

SHOWS ADULTS HOW IT'S DONE

NEWS IN BRIEF

PROTESTERS SHUT COURT

WEXFORD County Registrar Marie Garahy was forced to abandon the sitting of her court this week amidst uproar.

Protesters in County Hall shouted hostilities towards the County Registrar's bench as she tried to deal with a large number of repossession cases listed for hearing.

Ms Garahy was subjected to hostile shouting, with many of the protesters becoming extremely agitated. The County Registrar eventually adjourned the sitting.



PUMPING THE GUNS: Gavin Maher lifts weights and (above) with his parents Olivia and Keith



"Giani was amazed to see Gavin lifting two sets of five 105-kilo leg-presses. He's only a little lad, he's tiny but very strong and he has a little six-pack!

"The fellas who work out in the gym love him. They bring him around with them and they get a great kick out of having this little boy working out with them and doing all the poses. He really looks up to them and he idolises his dad.

"We didn't encourage him to take up bodybuilding - he just started himself in April 2014."

The pint-sized musclemans doesn't have a strict diet or fitness regime, his mum adds.

"He is too young to be put on a diet. We just give him healthy food, but he loves meat, like most bodybuilders. He also eats plenty of vegetables - it's important that he has a balanced diet.

"And he doesn't work out too much. He does an hour three times a week and then the odd time if he feels like it.

"We're delighted that he has an inter-

est in something that will keep him fit and healthy. You hear so much about kids not exercising at all and spending all their time on the internet."

Gavin's schoolfriends are right behind him, his mum adds.

"They think it's hilarious that Gavin is doing this. They are big supporters of Keith too. They'll be cheering on Gavin and Keith when they get up on the stage."

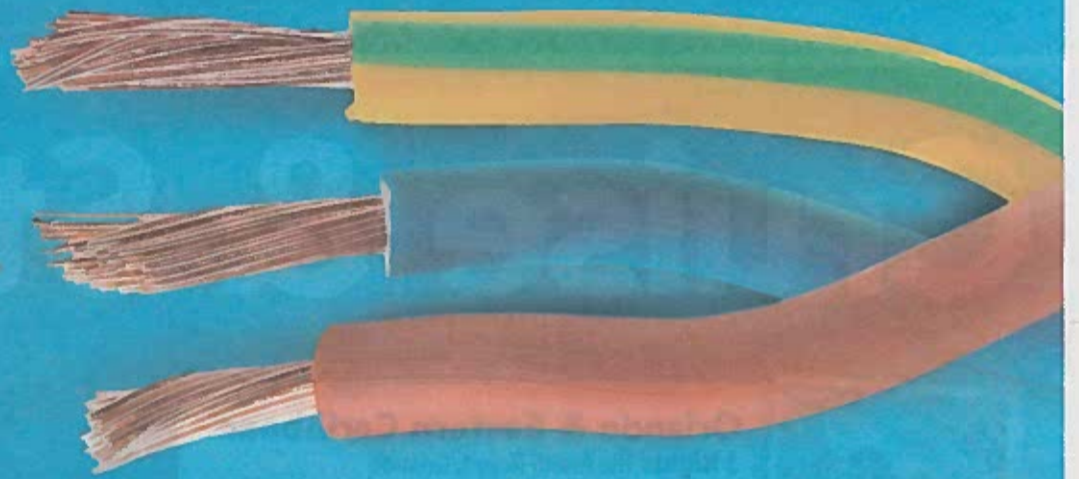
Fitness

Gavin's sister Kia (13) and his mum are also fitness fanatics, but are not into bodybuilding.

"Kia just runs - she's very interested in athletics. I just keep fit on the treadmill and lifting light weights," says Olivia.

But there will be plenty of female bodybuilders at the Fitness Extraganza, including Giani's wife Nicoletta Chiorean. The Romanian couple used to run Carlow's Olympia gym and now work as personal trainers.

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