



Mark Dempsey and Alison chatting about tri-rugby newest sport to limerick and Ireland



Things are getting serious with Ivan on

The scene...





Mike taking notes on the future challengers.....



A happy coach checking that all the brakes work!!



come on Senan your late!!!







I'm telling you lads tri-rugby could really be the thing of the future ☺



Marching already to the sounds of pain is temporary club pride is forever....



The relay races really brought out the team spirit by all the kids...well done to you all



I'm not sure our adults could do these drills