



STRUGGLE: Peter Tork

TORK'S BOOZE BATTLE

MONKEES pop star Peter Tork – who will hit the stage today at the age of 73 at the Moseley Folk Festival in Birmingham, England – has told for the first time of his lifelong battle to beat the bottle.

The bass player of the iconic 1960s band admitted: "I'm an alcoholic and that means once I pick up the first drink something gets triggered and I have no resistance."

"I was awful when I was drinking. I often ended up snarling at people."



FANATIC: Gavin loves to work out

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RIPPLING: Gavin Maher strikes a pose alongside bodybuilders in Vitality Fitness in Carlow

Miniature muscleman Gavin (9) takes to the stage for bodybuilding contest

MEET Ireland's youngest bodybuilder – aged nine.

As he flexes his biceps and strikes a series of strongman poses, Gavin Maher looks like an extra from the Russell Crowe movie *Gladiator* – only in miniature.

The Carlow schoolboy is limbering up to take part in a national bodybuilding expo later this month.

He'll make his debut at Fitness Extravaganza Ireland, which is to take place at Dublin's Green Isle Hotel on September 20.

He is also in a video to promote the event, which was shot in Carlow this week.

Gavin gets the muscles from his dad



GERALDINE COMISKEY

Keith, who won the title of Ireland's Strongest Man last year and owns the Vitality Fitness gym.

The father and son will be on stage together for the first time at the event – but Gavin will be the star of the show, says organiser Giani Gauca.

Impressed

Giani and wife Nicoletta, both bodybuilders themselves, spotted Gavin working out in his parents' gym in Carlow town recently and were so impressed they invited him to take to the stage alongside adult bodybuilders.

"Giani and Nicoletta work out regularly in our gym and one day they noticed Gavin lifting the weights and doing the bodybuilding poses alongside the big lads," says Gavin's proud mum Olivia.

DEBUT: Gavin Maher