By Ellen Lynch

The activities of the group wrapped up for the summer with the grand finale being a wonderful night with Beautician, Mary Mullins. This was an evening to beat all evenings, as Mary talked us through all areas of skin care and showed us some of the extensive range of skincare products on the market. As Mary is a Clarins Consultant, she brought an array of Clarins products and offered specialized beauty advice according to our individual needs. We expected one lucky lady to get a makeover, but we were pleasantly surprised when Mary selected several different ladies from the group, and tailored a skincare routine that was individual and different for each and every one according to their skin type and skin tone. She started off with Ann Murphy and in an entertaining and lighthearted way which had us all laughing and giggling, she gave Ann the full works by applying a complete, multi-step cosmetic routine, everything tailored to Ann's coloring and skin type. We all loved Mary, who was cheerful, friendly and full of hearty good humor. She is a person who is wonderful to be around and she uplifted the spirits of those of us that were lucky to be there. We all agreed that this was an exceptionally entertaining night, and that we need much, much more of these or similar events in the remainder of the year ahead.

The group have many outings planned for the summer ahead, and the next one on the cards after



The big crowd of members of Macroom Friendship ARA who went on the recent day trip to Clonakilty

that night was a trip to Clonakilty Black Pudding, the Model Railway Village for those who were interested, the Michael Collins Museum if you preferred that, and shopping around Clonakilty town. We finished off the day with a hearty dinner in Creedon's Hotel Inchigeela. When we were full to the gills, Joe came out and told jokes and sang songs in a witty way only Joe Creedon can do. For everyone who knows Joe, they need no introduction, and for those who don't, you don't know what you are missing.

There are several "small group trips" planned for Killarney, and Denis O'Donovan will guide us through

the various attractions that Killarney has to offer. With a limited number of 10 or 12 per outing, all of the group will have an opportunity to get on some trip throughout the summer. Denis is also at the helm for a trip to Charlesfort and Kinsale during Heritage Week to take advantage of the free entry into OPW sites during that week. There is a music trip on the cards as Paddy O'Sullivan, by popular demand, is set to organize another outing to Tullamore to a Country Music Concert, following the hugely successful trip there last year.



Some of the members of Macroom Friendship ARA had great craic at the Model Railway Village on their recent trip to Clonakilty.



One brave gentleman, Denis O'Donovan braved the night with all the ladies at the recent Beautician night for Macroom Friendship ARA. But he got a bit of a telling off for his sunburn, as Mary outlined the dangers of too much sun on our skin.



Nancy Pyper gets a makeover from Mary Mullins at the recent Beautician night for Macroom Friendship ARA



Ann Murphy gets a makeover from Mary Mullins at the recent Beautician night for the Macroom Friendship ARA



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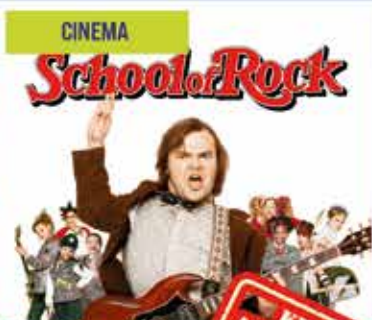


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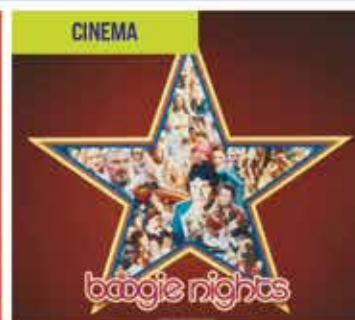
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SAT 01 AUG 2026
8PM | €37 ADULT / €19.50 CHILD



HUNGRY GRASS THEATRE CO: THE RIME OF THE ANCIENT MARINER
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ANDRÉ RIEU'S 2026 SUMMER CONCERT: VIVA MAASTRICHT!
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WHITE RAVEN TRIO WITH GERRY O'CONNOR
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PAUL SPRING & MACDARA Ó FAOLÁIN
SAT 12 SEP 2026 | 8PM | €22



ANNE GILDEA: FURTHER ADVENTURES IN WOMANING
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ONE IDEA, ONE COMMUNITY, ONE INCREDIBLE NIGHT:

HOW A LOCAL FUNDRAISER RAISED €6,175 FOR WORTHY CAUSES

Sometimes the best ideas begin with the simplest of conversations.

One Sunday evening, local publican Jim Cunningham had a thought. He wanted to do something meaningful—something that would give back to both his local community and those facing hardship. What started as a simple idea soon became one of the most memorable community events of the year, raising an incredible €6,175 for Penny Dinners and the Canovee National School Autism Class.

Jim knew he couldn't do it alone, so he enlisted the help of his good friend Mary Browne. Together, they set about turning an idea into a reality.

Planning began in early March, and from that point onwards there was no looking back.

The first task was finding the right entertainment. After searching around, they secured The Essential Band, whose reputation for filling dance floors made them the perfect choice. Determined to make it a night to remember, Jim decided to go one step further by booking the hugely popular DJ Denny Cee to keep the celebrations going long after the band had finished.

With the entertainment sorted, the preparations gathered pace. Locals Eadaoin and Darren Shine came on board to create and print eye-catching posters that helped spread the word throughout the area.

Food and refreshments were another important part of the evening. The Bull Pit provided an outstanding chip van, ensuring nobody went hungry, while a local farmer, who had recently begun producing his own artisan ice cream, eagerly agreed to join the festivities and showcase his new venture.

The event quickly became a wonderful example of community spirit, with local businesses and organisations stepping forward to lend their support.

Browne Brothers supplied the trailer and fencing that formed the heart of the outdoor entertainment area, while Murphy Fuel generously provided the

steps needed to access the trailer safely. The local GAA club offered the use of its pitch for parking and assisted with roadside signage, helping everything run smoothly from start to finish.

Inside the pub, Jim's staff didn't hesitate when asked for help. Every member of the team volunteered to work the event, knowing that an evening of this scale would require all hands on deck.

Then came the one thing nobody can organise—but everyone hopes for.

The weather.

With glorious sunshine and the excitement of the hurling semi-final on the same day, the stage was perfectly set. Families, neighbours, friends and visitors flocked to the venue in their hundreds. Young and old alike turned out to support two incredibly deserving charities, creating an atmosphere that was nothing short of electric.

There was music, dancing, laughter and conversation everywhere you looked. The dance floor was full, smiles were plentiful, and the sense of togetherness was unmistakable. It was more than just a fundraiser—it was a celebration of what a community can achieve when people come together for a common cause.

By the end of the night, the generosity of everyone involved had produced an extraordinary total of €6,175, all of which will help support the invaluable work carried out by Penny Dinners and the Canovee National School Autism Class.

Reflecting on the success of the event, one thing is abundantly clear: what began as a single idea on a Sunday evening became a shining example of kindness, generosity and community spirit.

For Jim Cunningham, Mary Browne, the volunteers, local businesses, musicians, staff and every single person who attended, this wasn't simply about raising money. It was about making a real difference. And judging by the smiles on the night and the remarkable amount raised, it's safe to say they achieved exactly that.



Jim and Daithí at the Jimangie fundraiser



Locals enjoying the beautiful sunshine at the Jimangie Fundraiser on July 4th

HAVE YOU A NEWS STORY?

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Hosted by The Briery Gap Theatre, Macroom
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Macroom Arts Circle



Grá Macroom Gift Card hits €200,000 in sales in 5 months



The Grá Macroom Gift Card launched in October 2025 as a physical and digital card. Organisations are moving from national cards to the local gift card for tax-free employee rewards.

A local gift card in Macroom has reached a milestone of €200,000 in sales in 5 months, with over 3300 instore transactions in local businesses.

The Grá Macroom Gift Card launched in October 2025 for Macroom and its neighbouring villages. Over 100 businesses in the area accept the gift card, including shops, restaurants, hotels, salons and services.

Consumers and organisations alike have been using the card for gifts, as well as for rewards and incentives in line with the Small Benefit Exemption, with both physical and digital versions of the card available.

Backed by Macroom Business Association, the Grá Macroom Gift Card was introduced to enhance the convenience of supporting local, replacing the previous paper voucher and extending its reach from the town to its surrounding villages in the Lee Valley region. Cards are available to buy online and in person from Killian Auctioneers Macroom, Cooney's Garage in Coachford, Connections in Macroom, Dromeys Centra in Ballymakeera and Daybreak in Ballingearry, with a dedicated site for organisations.

The Grá Macroom Gift Card is part of the award winning Town & City Gift Cards initiative, and the first of its kind in County Cork.

The Castle Hotel switched from using Perx gift cards for staff rewards to the Grá Macroom Gift Card, and also accepts the card.

Manager, Rory Buckley, said: "We've had fantastic feedback from our customers to the new Grá Macroom Gift Card with around €9,000 of cards spent with us over the past 5 months. In the hotel, people spend their cards on food and beverage or hotel stays, even using it as payment for communions, and they'll use it at the leisure centre to pay for membership. They find it easy to use and like the ease of checking their balance."

"We used to use Perx gift cards to reward our staff which can be spent anywhere but decided to switch to the Grá Macroom Gift Card to ensure the €13,000 we spent on staff rewards stayed locked into Macroom and neighbouring villages. As the card is eligible for the Small Benefit Exemption, we were able to gift staff up to €1,500 tax free. It was a smooth process and our team were very happy with the choice on offer through the card."

Henry Murphy from third generation business Matt Murphy's Pharmacy in Macroom commented:



Killian Lynch, auctioneer and chairperson of the Macroom Business Association

"I've experienced the Grá Macroom Gift Card as a proprietor, a corporate purchaser and a recipient and it has been positive all round. People quickly realised how easy it is to buy and spend. Before Christmas, we had people using their card to buy gifts and for bigger ticket items, and post-Christmas they're using the card for day to day essentials. However they spend it, they see the card as money in their pocket and if they have a small amount left on the card, they can use the balance and pay the remainder with another form of payment, so nothing is wasted."

"As a business, we get paid very quickly when people use their Grá Macroom Gift Card, unlike the old paper vouchers. The fact that there is no commission to accept the card as a business is a refreshing change from the national gift cards. With the Grá Macroom Gift Card, what you see is what you get. We also switched to the card for our own staff gifts at Christmas and it helped them to shop local and even try out new businesses."

Cooney's Garage in Coachford is one of the in-person locations to buy the card. **Ronan Cooney said:** "The cards are very popular and I think that's down to the convenience of them. People come in especially to buy the Grá Macroom Gift Card, or they'll remember they have an event coming up and will buy it while they're at the till. It's a positive that there is no fee to buy the card. Lots of people spend their cards with us on their day to day items, from diesel to pizza and a bottle of wine."

"From €0 to €200,000 in sales in 5 months is brilliant and I imagine we'll see even more organisations moving to their local gift card for rewards and incentives over the coming months. We use it for our own staff, as well as within the business as prizes and so on – it's easy to use and people really like it."

Killian Lynch, auctioneer and chairperson of the Macroom Business Association, said: "Macroom and its neighbouring villages have worked together to create this card for the benefit of our local businesses, giving organisations a local option for their rewards and incentives and consumers a gift card that supports local. €200,000 in sales of the Grá Macroom Gift Card in 5 months is a great achievement and we'll be continuing to build on this throughout 2026 and beyond, so we can unlock the full potential of 'shop local' in Macroom."

Miconex provides the technology for the Grá Macroom Gift Card as part of the wider Town & City Gift Cards network.

Colin Munro is the CEO of Miconex and said: "There are many benefits of the Grá Macroom Gift Card, including the fact that it has to be spent in person, driving real footfall and spent in Macroom and its neighbouring villages, with over 3300 in-store transactions to date. And not only are people spending the value on their gift card, our research suggests that the majority of people spent over the value of the card and buy additional products and services at the same time."



The Corpus Christi Procession
in Inchigeela on Sunday June
7th 2026.



- **July 11th & 12th MACROOM FAIRY GARDEN** – Annual Church Gate collection outside. Caum & Macroom masses.
- **Sunday 26th July Musherá platform dance.** Music by Martin Kearny & Derry Kennedy 3 to 5.30 pm

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Macroom Credit Union Limited is regulated by the Central Bank of Ireland.



Following a spectacular May Festival curtain-raiser, Killarney Racecourse is gearing up for one of the highlights of its racing calendar.

Racegoers are in for a real summer treat as the highly anticipated Killarney Races July Festival returns for five spectacular days of top-class racing, live music, and an electric festival atmosphere, running from Monday 13th July to Friday 17th July.

The action kicks off on Monday 13th July with an exciting evening of Flat racing, with the first race scheduled to post at 5:00pm. The high-energy Flat racing continues into the week, with Tuesday 14th July commencing at 4:35pm and Wednesday 15th July starting at 4:55pm.

The excitement shifts gears on Thursday 16th July as the track switches to National Hunt racing, with the first race at 4:30pm. Headline sponsored by Noel C Duggan Structural Steel, Thursday promises to be

a brilliant evening on and off the track, featuring RaceDay TV and Frankie Foster at the track, live music on the lawn from Karen Dolan, and a buzzing post-race after-party with The Rising.

The festival builds to a grand crescendo on Friday 17th July, concluding with a thrilling National Hunt card starting at 1:32pm. Friday also hosts the prestigious and highly anticipated Lee Strand Best Dressed Day, where fashion takes centre stage alongside the track action. The final day's festivities will be complemented by live music on the lawn from Shane Kennedy, followed by a lively wrap-up after-party with The Blow Ins.

With an unbeatable combination of sport, live entertainment, and vibrant social events, Killarney Racecourse is the place to be this July. Tickets and hospitality packages are already moving fast.

General Manager, Karl McCay commented on the

upcoming festival saying:

"We are delighted to be back with the first of our two Summer Racing festivals this July 13th -17th. From hospitality to general ticket sales, we are seeing an uptake in demand for racing in Killarney this Summer. Corporate hospitality is sold out on Thursday and Friday with some limited availability still left for Monday, Tuesday Wednesday. We are also delighted to see such incredible support from the local business community. This July we welcome several new race sponsors which is very encouraging for us, and we look to continue to invest in our race day experience. We can't wait to welcome everyone back for five exciting days of racing"

For tickets and more information visit <https://killarneyracecourse.ie/july-festival/>



As excitement continues to build, Ballinagree is preparing to welcome the very best road bowlers in the country this weekend for the 2026 All-Ireland Road Bowling Series on Saturday 11th and Sunday 12th July.

The village has the honour of hosting the All-Ireland series, with six national titles set to be decided over two days of top-class competition.

The event will bring together twelve finalists from Munster and Ulster, all competing for All-Ireland honours on the famous Ballinagree road. Months of preparation by Ballinagree Bowling Club and the local community have gone into making the weekend a memorable occasion, and visitors can look forward to fantastic sport, a wonderful atmosphere and a warm Ballinagree welcome.

The opening ceremony will take place on Saturday morning at 9.30am before the first score gets underway at 11am, with competitors, supporters and visitors from



across Ireland expected to descend on the village. Alongside the bowling, local community groups will provide catering throughout the weekend to raise much needed funds while also ensuring there will be plenty of refreshments available for everyone attending.

We would like to extend our very best wishes to all competitors and sincerely thank our sponsors, volunteers, landowners and everyone who has helped make this special weekend possible. We look forward to welcoming you to Ballinagree for what promises to be a fantastic celebration of our great tradition of road bowling.

Please Note that a Temporary Road Closure will be in place both Saturday & Sunday.



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5 Signs Your Back Pain Needs More Than Rest

Most back pain improves with time, gentle movement and sensible self-care. But when it keeps returning, travels into the leg or changes how you move, your body may be telling you that rest alone is not enough.

HERE ARE FIVE SIGNS WORTH PAYING ATTENTION TO.



by Dr. Ben Martin
Optimal Chiropractic,
Ballincollig

1. The Pain Keeps Coming Back

Perhaps it settles after a few quiet days, stretching or painkillers, only to return after sitting, lifting or sleeping awkwardly.

Repeated flare-ups may mean the underlying problem has not been fully addressed.

2. Pain Travels Into the Buttock or Leg

Pain that moves from the lower back into the buttock, thigh, calf

or foot can suggest irritation involving a nerve.

You may also notice burning, tingling, pins and needles or numbness. These symptoms deserve attention, particularly if they are becoming more frequent.

3. You Constantly Need to Stretch or Crack Your Back

Stretching can feel good and regular movement is important. However, if relief lasts only a few minutes and you constantly feel the need to twist or "pop" your back, another area may not be moving properly.

Forcing a joint to crack does not necessarily correct the cause of the stiffness.

4. You Have Started Moving Differently

When something hurts, the body naturally tries to protect it.

You may avoid bending, lean to one side, take shorter steps or struggle to put on socks and

shoes. These changes may help temporarily, but over time they can place extra strain on other joints and muscles.

5. It Is Affecting Sleep or Everyday Life

Back pain deserves attention when it begins interfering with sleep, driving, work, walking, exercise or lifting your children.

You should not have to keep planning your day around what your back will allow you to do.

Rest can be useful after a recent flare-up, but too much inactivity may increase stiffness and weakness.

The Bottom Line

At Optimal Chiropractic, we look beyond the painful area. A detailed consultation, physical and postural examination, and advanced INSIGHT™ neurological scans help us assess how your body is functioning and what may be contributing to the problem.



Turn to the back page for our exclusive reader offer - a €40 New Patient Consultation (normally €85), including consultation, examination, and advanced INSIGHT™ neurological scans.

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MACROOM GIRL GUIDES



Ardilaun Guides at Camp Doire 2026 in Killarney Rugby Club



Ardilaun Guides Ciara, Anna and Áine departing for Adelboden, Switzerland

Ardilaun Ladybirds

Ardilaun Brownies have had a busy last 2 weeks of meetings where they finished their STEM badge. They made Oobleck and performed experiments with the Oobleck and eggs! They also made rice dance with sound vibrations and used static electricity to make their hair stand on end! The ladybirds were very enthusiastic and no doubt there will be a few scientists among them.

Ardilaun Guides and MacEgan Senior Branch attend Regional Camp 2026 – Camp Doire

The following account was written by Ciara one of our Trail Blazer Guides.

I recently attended this year's Regional Camp - Camp Doire - in Killarney from the 26th to the 29th of June. We began with setting up tents and shelters in our area, which we shared with Guides from Boherbue. We did this fairly quickly and newer Guides learnt how to pitch tents, amongst other things.

After settling into our tents, we had a delicious dinner of chicken curry, followed by a small campfire where we learned new songs and sang many of our favourite songs.

The next day, we woke early to prepare for going into Killarney. Having made our packed lunches, we caught a bus into the town centre. We began with orienteering around Killarney National Park. Although it was pretty wet, we still had loads of fun!

After lunch we took a jaunting car out to Ross Castle where we learned a lot about the wildlife around the park.

Later on, we went to Lidl in Killarney to buy ingredients for our Ready, Steady, Cook meal which as part of our Camp Challenge on Sunday. We were given a budget for each Patrol to buy what we needed for a two-course meal. This required a lot of careful planning and consideration from each Patrol.

We caught the bus back to camp, the weather got better, so we were treated to a wonderful barbecue, which was really nice and unexpected. However

the weather took a turn for the worse later in the evening, so it was too wet to have a large campfire. We had our sub-camp campfire - minus the fire - in our shelters.

On Sunday, we took things a bit easier and completed the Camp Challenges. Then we made our Ready Steady Cook dishes on a combination of Trangias and gas cookers. We had a surprise visit from an ice cream truck. After dinner, we had a campfire with all the Guides, Senior Branch and Leaders. It was a lovely way to end an already brilliant camp, with each Unit singing a song. After s'mores and hot chocolate, we went to bed.

The final day, Monday, consisted of taking down tents and shelters and making sure everything was dry. We had to pack up all our belongings and ensure that nothing was lost or left behind.

I would like to extend a massive thanks to all the Leaders who gave up their time to take us to regional Camp and to everybody else who helped out to make the camp run smoothly.

The following account was written by SB member Áine:

We arrived at Killarney Rugby Club on Friday ready to start our weekend of camping. When we got to the campsite, we put up our tent and helped the other senior branch groups set up their camps. That night we barely slept but we very much regretted that decision as Saturday was a jam-packed day full of activities. We left the campsite bright and early and went to Killarney National Park. From there, we took a boat to Innisfallen island where we learned about how the monks used to live up until the 1800s. The island was full of old ruins, rich history and many wild deer. We got back on the boat, and we were lucky enough to spot some white-headed eagles nesting on an island in the lake. We continued to sail on until we reached the Gap of Dunloe very wet from our boat ride. We stopped for lunch and to dry off our clothes but unfortunately, the rain kept coming. After lunch we began an 11km hike through the Gap of Dunloe where we got absolutely

soaked!! We were very glad to be back on the bus again and to get into pyjamas once we reached the campsite. We were treated to a barbeque and had small campfires before bed. On Sunday, we were very glad that the sun was shining. In the morning, we went to Lidl to shop for our ready steady cook event as part of our camp challenge. When we arrived back from Lidl, we began cooking our dinner using trangias and gas stoves. We cooked fajitas and chips with chocolate strawberries for dessert. Later on in the day, we played some games and the ice cream van came. We had a big campfire in the evening which we led along with the other Senior Branch members. On Monday our final day of camp, we took down all of the tents and packed up all the equipment in record time. Overall, the camp taught us new skills, and we met so many Senior Branch members from many units in the Southwest region.

MacEgan Senior Branch representing IGG at EU Presidency Events.

Before setting off on their International Travels Katie and Emily attended events in Dublin and Cork to celebrate the EU Presidency.

EU Presidency Opening Ceremony

By Katie Cronin

On Wednesday 1st July, I travelled to Dublin Castle to represent Irish Girl Guides at the Opening Ceremony of the EU Presidency. I was chosen for this once in a lifetime opportunity through my involvement with the National Youth Advisory Committee (NYAC). There was a broad selection of youth organisations in attendance alongside IGG, including Scouting Ireland, YMCA, European Youth Forum, Seanad na n-Óg & Ireland's UN Delegates.

We heard the speeches of the policy makers and leaders directly involved with the implementation of the EU Presidency core values and principles. Speakers included European Council President - António Costa, the Taoiseach, Tánaiste, Minister for Foreign Affairs - Helen McEntee, Minister for European Affairs &



Ardilaun Ladybirds completing their STEM Badge



Katie Cronin representing IGG at the EU Presidency Opening Ceremony



**THURSDAY
JULY 9TH**



**GREG LONG
MEMORIAL
POC FADA
IN AGHABULLOGUE
AT 7PM**



**FESTIVAL BINGO
IN PADDY MAC'S
AT 8.30PM**

**FRIDAY
JULY 10TH**



**TADHY ROCHE
MEMORIAL
CAMOGIE MATCH
GAA GROUNDS
COACHFORD
AT 6.30PM**



**FAMILY
TABLE QUIZ
IN PADDY MACS
AT 9PM.**

**SATURDAY
JULY 11TH**



**HIGH NELLIE
BICYCLE RUN
AT 5PM**



**DOG SHOW
AT 6PM**



**FESTIVAL QUEEN
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Defence – Thomas Byrne.

Thomas Byrne delivered a lovely speech highlighting the impact young people have in the decision-making process and shaping EU policies. He also delivered his speech bilingually, emphasising the importance of the Irish language and the role it plays in the EU since officially being recognised as a working language in 2022.

We were honoured to be present for the raising of the Irish and EU flags with renditions of the national anthem, Amhrán na bhFiann & EU anthem, Ode to Joy played and sung by the Irish Defence Forces & the Dublin Youth Choir. Cormac Begley delivered a breathtaking performance on the concertina with Stephannie Keane accompanying him with traditional Irish, Sean-nós dancing. Iarla Ó Lionáird & Tolú Makay's performances were joined by a live trad band creating a vibrant and upbeat atmosphere in Dublin Castle.

We were then invited into the reception where we

met with policy makers and political leaders directly, with Neale Richmond taking time out of his evening to speak to the young people as a group. We enjoyed some food and chatted about the work of the Irish Girl Guides in empowering & shaping girls and women all across Ireland.

This was an amazing experience to partake in, and I would like to thank the Chief Commissioner, Aisling Claffey Healion & NYAC for the opportunity to attend.

NYCI Youth Dialogue Conference

By Emily Mehigan

On Wednesday 1st July I attended the NYC's EU Youth Dialogue Conference in the Address Hotel in Cork to mark the beginning of the EU Presidency in Ireland and to discuss the role young people will play over the next 6 months. Similar dialogues are being held across the twenty-seven member states of the EU. We discussed a range of key topics such as AI regulation, mental health and how adults and youth workers can support young

people in influencing local, national and international affairs. It was a great day to mark the beginning of EU Presidency and was a great opportunity to meet with young people all over Ireland and Europe.

Ardilaun Guides and MacEgan Senior Branch begin their International Travels.

Ciara, Áine and Anna have departed for their trip to Adelboden in Switzerland where they will visit "Our Chalet" one of the guiding world centres. Katie, Dara and Emily have also set off on their epic journey to attend a leadership training programme in "Sangam" another guiding world centre in Pune, India. We as a district are very proud to have so many guides and SBs representing IGG on International Contingents this year – Well done girls and safe travels!

For further information on joining our Ladybird, Brownie, Guide or Senior Branch units please contact macroomguides@gmail.com



MacEgan Senior Branch at Camp Doire 2026 in Killarney



MacEgan Rangers Katie, Dara and Emily on the first leg of their journey to Pune, India.



Judging is now underway

With the Tidy Towns Competition currently underway, we'd like to extend a heartfelt thank you to the businesses and residents who have helped brighten Macroom with beautiful hanging baskets and floral displays.

A special word of thanks goes to Macroom Credit Union, Pickled Café, Lynch's Café, Killian Lynch Auctioneers, Kiely & Co. Accountants, Mary Anne's, Coolcower House, Murphy's Costcutters Masseytown, The Auld Triangle, Lavender Hair and Beauty, Granvilles, MJ Cronin's Drapery and the residents of Cork Street for their outstanding displays this year. Your efforts make a real difference to the appearance of our town.

We would love to see even more businesses and property owners get involved by adding hanging baskets or colourful window boxes. Many award-winning towns create a wonderful summer atmosphere through floral displays, and together we

can do the same in Macroom.

Flowers Make a Difference

Over the past number of years, the Tidy Towns adjudicators have consistently praised Macroom's floral displays. Much of this recognition has come from the hard work of our volunteers, who maintain the town's 64 large hanging baskets as well as flower beds and landscaped areas throughout the town, with the following comments from 2024 judges.

"The many flower beds throughout the town were well maintained and gave a wonderful splash of colour at the Grotto, Town Square and throughout the town."

The Tidy Towns judges also encourage towns to support biodiversity by creating ecological corridors, where pollinators can find food and shelter every 20 metres through the use of pollinator-friendly hanging baskets and window boxes. Every additional display helps both our environment and our streetscape.

Judging for this year's competition continues from June through August, and while we are proud of what has been achieved, we know that there is a lot more we can do together when everyone plays their part.

Think about growing your own this summer, start in July & all you need is a few pots.

• Lettuce: Sow in small batches every two weeks and

you will have a regular supply.

- Green Beans; Both French & Runner Beans thrive now and will produce steadily until autumn.
- Courgettes; Very productive in our mild summers, plant in large pots with good quality compost.
- Herbs; Parsley, Mint, Chives, Coriander grow beautifully on Irish windowsills or patios during the summer.

Litter and Waste Prevention

With the fine weather and long evenings its picnic season, our children and dogs are all benefiting from more outdoor activities. This introduces more rubbish and we are asking that you responsibly dispose of dog waste and general litter, which should be taken home if public bins are full or not available. Every week is a busy week with Tidy Towns volunteers with Litter Picking, Planting, General Maintenance around town and the Fairy Garden, seat painting in the council car park at the bridge, cleaning bollards along traffic calming areas.

Volunteers met every Saturday Morning at 9am at our base in Masseytown, we are always open to new people joining, so why not come along some Saturday Morning and see for yourself the work being done. If you have any question, feel free to contact Lisa at 087-1434770



Flower Boxes and Hanging Baskets outside MJ Cronin Drapery Shop



Flower Boxes outside Killian Lynch Auctioneers



Hanging Basket Outside Lavender Hair & Beauty Salon



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- Granvilles Bar & Grill
- Lynch's Bakery
- The Mulligan Room

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1



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2



If you have food left, ask for a takeaway box.

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Ask a member of staff for this week's Every Plate Counts Code.

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TOGETHER, EVERY PLATE COUNTS.

Dara Ó Cinnéide and Chris Óg Jones

LAUNCH BOSCA SLÁINTE – A NEW COFFEE DOCK AND FARM SHOP IN INCHIGEELA

A new Coffee Dock was launched in Inchigeela on Friday June 19th by All Ireland winning captain and passionate promoter of rural communities Dara Ó Cinnéide as well as current Cork and Uíbh Laoire Footballer Chris Óg Jones.

A large crowd gathered on a fine summer's evening which turned out to be a celebration of community as well as the launch of a new local enterprise. Dara Ó Cinnéide spoke about the value of community and the local people getting behind new enterprises. The general narrative is that rural communities are struggling with depopulation as well as shops and pubs closing down; however if anything Bosca Sláinte is a signal that a cohesive community can drive a comeback which can be interwebbed with many other things happening in a locality. The All Ireland Winning Captain and regional manager of Radio na Gaeltachta in Munster spoke about the misneach or the bravery to take on something. Momentum is a powerful part of sport but also in community revival. The meitheal or gathering effect of local people and neighbours helping each other can be powerful in driving community organisations and local businesses to give the next generation enough resources to make these areas attractive to live in. The parish of Uíbh Laoire which includes Toonsbridge, Inchigeela, Ballingearry and Gougane is an untapped destination for tourists with unspoilt natural beauty with lakes, mountains and indigenous woodland. This is an extension of the Gearagh in the upper Lee Valley. The spirit of revival was very evident in Zach Byran's concert in Pairc Uí Chaoimh recently but it was also very much present in Inchigeela on the launch night where young and old gathered

together. Everyone was in jubilant form where they were greeted with speeches, a bit of craic and music. It has brought a great buzz to the area and is almost serving as a community centre. Ó Cinnéide spoke eloquently about the resonance to their own area in West Kerry where the bedrock and springboard for their own Gaeltacht community is Croí, Spiorad, Cad agus Teanga - Heart, Spirit, Football and Language. The interconnection between these webs builds morale and it's what has always been a special element of Rural Irish culture.

Bosca Sláinte is run by husband and wife team Alan and Stephanie O'Brien along with their friend Shane Galvin. The inception of the idea came about at a local wedding where they were all sitting next to each other and simultaneously had the idea for a coffee shop in the village for a number of years. Given that they are all working full time; they decided to pool their resources and give it a go. Alan is a tree surgeon by profession, Stephanie works in textiles and Shane is a Business and Accounting teacher in Macroom but is also involved in the running of the family Dairy Farm. This is a new enterprise for them all but is one that they and the community are excited about. They have a friendly staff and the coffee is of a very high standard. They're under no illusions as to the amount of work it takes to build a business and a brand but they have made a great start - Tús maith leath na hoibre!

The business is now open six weeks and will run from Tuesday to Sunday until 4 pm. It's situated next to the old Church of Ireland as you enter the village from Macroom on a busy road from Cork City to Gougane Barra. A range of coffees from Cappuccinos to Iced

Lattes are on offer using West Cork Coffee beans. Teas of all kinds are available also as well as Iced lemonade for those balmy summer days. The theme of the business and operatus morandi is health and wellbeing which is very evident in every aspect of the business and their name. The logo is catchy with the deer, mountains and lakes which is synonymous with their surroundings. They even used larch timber from their own land to build the farm shop. Their ethos is to keep everything local and sustainable. They have a vegetable garden on site which will serve the Siopa Feirme / Farm Shop in time. The Farm Shop currently stocks local eggs, whiskey marmalade and honey as well as fruit from Organic Republic. They plan to have it stocked with vegetables from a local farm from July onwards. The Bosca is currently waiting on an electricity connection but once that arrives; the business has big plans to serve acai bowls, yoghurt bowls, overnight oats and healthy sandwiches. They are also dog friendly with canines arriving daily for their puppucinos. It feels very much the beginning of an exciting venture. While many coffee docks have opened around the country in the last few years; there's something very unique and authentic about this space. There's ample space and seating which gives an opportunity to sit down for a chat in a sunny south facing location. Not many coffee docks have hit this niche effectively and it appears once they are established that they will only grow their business given the contemporary demand for health based products and the vast passing trade to tourist hot spot Gougane Barra in the parish. Go n-éirí libh!



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MUINEFLIUCH NS



Miunefliuch NS Student council & Green Student



Miunefliuch NS Garden Pop-Up Shop

Celebrating a Fantastic End to the School Year

It has been an exciting and memorable few weeks at our school, with students, staff, and families coming together to celebrate several special events.

A highlight was our Garden Pop-Up Shop, where students proudly sold fresh produce grown in our school garden. The event was a fantastic opportunity for children to learn about gardening, sustainability, and entrepreneurship. A sincere thank you to all our loyal customers who supported the pop-up shop.

Your encouragement and purchases helped make the project such a success and motivated our young gardeners to continue their hard work.

We also marked a significant milestone with the 6th Class Graduation on our last day at school. The graduating students reflected on their wonderful years in primary school and were celebrated for their achievements. We wish them every success and happiness as they begin the next stage of their education.

Our annual Sports Day was a huge success, with pupils showing great enthusiasm, teamwork, and sportsmanship throughout the day. Thank you to the 4th and 5th classes for organising. From races to fun activities, everyone enjoyed the opportunity to take part and cheer on their classmates.

It has been a wonderful end to the school year, filled with achievement, community spirit, and lasting memories.



Miunefliuch NS Graduation group



Miunefliuch NS Student council & Green Student

DROMLEIGH NS

Dromleigh N.S. students were delighted to have earned a gold medal win for the second year running awarded by the Muintir na Tire Cork Schools Gardening competition. The judges were impressed by the knowledge and understanding students had

about biodiversity, upcycling and food production. Well done and well deserved everyone!

Many thanks to our Parents' Association for once again organising a wonderful summer disco in the school hall on June 18th. A fantastic and full-filled way for

students to mark the beginning of their holidays.

There are now more ways than ever to keep up to date with all our activities in Dromleigh N.S. by following us on Instagram @dromleighns, on Facebook Dromleigh N.S Kilmichael or via our website www.dromleighns.ie



Dromleigh N.S. students enjoying the annual summer disco on June 18th.



Dromleigh N.S. students proudly displaying their gold medal win from the 2026 Cork Schools Gardening Competition.

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CLONDROHID NEWS

CHANGE OF TIMES FOR MASSES: Please note Saturday Evening Kilnamartyra 7pm, Sunday Morning Clondrohid 9.30am, and Sunday Morning Ballyvourney 11.30am. These will remain as stated till August 14.

Weekday Masses Clondrohid on Mondays and Thursdays at 9.30am. Kilnamartyra Tuesdays 10.30 am and Fridays 7pm, Ballyvourney on Wednesdays at 9.30am and Saturdays at 11am

NELLS BUS TO KNOCK: On Sat Aug 15, departing Ballyvourney 7am, Clondrohid 7.15am, Macroom 7.30 am, Carriganima 7.45 am, Milstreet 8am. Contact Mary Twomey on 0863299375 for more info.

GRANDPARENTS PILGRIMAGE TO KNOCK: This will take place on Sunday July 26. This is the 6th World Day for Grandparents and the elderly to thank them for passing on the Faith and keeping prayer at the heart of family life.

LOUGH DERG PILGRIMAGE SEASON 2026: 3 Day Pilgrimages continue until August 15. 1 Day Retreats on dates in August and September. More info available on 071 9861518 or on line info@loughderg.org www.loughderg.org

CLONDROHID DEV GROUP: This Group are very active at moment, the beautiful weather an added advantage. Please try to keep the area around your own house weed and rubbish free. Every little bit helps. A lot of

activity around the old school area at moment, but the end product will be worth it, when we get those long awaited ramps. Thanks to all involved.

If you in the village or passing through, please take a look at the 2 new murals gone up on the Dairygold wall. One is of the Historic Bridge and the other one is Dancing on the Old Platform. They are eye catching and so well finished.. A big Thank You to our local talented Artist Ger Kelleher for all his hard work. It was he who did the other one with the churns a few years ago. Much appreciated Ger and Thank You

CLONDROHID ACTIVE RETIRED: This group are slowing down a bit for the summer, after an actioned packed few months, culminating on a lovely 4 day break in the Arklow Bay Hotel. Thanks to all who joined us from other clubs. Ye were most welcome, and a pleasure to have on board. Thanks to all our own members who really enjoy these trips. The sun shone from the time we left Clondrohid until we returned again. We had trips to Avondale House, Avoca, Powerscourt, Bray, Wells House Gorey, and much more, finishing up with a beautiful meal in The Thatch Killeagh, well worth a visit. People still found time to shop, play bingo, play cards, and sing, so all in all a bumper holiday.. Plans for next year already in motion !!!!

BINGO: Continues every Wed night at 8.30pm.

Thanks to all who help to organise and run it, Well done. Everyone welcome. Your support is much appreciated

ALL IRELAND BOWLING IN BALLINAGREE: All roads lead to Ballinagree next week end for this great competition. Well done to all the organisers, and good luck

GAA NEWS: CLONDROHID GAA GOLF CLASSIC 2026 Macroom Golf Club on Fri Aug 21

A great day of golf, fun and support for Clondrohid GAA.

Team of 3 - €225 (meal included in clubhouse)

Sponsor a Tee Box - €100

Individual/Family Tee Box Sponsorship - €50

To book a TEE TIME, please contact: Conor O'Leary - (085) 779 1211, For sponsorship enquiries, please contact: Darren Dineen - (087) 982 2248, Ciaran O'Leary - (086) 369 5776, James Kelleher - (087) 057 6720

Oliver Kelleher - (087) 915 8102, Or any of the fundraising Group Committee

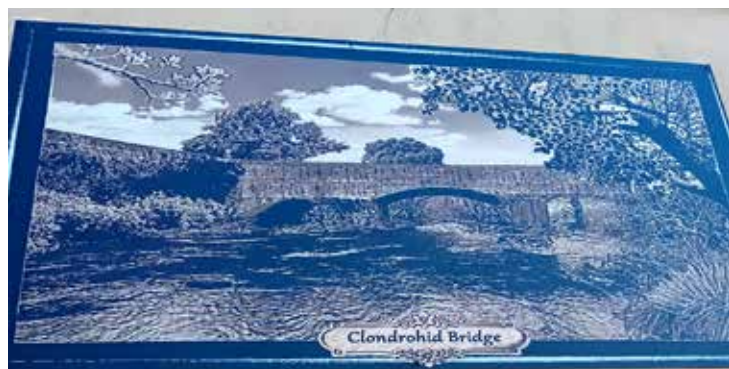
Results for July 1 Jackpot €5,800 - €70 Kath McCarthy Carriganima, €20 Alan and Eoghan McCarthy Bealnamorrive, Damien Burns c/o Bingo, Donnacha Spillane Horsemount, Antoinette Cullinane Macroom



Annual Rosary at the Curra Grotto Clondrohid



Catherine Connolly ag caint le Tadhg Ó Conaill, Dylan Ó Tuama agus Caelan Ó Carra



New Murals in Clondrohid



Platform Dancing in Clondrohid



Open air dancing in Musherá on St. Johns night. Pic. John Kelleher.



Canovee National School teacher Fiona Doyle with students Máire and Oisín delighted to collect their bronze award for the schools beautiful garden.



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	JULY 26TH Russian Roulette
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	AUG 9TH Danny O'Leary
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	AUG 23RD The Paddy Bhoys
	AUG 30TH Kieran & Jim



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THE CLASH OF THE ASH AND THE SECOND CLASS BLITZ

There was great excitement and enthusiasm at Eire Óg GAA Club recently when the initial Second Class Blitz for local schools was played. Approximately 170 children all arrived on time, some by bus, more by car and lucky Ovens just walked up the road. It was to prove an outstanding success and while no trophies were on offer it was enjoyed by one and all.

First to begin - let's give some background information:

The Cork GAA School Partnership Programme spearheaded by Rebel Óg Coaching and Cork GAA Coaching and Games Development collaborates with local Clubs and schools to provide coaching to its Primary School children. Under the expert guidance of Muskerry East GDC Gavin Webb the Club's of Eire Óg and Cloughduv have embraced the scheme.

The six local schools of Farran, Ovens, Cloughduv, Canovee, Kilbonane and Kilmurray have had weekly hurling training sessions with excellent support from their class teachers. The sessions catered for Junior and Senior Infants plus 1st and 2nd classes. As all of these are mixed schools the boys and girls are always encouraged to join their local GAA and Camogie Clubs. In all cases the emphasis is on participation, enjoyment and skill development.

As the weeks passed by and those skills improved the final query always was "When will we have real matches"? With this in mind the idea of a blitz for second class was mooted on June 7th, and the Astro at Eire Óg was the chosen venue. At last the big day arrived and the initial games began in brilliant sunshine. Each team consisted of six or seven players and as no scores were recorded the emphasis was on everyone playing and enjoying themselves.

For the first period of games Ovens school fielded eight teams, Cloughduv and Kilmurray three each



and Kilbonane fielded two teams. The Astro surface was divided into eight sections and each team played four games of ten minutes duration with differing opponents. After an hour it was time to make way for the pupils of Farran and Canovee who each fielded three teams. Each team again played three games against their opposing schools until it was time to blow the final whistle.

A word of praise to the 5th and 6th students of Ovens school who proved expert referees (I am assured that no Red or Yellow cards were issued!!). Compliments also to our GDC Gavin Webb for his guidance and support at all times. Sincere thanks to all the schools, their teachers and of course the pupils. They all acquitted themselves well and the smiles on their faces told it's own story. We will leave the final word to a number of pupils who on return to their classrooms asked their teacher "When will this be on again?"

Mol an Óige agus Tiocfaidh Sí.



Paddy Corkery clash of the ash

TINY LITTLE LIBRARY LAUNCHED FOR STORY TIME AT CUMH NEONATAL UNIT



HSE South West is delighted to partner with Cork libraries to provide free access to age-appropriate books for families with babies receiving neonatal care at Cork University Maternity Hospital (CUMH). CUMH, in collaboration with Cork City Libraries and Cork County Library and Arts Service, has officially launched a new 'Tiny Little Library' at its neonatal unit, offering families meaningful opportunities to bond with their babies through reading, talking, and singing.

Babies receiving neonatal care may arrive earlier than expected or require specialist support. Research shows that hearing the familiar voices of their parents through reading, talking and singing can help foster early bonding and support babies' development.

Susan Vaughan, Neonatal Clinical Nurse Specialist (NIDCAP) at Cork University Maternity Hospital, said:

"Research has shown that reading to and with babies in the neonatal unit can strengthen parent-infant bonding, reduce stress for both babies and parents, and support early language development. Parents' voices provide familiar and comforting sounds in what can be a very unfamiliar environment.

"Even the smallest and most premature babies communicate with us through their behaviour and cues. Reading together gives parents the opportunity to get to know their baby's unique ways



At the Tiny Little Library launch at the neonatal unit at CUMH were L-R: Angela Hannon, Senior Executive Librarian, Cork City Libraries; Cllr Gary O'Brien, deputising for the Lord Mayor of Cork City; Clare Doyle, Executive Librarian, Cork City Libraries; Ruth Long, Library

of communicating, helping them to build confidence and strengthen their relationship. We are delighted to partner with Cork City Libraries and Cork County Library and Arts Service to bring the Tiny Little Library to our neonatal unit, giving families another way to connect with their baby during their hospital stay."

Families with babies in the neonatal unit are

encouraged to enjoy the books during their hospital stay and to continue reading together at home by becoming members of their local public library, where they can access a wide range of books and family resources free of charge.



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Coachford Family Festival is once again on the horizon, the festival takes place from this Wednesday July 8th to Sunday July 12th.

Broomhill Vintage Club, Coachford, County Cork was formed in 2009. The Coachford based vintage club are the organisers of the annual Coachford Family Festival. The first of the festival events kicks off on the evening of Wednesday July 8th with the Greg Long Memorial Poc-Fada competition, which will be hosted by the Aghabullogue GAA club, with registration open at 7pm and will begin at Aghabullogue Community Hall with a route around the village of Aghabullogue. Teams of 4 with a €20 registration fee.

On Thursday evening the hugely popular festival bingo takes place; festivities kick off at 8:30pm and takes place at Paddy Mac's pub in Coachford Village.

On Friday evening July 10th at 6:30 pm the Thady Roche Memorial Camogie Match take place at the GAA grounds, later on Friday evening the ever popular Family Quiz at Paddy Macs Pub, Coachford begins at 9pm. This event is hotly contested every year with great crowds attending from all over the area, a very entertaining evening is promised with great prizes on offer.

On the afternoon of Saturday July 11th, we will run our annual celebration of the iconic High Nelly Bicycle. Bicycle enthusiasts from all over will gather in the village to take part in the run celebrating the wonderful High Nelly bicycle. Registration for the run takes place at the Aghabullogue GAA grounds, Coachford with cyclists pedalling their way to Dripsey before returning to the Coachford village. The bikes, some dating from the 1920s, are a real challenge to master, weather conditions are expected to be excellent making the event all the more enjoyable. Registration opens at 5pm and the event is free. Everyone with a High Nelly is welcome to dress up in their costumes of yesteryear and travel to Coachford on Saturday afternoon July 11th. Later on Saturday evening the festival will host the annual Broomhill Dog show which is always very popular family event. The registration opens at 6pm at the Aghabullogue GAA grounds, Coachford, this event is always well attended.

Later in the evening a kids disco will be held the GAA hall, at the disco kicks off at 7pm. Attendance for this event is free.

This year the Broomhill Vintage show day on Sunday

July 12th will commemorate the 80th Anniversary of the Ferguson 20 Tractor, the 80th Anniversary of the Zetor Tractor and the 60th Anniversary of the Toyota Corolla. The Broomhill club are especially inviting all owners and enthusiasts of the Zetor Tractor, Ferguson 20 Tractor & Toyota Corolla car marques to attend the show. Also, the club would like to extend their invitation to all vintage and classic car/tractor owners especially those with cars & tractors from the 1920s to 1990s era.

On Sunday afternoon there will be Kids Arts and Crafts in the main GAA hall from 1pm to 2:30pm. Later in the afternoon of to the show day Sunday July 12th, there will be afternoon dancing with live music provided by the fantastic the Singing Jarvey Ger Healy, the afternoon dancing will begin at 3pm, running until 5.30pm and will take place in the main GAA hall. The Sunday show day will have a vintage car, tractor & bicycle display, fittest family competition, Mini Digger Challenge, toddlers & kid's bike, trike and tractor run, Ferguson 20 Tractor Building, Sheaf Tossing, Egg Tossing, Tug of Pets Corner and much more. Gates open at 12:00pm, with official opening at 12:45pm by a special guest.

This is a community festival whose purpose is to have 'Something for Everyone' while raising money

for charity and local good causes through vintage. Broomhill Vintage Club has to date donated more than €400,000 to local good causes & its charity partners. This year's nominated charity partners are Donoughmore Community First Responders, Marymount Hospice, Féileacáin, and Mallow Search & Rescue.

Throughout the years Broomhill Vintage Club has raised money for charities including Suicide Aware, Marymount Hospice, Macroom Community Hospital, Sullane Haven Macroom, St. Vincent de Paul, Care of the Aged, Children's Unit CUH & the Mercy, Children's Health Ireland Crumlin, Coachford Tidy Towns, Aghabullogue, Coachford & Rylane National Schools, Coachford Foroige and Coachford Christmas Lights, Mercy Hospital Children's Unit, Berrings N.S. Autism Unit, Farran N.S. Autism Unit, Down Syndrome Cork & Pieta House.

Eircode for Aghabullogue GAA Grounds Coachford: P12 X365

For contact details including phone numbers & more information on this event please see Broomhill Vintage Club's Facebook page or the Coachford Family Festival Facebook page.



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- Programme allows apprentices to earn while they learn

Killarney, Ireland – July 2026 – Liebherr Container Cranes, a global leader in container handling cranes and automation technology, is proud to announce the launch of its highly anticipated 2026 Apprenticeship Programme.

This exciting initiative reflects Liebherr's ongoing commitment to developing the next generation of engineering professionals. For school leavers, it presents a unique opportunity to gain valuable skills, continue their education, and begin a rewarding career with Liebherr Container Cranes – all while earning as they learn.

Applicants can choose from three apprenticeship disciplines: Electrical, Mechanical Automation and Maintenance Fitter, and Metal Fabrication. Each pathway offers a balanced combination of hands-on practical training at Liebherr's facilities and classroom-based learning. Building on more than 65 years of engineering excellence, the programme provides apprentices with a first-class education and training experience that prepares them for long-term success.

Alongside achieving a Level 6 Craft Qualification, apprentices will earn a Level 6 Higher Certificate in Engineering, providing a strong platform for further academic and professional development. Many former apprentices have gone on to pursue degree-level qualifications and advanced career opportunities within the engineering sector. Delivered in collaboration with SOLAS and Munster Technological University (MTU), the apprenticeship programme combines practical industry experience with academic excellence, ensuring participants develop both the technical skills and theoretical knowledge required to excel in their chosen field.

Applications for the 2026 Liebherr Apprenticeship Programme close on July 19th.

Interested candidates should submit their up-to-date CV, academic results, and a cover letter outlining their preferred role and motivations to apprecruit@liebherr.com. Applicants to be at least 17 years of age on 01.09.2026.

Charlie McCarthy, Managing Director at Liebherr Container Cranes, emphasises the program's impact: "We take immense pride in providing young individuals a clear pathway into the world of engineering. Our Apprenticeship Programme equips them with a diverse skill set, bridging theory and practice. It's the springboard to a rewarding and successful career."

About Liebherr Container Cranes

Liebherr Container Cranes Ltd. is one of the world's leading manufacturers of ship to shore container cranes, rail mounted gantry cranes and rubber tyre gantry cranes. From a base in Killarney, Ireland, Liebherr Container Cranes Ltd designs, builds and exports container cranes worldwide. Founded in 1958 as the first Liebherr factory outside of Germany, today, container cranes manufactured by Liebherr in Ireland are renowned for their quality, longevity, and productivity.

About the Liebherr Group

The Liebherr Group is a family-run technology company with a highly diversified product portfolio. The company is one of the largest construction equipment manufacturers in the world. It also provides high-quality and user-oriented products and services in a wide range of other areas. The Liebherr Group includes over 140 companies across all continents. In 2022, it employed more than 50,000 staff and achieved combined revenues of over 12.5 billion euros. Liebherr was founded in Kirchdorf an der Iller in Southern Germany in 1949. Since then, the employees have been pursuing the goal of achieving continuous technological innovation and bringing industry-leading solutions to its customers.



An electrical apprentice wires a crane's switchgear



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MACROOM HISTORY GROUP 2026

Jane Williams (1771-1845) - A Female Pioneer in Silversmithing, by Riona Kerry, 2 nd Year, St Mary's.

Introduction

Jane Williams was a Cork silversmith. Her father, Carden Terry, had his own silversmith business. When Jane grew up, she carried on the business and is still known today for the fabulous pieces of silver that she made. Between 1760 and 1820, Cork was a major centre for silversmithing in Ireland, particularly during what was called the 'Golden Age'. While Dublin was the main centre in Ireland, Cork was the busiest and most well known for silver craftsmanship. It was a wealthy port city and local merchants had plenty of money and wanted high quality silver to show-off this success. Since Cork was so far from Dublin, local makers usually skipped the official Dublin stamp and used their own 'STERLING' mark instead. This makes Cork silver easy to spot, but to come across Cork silver is difficult, because it is so rare and highly desirable.

Early Life

Jane was born 2nd of December 1771 and was the eldest of 9 siblings. She worked as an apprentice for her father at his workshop and grew a passion for silversmithing. At age 20, Jane married John Williams on August 6th, 1791 in St Peter's Church (Church of Ireland) Cork city. John was a former apprentice of her Father and now worked with him. Jane and John had seven children, two daughters and five sons.

Family History

Jane was the eldest daughter of Carden Terry, a talented and well-respected silversmith based in Cork city. Her mother was Catherine Webb, who also came from a family of silversmiths. Jane's family was wealthy, and had skilled craftsmen and were

community leaders. Jane's great-Grandfather, John Terry, was the Mayor of Cork in 1719.

Her Company

On June 13th, 1806 Jane's husband, John, passed away. She was left to provide and look after her seven children. Within a year of his death, Jane took over the partnership with her father at number 44 Grand Parade, Cork and the firm was renamed to become Carden Terry and Jane Williams. The firm operated until Jane's father passed away in 1821. Jane was one of the very few, perhaps the only, female silversmith in Ireland during this period. Jane's Later Life The later economic downturn, along with a rise in the import of finished metal objects and cheaper silverware from England, led to financial difficulties for all silversmiths, but especially for those located in Cork. As a result, when Carden passed away on 16 July 1821, Jane closed the workshop in 1822. Jane was enterprising and set up as a clothes merchant at her family's shop on Grand Parade, trading under the name 'Jane Williams & Son' from 1824 to 1827. However, there are no records of what she did in the years before she passed away.

Jane's Death

Jane died on April 7th 1845 at the age 73, the year the Famine commenced in Ireland. It is uncertain where Jane is buried and my research is ongoing. Her Pieces Jane created many unique pieces of silver, some including; jugs, tureens, flatware, teapots, coffee pots and cutlery. Jane's most well known silver piece is called the 'Freedom of the City Box Cork'. Jane Williams made many beautiful pieces of silver in what is called the neo-classical style. Her creations are known for using a special engraving method called 'bright-cut', which gives the surface a

sparkling, multi-faceted look.

Janes Legacy

Jane's workshop still exists at Grand Parade 44 but is sadly neglected and boarded up. However, her silver pieces still shine today and are still cherished by many silver collectors and historians. Pieces can be seen by the public in collections at the Cork Public Museum and the National Museum of Ireland.

Conclusion

The story of Jane Williams tells of how a love for a craft can shape a life, by simply working in something that you truly love, you can make your mark. This is so true of Jane who showed that not only could she shine in doing what she loved, in her own unique way, She became a pioneering female silversmith who contributed

and shaped her life, craft, family and Cork community. Throughout her career, Jane combined hard work, artistic ability and technical skill to create unique silver-based designs, linking traditional methods with a contemporary style. Jane's contributions deserve formal recognition, like a special historic memorial dedicated to honour her achievements.

Edited by Con Kelleher

Written by Riona Kerry from St Mary's Macroom (2A2)

Sources

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Dé Domhnaigh
19 Iúil 2026

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Gougane Barra from the air.
Picture: John N.



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THINK GLOBALLY, ACT LOCALLY

A SUMMER EVENING'S WALK IN THE GEARAGH

Bernadette McCarthy, MDEG member

Cois a' Ghaorthaidh is breátha in éirinn is áille ar abhainn ...

(Down by the Gearagh, the loveliest place in Ireland, most beautiful in the world ...)

So goes the first line of the traditional Muskerry song, 'An Chúil Daigh Ré.' And it would be hard to find anywhere more pleasant and ecologically rich to walk at high summer than the public walkway through the Gearagh SAC (Special Area of Conservation).

Starting to the south at the Dromkeen carpark, I follow the Port Road, the former main road and now public walkway. This centuries-old togher was designed to be raised above the surrounding wet ground, naturally prone to flooding. On either side of stretches wet grassland dotted with willow scrub and luxuriant clusters of tall, perennial herbs such as meadowsweet and willowherb. I relish the sweet but medicinal scent rising from meadowsweet, which contains salicylic acid (a synthetic version of which is found in Aspirin). To my left, the tawny backs of two sika stags are just visible above the vegetation. To my right, sleek sucklers graze, the calves running away to explore the unimproved land, with its diversity of grasses no longer found in modern swards, but always returning to their mothers. The cattle have denuded a bank but I am told by an ecologist friend that this provides an ideal habitat for solitary bees, natural miners who tunnel into sunny, bare earth. Lack of vegetation will allow the earth to absorb more heat, while the raised position in this bank prevents flooding, creating ideal conditions for the bee to build her nest.

In the distance I hear a snipe drumming. Walking this same road at twilight in summers past, I wondered if the eerie whirring sound overhead was a UFO, or, even more terrifyingly, the 'Daoine Maithe'; eventually a helpful friend explained that this was the male snipe's lovesong, created by the vibration of his tail feathers as he dives manically in flight, showing off to potential mates. The sound resembles bleating, and an old word my mother heard used for the male snipe was 'gabhairín reoite' ('kid-goat of the frost'). Frost is

far from my mind as I plod along in the lingering heat, but snipe do reportedly drum more frequently when rain is coming. The Gearagh is the perfect habitat for this usually shy bird.

I cross a stile and follow the road on through sallies, listening to the willow warbler's song. Reaching Quarry Cross, I go right towards the bird-hide, but, noticing a hive of native black bees nearby, keep a respectful distance. The road stretches on across the reservoir towards the milk factory, shells of freshwater mussels scattered along its edge. A delicious scent alerts me to watermint, which I have trampled underfoot. I admire the beautiful show of marsh bedstraw, ragged robin and water forget-me-not. Petals of dog rose flutter to my squelching feet. Returning to the Port Road, I continue to the bench overlooking the Quarry Lake, catching the brief flash of a kingfisher along the water's edge. Water-rolled lumps of limestone here and there remind me of the former purpose of the now flooded quarry. A neighbour from Toames, Francis Buckley, told me that an engine (possibly a winding engine) was left behind when the Gearagh was flooded in 1956, too heavy to haul up, or perhaps no longer of value to anyone. I think of it rusting below then continue on along the Port Road. Along here there were, prior to the 1950s, houses on either side, which were stripped for scrap and demolished before the flooding. Coming to a hollow where a house once stood I admire a rambling rose climbing up a high grey willow. The exquisite blooms have only a mild scent but are perfectly formed, moon-pale with blushes of pink, the only sign of habitation left apart from the stubborn knotweed that has appeared again in this spot despite the authorities' attempts to remove it.

Carrying on I reach the raised trackway to my left that leads to Butterfly Island, one of the islands still surviving above-water in the Gearagh, though many, such as Oileáin Sheáin Rua where the then-outlaw Seán Rua reportedly dwelt, have been lost to the dams. At the height of summer, Butterfly Island is a pre-diluvian paradise, tall grasses riddled

with flowers such as yellow rattle, also known as the 'meadowmaker'. When the yellow flowers dry out, the seeds rattle in their papery pods, giving the flower its common English name, as well as its Irish name, 'gliográn' ('rattle'). 'Gliogar' can also mean boasting, or idle talk, but yellow rattle has much it can rightly boast about from an ecological perspective. A semi-parasitic flower; by depriving grassroots of their water and nutrients, it not only feeds itself but weakens vigorous grass growth, allowing other wildflowers to thrive, as demonstrated by the many butterflies I see, too quick to photograph.

Returning to the Port Road, I am nearing the two stone bridges and the northern carpark. Great tits call from the coppiced willow on each side and I also hear reed bunting, blackcap, ducks and egrets. Dusk is approaching and I decide to turn around, remembering the tale of Mick O'Connell, recorded in the Schools Collection compiled in the 1930s (the story was told in two forms: by Denis Buttimer, a pupil in Tirelton NS, who heard it from a James McCarthy in Deshire, and also by Donal Murphy, another pupil in Tirelton, who heard it from Timothy Leahy, Mountmusic). Mick O'Connell, nicknamed 'Mickie Báinín', was walking home along this road late after playing the fiddle at an event in Macroom when he heard fairy music. The 'Daoine Maithe' threatened Mick that if he ever repeated the tune more than once he would be forced to enlist in their ranks. Walking through the Gearagh in the following months, he was continually tormented by the fairies and decided to emigrate to America. He played the fairy tune to great acclaim in an international competition in New York, winning the prize and rendering the audience speechless, but despite offers of hundreds of dollars he would never play the tune again, still fearing the Gearagh fairies. It is not as hard as one might think to believe such stories here now, at twilight, away from the view of the milk factory and looking out at the petrified stumps standing sentry in the limitless reservoir.



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MACROOM GAA

After winning the Cork Feile in early April, Macroom made the long journey to the Éire óg GAA grounds in Carlow for the next stage of the competition. The lads were ready for this after coming through a gruelling Cork campaign which featured a number of one point victories and extra time in the semi final.

Macroom were drawn in a tough group. First up were Bagenalstown GAA, from the host county, who battled gamely but Macroom won comfortably in the end. After a short break Naomh Padraig from Wexford were next and again Macroom emerged victorious after a good battle. The final game in the group was against Rathgormack from Waterford and it was clear from the outset that they were a good deal better than the other teams Macroom had faced. After a tough physical encounter Macroom were winners at the end by 2.5 to 1.3 but the Macroom mentors felt they might be seeing Rathgormack again before the day was out. Macroom were now into a semi final and faced Boherlahan Dualla from Tipperary. The exertions of the day were beginning to take a toll on the players but Macroom dug deep and finished well to win by 3.6 to 1.3.

As expected Rathgormack came through the other Semi and so the stage was set for a rematch. Macroom played with a strong wind in the first half and were 3 points to 2 up at half time. The Macroom lads looked very tired at this stage and looked to be in real trouble facing the wind in 2nd half. Those fears looked to be realised when Rathgormack kicked three early points. But a goal from a penalty put Macroom back in the lead and from there to the finish Macroom defended heroically and a two minute sequence of keep ball, while bad for the supporters nerves, ran the clock down.

The final whistle had Macroom winners on a scoreline of 1.3 to 5 points and Feile champions for the first time in the club's history. The Macroom lads celebrated wildly, joined by their coaches and supporters. Captain Con Moss recieved the cup.

The celebrations continued on the journey home as the parents joined the team in the Cahir House Hotel for a meal. The following day the team proudly showed off their silverware on the back of one of Paddy Murphy's trucks carefully driven by Ciarán on a tour of the town. The garda escort added to the occasion. A large crowd gathered in the square to cheer on the lads. Afterwards, a function was held in the Macroom clubhouse to celebrate the lads achievement.

Macroom coaches Donie, Gerry, Richie and Mort would like to thank the club for organising the homecoming and everyone who turned out to support the team. Also a huge thank you to everyone who donated on the go fund me page. This helped to make the day extra special for the lads



Macroom Feile winning team and management.



Macroom u15



Macroom Feile winning team in joyous mood after final versus Rathgormack

ST VALS LADIES FOOTBALL CLUB

St Val's are U16A Mid Cork Champions for 2026. They defeated Ballincollig 7:8 to 1:5 in the Mid Cork Final played in Ballygarvan. The captain Evie McMahon accepted the cup. This team are coached by 4 parents Leona Cotter, Michelle Keating, Julie Keane and Lynn Dunlea, now in their 7th season together. St Val's played Carrigaline, Douglas, Naomh Fionnbarra, Ballincollig and Naomh Abán in a league format and finished top of the table winning all 5 games. They look forward to competing in the U 16 A County Championship later

Image right: U16A LGFA Mid Cork Champions 2026



GENERAL GAA NEWS

All-Ireland Hurling Championship 2026

Quarter-Final:

Cork 6-25 Offaly 2-11

Dublin 0-16 Clare 0-29.

Semi-Finals

Galway 2-26 Cork 1-18

Limerick 1-21 Clare 1-19.

All-Ireland Final: July 19 at 3.30pm

Limerick v Galway

Cork hurlers left their legions of supporters in despair with a shockingly disappointing performance at Croke Park. It was the latest in a series of dreadful results over the past two years in key matches and while the journey for supporters has been entertaining for three years, this year has seen definite regression and players' attitudes must change if there is to be success (ie an All Ireland title). No change, then same outcome?

Galway 2-26 Cork 1-18

Galway powered into their first All-Ireland SHC final in eight years after a sensational second-half display to add to Cork's store of trauma at GAA headquarters. Trailing by a single point at the break, Galway's victory was built on a rampant third quarter, in which they outscored the favourites 0-10 to 0-1 as their packed defence completely destroyed the Cork attack.

In a blistering spell, the Leinster champions rattled off nine points in succession. Cork were shell-shocked and found possession almost impossible to come by from puckouts, with Galway swarming the breaks and pouring forward on counter-attacks.

It had been going fairly well for Cork in the run-in to half-time. After a rocky start, they had seemed to be in control in the second quarter, with Brian Hayes tormenting Daithí Burke and hitting 0-6 from play. Alan Walsh, in his second championship start, had flashed home Cork's goal to nudge them 1-9 to 1-7 ahead - that goal cancelling out Darragh Neary's early effort.

Cork rue their slack period before half-time, when they allowed Galway to reel off three points in a row to whittle the margin from four down to one.

The second half was a debacle for Cork, if perhaps not quite as bad as last year's All-Ireland final. It was 3-14 to 0-2 in the second half of last year's decider - this time around, the second period was lost 1-14 to 0-5. It marks the second summer in succession that Cork have suffered a second-half implosion in Croke Park. The Leinster champions started well, led by three points before Cork exploded into the game. Hayes clipped over two of Cork's first three scores, with Shane Barrett scoring the other, all from the right corner. By then, Galway had the game's first goal and Rabbitte floated over an inspirational score from the Hogan sideline to make it a five-point game. Cork roused themselves for easily their best spell of the game, outscoring the westerners 1-10 to 0-3 until the half hour mark, Hayes the main man. Connolly did chip in with one from play. Cork gained the lead finally on the 24th minute. A low ball into Connolly squirted out for a sideline, the sideline cut went into Alan Walsh who lashed a shot to the roof of the net on the swivel. Hayes fired over two more from play and then Darragh Fitzgibbon floated over his second to push Cork's lead out to five. Cork fatally allowed their momentum to stall in the last couple of minutes before half-time, and allowed Galway to bring it back to a one-point game.

That lull was nothing compared to the no-show after half-time. Gavin Lee scored his first point immediately after the throw-in to level the game, Barrett did restore Cork's lead on the next play but this was followed by the 15-minute spell which must have triggered flashbacks to last year's All-Ireland

final. Padraic Mannion scored to nudge Galway in front and from then on, the scores kept coming. By the 50th minute, the scoreline read 1-22 to 1-14.

Manager Ben O'Connor made changes to try and spark a response, William Buckley scoring on his introduction in place of Connolly. However, their comeback was struck a fatal blow when Fitzgibbon was shown a second yellow card on 56 minutes for a head-high flick on Glennon's helmet. It wasn't a heavy blow (hardly a blow at all) but Johnny Murphy dispensed the second card to the distraught Cork captain. Galway made it a seven-point game and it was plain sailing from there for the winners.

The Rebels had again brought an enormous following to Croke Park but a good portion were already down Jones's Road when Cooney fired home an injury-time goal to complete the Galway rout. Whether some may start to lose faith in this generation remains to be seen.

Cork: Patrick Collins; Niall O'Leary, Damien Cahalane, Seán O'Donoghue (Inniscarra); Eoin Downey, Rob Downey, Mark Coleman (Blarney); Tim O'Mahony, Tommy O'Connell; Darragh Fitzgibbon 0-2, Shane Barrett (Blarney) 0-3, (0-2f), Diarmuid Healy; Alan Walsh 1-0, Brian Hayes 0-7, Alan Connolly 0-4, (0-3f). Subs: Cormac O'Brien for Cahalane 35, Robbie O'Flynn for O'Connell 48, William Buckley 0-1 for Connolly 50, Barry Walsh 0-1 (f) for Alan Walsh 52, Ger Millerick for Downey 60.

FOOTBALL

All Ireland Football Championship

Quarter Finals:

Cork 0-18 Mayo 0-23; Tyrone 0-27 Kerry 2-25

Galway 1-21 Dublin 1-25; Louth 0-27 Monaghan 2-18

Round 1:

Cork 0-31 Meath 1-24; Kerry 0-16 Donegal 2-20; Galway 3-21 Kildare 0-17; Roscommon 2-18 Tyrone 3-16; Armagh 1-18 Derry 1-13; Monaghan 2-20 (26) Mayo 1-24 (27); Dublin 1-24 Louth 4-18; Westmeath 1-31 Cavan 3-21 aet

Round 2A & 2B:

Round 2A; Donegal 1-13 Cork 0-17, Galway 3-21 Westmeath 2-21, Louth 2-20 Armagh 2-19, Tyrone 0-22 Mayo 1-18
Round 2B; Cavan 0-16 Dublin 1-24, Derry 1-20 Meath 1-24, Kildare 0-17 Kerry 3-22, Monaghan 1-20 Roscommon 0-14.

Round 3 : Dublin 2-26 Donegal 2-22 aet, Kerry 4-18 Armagh 0-17, Mayo 0-22 Meath 2-13, Monaghan 1-28 Westmeath 2-19

Quarter-Finals:

Cork 0-18 Mayo 0-23; Tyrone 0-27 Kerry 2-25; Louth 0-27 Monaghan 2-18; Galway 1-21 Dublin 1-25

Semi-Finals: July 11th/12th

Dublin v Kerry : Louth v Mayo

Final (July 26th)

Mayo 0-23 Cork 0-18

There was a disappointing end to the Cork football

season at Croke Park when the Rebels never fired to overcome a moderate Mayo team in a quarter final of moderate quality and certainly the least entertaining of the four weekend contests..

Rising Mayo stars Darragh Beirne and Kobe McDonald came of age with a couple of inspirational displays to help secure the county's first All-Ireland SFC semi-final appearance since 2021 with a 0-23 to 0-18 win over Cork. The pair, Connacht Under-20 finalists with Mayo earlier in the year, reeled off 11 points between them. There was a huge performance too from Ryan O'Donoghue, who finished with 0-8.

Mayo scored five two-pointers in all, compared to just two for Cork who also registered 14 wides and ultimately failed in their bid to reach a first semi-final since 2012. Cork played a cautious, cagey game when pulling off one of the results of the Championship, overcoming Donegal in Ballybofey but were expected to be a little more attack-minded this time against an inexperienced Mayo side. The first half finished with the teams on level terms, 0-9 apiece, and had not been entertaining.

O'Donoghue had his first-half moments too for Mayo, nailing two points from play and a two-pointer from a free just before the break after a Cork three-up breach.

Colm O'Callaghan, pointed for Cork in the fifth minute, Paul Walsh and Steven Sherlock nailed a couple of eye-catching singles as well but we were still waiting for the fireworks. Neither side were able to work a fast attack to get in behind the opposition's defence, leaving a lot of 11 v 11, awful to look at..

Cork's main threat Steven Sherlock, had just one attempt for a long-range score that flew wide and he was regularly swarmed by three Mayo men.

Chris Óg Jones nudged Cork ahead after the restart, 0-10 to 0-09, but Mayo then hit three scores between the 39th and 41st minute, two of them were two-pointers, abnd Mayo's four-point lead, 0-14 to 0-10, was the largest either side had held to that point. Cork cut the deficit back to the minimum, thanks in part to two Paul Walsh points, before Mayo got it back out to four again. Their fifth two-pointer, by Jack Carney, left the westerners 0-18 to 0-14 clear and Conroy cut through for a single to extend the gap.

Brian Hurley lent some punch to Cork's attack when he came on but they needed a goal and Brian O'Driscoll's 64th minute shot that was saved by Jack Livingstone was as close as they came.

Cork: Patrick Doyle; Daniel O'Mahony, Maurice Shanley, Seán Meehan; Brian O'Driscoll, Tommy Walsh, Rory Maguire (0-01); Ian Maguire (0-01), Colm O'Callaghan (0-01); Paul Walsh (0-03), Dara Sheedy, Seán McDonnell; Mark Cronin (0-02, tpf), Chris Óg Jones (0-02), Steven Sherlock (0-07, 1 tpf, 0-02 45, 0-1f).

Subs: Ruairí Deane for McDonnell 48, Conor Corbett for Sheedy 51, Brian Hurley (0-01) for Cronin 60, Seán Brady for Rory Maguire 62, Seán Walsh for Paul Walsh 65.



Aghinagh Juniors Footballers with the Owenie McAuliffe Memorial Cup after their Division 6 league final victory over Kilmacabea.

LGFA - Ladies Gaelic Football

Div 1 National League Final: Cork 2-8 Galway 0-9

TG4 Munster Championship Final: Kerry 2-09 Waterford 1-11

TG4 All Ireland Championship

Group 1: Armagh 6, Cork 3, Waterford 0

Results: Round 1 – Cork 1-9 Armagh 4-10 Round 2 – Waterford 1-14 Cork 1-15 Round 3 – Armagh 2-15 Waterford 1-15

Group 2: Kerry 6, Kildare 3, Tipperary 0

Group 3: Dublin 6, Mayo 3, Donegal 0

Group 4: Galway 6, Meath 3, Tyrone 0

LGFA All-Ireland quarter-finals 4/5 July

1. Dublin 3-11 Cork 2-13

2. Galway 2-20 Mayo 1-6

3. Kerry 2-14 Meath 0-8

4. Armagh 3-9 Kildare 1-12

All-Ireland semi-finals Sat July 18th

Dublin v Kerry; Galway v Armagh

All-Ireland Final – Sunday 2nd August

Dublin 3-11 Cork 2-13

What can one say! Five points up with three minutes of normal time to play, a magnificent Cork team had the winning post in full sight but conceded two goals which will haunt these players for a long time. It was a cruel result for a really spirited Cork team which had been given little chance of success but had played Dublin off the park for much of the game. On the positive side, Cork showed that they are assembling a fine squad of young players who can bring success in the years ahead.

Orlagh Nolan and Kate Sullivan grabbed late goals at Parnell Park as defending champions Dublin snatched victory in a dramatic finale against Cork to book a date with Kerry in the last four of the TG4 All-Ireland senior football championship.

While it was the Jackies who got the scoring underway with an early point from Kate Sullivan, Cork signalled their intent when corner-forward Leah Hallihan broke through the opposition defence to fire home a second-minute goal.

Dublin responded to this early set-back with two points, and even though Aine Terry O'Sullivan squeezed the Leesiders back in front, Niamh Hetherton burst forward to bag her fourth goal in just three championship games on 11 minutes.

Despite Cork splitting the posts towards the end of the opening quarter through the boots of the raiding Melissa Duggan and the dependable Katie Quirke, Dublin replied to both of these scores with fisted efforts courtesy of Egan and Sullivan.

Yet Cork reignited their challenge when Sadhbh McGoldrick and Aine Terry O'Sullivan (two) kicked three unanswered points in the space of two minutes. Although Kate Sullivan's superb score at the opposite end looked set to leave the teams inseparable, an impressive score from Emma Cleary handed the Leesiders a slender 1-7 to 1-6 cushion at the interval. Dublin initially hit the ground running on the restart with quickfire points, but Cork restored parity when centre-forward Grace Murphy opened her account on 35 minutes.

Laura Grendon briefly restored the Dublin lead, only for Cork to once again show they meant business with unanswered white flag scores from Hallihan and Quirke (two). A close-range Nolan free cut the Dublin deficit to the bare minimum inside the final-quarter, but Joe Carroll's visitors were suddenly five points clear when another Quirke point was supplemented by a palmed goal from substitute Abigail Ring in the 51st minute.

However, fresh life was breathed into the Dublin challenge when Nolan rose highest to punch a

Hetherton delivery to the net with just over three minutes remaining and they were incredibly back in front moments later as Sullivan seized upon a careless Cork kick-out to hammer home her side's third goal of the day.

A fine point from Kate Donaghy then left Dublin on the cusp of a semi-final berth and despite a late free by Quirke, they progressed in the most dramatic of fashions.

Scorers –Cork: K Quirke 0-5 (5f), L Hallihan 1-1, A Ring 1-0, AT O'Sullivan 0-3, M Duggan, S McGoldrick, G Murphy, E Cleary 0-1 each.

Cork: S Murphy; M Duggan, S Kelly, S Callanan; A Corcoran, M O'Callaghan, Rosie Corkery (Naomh Abán); Sadhbh McGoldrick (Éire Óg), K Redmond; A O'Mahony, Grace Murphy (Naomh Abán), Emma Cleary (Éire Óg); L Hallihan, K Quirke, Aine T O'Sullivan. Subs: A Ring for Hallihan (48), R O'Regan for O'Sullivan (53).

Camogie

Munster Senior Camogie Championship

Final: Tipperary 1-14 Waterford 0-14

Glen Dimplex All Ireland Camogie Championship 2026

The All Ireland Senior Camogie Championship is played on a round robin basis with two groups:

Group One with four teams:

Round 1: Galway 1-8 Cork 0-18 : Waterford 0-16 Tipperary 1-10

Rd 2: Tipperary 0-18 Cork 0-21, Waterford 0-13 Galway 1-13: Rd 3: Cork 1-13 Waterford 0-10, Galway 3-17 Tipperary 0-15

Group Two with six teams:

Rd 1: Kilkenny 3-19 Limerick 1-11: Offaly 2-10 Wexford 1-12: Clare 2-16 Dublin 3-10:

R2: Wexford 1-11 Clare 3-09: Limerick 3-13 Offaly 1-14: Dublin 1-12 Kilkenny 2-16

R3: Offaly 0-18 Dublin 1-13: Wexford 3-11 Limerick 1-18: Kilkenny 4-14 Clare 1-8

All Ireland semi finals at Thurles, July 25th

Tipperary v Cork; Kilkenny v Galway

The All Ireland draw, carried out immediately after the conclusion of Tipperary's 3-20 to 3-13 quarter final defeat of Clare at Croke Park, pitched the Premier against Cork in the semi-finals, while champions Galway will take on Kilkenny, who edged out Waterford by 2-19 to 1-19 after extra time.

Both those games will take place at Semple Stadium and for Tipp manager James Heffernan, that was his primary focus. "We're at home, we're delighted to be in Semple Stadium," said Heffernan, who is in his first year in the job.

Cork 1-13 Waterford 0-10

Galway and Cork secured automatic passage through to the last four of the Glen Dimplex All-Ireland senior camogie championship, last year's finalists securing convincing home wins. Galway took on Tipperary in Athenry and they set themselves on course for a comprehensive 3-17 to 0-15 win by making a fast start despite playing into a deceptively strong wind. Cork were no less impressive at Páirc Uí Rinn against Waterford, but it's in defence where the Rebels have excelled this year, and they will go into their semi-final on 25 July on the back of conceding a mere 1-36 in three games against elite opposition, at an average of 13 points per game.

The return from injury of Ashling Thompson was the other big news from the Ballintemple stadium, and perhaps the biggest cheer of the afternoon was in the eighth minute of stoppage time when the five-time All-Star powered through from midfield to take a pass and stroke the sliotar over the bar from 40

metres out, emphatically confirming her fitness and her value to this Cork side. That was the final score in a 1-13 to 0-10 win.

It was Cork who had the breeze behind them in the opening half and while Waterford would have been the happier team after five minutes when Mairéad O'Brien levelled the game at 0-1 each, the visitors backed off the subsequent puckout and paid a heavy price.

Amy Lee went short and took the return pass before putting full force behind a 100-metre clearance, and the sliotar dropped on the hard ground and bounced over the head of her counterpart Brianna O'Regan and into the net.

Waterford continued to battle with intensity and commitment and a 1-05 to 0-05 half-time scoreline suggested the game was in the balance.

Beth Carton got the first point of the second half for the Déise but four points in six minutes from Cork sucked the life out of the underdogs. Amy O'Connor hit 0-07 in all, including three frees in that run, and a tough afternoon for Waterford got even worse deep into stoppage time when half-time substitute, Niamh Rockett attempted a shoulder challenge on Laura Hayes but caught the Cork defender in the head, drawing a straight red card from referee Donnacha O'Callaghan.

Scorers for Cork: A O'Connor 0-6 f, S McCartan 0-3, A Lee 1-0, S McCarthy 0-2, O Cahalane, A Thompson 0-1 each.

Cork: Amy Lee; Izzy O'Regan, Libby Coppinger, Maebh Cahalane; A Fitzgerald, Maebh Murphy (Ballinora), I Sheehan; M Condon, L Hayes; Saoirse McCarthy, Aishling Thompson, E Murphy, Sorchá McCartan, Orlaith Cahalane, Amy O'Connor. Subs: N McNabola (Cloughdubh) for E Murphy (59), H Ryan for L Hayes (inj 65).

GAA U20 Hurling

Munster Championships Final: Clare 2-24 Tipperary 2-24 – draw after ET. Clare are champions after penalty shoot out

All Ireland Final: Clare 4-20 Galway 2-15

U20 Football

Munster Final: Kerry 3-14 (23) Cork 0-20

All Ireland semi's: Kerry 3-17 Roscommon 0-17 aet: Tyrone 2-12 Kildare 0-13

All Ireland Final: Kerry 0-21 Tyrone 1-10

Minor Hurling

Munster Final: Tipperary 3-16 Limerick 0-18

All Ireland Preliminary Quarter final: Cork 2-18 Wexford 2-15

Quarter final: Cork 2-25 Kilkenny 1-16

Semi Final: Tipperary 5-18 Cork 2-19

All Ireland Final: Limerick 2-12 Tipperary 1-14

Minor Football

Electric Ireland All Ireland

Quarter final: Cork 3-19 Meath 1-12

Semi Final Cork 2-19 Derry 2-8

All Ireland Final: Cork 2-16 Tyrone 1-16

Cork 2-16 Tyrone 1-16

The Rebel roar resounded through Cedral St Conleth's Park as Cork's courageous teenage warriors came back from the dead to claim a sensational All-Ireland MFC triumph. They trailed by nine points early in the second half, but an inspired performance reeled in champions Tyrone before they struck the killer blow late on in the form of an Eoghan Aherne goal.

The Red Hands appeared to be well on their way to retaining their title after dominating the first half, but it was the Munster lads who had all the energy, hunger and drive when it mattered most down the second-half straight.

With midfielder Kieran O'Shea and centre-back Conor Downing leading the charge, they dominated the



Kilmichael Pitch and Putt; Dermot Foley (Vice President) Michael Vaughan (Captain) presenting the trophy to Ronan O Callaghan winner of the William Perrott Memorial Competition.



Kilmichael Pitch and Putt; Dermot Foley (Vice Chairman) Michael Vaughan (Captain) presenting his prize to Dan Cronin who won 1st Gross

Tyrone kick-out to lay on waves of attack which were turned into scores as the Tyrone challenge wilted.

Cork started with a flourish as Joe Miskella's two-pointer sent them 0-3 to 0-1 ahead, but once Charlie Meenan and Tomas Gallen began to assert themselves in midfield, Tyrone ran amok, hitting 0-9 without reply to establish a commanding lead.

Cork were restricted to sporadic raids, but were unlucky when Miskella smashed a shot against the bar. Tyrone responded to that scare by hitting two-pointers to go nine clear, and the Munster champions had gone 16 minutes without a score when Eoghan Aherne converted a free.

Back came Tyrone again for Aodhan Corry to slot a 26th-minute penalty to the net, and while Cork were denied a goal by Ronan O'Neill's save from Jacob Barry, they had a mountain to climb, trailing by 1-10 to 0-6 at the break.

Gormley added two more points to his tally as the nine points cushion was restored.

But Cork found a spark to burst into action with a flourish. Miskella added a two-pointer, before substitute Alex O'Herlihy finished a loose ball to the net to leave just two between the teams with 42 minutes on the clock.

Aherne added a free, but Tyrone appeared to have steadied the ship when Brian Og McGuckin and Matthew F Daly landed scores to give them a two points lead going into the closing 10 minutes.

Cork were not to be denied, and Aherne fired home a golden goal on 60 minutes as they broke from deep, and the holders were unable to get themselves back, with Whooley adding an insurance point in stoppage time.

Cork: R Twohig; R McCormack, A O'Sullivan, C Garvey; D O'Sullivan, C Downing, Eanna Lynch (Ballincollig); K O'Shea, C Murphy; E Aherne (1-06, 5fs), Ben Hegarty (Ballinora) (0-01, f) Joe Miskella (Ballincollig) (0-05, 2tp); T Whooley (0-02), Jacob Barry (Aghinagh) (0-01) D Herlihy. Subs: G Oronsaye 21, A O'Herlihy (1-01) h-t, Peadar Kelly (Naomh Abán), K O'Donovan, D O'Mahony. Panelists include Evan Stack Ballincollig, Rory O'Sullivan Naomh Abán and Colm O'Riordan Blarney.

'Has a county ever needed an All-Ireland title as badly as Cork did on a sun-kissed Sunday in Newbridge as they pulled off one of the greatest comebacks in Rebel history? What a win. What an honest performance from a group of young footballers who are just 16 and 17 years old. Their county needed them and they stood up.

Nine points down after 35 minutes, they turned a 1-13 to 0-7 deficit into a staggering 2-16 to 1-16 victory.

The 'Rebels... Rebels...' chants from the massive Cork crowd made a difference coming down the stretch. - Eamonn Murphy, Echo Live

The Cork GAA Club Scene

McCarthy Insurances Football Leagues 2026

There are 7 Divisions, each of ten teams, 9 games.

Finals: 3rd to 5th July

Div 1: Final: Castlehaven 3-18 Knocknagree 1-23

Relegated: Douglas and Éire Óg

Final Table: Knocknagree 12, Castlehaven 12, Clonakilty 12, Carbery Rangers 10, Nemo Rangers 8, Newcestown 8, Cill na Martra 8, St Finbarrs (-11) 7, Éire Óg (-22) 7, Douglas 6

Div 2: Final: Uibh Laoire 1-16 Carrigaline 2-14

Relegated: O'Donovan Rossa and St Michaels

Final table: Uibh Laoire 16, Carrigaline 13, Clyda 11, Ballincollig 11, Dohenys 9, Valley Rovers 7, Béal Átha'n Ghaorthaidh 7, Castletownbere (-23) 4, O'Donovan Rossa (-48) 4, St Michaels (-51) 4

Carrigaline 2-14 (2-1-12) Uibh Laoire 1-16 (1-2-12)

Uibh Laoire went under to Carrigaline by the minimum in a dramatic finish to the McCarthy Insurance Division 2 Football League final at Ovens, Man of the Match Niall Coakley firing over the winning point deep in injury time. In a superb game, Carrigaline had led by eight points midway through the second half but Uibh Laoire drew level after a tremendous rally, which included a brilliant goal from Conor O'Leary and a brace of two pointers from Seán O'Leary and Ian Jones and the sides were level with full time approaching. Unfortunately for the Uibh Laoire men, Carrig came up with a late winner but they will be playing in the top division of the league next season, a marvellous achievement for the club and their fortunes are still on an upward trajectory. Carrigaline started in blistering fashion with a pointed free and a goal from Niall Coakley following an intercepted kick out. Carrigaline extended their lead with a superb Niall Coakley point before Uibh Laoire registered their opening score with a fisted effort from Cathal Vaughan.

A two-pointer edged Carrigaline six points clear after 15 minutes before Uibh Laoire replied with points from Conor O'Leary and Sam Pickering. Uibh Laoire's Seán O'Leary crashed a shot against the crossbar but Brian Cronin took a marvellous point score from out on the wing. Points were exchanged, Cathal Vaughan for the Muskerry men, Cork's Brian O'Driscoll pointed to help his side to a three point interval lead, 1-9 to 0-6.

On the resumption, Uibh Laoire's Ian Jones and Sam Pickering landed two lovely points and then Cathal which reduced the gap to four points. Vaughan converted a placed effort and suddenly it was game on. But Carrigaline responded with three great points, and another run from Brian O'Driscoll resulted in a Carrigaline penalty and Niall Coakley calmly dispatched to the net.

Uibh Laoire battled on and a crashing goal from Conor O'Leary rallied his side. Carrigaline goalkeeper Chris Laverty saved superbly from Ciarán O'Riordan before Iveleary landed consecutive two pointers from Jones and Sean O'Leary to draw level.

One last attack resulted in a free for Carrigaline and

Niall Coakley slotted over the final kick of the game to deny Uibh Laoire.

Uibh Laoire lined out without, Chris Óg Jones, the star forward injured with Cork a week previously.

Scorers for Uibh Laoire: C Vaughan 0-5 (0-3 f), I Jones 0-4 (1 2pt), C O'Leary 1-1, B Cronin, Sean O'Leary (2pt), S Pickering 0-2 each, J McSweeney 0-1 each.

Uibh Laoire: Joe Creedon; Ciarán Galvin, Daniel O'Donovan, Daniel O'Riordan; Kevin Manning, Ciarán O'Riordan, Seán O'Riordan; Timmy Roberts, Conor O'Leary; Brian Cronin, Cathal Vaughan, Sam Pickering; Seán O'Leary, Ian Jones, Jack Sweeney. Subs: Finbarr McSweeney 45, Brian O'Riordan 48, Oisín Herlihy 55, Kevin Jones 55.

Div 3: Final: Kanturk 3-15 Bishopstown 2-14

Relegated: Fermoy and Bandon

Final Table: Bishopstown 14, Kanturk 13, Aghabullogue 12, Naomh Abán 9, Kilshannig 9, Newmarket 8, Mallow 8, Rockchapel 6, Bandon 6, Fermoy 5.

Div 4: Final: Buttevant 3-24 Glanmire 1-7

Relegated: Gabriel Rangers and Aghada

Final Table: Buttevant 13, Glanmire 11, Kilmurry 11, Boherbue 11, Nemo 10, Adrigole 8, Macroom 8, Kiskeam 8, Gabriel Rangers 6, Aghada 4

Div 5: Final: Mitchelstown 1-20 Canovee 1-10

Relegated: Ballydesmond and Kinsale

Final Table: Mitchelstown 15, Canovee 14, Ballinora 12, Bantry Blues 11, St Nick's 11, Ilen Rovers 8, St Vincents 8 Millstreet 7, Kinsale 4, Ballydesmond 0

Mitchelstown 1-20 Canovee 1-10

Mitchelstown turned in a supercharged second half performance to take the Div 5 title in convincing fashion, outscoring an under strength Canovee by 1-15 to 1-2 in that second half.

They had trailed at the interval, 0-8 to 0-5, but they then scored 0-12 without reply, keeping the Carrig men scoreless for almost half an hour. Canovee finished well with a Conor Dodd goal and two points but Mitchelstown struck back with a goal to emphasise their dominance on this occasion.

In the first half, both sides were guilty of excessive caution and Canovee did waste a lot of good scoring opportunities. Despite kicking three two-pointers to put themselves three ahead at the break, they ended the first half with seven wides to Mitchelstown's five. The Town had scored first but Canovee then hit back with two excellent two-pointers, Conor Dodd and James Moynihan the scorers, 0-4 to 0-1 with 11 minutes played. Mitchelstown drew level after O'Mahony pointed twice from frees, but Canovee were on top in the second quarter and a Seán O'Connor two-pointer helped them to a three point lead at the break.

County players, Cathail O'Mahony and Sean Walsh got the second-half rout underway, Walsh pointing immediately on the restart and kicking three two-



pointers in a ten-minute period as the Avondhu men went seven points clear by the 49th minute. The late Canovee rally was rewarded with 10-2 but the North Cork men were in control and finished their league campaign unbeaten.

Scorers for Canovee: C Dodd 1-3 (1x0-2), S O'Connor 0-3 (1x0-2), J Moynihan 0-2 (1x0-2), G Coleman, M Healy 0-1 each.

Canovee: Frankie Condon; Patrick Buckley, Liam Kelleher, E Cunningham; Eoin McNabola, Ryan Delaney, William Ahern; Odhran O'Driscoll, Cillian Newman; James Moynihan, Seán O'Connor, Mark Healy; G Coleman, Cathal O'Driscoll, Conor Dodd. Subs: Paul Healy 36, S Hughes 53.

Div 6: Final: Kilmacabea 1-15 Aghinagh 0-14
Relegated: Na Piarasigh and Glanworth
Final Table: Kilmacabea 15, Aghinagh 14, Dromtariffe 12, Cobh 12, Kildorrery 12, Glenville 8, Cullen 7, Argideen 3, Glanworth 3, Na Piarasigh -2

Aghinagh 1-15 Kilmacabea 0-14

Aghinagh, already assured of promotion to Div 5 of the county league, topped up their cup of joy by going up as champions, defeating fancied West Cork side Kilmacabea in the final at Dunmanway. Aghinagh trailed by 0-11 to 0-4 at half-time but three two-pointers from centre-forward Con Buckley helped to bring them back into contention, and they had the momentum to drive on in the closing stages and take a deserved victory. Kilmac led by 0-14 to 0-10 ten minutes from time when Buckley had his third two-pointer and then their midfielders Declan Ambrose and Thomas Morgans combined with Liam Twohig to put Luke Ring clear and the half time substitute made no mistake to give his side the lead for the first time in the game.

Strong defending from Aghinagh ensured Kilmac could not add to their score and a late Liam Twohig free yielded a point to open up a three point gap in injury time. In a subsequent attack, Aodh Twomey was fouled and Twohig again punished the transgression and sealed the win for Aghinagh.

It was an outcome that seemed unlikely in the first half when only Liam Twohig's accuracy in scoring all his side's four points kept the winners in contention. Scorers for Aghinagh: L Twohig 0-8 (0-f 5), C Buckley 0-6 (3 2pt), L Ring 1-0, A O'Leary 0-1.

Aghinagh: Conor Lucey; Dermot O'Callaghan, Donagh O'Riordan, John Lynch; Adam O'Leary, Tom Buckley, Luke O'Leary; Declan Ambrose, Thomas Morgans; Noah O'Leary, Con Buckley, Seán O'Riordan; William Coakley, Liam Twohig, Diarmuid Crowley. Subs: Luke Ring h-t, Aodh Twomey 44, Seán Horgan 58, James Ambrose 60.

Div 7: Final: Carbery Rangers 2-16 St James 0-9
Relegated: Mayfield and Nemo Rangers
Final Table: Carbery Rangers 15, St James 13, Donoughmore 12, Inniscarra 10, Passage 10,

Ballygarvan 9, Liscarroll 8, Castlemagner 7, Mayfield 2, Nemo 0

Red FM Hurling Leagues 2026

Div 1: Final: Middleton v Sarsfields

Middleton 18, Sarsfields 12, Blackrock 11, Glen Rovers 11, Charleville 10, St Finbarrs 9, Douglas 8, Carrigtwohill 7, Killeagh 2, Fr O'Neills 2

Div 2: Final: Erins Own v Bride Rovers

Erins Own 16, Bride Rovers 14, Newtownshandrum 10, Kanturk 10, Valley Rovers 9, Newcestown 7, Ballincollig 7, Carrigaline 7, Na Piarasigh 5, Ballymartle 3

Div 3: Final: Blarney v Ballinhassig at Ballincollig, Friday July 10th at 7.30pm

Blarney 14, Ballinhassig 14, Inniscarra 13, Courceys 12, Bandon 9, Éire Óg 8, Lisgoold 6, Fermoy 6, Castletyons 4, Russell Rovers 4

Bandon 0-19 Blarney 0-20
Castletyons 1-16 Inniscarra 0-26
Éire Óg 2-10 Inniscarra 3-18

Div 4: Final: Kilworth v Aghabullogue at Riverstown Saturday July 11th 7pm start

Kilworth 16, Aghabullogue 13, Watergrasshill 12, Mallow 9, Bishopstown 8, St Catherine's 8, Kildorrery 7, Cloughduv 6, Blackrock 6, Ballyhea 5.

Cloughduv 0-18 Kildorrery 1-19
Mallow 1-15 Aghabullogue 2-20

Div 5: Final: Cloyne v Dungourney

Dungourney 16, Cloyne 13, Middleton 12, Milford 10, Glen Rovers 9, Castlemartyr 8, Ballygarvan 7, Kilbrittain 7, Tracton 4, Youghal 4.

Div 6: Final: Aghada v Sarsfields

Aghada 15, Sarsfields 13, Ballygiblin 11, Killavullen 10, Ballinascarthy 9, D Ó Mathura's 8, Argideen R 8, Erin's Own 6, Kinsale 5 Mayfield 5.

Div 7: Final: Ballinora v Barryroe

Barryroe 12, Ballinora 12, Na Piarasigh 12, Kilshannig 11, Carraig na bFear 10, St Finbarrs 10, Passage West 9, Killeagh 9, Douglas 3, Meelin 2.

Killeagh 3-12 Ballinora 2-19

2026 Cork Championship Programme

The start of the 2026 County Championship is almost upon us and hopefully exciting days are ahead for

club supporters after the end to inter county season. McCarthy Insurance Group Football Championship – Round 1: July 24th – 26th
Co-Op Superstores Hurling Championship – Round 1: July 31st – 2nd August

Playing sequence: 1v2, 3v4: 1v4, 3v2: 1v3, 2v4.

Cork County Championship - Grades and Groups 2026

Hurling: Premier Senior

Group 1: 1 Blackrock, 2 Glen Rovers, 3 Kanturk, 4 Fr O'Neill's.

Group 2: Sarsfields, Charleville, Douglas, Newtownshandrum.

Group 3: Middleton, St Finbarr's, Bride Rovers, Newcestown.

Senior A Hurling:

Group 1: Blarney, Castletyons, Watergrasshill, Ballyhea.

Group 2: Na Piarasigh, Erin's Own, Killeagh, Fermoy.

Group 3: Carrigtwohill, Inniscarra, Ballinhassig, Courcey Rovers.

Premier Intermediate Hurling:

Group 1: Bishopstown, Ballincollig, Éire Óg, Aghabullogue.

Group 2: Dungourney, Cloyne, Castlemartyr, Lisgoold.

Group 3: Carrigaline, Valley Rovers, Kilworth, Ballymartle

Intermediate A Hurling:

Group 1: Aghada, Bandon, Kilbrittain, Russell Rovers.

Group 2: Middleton, Mallow, Kildorrery, Blackrock.

Group 3: Erin's Own, Sarsfields, Youghal, Ballygiblin.

Premier Junior Hurling:

Group 1: Ballygarvan, Glen Rovers, Kilshannig, Nemo Rangers.

Group 2: Cloughduv, St Catherine's, Milford, Tracton.

Group 3: Mayfield, Argideen Rangers, Barryroe, St Finbarr's.

Football: Playing sequence: 1v2, 3v4: 1v4, 3v2: 1v3, 2v4

Premier Senior Football

Group 1: 1 St Finbarr's, 2 Carrigaline, 3 Mallow, 4 Douglas.

Group 2: Newcestown, Nemo Rangers, St Michael's, Valley Rovers.

Group 3: Castlehaven, Ballincollig, Knocknagree, Clonakilty.

Senior A Football

Group 1: Béal Átha'n Ghaorthaidh, Kanturk, Dohenys, Aghabullogue.

Group 2: Cill na Marta, Carbery Rangers, O'Donovan Rossa, Newmarket.

Group 3: Bishopstown, Éire Óg, Clyda Rovers, Kilshannig.

Premier Intermediate Football:

Group 1: Glanmire, Uibh Laoire, Bantry Blues, Rockchapel.

Group 2: Kiskeam, Aghada, Macroom, Castletownbere.



Three Ballygeary boys who were part of the Sullane soccer team



Three Ballygeary boys who were part of the Sullane soccer team



Group 3: Naomh Abán, Fermoy, Nemo Rangers, Ballinora.

Intermediate A Football:

Group 1: Ilan Rovers, Kilmurphy, Buttevant, Glanworth.
Group 2: Gabriel Rangers, Mitchelstown, St Finbarr's, Dromtariffe.

Group 3: Bandon, Adrigole, Boherbue, Kildorrery.

Premier Junior Football:

Group 1: Cullen, St Vincent's, Millstreet, Kinsale.
Group 2: Inniscarra, Cobh, Glenville, Urhan.
Group 3: Canovee, St Nick's, Na Piaras, Kilmacabea.

Championship Schedule

July 19th @3.30pm All Ireland Hurling Final All-Ireland Senior Hurling Final

Club Cship R1 McCarthy Insurance Group Football Cship

July 22nd at 7.30pm SAFC G3 R1 Clyda Rovers v Kilshannig in Charleville
Thurs, July 23rd at 7.30pm IAFC G2 R1 Gabriel Rangers v Mitchelstown in Ahiohill
Fri, July 24th @7.15pm PSFC G1 R1 St. Finbarr's v Carrigaline in Páirc Uí Rinn
Fri, July 24th @7.15pm PJFC G2 R1 Inniscarra v Cobh in Mayfield
Fri, July 24th @7.15pm PJFC G3 R1 Canovee v St. Nick's in Ballymaw
Fri, July 24th @7.15pm IAFC G1 R1 Buttevant v Glanworth in Kildorrery
Fri, July 24th @7.15pm PIFC G1 R1 Glanmire v Uibh Laoire in Kilmurphy
Fri, July 24th @7.15pm SAFC G3 R1 Bishopstown v Éire Óg in Ballincollig
Sat, July 25th @4pm PJFC G2 R1 Glenville v Urhan in Enniskeane
Sat, July 25th @4pm PJFC G3 R1 Na Piaras v Kilmacabea in Ballinacathry
Sat, July 25th @4pm IAFC G3 R1 Bandon v Adrigole in Skibbereen
Sat, July 25th @4pm IAFC G3 R1 Boherbue v Kildorrery in Buttevant
Sat, July 25th @4pm PIFC G1 R1 Bantry Blues v Rockchapel in Cill na Martra
Sat, July 25th @4pm PIFC G2 R1 Kiskeam v Aghada in Donoughmore
Sat, July 25th @4pm PSFC G1 R1 Mallow v Douglas in Grenagh
Sat, July 25th @4pm PSFC G2 R1 Newcestown v Nemo Rangers in Brinny
Sat, July 25th @4.30pm PJFC G1 R1 Cullen v St. Vincent's in Glantane
Sat, July 25th @7pm PJFC G1 R1 Millstreet v Kinsale in Coachford
Sat, July 25th @7pm IAFC G2 R1 St. Finbarr's v Dromtariffe in Clondrohid
Sat, July 25th @7pm PIFC G2 R1 Macroom v Castletownbere in Bantry
Sat, July 25th @7pm PIFC G3 R1 Naomh Abán v Fermoy in Ballyclough
Sat, July 25th @7pm SAFC G1 R1 Dohenys v Aghabullogue in Kilmichael
Sat, July 25th @7pm SAFC G1 R1 Béal Áthan Ghaorthaidh v Kanturk in Ballyanley
Sat, July 25th @7pm PSFC G3 R1 Knocknagree v Clonakilty in Carrigadrohid
Sun, July 26th @3.30pm All Ireland Football Final All-Ireland Senior Football Final
Sun, July 26th @7.15pm SAFC G2 R1 O'Donovan Rossa v Newmarket in Macroom
Sun, July 26th @7.15pm PSFC G2 R1 St. Michael's v Valley Rovers in Ballygarvan
Sun, July 26th @7.15pm IAFC G1 R1 Ilan Rovers v Kilmurphy in Ballinacarriga
Sun, July 26th @7.15pm SAFC G2 R1 Cill na Martra v Carbery Rangers in Dunmanway
Sun, July 26th @7.15pm PSFC G3 R1 Castlehaven v

Ballincollig in Clonakilty
Sun, July 26th @7.15pm PIFC G3 R1 Nemo Rangers v Ballinora in Ovens

Co-Op Superstores Club Hurling C'ship R1

Fri, July 31st @7.15pm IAHC G1 R1 Aghada v Bandon in Church Road
Fri, July 31st @7.15pm PSHC G2 R1 Douglas v Newtownshandrum in Ballyhooley
Fri, July 31st @7.15pm PSHC G3 R1 Midleton v St. Finbarr's in Páirc Uí Rinn
Sat, Aug 1st @2pm SAHC G1 R1 Blarney v Castlelyons in Riverstown
Sat, Aug 1st @4.30pm PJHC G1 R1 Kilshannig v Nemo Rangers in Glanworth
Sat, Aug 1st @4.30pm PJHC G2 R1 Milford v Tracton in Grenagh
Sat, Aug 1st @4.30pm PJHC G2 R1 Cloughduv v St. Catherine's in Ballygarvan
Sat, Aug 1st @4.30pm PJHC G3 R1 Barryroe v St. Finbarr's in Belgooly
Sat, Aug 1st @4.30pm IAHC G2 R1 Midleton v Mallow in Castlelyons
Sat, Aug 1st @4.30pm PIHC G3 R1 Carrigaline v Valley Rovers in Riverstick
Sat, Aug 1st @7pm SAHC G1 R1 Watergrasshill v Ballyhea in Kildorrery
Sat, Aug 1st @7pm SAHC G2 R1 Killeagh v Fermoy in Lisgoold
Sat, Aug 1st @7pm SAHC G3 R1 Carrigtwohill v Inniscarra in Blarney
Sat, Aug 1st @7pm SAHC G3 R1 Ballinhassig v Courcsey Rovers in Kilbrittain
Sat, Aug 1st @7pm PSHC G1 R1 Kanturk v Fr. O'Neill's in Kilworth
Sat, Aug 1st @7pm PSHC G2 R1 Sarsfields v Charleville in Castletownroche
Sat, Aug 1st @7pm PSHC G3 R1 Bride Rovers v Newcestown in Ballincollig
Sat, Aug 1st @5.45pm SAHC G2 R1 Na Piaras v Erin's Own in Páirc Uí Rinn
Sat, Aug 1st @7.30pm PSHC G1 R1 Blackrock v Glen Rovers in Páirc Uí Rinn
Sun, Aug 2nd @1.30pm PJHC G1 R1 Ballygarvan v Glen Rovers in Ballymaw
Sun, Aug 2nd @1.30pm PJHC G3 R1 Mayfield v Argideen Rangers in Newcestown
Sun, Aug 2nd @2pm IAHC G2 R1 Kildorrery v Blackrock in Watergrasshill
Sun, Aug 2nd @2pm IAHC G3 R1 Youghal v Ballygiblin in Ballynoe
Sun, Aug 2nd @2pm PIHC G3 R1 Kilworth v Ballymartle in Rathcormac
Sun, Aug 2nd @4.30pm IAHC G3 R1 Erin's Own v Sarsfields in Cobh
Sun, Aug 2nd @4.30pm IAHC G1 R1 Kilbrittain v Russell Rovers in Ballinhassig
Sun, Aug 2nd @5.15pm PIHC G1 R1 Bishopstown v Ballincollig in Ballyanley
Sun, Aug 2nd @7pm PIHC G1 R1 Éire Óg v Aghabullogue in Cloughduv
Sun, Aug 2nd @5.15pm PIHC G2 R1 Castlemartyr v Lisgoold in Midleton
Sun, Aug 2nd @7pm PIHC G2 R1 Dungourney v Cloyne in Midleton
Sun, Aug 2nd @4.15pm est LGFA Final All-Ireland Senior Ladies Football Final
Tues, Aug 4th @8pm Aug 3rd - 9th Div/Col F Prelim QF Divisions / Colleges Premier Senior Football Cship Prelim Quarter Final (UCC v TBC) Aug 3rd - 9th Div/Col H (Seeded) SF Divisions / Colleges Premier Senior Hurling Cship Seeded Semi-Finals
Aug 3rd - 9th Div/Col H (Seeded) SF UCC v Imokilly
Aug 3rd - 9th Div/Col H (Seeded) SF Muskerry / Duhallow v Carbery / Avondhu / Seandun
Aug 7th - 9th Div U21 N/A Divisional U21 C'ship
Aug 7th - 9th Divisional Junior C'ship Games

Sun, Aug 9th @5.15pm est Camogie Final All-Ireland Senior Camogie Final
McCarthy Insurance Group Football Cship R2
Fri, Aug 14th @7.15pm PIFC G2 R2 Aghada v Macroom in Ovens
Fri, Aug 14th @7.15pm PIFC G3 R2 Fermoy v Nemo Rangers in Glenville
Fri, Aug 14th @7.15pm PSFC G1 R2 St. Finbarr's v Douglas in Páirc Uí Rinn
Sat, Aug 15th @4pm PJFC G1 R2 Cullen v Kinsale in Ballincollig
Sat, Aug 15th @4pm PJFC G2 R2 Inniscarra v Urhan in Kealkill
Sat, Aug 15th @4pm PJFC G3 R2 St. Nick's v Na Piaras in St. Vincent's
Sat, Aug 15th @4pm IAFC G1 R2 Ilan Rovers v Glanworth in Ballygarvan
Sat, Aug 15th @4pm IAFC G2 R2 Gabriel Rangers v Dromtariffe in Cill na Martra
Sat, Aug 15th @4pm PIFC G1 R2 Uibh Laoire v Bantry Blues in Ballingearry
Sat, Aug 15th @4pm PSFC G2 R2 Newcestown v Valley Rovers in Bandon
Sat, Aug 15th @6.30pm PJFC G2 R2 Cobh v Glenville in Lisgoold
Sat, Aug 15th @6.30pm IAFC G1 R2 Kilmurphy v Buttevant in Kanturk
Sat, Aug 15th @6.30pm IAFC G2 R2 Mitchelstown v St. Finbarr's in Mourneabbey
Sat, Aug 15th @6.30pm IAFC G3 R2 Adrigole v Boherbue in Dunmanway
Sat, Aug 15th @6.30pm PIFC G3 R2 Naomh Abán v Ballinora in Carrigadrohid
Sat, Aug 15th @6.30pm SAFC G2 R2 Carbery Rangers v O'Donovan Rossa in Moneyvollahane
Sat, Aug 15th @6.30pm SAFC G3 R2 Bishopstown v Kilshannig in Mallow
Sun, Aug 16th @2pm PJFC G1 R2 St. Vincent's v Millstreet in Donoughmore
Sun, Aug 16th @2pm PIFC G1 R2 Glanmire v Rockchapel in Buttevant
Sun, Aug 16th @2pm PIFC G2 R2 Kiskeam v Castletownbere in Inchigeelagh
Sun, Aug 16th @3pm IAFC G3 R2 Bandon v Kildorrery in Ballyanley
Sun, Aug 16th @3pm SAFC G3 R2 Éire Óg v Clyda Rovers in Grenagh
Sun, Aug 16th @3.30pm PJFC G3 R2 Canovee v Kilmacabea in Kilmichael
Sun, Aug 16th @3.30pm SAFC G1 R2 Kanturk v Dohenys in Kilmurphy
Sun, Aug 16th @3.30pm SAFC G2 R2 Cill na Martra v Newmarket in Clondrohid
Sun, Aug 16th @3.30pm PSFC G3 R2 Castlehaven v Clonakilty in Rosscarberry
Sun, Aug 16th @2pm SAFC G1 R2 Béal Átha'n Ghaorthaidh v Aghabullogue in Macroom
Sun, Aug 16th @4pm PSFC G3 R2 Ballincollig v Knocknagree in Macroom
Sun, Aug 16th @2pm PSFC G1 R2 Carrigaline v Mallow in Páirc Uí Rinn
Sun, Aug 16th @4pm PSF PSFC G2 R2 Nemo Rangers v St. Michael's in Páirc Uí Rinn

Macroom Motors

Muskerry U21 Football Championship

'A' Championship 4 teams:

Semi finals:

Donoughmore v Éire Óg at Coachford Friday July 10th 7pm
Naomh Abán v Ballincollig at Kilmurphy Friday July 10th, 7pm

B Championship - 10 teams

Preliminary Rounds:

A Inniscarra 4-12 Kilmichael 0-13
B Blarney 2-13 Ballinora 2-16

Quarter Finals:

Inniscarra v Ballinora
Kilmurry 3-14 Grenagh 0-8
Ballincollig 0-11 Macroom 2-16
Canovee 1-9 Aghabullogue 3-21

C Championship – 8 teams

Quarter Finals:

Béal Átha'n Ghaorthaidh w/o Lee Gaels conceded
Macroom w/o Donoughmore conceded
Clondrohid 1-12 Iveleary 6-18
Aghinagh 1-10 Cill na Martra 0-15

Mid Cork Leagues 2026

EPH Controls Junior Football League Div 1 Final

Grenagh 2-18 Clondrohid 2-14 aet

EPH Div 2 West:

1 N Abán 2 Cill na Martra

EPH Div 2 East

1 Blarney 2 Donoughmore

Div 2: Semi: N Abán 0-21 Donoughmore 1-10: Blarney
1-10 Cill na Martra 3-16

EPH Division 3 West

Naomh Abán 7, Kilmichael 6, Clondrohid 4, Cill na
Marta 3, Aghinagh 0

EPH Div 3 Central

Macroom 8, Éire Óg 4, Aghabullogue 3, Canovee 3,
Kilmurry 2

EPH Div 3 East

Ballincollig 5, Grenagh 4, Ballinora 4, Donoughmore
2, Inniscarra 1

Cumnor Junior Hurling League Div 1

Final: Donoughmore 1-17 Grenagh 1-14

Erneside Engineering JHL 2

Inniscarra 10, Ballinora 10, Iveleary 8, Blarney 8,
Donoughmore 7, Cloughduv 6, Éire Óg 5, Grenagh 0

Muskerry GAA – Championship Fixtures

Ross Oil Junior A Football Championship

Three groups of four teams – two teams to qualify
from each group

Group 1 A Aghinagh v B Donoughmore at
Coachford Friday July 24th

C Ballinora v D Kilmurry at Ovens Monday July 27th
7pm

Group 2 A Ballincollig v B Grenagh at Blarney
Saturday July 25th 7.30pm

C Dripsey v D Clondrohid at Rusheen Saturday July
25th 4pm

Group 3 A Éire Óg B Béal Átha'n Ghaorthaidh Sat.
July 18th at Carrigadrohid

C Kilmichael D Naomh Abán Sunday July 26th at
Béal Átha'n Ghaorthaidh 7pm

Sequence: Rd 1; A v B and C v D Rd 2: A v C and B
v D: Rd 3: A v D and B v C

MJK OILS Junior A Hurling Championship

Two groups, one of six teams, one of five, top two
teams from each group to qualify for semi final stage
Starts: Aug 1/2/3

Group 1

A Inniscarra
B Grenagh
C Ballinora
D Iveleary
E Kilmichael
F Aghabullogue

Round 1:

Ballinora v Iveleary Aug 1st
Inniscarra v Grenagh Aug 2nd
Kilmichael v Aghabullogue Aug 3rd
Sequence: Round 2: A v D/B v F/C v E; Round 3: A
v C/E v B/D v F Round 4: A v E/F v C/D v B Round
5: A v F/D v E/B v C

Group 2

A Ballincollig
B Donoughmore
C Dripsey
D Éire Óg
E Blarney

Round 1

Ballincollig v Donoughmore Aug 3rd
Dripsey v Éire Óg August 3rd
Blarney a bye

Round 2: A v D/ C v E/ B a bye
Round 3: A v C/ E v B/ D a bye
Round 4: A v E/ D v B/ C a bye
Round 5: B v C/ D v E/ A a bye



Clondrohid Tavern jersey presentation to Laochra Óg Junior team 25th June 2026



Clondrohid Tavern jersey presentation to Laochra Óg Junior team 25th June 2026



Junior Camogie v Carrigtwohill 2nd July 2026



Laochra Óg members involved in winning two Féile All Ireland finals in hurling and football 27th June 2026



LAOCHRA ÓG

23rd June 2026

Our u12 camogie team played a county league phase 3 game against Youghal in Ballymacorcoran recently. Well done to all the girls who played with great skill and determination in a fantastic game of camogie from start to finish. The girls were delighted to debut their new set of jerseys, with huge thank you to Tus Geal for their generous sponsorship. Your support is very much appreciated. Thanks also to Sip Macroom for providing refreshments. Well done to Rhóna our captain on the day, and thanks to Youghal for travelling to us and for the great game.

25th June 2026

A special thank you to The Clondrohid Tavern for their generous sponsorship of our new jerseys and pitch side sign. The support of local businesses like yours plays a huge role in helping our club provide opportunities for our players and continue to grow. We are delighted to wear these fantastic jerseys with pride. Your on going support, kindness and commitment to our club is greatly appreciated by players, coaches, parents and supporters alike. Their generosity has ensured our players can take to the field looking and feeling their best. Thank you for investing in local sport and helping create lasting memories for our team.

26th June 2026

Pitchside sign Another pitchside advertising space taken by JFC Pumps. Thanks very much for your support. If you want to advertise at our pitch in Ballymacorcoran Message the page or any committee member.

Our Under 12 Hurling team recieved their new set of jerseys from Fiona Mc Sweeney of MCP Group who are a long time sponsor of Laochra Óg Hurling & Camogie Club Thanks again for your ongoing support. Team pictured with Fiona Mc Sweeney and Under 12 Trainers Heber Mc Mahon and Kieran Morris.

27th June 2026

Well done to our Laochra Óg all Ireland Feile champions who won the double in a week in both hurling and football Feile competitions. This is an incredible achievement and we wish Macroom Gaa a huge congratulations in their win today in Carlow.

30th June 2026

Last night our Minor girls played their first Championship match at home to Youghal. In the first half the girls maintained a slim lead into half time, playing conditions were difficult in the first half with heavy rain and wind making it challenging for the girls in the game but they battled on through. Weather cleared up some bit in the 2nd half and the girls came into their own then with some brilliant teamwork and skill on display never losing their lead which resulted in them coming out with a deserved win at the full time whistle.

Thank you to Youghal for travelling out to us on a wet and windy Monday evening and best of luck in the rest of yer matches.

Thank you to our sponsors Barry O' Brien Motors Service & Repairs, to the supporters on the sideline, to the ref, the umpires and to the groundskeepers in Ballymacorcoran for keeping the pitch in great shape. A big well done to all the girls this evening, their next Minor A championship match will be in July. Laochra Óg Abú.

2nd July 2026

Our Junior ladies played at home last night in the summer league against Carrigtwohill. Well done to everyone, great effort and teamwork by all. Well done to Carrigtwohill on the win. We now wait for the next round of fixtures in this league. Thanks to team sponsors The Clondrohid Tavern and to all who had the pitch in super condition. Thanks to our supporters last night too cheering us on.



Minor Camogie Championship v Youghal 30th June 2026 01



U12 Camogie v Youghal 23rd June 2026 01



U12 Hurling team jersey presentation from MCP Group 26th June 2026



Laochra Óg All Ireland Hurling Final Champions; Back Row; Humphrey O Leary (Trainer), Jay Murphy, Ciaran O Sullivan, Fionn Desmond, Finn Moss, Finn O Tuama, Ciaran Lynch, Fionnan O Luasa, Cole O Tuama, David Twomey, Daniel O Leary, Mathew Dutton, Ronan Twomey, Charlie O Shea, Keelan Creedon, Ryan Slattery, Richie Grace (Trainer). Front Row; Kevin Healy (Trainer), Rory O Shea, Cian Kelleher, Oscar Hickey Grace, Conor Angland, Danny Lynch, Nathan Meyler, Milo Hickey Grace



Laochra Óg celebrating their victory

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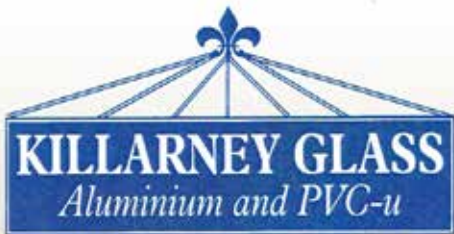
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A Word of Victory

"The LORD came and stood there, calling as at the other times, 'Samuel! Samuel!' Then Samuel said, 'Speak, for your servant is listening'" (1 Samuel 3:10).

Welcome back dear student, we thank God for the sunshine. The Word of God says that all of creation sings God's praises (Psalm 19; Psalm 148). The prophet Samuel started to hear from God at a very young age. God speaks to all of us – in our hearts by an unction of His Spirit; through the Scriptures; perhaps by a dream or a song, and He speaks through creation (2 Timothy 3:16; Job 33:15-18; Romans 1:20). It is important to learn to recognise the voice of God for we are the sheep of His pasture (Psalm 100:3). The Lord Jesus said ... "My sheep hear My voice and they follow Me" (John 10:27). Interestingly, Jesus noted His people follow His voice and not the voice of the stranger. So many voices are speaking nowadays that we can get confused and overstimulated. We must discern the motive and the spirit behind them. When Samuel heard God call his name he thought first it was the priest he served in the temple. Here is a beautiful fact – God knows our names! It's personal to Him. When we meet someone for the first time we must tell them our names, but God already knows us. Just like a proud parent who keeps their baby's milestones in scrapbooks or memory boxes, God has every one of yours and mine recorded (Revelation 20:12; Psalm 56:8; Luke 10:20). He even has our tears stored in a bottle! That indicates the level of attention God has for us doesn't it? Our names are engraved on His hands; He has each of our hairs numbered (some numbers are bigger than others Haha!). But seriously friend, you are a VIP to the Lord God. He gave the gift of His Son for me and you (John 3:16).

God speaks to us in dreams too. Maybe you've had dreams in the past that you didn't understand. I love hearing the significant dreams people have. Often something that seems obscure or scary in a dream is actually God speaking in parables. He longs for us to seek Him for Revelation and Truth (Jeremiah 33:3). Very often the Lord will confront issues we have been battling gently through our dreams, giving us opportunity to draw closer to Him and overcome these struggles in the place of rest in His Presence. It is the Holy Spirit Who delivers God's secrets and reveals His love to us (1 Corinthians 2:9-16). The Holy Spirit is the Person of God Who comes to reside in us when we receive God's forgiveness through believing in Jesus. The sacrifice the Lord Jesus gave was His Body, His Blood, and His Righteousness in exchange for our sins, brokenness, and the curse of death. So, when we invite Jesus into our lives as Lord – surrendering to Him by repenting and turning from sin; obeying His Word by living for God – we become filled with His Holy Spirit of Truth (John 15:13). Now that our sins are forgiven and washed by the Blood of the Lamb, we can approach God in the Name of Jesus and have sweet fellowship with Him. It is the Holy Spirit – God's Presence, Who facilitates that communication. "Christ in you, the Hope of Glory" (Colossians 1:27). The Glory of God is His manifest Presence we experience as we get to know Him. We are spirit beings – made in the image and likeness of God – and we engage with Him through Holy Spirit. The enemy creates counterfeits of everything that Jesus does – divination, witchcraft, and the occult are works of darkness, not of God. Seek The Spirit of Truth for yourself.

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5TH ANNIVERSARY



**HUMPHREY
HURLEY**

Who passed away on
the 9th February 2021



**SHEILA
HURLEY**

Who passed away on
the 16th July 2001

Shandangan, Carrigadrohid, Co. Cork

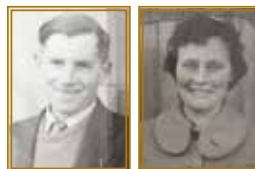
*As each day dawns, we think of you.
As each night falls, we pray for you.
And throughout our lives,
no matter where,
In our hearts you are always there.*

*Your smile was made of sunshine,
Your heart was made of gold,
To us you were the greatest mother,
This world could ever hold.*



Rest in Peace

11TH & 34th ANNIVERSARY



In loving memory of
**PATRICK &
CATHERINE
CRONIN**

Moulnahorna, Carriganima,
Macroom.

Patrick who died on 21 July 2015
Catherine who died on 2nd July 1992

*Their memory is our keepsake,
With which we never part,
God has them in his keeping
We have them in our hearts.*



Missed, and always remembered by their
loving daughter, Rita, son in law, Johnny,
and family.

BIRTHDAY REMEMBRANCE



In loving memory of

**PATRICK
O'REGAN**

Codrum, Macroom

Whose birthday occurs on
The 15th July 2026

"Happy Heavenly Birthday"

*"As time unfolds another year
Memories keep you very near
No need for words except to say
You are loved and thought of everyday"*



Always cherished, always loved
Michael, Gobnait and Owen.
xxx

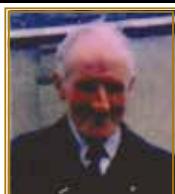
27TH ANNIVERSARIES



In loving memory of

**MARY MOLLY
DINEEN**

Died on 19th June 1999



In loving memory of

**JEREMIAH JERRY
DINEEN**

Died on 17th July 1999

Inchibrickane, Raleigh

*When nights are cold,
And stars are few,
I close my eyes and think of you.
A silent hope,
A silent tear,
A silent wish that you were here.*



Always remembered and sadly missed by your loving family

"St Gobnait pray for them"

18TH ANNIVERSARY & 38TH ANNIVERSARY



In loving memory of

**MARIA
KELLEHER**

Whose anniversary occurs on 3rd July



In loving memory of

**MICHAEL
KELLEHER**

Whose anniversary occurs on 9th July

Gortnalicka, Clondrohid.

*Time and years slip quietly by
But love and memories never die.
In our hearts you will always stay,
Loved and cherished everyday.*

Eternal rest grant unto them O Lord.



Always remembered by your loving family.

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FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
MICHAEL SHANNON 'SHA'
Sleaveen West, Macroom, Co. Cork
Who died on the 8th July, 2025

As we lovingly remember Michael on his First Anniversary, we his family Martina, Jason and Eric wish to express our sincere gratitude to all those who sympathised with us on our sad loss. We are deeply grateful to all those who attended the removal, the funeral mass and Michael's burial, and to those who sent mass cards, letters of sympathy, and online condolences during this difficult time.

Our sincere gratitude to our extended families, for their kindness shown during Michael's illness, and for their continued close support since. A very special thank you to all our neighbours and friends, who thought to bring food and refreshments during the funeral days, for your kindness, support and thoughtfulness. In the weeks after the funeral, there were many wonderful gestures from the people of the town & beyond, and that sense of community will live with us for a long time.

We would like to thank the medical professionals for their kindness shown to Michael during his illness, and all at Matt Murphy's pharmacy for your discretion and support over the years. We reserve a special thank you to the emergency responders who came to our home on the morning of Michael's death whose compassion and understanding will remain with us.

For the preparation towards, and the officiating of the Funeral Mass, we give our sincere thanks to Canon Donal Roberts, to Monsignor James O'Donnell, and Father Joe O Mahony. To Stephanie Shine, we offer our grateful thanks for organising the music for the funeral mass and for her transcendental singing.

A very special thank you to Fitzgerald Funeral Directors whose professionalism at every juncture, was hugely appreciated. The team, led by Billy, always seemed to be a step ahead and we thank them for their guidance.

During the funeral, it was clear to us that Sha was a widely known and hugely respected figure, and we wish to thank all who thought of him then, and since. It really is impossible to mention everyone individually, so please accept this acknowledgement as an expression of our sincere gratitude to you all.

Your thoughtfulness, kindness and support will never be forgotten.
The Holy Sacrifice of the Mass has been offered for your intentions.



FIRST ANNIVERSARY



In loving memory of
MICHAEL SHANNON
Sleaveen West, Macroom.

*Deep are the memories
precious they stay.
No passing of time
can take them away.*

*Rest in peace Michael.
You are always in our thoughts
and prayers.*



Proinsias, Mary, James, Joan, Christy,
Theresa, Gerard, Ann, Denis and Lorraine.

8TH ANNIVERSARY



In loving memory of

JIM BURKE

Liosbuí Beag, Cill na Martra.
Who died on the 2nd July 2018

*"Never more than
A thought away
Loved and remembered everyday"*



Sadly missed and lovingly
remembered by
Bridie, Paddy, Nora and Ellen

10TH ANNIVERSARY



In loving memory of

**RITA SHORTEN
(NEE QUILL)**

Knockshanavee, Farnanes
who died on 27th June 2016

*You can only have one mother,
Patient, kind and true;
No other friend in all the world
Will be the same to you.*

*When other friends forsake you,
To mother you will return;
For all her loving kindness
She asks nothing in return.*

*As we look upon her picture
Sweet memories we recall
Of a face so full of sunshine
And a smile for one and all.*

*Sweet Jesus take this message
To our dear mother up above;
Tell her how we miss her
And give her all our love.*



Sadly missed by all your loving family.

12TH ANNIVERSARY



In loving memory of

MICHAEL CARROLL

Late of Crookstown and Canovee,
who's anniversary occurred on the
1st of July.

*Softly in the evening you
Heard a gentle call,
You took the hand God offered you,
And quietly left us all.*



Remembered by his partner Anne,
and the Sheehan family.

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2ND ANNIVERSARY



In loving memory of

**MARY
O'DONOGHUE
(NEE MC SWEENEY)**

Banteer / Ballyvourney.

**Treasured memories of our beloved
sister Mary, who passed away
suddenly on July 22nd, 2024.**

Two years have passed since you left us,
but it feels like only yesterday that we
were together. Not a day goes by that we
don't think of you and miss you.

As sisters, we shared a special bond
and countless happy memories. You
were not only our sister but our closest
friend. Full of life, fun and kindness, you
brought joy wherever you went. We miss
your laughter, your warmth, your caring
nature and all the happy times we shared
together.

Life has never been the same without
you. We miss the chats, the phone calls,
the laughs and all the little moments that
meant so much. The memories we made
together are treasures that we hold close
to our hearts.

Though you are no longer by our side, you
remain with us always—in our thoughts,
in our memories and in everything we do.

*Your life was a blessing,
your memory a treasure.*

*Loved beyond words
and missed beyond measure.*



Always remembered and sadly missed
by your loving sisters, Anne and Sinéad
and families.

Mary's 2nd anniversary mass will take
place on 2nd August at 11:30 in
St. Gobnait's Church Baile Mhuirne.

7th ANNIVERSARY



In loving memory of

**SHEILA
O'RIORDAN
(NEE HOURIHAN)**

**Summerstown, Wilton, Cork
who died on 8th July 2019
R.I.P.**

As we lovingly remember Sheila on
her 7th Anniversary, her husband Dan
and family would like to thank you most
sincerely for your thoughts and prayers
during the year and at this special time.

*No matter how life changes,
No matter what we do,
I will never forget the special years,
The ones I spent with you.*

*I have a book of memories,
It's not upon a shelf,
It's deep within my heart,
And I keep it to myself.*

*I turn the key quite often
And I think of happy days,
I miss you so, so very much,
In many, many ways.*

*But those we love don't go away,
They walk beside us every day,
Someday, I hope to meet you again,
Someday, I know not when.*

*To clasp your hand in a better land,
And chat with you again*



Sadly missed by Dan and all her family.
Sheila was a precious gift to us, never
more than a thought away and loved
and remembered every day.

44th ANNIVERSARY



In loving memory of

**HELEN
MOSS**

**Late of Crookstown Co. Cork
Who died on 11th July 1982.**

*Those we love don't go away,
They walk beside us everyday.
Unseen, unheard, always near,
Still loved, still missed and very dear.*



Always missed and remembered by
Mam, Noreen, David, John, Denis, Gerard
and their families.

5TH ANNIVERSARY



In loving memory of

**JEREMIAH
(JEROME) HEALY**

**Gurrane, Carriganima, Macroom
who died on 14th July 2021**

*Dear Dad,
Remembering you Dad is easy,
because you are forever missed by us,
You are always in our thoughts and
will be forever in our hearts.
We miss you Dad xxx*



Rest in Peace.
Love always your wife Bridie, Dermot,
Michael, Julie, Declan, Brendan
and their families xxxx

19TH ANNIVERSARY



In loving memory of

**CONNIE
O'CONNELL**

**Bawnmore, Macroom
Who died on 17th July 2007
RIP**

*We who loved you sadly miss you
As it dawns another year.
In our lonely hours of thinking
Thoughts of you are always near.
You're not forgotten, father dear
Nor ever shall you be.
As long as life and memory last
We shall remember thee.*



Fondly remembered by his loving family.

Anniversary Mass in St. Coleman's Church,
Macroom, Sunday July 19th at 11.30am.

7th ANNIVERSARY



In loving memory of

**JOAN
O'CALLAGHAN**

**8 Model Village, Dripsey, Co. Cork
who died on the 4th July 2019**

*Time may hide the sorrow,
Smiles may hide the tears,
But we will always love
and miss you Mam,
No matter how many years.*



Sadly missed by
her loving family

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Just a thought

Ath. Seán Mac Cárthaigh,
Baile Bhuirne / Cúil Aodha

TIME OUT

A friend of mine once recommended to me a pajama day once in a while! Just staying home- vegetating on the couch, catching up on TV or DVDs, eating your favourite junk food guilt-free, avoiding visitors and switching off the phone. Oh, and the housework and wash up can wait.

I must confess it has a certain appeal! It's like a holiday at home and appreciating at least for a while what you have without running out for more purchases. I suppose it's easier to do this if you live alone. But if you're an introvert in company and in a busy household, you don't mind if the rest of the (noisy) family are away for a while. When they return and ask you what you did all day, to their astonishment and disbelief, you satisfyingly reply 'nothing.'

I guess we have a lot more leisure time than previous generations. I grew up with Saturday morning television eating cereal, before the list of chores were tackled! There's a whole generation who can't remember not having TV but there is even another generation since then who can't remember life without the internet or a smartphone. Culture and communication have changed so rapidly. We haven't seen the effects yet fully, but I suspect that our young people's use of imagination, learning attentively and at length must surely be changing for the worse I fear.

Even behaviour in public places has changed drastically. A case in point. It annoys me to see the glow of a phone in the darkness of the cinema half way through a film. People get bored and restless all too easily.

I confess I love prolonged silence. I allow myself all-too-readily to become saturated with constant stimulation from media be it TV, radio, the laptop or my phone every waking hour that silence is a relief, a 'time out.' I hanker for an old-fashioned book. Then when I attain a state of inner and outer quiet something mysterious happens. I calm down. Slowly, ideas, memories and clarity surface. I like it. It's not laziness, it's giving the brain and perhaps my spirit too, time to catch up as well as to re-charge.

Silence allows creativity and talents to emerge. Art, writing, song-writing, hobbies and handcrafts will make a comeback - I'm certain of it. The human spirit hankers for it. To be able to say 'I made this' be it a piece of furniture, a meal, a tidy house or what-have-you. You might surprise yourself as a 'late developer' and in the process amaze others too! I'm reminded of the line from the Willy Wonka song:

"Come with me, and you'll be
In a world of pure imagination
Reach out, touch what was once
Just in your imagination."

Let's make a deliberate effort to return to silence one day a month. It's like a retreat from the world, but then you will advance!

Oh, and who cares - enjoy it in your PJs!

God bless. Fr Seán

Email: parisho7191@gmail.com | Phone: 085 878 3823

8TH ANNIVERSARY



In loving memory of

**PATRICK
SPILLANE**

**Rahalisk, Ballinagree
Who died on 13th July 2018**

*Those we love don't go away,
they walk beside us every day,
unseen, unheard but always near,
still loved, still missed and very dear.*

*For those who will think of Patrick today,
a little prayer to Jesus say.*



Always missed, your loving grandson
Patrick and Noreen

4TH ANNIVERSARY



In loving memory of

**DIARMUID
MC CARTHY**

**Shannacloon, Ballymakeera
Co. Cork (McCarthy Fruit & Veg,
Square, Macroom)**

*Every day in some small way
Memories of you come our way
Loved and remembered every day.*



Sadly missed every day by his wife Breda,
sons Jonathan, Diarmuid Óg (Joey) &
Jason, daughters in law Grace, Anna &
Katherine, his adored grandchildren and
extended McCarthy & Cullinane Families.

THE MIRACLE PRAYER



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your favour, not mine. Amen.

Say this prayer three times for three days
and your favour will be granted.

Never known to fail.
Must promise publication of prayer.

x

30TH ANNIVERSARY



In loving memory of

EDWARD HEALY

**Moulnagrough, Carriganima,
Macroom, Co. Cork
Who died on 10th July 1996**

Ar dheis De go raibh a anam



Forever missed and lovingly remembered
by his wife Nora, sons William, Con, (the
late) Mike, Eddie, daughters Elizabeth
and Mary, son in law, daughters in law,
grandchildren and extended family.

NOVENA TO THE SACRED HEART



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your favour, not mine. Amen. Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer.

THE MIRACLE PRAYER



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your favour, not mine. Amen. Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer.

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4TH ANNIVERSARY



In loving memory of

**BETTY
MOONEY**

Woodhill House, Coachford
who died on the 20th of July 2022.

We Hold you Close

*We hold you close within our hearts,
And there you shall remain.
To walk with us throughout our lives
Until we meet again.
So rest in peace dear loved one,
And thanks for all you've done.
We pray that God has given you
The crown you've truly won.*



Sadly missed and always remembered
with love by Peter, John, Mossie, Jack
Healy, niece Mary Francis Creedon &
grandson Artjom.

2ND ANNIVERSARY



In loving memory of

**PHIL (LYONS)
CORCORAN**

Clodagh, Crookstown and late of
Dunmanway.
whose 2nd anniversary occurs on the
15th of July.

*They say there is a reason,
They say that time will heal,
But neither time or reason
Can change the way we feel.
For no one knows the heart ache,
That lies behind our smiles,
No one knows how many times
We have broken down and cried.
We want to tell you something Mam, So
there won't be no doubt,
You are so wonderful to think of
But so hard to live without.*



Lovingly remembered and missed
every day by Anthony, Debbie and their
families.

25TH ANNIVERSARY



In loving memory of

**DENIS
O'DONOVAN**

Cappandare, Inchigeela,
Macroom, Co. Cork

Whose anniversary occurs on 7th July

*You never failed to do your best,
Your heart was warm and tender,
You simply lived for those you loved,
And those you love remember.*



Forever in our thoughts and prayers,
Loved always by Anne, Gerard, Eileen,
Marie and extended family

3RD ANNIVERSARY



In loving memory of

NÓRA TWOMEY

Renanirree, Macroom

Who passed away on the 17th of
July 2022

*Like a river flowing in the sea,
your memory flows, eternally.
We see your face in morning light,
and feel your presence, soft and bright.
Though distance grows,
and time moves on,
your love remains, our guiding dawn.*



Lovingly remembered and sadly missed
by her husband Donnacdh, Siobhán,
Denis, Richard, Mairéad and their families
x x
Ar dheis Dé go raibh a hanam dílis

22ND ANNIVERSARY



In loving memory of

**CATHLEEN
KELLEHER**

Kilvoultra and Codrum Macroom
Who died 8th July 2004

*May God support us all the day long
Until the shadows lengthen
and evening comes,
And the busy world is hushed
And the fever of life is over.
Then, in His mercy, may He give us
A safe lodging, a holy rest
And peace at last.*

Cardinal J.H. Newman



Always remembered by your family

4TH ANNIVERSARY



Treasured and precious memories

**JUDY CROWLEY
(NEE O'CALLAGHAN)**

Hill house Dunmanway and late of
Raleigh Macroom who died on
12th July 2022.

*No length of Time can take away,
Our thoughts of you from day today,
Though absent you are always near,
Still loved, still missed, still very dear.*



Deeply loved and sadly missed by your
loving husband Donal, sons Cathal and
Ian, daughters Niamh and Deirdre
and all the family xx.

3RD ANNIVERSARY



In loving memory of our dear cousin

**NICOLA
TOBIN**

Cherrywood, Bandon

Who died on July 5th, 2023

*In our hearts you will always stay,
loved and missed every day*



Always missed & remembered by Niamh,
Maire & Jason and their families.

2ND & 3RD ANNIVERSARY

Ó MATHÚNA


i nDíl Chuimhne

**DÓNAL &
CAITLÍN**

Well House, New Street,
Macroom.

5th June 2024 & 14th July 2023



Always remembered and deeply missed
by your loving family.

Ar Dheis Dé go raibh a n-Anamacha Dílse.

MEMORIALS

LEE VALLEY OUTLOOK

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DOES YOUR BACK PAIN NEED MORE THAN REST?

Back pain may need closer attention when it:

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- ✓ Travels into the buttock or leg
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- ✓ Makes you move differently
- ✓ Affects sleep or everyday activities

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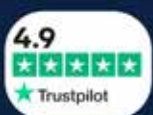
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