



**DECADENT**

DECADENT and GALWAY ARTS CENTRE present

Donal Ryan's  
**FROM A  
LOW AND  
QUIET SEA**

Directed by Andrew Flynn

with AOSAF AFZAL, DARRAGH O'TOOLE  
MAEVE FITZGERALD and LORCAN CRANITCH

DECADENT and GALWAY ARTS CENTRE present

Donal Ryan's  
**FROM A LOW  
AND QUIET SEA**



Wed 6 - Fri 8 July  
**NENAGH ARTS CENTRE**



Sat 9 - Sun 24 July  
**GALWAY ARTS CENTRE @  
NUN'S ISLAND THEATRE**



Comhairle Cathrach na Gaillimhe  
Galway City Council



Comhairle Contae Thiobraid Árann  
Tipperary County Council

*Cast in order of appearance*

Farouk	<b>Aosaf Afzal</b>
Lampy	<b>Darragh O'Toole</b>
Florence	<b>Maeve Fitzgerald</b>
John	<b>Lorcan Cranitch</b>

*The production was adapted for the stage in a collaborative way  
by Donal Ryan, Andrew Flynn and the actors above.*

Directed by	<b>Andrew Flynn</b>
Lighting Design	<b>Ciaran Bagnall</b>
Composer/Sound Design	<b>Carl Kennedy</b>
Backdrop Design	<b>Ger Sweeney</b>
Costume Design	<b>Sara Ben-Abdallah</b>
Producer	<b>Gerry Barnes</b>
Set Construction	<b>Brian Moroney</b>
Scenic Painter	<b>Ger Sweeney</b>
Set Crew	<b>Simon Daly</b>
LX Technician	<b>Stephen Cassidy</b>
Stage Manager	<b>Rae Visser</b>
ASM	<b>Tara Finn</b>
Production	<b>Mattie Hynes</b>
	<b>Mark Byrne</b>
Graphic Design	<b>Brendan Foreman</b>
Press/Marketing	<b>Jamie Monagan</b>
Front of House	<b>Karen Arnold</b>
Rehearsal Photography	<b>Ryszard Lomnicki</b>

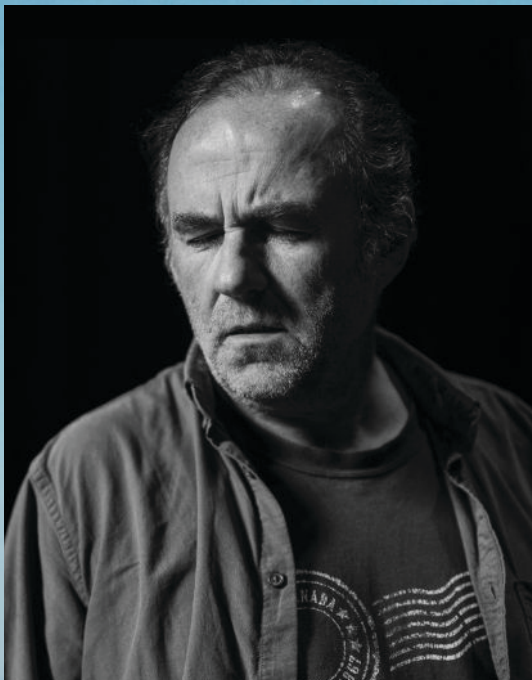
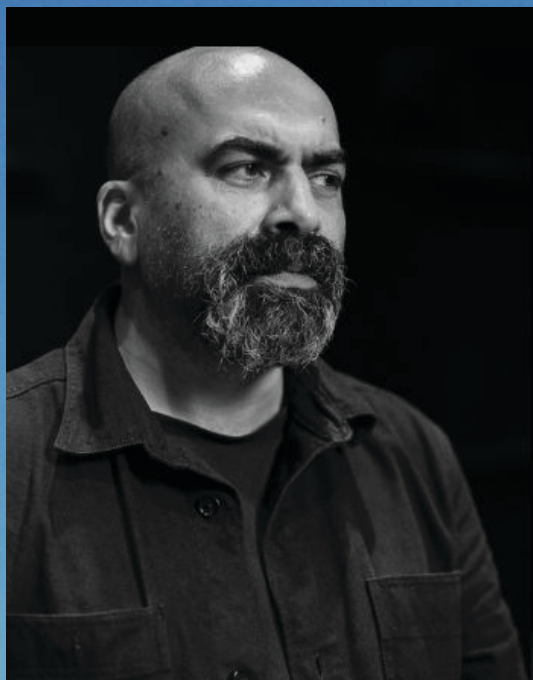
Running time: 2 hours 15 minutes, including interval.

***Special thanks for script development workshops:***

Brid Ní Neachtain, Frankie McCafferty, Kyle Hixon, Curtis Lee, Declan Conlon,  
Sashi Rami, Cathal Ryan and Denis Conway.

***Thanks to:*** Paul Fahy and all at Galway International Arts Festival,  
Mona Considine and the staff of Backstage Theatre, Megs Morley and the staff  
at Galway Arts Centre, Fergal McGrath and all at Galway Townhall,  
Peter Ashton, Shantalla Community Centre, Eilish McCarthaigh, Eva Birthistle,  
Melanie Scott and Tipperary Arts Festival.







## **Aosaf Afzal** | Farouk

Following a successful twenty-year scientific career – which, in 2006, included his being awarded an MBE in the UK's national honours for Services to Science – Aosaf ran away to join the theatre.

He trained at London's Mountview Academy and received his MA in Acting and Performance in 2017.

Since then he has toured extensively in Ireland and the UK with Birmingham Stage Company and Forest Forge Theatre Company. More recently, he has appeared in a number of internet, television and film projects including for Channel 4/E4 in the UK and in the forthcoming film, *Shootiyapa*.

Aosaf is delighted to be part of Decadent Theatre Company's adaptation of *From a Low and Quiet Sea* and is looking forward to sharing the brilliance of Donal Ryan's acclaimed novel with theatre audiences in Galway.



## **Darragh O'Toole** | Lampy

Darragh is a native of Tullamore, Co. Offaly. He made his screen debut in the award-winning short film *Toy Soldiers* back in 2011. Since then, Darragh has amassed a healthy list of credits most recently filming the lead role in short film *For The Safety Of Theo* directed by Christopher Macken. Other recent credits include the role of Romus in Apple TV + series *Foundation*, the role of Liam in BBC/HBO series *Peaky Blinders*, the role of Yann in the soon to be released second series of the critically acclaimed *Wheel Of Time* for Amazon Prime TV along with the role of Kian in the second series of the highly acclaimed *Blood* for Virgin Media Television.

Prior to this, previous work includes the series regular role of Conor Tyrell in the TV3/BBC/Amazon Prime TV series *Red Rock*, as well as lead roles in the short films, *Chicken Out* directed by Richard Keane, *Contra* directed by Daragh Murphy, and the lead role in feature film *South*. Darragh also appeared in Darren Thornton's critically acclaimed IFTA winning feature *A Date For Mad Mary*.

Other television credits include *Moone Boy* under the directorship of Chris O'Dowd along with *Roy* and *The Importance Of Being Whatever* both directed by IFTA winning brothers Rob & Ronan Burke.



## Maeve Fitzgerald | Florence

Maeve Fitzgerald is a graduate of the Bachelor in Acting Studies at the Samuel Beckett Centre, Trinity College.

Her previous roles for Decadent Theatre Company include: *Blackbird*; *Eden*; *There Are Little Kingdoms*; *The Thing About December* and *The Mai*.

Other theatre performances include *The Great Hunger*; *On Raftery's Hill*; nominee Best Actress at the Irish Times Theatre Awards 2019 (Abbey Theatre); *The Alternative* (Fishamble), *Much Ado About Nothing* (Rough Magic); *Wringer* (Bewley's Cafe Theatre); *Holy Mary* (Breda Cashe Productions); *Bailegangaire* (Livin' Dred/Nomad).

Maeve has appeared in various productions for The Gate Theatre, including the highly successful run and international tour of *Pride and Prejudice*, as well as *Wuthering Heights* and *An Ideal Husband*.

She has appeared in productions with Verdant Productions; Tron Theatre; Bush Theatre; ANU; Tall Tales; Meridian. For Second Age she has played Desdemona in *Othello*, Portia in *The Merchant of Venice*; Lady Macbeth in *Macbeth*; Rose Mundy in *Dancing At Lughnasa*, amongst others.

Maeve won Best Supporting actress for *Basin* and was nominated Best Actress for *After Miss Julie* at the Irish Times Theatre Awards, both in 2010. She has been awarded and nominated at the Dublin AbsolutFringe Awards (winner Best Actress 2009) and the Off West-End Awards.

She is co-founder of Then This Theatre Company for whom she has appeared in *Collected Stories* and a one-woman show, *The Yellow Wallpaper*. Her film and TV credits includes *Cherry*; *The Secret Scripture*; *Corp Agus Anam*; *Rasai Na Gaillimhe*, and *An Crisis*. Radio work includes *The Games Room* and *The Book on One* both for RTÉ.



## Lorcan Cranitch | John

A native of Dublin, Lorcan trained in London at the Royal Academy of Dramatic Art. Whilst based in the UK, he also pursued work in Ireland, a decision that would keep him busy on both sides of the Irish Sea ever since.

In Dublin, he has worked at the Abbey Theatre in over 15 productions including the original production of *Observe the Sons of Ulster Marching Towards the Somme*, *The Tempest*, *The Burial at Thebes*, *The Cherry Orchard*, *The House*, *Pygmalion*, *The Dead*, *King Lear*, *Two Pints!* and *On Raftery's Hill*. At the Gate Theatre, he appeared in *The Importance of Being Earnest*, *A Month in the Country*, *The Price*, and *Celebration*. At the Gaiety Theatre he appeared in *Philadelphia*, *Here I Come!* and *The Plough and the Stars*. He has worked with Druid Theatre, Fishamble Theatre and in several plays with Landmark Productions, including *Knives in Hens* and *Talk of the Town*.

In the UK, his theatre work began at the Citizens Theatre Glasgow, in seasons which included plays by Brecht, Goldoni, Massinger, Shakespeare, Noel Coward, and O'Casey, and he continued with work at The Hampstead Theatre (*The Daughter in Law*), The Old Vic (*Bussy D'Ambois*), The Bristol Old Vic (*The Cherry Orchard*) as well as The Royal Shakespeare Company (*The Herbal Bed*), The National Theatre (*Accidental Death of an Anarchist*) and alongside Kenneth Branagh in the West End production of *Ivanof* adapted by Tom Stoppard.

Film work includes *Love Rosie*, *The Playboys*, *Dancing at Lughnasa*, *Shackleton*, *Titanic Town* and recently, *The Dig*, *Aisha*, *Raise and Frank*, and *Lakelands*.

His TV work includes *Cracker*, *Ballykissangel*, *Hornblower*, *Rebus*, *Waking the Dead*, *Silent Witness*, *Spooks*, *The Street*, *Omagh*, *ROME*, *The Last Kingdom*, *Acceptable Risk*, *Fortitude*, *Les Misérables*, and recently *Bloodlands*. He is delighted to be working with Decadent Theatre.





## Donal Ryan | Author

Donal Ryan is the author of five bestselling novels and a short story collection. He has won numerous awards, among them the European Union Prize for Literature, the Guardian First Book Award, and three Irish Book Awards. He was nominated for the Man Booker Prize in 2013 for his debut, *The Spinning Heart*, and again in 2018, for his fourth novel, *From A Low And Quiet Sea*. His work has been adapted for stage and screen and translated into over twenty languages. *The Spinning Heart* was voted Irish Book of the Decade in 2016 in a nationwide poll run by Dublin Book Festival. Donal lectures in Creative Writing at the University of Limerick. His new novel, *The Queen of Dirt Island*, will be published in August by Penguin Books.

### Works:

*The Spinning Heart* (2012)

*The Thing about December* (2013)

*A Slanting of the Sun: Stories* (2015)

*All We Shall Know* (2016)

*From a Low and Quiet Sea* (2018)

*Strange Flowers* (2020)

### Recognition:

2012: Irish Book Awards, winner, Newcomer of the Year (*The Spinning Heart*). 2012: Irish Book Awards, winner, Book of the Year (*The Spinning Heart*). 2013: Irish Book Awards, shortlist, Novel of the Year (*The Thing About December*). 2013: Booker Prize, longlist (*The Spinning Heart*). 2013: Guardian First Book Award, winner (*The Spinning Heart*). 2014: International Dublin Literary Award, shortlist (*The Spinning Heart*). 2015: European Union Prize for Literature (Ireland), winner (*The Spinning Heart*). 2015: Irish Book Awards, winner, Short Story of the Year (*A Slanting Of The Sun*). 2016: Irish Book Awards, shortlist, Novel of the Year (*All We Shall Know*). 2016: Dublin Book Festival, winner, Irish Book of the Decade (*The Spinning Heart*). 2018: Man Booker Prize, longlist (*From a Low and Quiet Sea*). 2018: Irish Book Awards, shortlist, Novel of the Year (*From a Low and Quiet Sea*). 2018: Costa Book Awards, shortlist (*From a Low and Quiet Sea*). 2019: Royal Society of Literature Ondaatje Prize, longlist (*From a Low and Quiet Sea*).



## Andrew Flynn

Director

Andrew is the Artistic Director of Decadent Theatre Company and the director of Theatre at Galway Arts Centre. He also works as a freelance theatre director. Most recently Andrew directed *Blackbird* and *Eden* for Decadent (2022) and *The Cripple of Inishmaan* and *The Lieutenant of Inishmore* by Martin McDonagh for Gaiety productions (2019/2020).

Recent directing credits for Decadent Theatre include: Kevin Barry's *There Are Little Kingdoms*, the World premieres of *A Thing About December* by Donal Ryan and *A Love Like That* by Billy Roche, *Eden* by Eugene O'Brien, *The Mai* by Marina Carr, *Someone Who'll Watch Over Me* by Frank McGuinness, *Pumpgirl* by Abbie Spallen, *The Weir* by Conor McPherson, *The Pillowman* by Martin McDonagh, *The Dead School* by Pat McCabe, *Vernon God Little* by Tanya Rhonder, *Defender Of The Faith* by Stuart Carolan, *A Skull In Connemara* by Martin McDonagh (3 Irish Times Nominations), *Port Authority* by Conor McPhearson (for which he was nominated as Best Director at the Irish Times Theatre Awards), *Doubt* by John Patrick Shanley (2 Irish Times Nominations), *Faith Healer* by Brian Friel (Decadent /Townhall Galway), *The Seafarer* by Conor McPhearson, *The Cavalcaders* by Billy Roche (Decadent/ Nomad Theatre Network), the world premieres of *Here We Are Again Still* by Christian O'Reill, *Character* by Mark Dillon, and *Country Music* by Simon Stephens .

As the head of theatre at Galway Arts Centre Andrew has directed over 70 productions for Galway Youth Theatre. Some highlights include: *Frank Pig Says Hello* and *The Adventures of Shay Mouse* by Pat McCabe, *The Crucible* by Arthur Miller, *Portia Coughlan* by Marina Carr, *Lovely Betty* by Mark O'Halloran, *Our Country's Good* by Timberlake Vertenbaker, the Irish premieres of *Midsummer*, *Monster In the Hall* and *Yellowmoon* by David Greig, *Autobahn* by Neil La Bute, *Talking To Terrorists* by Robin Soans, *Tejas Verdes* by Fermin Cabal, *Country Music* by Simon Stephens, *Consensual* by Nina Raine and the world premiere of *Teacher* by Christian O'Reilly

Directing credits for Lyric Theatre Belfast include: *Philadelphia Here I Come* by Brian Friel, *Dockers* by Martin Lynch, *PumpGirl* by Abbie Spallen, *The Pillowman* By Martin McDonagh and *The Weir* by Conor McPherson

Other credits include: *Juno And The Paycock* by Sean O'Casey (A.R.T Northern Ireland/Cork Opera House), *Translations* by Brian Friel (Ouroboros Theatre Company), *Via Dolorosa* by David Hare, (Cuiart Literature Festival), *The Lieutenant Of Inishmore* by Martin McDonagh (Irish Premiere, Cork Opera House/Millennium Theatre Derry/Townhall Theatre Galway), *Translations* (Townhall Galway).

## **Ciaran Bagnall**

### Lighting Design

Ciaran trained at the Welsh College of Music & Drama in Cardiff. Recent Theatre includes: Set & Lighting Design *Oliver Twist* (Hull Truck); *And Did those Feet* (Macron Stadium, Bolton); *Double Cross* (Lyric Theatre Belfast & Abbey Theatre, Dublin); *The Mai* (Irish Tour/Dublin Theatre Festival); *Lovers* (Lyric Theatre, Belfast); *The Man Who Fell To Pieces, Hard to be Soft* (The MAC, Belfast); *The Great Gatsby* (Gate Theatre, Dublin – Winner Best Design Irish Times Irish Theatre Awards); *RED* (Lyric Theatre, Belfast – Winner Best Design Irish Times Irish Theatre Awards); *The Train, Observe the Sons of Ulster Marching Towards the Somme* (Abbey Theatre); *Ashes, Educating Rita, Two, Two 2, A view from the Bridge, Love Story, Twelfth Night, Piaf, Of Mice and Men, Tull, The Glass Menagerie, Habeas Corpus, Secret Thoughts, Oleanna* (Octagon Theatre, Bolton ); *A Christmas Treasure Island, Sleeping Beauty, Cinderella* (Hull Truck); *Macbeth* (Shakespeare's Globe, London); *Singin' in the Rain* (UK Tour); *Othello* (RSC, Stratford upon Avon); *Lally the Scut, The God of Carnage, Villa, Discurso, Tejas Verdes* (MAC, Belfast); *Conquest of Happiness* (Olympic Stadium, Sarajevo); *Shoot the Crow* (Opera House, Belfast); *Snookered* (Bush Theatre, London); *The Killing of Sister George* (Arts Theatre, London); *A Slight Ache* and *Landscape* (Lyttelton Theatre, National Theatre London).

## **Carl Kennedy**

### Sound Design

Carl was a founding member of Decadent and trained at Academy of Sound in Dublin. He has worked on over one hundred theatre productions, with venues and companies including The Abbey, The Gaiety, ANU Productions, The Lyric Theatre Belfast, Rough Magic, HOME Manchester, Fishamble, Prime Cut, Theatre Lovett, HotForTheatre, Guna Nua, Loose Canon, Peer to Peer, Siren, Broken Crow, Randolph SD and Theatre Makers. He has been nominated three times for the Irish Times Theatre Award for Best Sound Design. He also composes music and sound design for TV and video games. Game titles include *Curious George, Curious about Shapes and Colors, Jelly Jumble, Too Many Teddies, Dino Dog and Leonardo and His Cat*. TV credits include sound design for 16 letters (Independent Pictures/RTE) and SFX editing and foley recording for *Centenary* (RTE).

## **Sara Ben-Abdallah**

### Costume Designer

Sara is a Tunisian-American designer who holds a degree in film, with a concentration on Costume & Production Design from Virginia Commonwealth University, Richmond, USA. After working in Japan for 5 years with the Tokyo International Theatre Company costuming multiple shows such *Rocky Horror Picture Show, A Flea in Her Ear, The Mystery of Edwin Drood, Night Must Fall, Macbeth,*

and *The Diary of Anne Frank*, she moved to Ireland in 2017. Sara has over 25 credits to her name in Irish film, TV, advertising and theatre. As well as working on feature films (*Here Are The Young Men*, *There You'll Find Me*) and television shows (*Rig 45*) she has also worked with several award winning short films, including *Coco Dreams In Blue* (FilmBase), and *The Secret Box* (KTC). Her theatre credits include *She Kills Monsters* and *The Man Who Shot Liberty Valance* for No Drama Theatre, and *A Love Like That*, *There are Little Kingdoms* and *Blackbird* for Decadent Theatre.

## **Brian Moroney** Set Construction

Brian has worked on building sets with Decadent Theatre for ten years. In that time he has also being the tour carpenter on over 15 national tours. Set builds include: *The Cavalcadors* (Decadent/ Nomad Network), *Doubt* (Decadent), *Faith Healer* (Decadent / Townhall Galway), *The Seafarer* (Irish Tour Decadent/ Nomad Network), *Here We Are Again Still* (World Premiere & Irish Tour), *Someone Who'll Watch Over Me* (Irish Tour), *Tejas Verde*, *Lovers*, *At the Black Pigs Dyke*, Decadent productions of *The Dead School*, *Vernon God Little*, *Defender of the Faith* and *Lonesome West* and *Philadelphia*, *Here I Come!* for Lyric Theatre, Belfast. Recent builds include: *A Love Like That* by Billy Roche, *A Skull in Connemara* and *The Pillowman* by Martin MacDonagh and *The Weir* by Conor MacPherson (Decadent/ Pavilion/ Everyman/ Galway Townhall).

## **Rae Visser** Stage Manager

Originally from South Africa, with a background in Fine Art. Rae's first work placement was with Druid. Thereafter, she has stage managed touring productions for Fíbín, Branar, Decadent Theatre Company (*There Are Little Kingdoms*, *The Lieutenant of Inishmore*, *The Lonesome West*, *Blackbird*), Passion Machine, Town Hall Theatre, Music for Galway, Cork Opera House, An Taibhdhearc, Keegan Theatre (Washington, D.C), Theatre Corp., Passion Machine, Zelig, Blue Pig Theatre Company, Jasango, and Galway Youth Theatre. Production management for Keegan Theatre (Washington D.C. and An Taibhdhearc.) Rae has also directed for TrueWest Theatre Company. *The Head of Red O'Brien* by Mark O'Halloran, *Mary Motorhead* by Mark O'Halloran (and for radio, *Mary Motorhead* winner of best radio drama, PPI radio awards, Drama, Ocean FM 2013). For Haw Theatre Company, *Zeitgeist* by Bernard Field and *Before the Devil Knows You're Dead* by Pat Collins and John O'Dowd. She has a new exciting project, currently in development.

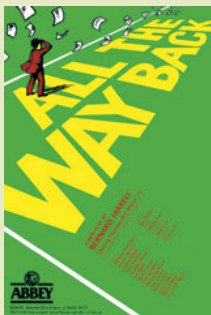
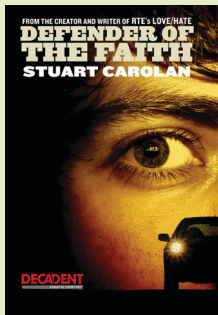
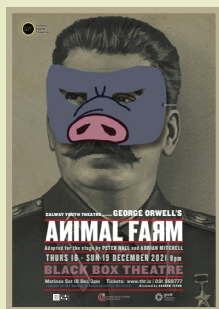


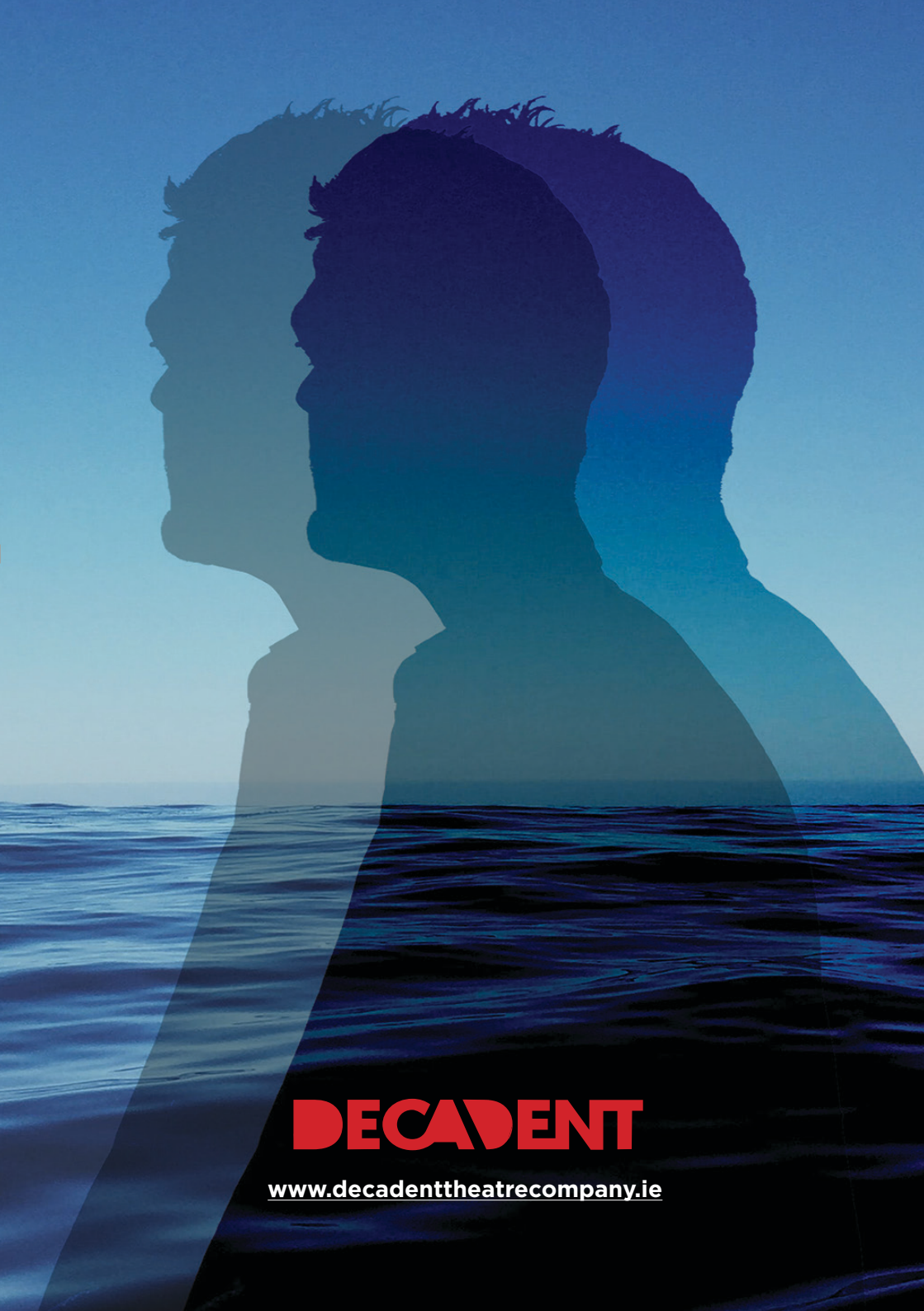
## Gerry Barnes Executive Producer

Gerry Barnes is the Executive Producer of Decadent Theatre Company. Gerry was Executive Director of Cork Opera House from 1989 to 2010 during a major expansion of its artistic programme. He oversaw the development of The Half Moon Theatre as well as a refurbished Opera House during the unfolding of the capital expenditure programme from 1993 to 2009. During his tenure Gerry worked with his Board of Directors to upgrade the artistic quality and range of a programme which included touring co-productions with Town Hall Theatre Galway directed by Andrew Flynn (*The Lieutenant of Innismore*, *The Lonesome West*, *Juno and the Paycock*). He has to date produced the Decadent Theatre national tours of *A Skull in Connemara*, *The Pillowman*, *Vernon God Little*, *The Dead School*, *The Weir*, *Eden*, *The Thing About December* and *A Love Like That*. Gerry has programmed and produced plays for the Cork Theatre Company, Storytellers Theatre Company, the Belltable Arts Centre, and Cork Midsummer Festival.

## Brendan Foreman Design

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