



GAISCE
THE PRESIDENT'S
AWARD

A Guide to Organising a Bronze Award Ceremony

Table of Contents

Introduction	3
Why hold a Bronze Award Ceremony?	4
When is the best time to hold an Award Ceremony?	6
Where to hold the Award Ceremony?	7
Who should present the Awards?	8
Refreshments	9
Making use of available support	10
Ceremony Format	11
Ceremony Planning Checklist	13
Tips for a Smooth and Confident Presentation	15
Appendix 1: Potential Speaking Points for Award Presenters	16
Appendix 2: Potential Speaking Points for Compere	17
Appendix 3: Local Media Contact Lists by County	18

Introduction

This Bronze Award Ceremony toolkit has been developed to assist PALs to organise award ceremonies for their Bronze Award recipients.

While Gaisce organises regional Silver and national Gold Award ceremonies every year, Bronze ceremonies are organised on a local level by the organisations who offer Gaisce programmes.

Should your organisation also wish to hold a Silver Award ceremony, this toolkit will hopefully contain relevant tips and assistance.

We are aware that organising an award ceremony for your participants can be a daunting prospect, so we have put this toolkit together to help you along each step of the way. We have included tips, contact details for press and other organisations, and templates for speeches and press releases that might be of use to you.

If you have any feedback or suggestions for content that could be included in the toolkit, we would be delighted to hear it. You can email your feedback to mail@gaisce.ie.

September 2015

Why hold a Bronze Award Ceremony?

There are many good reasons to organise Bronze Award ceremonies within your organisation or community group:

1. It is a fantastic way to highlight the recipient's achievements and how they earned their Bronze Gaisce award. An award ceremony is the culmination of all of their work, and gives an opportunity for their efforts to be acknowledged publicly.
2. It will motivate Bronze Awardees to progress to the next level of Gaisce and participate in the Silver or Gold Award programmes. This is hugely beneficial as it will encourage participants' continued personal growth and development, as well as ensuring their continued involvement in their community and society.
3. It is a chance for reflection on how enjoyable Gaisce was over the year and the benefits of taking part. It is the perfect opportunity for participants to realise how far they have come - that they have achieved something that they previously might not have thought possible.
4. It is a great opportunity for you as a PAL and the Gaisce operating body (your organisation or educational institute) to get the recognition you deserve, both within the organisation, but also publicly through media coverage in local press.

5. If the ceremony is jointly held with other organisations, it can be a great opportunity to meet other PALs and to find out what other Gaisce groups in your area are doing, and where you could potentially join together in other areas.

When is the best time to hold an Award Ceremony?

The timing of the award ceremony will largely depend on when all of your group have completed their Awards. Below are some suggestions for when might be optimal times for the ceremony to take place:

May: Particularly in schools or organisations that are closely tied to the academic year. As everything is finishing up, it might be possible to schedule it as part of an end-of-year night.

Sept/Oct: The start of the academic year is an opportune time to promote the Award within your organisation. It can inspire the recipients to continue on to further stages of the Award, and also others who have not been involved to get registered.

Christmas / End of Year: Christmas is an ideal time for organisations who are not tied to the September - May schedule. It can easily be incorporated as part of a Christmas party, and is appropriate for the time of year as a positive celebration of achievement through the year.

Remember though that there are no limits to when recipients can receive their Awards. If your organisation runs another ceremony that would suit the distribution of the Awards that may be preferable for you. Just remember to have your awardees marked as completed on the Gaisce Online System at least ten working days before your ceremony so that Gaisce can get the medals and certificates to you on time.

Where to hold the Award Ceremony?

This decision is likely to depend largely on whether your organisation has the facilities to host the event itself (such as an assembly hall), or it is something that would be held outside the location that your organisation operates from.

If the ceremony is being held in premises not controlled by your organisation, it is likely that cost will be a factor, so bear this in mind.

In either case, a number of considerations will need to be made before deciding upon a venue:

- Does the venue have a PA system?
- Does the venue have / require a stage?
- Does the venue have wheelchair access, should it be required?
- Can the venue hold the expected audience size?
- Enquire about emergency exits and other safety information.

Who should present the Awards?

There are many options for the type of person who could present the awards to the participants, you could approach:

- A well known celebrity from your area
- A local successful businessperson
- A Gaisce Gold Award holder from your organisation
- A past member who has excelled in their field of work
- A successful local sports person who the participants look up to.

Make sure that you take the time to brief your guest as to what you would like them to say. Please see the appendix for a list of suggested potential speaking points for your presenter.

Refreshments

A cup of tea and a biscuit or bun is lovely to be able to provide for the audience afterwards, and can allow for an excellent social opportunity for awardees, PALs, and guardians and guests.

Refreshments can often be cost prohibitive. It may be possible to negotiate with the venue holder in order to reduce event costs. For example, it may be possible to receive the room free of charge if a certain amount of refreshments are to be ordered. This is more likely to be achievable if the ceremony is taking place at an off-peak time.

If there are other young people involved in your organisation who are not receiving their Award, especially previous awardees or current active participants, it might be possible to ask them to provide baked goods (for example, with the support of a home economics teacher), and to help serve the the refreshments on the night.

If there is a local café, particularly a youth café that some of your participants might be involved in, it might also be possible to source support from them. This can keep costs low, and allows more young people to have a role in the organising of the ceremony.

Making use of available support

Make sure you don't carry all of the workload alone! The Award ceremony is also an important opportunity to recognise your great work as a Gaisce PAL. Try to involve some of your colleagues and encourage other young people involved in your organisation to help out with the planning of the ceremony.

Perhaps you could consider using the project of planning the event as part of current award participants' Gaisce challenge? It could feature as part of their community involvement section should they so wish.

Try to divide up the key activities for the ceremony:

- Who can hand the medals to the special guest to present to recipients?
- Who can assist the movement of recipients up to the stage?
- Who can organise the refreshments, and who will prepare it?
- Who can liaise with the photographer and local press, both before the event and on the day? You can also find a database of local press contacts as an appendix of this toolkit.
- Will you need to use a computer / projector? Who can assist with this?

Ceremony Format

The pre-planning of your ceremony is vital to ensure that everything goes smoothly on the day. Planning will also ensure that you have the correct ceremony length and running order.

It is particularly important that you indicate to guests how long they should speak for, so that they can plan accordingly.

Ideally, recipients should sit in one area of the room to allow easy flow onto and off the stage. It might be easiest to seat recipients in alphabetical order if the certificates are being distributed during the ceremony. It can be easier to present just the medals & pins on the night, with certificates given out at another time.

In order to keep the event flowing, it may be best not to allow photographs while they are on stage, as this can also be distracting to those on-stage. This can be done at the end of the ceremony while parents are having their refreshments, especially if the guest speaker is willing to stay for photos.

Sample Ceremony Schedule

8.00pm: Compere provides welcome and introduction to the event

8.02pm: Introduction of special guest to the stage

8.03pm: Introduction continued – why are we here, numbers getting award, what Gaisce is and the achievements involved, etc. (See the appendix for more speaking ideas)

8.07pm: 2 Bronze recipients give small talk or presentation on what they did to earn their award and their experiences.

8.15pm: Presentation of medals

8.30pm: Special guest speaks

8.35pm: Conclusion and thank you – presentation of small gift to guest speaker.

8.40pm: Photos & refreshments for parents etc.

Ceremony Planning Checklist

6 months in advance: Set the date & venue for the ceremony. Let participants know so that they fully understand they have to be completed at least 2 weeks before that date.

4 months in advance: Source a photographer, either through booking a professional or sourcing a volunteer. Perhaps if a current participant is doing photography as their personal skill they could act as photographer for the event.

2 months in advance:

- Remind and urge Participants to start finishing Gaisce activities.
- Start to think about your special guest and approach potential candidates.

1 month in advance:

- Ask your participants to send their record sheets to you for approval and inform the Gaisce office of the date of your ceremony. You must notify the Gaisce office of Award completions at least 10 working days before your ceremony date to ensure you have your medals and certificates for the ceremony.
- Begin to finalise who will support and assist you on the night.

2 weeks in advance:

- Select your 2 Bronze Award speakers, and their speech and presentation topics.
- Contact local media with the details about your ceremony, examples of the achievements of participants, and an invitation to attend and cover the ceremony.

A Few Days Before:

- Ensure that your special guest is still available. Ensure they have directions to the venue and your contact details.
- Go through layout of room, stage, podium, PA system, seating arrangements, and any accessibility requirements if needed.
- Finalise numbers for refreshments.
- Confirm photographer and local press attendees.
- Organise gift for special guest.
- Circulate any necessary instructions for staff.
- Review Bronze recipients' speech and presentation.

Day of Ceremony:

- Make sure everything is ready at least one hour before starting time.
- Check:
 - Stage layout , setup of medals, podium, PA and projector
 - Refresehments, seating, heating and lighting in your venue
- Liaise with photographer to finalise plan and any photo requirements

Tips for a Smooth and Confident Presentation

Be sure to be warm and friendly. Remember this is not a business presentation, so there is no need to be too formal – it's your job to put the audience and awardees at ease.

Even if you wrote your speech, make it sound like you're saying it, not reading it. Use language that you're comfortable with, and try to be familiar with the content so that you can speak to the audience.

Use brief stories to engage with the audience and highlight the memorable moments and challenges your group had taking part in Gaisce.

Be energised and upbeat – make sure you try to get a good nights sleep the night before!

Enjoy the occasion, you have made it happen!

THANK YOU!

Appendix 1: Potential Speaking Points for Award Presenters

Their talk could, for example:

- Recognise the recipients' achievements - provide your speaker with facts and figures on the number of hours spent working towards achieving Gaisce can work really well.
- Demonstrate a reasonable knowledge and enthusiasm for what Gaisce is about - provide info on Gaisce from our website (www.gaisce.ie)
- Talk about their experiences and memories of Gaisce, should they have completed the Award.
- The value of Gaisce in terms of both personal development and employment perspectives.
- Examples during their work or life where the ability to self-motivate and learn new skills has led to achievement in their field

Appendix 2: Potential Speaking Points for Compere

This speech could include:

- An introductory explanation of why the event is taking place: the importance of the work and goals completed by the awardees
- Information about the ceremony: the numbers getting involved, the types of activity completed, etc
- Recognition of the awardees' efforts, and encouragement to continue to the next level of the Award
- Recognition of the work of PAL(s) and any other volunteers involved in assisting the participants
- Recognition of parents, guardians, families and friends who supported awardees and ensured that they kept going and kept up-to-date with Award

After the presentation of the awards:

- Thank guest speaker / presenter, and how their speech provided inspiration and support, and the importance of having somebody who awardees can aspire to be like
- Presentation to guest speaker

Appendix 3: Local Media Contact Lists by County

Carlow

Carlow Nationalist

Contact	Title	Email	Telephone
Conal O'Boyle	Editor	editor@carlow-nationalist.ie	(059) 9170100
John Foley	Sports Editor	sport@carlow-nationalist.ie	(059) 9170100
Suzanne Pender	News Editor	suzanne.pender@carlow-nationalist.ie	(059) 9170100
Esther Hayden	Reporter	esther.hayden@peoplenews.ie	(059) 9141877

Beat 102-103FM

Contact	Title	Email	Telephone
Gail Conway	Head of News & Sport	gail.conway@beat102103.com	051 849102

Cavan

Northern Standard

Contact	Title	Email	Telephone
Maurice Smith	Editor	newsdesk@northern-standard.ie	(047) 82188
Caroline	Sports Editor	caroline@northern-standard.ie	(047) 82188

The Anglo-Celt

Contact	Title	Email	Telephone
Linda O'Reilly	Editor	linda@anglocelt.ie	
Damien McCarney	Deputy Editor	damien@anglocelt.ie	(049) 433 1100
Paul Fitzpatrick	Sport Editor	paul@anglocelt.ie	(049) 433 1100

Northern Sound 94-98FM

Contact	Title	Email	Telephone
John Lynch	Presenter/Sports Editor		

Clare

Clare Champion

Contact	Title	Email	Telephone
Austin Hobbs	Editor	editor@clarechampion.ie	(065) 682 8105
Gerry McInerney	Deputy Editor	gmcinerney@clarechampion.ie	(065) 682 8105

Clare County Express

Contact	Title	Email	Telephone
Seamus O'Reilly	Editor	clarecountyexpress@gmail.com	(065) 682 6464

The Clare Courier

Contact	Title	Email	Telephone
Eugene McCafferty	Editor	clareco@iol.ie	(061) 361643

The Clare People

Contact	Title	Email	Telephone
Emmet Moloney	Editor	editor@clarepeople.ie	(065) 689 5500
Emer Connolly	Reporter	econnolly@clarepeople.ie	(065) 689 5500

Clare FM

Contact	Title	Email	Telephone
John Cooke	News Desk	news@clare.fm	(065) 682 8888

Cork

Ballincollig Today

Contact	Title	Email	Telephone
Tom Doherty	Editor	ballincolligtoday@eircom.net	(021) 487 8185

Cork Advertiser

Contact	Title	Email	Telephone
Linda O'Leary	Editor	westcorkad@eircom.net	

Douglas Post

Contact	Title	Email	Telephone
George Thompson	Editor	editor@douglaspost.ie	(021) 436 9000

East Cork Journal

Contact	Title	Email	Telephone
Aoife O'Connor	Editor	editor@eastcorkjournal.ie	(021) 463 8000

Midleton News

Contact	Title	Email	Telephone
Ger Flanagan	Editor	info@midletonnews.com	(024) 93358

The Avondhu Press

Contact	Title	Email	Telephone
John Barrett	Editor	info@avondhupress.ie	(025) 24451

The Carrigdhoun

Contact	Title	Email	Telephone
Vincent O'Donovan	Editor	vincentcarrigdhoun@eircom.net	(021) 437 3557

The Cork Independent

Contact	Title	Email	Telephone
Deirdre O'Shaughnessy	Editor	editor@corkindependent.com	(021) 428 8566
Brian Hayes Curtin	Sports & News	bhayescurtin@corkindependent.com	

The Cork News

Contact	Title	Email	Telephone
Katie Mythen	Editor	editor@thecorknews.ie	
Keith Watterson	Deputy Editor	keith@thecorknews.ie	

The Corkman

Contact	Title	Email	Telephone
Brendan Malone	Editor	newsdesk@corkman.ie	(022) 42394

The Evening Echo

Contact	Title	Email	Telephone
Maurice Gubbins	Editor		(021) 480 2293
Emma Connolly	News Editor	emma.connolly@eecho.ie	(021) 480 2142
Elaine Duggan	Deputy News Editor	elaine.duggan@eecho.ie	(021) 480 2154
Mary Smithwick	Assistant News Editor	mary.smithwick@eecho.ie	(021) 480 2131

The Vale Star / Mallow Star

Contact	Title	Email	Telephone
Steve Murphy	Editor	wob@vso.iol.ie	(022) 22910

The Southern Star

Contact	Title	Email	Telephone
Conn Downing	Editor	editorial@southernstar.ie	(028) 21200

West Cork People

Contact	Title	Email	Telephone
Mary O'Brien	Editor	mary@westcorkpeople.ie	(023) 8835696
Sheila Mullins	Editor	sheila@westcorkpeople.ie	(023) 8835696
Catriona	News Reporter	caitriona@westcorkpeople.ie	

Youghal News

Contact	Title	Email	Telephone
Ger Flanagan	Editor	youghalcommunitynews@eircom.net	(024) 933852

Cork 96FM

Contact	Title	Email	Telephone
Lisa	News Desk	lisa@96fm.ie	(021) 439 2317

Cork Campus Radio 98.3

Contact	Title	Email	Telephone
Kieran Hurley	Head of News & Sport	radio@ucc.ie ucc98.3fm@gmail.com	(021) 490 2170

Life FM

Contact	Title	Email	Telephone
Terri Kruschke	Producer	news@lifefm.ie	(021) 496 4444
Brain Daly	Station Manager	brian.daly@lifefm.ie	086 875 4317

Red FM

Contact	Title	Email	Telephone
Joe Harrington	Producer	sport@redfm.ie	(021) 486 5506
Ruairi O'Hagan	Presenter		(021) 486 5506
Colm O'Sullivan	Programme Controller	colm.osullivan@redfm.ie	(021) 486 5506

Donegal

Donegal Times

Contact	Title	Email	Telephone
Columba Gill	Editor	editor@donegalnews.com	(074) 912 1014
Charlie McGinley	Deputy Editor	cj.mcginley@donegalnews.com	(074) 912 1491

Donegal on Sunday

Contact	Title	Email	Telephone
Connie Duffy	Editor	connie.duffy@donegalonsunday.com	(074) 912 8000
Michelle Nicphaidin	News	Michelle.nicphaidin@donegaldemocrat.com	(074) 912 8000

Donegal Post

Contact	Title	Email	Telephone
Lauren Harte	Editor	editor@donegalpost.com	(074) 972 5312

The Donegal Democrat

Contact	Title	Email	Telephone
Michael Daly	Editor	editorial@donegaldemocrat.com	(074) 974 0160

The Inish Times

Contact	Title	Email	Telephone
Caitriona Gallen	Editor	caitriona@inishtimes.com	
John Gill	Editor	john@inishtimes.com	(074) 934 1055

Donegal People Press

Contact	Title	Email	Telephone
Michael Daly	Editor	michael.daly@donegaldemocrat.com	

Dublin

The Dublin Informer

Contact	Title	Email	Telephone
Niall Gormley	Editor	editor@informer.ie	(01) 813 8786
		news@informer.ie	

Citywide News

Contact	Title	Email	Telephone
Edel Williams	Group Editor		

The Fingal Independent

Contact	Title	Email	Telephone
Fergal Maddock	Editor	editorial@fingal-independent.ie	(01) 840 7107

Metro Eireann

Contact	Title	Email	Telephone
Chinedu Onyejele	Editor		086 8523397

The Malahide Gazette

Contact	Title	Email	Telephone
Cormac Curtis	Editor	ccurtis@gazettegroup.com	(01) 601 0240
Dawn Love	News Editor	dlove@gazettegroup.com	(01) 601 0240

The Northside People

Contact	Title	Email	Telephone
Jack Gleeson	Editor	jack@dublinpeople.com	
Pat O'Rourke	Editor	pat@dublinpeople.com	(01) 862 1611

The Southside People

Contact	Title	Email	Telephone
Neil Fetherston	Editor	neil@dublinpeople.com	

Echo Tallaght

Contact	Title	Email	Telephone
Robert Kenndey-Cochrane		robert@echo.ie	
Stephen Leonard	Sports Editor	sport@echo.ie	

103.2 Dublin City FM

Contact	Title	Email	Telephone
Caroline Brennan	News Editor	news@dublincityfm.ie	(01) 8658020
Mick Hanley	Station Manager	mickhanley@dublincityfm.ie	(01) 8658020
Breifne Early	Presenter	breifneearly@gmail.com	086 821 8854

98FM

Contact	Title	Email	Telephone
Teena Gates	News Editor	teena.gates@98fm.com	(01) 670 8989
	News Desk	news@98fm.com	(01) 439 8800
Dave Smith	Programme Director	dave.smith@98fm.com	(01) 670 8989

FM104

Contact	Title	Email	Telephone
Trish Lavery	News Editor	trishl@fm104.ie	(01) 500 6600
		news@fm104.ie	(01) 500 6600

Spin 103.8

Contact	Title	Email	Telephone
Rory Nugent	Reporter	news@spin1038.com	(01) 656 4600
Michael Brett	Director of Programming	info@spin1038.com	(01) 656 4600

Q102

Contact	Title	Email	Telephone
	Newsroom	news@q102.ie	(01) 850 6512
Trish Lavery	News Editor	news@utvradio.ie	(01) 500 6624

Dublin South FM

Contact	Title	Email	Telephone
Colm Daly		colm939@gmail.com	(01) 296 0939

Phantom 105.2

Contact	Title	Email	Telephone
Keith Walsh	Station Manager	keithwalsh@phantom.ie	(01) 421 8651

Radio Nova

Contact	Title	Email	Telephone
Kevin Brannigan	Chief Executive	kevin@nova.ie	(01) 266 9100
Jeff O' Brien	Programme Director	jeff@nova.ie	
	News Desk	news@nova.ie	(01) 266 9100

Galway

Connacht Tribune

Contact	Title	Email	Telephone
Dave O'Connell	Editor	dave.oconnell@ctribune.ie	(091) 536 222
	News Desk	news@ctribune.ie	(091) 536 222

The Connacht Sentinel

Contact	Title	Email	Telephone
Brendan Carroll	Editor	brendan.carroll@ctribune.ie	

Galway City Tribune

Contact	Title	Email	Telephone
Mike Glynn	Editor	news@ctribune.ie	(091) 536 222

Galway Independent

Contact	Title	Email	Telephone
Hilary Martyn	Editor	editor@galwayindependent.com	(091) 569 000
	News Desk	news@galwayindependent.com	(091) 569 000

The Galway Advertiser

Contact	Title	Email	Telephone
Declan Varley	Editor	dvarley@galwayadvertiser.ie	(091) 530 900

The Tuam Herald

Contact	Title	Email	Telephone
David Burke	Editor	editor@tuamherald.ie	(093) 24183

iRadio

Contact	Title	Email	Telephone
Leigh Doyle	Programme Director	info@iradio.ie	0906 441 5600
Grainne McMahon	Head of News	grainnemcmahon@iradio.ie	

Galway Bay FM

Contact	Title	Email	Telephone
Bernadette Prendergast	Head of News	news@galwaybayfm.ie	(091) 770 000

Kerry

Kerry's Eye

Contact	Title	Email	Telephone
Colin Lacey	Editor	news@kerryseye.com	(066) 714 9200

Killarney Advertiser

Contact	Title	Email	Telephone
Cormac Casey	Editor	info@killarneyadvertiser.ie	(064) 667 1000
Lynda Brinkman	Newsdesk	newsdesk@killarneyadvertiser.ie	(064) 6632215

Killarney Outlook & Tralee Outlook

Contact	Title	Email	Telephone
Con Dennehy	Editor	condennehy@walscolourprint.com	(064) 667 0000

Lee Valley Outlook

Contact	Title	Email	Telephone
Sean MacSweeney	Editor	leevalleyoutlook@eircom.net	

The Kerryman

Contact	Title	Email	Telephone
Declan Malone	Editor	dmalone@kerryman.ie	(066) 714 5546

Tralee Advertiser

Contact	Title	Email	Telephone
Lionel Lynch	Editor	traleeadvertiser@gmail.com	(066) 712 2982

Spin South West

Contact	Title	Email	Telephone
Nessa McGann	Programme Controller	nessa.mcgann@spinsouthwest.com	(061) 218 800
Ciara Revins	Head of News	ciara.revins@spinsouthwest.com	(061) 218 800
	News Desk	news@spinsouthwest.com	(061) 218 800

Radio Kerry

Contact	Title	Email	Telephone
Fiona Stack	Head of News/ Manager	news@radiokerry.ie	(064) 34444

Kildare

Kildare Nationalist

Contact	Title	Email	Telephone
Barbara Sheridan	Editor	editor@kildare-nationalist.ie	(045) 432 147

Kildare Post

Contact	Title	Email	Telephone
Sinead Flanagan	Editor	editor@kildarepost.com	(045) 879 879

Kildare Times

Contact	Title	Email	Telephone
Shay Fitzmaurice	Editor	kildaretimes@eircom.net	(01) 286 9111

Leinster Leader

Contact	Title	Email	Telephone
David Power	Editor	david.power@leinsterleader.ie	(045) 897 302
Laura Coates	News Editor	laura.coates@leinsterleader.ie	(045) 849 265

Liffey Champion

Contact	Title	Email	Telephone
Vincent Sutton	Editor	editor@liffeychampion.net	(01) 624 5533

K FM

Contact	Title	Email	Telephone
Ciara Plunkett	News Editor	ciara@kfmradio.com	(045) 849 109

iRadio

Contact	Title	Email	Telephone
Leigh Doyle	Programme Director	info@iradio.ie	0906 441 5600
Grainne McMahon	Head of News	grainnemcmahon@iradio.ie	

Kilkenny

Kilkenny Advertiser

Contact	Title	Email	Telephone
Naoise Coogan	Editor	news@kilkennyadvertiser.ie	(056) 777 5400

Kilkenny People

Contact	Title	Email	Telephone
Brian Keyes	Editor	editor@kilkennypeople.ie	(056) 772 1015
Sean Keane	Deputy Editor	skeane@kilkennypeople.ie	(056) 772 1015

KCLR 96FM

Contact	Title	Email	Telephone
Sue Nunn	Station Editor	headofnews@kclr96fm.com	(056) 779 6296
Stephen Byrne	Head of News & Sport	stephenbyrne@kclr96fm.com	(056) 779 6262

Beat 102-103FM

Contact	Title	Email	Telephone
Gail Conway	Head of News & Sport	gail.conway@beat102103.com	051 849102

Laois

Laois Nationalist

Contact	Title	Email	Telephone
Conal O'Boyle	Editor	editor@laois-nationalist.ie	(057) 867 0216

Midlands 103

Contact	Title	Email	Telephone
Ciara Walsh	Head of News & Sport	newsroom@midlandradio.fm	(057) 935 1333

iRadio

Contact	Title	Email	Telephone
Leigh Doyle	Programme Director	info@iradio.ie	0906 441 5600
Grainne McMahon	Head of News	grainnemcmahon@iradio.ie	

Spin South West

Contact	Title	Email	Telephone
Nessa McGann	Programme Controller	nessa.mcgann@spinsouthwest.com	(061) 218 800
Ciara Revins	Head of News	ciara.revins@spinsouthwest.com	(061) 218 800
	News Desk	news@spinsouthwest.com	(061) 218 800

Leitrim

Leitrim Observer

Contact	Title	Email	Telephone
Claire McGovern	Editor	editor@leitrimobserver.ie	(071) 962 0025

Shannonside 104FM

Contact	Title	Email	Telephone
John Lynch	Sports Editor	johnlynch@shannonside.ie	(043) 334 7777

Spin South West

Contact	Title	Email	Telephone
Nessa McGann	Programme Controller	nessa.mcgann@spinsouthwest.com	(061) 218 800
Ciara Revins	Head of News	ciara.revins@spinsouthwest.com	(061) 218 800
	News Desk	news@spinsouthwest.com	(061) 218 800

iRadio

Contact	Title	Email	Telephone
Leigh Doyle	Programme Director	info@iradio.ie	0906 441 5600
Grainne McMahon	Head of News	grainnemcmahon@iradio.ie	

Limerick

Limerick Independent

Contact	Title	Email	Telephone
Keith Watterson	Editor	editor@limerickindependent.com	

Limerick Leader

Contact	Title	Email	Telephone
Alan English	Editor	alan.english@limerickleader.ie	(061) 214500

Limerick Post

Contact	Title	Email	Telephone
Billy Ryan	Editor	billy@limerickpost.ie	(061) 413 322

Limerick's Live 95FM

Contact	Title	Email	Telephone
Liam Aherne	Head of Sports	sports@live95fm.ie	(061) 461 900

Spin South West

Contact	Title	Email	Telephone
Nessa McGann	Programme Controller	nessa.mcgann@spinsouthwest.com	(061) 218 800
Ciara Revins	Head of News	ciara.revins@spinsouthwest.com	(061) 218 800
	News Desk	news@spinsouthwest.com	(061) 218 800

Longford

Longford Leader

Contact	Title	Email	Telephone
Sheila Reilly	Editor	sheila.reilly@longford-leader.ie	(043) 334 5241
Neil Halligan	News Editor	neil.halligan@longford-leader.ie	(043) 335 0537

Shannonside 104FM

Contact	Title	Email	Telephone
John Lynch	Sports Editor	johnlynch@shannonside.ie	(043) 334 7777

iRadio

Contact	Title	Email	Telephone
Leigh Doyle	Programme Director	info@iradio.ie	0906 441 5600
Grainne McMahon	Head of News	grainnemcmahon@iradio.ie	

Louth

The Argus

Contact	Title	Email	Telephone
Jim Smyth	Editor	jimsmyth@argus.ie	(042) 933 4632
John Mulligan	Group Editor	johnmulligan@argus.ie	

The Drogheda Independent

Contact	Title	Email	Telephone
John Mulligan	Editor	editorial@drogheda-independent.ie	(041) 983 8658

The Drogheda Leader

Contact	Title	Email	Telephone
Gordon Hatch	Editor	gordonhatch@droghedaleader.ie	(041) 983 6100

The Dundalk Democrat

Contact	Title	Email	Telephone
Anthony Murphy	Editor	editor@dundalkdemocrat.ie	(042) 933 4058
Gerry Prendergast	Assistant Editor	gerry@dundalkdemocrat.ie	(042) 933 4058
James Rogers	News/Sports Editor	james@dundalkdemocrat.ie	(042) 939 5607
Gene Yore	News	gene@dundalkdemocrat.ie	(042) 939 5607
Tamara O'Connell	News	tamara@dundalkdemocrat.ie	(042) 939 5612

LMFM

Contact	Title	Email	Telephone
Colm Corrigan	Sports Desk	lmfmnews@lmfm.ie	(041) 983 2000
Brendan Cummins	Sports Desk	lmfmnews@lmfm.ie	(041) 983 2000

iRadio

Contact	Title	Email	Telephone
Leigh Doyle	Programme Director	info@iradio.ie	0906 441 5600
Grainne McMahon	Head of News	grainnemcmahon@iradio.ie	

Mayo

Connacht Telegraph

Contact	Title	Email	Telephone
Tom Gillespie	Editor	tgillespie@con-telegraph.ie	(094) 902 1711
Tom Kelly	Deputy Editor	tkelly@con-telegraph.ie	
	News Desk	news@con-telegraph.ie	(094) 902 1711

Mayo Advertiser

Contact	Title	Email	Telephone
Toni Burke	Editor	news@mayoadvertiser.ie	(094) 903 5010
	News Desk	news@mayoadvertiser.ie	

Mayo Echo

Contact	Title	Email	Telephone
		editor@mayoecho.com	(094) 903 8892

Mayo News

Contact	Title	Email	Telephone
Michael John Duffy	Editor	editor@mayonews.ie	(098) 25311
Anton McNulty	News Desk		(098) 25311
Aine Ryan	News Desk		(098) 25311

Western People

Contact	Title	Email	Telephone
James Laffey	Editor	james.laffey@westernpeople.ie	(096) 60999

i102-104

Contact	Title	Email	Telephone
Leigh Doyle	Programme Director	info@iradio.ie	0906 441 5600
Grainne McMahon	Head of News	grainnemcmahon@iradio.ie	

Mid-West Radio

Contact	Title	Email	Telephone
Teresa O'Malley	Head of News	teresa@midwestradio.ie	(094) 963 0553

Meath

The Meath Chronicle

Contact	Title	Email	Telephone
Ken Davis	Editor	ken@meathchronicle.ie	(046) 907 9600

The Meath Echo

Contact	Title	Email	Telephone
Joe Doyle	Editor	meathecho@gmail.com	(01) 825 4434

Meath Topic

Contact	Title	Email	Telephone
Richard Hogan	Editor	news@westmeathtopic.com	(044) 934 8868

LMFM

Contact	Title	Email	Telephone
Colm Corrigan	Sports Desk	lmfmnews@lmfm.ie	(041) 983 2000
Brendan Cummins	Sports Desk	lmfmnews@lmfm.ie	(041) 983 2000

iRadio

Contact	Title	Email	Telephone
Leigh Doyle	Programme Director	info@iradio.ie	0906 441 5600
Grainne McMahon	Head of News	grainnemcmahon@iradio.ie	

Offaly

The Midland Tribune

Contact	Title	Email	Telephone
John O'Callaghan	Editor	editor@midlandtribune.ie	(057) 912 0003

The Offaly Express

Contact	Title	Email	Telephone
Alan Walsh	Editor	alan@offalyexpress.ie	(057) 932 1744
Grace O'Dea	News Journalist	grace@offalyexpress.ie	(057) 932 1744

The Offaly Topic

Contact	Title	Email	Telephone
Richard Hogan	Editor	topicnews@eircom.net	

The Offaly Independent

Contact	Title	Email	Telephone
Tadgh Carey	Editor	editor@offalyindependent.ie	(090) 643 4300
Karen Downey	Deputy Editor	karen.downey@westmeathindependent.ie	(090) 643 4321

Tullamore Tribune

Contact	Title	Email	Telephone
Gerard Scully	Editor	editor@tullamoretribune.ie	(057) 932 1152

iRadio

Contact	Title	Email	Telephone
Leigh Doyle	Programme Director	info@iradio.ie	0906 441 5600
Grainne McMahon	Head of News	grainnemcmahon@iradio.ie	

Midlands 103

Contact	Title	Email	Telephone
Ciara Walsh	Head of News & Sport	newsroom@midlandsradio.fm	(057) 935 1333

Roscommon

Roscommon Herald

Contact	Title	Email	Telephone
Christina McHugh	Editor	editor@roscommonherald.com	(071) 966 2004

Roscommon People

Contact	Title	Email	Telephone
Paul Healy	Editor	paul@roscommonpeople.ie	(090) 663 4633
Pauline Scott	News Editor	news@roscommonpeople.ie	(090) 663 4633

Shannonside 104FM

Contact	Title	Email	Telephone
John Lynch	Sports Editor	johnlynch@shannonside.ie	(043) 334 7777

Sligo

Sligo Champion

Contact	Title	Email	Telephone
Jim Gray	Editor	editor@sligochampion.ie	(071) 916 9222

Sligo Weekender

Contact	Title	Email	Telephone
Robert Cullen	Editor	robert.cullen@sligoweekender.ie	(071) 917 4900

i102-104

Contact	Title	Email	Telephone
Leigh Doyle	Programme Director	info@iradio.ie	0906 441 5600
Grainne McMahon	Head of News	grainnemcmahon@iradio.ie	

Ocean FM

Contact	Title	Email	Telephone
Niall Delaney	Head of News & Sport	niall.delaney@oceanfm.ie	(071) 911 8100

Tipperary

Nenagh Guardian

Contact	Title	Email	Telephone
Garry Cotter	Editor	gcotter@nenagh-guardian.ie	(067) 31214
Peter Gleeson	News Journalist	pgleeson@nenagh-guardian.ie	(067) 31214

Nationalist

Contact	Title	Email	Telephone
Michael Heverin	Editor	mheverin@nationalist.ie	

South Tipp Today

Contact	Title	Email	Telephone
Tony Butler	Editor	editorial@southtipp.today.ie	(052) 612 7342
Bernie Commins	Newsroom	b.commins@southtipp.today.ie	(052) 612 7342

The Midland Tribune

Contact	Title	Email	Telephone
John O'Callaghan	Editor	editor@midlandtribune.ie	(057) 912 0003
Anne Ralph	Roscrea News	roscrea@midlandtribune.ie	(057) 912 0003

The Tipperary Star

Contact	Title	Email	Telephone
Anne O'Grady	Editor	aog@tipperarystar.ie	(0504) 29 100
Ronan Dodd	News	ronan.dodd@tipperarystar.ie	(0504) 291 115

Spin South West

Contact	Title	Email	Telephone
Ciara Revins	Head of News	ciara.revins@spinsouthwest.com	(061) 218 800
	News Desk	news@spinsouthwest.com	(061) 218 800

Tipp FM

Contact	Title	Email	Telephone
	News Desk	news@tippfm.com	

Tipp Today

Contact	Title	Email	Telephone
Seamus Martin	Presenter		
Tom Hurley	Producer	tipptoday@tippfm.com	

Beat 102-103FM

Contact	Title	Email	Telephone
Gail Conway	Head of News & Sport	gail.conway@beat102103.com	051 849102

Waterford

The Dungarvan Leader

Contact	Title	Email	Telephone
Colm Nagle	Editor	dungarvanleader@cablesurf.com	(058) 41203

The Dungarvan Observer

Contact	Title	Email	Telephone
James Lynch	Editor	news@dungarvanobserver.com	(058) 41205

The Munster Express

Contact	Title	Email	Telephone
Kieran Walsh	Editor		(051) 872 141
John O'Connor	News Editor	joconnor@munster-express.ie	(051) 872 141

The Waterford News & Star

Contact	Title	Email	Telephone
Mary-Frances Ryan	Editor	editor@waterford-news.com	(051) 874 951

Waterford Today

Contact	Title	Email	Telephone
Paddy Galagher	Editor	editor@waterford-today.ie	(051) 854 135

Youghal News

Contact	Title	Email	Telephone
Ger Flanagan	Editor	youghalcommunitynews@eircom.net	(024) 93358

WLR FM

Contact	Title	Email	Telephone
Kevin Casey	Head of Sports	sport@wlrfm.com	(051) 846 113

Beat 102-103FM

Contact	Title	Email	Telephone
Gail Conway	Head of News & Sport	gail.conway@beat102103.com	051 849102

Westmeath

Athlone Topic

Contact	Title	Email	Telephone
Sean O Domhnaill	Editor	athlonetopic@eircom.net	(090) 649 4433

The Athlone Advertiser

Contact	Title	Email	Telephone
Maria Daly	News Editor	news@athloneadvertiser.ie	(090) 647 0927

The Leinster Express

Contact	Title	Email	Telephone
Pat Somers	Editor	pat.sommers@leinsterexpress.ie	(057) 862 1666

The Westmeath Examiner

Contact	Title	Email	Telephone
Brian O'Loughlin	Editor	boloughlin@westmeathexaminer.ie	(044) 934 6747
Eilis Ryan	Deputy Editor	editor@westmeathexaminer.ie	(044) 934 6741

The Westmeath Independent

Contact	Title	Email	Telephone
Tadhg Carey	Editor	editor@westmeathindependent.ie	(090) 643 4300
Karen Downey	Deputy Editor	karen.downey@westmeathindependent.ie	(090) 643 4321

The Westmeath Topic

Contact	Title	Email	Telephone
Richard Hogan	Editor	news@westmeathtopic.com	(044) 934 8868

Midlands 103

Contact	Title	Email	Telephone
Ciara Walsh	Head of News & Sport	newsroom@midlandsradio.fm	(057) 935 1333

iRadio

Contact	Title	Email	Telephone
Leigh Doyle	Programme Director	info@iradio.ie	0906 441 5600
Grainne McMahon	Head of News	grainnemcmahon@iradio.ie	

Wexford

New Ross Standard

Contact	Title	Email	Telephone
Michael Ryan	Operations Manager	peoplenews@peoplenews.ie	(051) 421 184
Elaine Furlong	Reporter	elaine.furlong@peoplenews.ie	(051) 421 184

Wexford People

Contact	Title	Email	Telephone
Colm Lambert	Editor	colm.lambert@peoplenews.ie	
Padraig Byrne	News Desk	padraig.byrne@peoplenews.ie	(053) 914 0100

The Echo

Contact	Title	Email	Telephone
Tom Mooney	Editor	editor@theecho.ie	(053) 925 9900
Sean Whelan	News Editor	swhelan@theecho.ie	

The Gorey Echo

Contact	Title	Email	Telephone
David Gilbert	News Editor	dgilbert@goreyecho.ie	
Rachel Cave	News Editor	rcave@goreyecho.ie	

The Wexford Echo

Contact	Title	Email	Telephone
Collette Browne	News Editor	cbrowne@wexfordecho.ie	
David Looby	News Editor	dlooby@wexfordecho.ie	
Mary Frances Ryan	News Editor	mfryan@wexfordecho.ie	(053) 925 9900

The New Ross Echo

Contact	Title	Email	Telephone
Brendan Keane	News Editor	brendankeanemusicc@eircom.net	

The Enniscorthy Guardian

Contact	Title	Email	Telephone
Colm Lambert	Editor	colm.lambert@peoplenews.ie	(053) 914 0100
Fintan Lambe	Reporter	fintan.lambe@peoplenews.ie	(053) 914 0100

The Gorey Guardian

Contact	Title	Email	Telephone
Michael Ryan	Operations Manager	peoplenews@peoplenews.ie	(053) 942 1423
Colm Lambert	Editor	colm.lambert@peoplenews.ie	(053) 942 1423
Fintan Lambe	Reporter	fintan.lambe@peoplenews.ie	(053) 942 1423

South East Radio

Contact	Title	Email	Telephone
Michael Sinnott	Head of News	michaels@southeastradio.ie	(053) 914 5200
Michael Doyle	News Desk	michaeld@southeastradio.ie	(053) 914 5200

Beat 102-103FM

Contact	Title	Email	Telephone
Gail Conway	Head of News & Sport	gail.conway@beat102103.com	051 849102

Wicklow

Bray People

Contact	Title	Email	Telephone
Michael Ryan	Operations Manager	peoplenews@peoplenews.ie	(01) 286 1347
Mary Fogarty	Reporter	mary.fogarty@peoplenews.ie	

Wicklow People

Contact	Title	Email	Telephone
Michael Ryan	Operations Manager	peoplenews@peoplenews.ie	(0404) 67198
David Tucker	Reporter	david.tucker@peoplenews.ie	
Mary Fogarty	Reporter	mary.fogarty@peoplenews.ie	

Wicklow Times

Contact	Title	Email	Telephone
Shay Fitzmaurice	Editor	shay@localtimes.ie	(01) 286 9111
Carmen Bryce	Editor	carmen@localtimes.ie	

East Coast FM

Contact	Title	Email	Telephone
Gareth Farrell	Head of News	newscentre@eastcoast.fm	(01)272 4700

