

The Echo

Vol 1: Issue 4 March 22nd 2019

The Echo: You just can't get enough

Sporting thought for the week:

“If it doesn't challenge you, it won't change you.” Fred Devito

O'Neill Steps Out

Die-hard Claretian Keith O'Neill has come in for some special praise from senior team manager Pat McLoughlin this week, after he selflessly sacrificed a designated day-off from training in order to put in an extra session by himself.

Commenting on O'Neill's act, which has been described by some as “above and beyond the call of duty”, McLoughlin told *The Echo*: “Look, we've been focusing hard on the old dancing in pre-season. It's fantastic having Ciara Hession about because she can really put the guys through their paces.

“But when you see someone like Keith, who's almost 50, still being prepared to put in extra sessions in order to improve both himself and the team, well it just makes it all worthwhile in my opinion.

“I'd given the lads St Patrick's Day off so that they could relax after a pretty intensive few weeks, but what do you know, there's Keith at 3am on Monday morning (below), still twisting away by himself. It's impressive stuff.

“To be honest, that sort of leadership deserves the captain's armband at the start of the season.”



Go on Keith!!!

Not such a good impression

Claretian duo Lawrence Weir and Liam Healy have distanced themselves from rumours suggesting that they are about to put themselves forward as Ireland's representatives at the upcoming Eurovision Song Contest.



Weir and Healy: wannabe musical double act

The *Foster and Allen* impersonators have been rehearsing hard recently, and spent all of St Patrick's Day busking outside the Slough Irish Club, due mainly to the fact that both of them are barred from entering the Berkshire establishment.

Reviews of their performance were mixed, with one patron who was interviewed by *The Echo* saying: “I've heard of the crucifixion on the ‘Old

Rugged Cross’, but I'd never heard of the crucifixion of the ‘Old Rugged Cross’, that is until I heard those two latches murdering it today.”

Meanwhile, another regular told *The Echo*: “It was lovely to see them live. I always wondered what happened to Dudley from the Harry Potter films. I certainly never thought he'd turn up here.”

Regardless of the lukewarm reception, suggestions are being made that the pair might actually be about to put themselves forward for the next series of the RTE show, *Ireland's Got Talent*.

However, veteran judge, Louis Walsh, did cast doubts on this when he told our reporter: “As far as I can see, there's a fundamental flaw in their plan. The show's name is *Ireland's Got Talent*... Sadly, I fail to see any talent at all in those two”

Healy, a disgraced former member of Claretian boy-band The Crecheheads, has some musical experience, although it's obvious to all that Lawrence Weir has none.



The real Foster & Allen

Pregnant Panic

Clients of fitness-guru Patrick Lynott were left stunned last week when he went into a hysterical fit after his phone beeped during a morning yoga class.

One unnamed participant told *The Echo*: “We were all in the Praying Mantis pose, when suddenly Patrick's phone beeped.

“Next thing we knew, he had jumped on one of the stationary bikes in the gym and started peddling furiously, screaming at people to get out of his f**king way because he was having a

baby. Then he started yelling: ‘Hold on Karen, I'm coming.’

“We were all a bit shocked at first, but then it just became funny when he was still peddling like mad after five minutes, without realising he hadn't gone anywhere.”

Patrick (right) finally got off the bike when someone threw a banana skin on to the floor in front of him, causing him to brake violently and go flying over the top of the handlebars.

Thankfully for Patrick, a taxi had been called and he got to hospital before baby Ciara was born.

Meanwhile, some of his more committed clients are still waiting for him to tell them to release the Praying Mantis pose.

