

2022 BEACON HOSPITAL ALL IRELAND HURLING SEVENS AT KILMACUD CROKES



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WELCOME TO THE 2022 BEACON HOSPITAL ALL IRELAND HURLING SEVENS AT KILMACUD CROKES

ALL PHOTOS BY RAMSEY CARDY/SPORTSFILE



Ronan Hayes getting the balance right.



In attendance at the launch of the Beacon Hospital All-Ireland 7s Series 2022 at Croke Park were from left, Andrew McGowan, Issy Davis, Lauren Magee and Ronan Hayes.



Launch of the Beacon All-Ireland 7s Series 2022 at Croke Park were:
Issy Davis, Andrew McGowan, Niall Corcoran, Daragh Kavanagh, Jacqui Hurley, Robbie Brennan, Kevin Foley, Shane Cunningham, Ronan Hayes and Lauren Magee.



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HURLING COMMITTEE 2022

Mark Lohan - Cathaoirleach; **Kevin Collins** - Rúnaí; **Declan Herlihy** - Treasurer; **Vincent Peters** - Leas Cathaoirleach; **Tom Rock** - County Board Officer; **Jim Lyng** - U13-18 Games Officer; **Mick Hynes** - Recruitment Officer; **Seamus Kennedy** - Games Officer; **Rory Sheridan** - Juvenile Hurling Chair; **Mattie Twomey** - Purchasing Officer; **Brian Geraghty** - Commercial Officer; **Seán Allen, Paddy Linehan, Tom McIntyre, Dominic O'Keefe, Daire Brennan** - Committee Members.

ALL IRELAND 7'S WORKGROUP

Vincent Peters - Cathaoirleach; **Fiona Hayes** - Revenue Protection; **Frank Donnelly** - Sponsor Liaison; **Diarmuid Coogan** - Program Editor; **Anna Scully** - Deputy Editor; **Declan Herlihy** - Finance; **Nick Canny** - Senior Competition; **Ronan Conway** - Assistant Shield Coordinator; **Sinead Carey** - U14 Competition; **Peter Walsh** - U12 Competition; **Gerry McGough** - Referee Coordinator; **Paul Collins** - Digital Marketing & Event Streaming; **Colman Byrne & David Lucey** - Program Ad Sales; **Tom McEntyre, Sean Allen, Daire Brennan, Mark O'Brien** - Pitches Setup; **Michael Kavanagh** - Wall Ball and Puc Fada Coordinator; **Karen Begins** - Catering Coordinator.



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KILMACUD CROKES HURLING CHAIRPERSONS MESSAGE

Mark Lohan

Cathaoirleach of Kilmacud Crokes Hurling



A Chairde,

On behalf of the Kilmacud Crokes Hurling Committee I am delighted to welcome you to Glenalbyn. The Beacon Hospital All Ireland Sevens Hurling event is the centre-piece of the hurling calendar and this weekend in 2022 represents the 47th running of the event. After a two year pandemic-enforced break we look forward to renewing old acquaintances and the running of this unique hurling event. Thank you for coming to support the event and the club. We are delighted to have Beacon Hospital as our sponsor again this year. They have been true supporters of Kilmacud Crokes hurling over the years. We are especially proud of the fact that this year, as the newly installed overall club sponsor, they will also sponsor the 7s competitions for the other three sections of the club (Football, Camogie and Ladies Football). Our

Beacon Hospital Kilmacud Crokes Hurling 7s subcommittee has worked extremely hard over the past number of months and a great day's entertainment has been lined up. The chair of that subcommittee, Vincent Peters and his team have worked with the GAA, Croke Park the local and national media, the County Council, sponsors and supporters, teams and referees, printing companies and many others to get us to this point. We are very grateful for their commitment. Ní heart go cur le chéile. I hope you enjoy everything that is on offer today, this publication, friendship, chat, food, refreshments and, of course, the hurling.

Mise le meas,

Mark Lohan

Cathaoirleach of Kilmacud Crokes Hurling

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KILMACUD CROKES CLUB CHAIRPERSONS FÁILTE

Kevin Foley

Chairperson - Kilmacud Crokes GAA Club



I would like, on behalf of all the members of the Club, to welcome our many visitors on this great day in the hurling calendar. Today's competition is the first leg of a truly great GAA, Camogie and LGFA series in Kilmacud Crokes. Our great friends and Club Sponsors, Beacon Hospital, have supported our series of national sevens competitions across all four codes to create the Beacon Hospital All Ireland Sevens Series to be held over four weeks in the venues in our club and in our neighbouring clubs and grounds.

In our club we believe in community, in wellbeing, in inclusiveness, in respect and in supporting the individual to be the best that he or she can be as they achieve sporting fulfilment through participation in Gaelic sports as a player or volunteer. The Beacon Hospital All Ireland Sevens series reflects those values through an integrated festival of all four Gaelic codes played by men and women on the eve of all four Senior All Ireland Finals. Our great club sponsors - Beacon Hospital - share our commitment to equality in all that we do as a club and share our commitment to the wellbeing of our community. #passionliveshere.

Our national sevens competitions have been happening on the eve of All Ireland Finals for 50 years and across those decades we have had great games and competitions with some thrilling contests particularly as the sevens days wind their way back to Glenalbyn for the latter knock-out stages.

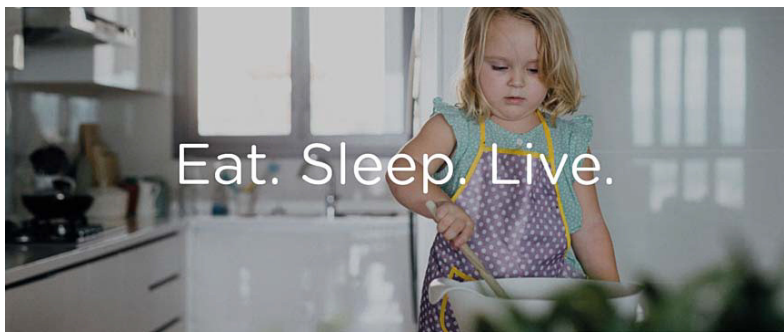
The other aspect of the day which brings hurling people back year after year is the opportunity to meet hurling folk from around the country in a uniquely relaxed and hurling focussed environment. We welcome our visitors today and we hope you enjoy the atmosphere around the club and the opportunity to renew old acquaintances and make new ones as the day unfolds.

I would like to congratulate the Hurling Committee of Kilmacud Crokes GAA Club under the leadership of Mark Lohan for bringing this event into being again this year. That Committee has once again made the miracle of putting a great sporting occasion together on the basis of purely voluntary effort happen. I would like to thank Mark and in particular Vincent Peters (Director of the All Ireland Hurling Sevens) and the incredible number of our members who have volunteered once again to backbone the sevens. You bring credit to our club and make all of our members proud.

Our relationship with Beacon Hospital through their committed sponsorship of the Beacon Hospital All Ireland Sevens Series is the vital cog in the operation of the event and I want to thank Beacon Hospital for their support and for the energy and creativity that Vivienne and her team from Beacon Hospital have put into their participation in making the series happen. We are hopeful obviously that the world leading medical services delivered by Beacon Hospital will not be drawn upon during the course of our great hurling day!!

This day relies not just on the facilities under the direct control of Kilmacud Crokes GAA Club. We rely, as we have from the earliest days, on the support of our neighbouring schools and clubs including especially Naomh Olaf for access to their facilities on the day. I would like to thank our neighbours again this year for their support for this Sevens competition today and indeed for our series across the four weeks in this vital way.

Kevin Foley
Chairperson
Kilmacud Crokes GAA Club



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Labhrás Mac Carthaigh

Uachtarán - Cumann Lúthchleas Gael



A chairde,

Is cúis mhór áthais dom na focail seo a leanas a scríobh don foilseachán seo.

It gives me great pleasure to pen these words in acknowledgement of the return of the annual Kilmacud Sevens Tournament.

The pandemic threw up challenges the likes of which we never thought we would ever see and unfortunately, the staging of our GAA All-Ireland finals in August last year, was not accompanied by the festival of our games in Glenalbyn.

Thankfully in recent months we have seen a return to normality.

The All-Ireland weekends are for everyone, not just the competing counties, and few things underline this better than the Kilmacud Sevens. So, it pleases me to see its return this year and there may be no better way to lead up to the first full capacity Croke Park All-Ireland final since 2019.

Behind it all is a hard-working organising committee which brings the various strands together to make it all work.

Away from this weekend Kilmacud Crokes oversee sterling work promoting Gaelic games all year round and weekends such as this complement the club's commitment to fostering our games and culture in south Dublin.

Míle buíochas to all who come together to make the Kilmacud Sevens happen and to the Beacon Hospital for their support of the event.

I look forward to hearing of the colour and excitement in Glenalbyn and Silver Park on sevens weekend and I wish everyone competing every success and hope it provides a fitting lift off to what are always memorable weekends for the Association.

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SPONSORS MESSAGE - BEACON HOSPITAL

Michael Cullen

CEO - Beacon Hospital



Hosted by Kilmacud Crokes, the All-Ireland 7s events bring together top players from all 32 counties to passionately battle it out for the coveted trophies in Hurling, Camogie, Football and Ladies Football.

Beacon Hospital first became involved with Kilmacud Crokes in 2018, when we sponsored the All Ireland Hurling 7s. We sponsored this event again in 2019 and were blown away by the atmosphere, passion, dedication and talent on display.

This year, we decided to go one further and as such, Beacon Hospital is incredibly proud to be the first sponsor in the history of the All Ireland 7s to take on all 4 codes!

Being title sponsor of all 4 codes – football, ladies' football, hurling and camogie gives us the unique opportunity to show our support equally for men and women in sport and to be associated with the GAA, LGFA and Camogie associations in an official capacity.

As well as sponsoring the All-Ireland 7s series, Beacon Hospital has become the Main Club Sponsor of Kilmacud Crokes. These sponsorships are a perfect fit for us in every way. The 7s Series, Crokes and Beacon Hospital all passionately endorse exercise and a healthy, active lifestyle. The camaraderie shown in the 7s mirrors that of our organisation where we work together in an environment of caring, compassion and mutual respect.

Beacon Hospital's partnership with Kilmacud Crokes works so well as we are equally passionate and active in promoting physical health, teamwork and the wellbeing of our community's hearts and minds.

In addition to sponsorship of these events and the Club, Beacon Hospital will be hosting a family fun zone on each Saturday of the series. This Beacon Hospital Hub will bring a festival type atmosphere to the day with lots of fun games and giveaways.

Not only has the All Ireland 7s Series gained a new sponsor but it has also gained another 1,700 supporters from Beacon Hospital. We'd like to thank the outstanding organising committee for bringing us on board as sponsor, and for the incredible work they do in organising such a prestigious sporting event that is hugely enjoyable for participants, family and fans.

Finally, we would like to wish the very best of luck to everyone involved in this year's Beacon Hospital All Ireland 7s Series competitions.

#PassionLivesHere

Michael Cullen

CEO - Beacon Hospital



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KILMACUD CROKES 7'S 1973 BUFFERS ALLEY - 1ST WINNERS

Joe Doran

Member of the Buffers Alley Squad of 1973



Kilmacud Crokes held their first Sevens Hurling Tournament on the eve of the 1973 All Ireland Final. A feature of their tournament was the participation of clubs from across Ireland and a number from overseas.

I am honoured to have been a member of the Buffers Alley Squad that succeeded in winning out this great Tournament which at that time was sponsored by "The Sunday World."

Our squad was made up of three Doran's, Tony, Joe, and Colm, Three Butlers, Pierie, Mick and Henry, John Stamp, Mick Kinsella, and Larry Harney. Our manager was Ger Dempsey, RIP.

We beat Glen Rovers from Cork who were powered by Denis Coughlan of Cork All-Ireland fame in the first game by a solitary point which set us up nicely for the games that followed. Following a few tough encounters, we eventually made it through to the semi-final defeating Mooncoin of Kilkenny. Our opponents in the final were St. Finbarr's from Cork who featured amongst others, Gerald McCarthy,

Tony Maher, and Charlie Cullinane all well-known Cork stars. Following a well contested game, we won it out in the end by a single point courtesy of a free by Tony Doran after brother Joe had equalised from a similar position just a minute earlier. That was our only victory in the competition in the years that followed even though we did make it to the final of a couple of occasions. We have fond memories of this victory, as the competition was on its maiden journey.

In addition to the games, the atmosphere is electric all days with lots of banter between counties as to who is going to win the All-Ireland and for many players re-igniting acquaintances from all corners of the country.

In the meantime, Kilmacud Crokes Sevens have continued to go from strength to strength and I have no doubt that this will continue.

Best of Luck. Joe Doran



BUFFERS ALLEY – INAUGURAL WINNERS 1973 KILMACUD CROKES

SEVENS CLUB HURLING

Back Left to Right:

Bill Doran, Mick Kinsella,
Mick Butler, Larry Harney,
Henry Butler.

Front Left to Right:

John Stamp, Pierie Butler,
Ger Dempsey, Colm Doran,
Joe Doran.

M50 VENUE MAP



ROLL OF HONOUR

Sevens Cup Winners

1973 Buffers Alley (Wexford)
1974 Rathnure (Wexford)
1975 Rathnure (Wexford)
1976 Borris-Ileigh (Tipperary)
1977 Cloughbawn (Wexford)
1978 Borris-Ileigh (Tipperary)
1979 Roscrea (Tipperary)
1980 Kinnity (Offaly)
1981 Middleton (Cork)
1982 Middleton (Cork)
1983 Gort (Galway)
1984 Kilruane MacDonaghs (Tipperary)
1985 Middleton (Cork)
1986 Feakle (Clare)
1987 Borris-Ileigh (Tipperary)
1988 Kiltormer (Galway)
1989 Patrickswell (Limerick)
1990 Kiltormer (Galway)
1991 Patrickswell (Limerick)
1992 Na Piarasigh (Cork)
1993 Ballygunner (Waterford)
1994 Mount Sion (Waterford)
1995 Young Irelands (Kilkenny)
1996 Nenagh Eire Og (Tipperary)
1997 Borris-Ileigh (Tipperary)
1998 Portumna (Galway)
1999 Portroe (Tipperary)
2000 Borris-Ileigh (Tipperary)
2001 Sarsfields (Cork)
2002 Mullinahone (Tipperary)
2003 Garryspillane (Limerick)
2004 Portumna (Galway)
2005 Mullinahone (Tipperary)
2006 Erins Own (Cork)
2007 Sarsfields (Cork)
2008 Nenagh Eire Og (Tipperary)
2009 Moycarkey-Borris (Tipperary)
2010 Portumna (Galway)
2011 Kildangan (Tipperary)
2012 Mullagh (Galway)
2013 Ballyboden St Endas (Dublin)
2014 Kilmacud Crokes (Dublin)
2015 Borris-Ileigh (Tipperary)
2016 Kilmacud Crokes (Dublin)
2017 Beagh (Galway)
2018 Kilmacud Crokes (Dublin)
2019 Portroe (Tipperary)

Sevens Cup Multiple Winners

Borris-Ileigh (Tipperary)	6
Middleton (Cork)	3
Portumna (Galway)	3
Kilmacud Crokes (Dublin)	3
Rathnure (Wexford)	2
Kiltormer (Galway)	2
Patrickswell (Limerick)	2
Nenagh Eire Og (Tipperary)	2
Mullinahone (Tipperary)	2
Sarsfields (Cork)	2

Sevens Cup Winners by County

Tipperary	16
Galway	8
Cork	7
Dublin	4
Wexford	4
Limerick	3
Waterford	2
Offaly	1
Clare	1
Kilkenny	1

Sevens Shield Winners

1983 Tooreen (Mayo)
1984 Cuchulainns (Armagh)
1985 Tremane (Roscommon)
1986 Wild Geese (Los Angeles)
1987 Castlebar Mitchels (Mayo)
1988 Keady Lamh Dhearg (Armagh)
1989 Middletown Na Fianna (Armagh)
1990 Tooreen (Mayo)
1991 Slasher Gaels (Longford)
1992 Eoghan Ruadh (Tyrone)
1993 Naomh Moninne (Louth)
1994 Wolfe Tones (Louth)
1995 Keady Lamh Dhearg (Armagh)
1996 Wolfe Tones (Louth)
1997 Kilmessan (Meath)
1998 Tooreen (Mayo)
1999 Naomh Moninne (Louth)
2000 Castleblaney (Monaghan)
2001 Four Roads (Roscommon)
2002 Father Murphy's (London)
2003 Eoghan Ruadh (Tyrone)
2004 Setanta (Donegal)
2005 Tooreen (Mayo)
2006 Ballyhaunis (Mayo)
2007 Clonguish (Longford)
2008 Castleblaney (Monaghan)
2009 Ballyhaunis (Mayo)
2010 Inniskeen Grattans (Monaghan)
2011 Setanta (Donegal)
2012 Eire Og Currahill (Kildare)
2013 Eoghan Ruadh (Tyrone)
2014 Burt (Donegal)
2015 Keady Lamh Dhearg (Armagh)
2016 Eoghan Ruadh (Tyrone)
2017 Confey (Kildare)
2018 Setanta (Donegal)
2019 Crotta O'Neills (Kerry)

Sevens Shield Multiple Winners

Tooreen (Mayo)	4
Eoghan Ruadh (Tyrone)	4
Keady Lamh Dhearg (Armagh)	3
Setanta (Donegal)	3
Naomh Moninne (Louth)	2
Wolfe Tones (Louth)	2
Ballyhaunis (Mayo)	2

Sevens Shield Winners by County

Mayo	7
Armagh	5
Louth	4
Tyrone	4
Donegal	4
Monaghan	3
Roscommon	2
Longford	2
Kildare	2
Los Angeles	1
Meath	1
London	1
Kerry	1

Sevens U16s Winners

1986 St Rynaghs (Offaly)
1987 De La Salle (Waterford)
1988 Craobh Chiaran (Dublin)
1989 St Rynaghs (Offaly)
1990 Craobh Chiaran (Dublin)
1991 Kilcormac Killoughey (Offaly)
1992 Rathnure (Wexford)
1993 Coil Dubh (Kildare)
1994 Kilcormac Killoughey (Offaly)
1995 Ballyboden St Endas (Dublin)
1996 Dungarvan (Waterford)
1997 Mount Sion (Waterford)
1998 Mount Sion (Waterford)
1999 Kiltormer (Galway)
2000 Tommy Larkins (Galway)

Sevens U16s Multiple Winners

St Rynaghs (Offaly)	2
Craobh Chiaran (Dublin)	2
Kilcormac Killoughey (Offaly)	2
Mount Sion (Waterford)	2

11 A Side U13 Winners

2004 Durlas Og (Tipperary)
2005 Na Piarasigh (Cork)
2006 Na Piarasigh (Cork)
2007 Kilmacud Crokes (Dublin)
2008 Middleton (Cork)
2009 James Stephens (Kilkenny)
2010 O'Loughlin Gaels (Kilkenny)
2011 Sarsfields (Cork)
2012 Clarinbridge (Galway)
2013 Naas (Kildare)
2014 Erin's Own (Cork)
2015 Kilmacud Crokes (Dublin)
2016 Clough-Ballacolla (Laois)
2017 Kilmacud Crokes (Dublin)
2018 Kilcormac Killoughey (Offaly)
2019 Kilmacud Crokes (Dublin)

11 A Side U13 Multiple Winners

Kilmacud Crokes (Dublin)	4
Na Piarasigh (Cork)	2

All-Ireland U12 – Winners

2019 Ballygunner (Waterford)

COMPETITION RULES 2022

1. The competition is a one-day tournament run on the eve of the All-Ireland Senior Hurling Final each year.
2. Entry to the competition is by invitation only.
3. The competition shall be confined to registered GAA Clubs.
4. The completion shall be organised by Kilmacud Crokes Hurling Committee.
5. A panel of referees to be used shall be drawn up from a list, which has been submitted for approval to the Games Administration Committee.
6. A duplicate list of up to 16 players shall be supplied to the referee before commencement of the first game. Listed players only may be used in the competition.
7. Any team fielding ten minutes late is subject to disqualification, subject to the decision of the official in charge of the ground.
8. Should there be a clash of colours, one side, on the toss of a coin, shall wear jerseys supplied by the organising committee.
9. The competition shall be run as per the Programme. Ten minutes play each half and three minutes half time break shall apply except in the main competition final, which shall be fifteen minutes, each half.
10. The competitions shall be run on a "Group Basis" proceeding to the next round.
11. If teams finish level on points, score differences will determine the group winner. If score differences are also the same, the team with the highest score is deemed the winner.
12. Penalty: One defending player on the goal-line who may not move towards the 20 m line until the ball has actually been struck. The player taking the penalty may place it up to 7 m back from the 20 m line and within the arc but must strike the ball on or outside the 20 m line.
13. In the event of a draw in a Group Final, Quarter Final or Semi Final, a penalty shoot-out will take place. Using three different players, each team takes three penalties in turn; if scores are still level, "sudden-death" penalties will be taken in turn by the remaining players until a result is achieved. Both goals and points count.
14. For free pucks for Technical Fouls committed inside the large rectangle and awarded on the centre point of the 20 m line, a maximum of five players may stand on the goal-line and may not move forward until the ball has been struck. The player taking the free puck may place the ball up to 7 m back from the 20 m line and within the arc but must strike it on or outside the 20 m line.
15. For a 20 m free puck awarded for a foul committed outside the large rectangle, all players shall stand a minimum of 20 m from the point of award of the free and may not move closer to that point until the ball has been struck.
16. Rule 2.4 and 4.16 - If a defending player(s) fouls before the ball is struck and a goal does not result, the referee shall give the penalty taker/free taker the option of re-taking the Penalty Puck/Free Puck or of having a point scored to stand.
17. If a player taking a Penalty Puck or other Free Puck awarded on the 20 m line fails to lift the ball at the first attempt or fails to strike it with the hurley, even if the action causes it to marginally cross the 20 m line, he shall be allowed to strike the ball on the ground without delay.
18. Advantage - Referee may allow the play to continue for up to 5 seconds after a foul; if no advantage accrues during that 5 seconds he may subsequently award a free puck for the foul.
19. In the event of a draw in the final, five minutes extra time each way will be played. If the sides are still level, a penalty shoot-out shall apply.
20. Unlimited substitution from the centre point of either sideline can be made during stoppages and with the consent of the referee. A player coming on will hand a baton to the player coming off. The baton shall not be thrown from one player to the other.
21. Referees are required to submit a report after each game to the organising committee. A copy of all reports and team lists shall be submitted to the games Administration Committee within five days of the tournament. 22. Any matter of dispute shall be dealt with by the Organising Committee.
23. Normal GAA rules apply in all other cases (e.g. a player sent off may not be replaced for the rest of the game).

CUP WINNERS 2019 - PORTROE



CUP RUNNERS UP 2019 - ST. FINBARR'S





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SHIELD RUNNERS UP 2019 - SETANTA



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U13 WINNERS 2019 - KILMACUD CROKES



UNDER 13 CUP WINNERS 2019 – KILMACUD CROKES (2006'S)

Back Row: John Mullen, Tadhg Ó Cathasaigh, Jack Fairmaner, Ben Crowley, Rees Dowling, Patrick Clancy, Brian Walsh, James Neary, Sam Fennell, Mikey Duncan, Cathal Crea, James Dunphy.

Front Row: Colm Kelly, Jack Dillon, Seán McBarron, Jonathan Kilroy, David Purcell, Gearóid Flannery, Jay Courtney, Mick Kennedy, David Mattimoe. Mascot: Odhran Flannery.



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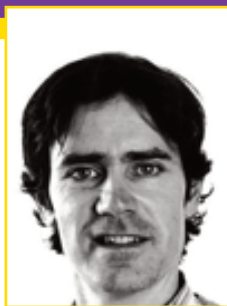
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THIS IS MODERN MEDICINE

THE GAA'S TWIN AMBITIONS FOR ATHLETICS AND HURLING

Jan O'Riordan

Ian is the athletics correspondent with the Irish Times



Before leaving this mortal world 10 years ago this August, Kerry writer, teacher and poet Con Houlihan would sometimes invite me down to his house located at what he called the beautiful harbour in Portobello.

Depending on the time of year or day for that matter our refreshment of choice might be Steinlager or else Yellow Tail, the former sadly no longer available in the country. Now read on.

Not many people still claim Steinlager to be their absolute favourite beer, but Con always did, at least when he was drinking outside of Belgium – where he liked to remind me they had more breweries than creameries.

He'd first tasted it in New Zealand, when he was down there for the 1987 Rugby World Cup, falling in love with the place, and the beer, describing it as “easily drinkable”, which believe me it most certainly is.

Con also introduced me to Yellow Tail, and when it came to wine he always had a preference for a relatively cheap Australian red. It helped that they sold it in the Spar just around the corner, and he always insisted on paying for the two bottles, pulling out an old €20 note from under the telephone next to his soft white chair.

He did, occasionally, call for an intermission and served up mugs of Barry's tea or small thimbles of Courvoisier cognac, but the two bottles would soon disappear and he'd call it a night, promising the ghost of John Millington Synge would steer me safely back on my bike to the Dublin Mountains.

Like Yellow Tail, most of Con's favourite things were “not fashionable”, as he'd say himself, and obviously not just in the dress sense. He also liked to remind me of the not always fashionable and oftentimes forgotten idea that the Gaelic Athletics Association was originally founded in 1884 on the twin ambitions of reorganising athletics and reviving hurling as the national game.

Whatever was made of Gaelic football after that was considered secondary, only how did these twin ambitions fare?

The first recorded athletics meeting in Ireland took place in Trinity College on February 5th, 1857, although it wasn't until 1873 that any sort of organising body was established, the Irish Champions Athletic Club (ICAC).

That December, the ICAC purchased eight-and-a-quarter acres at Lansdowne Road from the Earl of Pembroke, and laid down a 578-yard cinder track – the first home of Irish athletics, before rugby took its grip.

Two years later, 1875, the ICAC championships at Lansdowne Road attracted some of the big names of the sport, including hammer thrower Maurice Davin from Carrick-on-Suir. Later that summer the Dublin Amateur Athletic Sports featured another weight-throwing double by Michael Cusack from Carron in Clare. Like Davin, Cusack was as much concerned about how athletics was run as he was his own performances, and soon they began to see eye to eye.

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Specsavers

When in 1880 the ICAC fizzled out, leaving no central organising body for Irish athletics, and only the rules of the English Amateur Athletic Association, Davin and Cusack saw their chance. After a couple of failed attempts to establish a new body, an anonymous article appeared in the republican newspaper *The Irishman* on October 11th, 1884, almost certainly written by Cusack:

“We tell the Irish people to take the management of their games into their own hands, to encourage and promote in every way every form of athletics which is peculiarly Irish, and to remove with one sweep everything foreign and iniquitous in the present system... It is only by such an arrangement that pure Irish athletics will be revived, and that the incomparable strength and physique of our race will be preserved”.

It was with that in mind that Cusack and Davin organised a meeting at the Commercial Hotel in Thurles for November 1st, 1884. The rest, of course, is GAA history. Davin was elected the first GAA president, and Cusack the first GAA secretary, but hurling and football weren't their main motivations for that meeting; athletics was, not that you'd think it today.

Cusack quickly earned a reputation for being biased towards “pure athletics”, as he put it himself, and at the GAA's first rules meeting of January 17th, 1885, it was decided “any athlete competing at meetings under other laws those of the Gaelic Athletic Association shall be ineligible to compete at meetings held under the GAA.”

This didn't sit well with the remaining athletics establishment in Dublin, who on February 1st, 1885, formed the Irish Amateur Athletic Association (IAAA), catering for mostly urban athletics areas.

The GAA's influence on athletics was wilting, and a new athletics council was established at the 1913 GAA Congress with the intention of refocusing some attention to the sport. It didn't

succeed; by 1922, both the athletics council of the GAA and the IAAA disbanded, paving the way for the establishment of the National Athletic and Cycling Association of Ireland (NACAI), and the rest is Irish athletics history.

As for Cusack and Davin's ambition to revive hurling as the national game, 138 years later there have only ever been 13 different winners of an All-Ireland hurling title.

Of those, three have won only once, including London (1901), along with Kerry (1881) and Laois (1915). Of the other 10 winners, Dublin haven't won since 1938, Waterford since 1959, and only six counties – Kilkenny, Cork, Tipperary, Limerick, Galway and Clare – have won since the year 2000.

As the 2022 hurling championships progressed through the provincial round-robin stages, there was nothing to suggest that will change anytime soon – that second ambition of Davin and Cusack an equal failure perhaps.

The Munster championship consists of five counties and is unquestionably competitive; the Leinster championship now consists of six counties, including Galway, given there is no one else as competitive in Connacht.

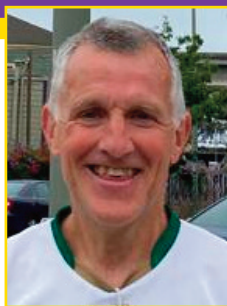
Perhaps some greater promotion of the Sevens Game by the GAA would help improve the state of competitive hurling around the country, something no doubt Con would approve of.

Ian kindly wrote this article last month just before his Dad, the legendary Tom "Tommo" O'Riordan passed away. Tommo was an Olympic athlete himself before going on to be a leading journalist in both athletics and Gaelic Games.

Ar dheis Dé go raibh a anam.

KILMACUD CROKES U15 - DUBLIN DIVISION 1 FÉILE WINNERS 2022 & ALL IRELAND FEILE SEMI-FINALISTS!

Diarmuid Coogan



After the disappointment of losing the 2021 U14 Cup Final to local rivals Ballyboden in extra time, the U15A's began the 2022 season with grim determination and gave arguably their best performance in recent years by beating 'Boden in their 1st Féile group match by 1-20 to 0-7 with centre back Rory Flannery in lethal form from frees and 65's and the team playing with great tenacity from No.1 to 15!

They followed up with hard fought wins over Na Fianna and Lucan before facing St Judes in a "cliff hanger" semi-final in which they twice made "Lazarus like recoveries" to win by 2-11 to 2-8.

In the decider, local rivals Ballinteer St Johns were playing in their 1st ever Division 1 Féile Final and were well up for it.

The elements didn't allow free flowing hurling and it was 0-4 each after a cagey 1st half.

After the break, Crokes "upped the ante" and were powered by dynamic midfielders Finnian Donohoe and Eoghan O'Donovan. Following a few wasted chances which they "tried to walk into the net", they remembered that points counted too and Flannery, corner forward Ros Criostoir and half forward Connie O'Sullivan started to get the scoreboard moving before Crokes eventually won by 0-16 to 0-8.

This was the 1st time that Crokes have won the Division 1 Hurling Féile since 2014 and in a

connection with that team, current U15 captain James Ryan is a cousin of Cormac Keys who captained the 2014 outfit.

(At the time of going to print, the U15A team was preparing for the National Féile tournament.)

The U15B team also put in a very strong Féile campaign and after winning all their group matches in fine style, they beat Ballinteer in the Division 6 Semi Final which they won decisively following a tight 1st half. Backboned by goalkeeper Mark Beggins, half back Aidan Boniel and captain Conor Mullin they played with great spirit throughout the campaign but were unlucky to run into a very strong Scoil Ui Chonaill team in the Division 6 Féile final. The team were very grateful to U14 lead mentors Adrian Crean and Liam Roche for the support of some fine U14 players.

The overall group is coached/organised by Ros Criostoir, Jim Ryan, Paddy Linehan, Diarmuid Coogan, Niall Donohoe, Brian McNamara, Neil Moriarty, Karen Beggins, Declan Brosnan, Shane Gargan and Padraig Lynch.

The Féile effort benefited considerably by the input of former senior hurler Eoin de Paor.



U15 DUBLIN FÉILE WINNERS

Back row: Lochlainn Kennedy, Ross Gargan, Eoghan O'Donovan, Daithi Linehan, Ryan Crowley, Fintan Lydon, Finnian Donohoe, Rory Flannery, James Ryan(Capt) , Eamon Kenny, Thomas Ambrose, Connie O'Sullivan, Cian Moriarty, Rian Robertson, Conall Criostoir , Ronan McNamara, Jonathan Axelsson, Conor Coogan, Joe Tulliani, Tim Curtin, Conor Kennedy, James Friel, Hugh Brosnan, Matthew O'Rafferty, Scott Heath (Supporter)

Front row: Diarmuid Coogan, Niall Donohoe, Jim Ryan, Ros Criostoir, Paddy Linehan, Neil Moriarty, Brian McNamara (Mentors)



U15B FEILE SQUAD

Back row : Colm Lynch, Diarmuid Coogan(Mentors), Mark Beggins, Cian Cooper, Liam McCusker, Aidan Boniel, Eoin Lynch, PJ Phelan, Dan Conway, Adam Faughnan, Pdraig Lynch(Mentor),

Front row: Conor Mullin(Capt), Gavin King, Seán Ó Maonaigh, Conor Foley, Colm Buckley, Ben Franklin, Charlie Grehan, Harry Lynch, Andy Blanker.

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KILMACUD CROKES AND THE ALL IRELAND 7'S

Kieran Dowling

Senior Hurling Bannisteoir



When Diarmuid Coogan asked me to write an article on my own perspective of the 7's as a part of the clubs heritage and the development of the Senior team for Championship it made me reflect on the journey our club has been on.

When I moved to Dublin and joined Kilmacud Crokes I was already aware of the 7's as it was always part of my family's All Ireland weekend. Pairc De Burca was the place to be on the Saturday to meet old friends from the four corners of the country and beyond and perhaps pick up a spare ticket.

It was only as I became more involved in the club that one could see the work that goes in to make the 7s a success. Whether it is preparing the programme, painting the posts, lining the pitches or doing umpire on the day, it is all done by club members and it is this volunteerism that has become such an important part of the heritage of the club.

The big positive from the 7's was the good will that it brought towards the club and the recognition of our love of hurling. As we worked to develop our teams, we used this good will to travel throughout the country with our juvenile teams. We also expanded the 7s to include Juvenile teams and it became obvious that we had fantastic young hurlers coming through.

For many years our senior team aspired to win our own tournament. The tournament was always a way to measure ourselves against the best in the country. We looked on enviously as fantastic

teams like Buffers Alley, Midleton, Young Irelands and Borris-Ileigh amongst other took home the cup. But each year we learnt from the best and saw what needed to be done to win. We kept getting closer to achieving our goal aided by the development of our younger players and were unfortunate to lose the 2012 final after extra time.

I was part of the senior hurling management in 2014 and at the start of that year we targeted winning the 7's as a steppingstone for championship. Winning a 7's is not easy as the physical demands on the panel of 10 are significant and it can take up to 2 weeks to fully recover from the exertions. However, we believed that effort would be worth it. We tailored our training specifically to prepare for the 7's and after a hard-fought campaign we qualified to play Portroe in the final. The closer we got to the final the more the excitement grew around the club, and we had a huge home support which helped us claim our first 7's. Some of the juveniles who celebrated with us that evening are now senior hurlers themselves. The confidence that winning the 7s gave the team helped in no small measure towards winning the senior championship that year. We were honoured to win again in 2016 and 2018.

Every year the senior hurlers target winning the 7's and this year will be no different. Competition within the panel to be selected is helping to bring an intensity to training that is needed to win both the 7s and defend our Dublin title. We will be ready on the day and look forward to seeing old friends and making new ones on the day.

A REVIEW OF 2022 CLUB HURLING YEAR

Mark Lohan

Chair, Kilmacud Crokes Hurling



A Chairde,

On the eve of our Beacon Hospital Kilmacud Crokes Hurling All Ireland 7s competition we look forward to a weekend of hurling, at our own pitches on Saturday and then in HQ (Croke Park) on Sunday.

It marks the end of the inter-county campaigns, but it heralds the start of the county club championships. We are the reigning county champions! The championship is eagerly awaited by Kilmacud Crokes and, of course, the other clubs in the county.

Let's look at the year so far. There is no doubt about it but that the Gaelic games are back in full swing. Our hurling club had 55 teams playing this year. Each one of those teams were managed, guided, and trained by volunteers.

My first words are one of thanks to all those volunteers. Their role is an important one, especially those that work with the younger groups where we rely on them to pass on a love of the game and instil in the children the security that comes with being a member of the GAA and Kilmacud Crokes. "Mol on óige agus tiocfaidh sí".

In 2022 we have 5 adult teams. Crokes will compete in the top 3 divisions: Senior A, Senior B and Senior C. Our 4th and 5th adult teams will compete in the Junior C and Junior F divisions. We will have 2 teams competing at both the U19

and U17 levels in the championship. Our U16 teams will also be competing in championship and will be seeking to retain the honours won last year. The U15 teams both got to their respective Féile final. The A team prevailed and proceeded to the National Féile final on the 25th June.

Our U14 and U13 teams will also compete in various divisions during 2022 and, with record numbers, will compete strongly.

Our Juvenile section is a hive of activity. The festivals of hurling took place in UCD over 2 weekends in October. More than 30 teams from around the country attended. Pipers, parades, colour, hurling, sunshine and excitement were on show during the festival. We are very lucky to have UCD on our doorstep and having it made available to us.

The very enjoyable Hurling Festivals are just one aspect of the vibrant juvenile section. Under the stewardship of Niall Corcoran, this section has developed a love of hurling within our young members and harnessed skills and talents which has now yielded success at adult level.

The intercounty senior team had 3 members on the Dublin squad and the minor set-up had 5 Crokes players. Of course, so many of the Dublin intercounty teams had Crokes people in management, mentor, medical and other support roles.

Our hurling committee is a strong working group. The committee is responsible for ensuring that the hurling section has the requisite training venues, volunteers, training plans and equipment so that all hurlers can progress. Niall Corcoran works closely with the hurling committee to achieve our skills development objectives. Our 2021/2022 coaching objectives are ensuring a pathway from Minor hurling to Adulthood, training for coaches and player pathways. Thanks to Niall and the committee for their dedication and support.

Go raibh mile maith agibh go léir.

Mark Lohan
Chair, Kilmacud Crokes Hurling



2022: Sweetest Sevens Ever



KILMACUD CROKES SENIOR HURLERS - DUBLIN COUNTY CHAMPIONS 2022

MAXIMISING PERFORMANCE FOR THE GAA CHAMPIONSHIP SEASON

Jan Byrne

Chartered Physiotherapist, Beacon Physiotherapy Department, Beacon Hospital



With the new GAA season format, the new Club Championship season in Dublin is almost upon us. Teams will now be entering a more intense training block in preparation for an August Club Championship. This will be an exciting time for both players and supporters with Championship games being played in fine weather, on hard ground and fast pitches. Are there any better conditions for Championship Football, Hurling or Camogie?

There will be some unfortunate souls who fall victim to injury in this period and there is nothing worse than picking up a potentially preventable soft tissue injury/niggle and chasing your fitness for the rest of the Championship. With that in mind, here are some pointers on staying injury free and maximising performance for the white heat of Championship.

Periodisation and Planning

Periodisation is the deliberate planning/structuring of training in order to optimise/peak at the important times. Sound periodisation is a key part of staying injury free. If you're preparing for an intense period of group games, then replicating the demands of these games is important. If your training is containing low intensity, high volume running, for example, are you adequately preparing your body? And will your body cope with the demand of 60-70 minutes of high intensity running. Similarly, if gym-based resistance training is still part of your training week, it should likely look quite different than your off-season gym routine. Do you need to lift heavy for numerous reps or will sharp power based/plyometric training allow you to be more explosive in tackles or evading the opposition? Note that this power-based training can be more demanding and should be considered in the context of your training week.

Rest and Recovery

Having spoken about the planning of training, potentially more important is the planning of your recovery. As we reach the group stages/early phase of Championship the heavy work should be done and the

focus will be on maintaining performance for a run of consecutive games. Championship intensity may take your body to a place it hasn't been to in a while and you need to ensure you are sufficiently recovered between games. Evidence suggests that athletes who sleep less than 8 hours per night are up to twice as likely to be injured. Consider sleep hygiene tips like avoiding smart phone use directly before bed and ensuring room temperature is adequately controlled. Another key aspect of recovery is adequate re-hydration and re-fuelling post exercise, particularly if in an injured state.

Appropriate Warm Ups

Again, we come back to the topic of preparing the body for the task at hand. If you have planned your training well and recovered appropriately it would be a shame to not fulfil your matchday potential due to an inadequate warm up. There is very strong evidence for the injury prevention of a solid warm up. Specifically designed warm ups such as the GAA 15 or FIFA 11+ for soccer are well designed, evidence based and specific to your sport. Most Senior Clubs at this stage will likely have some S&C input on matchday and most will be well versed in warm up strategies

Address Issues Early

Despite your best intentions and even with rigorous planning and recovery, injury in some instances is simply unavoidable and playing any field sport exposes one to some risk. With that in mind, ensure to address any niggles or issues early and stamp them out before they develop. No one will know your body better than you. If something isn't right, consult your Chartered Physiotherapist for assessment and advice to give yourself the best chance of playing, and more importantly performing, on the big stage.

If you feel you have an injury or even need some advice on injury prevention we have a team of highly qualified sports physiotherapists, sports medicine physicians and Orthopaedic Consultants in Beacon Hospital who are there to help.

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