

lot of them just do their own thing. But some of them are willing to be friends and Gerry and Gay are two shining examples of guys who have pretty much seen it all and are open to sharing with you. I admire them for that.

And lastly, are you bringing a date to the IFTAs?

No, I am not seeing anybody at the moment, so I won't have a date at the IFTAs. When you work five days on the radio and on a Saturday, and in the meantime you are trying to look after two little people who you adore, it's very hard to do everything else.

Kathryn Thomas

TV Personality of the Year nominee

Are you getting nervous about your impending TV Personality of the Year nomination?

It sort of comes in waves. When I found out first I was absolutely thrilled and delighted to be nominated, and really quite surprised. I want to do RTÉ proud because I am very proud that I have been there for ten years and my affiliation with them is so strong. And it's not just about me; there are so many people who deserve to get this; the people who have worked with me over the years. So yes, I am nervous, I would be lying if I said I wasn't.

How do you feel about the media pitching you against Lorraine Keane in this category?

I don't take it too seriously at all. They are obviously going to pitch the female presenters against each other and create this rivalry. There is no sense of rivalry between us, but there is a healthy competition because she wants to win as much as I do. But on the night, which ever way it goes, I know I would be delighted for her and vice versa.

How do you think you will feel if you don't win?

I wouldn't be upset if I didn't win but I would be disappointed. At the end of the day I am very proud of *No Frontiers*, so whatever way the vote goes on the night, our ratings and our programmes speak for themselves.

Have your family and friends been out campaigning for you?

Yes! They are texting and voting like lunatics! I would say Carlow has no idea what's happening in the American elections the way my mother has been going on! I was away for the main launch, so I think my family and friends took the matter into their own hands. All my school friends from Kings Hospital have been voting away and being really supportive, which is brilliant!

Do you know yet what you are going to be wearing?

There are so many different options, and it's really about having the confidence to go with something different. Synan

Kathryn's dresses



OPTION 1 – Dusty pink dress – Kathryn's favourite!

I love this dress. The colour reminds me of the one I wore last year. It has a lovely shape and I love the detail on the jewelled neckline.



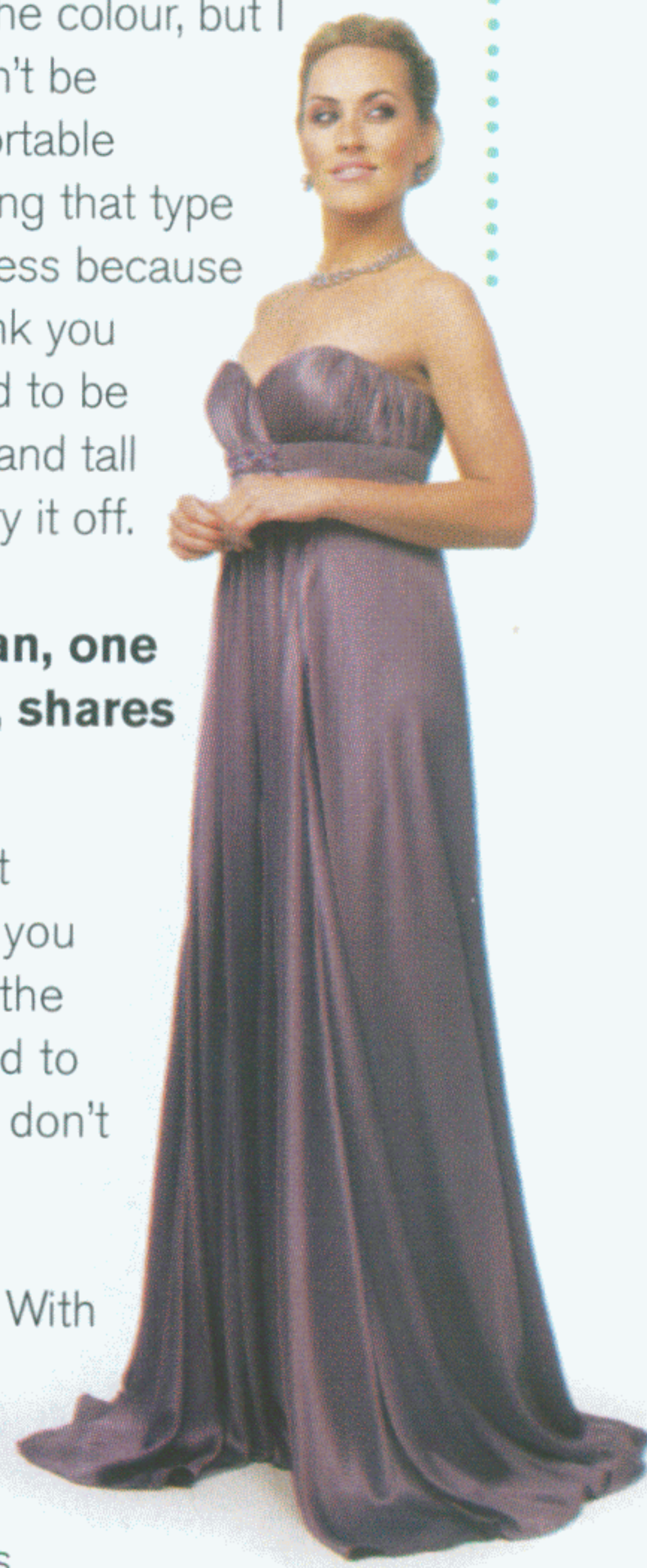
OPTION 2 – Black and gold dress

I would always try to stay away from black on the red carpet. What I like about this dress is the gold detail, which is quite oriental.



OPTION 3 – Lilac dress

I love the colour, but I wouldn't be comfortable wearing that type of dress because I think you need to be thin and tall to carry it off.



Melissa O'Connor Regan, one of Ireland's top stylists, shares her red carpet rules

*** Be prepared:** You can't expect to look your best if you throw yourself together at the last minute. YOU are invited to the party, not the dress, so don't go choosing a dress which wears you.

*** Last minute touches:** With black tie especially, hair should be worn up. That means loose, sexy and softly pinned, no barrel curls allowed!

*** Most crucial tip:** Smile with a true sincere smile. There is no point looking fabulous if you are going to be a grump!



KATHRYN THOMAS: Outfit 1 (Pink Satin) Dress from Lara, €795. Earrings from Cherry Chau @ Brown Thomas, €39.50. Necklace is Kathryn's own. Bracelet from Rhinestones, €650. **Outfit 2 (Black and Gold)** Dress from Richard Alan, €399. Earrings from Cherry Chau. Cuff, stylist's own. Shoes from Dolce & Gabbana @ Brown Thomas, €635. **Outfit 3 (Lilac)** Dress from Richard Alan, €699. Necklace from Rhinestones, €1,500. Earrings from Cherry Chau, €77. **Outfit 4, with Ryan (Turquoise)** Dress from Little Black Dress in Powerscourt Townhouse Centre, €425. Shoes from Prada @ Brown Thomas, €390. Earrings from Cherry Chau, €77. Bracelets from River Island, €16.50. **RYAN TUBRIDY:** Own suit. Shirt by Gieves and Hawkes @ Brown Thomas, €185. Tie by Hugo Boss @ Louis Copeland, €85. **STYLED** by Melissa O'Connor Regan – 086 8037788. **HAIR AND MAKEUP** LA Make Up Academy – 01 6751999.