

The Claretian Echo

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St Clarets GFC: Living with the common people

Big Mac ready for the off

Bus pass for Sherry

Delegates at the GAA's annual Congress last weekend were forced to watch what one county representative called: "A horror show of violence and brutality. It was like watching a cowboy rustle cattle at a rodeo".

The video was part of the debate about the introduction of the black card.



St Clarets veteran Steven Sherry (above), featured prominently in the presentation, leading the new card system to dubbed "The Bus Pass Rule".

Claretians curious as to the source of veteran attacker John McDermott's early season vigour, have this week been let in on his secret, courtesy of his new personal fitness coach, former St Clarets star Dan Sheehan.

Sheehan, who has been taking McDermott for what he describes as "early morning gallops", said that a new protein only diet has shown remarkable results with John.

"We put him on a meat only diet a few months back. Basi-



Mac's secret diet

cally we bought a load of *Tesco's Value* burgers and John's been eating them ever since. The rest looked after itself.

"He's a bit frisky at the moment" Sheehan continued. "He was mad keen to get to Cheltenham, but he's only been doing work on the astroturf and we felt the going would be too soft for him. So we'll hold him back until April.

"He'd be one of these bucks that as soon as he smells grass he wants off. He's been mad for a good old trot for weeks now. He's feeling a bit corralled up in Uxbridge there

"But I've a nagging feeling that he's not as ready as he thinks he is. I certainly don't want to be



Mac gets stuck into the nosebag

saddled with the responsibility of things not going as well as he hoped. If he had a 'mare out there, he'd be bucking mad with himself... and me too!

"So I'm just holding him by the bit for another few weeks and we'll keep feeding him the burgers. It seems to be working for him anyway."

Gi-Ant and Dec

Wanna-be superstar Phil Daly, still reeling from his failure to land the role of *Hightower* in the new *Police Academy* movie, has quite literally turned his hand to cabaret as he seeks his big break.

His new act, called *Gi-Ant and Dec*, features 6ft 7" Daly with

his latest accessory, a ventriloquist dummy that looks remarkably like top TV entertainer Declan Donnelly.

Daly gave the dummy an outing on St Patrick's Day in Chiswick to rave reviews, although it must be said that the dummy spoke with a slur for most of the day.



Daly mobbed by fans as he performed with *Dec the Dummy*