CORE HEALTH AND FITNESS: Get fit, lose weight and feel better. With memberships from €32 per month, Personal training for less than €7 per session, at a time that suits you. Pilates, Yoga and Circuit training classes ongoing, you really have no more excuses! Feel free to come in and look around. For more information visit our website www.corehealthandfitness.ie or contact us on (087) 9302152 or (057) 8740637 or info@corehealthandfitness.ie by email.

ATHLETICS: On 22nd January Avril Deegan travelled to Cardiff, Wales to represent Ireland in the Celtic International Cross Country. Avril ran on the U20 squad and was placed 18th overall in a fast competitive field. Avril was happy with the fantastic experience of running on an Irish squad against top class international runners. Avril also had a very successful day last weekend in Athlone International Arena in the All Ireland Junior Indoor Track Championship. Avril won gold in the 1500m and bronze in the 800m final. A fantastic achievement taking home two All Ireland medals on the same day. The Schools Cross-Country is the next challenge for Avril and we wish her every continued success.

CULLOHILL HANDBALL CLUB: Congratulations to All Star Niamh Dunne who represented Laois and was awarded an All Star for Young Player of the Year at the Leinster Handball Convention recently.

THE HARPS CAMOGIE CLUB: U14 training resumes this Saturday, 4th February from 11am at The Harps GAA pitch in Cullohill.

Indoor Training: The Club is running indoor training in Durrow and Cullohill over the coming weeks for U8 and U6 age level. The first sessions will take place in the hall (opposite the Church) in Durrow on Tuesdays starting at 7pm. Girls aged 5 to 8 years are all invited to come for an hour of fun and games. Hurleys will be available for use but a helmet is required and runners must be worn. For information please contact Mary Donohue on (087) 2866147.

THE HARPS GAA CLUB: *Smash Hits Night:* Keep your diary free for March 11th when The Harps GAA will hold a fundraiser in Lennons Venue, Durrow. The massively popular Smash Hits group will perform songs that have thrilled audiences all across the UK and Ireland on the night. Keep an eye out on Social Media for further details and competitions to win some tickets for the event!!!

Congratulations: to Larry Mahony who won The Harps GAA's Third Time Lucky Lotto draw on Saturday, 21st of January last. Larry's lucky number, 45 was the bonus ball in the National Lottery's main draw on the night clinching the win for Larry. The Club Chairman, Seamus Campion presented Larry with his cheque shortly after the draw, thanking Larry for his ongoing support for the Club.

€15,000 Grant: The Harps GAA Club were delighted to have been allocated a development grant of €15,000 from the Leinster Council recently. Club Chairman Seamus Campion and Club Secretary David Finnegan were both in attendance at the Leinster Council GAA Offices in Portlaoise to collect the cheque which will be used to fund the ongoing developments in the club's facilities.

"Much work has taken place over the past three years with a new Gym complex, Ball Wall with Flood Lighting and associated groundworks which will serve all our players both young and old long into the future." said the Chairman following the award. "I would also like to thank David Finnegan, for his work in developing the plan when applying for this grant, he was instrumental in getting this grant awarded to The Harps" concluded the Chairman.

Annual County Board Draw: The Harps GAA Club appeal to everyone to support the Annual County Board Draw which is a massive fundraiser for the Club. Tickets are currently on sale from all committee members and adult players until February 28th. Why not buy one in conjunction with a friend?

Classified Ads

LOOKING FOR A WEBSITE? Get your Business or Personal Website online now. Contact Andy on (083) 4554040. **PHOTO REPAIR AND ENHANCEMENT:** If you have any old or damaged photographs that you need repaired, enhanced or manipulated, please contact Andy, 16 Derrywood, Durrow on (083) 4554040. Initial repair and one 5" \times 7" print - \in 25. Each additional 5" \times 7" print thereafter - \in 5. Visit www.noalphabet.com online!

INNER WORLD YOGA & MEDIATION STUDIO: Offering Yoga for beginners, Yoga for men, Restorative Yoga and Sound Meditation. For more information or to book a class call Zara on (087) 1225752, Ballynevin, Cullohill.

LISA's BEAUTY and MASSAGE ROOM in CULLOHILL: Fully qualified beauty and physical/sports injury massage therapy. Treatments include: Swedish/hot stone/deep tissue/sports/pregnancy and Indian head massage. Waxing, tinting, threading, spray tanning, gel polish, manicure, pedicure, organic Nía facials, Hopi ear candling & more. For enquirers or an appointment call Lisa on (087) 1257628 or check out the Facebook page @lisasbeautymr online.

OFFER: * Hydrating organic Nía Mini facial with Indian head massage now €20 normally €25... * Full body he-shi spray tan, intro offer €20 normally €25, half body €10 normally €15!

PHELAN'S TOPLINE HARDWARE, DURROW (057) 8736121 OFFERS AND SPECIALS: Madra Dog Food 15kg only €15 each or two for €25. Sirocco Ash Vac Only €59. Briquettes 5 Bales only €20. Don't forget! WE OFFER FREE DELIVERY, WE CUT HOUSEHOLD KEYS & WE MIX PAINT! Find us on Facebook: facebook.com/toplinephelans online.

LAPTOP + COMPUTER SERVICING AND REPAIR: Is your laptop running slow?, full of pop-up ads? and generally frustrating to use? Call Laois Computer Services on (087) 4103520 - Phone 6pm-10pm and 10am-6pm weekends.

NEXT NEWSLETTER: The next newsletter will be on sale weekending February 18th <u>&</u> 19th.

ADVERTISE HERE: All adverts must be booked with Angela Drennan (087) 1928522 or Mary Walsh (086) 3055157.

Advertisements cost €2 per issue of Durrow Parish Newsletter and must be paid for in advance.