

race organisers.
Speaking to Sean this week as he readied his boat for clearance from the Spanish Port authorities at La Gomera on the Canary Islands, he told Post Sport of his preparation ahead of the race.
"I had to move my liferaft from where I had it originally positioned after one of the safety officers told me what happened to the British Commandos when they positioned their liferaft in the bilge. They

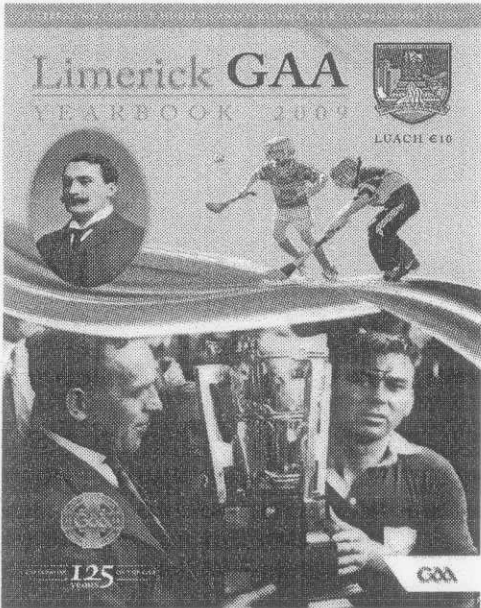
race and while there are several other solo competitors, he feels that he sticks out a bit more.
"Several of the lads have support crews with their documentary teams in their boats. I, on the other hand, am flying solo, literally. But I suppose this project was set up as a solo Atlantic row for me and that is fine.
"The lads are great and I've met the South African, Peter van Kets and Charlie

Lannon, two UL lecturers that spent some time in the area and realised it to be the worthwhile cause that it is.
The Limerick Post and Post Sport are fully supporting Sean and his Challenge and we will bring you up-to-date live feeds from Sean on the boat during the race. We will carry his progress online on the Limerick Post website.
<http://www.atlantic09.com/>

the quarter final replay City championship winners Patrickswell failed in their bid to reach the semi final against Doon at Knocklong when they were second best, going down by five points. Killluta Gaels (Palkenny/Kildimo) were defeated by six points 1-11 to 0-09 by Naomh Sean (Hospital/Herbertstown and Killeely/Dromkeen) in the County Un. 21 B hurling championship final in Ballygran last Sunday evening. Killluta Gaels were

Sunday Munster Senior Club championship final in Thurles. Congratulations also to Tom McGarry of Treaty Sarsfields who on this Saturday evening in Lawlor's Hotel in Dungarvan will be presented with the Munster Special Merit Award at the Munster G.A.A. Gala Banquet Awards night for his achievements throughout his playing days in Hurling, Football and Handball.

Limerick GAA 125 year Special Yearbook launches this Thursday night



The launch of the eagerly anticipated Limerick GAA Yearbook 2009 - Celebrating 125 years of Limerick GAA, will take place on this coming Thursday December 3rd at Mark Foleys Bar in Ballygran. The 350 plus page book, published in full colour throughout, will be launched by Limerick Senior Hurler Mark Foley and John Galvin Jr of the Limerick Senior football team.

The compilation of the book only started in early October but despite the short timescale there was to produce the book; the editors feel that they have assembled some very rare and interesting material from the world of Limerick GAA. Contributions from award winning journalist such as Brendan Fulham and Cormac Liddy, to name but a few, have added huge interest in the publication which features over 40 feature articles as well as contributions from the 69 clubs that make up Limerick GAA.

Speaking this week Limerick Board Chairperson Liam Lenihan said " This is a book that will be of interest to every Limerick Gael, a lot of time and effort has gone into the book and its production and I would like to pay a special tribute and say a huge

thank you to each and every person who took the time to contribute to the book". He continued "Over Ninety eight percent of the material (text and photographs) that we received in from writers and clubs are included in the book but unfortunately some material could not be included due to space limitations and we hope that and I know that people will understand that". The Chairman was quick to point out the huge goodwill and level of interest the editors received from the clubs and the public. "We have received contributions from as far away as America, Canada and Australia with our friends in London also sending on articles and photographs for the book, all proud and true to our Limerick GAA heritage, we were bombarded with stuff though, from all over the county, the goodwill that is out there to Limerick GAA is unparalleled, hence that's the reason it has reached nearly 350 pages!! He continued "It has been some time since Limerick GAA has produced a book of this magnitude, with this level of detail, information and photographs and it is a book of which I am immensely proud of as it celebrates Limerick GAA it this special year (125th Anniversary

of the association) and I know that the Limerick public will receive it well over the coming weeks." When asked to reveal the type of material that's contained in the book the Tournafola man was very coy " All I will say is that it contains some fascinating articles that will make for great reading over the Christmas period and beyond, it has something in it for everyone and I feel that a copy belongs in the home of every Limerick GAA follower, apart from that however you will just have wait and buy the book!!". When asked about the launch on this coming Thursday night Lenihan continued "Both John (Galvin) and Mark (Foley) have been two of the finest ambassadors for Limerick GAA over the past 12 or 13 years, both outstanding sportsmen and they are hero's for so many GAA followers in Limerick. We felt that it was only fitting that they launch the book as they both best represent what Limerick GAA is all about in this the 125th Anniversary of the GAA"

The cost of the publication will be just €10 and will be on general sale after the official launch of on Thursday night and in turn it will be widely available throughout Limerick for the Christmas Market.

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SOCCER

Desmond Football League
Youths
Saturday 5th December
Munster Youths Cup 2nd Round (extra time & penalties)
Newcastle West V Ballygarry 2pm (P. Manning)

FAI U-17s Cup 2nd Round (extra time & penalties)
Killarney Celtic V Rathkeale 2pm

Limerick Desmond U-17s Cup Quarter Final (extra time & penalties)
Bally Rovers V Killeaney (G. O'Connor)

Youths Division 1
Abbeylea Utd V Broadford Utd 230 (M. Houlihan)

Youths Division 2
Kildimo Utd V Ferry Rangers 230 (P. King)
Creeves Celtic V Carrig Celtic 230 (N. Allen)

Juniors
Sunday 6th December

Weekly Observer Premier Division
Shannonside FC V Glin Rovers 1130 (D. O'Gorman)
Newcastle West Rovers V Askeaton 1130 (L. O'Connor)

Weekly Observer Division 1
Killeaney V Glantine 1130 (M. Houlihan)
Old Mill V St. Ita's 1130 (P. O'Brien)
Kildimo Utd V Newcastle West B 230 (P. Manning)
Abbeylea Utd B V Athea Utd 230 (P. O'Brien)

Weekly Observer Division 2
Ballygarry B V Rockhill Rovers 230 (P. O'Connor)
Ballysteen V Kilcornan 230 (N. Allen)
Knockaderry V Breska Rovers 1130 (C. Dalton)

Weekly Observer Division 3, Group A
Carrig Celtic B V Askeaton B 230 (S. Hartnett)
Glantine B V Broadford Utd B 230 (C. Dalton)
Creeves Celtic V Newcastle West Rovers B 230 (D. O'Gorman)

Weekly Observer Division 3, Group B
Pallaskerry B V Bally Rovers 1130 (B. Barry)

CONNOR

Creeves v Broadford 11.30 am (N. Allen)

GAA

LIMERICK GAA FIXTURES
ALL COUNTY
SATURDAY 5th DECEMBER
County Under 21 A Hurling Championship Semi-Final
Kilmallock v Doon in Bruff @ 2pm
All County Senior Football League Semi-Final (Extra Time if necessary)
St. Patrick's v Monaleen in Monaleen @ 2pm
City/East Div. 2 Minor Hurling Championship Final
Ahane v Ballybrown in Cloughaun @ 2pm
SUNDAY 6th DECEMBER
All County Intermediate Football League Final - (Extra Time if necessary)
Croom v Na Piarsaigh in Foynes @ 2pm

RUGBY

SATURDAY 5th DECEMBER
Magners League: Ospreys v Munster, Liberty Stadium, 6.30;

Clonmel v Thomond, Clonmel, 2.30;
Garryowen v Young Munster, Derryknockane, 12.00;
Shannon v Old Crescent, Coonagh, 1.00;
UL Bohemian v Richmond, Annacotty, 2.30;

Division 2:
St. Mary's v St. Senan's, St. Enda's, 2.30;

Under 21 South Western Conference:
Division 1 Section A:
Garryowen v Corinthians, Dooradoyle, 2.30;
Young Munster v Highfield, Derryknockane, 2.30;

Section B:
Bruff v U.L. Bohemian, Bruff, 2.30;
Galwegians v Shannon, Crowley Park, 2.30;

Division 2 North:
Old Crescent v Newcastle West, Rosbrien, 1.00;

SUNDAY 6th DECEMBER
Munster Junior League:
Division 1:
Richmond v Waterpark, Richmond Park, 2.30;

Top class sailing seminar

BRINGING his world renowned experience as well as his unique style of delivery, Bill Gladstone, the American director of North Sails and author of North U Racing Tactics and Trim books will deliver a seminar in Foynes Yacht Club, Foynes, Co Limerick this Friday December 4 and all as part of his nation-wide tour. The seminar will focus on New Racing rules (2009-2012), Sail Trim and Race Tactics among other topics.

According to Bill, "The joy of cruising is also its challenge. You get to do and try everything. The learning never stops!"

Bill brings to the seminar over 30 years experience in teaching and says that; "You can spend a lifetime learning to be a better sailor." The concept of the seminar notes that Bill is here to accelerate the process. Bring your questions - Leave with answers.

Bill has been presenting seminars over the

