

SSE AIRTRICITY LEAGUE | EAMONN DEACY PARK | €3

KO: 19.45 | FRI 24TH MAR 2023



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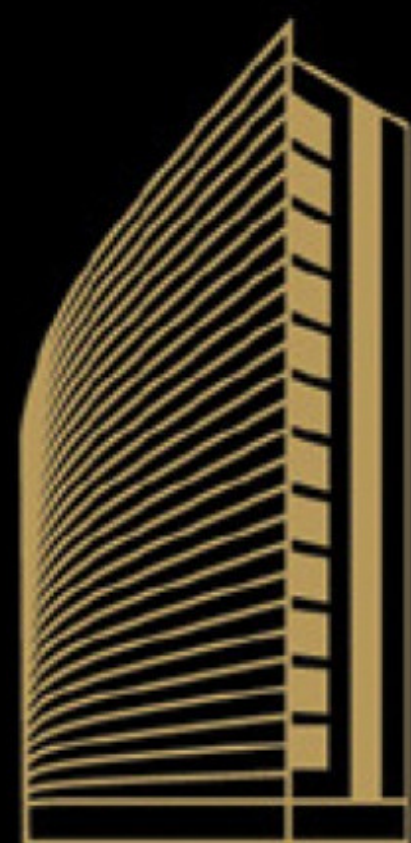


VINCE BORDEN



COMER
GROUP
IRELAND

MAROON VIEW: 03



COMER
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GALWAY UNITED F.C.

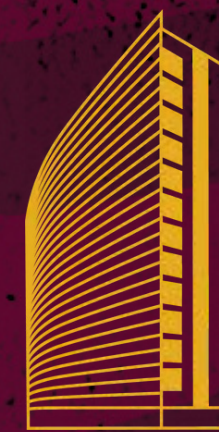
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GALWAY UTD 3RD KIT



UNITED WE STAND

WITH PARAICOLLINS



COMER
GROUP
IRELAND

Welcome one and all to Eamonn Deacy Park for tonight's League of Ireland First Division clash between Galway United and Longford Town. A very special welcome to Stephen Henderson, his staff, and the travelling Longford fans.

Unless you've been living under a rock over the past month, you may have noticed United is on a remarkable run of form. Five games played with the maximum 15 points on the board - with an equal number of goals scored - and only two conceded. We are sitting pretty at the top of the first division table.

It's nigh on impossible not to get giddy with excitement at how well this team is doing coupled with the quality of their performances. However, the team (and us fans) do need to remain grounded, and I know from talking to those close to the club, remaining level headed in such a dynamic and challenging league is at the forefront of the player's minds. We've won nothing yet essentially.

The nine goals we scored against Kerry F.C. in the last home game is a club record. It was a remarkable game that had everything, and you can bet even the most ardent United supporter would never have predicted such drama. Check out the superb artwork in this programme highlighting the five goal scorers.

Longford by contrast has yet to register a win this season with three draws sandwiched in between two defeats in their opening five games. The Town seems to be struggling to create chances at the moment, but this local derby is just the fuel they need to kick start their season.

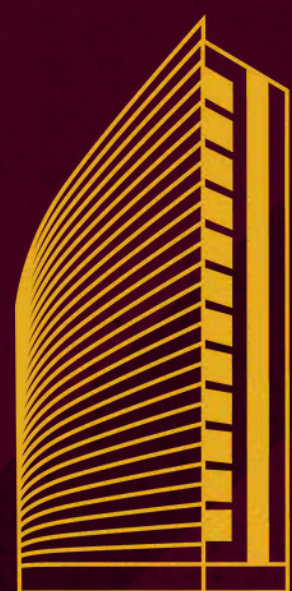
As always, the Tribesmen need to be on their game and hopefully notch another three points.

Come On United!





**CONOR
McCORMACK**



COMER
GROUP
IRELAND

GROUP
IRELAND

CAPTAIN'S LOG

WITH CONOR McCORMACK

Conor McCormack is the heartbeat of this Galway United side, and he retains the captain's armband for a third successive season. Throughout this season he will be sharing his thoughts on the team's fortunes in Maroon View's Captain's Log.

Describe last week's away win over Cobh Ramblers.

Last weekend in Cobh was another good win for us. We defended extremely well and thankfully we were able to take our chances and come away with another three points. We've been working very hard in training and trying to get that level of consistency in our game.

We welcome Longford Town tonight. Looking forward to it?

We're really looking forward to returning to Eamonn Deacy Park this Friday night against our nearest rivals Longford Town in front of our own fans. Longford is a good team, and we know they will be coming to try and stop our run and leave with a result. We've to be careful and make sure we're ready for them. Games against Longford are always difficult.

Against Kerry F.C. we set a club record, can you describe the game for us?

Last time out at home v Kerry F.C. we scored nine goals. That was great in terms of many of our players being able to get on the scoresheet. This does wonders for a player's confidence.

However, at the end of the game, and all things considered, it was still only three points gained so no one was getting too carried away by the scoreline.

There must be a buoyant atmosphere around the camp.

The mood in the camp is good and it's important we keep it that way while keeping our feet firmly on the ground. We just need to concentrate on the next game and take each game as it comes.

Any final words?

Again, thanks for all the support so far this season it's been magnificent! The players appreciate it and thrive off of it. Hopefully, we will have another bumper crowd through the gates Friday to cheer us on. Come on United!

HAPPY BIRTHDAY



Happy birthday to Daniel Acton who celebrates his 13th birthday today. Daniel was born on 24th of March 2010 and lives in Knocknacarra. He is a striker with Salthill Devon and attends sixth class at Gael Scoil Mhic Amhlaigh. Daniel loves Galway United and is a big fan of Mikkie Rowe. The club would like to wish Daniel a very happy birthday.

Begin

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WARNING: The cost of your monthly repayments may increase.

WARNING: If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating, which may limit your ability to access credit, a hire-purchase agreement, a consumer-hire agreement or a BNPL agreement in the future.

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WOODQUAY WANDERER

Bernie O'Connell

Fearann Cumann Peile Gaillimh Aontaithe fíorchaoín fáilte roimh imreoirí, lucht bainistíochta agus leantóirí Baile Longphoirt tráthnóna sa chéad chuairt acu i mbliana chuig Páirc Eamonn Deacy. Fáilte ar ais roimh Dave Henderson atá ar ais i gceannas ar fhoireann i Sraith na hÉireann. Tá scothsheirbhís tugtha aige féin agus a mhuintir don chluiche sa tír seo.

Is beag a bhí idir na clubanna ariamh agus nílim ag súil le tada eile sa gcluiche seo. An tseachtain seo caite nuair a bhí Gaillimh ag tabhairt faoi Cobh ó dheas bhí ár gcuariteoirí ag fanacht ar chuairt Cláirsigh na Finne ar an Satharn. Bhí díomá mór orthu nuair a d'imigh na cuairteoirí abhaile leis an gcreach. Beidh siad diongbháilte ag lorg toradh anseo.

I gCobh bhí gairimiúlacht na foirne againn féin le sonrú ó thús. Ba léir don dall an eagar agus spiorad sa bhfoireann. Lonraigh Conor McCormack ó thús deireadh agus tá Killian Brouder ag imirt thar cionn mar chosantóir láir. Caithfear taithí agus cinnearacht Brendan Clarke a chur san áireamh leis.

Ní raibh na cúil chomh fairsing agus a bhí i gcoinne Ciarraí ach bhí an fhoireann sách cumasach an sway a thabhairt leo i gcoinne foireann díocasach fisiciúil. Féach na cúil rialta ó Vincent Borden. Imreoir atá ag dul i bhfeidhm go mór sa tsraith. Nár Laga Dia é!

Tá stiúrthóirí an chumainn le moladh as ucht an tacaíocht fiail acu don bhus a cuireadh in áirithe don turas againn ó dheas. Stephen Connolly a bhí ag stiúradh cúrsaí agus caithfear sár aitheantas a thabhairt don obair dheonach seo ar fad ón bhfear óg cumasach seo.

Mar ba dhual dá athair roimhe Noel is oibrí iontach é Stephen agus eiseamláir don ghrá don gheansaí marúin. Creidiúint leis do na leantóirí a thaistil ó dheas chun tacaíocht iontach a thabhairt don fhoireann. Rinne siad difríocht ar an lá.

Cé nach dtugtar aitheantas cuí dhó go minic tá athrú cultúir ag dul ar aghaidh sa gclub. An réiteach gairmiúil laethúil agus an caighdeán ullmhúcháin tomhaiste sa Droma. De réir a chéile a thógtar na caisleáin agus as an méid a fheicim tá an cultúr sa club ar ard chaighdeán.

An dúshlán atá ann ná an méid sin a léiriú tré thorthaí ar an bpáirc gach Aoine. Ní leor imreoirí le talann a earcú caithfidh an cultúr agus an cur chuige a bheith i gceart agus mealltach. Caithfear an spiorad agus obair foirne a fhorbairt freisean.

Ba mhór an rud a chlos le gairid go bhfuil na Salthill 5s ar ais arís i mbliana. Bhí follús ceart ann i saol spoirtiúil na Gaillimhe gan iad. D'fhógair siad ariamh go raibh an samhradh tagtha. Glór Brendan O' Shaughnessy ag fáiltiú roimh an siamsaíocht. Is maith freisean go bhfuil coiste úr nua ag tógáil an cúram orthu féin. Mol an óige a deir siad.

Ag trácht ar searbhóntaí Bhóthar na Trá déanann muid comhbhrón le Art Friel a chaill a bhean chéile Mary T an tseachtain seo caite. Is iontach go deo an seirbhís flaithiúil a thug fear Thír Chonaill don chluiche i nGaillimh. Cuimhníonn muid anois air sna laethanta crua seo aige. Leaba i measc na naomh ag Mary T.



Ollie Horgan

MIKE GERAGHTY

There was great excitement for Galway United supporters when it was announced that Ollie Horgan had joined Galway United as Assistant-manager to John Caulfield. The Salthill-born native brings massive drive and enthusiasm to the table or dug-out in this case. We are getting used to seeing him on the sidelines with his clipboard bellowing instructions and it's obvious that John Caulfield and Ollie have put the players through their paces in what looks like a very competitive squad for the season ahead.

Ollie's first managerial post was at Fanad United where between 2007 and 2013 the Salthill native won three Ulster Titles and led Fanad into the inaugural U19 league in 2011. He moved to Finn Harps in 2013 and over the next nine years led the team to two promotions and a couple of late battles to stay in The Premier Division. It's a tremendous advantage for Galway United to have someone who not once but twice in 2015 and 2018 led the Donegal side to promotion via the dreaded Play-offs. We know all about them in Galway and would obviously prefer to go up as champions. We have certainly made a great start with maximum points after five games.

Welcome to Galway United Ollie. The lads have made a great start!

We have 31 games to go! It's a marathon with ups and downs along the way. We need the supporters to back us especially when things aren't going well, to be patient, and to make life difficult for the opposition as opposed to ourselves.

The players and management will give everything they have to the cause but sometimes there will be days that the team comes up short, but it won't be for lack of trying!

United has a strong squad this season, did you know many of the players when you took up your role as Assistant Manager?

I knew a lot of the players before I came in with John, having worked with a few at Finn Harps and Colm Horgan, Killian Brouder, Donal Higgins, and Ronan Manning with the Republic of Ireland Schools International team. Brendan Clarke also played with that side albeit before I was involved. There is a huge Galway connection there with the Schools International side with present underage players Adam O Halloran and Brian Cunningham getting caps this year, Stephen Healy, David Tarmey, and Mikey McCullough playing last year.

You are currently managing the Irish National School's team tell us about some of the players you have mentored in this role:

Over the years I was lucky enough to work with many players from Galway at that level including Daryl Horgan, Ryan Manning, Alex Byrne, Timmy Molloy, Conor Barry, Ger Hanley, Joe O'Brien, Brian Gaffney, Antoin O Laoi, Conor Melody, Adam Rooney, Billy Lane, and Ger Cheevers. I saw Stephen Rehilan and Garvin Broughal playing with Athenry last year in the Galway and District league. Alan Murphy would have captained the International side when he was U18 and continues to put time back into the present U18s at school level. Mark Herrick was part of the management team way back also.

STATS WITH JULIAN

DIVISION 1 TABLE

		P	W	D	L	F	A	D	PTS
1	Galway United	5	5	0	0	15	2	13	15
2	Cobh Ramblers	5	3	1	1	7	3	4	10
3	Bray Wanderers	5	2	3	0	7	4	3	9
4	Waterford	5	2	2	1	7	4	3	8
5	Athlone Town	5	2	1	2	8	8	0	7
6	Wexford	5	2	1	2	6	6	0	7
7	Finn Harps	5	1	2	2	4	6	-2	5
8	Longford Town	5	0	3	2	2	5	-3	3
9	Treaty United	5	0	2	3	3	8	-5	2
10	Kerry	5	0	1	4	4	17	-13	1

DIVISION 1 RESULTS

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

DIVISION 1 FIXTURES

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

TOP GOALSCORERS - 2023

V. Borden	Galway United	4
W. Aouachria	Waterford	3
A. Robinson	Wexford	3
J. Doherty	Cobh Ramblers	3
E. McCarthy	Galway United	3
R. Rainey	Finn Harps	3
E. Curran	Treaty United	3
F. Pierrot	Athlone Town	2
T. O'Brien	Cobh Ramblers	2
J. Campion-Hinds	Athlone Town	2
C. Omorehiomwan	Bray Wanderers	2
R. Slevin	Galway United	2
I. Keita	Galway United	2
S. Walsh	Galway United	2
B. Feeney	Bray Wanderers	2
L. Gaxha	Kerry	2
R. Coughlan	Waterford	2

CLUB TABLES & FIXTURES

WOMEN'S NATIONAL LEAGUE TABLE

		P	W	D	L	F	A	D	PTS
1	Peamount United	3	3	0	0	8	1	7	9
2	Shelbourne	3	2	1	0	9	1	8	7
3	Shamrock Rovers	3	2	1	0	9	2	7	7
4	Wexford Youths	2	2	0	0	4	1	3	6
5	Bohemians	3	2	0	1	2	2	0	6
6	Athlone Town	2	1	0	1	9	3	6	3
7	DLR Waves	2	1	0	1	3	1	2	3
8	Galway United	3	1	0	2	1	2	-1	3
9	Sligo Rovers	3	0	0	3	2	9	-7	0
10	Cork City	3	0	0	3	0	10	-10	0
11	Treaty United	3	0	0	3	0	15	-15	0

WEEKEND CLUB FIXTURES

Saturday 25th March

Shelbourne	v	Galway United	Women's National League	14:00	Tolka Park
Galway United	v	Longford Town	Men's u17 Lol Academy	14:00	Moyne Villa
Galway United	v	Treaty United	Men's u14 Lol Academy	12:00	Moyne Villa

Sunday 26th March

Galway United	v	CK United	Men's u19 Lol Academy	17:00	Maree Oranmore
Galway United	v	Derry City	Men's u15 Lol Academy	14:00	Maree Oranmore

U19 PHASE 1 GROUP A TABLE

		P	W	D	L	F	A	D	PTS
1	Galway United	3	3	0	0	8	1	7	9
2	Waterford FC	3	2	0	1	10	5	5	6
3	Shamrock Rovers	3	2	0	1	8	4	4	6
4	Treaty United	3	2	0	1	5	3	2	6
5	Shelbourne	2	2	0	0	4	2	2	6
6	Kerry FC	3	1	1	1	5	6	-1	4
7	Cobh Ramblers	2	1	0	1	2	2	0	3
8	Cork City	3	1	0	2	3	6	-3	3
9	Bray Wanderers	3	0	1	2	1	7	-6	1
10	Wexford FC	2	0	0	2	3	5	-2	0
11	CK United	3	0	0	3	4	12	-8	0

U17 PHASE 1 GROUP A TABLE

		P	W	D	L	F	A	D	PTS
1	Shamrock Rovers	3	2	0	1	16	3	13	6
2	UCD	3	2	0	1	8	2	6	6
3	Athlone Town	2	1	0	1	3	4	-1	3
4	Sligo Rovers	3	1	0	2	4	7	-3	3
5	Galway United	3	1	0	2	2	7	-5	3
6	Longford Town	2	1	0	1	2	12	-10	3

WOMEN'S U19 PHASE 1 GROUP A TABLE

		P	W	D	L	F	A	D	PTS
1	Shamrock Rovers	3	3	0	0	13	0	13	9
2	Sligo Rovers	3	2	0	1	5	1	4	6
3	Bohemians	3	1	1	1	1	3	-2	4
4	Galway United	3	1	1	1	3	6	-3	4
5	Athlone Town	3	1	0	2	5	8	-3	3
6	DLR Waves	3	0	0	3	1	10	-9	0

WOMEN'S U17 PHASE 1 GROUP C TABLE

		P	W	D	L	F	A	D	PTS
1	Athlone Town	3	3	0	0	11	1	10	9
2	Sligo Rovers	3	2	0	1	4	3	1	6
3	Galway United	2	1	0	1	4	3	1	3
4	Longford Town	2	0	0	2	1	5	-4	0
5	Treaty United	2	0	0	2	1	9	-8	0

U15 PHASE 1 GROUP A TABLE

		P	W	D	L	F	A	D	PTS
1	Finn Harps	3	3	0	0	14	6	8	9
2	Athlone Town	3	3	0	0	7	2	5	9
3	Galway United	3	1	0	2	12	10	2	3
4	Derry City	3	1	0	2	5	6	-1	3
5	Sligo Rovers	3	1	0	2	5	9	-4	3
6	Longford Town	3	0	0	3	1	11	-10	0

HEAD TO HEAD

HEAD TO HEAD

GALWAY UNITED -V- LONGFORD TOWN

PLAYED

57

WON

23

DRAWN

15

LOST

19

GOALS FOR

81

GOALS AGAINST

69

LAST 5 H2H

WDDLW

LAST 5 H H2H

WDWLW

DIVISION 1 RECORD v LONGFORD TOWN

PLAYED

29

WON

9

DRAWN

8

LOST

12

GOALS FOR

36

GOALS AGAINST

41

POSITION

1

15 PTS

LAST PLAYED

GUFC 3 LTFC 0

30th October 2022

D. Hurley 24' 1-0

M. Rowe 90' 2-0

R. Manley 90' 3-0

POSITION

8

3 PTS

BIGGEST VICTORIES v LTFC

3-0 (x 2)

(H) 30th October 2022

6-2

(A) 3rd October 2020

BIGGEST VICTORIES 2023

9-1

H v KERRY

2-0

A v COBH RAMBLERS

TEAM TOP LEAGUE GOALSCORERS 2023

VINCE BORDEN - 4

DARRAGH LYNCH - 1

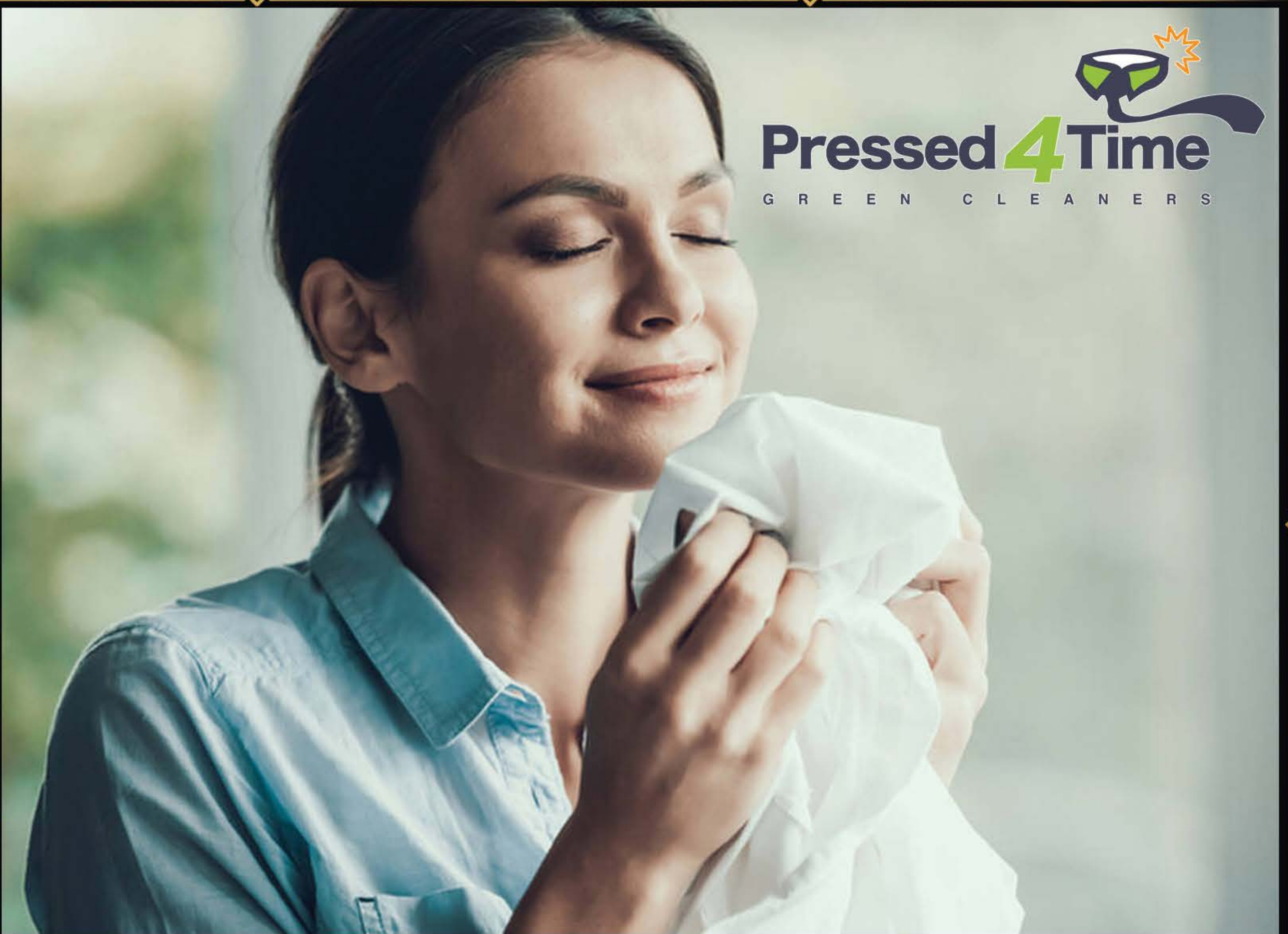


GALWAY UNITED FC

2023 FIXTURES

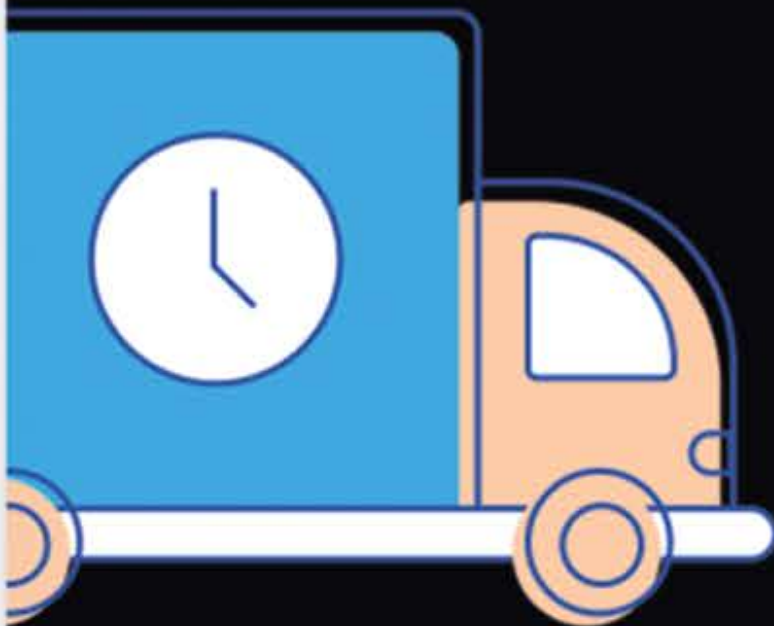
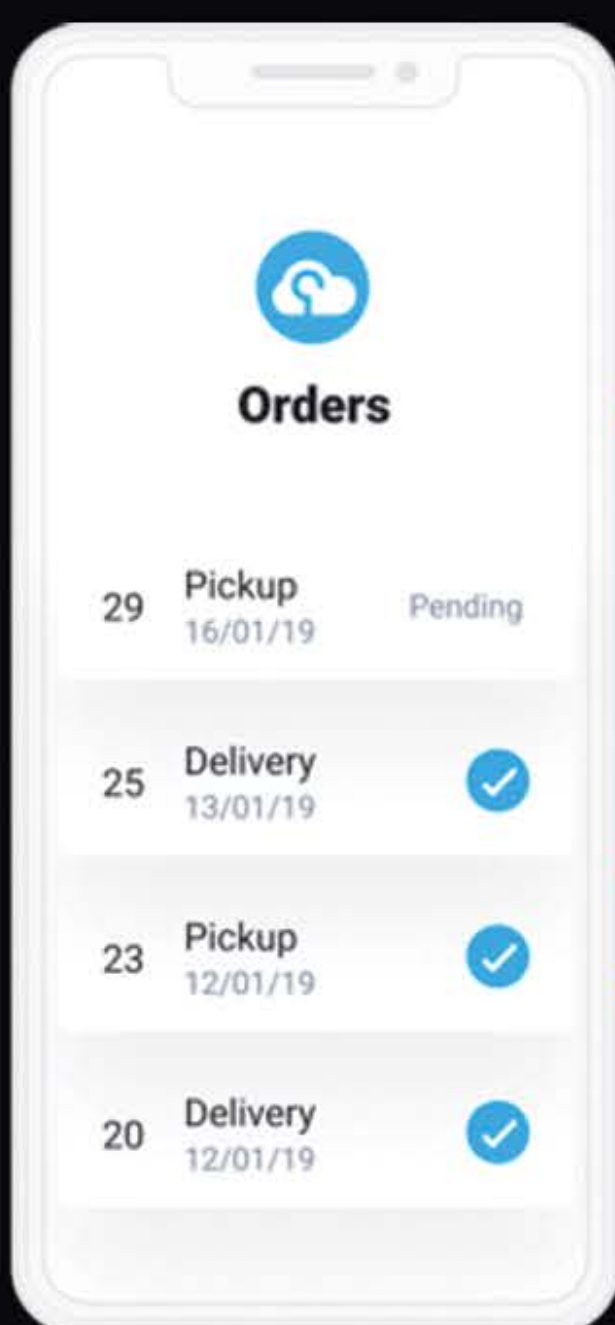
17/02/23 Finn Harps
24/02/23 Treaty United
03/03/23 Waterford
10/03/23 Kerry
17/03/23 Cobh Ramblers
24/03/23 Longford Town
31/03/23 Athlone Town
07/04/23 Wexford
14/04/23 Bray Wanderers
21/04/23 Kerry
28/04/23 Cobh Ramblers
01/05/23 Longford Town
05/05/23 Waterford
12/05/23 Wexford
19/05/23 Treaty United
26/05/23 Athlone Town
02/06/23 Bray Wanderers
05/06/23 Finn Harps
09/06/23 Wexford

23/06/23 Longford Town
30/06/23 Kerry
07/07/23 Cobh Ramblers
14/07/23 Athlone Town
23/07/23 FAI Cup 1st Round
28/07/23 Bray Wanderers
04/08/23 Finn Harps
07/08/23 Treaty United
11/08/23 Waterford
20/08/23 FAI Cup 2nd Round
25/08/23 Cobh Ramblers
02/09/23 Longford Town
08/09/23 Bray Wanderers
15/09/23 Finn Harps
22/09/23 Kerry
29/09/23 Athlone Town
06/10/23 Waterford
14/10/23 Treaty United
20/10/23 Wexford



New Pick Up & Drop Off App

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collected.

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back to you in
no time as good
as new.



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THE TREATMENT TABLE

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Recovering for the next session or game is an underestimated part of our overall training.

There are so many aspects of recovery but we will focus on sleep, hydration, passive and active recovery, and basic nutrition.

Sleep - As an athlete, we should be looking for between 8-10 hours of good quality sleep per night. And it's the quality that counts. Get into a routine - read a book, hot shower, meditate and no screens in bed.

Hydration - Consistency is the key with all training and recovery so getting 2-3L water daily first of all is the basic task to complete.



**Galway Bay
Physio**

Chartered Physiotherapy
& Sports Injury Clinic

Passive recovery - involves resting for a considerable period after strenuous exercise or physical activity. It means putting your feet up, relaxing and letting the body recover.

Active recovery - involves performing low-intensity exercise following a strenuous workout. These activities include walking, swimming, cycling, foam rolling and yoga.

Nutrition - It's like putting fuel into our cars, however it must be right type of fuel. Aim to get good carbohydrates and healthy protein into your system post game. A good example would be a pasta dish with chicken. Try to begin refuelling within a hour of training/game.



NEW SHORT SLEEVE TRAINING TOP



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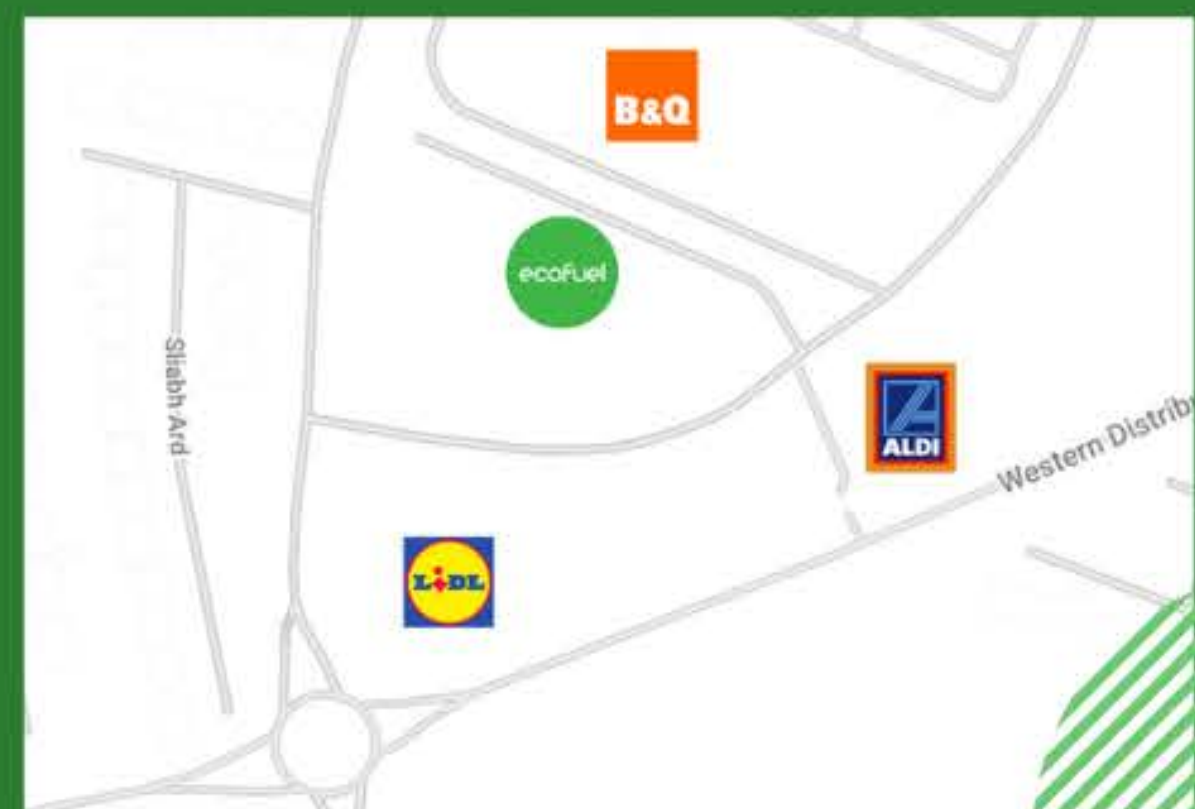


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VS



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
12. Marc Guasch
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
27. Steven Healy
28. Mikey McCullagh
29. Oisin O'Reilly

1. Jack Brady
2. Shane Elworthy
3. Derek Daly
4. Aaron Walsh
5. Oisin Hand
6. Adam Verdon
7. Josh Giurgi
8. Ross Fay
9. Cristian Magerusan
10. Gary Armstrong
11. Jamal Ibrahim
12. Jack Harrington
13. Cian Byrne
14. James Doona
15. Ciaran Hodanu
16. Aodh Dervin
17. Stephen Meaney
18. Viktor Serdeniuk
19. Mohammed Boudiaf
20. Kyle O'Connor
21. Gavin O'Brien
22. Francis Campbell
23. Evan Farrell
24. Darragh Lynch