

SPORT

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Munster welcome big guns back

GUINNESS PRO12

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MUNSTER welcome back big name stars, Paul O'Connell, Conor Murray, David Kilcoyne and JJ Hanrahan for the visit of Zebre to Thomond Park for Friday night's crucial Guinness PRO12 clash, 7.30pm.

Anthony Foley's side will be anxious to end their three-game losing run at Thomond Park in the PRO12 when the Italian side comes to town.

Munster picked up their first win in the competition this season away to another Italian side, Treviso, on Friday night last.

Talismanic second-row Paul O'Connell had been due to make his seasonal bow against Treviso, but withdrew from the squad late on due to personal reasons.

Anthony Foley said: "There are more fellas back for Friday night. Paul (O'Connell) will be back in the squad. Conor Murray is in the squad, JJ (Hanrahan), Dave Kilcoyne is back too."

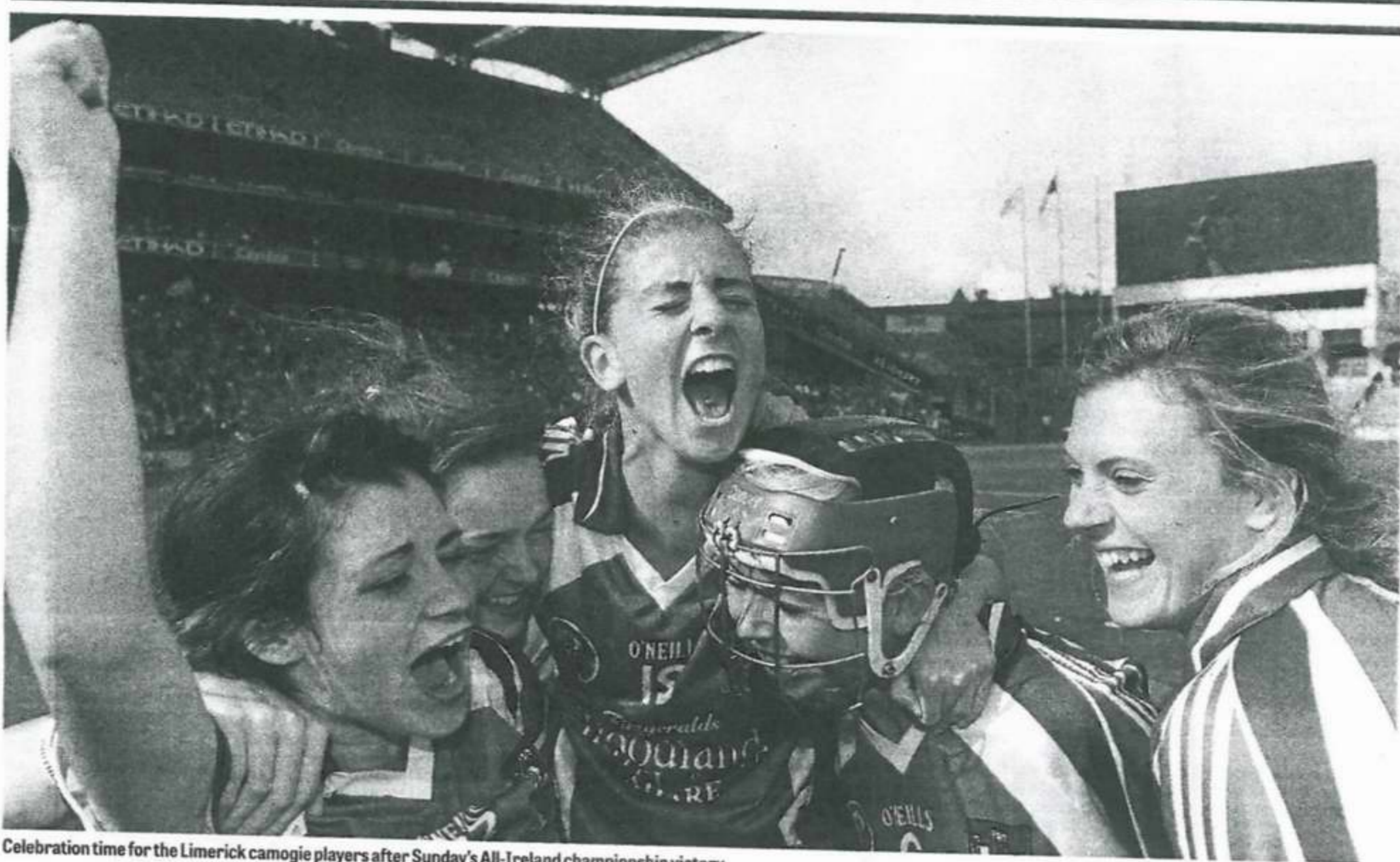
"It does make for interesting selection in terms of the fellas going forward. But that is what we need. We need that competition within the squad. Hopefully we see that in the game on Friday night."

Foley said both Peter O'Mahony and Donnacha Ryan were 'going well' with their recovery from injury.

"Peter is doing a bit more contact there today (training at UL). He has another few weeks to go. The urge would be to get him back quickly, but I don't think that's the right thing to do. We will see what he reports after training today and make a call from there."

Donnacha Ryan is seeing his surgeon again on Friday, so we will know more after that. He has been (doing some) training for the past two weeks."

Foley said Keith Earls is 'another couple of weeks away' from returning. Munster's new Argentinian hooker Eusebio Guinazu, who has signed on a short-term deal, is due to arrive this week.



Celebration time for the Limerick camogie players after Sunday's All-Ireland championship victory

CAMOGIE WIN BUILT IN DEFEAT

Limerick bounce back from last year's loss to claim All-Ireland honours

LIMERICK GAA

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LIMERICK camogie star Niamh Mulcahy has revealed that a half-time pact inspired their All-Ireland victory.

The Player of the Match Mulcahy said the disappointment of losing the final last season was a key motivation.

"Last year the big thing was that everyone came off the field with regrets and we came in today (at half-time) knowing that we had more in us and we made a promise at half time that no one was

leaving with regrets," outlined Mulcahy, one of three Ahane sisters in the victorious team in Croke Park.

"I don't think when you play sport there is no worst feeling than losing and losing in Croke Park was absolutely gutting. Subconsciously there was an element that the fear of failing was driving us on - we weren't coming off the field without winning," she said.

"To get the win is absolutely brilliant - the minute the final whistle went there was a moment of sheer relief. After losing last year, it took a few seconds to realise what we had achieved. We had set out at the start of the year to win

this and then to hear that final whistle and to know that it has actually happens it turns to relation, happiness, joy."

She added: "To win an All Ireland in Croke Park is why you play camogie - it is your dream from when you are young. To finally achieve this is unbelievable for everyone in Limerick camogie - not just this panel of players".

Mulcahy scored seven points in the 1-12 to 0-10 final win over Kilkenny, but felt the first half goal was crucial.

"The goal was badly needed because they had been picking off points from play and we hadn't really got into a roll - the goal came at a crucial stage because if we hadn't got

that and they tagged on a point or two we could have gone in at half time having to chase the game and maybe an element of panic could have set in. Being two points up was a bonus because we knew ourselves that we hadn't played well," she said.

Meanwhile, Limerick GAA is set for 'Super Saturday' of action with the quarter-finals of both the Limerick senior club hurling and football championships are scheduled.

The club hurling double-header takes place in the Gaelic Grounds, while the football double-header takes place in Kilmallock.

In the hurling on Saturday

evening Ahane play South Liberties, while Adare play Kilmallock. Champions Na Piarasigh and Doon await in the semi-finals.

In the senior football St Patricks play St Kierans at 2.30, while Newcastle West face Ballylanders at 4.00. Champions Dromcollogher-Broadford and Fr Caseys await the two winners in the semi-finals.

The quarter-finals also take down for decision in the intermediate football championship. This Saturday (3.30) Na Piarasigh play Castlema-hon in Askeaton, while on Thursday (8.00) Oola play Mountcollins in Martins-town.