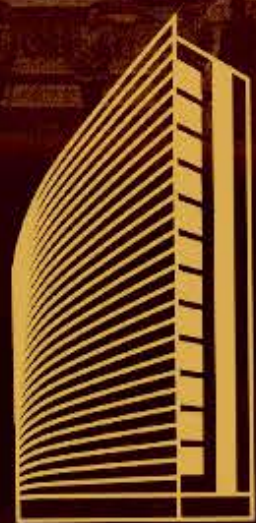


SSE AIRTRICITY LEAGUE | EAMONN DEACY PARK | €3

KO: 17.00 | MON 5TH JUNE 2023

20

DAVID HURLEY



COMER
GROUP
IRELAND



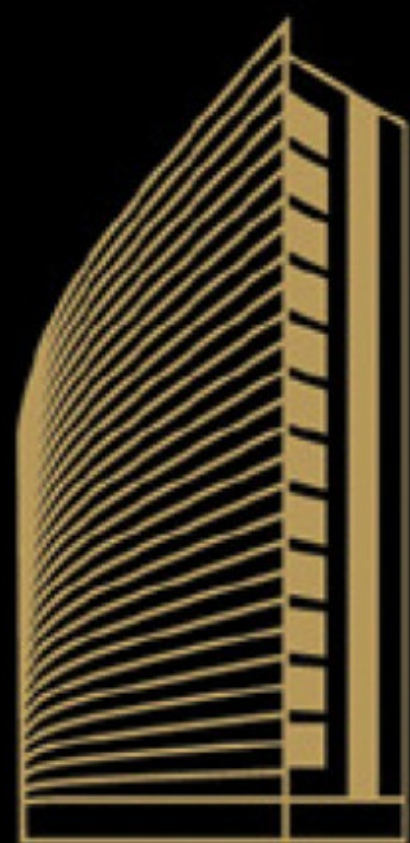
GAME



1937



MAROON VIEW: 09



COMER
GROUP
IRELAND



PROUD PARTNERS OF
GALWAY UNITED F.C.



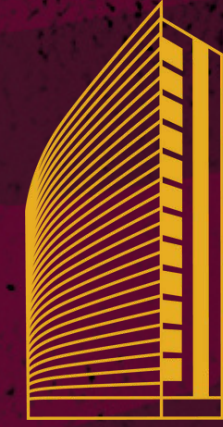
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UNITED WE STAND

WITH PARAIC COLLINS



COMER
GROUP
IRELAND

Welcome one and all to Eamonn Deacy Park on this sunny and warm evening on the banks of the Corrib River. Tonight is the 800th time Galway United has played on the ground formally known as Terryland Park. We extend a warm welcome to the players staff and travelling support of tonight's opponents, Finn Harps.

Harps are not enjoying life in the SSE League of Ireland First Division since relegation from the Premier. United on the other hand are looking for their 16th win of the season and to continue their home record of ten wins on the trot.

It all began for Galway on the 5th of September 1976 with a goalless draw against Athlone Town in the League Cup. Since then, United has recorded 314 wins, 206 draws, and 279 defeats. There is simply no way I know these statistics so thank you to our resident statistician Julian Canny for those nuggets of quality information.

I started going in the mid to late 90s when Don O'Riordan oversaw a special group of players. My first game was against Longford Town and my abiding memory of that night was the lashing wind and rain. It was torrential. From that moment on I got to watch top players like Billy Cleary, Gareth Gorman, Ollie Neary, Eric Levine, and Jumbo Brennan week in and week out up close.

Your very first time at Terryland Park is probably a vivid memory too. The experience and excitement of it all. The walk down the Dyke Road, paying into the ground, staring at the always immaculate playing surface, watching the players warm up and eating curry chips, all with one eye firmly on the weather. It's currently balmy in Galway but as we all know when that cold wind blows in off the river, we all need to warp up!

As always come on United!



TH

G A M E



THE STORY OF THE 800

WITH JULIAN CANNY

This evening marks the 800th competitive game the club has played at Eamonn Deacy Park, formerly known as Terryland Park.

The very first match for Galway Rovers took place here on 5th September 1976, a scoreless draw with Athlone Town, featuring the man the ground is now named after today in the team. A fortnight later saw the first competitive goal at the venue and although it was for the opposition the goalscorer was Paul McGee who would go on to be Galway United's all-time record scorer.

The early days of Galway Rovers were a struggle and it took until the sixth match before we scored a goal, courtesy of Sean Lundy, in a 2-1 defeat against Home Farm whose winner was scored by a young Ronnie Whelan! We have played in three FAI Cup Semi-Finals at the venue, losing all of them: 1-2 v Finn Harps in 1999, 0-2 v Shelbourne in 2000, and 0-1 v Derry City in 2008.

In December 1996 we defeated Cork City 3-1 in the first leg of the League Cup final, going on to clinch the trophy in Turner's Cross on New Year's Day 1997, while the 2015 League Cup Final was lost on penalties to St. Pat's after a scoreless draw.

The only silverware won at the venue was the 1996/97 First Division Shield secured with a 2-0 victory over Limerick.

Of course, for those who remember the "old Terryland" things around here have changed a lot! After achieving promotion back to the Premier Division at the end of the 1992/93 season the ground underwent huge development works, including turning the pitch 90 degrees, and was reopened on 9th October 1994 with a 2-1 victory over Sligo Rovers.

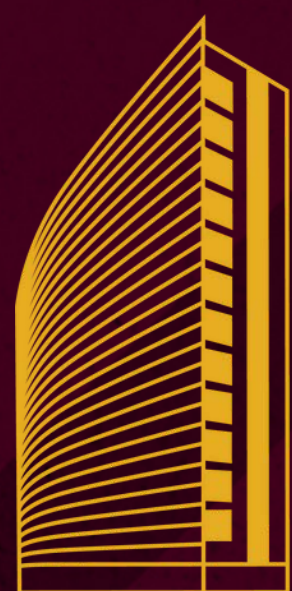
As we reach the 800th match at the venue we are on a record winning run, having won 9 consecutive matches, dating back to the playoff win over Longford Town last season. Maybe after 46 years and 800 games, Eamonn Deacy Park is finally becoming a fortress.

TERRYLAND PARK DEVELOPMENT





**CONOR
McCORMACK**



COMER
GROUP
IRELAND

GROUP
IRELAND

CAPTAIN'S LOG

WITH CONOR McCORMACK

Describe last week's home win over Athlone Town?

We fought hard last Friday night at Eamonn Deacy Park to beat Athlone 3-1. They're a tricky team and can produce good results and shock teams. We were well prepared for them. We knew they've some dangerous players with the freedom to attack and can hurt you if you're not mentally ready. Thankfully we started well, got the goal, and controlled the game for long periods. Most importantly of course we got the desired win.

Nice warm weather this week, how did the squad prepare for Finn Harps tonight?

The weather has been great this week and no better place to be than Galway when it is. We've done a lot of work on the training pitch preparing for this game so we know we will have to be at our very best again to take the three points. Harps have had a good result last week away to Treaty United which we know to well can be a tricky game. Like always we've to be mentally and physically prepared for them. You get nothing in this league without working hard and that's something again we will continue to do. They've some decent players and we will have to be wary of them.

You'll be captain on the club's 800th game at Eamonn Deacy Park, formally Terryland Park, it must be an honour.

It's a huge honour for me to captain this great club and yes, I've heard it's the club's 800th game. So to walk out in front of our fans leading the team is a great honour. I hope to see all the fans again cheering us on. The fans have been massive for us and we hope that continues. The players appreciate it massively.

oneills

GALWAY UTD 3RD KIT



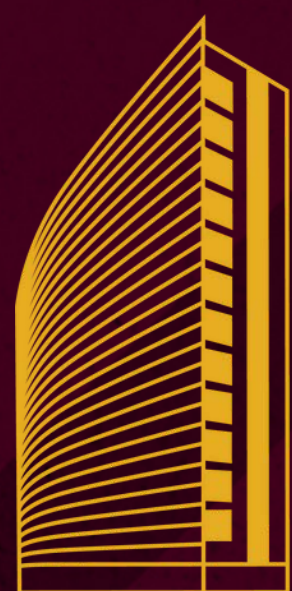


Photo by Ray Ryan/Sportsfile

Jenna Slattery with her SSE Airtricity Player of the Month Award for April 2023 at Eamonn Deacy Park in Galway.



**JOHN
CAULFIELD**



COMER
GROUP
IRELAND

FROM THE DUGOUT

WITH CIAN O'CONNELL

It is another important game in the SSE Airtricity League First Division this season for Galway United Football Club. We welcome Dave Rogers, his players, staff, and everybody associated with Finn Harps to Eamonn Deacy Park.

This is an exciting time for the SSE Airtricity League with increasing attendances across the county. It is vital, though, that something sustainable is built because funding has always been a huge problem in the League of Ireland

Unfortunately League of Ireland clubs have never got the backing financially from the Government that is required. Other sports have got a lot of funding towards infrastructure. This is an area where League of Ireland clubs have to be more vocal and active.

Every sport has to fight for their own, but we are definitely dominated in this country by politicians and people, who are more interested in what is happening across the water in soccer terms, than they are in the League of Ireland.

It is an embarrassment that we don't have a complete professional football industry here. We don't have enough full-time academy coaches and not having a pathway from schoolboy and amateur football into academy and professional football means people look elsewhere in Europe.

It is disappointing and is probably the greatest frustration that at the highest level - in the FAI or in Government circles - that they don't see that the opportunity is there. With mediocre investment we can turn our league fully professional to offer opportunities that are provided across Europe, especially in the UK.

We need to change the whole vision of young people growing up. I've spent time in schoolboy and amateur football, and being in the League of Ireland, I can see that with small investment we can turn the league here into a proper industry. It will offer coaches a coaching career and lead to better structures at academy level.

We know we need better facilities and grounds, but you need help and investment for that. A lot of money goes into sport in this country, but the League of Ireland is the poor relation. We need to be more vocal, to stand up and be counted, to take these people on.

Following the Covid restrictions clubs have improved in lots of ways. When you go into business you set out a plan and a structure, but you have to invest to make it happen.

When you look at how other sports have grown in this country, particularly rugby and the horse racing industry - the investment that has gone in, you are left wondering.

How can a big participatory sport not get the investment so young players can live here, have an industry here, make a career here, that they aren't thinking at 15 or 16 about going elsewhere.

That is what is wrong. So it is up to us to stand up, and I've been saying this for many years. It is good at the moment to see high profile managers like Damien Duff and Stephen Bradley doing it, but we need clubs to be strong and more vocal so more pressure is put on the Government and FAI.

We do need funding, but when you see the great work being done in academies on shoestring budgets, you'd wonder what could be done if we had more investment?

Enjoy the game.

WOODQUAY WANDERER

WITH BERNIE O'CONNELL

Fáiltíonn Gaillimh Aontaithe roimh Cláirsigh na Finne don chluiche sraithe seo tráthnóna. Is mór linn fir Thír Chonaill a bheith linn arís. Cluiche suimiúil a bheas ann ar mhórán bealaí. Tóg cás Ollie Horgan a thug sár sheirbhís i mBealach Fé agus atá anois taobh le John Caulfield ag iarraidh cúrsa na Gaillimhe a threorú ar ais chuig na Príomh Roinne. Is iomaí leantóir baile atá suaimhneach le Ollie ar thaobh na Gaillimhe ní amháin don chluiche seo ach don feachtas ar fad.

É sin ráite tá páirt criticiúil á thógáil ag an bhfoireann tacaíochta ar fad. Is creidiúnt an fhoireann don réiteach cumasach atá ar siúl sa Droma i gcaitheamh na seachtaine. Tá tábhacht leis an réiteach fisiciúil, an obair páirce, taicticí, spiorad agus obair foirne atá sa gcampa. Ní obair thar oíche an próiséas seo. Tá cultúr an chumainn atraithe ó bhun go barr le cúpla séasúr agus tá an sainmharc sin le sonrú ar na taispeántaisí.

Sa mbua i gcoinne Átha Luain bhí toradh an dian réiteach le sonrú chomh maith le doimhneacht an painéil. Ba mhór an rud imreoirí mar Oisín O'Reilly, Luke O'Connor ag teacht chun páirce. Tá fíor chreidiúnt ag dul don fathach fir Conor O'Keefe as an imirt aige le píosa. Féach conas a rug Maurice Nugent ar an deis aige i Luimneach agus an slacht a bhí air in aghaidh Átha Luain.

Scríobhadh an colún seo sular thug muid aghaidh ar Bhré Chualainn. S'é athair Brendan Clarke an t-aon duine a casadh orm a d'fhéadfadh breathnú ar an gcluiche mar chluiche baile. Bíonn sé i láthair ag na cluichí go léir. Is fiú éisteacht lena bhreithiúnas tomhaiste ar chúrsaí. Leantóir dílis eile ná athair John Caulfield féin. Fear umhal, cneasta eile.

Léiríonn an bua ag na Cláirsigh i Luimneach le gairid go bhfuil tionchar Dave Rogers ar an bhfoireann óg aige le feiceáil go soiléir. Ach an oiread le Áth Luain tá cleachtadh mhaith againn ar chumas peileadóirí Thír Chonaill anseo i gCathair na dTreabh. Áirím ina measc siúd, Jim McDaid, Joe Sweeney, Mickey McLoughlin, Dennis Bonner, Andy Bonner, Tony Gorman, Gareth Gorman agus Declan McIntyre. Las siad go léir ina mbealach féin scéal sacair an chondae seo.

B'údar mórtais dom féin go pearsanta gur chinn an Comharcumann gradam a bhronnadh ar Jimmy Brennan as ucht an seirbhís iontach a thug sé don eagraíocht ó 2014. Bhí Jim mar chathaoirleach ar an bhfochoiste a scríobh tuairisc cumasach don bhord maidir le ról comharcumann sa chlub athbhunaithe. Mar iar chataoirleach ar an gComharcumann agus mar oifigeach ó shoin bhí meas ollmhór ar Jim as ucht an léargas críonna agus glór tomhaiste ar imeachtaí sacair i nGaillimh.

Ní aithnítear seirbhís agus dúthracht speisialta i gcónaí agus ba mhór an rud Jim a fheiceáil aitheanta ag an gcluiche i gcoinne Átha Luain. Bhí a sheacéid mar maor páirce á chaitheamh ag Jim rud a bhí tráthúil mar is minic gurb é an chéad aghaidh le n-aithint ag duine ag cluichí i bPáirc Eamonn Deacy ag cluichí.

Maidin Sathairn thug mé aghaidh ar leabharlann an Iarthair do léitheoireacht filíochta ag Gerry Daly ambasadóir nua ceaptha ag an gclub. I measc muintir Seantalamh bhí éifeacht agus cumhacht faoi leith ag dánta Gerry. B'iontach an tinreamh a bhailigh agus iad breá sásta le ceol ó Bernard McNamara ,Andrew Flaherty agus dán cumasach ó Bren Butler faoin óige ag an Sliding Rock. Ambasadóir fileata agus peile ceart é Gerry. Creidiúnt leis do Deirdre Ryan a d'eagraigh.



JOHN HERRICK

WITH MIKE GERAGHTY (Part 1)

If our nearest neighbours became 'more like the Irish, than the Irish themselves' then surely John Herrick's epitaph will be that of a man who became 'more like a Galway man than the Galwegians themselves'.

John won all the honours available in a League of Ireland career that included service at Cork Hibernian, Shamrock Rovers, Limerick, Drogheda, and eventually Galway Rovers. He was a well-respected full-back, equally able at left or right full, and also played at centre-back and mid-field. The tough tackling but skillful defender won three caps for Ireland in the early seventies and was a regular member of the squad between 1971 and 1973. He represented his country in the European Championship against Austria in 1972, on a tour of South America against Chile the same year, and in a World Cup qualifier against France in 1973.

Herrick played for Irish and League of Ireland selections on many occasions and played alongside stars of the English game such as Johnny Giles, Ray Treacy, Don Givens, and Terry Conroy as well as League of Ireland players of the caliber of Michael 'Al' Finucane, Tommy McConville, O'Neill, and Mike Leech. "At that stage, you would often come across Irish Internationals in League of Ireland matches," said Herrick. Many more made the journey across the water and despite the Cork man's modesty on the subject many in the game here and in England felt that he could have succeeded in the English League.

John Herrick felt that Amby Fogarty (Galway Rovers first manager on entering the League in 1977) was the biggest influence on his career. "Amby was my manager at Cork Hibs and he was a football genius. He made Cork soccer and I felt that I really only started to play under him." He told Herrick that if he did what he told him and worked hard that he would have an Irish cap in three years. It only took two! Amby was a great mate of Brian Clough's and 'Chick' Deacy also drew the comparison between the two and Peter Taylor on his travels in the English game.

Fogarty was not afraid to change from traditional football habits, experimenting with diets, training, etc but John recounts one such experiment with fond memories. "We used to like to have a strong cup of tea after training and one night after the shower the Cork Hibs players gathered round the old kettle for their traditional brew. It had been a particularly cold night and when Amby produced hot Ribena there were a few raised eyebrows. You can imagine the reaction, seasoned League of Ireland players drinking a kid's drink.....and heated as well! Dutifully they tried it as Amby assured the players that he had read about its benefits on performance. Guess what...Hibs won their next two matches and continued with the new wonder drink until one Sunday afternoon they were turned over at Flower Lodge and one wag enquired of the gaffer, "What about the Ribena boss?" Amby picked up the kettle and threw it at the dressing room wall. More like Souness and tea cups than Ferguson's hairdryer treatment then!

John fondly remembers the early days when Galway Rovers was based in the Claddagh. "Lad'neen Curran was the King of the Claddagh at the time and he would travel to the away matches on the bus with us regaling the players of tales of old Galway. Finbar Lillis put up temporary floodlights on the old clubhouse so we could train and at one stage the team went on a ten or twelve game unbeaten run and the whole town seemed to be supporting us."

John recalls some of the players he worked with: "Miko Nolan had his own secret recipe for all types of injuries...goose grease. He applied this to any type of injury you can think of and we had to put up with the smell as he swore by it. Ginger Collins was a great finisher, Chopper Murphy at center-half was a terrific defender, Kevin Cassidy was a terrific centre forward, he used to play rugby but we converted him into a goal-scorer and he enjoyed it when people made comparisons with Mario Kempes of the 1978 Argentinean World Cup winning team. He wouldn't have minded swapping places with his double I'm sure, but I wonder how Kempes would have settled at Terryland!



STATS WITH JULIAN

DIVISION 1 TABLE

		P	W	D	L	F	A	D	PTS
1	Galway United	16	15	0	1	44	7	37	45
2	Waterford	16	10	3	3	38	14	24	33
3	Bray Wanderers	16	6	6	4	21	23	-2	24
4	Cobh Ramblers	16	6	5	5	25	24	1	23
5	Athlone Town	16	6	2	8	28	27	1	20
6	Treaty United	16	5	4	7	21	25	-4	19
7	Longford Town	16	4	6	6	16	18	-2	18
8	Wexford	16	5	3	8	19	25	-6	18
9	Finn Harps	16	4	5	7	17	31	-14	17
10	Kerry	16	1	2	13	12	47	-35	5

Before Weekend Fixtures

DIVISION 1 RESULTS

Bray Wanderers	2 - 2	Cobh Ramblers
Galway United	3 - 1	Athlone Town
Kerry	0 - 6	Wexford
Longford Town	0 - 0	Waterford
Treaty United	0 - 3	Finn Harps

DIVISION 1 FIXTURES

Athlone Town	v	Bray Wanderers
Cobh Ramblers	v	Longford Town
Galway United	v	Finn Harps
Kerry	v	Waterford
Treaty United	v	Wexford

TOP GOALSCORERS - 2023

R. Coughlan	Waterford	18
F. Pierrot	Athlone Town	12
A. Dobbs	Wexford	9
V. Borden	Galway United	8
D. Hurley	Galway United	8
J. Doherty	Cobh Ramblers	7
E. Curran	Treaty United	7
S. Walsh	Galway United	7
R. Kelliher	Kerry	6
C. Omorehiomwan	Bray Wanderers	5
V. Dolya	Athlone Town	5
B. Feeney	Bray Wanderers	5
J. Giurgi	Longford Town	5
R. Rainey	Finn Harps	4
F. Da Silva	Finn Harps	4
E. McCarthy	Galway United	4
W. Aouachria	Waterford	4
R. Idowu	Waterford	4
I. Keita	Galway United	4
R. Flood	Finn Harps	4

CLUB TABLES & FIXTURES

WOMEN'S NATIONAL LEAGUE TABLE

		P	W	D	L	F	A	D	PTS
1	Peamount United	11	9	1	1	19	7	12	28
2	Shamrock Rovers	11	8	3	0	28	8	20	27
3	Shelbourne	11	7	1	3	24	6	18	22
4	Bohemians	11	7	1	3	15	11	4	22
5	Galway United	11	6	1	4	12	10	2	19
6	Athlone Town	11	5	1	5	27	12	15	16
7	Wexford Youths	10	5	1	4	14	13	1	16
8	DLR Waves	11	2	3	6	9	14	-5	9
9	Treaty United	11	1	3	7	5	29	-24	6
10	Sligo Rovers	10	1	0	9	7	26	-19	3
11	Cork City	10	0	1	9	3	27	-24	1

U19 PHASE 1 GROUP A TABLE

		P	W	D	L	F	A	D	PTS
1	Shelbourne	10	9	1	0	24	8	16	28
2	Galway United	10	9	0	1	32	6	26	27
3	Shamrock Rovers	10	8	0	2	26	12	14	24
4	Cobh Ramblers	10	6	0	4	20	12	8	18
5	Treaty United	10	5	1	4	18	13	5	16
6	Waterford FC	10	5	0	5	20	19	1	15
7	Bray Wanderers	10	3	3	4	15	19	-4	12
8	Cork City	10	3	1	6	16	16	0	10
9	Kerry FC	10	1	3	6	12	27	-15	6
10	Wexford FC	10	1	1	8	15	25	-10	4
11	CK United	10	0	0	10	6	47	-41	0

U17 PHASE 1 GROUP A TABLE

		P	W	D	L	F	A	D	PTS
1	Shamrock Rovers	10	7	1	2	28	10	18	22
2	UCD	10	6	0	4	28	14	14	18
3	Athlone Town	10	6	0	4	19	12	7	18
4	Sligo Rovers	10	4	0	6	18	19	-1	12
5	Longford Town	10	3	1	6	9	37	-28	10
6	Galway United	10	3	0	7	12	22	-10	9

U14 EDDIE WALLACE CUP GROUP D

		P	W	D	L	F	A	D	PTS
1	Cork City	2	2	0	0	8	0	8	6
2	St Patrick's Athletic	1	1	0	0	6	1	5	3
3	Galway United	2	1	0	1	3	7	-4	3
4	Treaty United	2	0	0	2	1	4	-3	0
5	Athlone Town	1	0	0	1	0	6	-6	0

WOMEN'S U19 PHASE 1 GROUP A TABLE

		P	W	D	L	F	A	D	PTS
1	Shamrock Rovers	10	9	1	0	29	5	24	28
2	Sligo Rovers	10	6	1	3	12	6	6	19
3	Athlone Town	10	5	1	4	19	16	3	16
4	Galway United	10	3	2	5	9	17	-8	11
5	Bohemians	10	2	3	5	4	11	-7	9
6	DLR Waves	10	0	2	8	7	25	-18	2

WOMEN'S U17 PHASE 1 GROUP C TABLE

		P	W	D	L	F	A	D	PTS
1	Athlone Town	8	8	0	0	40	3	37	24
2	Galway United	8	6	0	2	22	11	11	18
3	Sligo Rovers	8	4	0	4	12	14	-2	12
4	Treaty United	8	1	1	6	10	25	-15	4
5	Longford Town	8	0	1	7	5	36	-31	1

U15 PHASE 1 GROUP A TABLE

		P	W	D	L	F	A	D	PTS
1	Finn Harps	10	7	1	2	27	19	8	22
2	Galway United	10	7	0	3	36	18	18	21
3	Sligo Rovers	10	6	1	3	22	19	3	19
4	Athlone Town	10	5	0	5	17	18	-1	15
5	Derry City	10	3	0	7	18	24	-6	9
6	Longford Town	10	1	0	9	10	32	-22	3

HEAD TO HEAD

GALWAY UNITED -V- FINN HARPS

PLAYED
75

WON
30

DRAWN
21

LOST
24

GOALS FOR
127

GOALS AGAINST
110

LAST 5 H2H
WLLW

LAST 5 H H2H
LWWDW

DIVISION 1 RECORD v FINN HARPS

PLAYED
23

WON
8

DRAWN
9

LOST
6

HOME RECORD v FINN HARPS

PLAYED
39

WON
17

DRAWN
13

LOST
9

POSITION

1

45 PTS

LAST PLAYED

FHFC 1 GUFC 2

17th February 2023

0-1 5' V. Borden

R. Rainey 43' 1-1

1-2 60' V. Borden

POSITION

9

17 PTS

BIGGEST VICTORIES v FHFC

5-2

(H) 11th Aug 2000

5-1

(A) 24th Feb 1985

BIGGEST GUFC VICTORIES 2023

9-1

H v KERRY

4-0

A v WEXFORD

TEAM TOP LEAGUE GOALSCORERS 2023

VINCE BORDEN - 8

FILIP DA SILVA - 4

MATCHDAY PHOTOS



Adam Walsh brought his Dad Robbie to see Galway United's game against Athlone Town and got to see United win 3-1. It was Adam's first ever Galway United game so we know he enjoyed it.

HAPPY BIRTHDAY

Everyone at Galway United FC would like to wish Ben Murphy a happy 8th birthday. Ben is celebrating his big day at today's game with his friends. He attends Belclare National School and plays for Corofin United FC. He loves Galway United and Manchester United and is a big fan of Stephen Walsh. Ben also likes Rory Gaffney who plays for Shamrock Rovers and ex Galway United player Mixie Harty. Have a great day Ben.





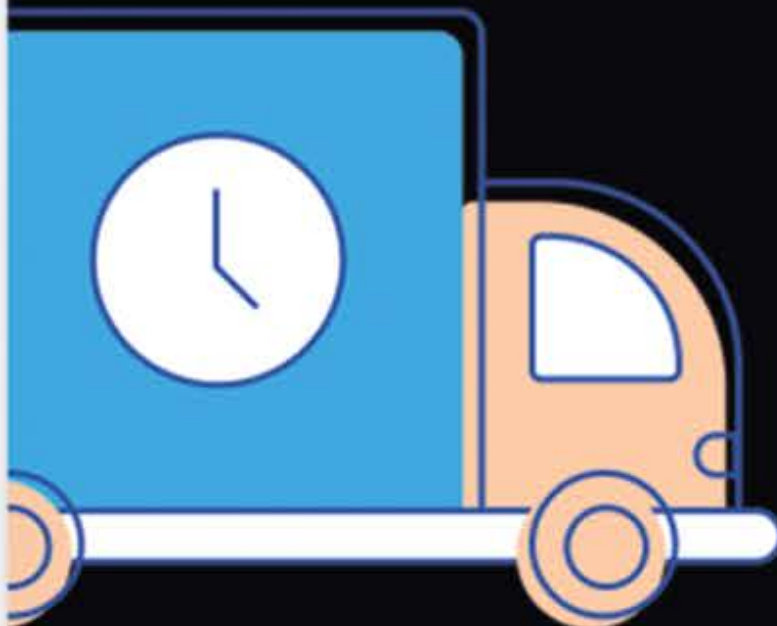
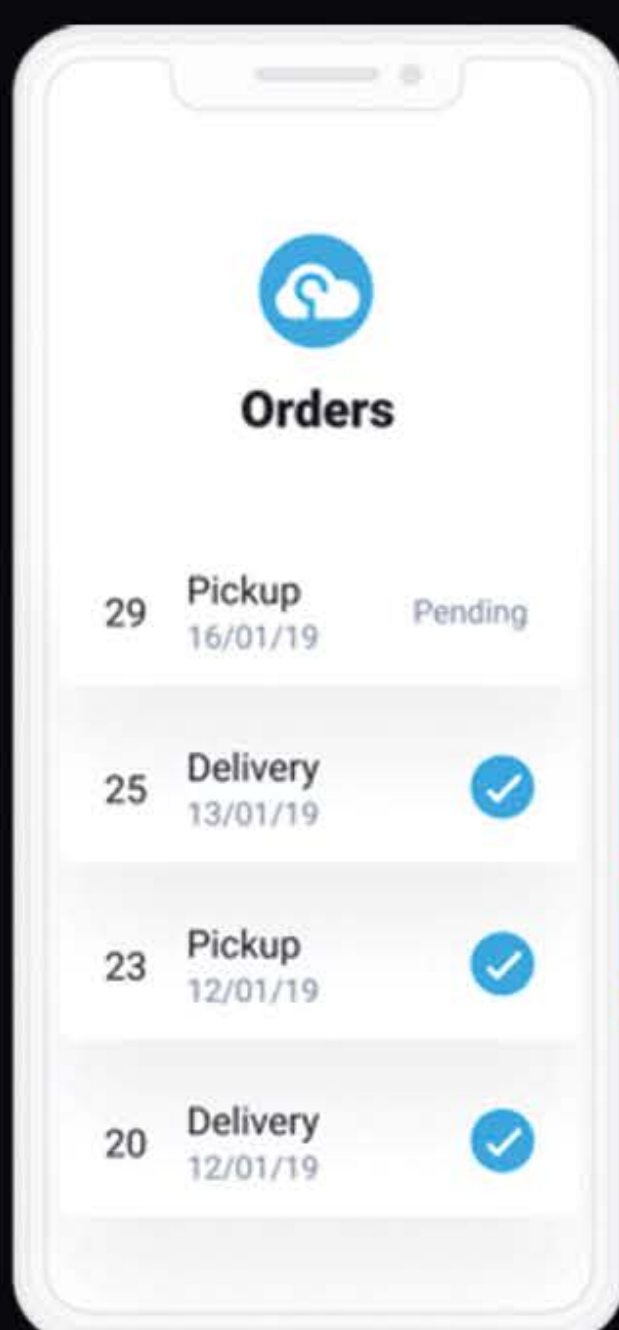
GALWAY UNITED FC

2023 FIXTURES

17/02/23	Finn Harps	23/06/23	Longford Town
24/02/23	Treaty United	30/06/23	Kerry
03/03/23	Waterford	07/07/23	Cobh Ramblers
10/03/23	Kerry	14/07/23	Athlone Town
17/03/23	Cobh Ramblers	23/07/23	FAI Cup 1st Round
24/03/23	Longford Town	28/07/23	Bray Wanderers
31/03/23	Athlone Town	04/08/23	Finn Harps
07/04/23	Wexford	07/08/23	Treaty United
14/04/23	Bray Wanderers	11/08/23	Waterford
21/04/23	Kerry	20/08/23	FAI Cup 2nd Round
28/04/23	Cobh Ramblers	25/08/23	Cobh Ramblers
01/05/23	Longford Town	02/09/23	Longford Town
05/05/23	Waterford	08/09/23	Bray Wanderers
12/05/23	Wexford	15/09/23	Finn Harps
19/05/23	Treaty United	22/09/23	Kerry
26/05/23	Athlone Town	29/09/23	Athlone Town
02/06/23	Bray Wanderers	06/10/23	Waterford
05/06/23	Finn Harps	14/10/23	Treaty United
09/06/23	Wexford	20/10/23	Wexford

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THE TREATMENT TABLE



What is Achilles Tendinopathy?

Achilles Tendinopathy is a condition that can cause pain, swelling and stiffness of the Achilles tendon.

Achilles tendonopathy can be considered a rather common injury and can affect both athletes and non-athletes alike.

It is however more common in athletes who partake in sports that require a lot of running and jumping such as Gaelic football, Hurling, soccer, basketball and both short and long-distance running.

Below are some common signs and symptoms that people with Achilles tendinopathy may experience.

- **Stiffness in the morning.**
- **Gradual onset of pain**
- **Pain after exercise**
- **Tender to touch**

What to do about it?

The first thing you should do if you suspect you may be suffering from Achilles Tendinopathy is visit a Chartered Physiotherapist. Most importantly your physio will design a specific exercise programme that will be tailored to your needs.



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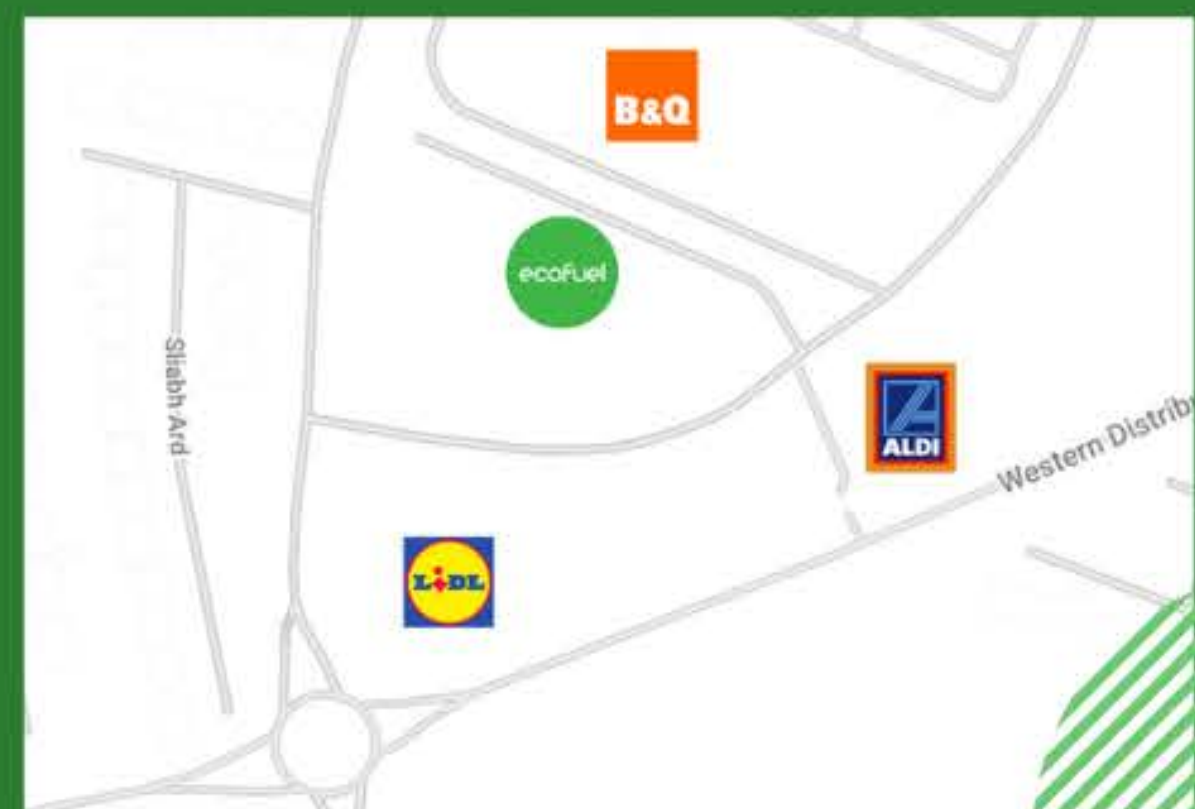


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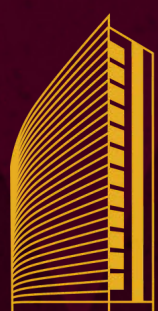
VS



1. Brendan Clarke
2. Conor O'Keeffe
3. Regan Donelan
4. Rob Slevin
5. Killian Brouder
6. Maurice Nugent
7. Stephen Walsh
8. Mikie Rowe
9. Rob Manley
10. David Hurley
11. Ibrahim Keita
14. Ronan Manning
15. Callum McNamara
16. Alex Rutter
17. Vince Borden
18. David Tarmey
19. Francely Lomboto
20. Evan O'Connor
21. Colm Horgan
22. Conor McCormack
23. Darren Clarke
24. Ed McCarthy
25. Aaron Neary
26. Connal Doran
27. Steven Healy
28. Mikey McCullagh
29. Oisin O'Reilly

1. Tim-Oliver Hiemer
2. Caoimhin Bonnar
3. Max Johnston
4. Daithi McCallion
5. Keith Cowan
6. Noe Baba
7. Ryan Flood
8. Katlego Mashigo
9. Filip da Silva
10. Michael Harris
11. Seamas Keogh
14. Caoimhin Porter
15. Kevin Jordan
16. Brendan McLaughlin
17. Shane McMonagle
18. Ellis Farrar
19. Okwuy Okwute
20. Sean O'Donnell
21. Damien Duffy
22. Ryan Rainey
24. Sean O'Kane
25. Oisin Cooney
28. Aaron McLaughlin
40. Oisin Farrell
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