







# Kean Kavanagh

Portlaoise GAA has always been about more than just sport. It's a community, a home, a heartbeat for many. And few capture that spirit better than Kean Kavanagh.

A former underage footballer and hurler who wore the white and green with pride, Kean is now forging a path in the Irish and UK music scenes. With a string of well-received singles and an eagerly anticipated new album, *The County Star*, due out on 6 June, the Portlaoise native is making waves far beyond the county bounds.

We caught up with Kean to talk club memories, songwriting, and how growing up around Fr. Brown Avenue and Rathleague helped shape his journey, both on and off the pitch.

Kean is a singer, songwriter and producer. A founding member of the Soft Boy Records collective, he's known for blending genres and storytelling in a style that's distinctly his own. Before stepping onto music stages across Ireland and beyond, Kean spent his youth on the fields of Laois, lining out for Portlaoise in both football and hurling. He won county titles at U14, U16, Minor and U21 level, and remains a proud Town man through and through.



**Tell us about the new album. What can people expect from it?**

It's a bit of a story of this character, the County Star, who's a little bit me and a little bit an exaggeration of me I think. I would have been born in Texas where my parents had emigrated and we moved home to Portlaoise when me and my sister were very young, so there's a mixture of the reality of those actual stories of my life and growing up in Portlaoise and the fantasy of this far away place that influences the sound of the music.

**How does it feel to be releasing new music this summer?**

I'm buzzing. I've been working really hard the last year and a half in particular on all of this so it's really satisfying seeing it all come together and I'm getting really excited about starting the next album now!

**You did a great version of the Christy Conroy classic *The Portlaoise Queen*. Do you have many memories of this being sung after club victories?**

Yeah, specifically the first time I and probably a lot of people my age would have heard it sung, which was after the Leinster final win in 2004 in Newbridge. The Doc Fitz was brought up after the cup was presented and sang his heart out; ambitious to sing a song with 5 verses to a pitch full of people, most of whom have never heard it. After releasing my version of the song, it was great to hear lots more stories from other people about their own personal lore with the song. My Da, who grew up a few houses away from the Doc on the Borris Road, told us a few stories of getting dragged downstairs in the middle of the night after the men had come back from the pub to hear Doc singing it, and Connie Conroy sent me a lovely message about hearing the song and his own memories of his father Christy singing it to him. All of these types of things are really important to me because it's a song about people from the town and it continues to connect people. It's really important that we cherish the stories and songs that we have because what else do we have of people after they're gone.



*Doc Fitz belting out *The Portlaoise Queen* after the 2004 Leinster Club Football Final win in Newbridge - 5<sup>th</sup> Dec, 2004*

**You've a deep connection to the club. What are your earliest memories of Portlaoise GAA?**

Probably running around the hall of the old clubhouse with all our cousins and friends while the adults drank pints in the bar after a game. I loved that clubhouse and I loved being so close to the pitch, it took no time at all to walk up and hop the gate into the grounds so we were up there doing our own training all the time. Also eating packets of wine gums in the back of Mick Nerney's car as he was bringing us to a blitz every other weekend in the summer.

**Your songs *The Whistle* and *A Cowboy Song* aren't just great tracks, they've also got brilliant videos. There's a strong nod to your roots too, with Portlaoise GAA featuring heavily in both. How important is it for you to reflect where you come from in your music and visuals?**  
Well, the lyrics of the album are pretty direct about the GAA I suppose, this idea of the character of the "County Star", and in the song *Father Brown's* it's very literally set in that location, so I always knew that I wanted the videos to be done at home. We had a fairly specific idea for "*A Cowboy Song*" that it would feature my band playing on the field in O'Moore Park under the floodlights. I called Sonny Keogh a week before I came home to see if we could get a lend of a bag or two of jerseys; Sonny seen my London number and thought I was a scam caller, but once I got through to him he sorted us out big time with all the gear we





*Kean and his band in O'Moore Park during the video shoot for A Cowboy Song* could need. Have to give a massive thank you to everyone who came through to play the part of the players and the supporters in the videos as well. One of the best things about filming at home was the amount of generosity we received from every single person we asked anything of; a lot of the film crew were from Dublin and just couldn't believe how generous everyone in Portlaoise was, from Sonny to Mick Ryan giving us the run of his pub on a Sunday morning to Laois GAA allowing us the use of O'Moore Park. Everyone wanted to help us which reaffirmed all the beliefs I had had about the community in Portlaoise.

**Pa Champion is a great character. Is he based on anyone in particular, or is he a mix of a few familiar faces from around the Town?** 😊

There have definitely been a few Elvis lookalikes to grace the Town but there are these Elvis characters all over

Ireland, although they're sadly probably a dying breed! The character tied together the Irish/American connection in the music really beautifully and I think we were able to tell a really good story with Pa; he's a man who's dedicated his club to a fault, and has sacrificed his family and quite possibly his life for it. There's pure comedy there but there's also a very real darkness and loneliness too.



*Kean aged 4 decked out in his cowboy boots to watch the football county final in 1997 with his cousin Fiachra*

**You've plenty of silverware from your time in the white and green, Féile hurling and football in 2008, U16 football titles 2009 and 2010, Minor in 2011 and 2012, and U21 in 2013. Any standout moments from those days?**

The Minor final in 2012 would be the big one I'd say; Mountmellick were our rivals since we were 12 years old and there was a healthy bit of hatred from both sides I think. We both really, really wanted to win that match, it was the most important thing in our lives and I remember being a little bit obsessed with it. There was something so special about winning the last real underage final you'll have with the team you grew up playing with, and to win with a goal in the last minute as well from Aaron Rafter was cinema. That's probably my last memory of the clubhouse in Father

Brown's as well, us all celebrating together there after the match. The end of an era in many ways.

**Your dad (Niall) was club chairman for 7 years, from 1999 to 2005. What was it like growing up in a household so closely linked with the club?**

I think that that was a really exciting time in the club's history and it's something I've been thinking about more recently - Portlaoise and Laois were really on the up and it felt we were up and down to Croke Park all the time; there was a spotlight on the club in a way and a fair bit of media interest all round. I was a waterboy for the senior team so I'd head out to a lot of the trainings and all the matches with my Da and got to see the inside of the dressing room before the matches; I remember being up in a function room in Dublin with my Da and the team the day before the All Ireland final in 2005. Everyone had on new Adidas runners that had been gifted to the team and the selectors; there was a bit of glamour about the whole thing, everyone seemed to be operating at a very high level, and looking back I think it was great to see that so young, I think seeing that level of success and approach to preparation highers your horizons a bit and makes you more ambitious whether it's in sport or whatever else.



*Kean (3<sup>rd</sup> from right) and the 2006 U12s taking instruction from Mick Nerney at Fr Brown Avenue*





Do you keep an eye on how the club is getting on nowadays and if so where would you like to see the club in the future?

I try to get to any matches that I can when I'm home. I loved seeing the Minors win the final last year, think it was the first time since it was our team back in 2012 so that was a long overdue one. I'm really excited, as everyone probably is, about the new plans for Rathleague; I think they look amazing and it's so needed in terms of there being a place that people involved with the club can go and meet and there being a centrepiece in the same way that the old clubhouse was, making it a place that people are excited to be heading out to. I think that the community effect of that will have a natural effect on the actual success of Portlaoise, here's hoping anyway.

If you could give a message to young Town players chasing their own dreams, whether in sport, music or anything else, what would it be?

Study the greats and play with confidence.

And finally... any chance of a future gig in Rathleague?

That sounds perfect to me!



2012 Minor 'A' Football Champions. Kean is at the back (7<sup>th</sup> from left) - 15<sup>th</sup> Sept, 2012



Kean (5<sup>th</sup> from right) and the 2006 U12s prior to the Drawn 2006 U12 'A' Championship final v Mountmellick at O'Moore Park - 23<sup>rd</sup> Sept, 2006



2011 Minor 'A' Football Champions. Kean is at the back (3<sup>rd</sup> from left) - 24<sup>th</sup> Aug, 2011





# TOWN25 Update Presentation Night

There was a fantastic turnout for the development plans presentation in the Midlands Park Hotel on Bank Holiday Monday May 5<sup>th</sup>, where members were provided with a meaningful update on plans to develop the clubs grounds in Rathleague.

The presentation night was a landmark moment for Portlaoise GAA, where club members finally got an idea of the scale and detail of what Rathleague will become in the next few years.

It is not just the construction of a state of the art clubhouse - it is the transformation of the entire site into a modern and top level sports campus.

Speakers on the night included Eamon Fennelly, who welcomed everyone and gave a quick synopsis of how things had progressed to this point.

Jason Lalor gave a talk on Town 25 - its genesis and signposted the timeline to completion from here.

Dermot Costelloe described the construction plans and gave technical detail of the development.

Gareth Keogh and Shane Keane gave an indication of running costs of the new build, while Philip Scully explained the plans to generate income to ensure the successful running of it.

As a club we are acutely aware that this development, exciting as it is for all members and supporters of the club, is borne out of awful tragedy.

The generosity of Maryse, Travis and the Fitzpatrick and Knight families is far beyond anything the club could ever have hoped for. As a club we fervently hope that the family get some comfort over time from this legacy project which serves to commemorate Eoin and Dylan, but which is also the most unbelievable contribution to Maryse's home club, home town and county.







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# TOWN25 Update Presentation Night



Photos: David 'Crocky' Maher





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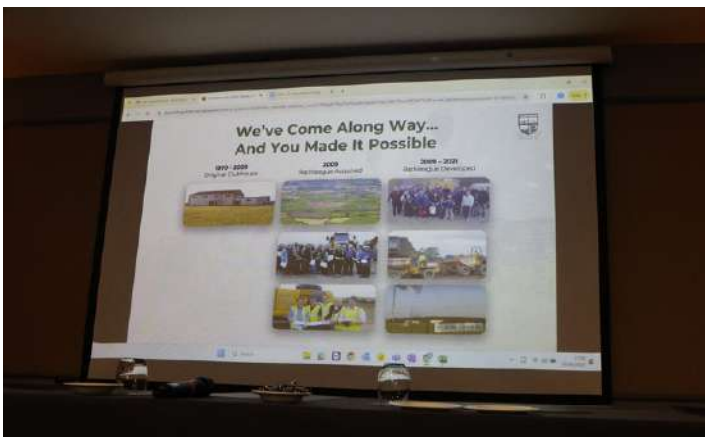
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# TOWN25 Update Presentation Night



Photos: David 'Crocky' Maher





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# TOWN25 Update Presentation Night



Photos: David 'Crocky' Maher





# Press Release

## Portlaoise GAA Club Moves to Next Phase of Redevelopment Project with Planning Application Submission

Portlaoise GAA Club is delighted to announce a major milestone in the redevelopment of its Rathleague facilities, with a planning application set to be submitted to Laois County Council this week. This marks the next phase of an exciting programme to improve the club's grounds, further strengthening its role as a hub for sporting and community life in Portlaoise.

The planning application includes the construction of a new clubhouse and indoor training facility, a viewing stand, as well as pitch and floodlight enhancements. This will provide high quality facilities for club members, players, and the wider Portlaoise community, from young athletes to lifelong supporters.

The plans were presented to club members at a meeting on Monday evening (5th May) and pending planning approval, work on-site is expected to commence later this year, with completion projected for Summer 2027. The appointment of contractors will support local employment during the construction phase.

The redevelopment of the club is supported by Travis and Maryse Knight (née Fitzpatrick) in commemoration of Maryse's beloved brother and nephew, Eoin and Dylan Fitzpatrick. The boys tragically lost their lives in a road traffic accident in Turkey in July 2023.

Eamon Fennelly and Dermot Costelloe, joint Chairperson of Portlaoise GAA Club, commented: *"This is an important day for Portlaoise GAA, the Fitzpatrick family and for the entire community. The submission of our planning application is a testament to the incredible work that has already taken place at Rathleague and reflects our commitment to providing a top-class facility. Pending planning approval, this redevelopment would not only enhance our club's sporting infrastructure but also provide the town's young people with resources and facilities to help them reach their full potential. The redevelopment would represent a significant contribution to the sporting and social fabric of Portlaoise and we are incredibly grateful to Maryse and Travis whose support enables this."*

Maryse and Travis Knight (née Fitzpatrick) also reflected on the importance of reaching this phase of the development: *"It's been incredibly heartening to see the passion and commitment displayed by everyone involved in this project to date. It further demonstrates the sense of community and togetherness that has helped our family immeasurably over the past two years. It also reinforces our belief that this is the right way to honour Eoin and Dylan in a meaningful and enduring way."*



Eoin, Dylan and Cian Fitzpatrick pictured after a Portlaoise GAA hurling final





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Exterior view from Pitch 1 Dugout





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Approach From Car Park to Main Entrance





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View across pitch five to the clubhouse





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PORTLAOISE 0-10  
VISITOR 0-00

64:12 PORTLAOISE 3:10 (19)  
VISITOR 1:06 (9)

Field and main stand view





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Night profile view of clubhouse from the road



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# Around The Club This Month





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# Around The Club This Month





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# Around The Club This Month







# 2025 Golf Classic

A massive thank you to all our amazing club volunteers who made this years Golf Classic such a success.

Leading the charge once again was Jas O'Reilly, whose energy and drive continue to power this great event every year. A special word also for John O'Reilly, who was immense in chasing sponsorship, fixing tee boxes, and tackling countless other jobs behind the scenes.

Thanks also to Pat Loughman for his early morning help erecting the sponsor signage, and to JP Cahillane, Frank Fitzpatrick, Barry Larkin and John Fennell for their invaluable support on the admin side throughout the day.

A sincere thank you to all our players, supporters and sponsors for creating such a brilliant day's entertainment.

More than just a day out, the Golf Classic remains a vital fundraiser for the club's ongoing work.

## Golf Classic Results

- **1st Place:** Mick Lillis, Martin Morrissey, Ann Murphy & Pat Murphy – 100 points
- **2nd Place:** Colm O'Reilly, Ben O'Reilly, John Conroy & Cathal Grant – 99 points (back nine)
- **3rd Place:** Teddy McCormack, Brian McCormack, Ivan Byrne & John Burke – 99 points
- **4th Place:** Peter Booth, Donal Booth, John Booth & Cormac Beere – 98 points
- **Non-GUI Winner:** Dean Cullen, James Conroy, Chris Finn & Jason Maher – 87 points
- **Card Winner:** John Croke

Well done to all involved.







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# 2025 Golf Classic







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# 2025 Golf Classic





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# 2025 Golf Classic







# 2024 Minor 'A' Football Medal Presentation Night

We were proud to hold the medal presentation for our victorious 2024 Minor Footballers on Friday, May 23rd in Portlaoise Golf Club.

It was a brilliant night celebrating the efforts and achievements of this talented group of young players, surrounded by their families, friends and clubmates.

Portlaoise and Laois senior player Kevin Swayne was on hand to present the medals, a fitting touch to honour the next generation of Town footballers.

As part of the celebrations, we also made a special presentation to the management team, who were each given framed photos of the winning team in recognition of their hard work and dedication throughout the season.

Thanks to everyone who helped make the night such a success. Well done again to the players and management on a memorable season.







# 2024 Minor 'A' Football Medal Presentation Night





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# 2024 Minor 'A' Football Medal Presentation Night



Photos: John Dunne





# 2024 Minor 'A' Football Medal Presentation Night







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# 2024 Minor 'A' Football Medal Presentation Night



Photos: John Dunne





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# 2024 Minor 'A' Football Medal Presentation Night



Photos: John Dunne



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# May Results

Thursday, May 1st, 2025

Round 4

7:30 PM

ACFL Division 1  
Portlaoise v Graiguecullen

 2-13 (19)  1-11 (14) 

Venue – Rathleague  
Portlaoise won by 5 points

Referee: Clifford Ward Competition Sponsor: Laois Shopping Centre 

Thursday, May 1st, 2025

Round 3

6:30 PM

U13 Hurling League Div 3 Group A  
St. Paul's v Portlaoise Greens

 6-10 (28)  1-1 (4) 

Venue – Emo GAA Grounds  
Portlaoise lost by 24 points

Referee: Johnny Holland Competition Sponsor: Midlands Park Hotel 

Friday, May 2nd, 2025

Round 4

7:30 PM

U13 Hurling League Division 1  
Portlaoise v Maynooth

 9-6 (33)  2-4 (10) 

Venue – Rathleague  
Portlaoise won by 23 points

Referee: Arthur O Connor Competition Sponsor: Midlands Park Hotel 

Sunday, May 4th, 2025

Round 5

11:30 AM

U15 Football League Division 1A  
Portlaoise v Ballyfin

 7-7 (28)  1-5 (8) 

Venue – Rathleague  
Portlaoise won by 20 points

Referee: Frank Shanahan Competition Sponsor: Midlands Park Hotel 

Monday, May 5th, 2025

Round 4

6:00 PM

U17 Football Academy League Div 1 Group B  
Portlaoise v O'Dempseys

 6-16 (34)  0-5 (5) 

Venue – Rathleague  
Portlaoise won by 29 points

Referee: Brendan McCann Competition Sponsor: Midlands Park Hotel 

Monday, May 5th, 2025

Round 3

12:00 PM

Laois LGFA Division 1  
St. Brigid's LGFA v Portlaoise

 0-5 (5)  3-9 (18) 

Venue – Alres Kilcruise GAA Grounds  
Portlaoise won by 13 points

Referee: To Be Confirmed Competition Sponsor: LOETB 

Tuesday, May 6th, 2025

Round 4

7:15 PM

ACFL Division 3  
Crettyard v Portlaoise

 1-3 (6)  5-13 (28) 

Venue – Crettyard  
Portlaoise won by 22 points

Referee: Des Cooney Competition Sponsor: Laois Shopping Centre 

Tuesday, May 6th, 2025

Round 4

6:30 PM

Laois LGFA Under 16 Group A  
Portlaoise v Ballyroan

 7-17 (38)  1-4 (7) 

Venue – Rathleague  
Portlaoise won by 31 points

Referee: To Be Confirmed Competition Sponsor: LOETB 

Tuesday, May 6th, 2025

Round 4

6:30 PM

Laois LGFA Under 16 Group C  
Portlaoise v Mountrath

 3-7 (16)  5-10 (25) 

Venue – Rathleague  
Portlaoise lost by 9 points

Referee: To Be Confirmed Competition Sponsor: LOETB 

Wednesday, May 7th, 2025

Round 2

6:30 PM

Laois Camogie Under 14 Championship  
Portlaoise v St Lazarians

 2-6 (12)  0-4 (4) 

Venue – Rathleague  
Portlaoise won by 8 points

Referee: To Be Confirmed Competition Sponsor: Hyland Transport Ltd 

Friday, May 9th, 2025

Round 2

7:15 PM

Feile Peil na nOg Division 1 Group 2  
Ballyfin v Portlaoise

 2-1 (7)  3-6 (15) 

Venue – Pairc Acragar  
Portlaoise won by 8 points

Referee: Brian Moss Competition Sponsor: Midlands Park Hotel 

Friday, May 9th, 2025

Round 4

7:15 PM

ACFL Division 6  
Portlaoise v St Joseph's

 2-9 (15)  3-10 (19) 

Venue – Rathleague  
Portlaoise lost by 4 points

Referee: Seamus Muhare Competition Sponsor: Laois Shopping Centre 



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# May Results

Friday, May 9th, 2025

Round 3

Friday, May 9th, 2025

Round 3

Friday, May 9th, 2025

Round 3

Saturday, May 10th, 2025

Round 5

6:30 PM

U13 Football Development League  
Portlaoise Whites v Stradbally Parish Gaels

4-8  
(20)2-5  
(11)

Venue – Rathleague  
Portlaoise won by 9 points

Referee: Eamonn O'Connell Competition Sponsor: Midlands Park Hotel



6:30 PM

Laois LGFA Under 14 Group A  
Portlaoise v Sarsfields

10-5  
(35)3-2  
(11)

Venue – Rathleague  
Portlaoise won by 24 points

Referee: To Be Confirmed Competition Sponsor: LOETB



6:30 PM

Laois LGFA Under 14 Group C  
Portlaoise v Sarsfields

0-5  
(5)9-6  
(33)

Venue – Rathleague  
Portlaoise lost by 28 points

Referee: To Be Confirmed Competition Sponsor: LOETB



11:30 AM

Feile Peil na nOg Division 1 Group 2  
Portlaoise v Mountmellick Parish Gaels

1-0  
(3)3-7  
(16)

Venue – Pairc Acragar  
Portlaoise lost by 13 points

Referee: Sean Higgins Competition Sponsor: Midlands Park Hotel



Saturday, May 10th, 2025

Round 4

Saturday, May 10th, 2025

Round 3

Saturday, May 10th, 2025

Round 3

Sunday, May 11th, 2025

Round 4

10:45 AM

Feile Peil na nOg Division 1 Group 2  
The Harps v Portlaoise

1-3  
(6)1-7  
(10)

Venue – Pairc Acragar  
Portlaoise won by 4 points

Referee: Sean Higgins Competition Sponsor: Midlands Park Hotel



10:00 AM

Feile Peil na nOg Division 1 Group 2  
Portlaoise v O'Dempseys

2-3  
(9)1-2  
(5)

Venue – Pairc Acragar  
Portlaoise won by 4 points

Referee: Sean Higgins Competition Sponsor: Midlands Park Hotel



7:00 PM

Laois Camogie Intermediate League  
Naomh Eamman v Portlaoise

2-13  
(19)2-7  
(13)

Venue – Naomh Eamman  
Portlaoise lost by 6 points

Referee: To Be Confirmed



12:00 PM

ACHL Division 1  
Portlaoise v Borris-in-Ossory Kilcotton

1-24  
(27)2-15  
(21)

Venue – Rathleague  
Portlaoise won by 6 points

Referee: Patrick Phelan Competition Sponsor: Laois Shopping Centre



Monday, May 12th, 2025

Round 4

Monday, May 12th, 2025

Round 5

Tuesday, May 13th, 2025

Round 5

Tuesday, May 13th, 2025

Round 4

7:00 PM

U17 Hurling Academy League Div 1 Group A  
Borris-in-Ossory Kilcotton v Portlaoise

1-16  
(19)0-11  
(11)

Venue – Borris-in-Ossory GAA  
Portlaoise lost by 8 points

Referee: Michael Cleere Competition Sponsor: Midlands Park Hotel



6:30 PM

U13 Hurling League Division 1  
Portlaoise v Castletown

3-10  
(19)0-7  
(7)

Venue – Rathleague  
Portlaoise won by 12 points

Referee: Eoin Scully Competition Sponsor: Midlands Park Hotel



7:30 PM

ACHL Division 4  
Rosenallis v Portlaoise

1-12  
(15)0-18  
(18)

Venue – Rosenallis GAA  
Portlaoise won by 3 points

Referee: Michael Cleere Competition Sponsor: Laois Shopping Centre



6:30 PM

U13 Hurling League Div 3 Group B  
Portlaoise Whites v Portarlinton

2-9  
(15)3-7  
(16)

Venue – Rathleague  
Portlaoise lost by 1 point

Referee: Craig Haslam Competition Sponsor: Midlands Park Hotel





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# May Results

Tuesday, May 13th, 2025

Round 5

**6:30 PM**

Laois LGFA Under 16 Group A  
Sarsfields v Portlaoise



3-13  
(22)



0-4  
(4)



Venue - Sarsfields  
Portlaoise lost by 18 points

Referee: To Be Confirmed Competition Sponsor: LOETB



Tuesday, May 13th, 2025

Round 5

**6:30 PM**

Laois LGFA Under 16 Group C  
Clonaslee St. Manman's v Portlaoise



2-8  
(14)



1-4  
(7)



Venue - Clonaslee  
Portlaoise lost by 7 points

Referee: To Be Confirmed Competition Sponsor: LOETB



Thursday, May 15th, 2025

Round 5

**7:00 PM**

U15 Hurling League Division 2  
Portlaoise v Rathdowney Errill



3-18  
(27)



3-10  
(19)



Venue - Rathleague  
Portlaoise won by 8 points

Referee: Jehany Holland Competition Sponsor: Midlands Park Hotel



Thursday, May 15th, 2025

Round 4

**6:30 PM**

U13 Hurling League Div 3 Group A  
Portlaoise Greens v Park Ratheniska-Timahoe



3-9  
(18)



2-4  
(10)



Venue - Rathleague  
Portlaoise won by 8 points

Referee: Frank Shanahan Competition Sponsor: Midlands Park Hotel



Friday, May 16th, 2025

Round 5

**7:30 PM**

ACFL Division 1  
Portlaoise v Stradbally



3-14  
(23)



0-16  
(16)



Venue - Rathleague  
Portlaoise won by 7 points

Referee: Des Cooney Competition Sponsor: Laois Shopping Centre



Friday, May 16th, 2025

Round 4

**6:30 PM**

U13 Football League Div 1 Group A  
Graiguecullen v Portlaoise



1-5  
(8)



8-14  
(38)



Venue - Graiguecullen GAA  
Portlaoise won by 30 points

Referee: Gavin Deering Competition Sponsor: Midlands Park Hotel



Friday, May 16th, 2025

Round 3

**8:00 PM**

Laois LGFA Division 2  
Portlaoise v Ballyroan



3-9  
(18)



3-11  
(20)



Venue - Rathleague  
Portlaoise lost by 2 points

Referee: To Be Confirmed Competition Sponsor: LOETB



Friday, May 16th, 2025

Round 4

**6:30 PM**

Laois LGFA Under 14 Group A  
Portlaoise v Killeshin



6-11  
(29)



3-2  
(11)



Venue - Rathleague  
Portlaoise won by 18 points

Referee: To Be Confirmed Competition Sponsor: LOETB



Monday, May 19th, 2025

Round 5

**7:00 PM**

U17 Football Academy League Div 1 Group B  
Portlaoise v Park Ratheniska



3-11  
(20)



2-17  
(23)



Venue - Rathleague  
Portlaoise lost by 3 points

Referee: Des Cooney Competition Sponsor: Midlands Park Hotel



Monday, May 19th, 2025

Round 5

**6:30 PM**

U13 Football League Div 1 Group A  
Na Fianna Og v Portlaoise



3-11  
(20)



1-9  
(12)



Venue - Aries Kilcruise  
Portlaoise lost by 8 points

Referee: Joe Brennan Competition Sponsor: Midlands Park Hotel



Tuesday, May 20th, 2025

Round 5

**7:30 PM**

ACFL Division 3  
Portlaoise v Timahoe



2-15  
(21)



2-18  
(24)



Venue - Rathleague  
Portlaoise lost by 3 points

Referee: Padraig Dunne Competition Sponsor: Laois Shopping Centre



Tuesday, May 20th, 2025

Shield Final

**7:00 PM**

U15 Football Division 1A  
Portlaoise v Killeshin



2-7  
(13)



4-7  
(19)



Venue - LOETB Centre of Excellence  
Portlaoise lost by 6 points

Referee: Joe Brennan Competition Sponsor: Midlands Park Hotel





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# May Results

Tuesday, May 20th, 2025

Round 4

**6:30 PM**

**U13 Football Development League**  
Portlaoise Greens v Na Fianna Og

 **1-2** (5)  **2-2** (8) 

Venue – Rathleague  
Portlaoise lost by 3 points

Referee: Sean Higgins    Competition Sponsor: Midlands Park Hotel    

Tuesday, May 20th, 2025

Round 4

**6:30 PM**

**U13 Football Development League**  
The Heath v Portlaoise Whites

 **1-5** (8)  **5-5** (20) 

Venue – The Heath GAA Club  
Portlaoise won by 12 points

Referee To Be Confirmed    Competition Sponsor: Midlands Park Hotel    

Wednesday, May 21st, 2025

Round 2

**6:30 PM**

**Laois Camogie Under 16 B Championship**  
Banrion Gaels v Portlaoise

 **6-8** (26)  **2-1** (7) 

Venue – Banrion Gaels  
Portlaoise lost by 19 points

Referee: To Be Confirmed    Competition Sponsor: Dowling Quarries Ltd    

Thursday, May 22nd, 2025

Round 4

**7:00 PM**

**U15 Football Development League**  
Portlaoise v Mountmellick Parish Gaels

 **6-16** (34)  **2-5** (11) 

Venue – Rathleague  
Portlaoise won by 23 points




Referee To Be Confirmed    Competition Sponsor: Midlands Park Hotel    

Thursday, May 22nd, 2025


Round 3

**6:30 PM**

**U13 Football Development League**  
Park Ratheniska v Portlaoise Greens

 **2-11** (17)  **3-9** (18) 

Venue – Ratheniska  
Portlaoise won by 1 point

Referee: Brian Moss    Competition Sponsor: Midlands Park Hotel    

Friday, May 23rd, 2025

Round 5

**7:30 PM**

**ACFL Division 6**  
Portlaoise v Park Ratheniska

 **0-9** (9)  **3-14** (23) 

Venue – Rathleague  
Portlaoise lost by 14 points

Referee: Brendan McCann    Competition Sponsor: Laois Shopping Centre    

Sunday, May 25th, 2025

Round 5

**12:00 PM**

**ACHL Division 1**  
The Harps v Portlaoise

 **1-17** (20)  **0-12** (12) 

Venue – The Harps GAA  
Portlaoise lost by 8 points

Referee: Alan Doherty    Competition Sponsor: Laois Shopping Centre    

Sunday, May 25th, 2025

League Final

**11:00 AM**

**Laois LGFA Under 16 A**  
Portlaoise v Sarsfields

 **2-8** (14)  **0-7** (7) 

Venue – LOETB Centre of Excellence  
Portlaoise won by 7 points

Referee: To Be Confirmed    Competition Sponsor: LOETB    

Monday, May 19th, 2025

Round 5

**7:00 PM**

**U17 Football Academy League Div 1 Group B**  
Portlaoise v Park Ratheniska

 **3-11** (20)  **2-17** (23) 

Venue – Rathleague  
Portlaoise lost by 3 points

Referee: Dos Cooney    Competition Sponsor: Midlands Park Hotel    

Monday, May 19th, 2025

Round 5

**6:30 PM**

**U13 Football League Div 1 Group A**  
Na Fianna Og v Portlaoise

 **3-11** (20)  **1-9** (12) 

Venue – Aries Kilcruise  
Portlaoise lost by 8 points

Referee: Joe Brennan    Competition Sponsor: Midlands Park Hotel    

Tuesday, May 20th, 2025

Round 5

**7:30 PM**

**ACFL Division 3**  
Portlaoise v Timahoe

 **2-15** (21)  **2-18** (24) 

Venue – Rathleague  
Portlaoise lost by 3 points

Referee: Padraig Dunne    Competition Sponsor: Laois Shopping Centre    

Tuesday, May 20th, 2025

Shield Final

**7:00 PM**

**U15 Football Division 1A**  
Portlaoise v Killeshin

 **2-7** (13)  **4-7** (19) 

Venue – LOETB Centre of Excellence  
Portlaoise lost by 6 points

Referee: Joe Brennan    Competition Sponsor: Midlands Park Hotel    



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# June Fixtures

Sunday, June 1st, 2025

Round 6

Monday, June 2nd, 2025

Round 5

Tuesday, June 3rd, 2025

Round 5

Tuesday, June 3rd, 2025

Round 6

12:00 PM

ACFL Division 1  
Courtwood v Portlaoise

Venue – Courtwood GAA Grounds

Referee: Maurice Deegan Competition Sponsor: Laois Shopping Centre



6:30 PM

Laois Camogie Under 12 League  
Portlaoise Whites v St Lazarians

Venue – Rathleague

Referee: To Be Confirmed



7:00 PM

U17 Hurling Academy League Div 1 Group A  
Portlaoise v Abbeyleix St Lazarians

Venue – Rathleague

Referee: Paul Dunne Competition Sponsor: Midlands Park Hotel



7:30 PM

ACFL Division 3  
Graiguecullen v Portlaoise

Venue – Graiguecullen GAA

Referee: To Be Confirmed Competition Sponsor: Laois Shopping Centre



Thursday, June 5th, 2025

Round 5

Thursday, June 5th, 2025

Round 5

Friday, June 6th, 2025

Cup Semi Final

Friday, June 6th, 2025

Round 6

6:30 PM

U13 Football Development League  
Ballyroan Abbey v Portlaoise Greens

Venue – Ballyroan Abbey GAA

Referee: To Be Confirmed Competition Sponsor: Midlands Park Hotel



6:30 PM

U13 Football Development League  
Portlaoise Whites v The Harps

Venue – Rathleague

Referee: To Be Confirmed Competition Sponsor: Midlands Park Hotel



6:30 PM

U13 Football League Division 1  
The Harps v Portlaoise

Venue – The Harps GAA

Referee: To Be Confirmed Competition Sponsor: Midlands Park Hotel



7:30 PM

ACFL Division 6  
Portlaoise v Arles-Kilcruise

Venue – Rathleague

Referee: To Be Confirmed Competition Sponsor: Laois Shopping Centre



Monday, June 9th, 2025

Round 7

Monday, June 9th, 2025

Round 4

Tuesday, June 10th, 2025

Round 7

Wednesday, June 11th, 2025

Round 7

6:30 PM

U13 Hurling League Division 1  
Portlaoise v Camross

Venue – Rathleague

Referee: To Be Confirmed Competition Sponsor: Midlands Park Hotel



6:30 PM

Laois Camogie Under 14 Championship  
Naomh Eamman v Portlaoise

Venue – Naomh Eamman

Referee: To Be Confirmed Competition Sponsor: Hyland Transport Ltd



7:30 PM

ACHL Division 4  
Portlaoise v Colt-Shanahoe

Venue – Rathleague

Referee: To Be Confirmed Competition Sponsor: Laois Shopping Centre



7:30 PM

ACHL Division 1  
Portlaoise v Castletown

Venue – Rathleague

Referee: To Be Confirmed Competition Sponsor: Laois Shopping Centre





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# June Fixtures

Friday, June 13th, 2025

Round 6

Friday, June 13th, 2025

Round 6

Saturday, June 14th, 2025

Round 7

Monday, June 16th, 2025

Round 7

6:30 PM

Laois LGFA Under 14 Group A  
Portlaoise v Ballyroan

Venue – Rathleague

Referee: To Be Confirmed

Competition Sponsor: LOETB



6:30 PM

Laois LGFA Under 14 Group C  
Clonaslee St. Manman's v Portlaoise

Venue – Clonaslee

Referee: To Be Confirmed

Competition Sponsor: LOETB



7:30 PM

ACFL Division 1  
Emo v Portlaoise

Venue – Emo

Referee: To Be Confirmed

Competition Sponsor: Laois Shopping Centre



7:30 PM

ACFL Division 3  
Killeshin v Portlaoise

Venue – Killeshin GAA Grounds

Referee: To Be Confirmed

Competition Sponsor: Laois Shopping Centre



Monday, June 16th, 2025

Round 6

Wednesday, June 18th, 2025

Round 3

Thursday, June 19th, 2025

Round 6

Thursday, June 19th, 2025

Round 5

6:30 PM

Laois Camogie Under 12 League  
Portlaoise Greens v Portlaoise Whites

Venue – Rathleague

Referee: To Be Confirmed



6:30 PM

Laois Camogie Under 16 B Championship  
Portlaoise v Clonad Raheen Gaels

Venue – Rathleague

Referee: To Be Confirmed

Competition Sponsor: Dowling Quarries Ltd



6:30 PM

U13 Football Development League  
Portlaoise Greens v O'Dempseys

Venue – Rathleague

Referee: To Be Confirmed

Competition Sponsor: Midlands Park Hotel



7:00 PM

U15 Football Development League  
O'Dempseys v Portlaoise

Venue – O'Dempsey's GAA

Referee: To Be Confirmed

Competition Sponsor: Midlands Park Hotel



Friday, June 20th, 2025

Round 7

Friday, June 20th, 2025

Round 7

Saturday, June 21st, 2025

Round 6

Saturday, June 21st, 2025

Round 5

7:30 PM

ACFL Division 6  
Arles-Kileen v Portlaoise

Venue – Arles-Kileen

Referee: To Be Confirmed

Competition Sponsor: Laois Shopping Centre



6:30 PM

Laois LGFA Under 14 Group A  
St. Brigid's LGFA v Portlaoise

Venue – St Brigid's LGFA

Referee: To Be Confirmed

Competition Sponsor: LOETB



6:30 PM

U13 Football Development League  
St. Paul's v Portlaoise Whites

Venue – Emo GAA Grounds

Referee: To Be Confirmed

Competition Sponsor: Midlands Park Hotel



7:00 PM

Laois LGFA Division 2  
Portlaoise v St Conleth's

Venue – Rathleague

Referee: To Be Confirmed

Competition Sponsor: LOETB





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# June Fixtures

Monday, June 23rd, 2025

Round 5

7:30 PM

Laois LGFA Division 1  
Portlaoise v Ballyroan

Venue – Rathleague

Referee: To Be Confirmed Competition Sponsor: LOETB



Monday, June 23rd, 2025

Round 7

6:30 PM

Laois Camogie Under 12 League  
Clough Ballacolla v Portlaoise Greens

Venue – Clough Ballacolla GAA Grounds

Referee: To Be Confirmed



Monday, June 23rd, 2025

Round 7

6:30 PM

Laois Camogie Under 12 League  
The Harps v Portlaoise Whites

Venue – The Harps GAA

Referee: To Be Confirmed



Wednesday, June 25th, 2025

Round 4

6:30 PM

Laois Camogie Under 16 B Championship  
Clonad Raheen Gaels v Portlaoise

Venue – Clonad Raheen Gaels

Referee: To Be Confirmed Competition Sponsor: Dowling Quarries Ltd



Thursday, June 26th, 2025

Round 7

6:30 PM

U13 Football Development League  
Kilcavan-The Rock v Portlaoise Whites

Venue – To be confirmed

Referee: To Be Confirmed Competition Sponsor: Midlands Park Hotel



Thursday, June 26th, 2025

Round 7

6:30 PM

U13 Football Development League  
Portarlinton v Portlaoise Greens

Venue – McCann Park

Referee: To Be Confirmed Competition Sponsor: Midlands Park Hotel



Monday, June 30th, 2025

Round 8

6:30 PM

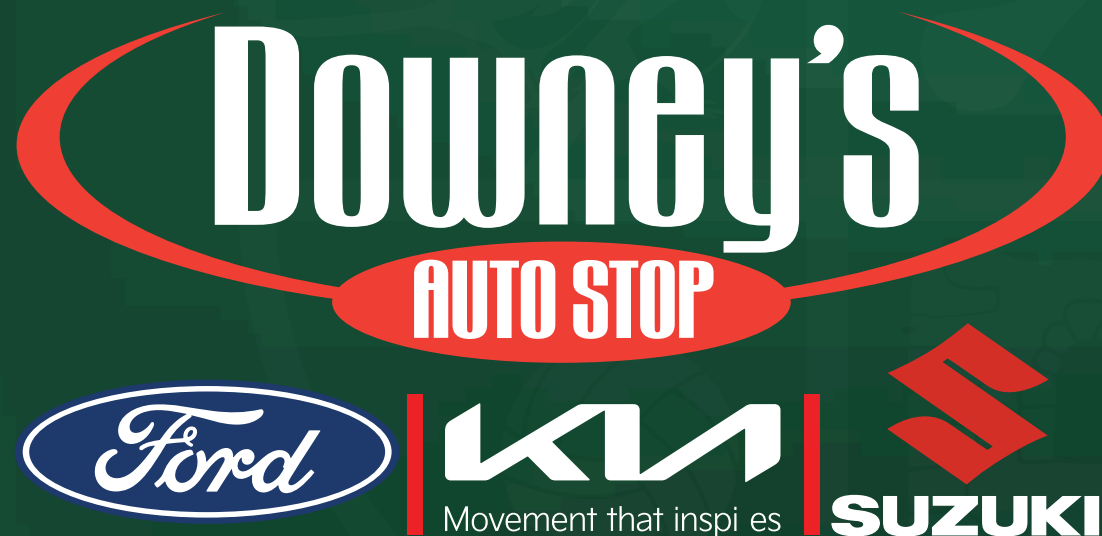
Laois Camogie Under 12 League  
Banríon Gaels v Portlaoise Greens

Venue – Banríon Gaels

Referee: To Be Confirmed







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# ACFL Division 3: Portlaoise 2-12 v 1-7 Arles-Kilcruise



Photos: David 'Crocky' Maher



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# ACFL Division 1: Portlaoise 3-14 v 0-16 Stradbally

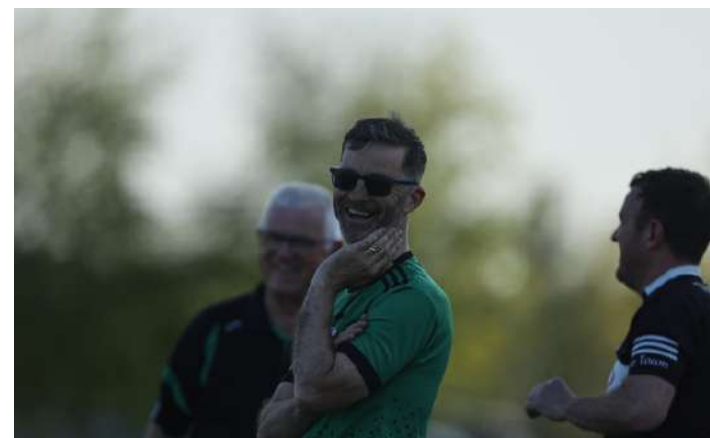


Photos: David 'Crocky' Maher



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# ACFL Division 6: Portlaoise 2-9 v 3-10 St. Joseph's



Photos: David 'Crocky' Maher



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## ACFL Division 6: Portlaoise 2-9 v 3-10 St. Joseph's





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# ACFL Division 1: Portlaoise 2-13 v 1-11 Graiguecullen



Photos: David 'Crocky' Maher



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# ACFL Division 1: Portlaoise 2-13 v 1-11 Graiguecullen



Photos: David 'Crocky' Maher



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# ACFL Division 1: Portlaoise 2-13 v 1-11 Graiguecullen



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## ACFL Division 6: Portlaoise 0-9 v 3-14 Park Ratheniska

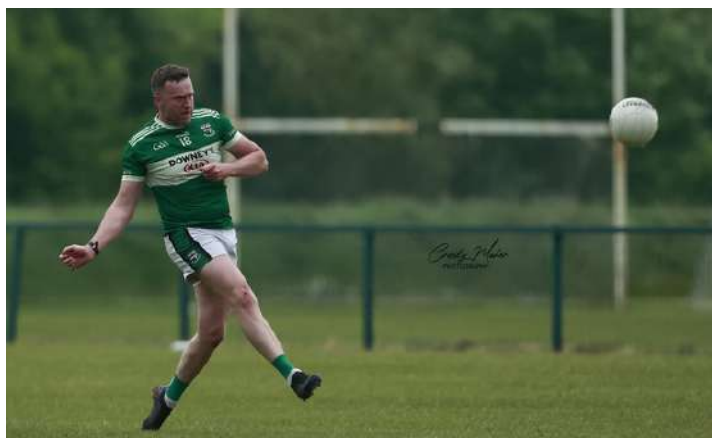


Photos: David 'Crocky' Maher



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## ACFL Division 6: Portlaoise 0-9 v 3-14 Park Ratheniska



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## ACFL Division 6: Portlaoise 0-9 v 3-14 Park Ratheniska



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# ACHL Division 1: Portlaoise 1-24 v 2-15 Borris-in-Ossory Kilcotton



Photos: David 'Crocky' Maher



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# ACHL Division 1: Portlaoise 1-24 v 2-15 Borris-in-Ossory Kilcotton



Photos: David 'Crocky' Maher



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# ACHL Division 1: Portlaoise 1-24 v 2-15 Borris-in-Ossory Kilcotton





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**THE CAMOGIE ASSOCIATION**  
An Cumann Camógaíochta



**THE CAMOGIE ASSOCIATION**  
An Cumann Camógaíochta

**U7 - Born 2018**

Keith Hughes  
087 395 4318

**U8 - Born 2017**

Norma Lalor  
086 199 4338

**U9 - Born 2016**

Shona Keogh  
087 068 2991

**U10 - Born 2015**

Deirdre Bohan  
086 236 8218

**U12 - Born 13/14**

Jenny McEvoy  
085 804 5540

**U14 - Born 11/12**

Ger McEvoy  
087 204 8344

**U16 - Born 09/10**

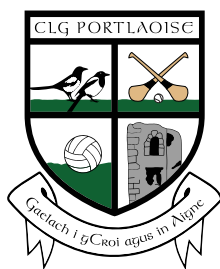
Brian Scully  
086 817 7286

**Minor - Born 07/08**

Amanda Conroy  
086 401 4538

**Senior**

Amanda Conroy  
086 401 4538



**2025  
CONTACTS**

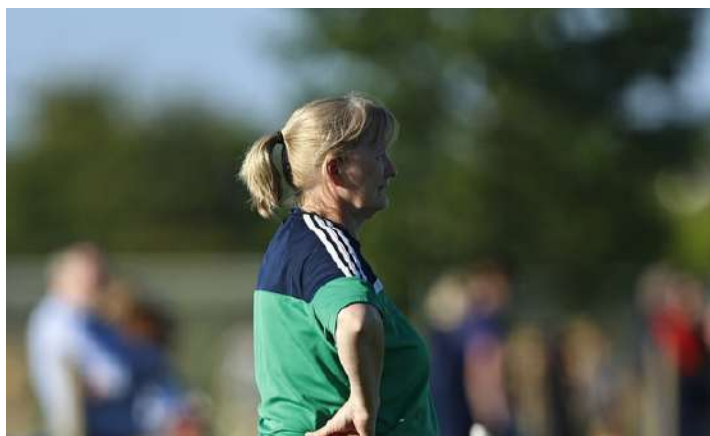




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**THE CAMOGIE ASSOCIATION**  
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# Camogie Intermediate League: Portlaoise v O'Moore's



Photos: David 'Crocky' Maher

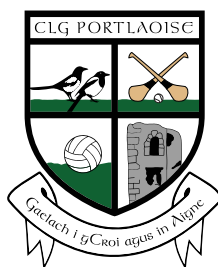




### Portlaoise 2-8 v 0-7 Sarsfields

**Back (l. to r.):** Alix Culleton, Kara Phelan, Molly Jane Dempsey, Leah Brophy, Caitlin Fitzpatrick, Ellen Fitzpatrick, Gráinne Coleman, Aishling Dowling, Clodagh Delaney, Emma Scully, Ruby Coyle, Katie Moore, Kate Scully;  
**Front (l. to r.):** Sarah Donoghue, Adella Jacob, Amarachi Obi (Capt.), Lucy Mulhall, Kara Powders, Abbey Thompson, Emma Glennon, Sarah Walsh, Kayleigh O Callaghan, Emily Kelly, Rachael Kelly;



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LADIES GAELIC FOOTBALL**U7 - Born 2018**Keith Hughes  
087 395 4318**U8 - Born 2017**Norma Lalor  
086 199 4338**U9 - Born 2016**Shona Keogh  
087 068 2991**U10 - Born 2015**Deirdre Bohan  
086 236 8218**U12 - Born 13/14**Mairéad Ward  
085 222 1073**U14 - Born 11/12**Louise O'Shea  
087 955 9575**U16 - Born 09/10**Enda Coleman  
086 838 8431**Minor - Born 07/08**Cyril Mulligan  
087 660 4009**G4M&O**Andrea McDonald  
087 747 4926**Junior/Senior**Lorraine McCormack  
086 398 8636**2025  
CONTACTS**



# U8 Boys Gaelic Football Team at UCD Blitz 18th May 2025

On a warm and sunny day, 24 enthusiastic under-8 boys, along with their families and coaches, travelled to UCD to take part in a well-organised blitz hosted by Kilmacud Crokes.

The event was a celebration of Gaelic football, with young players from a range of clubs showcasing their growing skills. The weather was perfect for football.

The boys played multiple matches across the morning and afternoon, playing against teams from across Dublin, Donegal, Cork and Galway. Each game offered a great balance of fun and challenge, with players giving their all in every match. The boys displayed impressive determination, plenty of skill, and most importantly, a great attitude both on and off the field.

Support from families was outstanding throughout the day, with parents and siblings cheering on the teams and creating a wonderful sense of community spirit. The day also gave players a chance to bond further as a team and build lasting memories together. A big thank you goes to Kilmacud Crokes for their excellent organisation and hospitality, and to all the families who helped make the day such a success. The U8 boys can be very proud of their performances – it was a fantastic outing that will surely inspire them to continue developing their love for Gaelic football.





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# U8 Boys Gaelic Football Team at UCD Blitz 18th May 2025





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# Under 13 League: Portlaoise Greens 3-9 v 2-4 Park Ratheniska-Timahoe



Photos: David 'Crocky' Maher



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# Under 15 League: Portlaoise 3-18 v 3-10 Rathdowney Errill



Photos: David 'Crocky' Maher



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# Under 15 League: Portlaoise 3-18 v 3-10 Rathdowney Errill





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# Under 13 League: Portlaoise Whites 4-8 v 2-5 Stradbally Parish Gaels



Photos: David 'Crocky' Maher



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# Under 14 League: Portlaoise 10-5 v 3-2 Sarsfields



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# Under 11 Go Games v Abbeyleix



Photos: David 'Crocky' Maher



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# Under 11 Go Games v Abbeyleix



Photos: David 'Crocky' Maher



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# Under 11 Go Games v Abbeyleix





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# Minor League: Portlaoise 6-16 v 0-5 O'Dempsey's



Photos: David 'Crocky' Maher



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## Minor League: Portlaoise 6-16 v 0-5 O'Dempsey's



Photos: David 'Crocky' Maher



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# U15 League: Portlaoise 6-16 v 2-5 Mountmellick Parish Gaels



Photos: David 'Crocky' Maher



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## Juvenile Scene This Month - Under 8





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## Juvenile Scene This Month - Under 8





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## Juvenile Scene This Month - Under 8





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# Juvenile Scene This Month - Under 9





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## Juvenile Scene This Month - Under 9





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## Juvenile Scene This Month - Under 9





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# Juvenile Scene This Month - Under 10





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## Juvenile Scene This Month - Under 10





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## Juvenile Scene This Month - Under 10





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## Juvenile Scene This Month - Under 10





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# Juvenile Scene This Month - Under 10





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# Juvenile Scene This Month - Under 11





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## Juvenile Scene This Month - Under 11





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## Juvenile Scene This Month - Under 12





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## Juvenile Scene This Month - Under 12





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## Juvenile Scene This Month - Under 12





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## Juvenile Scene This Month - Under 12





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## Juvenile Scene This Month - Under 13





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## Juvenile Scene This Month - Under 13





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## Juvenile Scene This Month - Under 14





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# Juvenile Scene This Month - Under 14





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## Juvenile Scene This Month - Under 15





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## Juvenile Scene This Month - Under 15





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# Juvenile Scene This Month - Under 15





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## Juvenile Scene This Month - Under 16





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### Born 2020

Adrian White  
087 992 8089

### Born 2019

Dermot Costelloe / Eimear Holland  
087 983 3343 / 086 259 3334



### Born 2018

Áine Costelloe  
086 151 63279

### Born 2015

Mark O'Sullivan  
086 328 1303

### Born 2017

Carol Devaney  
087 230 2293

### Born 2014

Norma Lalor  
086 199 4338

### Born 2016

Allen Scully  
086 259 4010



# 2025 CONTACTS







# UNDER 5 AGE GROUP

**SUNDAY - 10AM - 11AM**

Boys and Girls born in 2020

Gaelic Football, Hurling & Camogie.

CLG Phort Laoise,  
Rathleague,  
Portlaoise.

R32 Y190

All equipment provided.

HAVE FUN

BE PART  
OF A TEAM

BE ACTIVE

MAKE FRIENDS



**Learn the skills of Gaelic Football, Hurling & Camogie.  
Develop the fundamental movement skills which are the**

**foundation skills across all sports.**

**For further information contact**

**Adrian @ 087 992 8089**



**LGFA**  
LADIES' GAELIC FOOTBALL



**THE  
CAMOGIE  
ASSOCIATION**  
An Cumann Camógachta





# UNDER 6 AGE GROUP

**SUNDAYS - 10AM - 11AM**

Boys and Girls born in 2019

Gaelic Football, Hurling & Camogie.

Portlaoise GAA Club,  
Rathleague,  
Portlaoise,  
R32 Y160  
All equipment provided.

HAVE FUN

BE PART  
OF A TEAM

BE ACTIVE

MAKE FRIENDS

Learn the skills of Gaelic Football, Hurling & Camogie.  
Develop the fundamental movement skills which are the  
foundation skills across all sports.

For further information contact  
Dermot Costelloe 087 983 3343  
Eimear Holland 086 259 3334



**THE  
CAMOGIE  
ASSOCIATION**  
An Cumann Camógaloichta



**LGFA**  
LADIES GAELIC FOOTBALL





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# Town Tigers



Photos: David 'Crocky' Maher



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# Town Tigers



Photos: David 'Crocky' Maher



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# Town Tigers



Photos: David 'Crocky' Maher



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# Town Tigers



Photos: David 'Crocky' Maher



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# Town Tigers



Photos: David 'Crocky' Maher



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# Town Tigers



Photos: David 'Crocky' Maher



# CHOOSING THE RIGHT HURL SIZE

The game of hurling and camogie has changed hugely over the past 20/30 years and adult players are now using hurls that are 3/4 inches shorter.

Most adult players would measure themselves by standing up straight with shoulders square. Then gripping the hurl at the top, just under the handle, the hurl would be just above/touching the ground.

Essentially the length of the hurl is the distance from their wrist bone to the ground. In general this would be the maximum size hurl an adult player would use and many would even use a size smaller.

For underage players it is best to have the hurl an inch or two off the ground. Unlike adult players, they have not got the same wrist and arm strength relative to their height. Therefore the measurement we take is from the wrist bone to the ankle bone.

If children are in between sizes it is always best to choose the smaller size. It is crucial that young players have hurls that are light and short so that they can learn the skills of the game without developing bad habits.

We wouldn't expect the children to play football in boots that are 2 sizes too big, and it is just as important that they don't use hurls that are 2 inches too long.

**WRIST**

**ANKLE**



THE  
CAMOGIE  
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# Club Aclaí

Club Aclaí is a welcoming, supportive fitness initiative designed for those who want to improve their health and wellbeing in a comfortable, non-intimidating environment. Whether you're completely new to fitness or just looking for a fresh start, Club Aclaí is the perfect place to begin.

This initiative aligns closely with our club's overall mission to enhance the health and wellbeing of our members. Club Aclaí is about more than just exercise, it's about building confidence, forming connections, and creating a space where like-minded individuals can come together to support one another on their fitness journey.

We're incredibly lucky to have a team of experienced, motivated club members who are always happy to share their knowledge and help others feel at ease. Their encouragement and enthusiasm help make every class a positive, high-energy experience.

The response to Club Aclaí so far has been overwhelmingly positive, with fantastic uptake and feedback from participants. The atmosphere is uplifting, the progress is real, and the friendships are growing.

With the support of our Health and Wellbeing Team, we plan to continue and expand this initiative to benefit even more members of our club community. We look forward to seeing Club Aclaí grow, and to welcoming even more of you to the journey!



*Fir Aclaí aka Dad Bods post workout in the club gym*

We spoke with Claire O'Gorman, Ed O'Dwyer and Brian Devaney to get a better feel for what Club Aclaí.

## What inspired you to introduce HYROX-style training to Portlaoise GAA Club?

It started with a shared desire to get fitter, reconnect, and do something positive within the club community. Whether it was two of us running laps on cold winter nights or a mother looking to give something back through fitness, the drive was the same: to create a space where people of all backgrounds could come together and move.

HYROX training stood out because it's accessible and adaptable. We were inspired by the energy around it and decided to develop our own version that suits all ages, fitness levels, and schedules. What began with a handful of people has grown into a proper movement. It helps build camaraderie, confidence, and connection across the club.

## How do you tailor the training to suit different fitness levels and backgrounds?

Adaptability is central to how we structure every session. Whether it's strength training, sled pushes, or cardio intervals, each station allows participants to work at their own level. You can push a heavier sled, use lighter dumbbells, walk instead of run, or hop on a bike instead of hitting the track. Everyone trains together, but at their own pace.

**It's not just about fitness. Even if someone is limited in movement, they can still be part of the group. That sense of inclusion really matters. The structure allows us to challenge ourselves individually, but return as a group, starting and finishing together no matter the pace.**

## What kind of outcomes do you hope participants achieve?

Our main aim is to build overall well-being, physically, mentally, and socially. For many, it's a chance to reclaim a bit of time for themselves in the middle of busy family and work lives. People are getting fitter and stronger, but just as importantly, they're reconnecting with others and with themselves.

We've seen people form mini training groups outside the sessions, take on personal goals like 5Ks or longer races, and rediscover their love of movement. Whether it's someone showing up for the



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*Mná Aclaí post workout in the club gym*

first time or someone who's been with us since the start, we want them to leave feeling better than when they arrived.

The buzz in the room, the laughs, the shared effort — those are the real markers of success. It's a great reminder that community fitness doesn't have to be about competition. It's about showing up, supporting each other, and moving forward together.

### How does this differ from traditional GAA fitness training?

This isn't about drills, match fitness, or preparing for the weekend's game. It's general fitness with a strong social side, open to anyone whether you've ever played GAA or not. It suits those who might not feel comfortable joining a team setup, or who want something that fits around their life.

The exercises are simple and effective. You don't need to be an athlete to join in — you just need to show up and give it a go. That makes it a lot more inclusive, and we've seen the impact that accessibility has had.

### What are your future goals and plans for the program?

Our motto is: "One Town, One Team, One Goal: Wellbeing" That guides everything we do. We want to keep expanding in a way that keeps that spirit alive. This includes developing leaders within the group, possibly spinning off into other areas like walking,

running, or cycling clubs. The idea is to help people grow, stay active, and feel supported.

We're also looking at ways to track how this is impacting people and the club as a whole. We want to collect feedback and learn what's working, what's changing, and how we can do even better. Social nights, end-of-season events, and maybe even a community Hyrox fitness type of day are all part of the plan.

This has grown far beyond what any of us expected. And we're only getting going.

### How can new members get involved, and what advice would you give someone trying it for the first time?

Joining is simple. You do need to be a **Full** club member, mainly for insurance reasons, but many people have joined Portlaoise GAA just to be part of this. There's no extra cost beyond the full membership.

All it takes is one message. Reach out to any of the organisers (Karen Monaghan [087 636 8712](tel:0876368712), Claire O'Gorman [086 352 9806](tel:0863529806) or Ed O'Dwyer [087 653 6144](tel:0876536144)) or someone you know in the group and we'll add you to the WhatsApp list. We ask people to let us know before turning up so we can set up the right number of stations, but after that, you're in.

Our advice to anyone considering it? Just start. Don't overthink it. Go at your own pace. You'll be supported the second you walk through the door. Nobody's competing against anyone else. You're working for your own health, your own peace of mind, and we'll all be there alongside you.







**Comhgairdeas do Kara Powders agus Daniel Maunsell a bhuaigh an spáránacht Gaeltacht ón gclub an mhí seo caite.**

Congratulations to Kara Powders and Daniel Maunsell who won the club Gaeltacht bursary last month.

**Beidh siad ag freastal coláiste samhraidh I gConnemara I mí Iúil.**

They will be attending Irish college in Connemara in July.

**Is seans iontach é chun cairde nua a bhualdh agus an teanga a fhoghlaim.**

It's a great chance to meet new friends and learn the language.

## **CIORCAL COMHRÁ BEALTAINÉ** *MAY USEFUL PHRASES*

**Ádh mór go beirt agaibh! Bain taitneamh as!**

Good luck to both of you and enjoy!

**Comhgairdeas le gach dalta sa séú bliain a bhain céim amach ón meánscoil le déanaí.**

Congratulations to all the sixth year students that graduated recently.

**Go n-éirí an t-ádh le haghaidh na daltaí ag tosnú an teastas ardteist agus an teastas sóisearach an tseachtain seo chugainn.**

Best to luck to all our our students starting their leaving and junior certificate next week.



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# Laois GAA Scór & Cultúr Scór na bPáistí

**Date:** Sunday, June 15th, 2025

**Time:** 3:00pm

**Venue:** To be announced.

**Who:** All Primary School Children / Páistí Bunscoile

**Entry:** Free for all competitions – le do chlub féin (run through your own club)

Laois GAA is hosting Scór na bPáistí, a brilliant cultural event giving primary school children a chance to showcase their talents across a range of categories:

- Table Quiz
- Set Dancing
- Ballad Group
- Instrumental Music
- Céilí Dancing
- Solo Singing
- Recitation / Storytelling
- Novelty Act

There'll also be a raffle on the day!

Pre-registration is required.

To take part, please Tommy Mulligan at [087 293 9077](tel:0872939077)

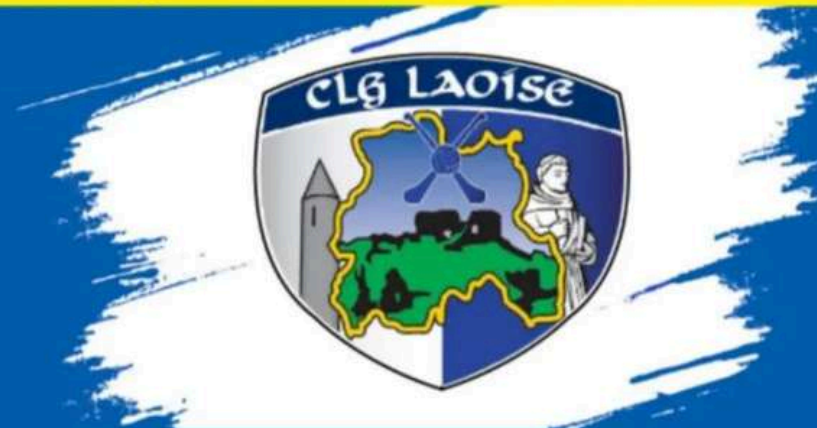
Save the date and get involved, a great celebration of culture and community through the GAA!

Free entry to all competitions - le do chlub féin

# Laois GAA Scór & Cultúr Scór na bPáistí

All primary school children / Páistí bunscoile

**Clárú/Pre-registration: [irishculturalofficer.laois@gaa.ie](mailto:irishculturalofficer.laois@gaa.ie)**



• Table Quiz • Set Dancing • Ballad Group  
• Instrumental Music • Céilí Dancing •  
Solo Singing • Recitation/Storytelling •  
Novelty Act • Raffle on the day •

**3pm, Sunday June 15th, 2025**  
**Contact your club - save the date!**



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## Laois GAA & Camogie Poc Fada Monday, June 16

The annual Laois Poc Fada will take place over a course in Mountrath Golf Club on Monday evening, June 16 at 7pm.

There are two competition categories:

- Senior
- U16

Winners will go on to represent Laois in the Leinster Final on Mount Leinster, Carlow, Saturday June 28.

To register for either the Adult or U16 competition, contact Tommy Mulligan at [087 293 9077](tel:0872939077)





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TOWARDS DAY TO  
DAY RUNNING OF  
THE CLUB**

**Jackpot €16,800!!**

**Go to fundraising section  
on our club app to play.**

**Search  
'Portlaoise GAA'**



Thanks to everyone who supports our fundraising efforts through the Town Lotto (day to day running costs), and Club Bingo (development). It is greatly appreciated.

If you have any feedback in relation to the newsletter, or if you would like to contribute to it, please contact [info@portlaoisegaa.ie](mailto:info@portlaoisegaa.ie)