

Vol 5 - Issue 8

# TOWN TATTLER







# Susie Delaney

**Susie, first off, congratulations again on the All-Ireland win. Can you put into words what it meant to you to be part of such a historic moment for Laois Camogie?**

It's hard to put into words what it means. Being part of such a big moment for Laois Camogie is something I'll never forget. We all dreamed of days like this growing up, and to actually be out there, wearing the Laois jersey and making history, was really special.

**Let's bring it back to the start. How did you first get involved with Portlaoise GAA and camogie? Do you remember those early days with the club?**

I started playing camogie with Portlaoise when I was about eight, and I loved it straight away. We had a great group coming up through the underage teams and had loads of success. We qualified for 2 Féiles in Waterford and Wexford when I was u14, which stand out as good memories of my early camogie career

**You come from a family with a strong sporting background. How important was that support at home in shaping your love for camogie and GAA?**

I'm very lucky to come from a strong hurling family, there has always been great support at home. From a young age, camogie and the GAA were just part of everyday life. There was always hurling talk at the kitchen table, whether it was after a match, training, or the next upcoming game. My two brothers, Davy and Fionn, are also heavily involved and doing really well with Portlaoise, so it's something we all share. The support and love for the game at home definitely helped shape my passion for camogie

**Winning an All-Ireland is something every player dreams of. What was going through your head when the final whistle went in Croke Park?**

When the final whistle blew, it was surreal, like a dream in

come true. Also pure relief to finally get over the line after last year's one-point defeat. All the hard work was worth it for that moment

**Looking ahead, Laois now move up to Intermediate level in 2026. Where do you see this team going over the next few years, and how far do you think this group can go?**

Moving into Intermediate in 2026, we'll carry all the momentum from our Junior All-Ireland win. Hopefully the group sticks together, I see us being competitive. The fact that our U16 and Minor sides both got All-Ireland finals this year shows the depth coming through.

**You've been a huge role model for young girls in Portlaoise. What are your hopes for the future of camogie here in the club?**

The support in Portlaoise has been incredible, and seeing the number of young girls playing camogie and football in the club is promising. I hope they stick with camogie, keep improving, and work their way up through the club and county team. No doubt they will be an addition to Camogie the club in the years to come.

**What advice would you give to the younger players coming through who dream of following in your footsteps and wearing the Laois or Portlaoise jersey at the highest level?**

I would advise to turn practicing into a habit, pick up your hurley whenever you have a spare minute. Attend training and matches as often as possible and work on your weaknesses, whether that be your weak side or first touch

**And finally, on a personal note, what's next for you both with Laois and with Portlaoise? Any goals you've set yourself after this All-Ireland success?**

With Portlaoise, the jump to intermediate this year has been a big step, results haven't always gone our way, but our performances are improving every match and hopefully we'll soon be competitive.

Laois faces a similar challenge moving up a grade, however I am optimistic that we can go far from the start. But my focus is solely on the next game and the task at hand, nothing is going to change overnight.



Susie on the attack in the All-Ireland Junior Final



Susie Delaney raises the cup









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# All-Ireland Trophy in Rathleague







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# All-Ireland Trophy in Rathleague





# GAA INJURY

## Logging Through Foireann

As of **1 June 2025**, all players who sustain an injury while playing or training must self-report the injury through **Foireann**. This is a change from the previous system, which was managed by the **Club Injuries Officer**.

**Important:** It is the **responsibility** of the **injured player** to start the process on **Foireann**. For **underage players**, the **parent** or **guardian** must start the process. The **club cannot log injuries** anymore unless the player or the parent/guardian has begun the report in Foireann.

The **GAA** has published an in-depth **guide** showing how to complete this.  
The guide can be found [here](#).

If you are struggling to find your Foireann login details, email the Club Secretary at [secretary.portlaoise.laois@gaa.ie](mailto:secretary.portlaoise.laois@gaa.ie)



# VOLUNTEERS NEEDED



Our Portlaoise GAA All Stars team, a group of amazing children with additional needs, trains every Sunday morning, and we're looking for kind, committed volunteers to help us make each session as special as it can be.

This is a hugely rewarding opportunity, especially for those studying or working in education, childcare, or special needs. You'll gain hands-on experience, develop your skills, and make a real difference, all while having great fun.

✓ Garda Vetting and Child Safeguarding required  
(we'll help guide you through the process).

✦ Looks fantastic on your CV and will be viewed favourably by future employers.

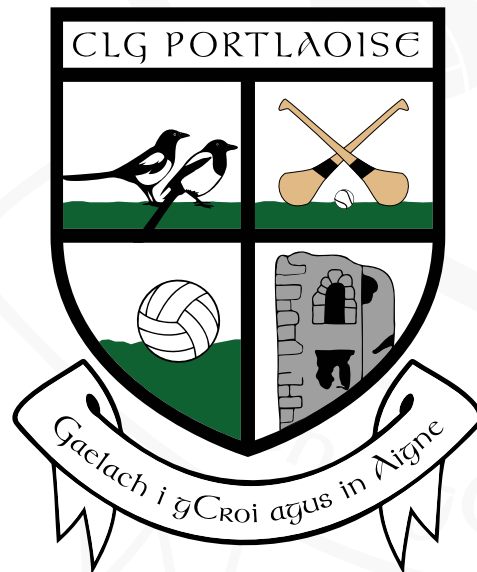




# GAA PARTICIPATION OFFICER PORTLAOISE GAA CLUB

Leinster GAA, are now welcoming applications for the role of **GAA Participation Officer** in  
Portlaoise GAA Club

Candidates interested in the above role should apply by submitting  
an up-to-date cover letter and Curriculum Vitae to  
**[james.devane.leinster@gaa.ie](mailto:james.devane.leinster@gaa.ie)**  
on or before **Friday 12th September 2025**







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# Blitz Day in Rathleague







# Blitz Day in Rathleague







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# A busy August evening in Rathleague



Photos: David 'Crocky' Maher





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# A busy August evening in Rathleague



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# A busy August evening in Rathleague



Photos: David 'Crocky' Maher





# A busy August evening in Rathleague







# A busy August evening in Rathleague







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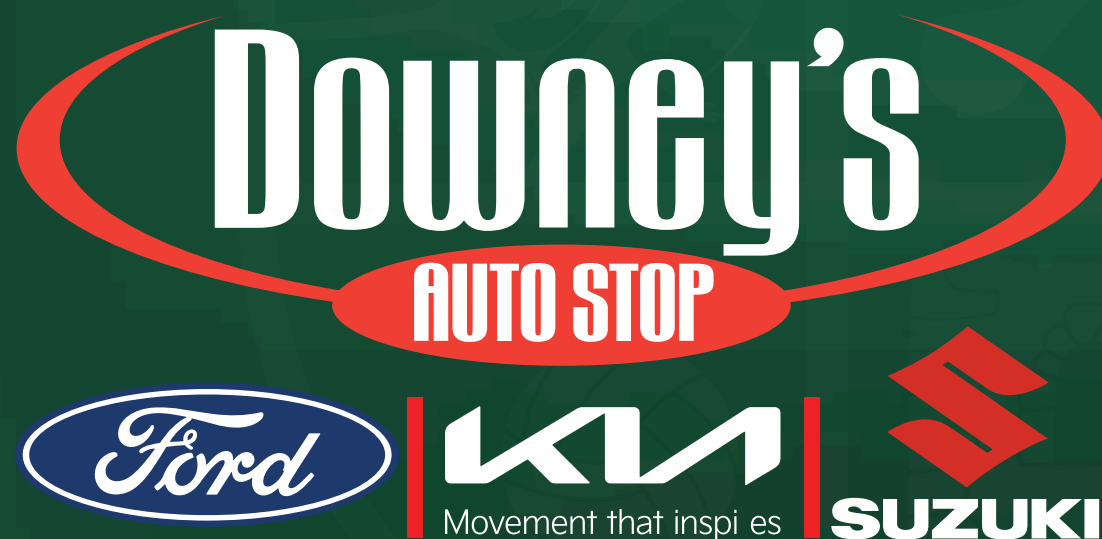


# A busy August evening in Rathleague



Photos: David 'Crocky' Maher





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THIS WEEK  
€18,300**

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## SFC Round 2: Portlaoise 0-13 v 0-12 St Joseph's





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## SFC Round 2: Portlaoise 0-13 v 0-12 St Joseph's



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## SFC Round 2: Portlaoise 0-13 v 0-12 St Joseph's



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## JFC 'B' Round 3: Portlaoise 3-19 v Ballyfin 0-2





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## JFC 'B' Quarter Final: Portlaoise 4-11 v 1-10 St Joseph's





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# JFC 'B' Quarter Final: Portlaoise 4-11 v 1-10 St Joseph's

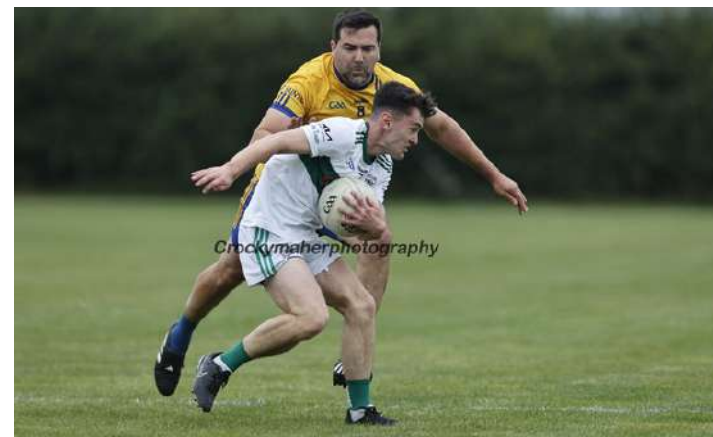


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# JFC 'B' Quarter Final: Portlaoise 4-11 v 1-10 St Joseph's



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# JFC 'B' Quarter Final: Portlaoise 4-11 v 1-10 St Joseph's



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# JHC 'C': Portlaoise 2-13 v 2-13 Borris-in-Ossory Kilcotton





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# JHC 'C' : Portlaoise 2-15 v 3-17 St Lazarians Abbeyleix





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# JHC 'A': Portlaoise 2-16 v 0-15 The Harps





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## SHC Round 3: Portlaoise 3-11 v 1-24 Borris-in-Ossory Kilcotton





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# SHC Round 3: Portlaoise 3-11 v 1-24 Borris-in-Ossory Kilcotton



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# SHC Round 3: Portlaoise 3-11 v 1-24 Borris-in-Ossory Kilcotton



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## SHC Round 4: Portlaoise 2-16 v 2-18 Castletown





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# SHC Round 4: Portlaoise 2-16 v 2-18 Castletown



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## SHC Round 4: Portlaoise 2-16 v 2-18 Castletown



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**THE CAMOGIE ASSOCIATION**  
An Cumann Camógaíochta

# Camogie Int Championship Rd 2: Portlaoise 3-10 v 3-10 Naomh Éamann





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LADIES GAELIC FOOTBALL

# Laois LGFA JFC Round 1: Portlaoise 3-13 v 0-2 Clonaslee





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LADIES GAEIL FOOTBALL

# Laois LGFA JFC Round 5: Portlaoise 1-6 v 0-8 The Heath





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LADIES GAEIL FOOTBALL

# Laois LGFA SFC Round 1: Portlaoise 2-10 v 2-10 St. Joseph's





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# U12 Balinteer Betty McCarthy Blitz

Our young Camogie ladies travelled to St John's Ballinteer GAA last month for the Betty McCarthy Blitz, and what a day out it was. The girls were absolutely fantastic from the first throw in to the final whistle. There was plenty of good, competitive Camogie on display, with our girls shining through thanks to their work rate, skill and togetherness.

The striking was crisp, the first touch was tidy and the support play was clever. The backs hooked and blocked for fun, midfield covered serious ground and the forwards took their scores well when chances came. Most pleasing of all was the attitude. Heads up, honest tackling, great communication and a real sense of playing for one another.

They did themselves and the club proud. The coaches were delighted with the effort and the improvements across the panel.

A big thank you to St John's Ballinteer for the warm welcome and well run blitz, to the referees and organisers, and to our parents and supporters for the voice on the line.





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# Laois Coiste na nÓg - U13 Green and Whites

Our super U13 Green and White footballers took part in an U13 Development Blitz in the Centre of Excellence last month.

The 2013s took on Ballyroan Abbey, O'Dempseys and Kilcavan/The Rock while the 2012's competed against Na Fianna, Portarlinton and Stradbally Parish Gaels.

The rain failed to dampen the morning with the boys giving their all.

Some great performances and results from our lads with the teams ending their football season on a high after what was a brilliant year all round.

This competition has been vital to provide 10+ competitive games for both sides to enhance their development and credit to Laois Coiste na nÓg for coordinating it.

Thanks to all of the clubs involved and referees over the year.

Well done players and coaches.





# Laois Coiste na nÓg - U15 Development Féile Champions

Portlaoise U15 footballers won the Coiste na nÓg Development Féile title last month at the LOETB Centre of Excellence, sealing a brilliant day's work with a commanding win in the final.

After fine victories over Stradbally Parish Gaels and O'Dempsey's, the lads finished the job against Portarlinton, winning 9-8 to 1-2.

From the first throw-in the boys set the tone with hard running, slick handpassing and smart support play. The defence was tight and disciplined, turning over ball and launching counter attacks. Midfield covered acres and linked the lines well, while the forwards were clinical in front of goal and kept the scoreboard moving with tidy points from play and placed balls.

There was great togetherness throughout the panel. Tackling was honest, the work rate was relentless, and the communication on and off the ball showed how much the group has grown this season. The impact from the bench was excellent and the game management in the closing stages was cool and calm.

Well done to the players and mentors. Thanks also to the parents and supporters for the voice on the sideline.



*Captain Ryan Fennell receiving the shield*







# CLG PHORT LAOISE

LAOIS COISTE NA NÓG - U15 DEVELOPMENT FÉILE CHAMPIONS - 2025

Sunday, 24 August 2025 - LOETB Centre of Excellence



## Portlaoise 9-8 v 1-2 Portarlington

**Back (l. to r.):** Conall Lalor, Oisín Reddin, David Tiwo, Nathan Place, Thomas Brennan, Dylan Fitzpatrick, Noah Finn, Lee McStay, Tadhg Graham, Eoghan Dunne, Fionn Delaney, Tadas Sirvaitis, Tiernan O'Dwyer ;

**Front (l. to r.):** Dillon Gunn, Luke Devaney, Brooklyn McCarthy, Conor O'Reilly, Max Place, Ryan Fennell, Oisín O'Reilly, Max Whelan, Cillian McCausland, Darren O'Brien, Craig Dunne;





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## MFC Round 3: Portlaoise 4-19 v 2-8 Mountmellick Parish Gaels





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# U13 'A' Championship Round 3: Portlaoise 6-17 v 1-4 The Harps



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# U13 'A' Championship Round 3: Portlaoise 6-17 v 1-4 The Harps



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# U15 Dev League Round 6: Portlaoise 6-3 v 2-10 Ballyfin



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## Juvenile Scene This Month - Under 8





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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 11





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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 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 16








THIS  
MONTH

## A Healthy Lunchbox

HEALTHY  
BODIES LEAD  
TO HEALTHY  
MINDS!



PACKING A NUTRITIOUS LUNCH FOR YOUR CHILD CAN MAKE A BIG DIFFERENCE IN THEIR FOCUS, ENERGY LEVELS, AND OVERALL WELL-BEING THROUGHOUT THE SCHOOL DAY. A HEALTHY SCHOOL LUNCH SHOULD INCLUDE A BALANCE OF WHOLE GRAINS, LEAN PROTEINS, FRUITS, VEGETABLES, AND DAIRY OR ALTERNATIVES TO ENSURE YOUR CHILD GETS THE NUTRIENTS THEY NEED.

HERE ARE SOME IDEAS FOR BUILDING A BALANCED, NUTRITIOUS LUNCH:

**WHOLE GRAINS:** SWAP OUT WHITE BREAD OR PROCESSED GRAINS FOR WHOLE WHEAT BREAD, TORTILLAS, OR WRAPS. YOU CAN ALSO TRY INCLUDING WHOLE GRAIN CRACKERS, BROWN RICE, OR QUINOA FOR VARIETY. WHOLE GRAINS PROVIDE LONGER-LASTING ENERGY, HELPING YOUR CHILD STAY FOCUSED DURING LESSONS.

**LEAN PROTEINS:** INCLUDE LEAN PROTEINS LIKE TURKEY, CHICKEN, OR PLANT-BASED OPTIONS SUCH AS HUMMUS, BEANS, OR TOFU. THESE HELP BUILD AND REPAIR TISSUES WHILE KEEPING HUNGER AT BAY. FOR EXAMPLE, A TURKEY AND AVOCADO SANDWICH OR HUMMUS WITH VEGGIE STICKS ARE GREAT CHOICES.

**FRUITS AND VEGETABLES:** COLOURFUL FRUITS AND VEGGIES NOT ONLY MAKE THE LUNCHBOX MORE APPEALING BUT ALSO PROVIDE ESSENTIAL VITAMINS AND FIBER. CARROT STICKS, CUCUMBER SLICES, OR BELL PEPPERS WITH A SIDE OF FRUIT LIKE AN APPLE, GRAPES, OR BERRIES WILL ENSURE YOUR CHILD GETS A GOOD MIX OF NUTRIENTS.

**DAIRY OR ALTERNATIVES:** YOGURT, CHEESE, OR DAIRY-FREE ALTERNATIVES LIKE ALMOND OR SOY MILK PRODUCTS ARE GREAT ADDITIONS. THEY PROVIDE CALCIUM AND OTHER IMPORTANT NUTRIENTS FOR GROWING BONES.

**HEALTHY SNACKS:** INSTEAD OF PROCESSED SNACKS HIGH IN SUGAR AND SALT, OPT FOR NUTS, SEEDS, WHOLE GRAIN CRACKERS, OR A HOMEMADE TRAIL MIX. THESE PROVIDE A SATISFYING CRUNCH WITHOUT COMPROMISING NUTRITION.

**HYDRATION:** ENCOURAGE HYDRATION BY INCLUDING A REUSABLE WATER BOTTLE IN THE LUNCHBOX. STAYING HYDRATED HELPS WITH CONCENTRATION AND PREVENTS FATIGUE THROUGHOUT THE DAY.



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# Gaeltacht Bursary Winners - 2025

Dia dhuit, is mise Daniel Maunsell.

Bhuaigh mé an sparánacht ón gclub agus chaith mé dhá sheachtain i gColáiste Chonnacht, An Spidéal. Bhí sé seo mar mo dhara bliain ansin tar éis anuraidh, agus bhí sé go hiontach ar fad.

Bhí an coláiste an-mhaith, le go leor gníomhaíochtaí agus cluichí. Mar tá muid ag dul isteach sa séú bliain, chabhraigh na múinteoirí linn leis an scrúdú béil agus leis an ardthuiscint freisin. Bhí mo rang an-cinealta agus craicealte freisin. Rinne me go leor cairde nua don saol as á lán contae eile. Bhí na múinteoirí an-deas freisin. Tháinig Seán Ó Neachtain chuig ár rang agus mhúin sé dúinn stair an choláiste agus na Gaeilge – bhí sé an-suimiúil.

Seinnim an giotár, mar sin sheinn muid cúpla amhrán gach lá. D'imirt muid iománaíocht, unihoc, cispheil, sacar agus peil freisin. Chuaigh muid go dtí Inis Oírr – lá álainn a bhí ann. Chonaic muid an Plassey agus chuaigh muid go dtí an trá freisin. Ag deireadh an lae, bhí cluichí peile ann idir na Dubs agus na Culchies. Bhuaigh muid, agus fuair mé dhá chúl.

Bhí na céilithe taitneamhacha gach oíche. Rinne mé féin agus triúr buachaillí eile i mo theach comórtas tallainne – d'aistrigh muid “She Moves In Her Own Way” le The Kooks go Gaeilge mar “Bogann Sí ina Bealach Féin”. Sheinn mé an giotár agus chan na buachaillí eile – Daire, Niall agus Keelan – na liricí.

Bhí ár dteach an-mhaith. Bhí dhá dhuine dhéag buachaillí ann agus bhí comórtas na dtithe ar siúl sa choláiste. Fuair na múinteoirí agus na cúintóirí cártaí buí nó dearga nuair a bhí muid ag caint Gaeilge, ag imirt spóirt nó ag déanamh iarrachta. Bhuaigh mo theach an comórtas agus fuair muid corn mór – bhí muid an-sásta leis. Bhuaigh mé féin teideal “Fear an Chúrsa” freisin, rud a bhí thar a bheith deas.

Mar fhocal scoir, ba mhaith liom buíochas a ghabháil le CLG Portlaoise agus go háirithe le Tommy Mulligan as an sparánacht agus an deis seo.



Bhí mo thaithí sa Ghaeltacht iontach. Shroich mé an áit ar dtús agus rinneadh sinn a shórtáil inár dtithe agus tugadh sinn chuig ár dtithe ina raibh 10 againn ann mar aon le páistí Bean an Tí chomh maith. Ar scoil rinneamar neart gníomhaíochtaí agus ranganna éagsúla, ba é an rud is ansa liom ná snámh sa bhfarraige agus dul isteach sa bhaile go hldirbhirt le Liam. Bhí trí rogha éagsúla againn don lón, rolla sicín, an deli nó panini. Ba é an rolla sicín an rud is ansa liom. Bhí céilí againn gach oíche freisin agus bhí téama difriúil ann do gach ceann acu. Ba é an chuid is ansa liom den lá, áfach, am tae nuair a tháinig ár dteach ar ais abhaile agus bhí tósta agus Nutella agus tae againn agus neart milseán agus labhair muid faoin lá chomh maith. Bhí comórtais tí againn chomh maith cosúil le hamhránaíocht, damhsa, comórtais caisleán gainimh agus peil. Ceann de na rudaí is ansa liom a dhéanamh ná dul go dtí an trá go háirithe an tseachtain dheireanach nuair a bhí an aimsir go hiontach. Bhí an-am agam sa Ghaeltacht agus molfainn do dhaoine eile dul ann cinnte mar go ndéanann tú neart cairde nua freisin.





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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)