

Antrim and Down  
serve up a thriller in Ulster

Donegal reach  
Lory Meagher Final



Dublin bridge  
the  
18-year Gap

Antrim celebrate Ulster Final win  
Photo: John McIlwaine

Dual  
Dilemma

*Hello Hurling Fans,*

*In the absence of games in the Guinness Hurling Championship, this weekend still served up plenty of good Hurling. The Ulster Final in Casement Park yesterday was the best in years with Antrim just edging out Down in the end.*

*Meath were too strong for Armagh in the Nicky Rickard Cup but London were pressed all the way by Fingal at Ruislip.*

*Donegal and Tyrone will meet in the inaugural Lory Meagher Cup Final in Croke Park on July 11th but both had tight battles with South Down and Longford respectively.*

*In the Camogie championship Galway had a big win over recently promoted Clare while Kilkenny had a surprise win over Tipperary in Thurles.*

*Next weekend sees the meeting of Dublin and Kilkenny in the Leinster Final. It's Dublin's first appearance since 1991. We talk to the captain of the Dublin Team from that era, John Twomey.*

*The Wandering Gael looks at a possible training session for dual players while Collector James Lundon reviews the first serious efforts at producing a proper Provincial Final Programme in Connacht in 1971.*

*Look out for our Supplement on Dicksboro's Féile win later in the week while our website [www.hurlingworld.com](http://www.hurlingworld.com) should be clickable from the 5th of July.*

*Until next week best wishes from Hurling World*



Joseph O'Neill from Graignamanagh goes for a long puckout against Dicksboro in the U-8 Blitz in Dicksboro last Wednesday





2009 Dublin captain Stephen Hiney

# Dublin Bridge the 18-year Gap

1990 Dublin captain  
John Twomey

**Next Sunday when Stephen Hiney leads the Dublin team around Croke Park he will bridge a 19 year gap back to 1991 when the county was last in a Leinster Final. The 1991 captain against Kilkenny John Twomey spoke to Hurling World during the week.**

## John where are your family roots?

While my father came from Newtownshandrum, our roots are in Aghabullogue. My great grandfather "Tommy" affectionately known as the master was a teacher there and won an All Ireland medal with Cork in 1890. A 100 years later when Aghabullogue celebrated the centenary win, I went back and played with Aghabullogue against Castlebridge in the centenary of the 1890 final. So I suppose our family is steeped in the traditions of hurling.

## What is your club?

I played with Erin's Isle and I had an older brother that played with the Isles also and my father Tom was chairman of the club for years and my mother was secretary for a number of years when she was alive. So I couldn't escape it. Now my own kids Dara, Jack and Luke play with Cuala.

## When did you start playing with the Dublin senior team?

I got onto the senior team in 82 and played my first League match against Limerick in the Gaelic Grounds. Jimmy Boggan - who sadly passes away earlier this year was the manager - and I finished in 1995. After Jimmy, Lar Foley took over. We had a great period with and got to 2 League Quarter Finals, 2 League Semi-finals and 2 Leinster Finals in 90 and 91. Offaly beat us in 90 and Kilkenny in 91. We went very close to Kilkenny. My abiding memory is being just a point behind and we got a very good chance of a goal that was saved. From the save, the ball went out to midfield and was put straight over the bar from a free. We should have been two points up and were two points down.

Dublin players surrounded by fans  
in Parnell park



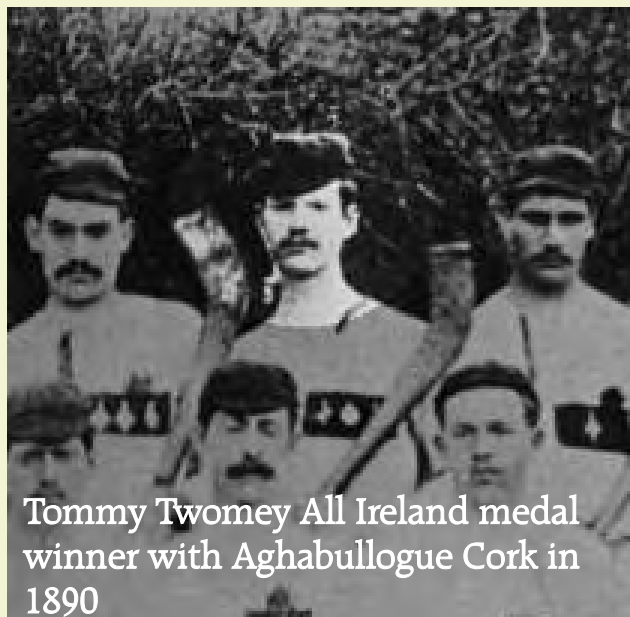
Dublin manager Lar Foley encourages his team in the 1991 Leinster Final

**What was Lar like?**

Lar put in a fierce amount of time and effort but the underage structures are a lot better now. In our time there were gaps but now there is a conveyor belt with many players coming through so it's a time for optimism. Lar himself had a great record playing in the 1961 Hurling Final when they should have beaten Tipperary and he won football medals in 58 and 63. Nothing bothered him he loved going down to Kilkenny, Galway and Cork - the bigger the challenge the bigger the mountain to climb the better he liked it. He set out with a plan when he took over about 88 and we set about going after it. We were successful without taking the ultimate prize. It was 26 years since Dublin had reached a provincial final so that was success in itself. Under Lar the team advanced no end. We were beaten in the semi-final in '92 and the team slowly drifted away. A few players came in but there wasn't the constant supply that was needed.

**What was the level of confidence like in the team?**

We were very nervous certainly in the Leinster



Tommy Twomey All Ireland medal winner with Aghabullogue Cork in 1890

Finals. I always think that hurling-wise we were good enough but we just weren't strong enough psychologically and there was always those subconscious doubts. I think we lost the psychological battle against ourselves. Hurling-wise we were good enough we had beaten all those teams including Kilkenny in the League. At one stage we were on top of the League having won 4 matches before the Christmas. You have your opportunity, you have your time and you have to grab it and run we had that opportunity and we missed it. There was an opportunity to beat Kilkenny in '91 and we didn't take it. You always have regrets, no one wants to be the bridesmaid, the ultimate goal was to win one of those big prizes. You think back and you play every ball!

**Where did play on the field?**

I always played in the backs but in latter years moved up to the forwards. I was corner back against Offaly in 90 and centre back against Kilkenny in 91.



Dublin forward Alan McCrabbe

**Who were the great players that played with you?**

Vinny Holden was still there in 1990, Damien Byrne, Shay Boland, Shay Flemming, Sean Kerins, Sean Murphy, Joey Morris, MJ Ryan who sadly has passed away, Seanie McDermott and others. That team has a great bond, Derek Finn a while back had his hips replaced and we had a golf outing nearly everyone turned up and anyone that didn't had a serious excuse. At MJ.Ryan's funeral they were all there. The disappointment of not winning is far outweighed by that bond.

**What do you think is different about Dublin Hurling now?**

Over the last few years Dublin has been featuring every couple of years in Féile, they got to a minor All Ireland Final and the U-21 team is now in a Leinster Final. The work is on going for over 10 years so there is a more consistent flow now.



Dublin hurling fan Brian Leonard in Parnell Park



Dublin goalkeeper Gary Maguire with 2 fans at the autograph signing in Parnell Park





Above: Damian Byrne Dublin's goalkeeper in the 1991 Leinster Final against Kilkenny.

Above right: The Dublin Hurling team beaten by Offaly in the 1990 Leinster Final. (John Twomey is second from right in the front row)



**You traveled with the All Stars?**

Brian McMahon won an All Star in 1990 and I got a replacement in 1985 and 1991. We went to New York and San Francisco in '85. I was treated like royalty, being a hurler from Dublin I was a novelty and had no right to be there.

**Are you involved with the club?**

Yes I am still involved. I coach some of the teams that my sons play with in Cuala, its great fun so I'm still hurling 3, 4 or maybe 5 days a week.

**Were you at the Leinster Final?**

Yes I was in Nolan Park. We went down with the kids and some other Cuala families and there was a strong representation there from the '91 team. Its great to see them back in a Leinster Final and the future is rosy.

Highlights of the 1991 Leinster Final between Kilkenny and Dublin are on [YouTube](#) at **1991 All Ireland Hurling Final Kilkenny v Dublin HURL0033**

**Your predictions for the final?**

Its hard to predict the final but the most important thing from a Dublin perspective is that this is a step along a road and it's a long road, it's a long journey. Its about Dublin being ready to take that opportunity when it arrives. They will get that opportunity and I think the structures in Dublin are right now and when the gate opens Dublin will take that opportunity. The U-21 teams and minor teams are doing well so there is a constant supply. Those young lads now have Leinster medals and All Ireland medals. They expect to win when they pull on the jersey.



The Dublin Hurlers training in Parnell Park

# Antrim and Down serve up a thriller

Words: C oil n Duffy  
Photos: John McIlwaine

Antrim reigned supreme for the eighth time in succession in Ulster, as Terence McNaughton and Dominic McKinley's charges held out for a two-point win, to ensure Antrim's 49th Ulster SHC title at Casement Park, Belfast.

Sambo and Woody would certainly be happy with the determination and character displayed by their side, who looked on the rocks for large periods of the final quarter, but late scores from Karl McKeegan, Neil McManus and Shane McNaughton settled the troops and ensured they claimed a two-point win.

'Familiarity breeds contempt' as the saying goes and perhaps Antrim had thought that they had this title firmly sealed up, when two quick-fire first quarter goals, from Shane McNaughton and Joey Scullion; propelled them to a 2-9 to 0-9 interval lead. But Antrim should have sensed the danger qualities that Down possess - the third Ulster showpiece in succession which these sides have met - with the gap narrowing with each passing year.

Indeed it was Down's goal-scoring ability which proved to be one of the talking points of this game, with a hat-trick of 'major's inside seven minutes of the restart. Antrim with three points in this spell, but the Mournemen with a trio of goals, as a six-point deficit was turned into a tied game for the first time. Paddy Richmond (2) and Karl Stewart slotted over Antrim's points during this period, with Paul Braniff finding the back of the Saffrons net on two occasions, either side of a Stephen Clarke goal.

All three goals were built on the deadly pace,

power and precision which Down showed in abundance throughout this game. Gareth 'Magic' Johnson the provider for Clarke's goal, with Johnston swarmed by three defenders, before the unmarked Clarke powered the sliothar home.

Antrim's defence again left in their wake for Branniff's second goal - the Portaferry full-forward blasting to the net from five yards. The sides were level on two further occasions in the third quarter, Shane McNaughton and Andy Savage trading goals - Stewart and Simon Wilson showing great accuracy on the points front, from open-play and placed balls.

A Stephen Clarke point edged Down a point in front with 13 minutes remaining, when a goal chance was on the cards. Down winning the second half on the scoreboard by double figures at this stage. Down were dealt a major blow in the closing four minutes with a red card for defender Michael Ennis, as Antrim piled on the pressure.

And Antrim weren't to falter with the final four points of this game - scores from Neil McManus and Karl McKeegan to tie the game on the 70th minute, and then McManus and McNaughton providing insurance scores as the Saffrons claimed a hard-earned two-point win. Final score: Antrim 3-20 Down 4-15

ANTRIM: R McGarry; K McGourty, N McGarry, A Graffin; S Delargy, C Donnelly, N McAuley; J Campbell, K McKeegan (0-5); B Herron, N McManus (0-3), S McNaughton (2-3); K Stewart (0-6), P Richmond (0-2), J Scullion (1-1) Subs: M Herron, E McCloskey.

DOWN: G Clarke; F Conway, S Murray, S



**Above; Down full forward Paul Braniff jumps for joy after scoring the second of his two goals.**



**Right: Antrim captain Neilly McGarry lifts the Liam Harvey Cup. Photos: John McIlwaine**

**The Ulster Final is on YouTube at  
2009 Ulster Hurling Final Antrim Down HURL0032**

Ennis; S Wilson (0-6), R McGrattan, M Ennis; A Savage (1-2), C O'Prey (0-1); G Johnston, C Woods (0-2), K Courtney; J Coyle (0-1), P Braniff (2-2), S Clarke (1-1) Subs: M Coulter Jr, K McGarry, A Higgins  
REFEREE: Brian Gavin (Offaly)



# Meath and London for Nicky Rackard Cup Final



Meath's Niall Hackett

## Meath 0-21 Armagh 1-14

Meath were always in command in this hard fought Nicky Rackard Cup semi final in Páirc Tailteann Navan on Saturday afternoon.

Niall Hackett's impressive free taking ensured Meath had a comfortable half time lead of 8 points with a scoreline of 0-13 to 0-5.

Meath came out of the traps in the second half with 3 quick points and this effectively killed off the game despite a mini revival from Armagh. Indeed a spirited Armagh team got to within 1 point of Meath but they held their nerve to progress to the final.

## London 1-19 Fingal 2-8

London booked their place in this years final with a powerful second half display to see off a spirited challenge from Fingal.

London would have been hot favourites to progress but Fingal did not read the script and led at the interval by 2 points. This was the wake up call that London needed and they produced a stunning 2nd half display out scoring Fingal 1-10 to 0-3.

London progress to the final against Meath which will take place on 11th July in Croke Park

## Campbell points the way for Donegal

### Donegal 1-15 South Down 2-11

Donegal progressed to the inaugural final of the Lory Meagher Cup after a hard fought win over a determined South Down side in Pairc Esler Newry on Saturday. South Down will feel that they let this one slip away as they led by 3 points coming into the closing stages of the game.

However a late Donegal rally that included a goal from Sean McVeigh and a point from Kevin Campbell ensured a 1 point victory. Donegal now go on to play Ulster rivals Tyrone in the final in Croke Park on July 11th.



Tyrone Hurling manager Tony Faul

## Tyrone edge out 13 man Longford

**T**YRONE are one game away from achieving their objective of winning the Lory Meagher Cup after they fended off a stubborn Longford challenge in an action packed semi-final clash, at Edgeworthstown on Saturday.

The pendulum of a titanic struggle eventually fell in Tyrone's favour following two major turning points that saw Longford reduced to thirteen men. The first arrived on 56 minutes, when Sean Browne was shown a straight red card following a frustrating tackle on the inspirational Justin Kelly, and when Thomas Stakem saw red for a second bookable offence shortly afterwards, the Midlanders game was up.

To make matters worse Conor Grogan converted the resulting 63rd minute penalty to give Tyrone the platform, they needed to get over the line in a cracking championship encounter in which both teams' efforts couldn't be faulted.

In Damian Maguire, Stephen Donnelly and Kelly Tyrone had three aces on display with Kelly tormenting the Longford rearguard on his way to an impressive 1-11 tally.

The opening four points were evenly shared with Declan Tanner and Egan converting frees either side of two Kelly conversions, as both teams settled into their rhythm. Tyrone were looking the more focussed team with Terry McIntosh, Peter O'Connor and Kelly showing up well for possession, and on 12 minutes, they underlined their potential, when Maguire started the move that led to a well-taken Gary Fox goal.

John Newman teed up O'Brien for a point,



Tyrone's Conor Grogan blasts the ball past Paddy Cullen in the Longford goal from a penalty



Tyrone sharp shooter Justin Kelly scores another point out of his 1-11 total in Edgeworthstown on Saturday

but Tyrone's enterprising opening received a further boost on 16 minutes, when Kelly's long range free deceived Longford keeper Paddy Cullen on its way to the net for a 2-2 to 0-3 lead.

Then the experienced Gareth Ghee came to Longford's rescue. Ghee took a pass from Egan to fire past Declan McCabe to level proceedings 1-5 to 2-2 in the 23rd minute. Kelly edged Tyrone ahead, but within a minute Ghee dissected the posts from play before the hosts highlighted their new found confidence on 30 minutes, when Ghee and Cox combined to present Egan with a simple goal for a 2-6 to 2-3 advantage. Tanner converted a free from well inside his own half, but further points from Kelly and Grogan insured Tyrone were still in contention 2-7 to 2-5, at the break.

Tyrone displayed more urgency on the

restart with two Kelly frees bringing them level after nine minutes, and even though Egan released O'Brien for a goal in the following attack, it was Tyrone, who were forcing the pace of the game. Kelly hit three of the following four points in response to a Ghee effort, as the game remained delicately balanced approaching the final quarter.

Tanner edged Longford 3-9 to 2-10 clear on 55 minutes, but Longford's challenge was about to collapse. The two dismissals disrupted their momentum with Tyrone's growing confidence yielding a point from the industrious O'Connor.

Then Grogan expertly tucked away a penalty, as Longford wilted. Kelly, Grogan and Donnelly stretched Tyrone's lead to six points. Longford insured a tense finish when Finnucane scrambled home a goal on 70 minutes, but Kelly's eleventh point sealed an

impressive victory as Tyrone's hurling rejuvenation continues.

Final score: Tyrone 3-16 Longford 4-09  
 Tyrone - Declan McCabe, SP Begley, Damian Maguire, Mickey Kelly, Terry McIntosh, Stephen Donnelly (0-1), Conor Gallagher, Justin Kelly (1-11), Tony Hughes, David Lavery, Peter O'Connor (0-1), Shea McKiver, Conor Grogan (1-3), Rory O'Neill, Gary Fox (1-0). Subs - John Kerr for Lavery, Aidan Kelly for McKiver, Caolan McCallan for Gallagher, Seamus McLoughney (temporary) for J Kelly.

Longford - Paddy Cullen, Anthony Davoran, Thomas Stakem, Anthony Corcoran, Diarmuid Williams, Benny Stakem, Nathan Cox, Robert Ryland, Conor Egan (1-1), Declan Tanner (0-4), Ciaran Finnucane (0-1), Sean Browne, Joe O'Brien (1-2), John Newman, John Minnock. Subs - Gareth Ghee (1-2) for Minnock; John Casey for Newman  
 Referee - Michael O'Connor, Limerick

Words/Photos: Jeffrey Gillis



# Dicksboro 2009 Féile U-14A Champions



Above: The Dicksboro Party lead the Féile Parade out of St Brendan's Park in Birr.

Top Right: The Dicksboro Féile winning panel.  
Right: Recording a podcast for the Kilkenny Cats Website Dicksboro's Eddie Holohan, Robbie Fitzpatrick, Mick O'Flynn, Brian Fitzpatrick, and Presenter Barrie Henriques.

Far Right: Captain Robbie Fitzpatrick with the Christy Ring Trophy.

Photos: Eddie Holohan



To celebrate their win in Féile Hurling World will issue a special Dicksboro Supplement next Friday

## Downey's girls Semple Shock

**K**ilkenny took a big scalp in Semple Stadium on Saturday, defeating Tipperary on home soil, in their opening round game in the Gala All Ireland senior championship, 1-14 to 1-11. A more consistent Black and Amber outfit turned 0-7 to 0-4, with a Michelle Quilty goal four minutes after the changeover reinforcing the visitors' position.

Aoife Neary recorded nine points for the winners, while Claire Grogan top scored for Tipperary with 1-7 – the goal in the final minutes was scored from a penalty.



Kilkenny Manager Ann Downey (left) with sister Angela with the O'Duffy Cup in 1990

## Galway crush Clare



Left: Galway Camogie manager Liam Donohue  
Above: Galway forward Aislinn Connolly

**G**alway pulled away with a powerful second half performance to overcome Clare in Athenry, 3-17 to 1-4. The score was much tighter after the first 30 minutes with the Maroon and White holding a slender two point lead, 1-5 to 1-3.

However, with Veronica Curtin coming into

her own, bagging 2-4, it was difficult for the Banner girls to bounce back. Carina Roseingrave provided the Clare goal early in the first half, but with Aislinn Connolly scooping 1-8, Galway ran out convincing winners.



# Kerry Camogie make history



**Kerry Camogie Féile Champions Division 3 2009.**

**Back Row: Pete Young (Trainer), Niamh Leen, Julianne O'Keefe, Lorna Sheehan, Terese Moran, Anne Marie Leen, Megan Weir, Michelle Gilbert, Eamon Fitzgerald (Trainer).**

**Middle Row: Andrea Hanly, Sarah Tracey, Patrice Diggin, Aoife Fitzgerald (Capt), Lorraine Hobbert, Isobel O'Connor, Aisling O'Sullivan, Sarah Fitzgerald.**

**Front: Orla Young, Rachel McElligot, Aine O'Connor, Cora Carroll, Jessica Fitzell.**

The Kerry Camogie U-14 panel travelled to Laois/Offaly to compete in the premier All Ireland Feile na nGael Finals recently in the hope of making it two in a row, having won the Division 4 Final last year. They played in Division 3 where the standard goes up a notch, playing teams from the three

provinces in a bid to win back to back titles, something that had never before been achieved.

The panel had been training since the end of January under coaches, Pete Young, Tommy O'Connor and Timmy Spillane. The clubs feeding the panel are Causeway, Cillard



(Kilmoyley & Ardfert) and Abbeylix (Abbeydorney & Lixnaw) all great Hurling strongholds in North Kerry. Aoife Fitzgerald from the Cillard club had the honour of captaining the team. The Camogie County Board sponsored their gear which included hoodies, bags, and skirts,

They started their campaign by defeating their host club Rathdowney by 4-8 to 2-0. They beat the Harps on Saturday morning by 1-4 to 1-0 and then followed that with a win over Four Roads from Roscommon by 1-6 to 1-1.

In the semi-final they defeated Myshall by 3-

1 to 0-3 and then it was on to Crinkle near Birr to play Kiltale in the final on the Sunday morning. In a tight battle they came out on top by the narrowest of margins 0-4 to 0-3 to make history by putting 2 Féile Camogie Titles back to back.

Captain Aoife Fitzgerald, AnnMarie Leen, Orla Young, Michelle Gilbert and the Lowe sisters, were part of both teams. The Kerry Camogie County Board has sent its congratulations everyone involved with the 2009 Féile Panel.

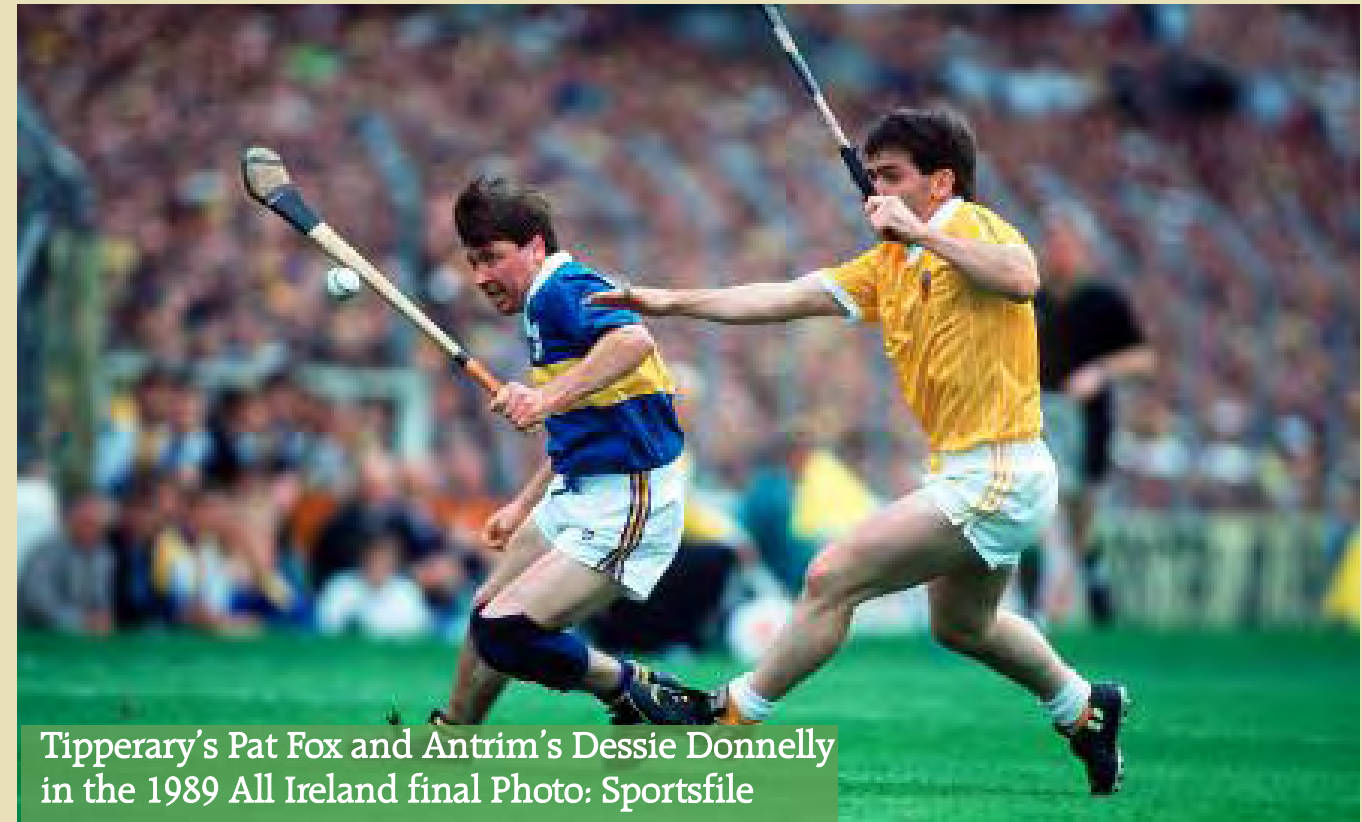


Down's Gabriel Clarke  
Photo: Sporsfile

**D**own's experienced defender Gabriel Clarke will be out of action for the remainder of the year after sustaining a serious leg injury against Derry in the Ulster SHC Semi-final a fortnight ago. The Ballygalget clubman, had only recently returned to action following an ankle injury, when he came on as a substitute in the Christy Ring Semi-Final against Mayo. His impressive display in that game earned him a starting place in the game against Derry but he was forced to leave the field following the injury after 15 minutes.

The Down squad visited Clarke in hospital the following day and Manager Jim McKiernan admitted Clarke would be a big loss against Carlow on Sunday - "Gabriel will be a huge loss but I'm sure he'll be back in a Down jersey next year". McKiernan, looking forward to next week's Christy Ring final against Carlow, is well aware of the task facing his side - "They gave us a serious lesson in hurling at Dr. Cullen Park in the League and they beat Antrim as well so we're up against it but hopefully our lads will get it together on the day"

## Guinness Inside Hurling



Tipperary's Pat Fox and Antrim's Dessie Donnelly  
in the 1989 All Ireland final Photo: Sportsfile

**Guinness® continue their Hurling Supporters Nights with Galway and Tipperary dates.**

**Inside Hurling comes to the Raheen Woods Hotel, Athenry, on Tuesday 30th June and Hayes Hotel, Thurles on Thursday 2nd July at 7.30pm.**

**Galway Hurling Fans will be able to debate the issues and talk about the GAA Hurling championship in the company of former Galway greats Joe Rabbitte, Cyril Farrell and Conor Hayes, as well as Manager John McIntyre and two members of the squad.**

**Former Tipperary greats Declan Carr, Bobby Ryan and Pat Fox as well as Manager Liam Sheedy and two members of the squad will be in Hayes Hotel.**

**MC for both evenings is Today FM's Paul Collins.**

**Supporters will also be able to engage in a Q&A session with the players, and there will be plenty of prizes on offer on the night from match tickets to signed jerseys and special hurling t-shirts.**



# Dual Dilemma

There are never any winners and most of all, the player and clubs they represent are the ones who suffer. The bickering, huffing and puffing takes place in every club, in every county, every year, with no learnings taken from previous seasons and no signs of any side re-aligning their stance. I'm talking about Hurling and Football selectors clashing over training and preparation of their individual teams. Of course, unhelpful fixture lists can compound the difficulties they face but that aside, a better solution should be sought to ensure both teams can prepare properly without draining their player's energy levels and/or causing injury.

When you look at the content of most club teams training, it involves short and long runs, some core/strength exercises, skill work involving hand passing, soloing, kicking/striking and lifting or picking the ball. All of the skills mentioned here apply to both hurling and football and often the drills done in the separate codes are similar, if not the exact same. So, how to solve players being out so many nights in a week with different teams?

For me the answer is straightforward. Players train three nights a week, one focusing purely on football, one on hurling and one joint session. This joint session would take the form of circuit training. Set up four drills which essentially boil down to fitness work, but with the ball. Integrate the basic skills of handpassing, kicking/striking, picking and soloing into them. Split the players amongst the four circuits. Two groups would be hurlers,

carrying out their drills through hurling. The other two would be football, carrying their circuit out through football.

Each group per circuit should be divided into two lines. The circuit should be set up so that it's always a race i.e. if the drill is a basic soloing exercise out to a certain point in a zig zag pattern, both lines should have the exact same layout of cones in front of them. Finally, the circuits should not be measured by repetitions, but by time. 10 reps of one circuit may take longer than 10 reps of another. So by making it time bound, you ensure everyone finishes at the same time and there is no standing around. Ideally each group should have 8 people, split into two lines of 4. Each drill should last 4-5 mins depending on how hard you want to work fellas on a given night.

Once the groups have finished the first circuit, they have a one minute break to move onto the next circuit before starting that exercise. Each group should finish each circuit before coming together for some core/strength work. When this is complete they should return to do another round of the circuits. When you include the warm-up, first set of circuits, core/strength work, second set of circuits and the warm down, the session should last around one hour and a quarter. Dual players should be assigned to hurling or football depending on which code has the next fixture coming up.

We've been doing this for about a year in my club and it's proved an effective way of solving the over-training issue and managing players time. However, its success is based on the



Cork's Dual Player Teddy McCarthy is the last player to win both senior Hurling and Football medals in 1990 Photo: Sportsfile

hurling and football trainers buying into this method. If they are united on it, the players will follow suit. As time went on, we used to split each group so that one line would be hurlers and one footballers, so they compete against each other. It added a bit of banter and competitiveness as one tried to out do the other.

I think sometimes, mentors get carried away with the preparation of their teams and the amount of time they want to have the players. Training should succeed in three things; 1) increase physical condition (stamina, speed, strength, agility etc) 2) Skills and 3) Team play. This circuit based training achieves 1 and 2. The other sessions in the week can achieve 3. Once you become comfortable with the circuit

based way, you can add drills to include possession games, shooting etc which will also go some way to achieving 3. Of course, at different times, the schedule may need to be tweaked but it should really only be the week of Championship.

Success in one code and success in another can go hand in hand if all are pulling the same way. Some of the most successful seasons I've had with my club was when the hurlers and footballers were both winning. It means your dual players are energised all the time and gives your single code players motivation to match their colleagues. All it requires is maturity and a sense of perspective amongst the mentors.

# The Official Souvenir Programme

## The 1971 Connacht Final Programme



The Official Souvenir Programme appeared almost out of nowhere in 1971 when the Connacht Council got a small committee together to produce a top-quality official match programme for that year's senior football final in Castlebar. Galway's Jack Mahon (RIP), who already had a distinguished GAA publishing career behind

him, headed this little group, with members from all five Connacht counties. Mahon had already published a number of books on Galway football and was a long-time contributor to the then top-selling GAA monthly magazine, Gaelic Sport. He also possessed a more than passing interest in match programmes!

Prior to this, the production of provincial championship programmes had been, to put it mildly, haphazard. This was true of all the provinces, both in Hurling and Gaelic Football. The previous year's Munster senior football final programme was a single - poorly produced and printed - sheet that would have embarrassed even the most haughty pirate programme producer. This official programme was very probably the nadir of provincial final programmes in modern times. That it is now very rare and much sought after, due partly to these production facts, is neither here nor there!

Anyhow back to Jack and his merry men... They set about producing a programme worthy that era's All-Ireland Final programme and achieved that target with ease. They finished up with a 20-page programme with a cover made of slightly hardened paper, a number of articles together with the teams in the middle of the booklet. There were also 7 or 8 pages of adverts.

They excelled themselves in the replay, producing a mammoth - for the time! - 24-page effort. Prior to this, the vast majority of provincial championship programmes were single sheet efforts, which only possessed the bare teams in the day's two or three contests plus perhaps some announcements or train timetables and one of two small adverts.

The other provinces were slow to follow with Munster and Leinster only following suit in both Hurling and Football a full three years later in 1974. They both produced remarkably similar larger format programmes for the first time that year for both of their provincial finals, very similar in style and content to the now standard Connacht Final effort. Ulster had their own style of an official programme for their provincial football final which survived from the early 1960's right through to 1978 before succumbing to the more substantial efforts that the other three provinces were now offering. Remember that Connacht and Ulster had no provincial hurling finals until much more recent times!

Every though the 1971 Connacht final programmes were both souvenir programmes, they are still very rare and many collectors struggle to snag the draw, let alone the replay but that's a story for another day!

## The 1971 Connacht Final replay Programme



James Lundon - jameslundon@yahoo.co.uk