

SSE AIRTRICITY LEAGUE | EAMONN DEACY PARK | €3

KO: 19.45 | FRI 28TH APR 2023



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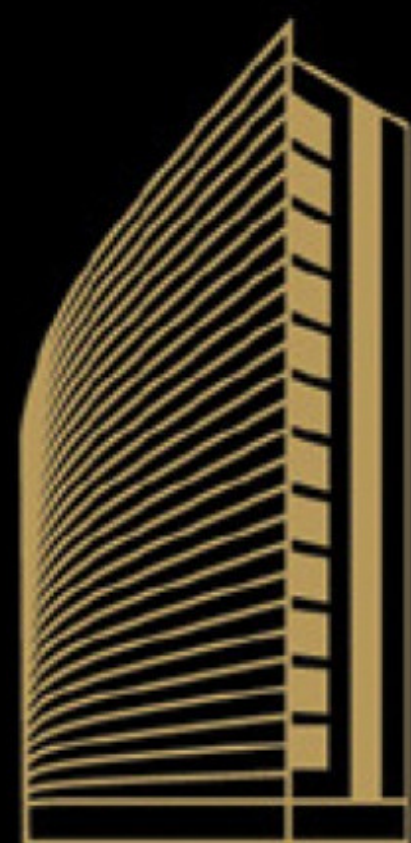
7  
BRENDAN CLARKE



COMER  
GROUP  
IRELAND

MAROON VIEW: 05





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Galway City Council is the local authority in the city of Galway. As a city council, it is governed by the Local Government Act 2001.

The council is responsible for housing and community, roads and transportation, urban planning and development, amenity and culture, and environment.

### Contact

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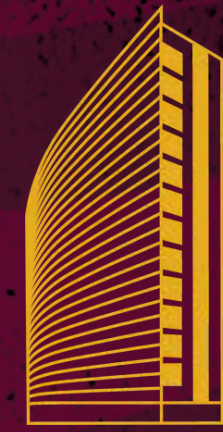
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GALWAY UNITED APPRECIATE THE SUPPORT  
GALWAY CITY COUNCIL HAVE PROVIDED TO OUR WOMEN'S TEAM



# UNITED WE STAND

WITH PARAIC COLLINS



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IRELAND

You're all very welcome to Eamonn Deacy Park for the visit of Cobh Ramblers in this SSE Airtricity League of Ireland Men's First Division clash. A special welcome to a person we know very well in Shane Keegan, his staff, and of course the travelling Rams support.

On a personal level, there was a brief moment of worry in Mouthawk Park last Friday night after Ryan Kelliher gave Kerry F.C. the lead. I couldn't help thinking could tonight be the night we lose our winning streak? Is this going to happen down in the Kingdom, to the league newcomers? Was I losing my marbles? Historically, life as a Galway United fan is one of blind hope of the season ahead, followed by routine over-exuberance due to a few early victories, only to be brought crashing back to reality when it all goes awry sometime during the summer. Over the past number of seasons, United has been involved in games they should have won - results that would have kept them in the topflight - or flat-out disbelief at the results which thwarted the Tribesmen's plans of automatic promotion back to the Premier Division. Basically, it's the classic case of it's all going well until, well, it doesn't.

However, my fears were quickly and thankfully dashed as the lads didn't lose their heads and came back to dominate and win the game 4-1. While we have one of the strongest squads in the division, coming back from a goal down to comprehensively win is reassuring, to say the least. Whatever a game throws at John Caulfield's troops, they do not seem to panic or wilt. The team seems fitter, better conditioned, and even more together as a unit. 33 goals scored in the ten unbeaten games tells its own story. Last season we managed just 56 in total. I'd argue most fans are still grounded as to what this team can achieve this season but there are still the unspoken thoughts of 'we're going to win the league' and bar some cataclysmic event we're going to win it with a canter.

Come on United!







# CAPTAIN'S LOG

WITH CONOR McCORMACK

**With another win on the road, the team must be very confident now?**

Last Friday was another very important win for us. We're delighted with the three points. Kerry F.C. really gave us a difficult battle. We were not at our very best, we know that. There is certainly room for improvement. Especially leading into the next big game.

**We've already scored 33 goals in ten games, what has, or who has made the difference?**

Correct, we have scored a lot of goals this season and confidence is really high in the camp in front of the goal which is important. It's great that we're not relying on one or two players for goals. They've been spread out across the team. We work really hard on our attacking phases of play, the management and our staff have been helping us achieve that. So hopefully it continues.

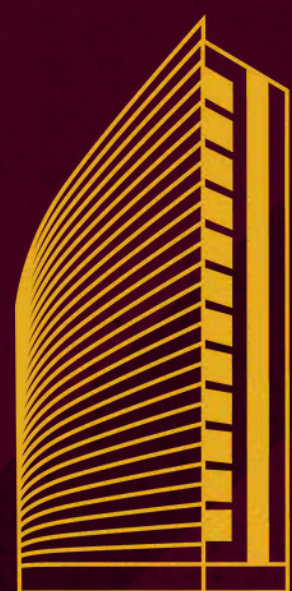
**We welcome Cobh Ramblers tonight to Eamonn Deacy Park, how has the team prepared?**

We are really looking forward to tonight. We know Cobh is a good team with some really talented players so we've to be at our best if we're to get a positive result. We've to take each game as it comes and not look too far ahead. Preparing with the right mentality and making sure we're ready for the fight we know they will bring. As always I would like to thank you to the travelling support that came down to Kerry last week. Some flew down I believe haha. We're really hoping for another massive crowd to cheer us on as we know it's going to be a really tough game.





**CONOR  
McCORMACK**



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IRELAND





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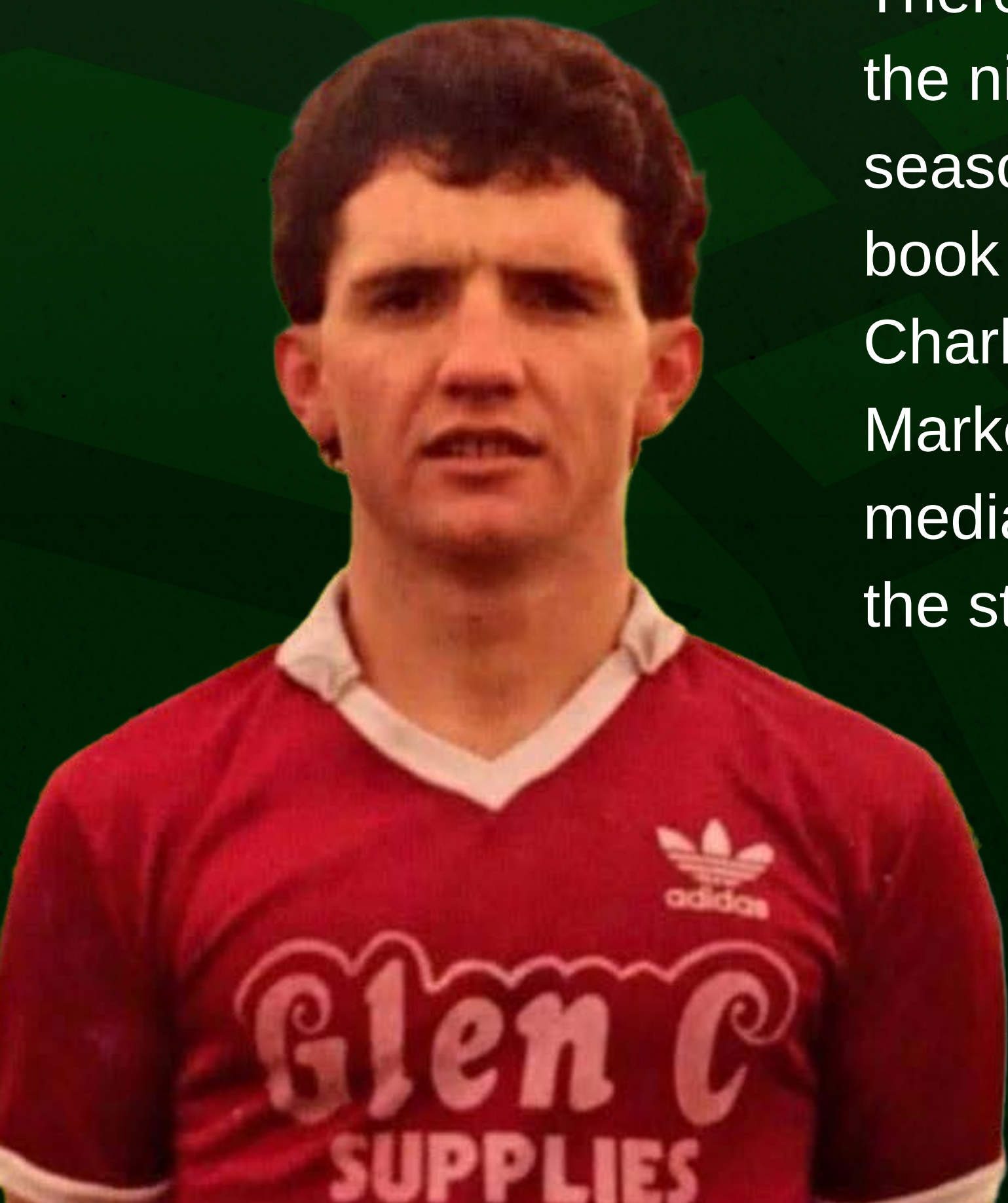
# WOODQUAY WANDERER

WITH BERNIE O'CONNELL

Any mention of Gerry Daly's name in Galway football circles conjures up huge regard, affection and respect. Whilst the Galway Rovers journey had been launched before Gerry Daly made his LOI debut his rise to iconic status in the Galway soccer story was a tribute itself to the emergence of Galway as a serious football entity. Here was the first celebrated local youth to make an indelible mark on the national stage.

From his earliest days in the colours of West United under the guidance of the venerable Mike O' Connor to the studious direction of Frank O' Connell at Rovers there was a marked talent in evidence. Honing that talent on the League of Ireland stage was the remit of John Herrick. Gerry Daly absorbed that mentoring and direction effortlessly. He never forgot the pains to which the Irish international went in his formation. A formation that was as much personal as it was sporting. Life and sporting lessons embraced and retained over the decades.

There was no little irony in the fact that on the night of the Waterford playoff last season that Gerry Daly launched his first book of poetry Childhood Memories in Charlie Byrnes. Those of us present in the Markets Field were in receipt of social media pictures of crowds queuing out on the streets searching for signed copies.





A measure of the esteem for Gerry was that he repeated the feat some weeks later in that great sporting bastion Fergus McGinn's Hophouse in Woodquay. No bother.

People gravitate to Gerry for his charm, wit and integrity. His inspirational story of leaving school early and in later years going on to adult education and to find another gifted tutor resonates with people. That enabled him eventually to write poetry and finally produce his own collection. A story indeed for the ages.

Childhood Memories easily captures attention but the collection certainly brought me to a Galway that is now largely forgotten. Gerry Daly addresses aspects of experience and Galway life that may have passed but those childhood memories of his also shaped generations of Galwegians in poorer and darker times. My esteem for Gerry Daly footballer couldn't be higher, to be arrested by the power of his lyricism and reflection was a disturbing experience.

Not too many poets have provided portraits of the scar of the Salthill Industrial school and the numbness of the boys' Sunday Estoria experience. 'I'd watch them being counted as they sat in their seats.' The horror and rank injustice that pervaded life is chronicled with righteous anger in The Silent Ones. That was our Galway and Daly brings you there with his quiet and focused anger.

School experiences brought their own challenges and Gerry's reflects on the classroom clock and the constant threat of punishment in The Classroom. The crushing reality of life as a fourteen year old boy carrying eight stone coal bags on his back is a counterpoint in A Boy's Life. The grinding physicality of the work coupled with the embarrassment at meeting friends with school bags on their backs leaves its mark. The same work Gerry carried out on the morning of Galway United's European game versus Lyngby in the Sportsground in 1985.



Maroon football followers will find particular joy in his 'Remember' poem. The inspirational footballer leading by deed, example and commitment. Oblivious to discomfort and pain in his attachment to the cause.

Terryland Park was a Spartan setting for those in search of comfort but the gladiators on view touched supporters' hearts and warmed their lives. The bonds forged remain solid forty years later. Gerry Daly's testimony is as fitting a tribute to those storied times as has been penned.

Other themes recur in his collection none more so than the love and admiration he had of his mother. Lessons learnt from such a figure were well absorbed. For this columnist his reflections on Galway and football made an indelible mark. We are well versed in the derring do of Daly the supreme right back, now the Galway poet . But if ever the word gentleman was appropriate for a man, from the many and varied kindnesses of his life it surely befits Gerry Daly one of the greats of our time. One of our very own.

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# SEAMUS CONNEELLY

## MIKE GERAGHTY (Part two)

**This is your eighth season at Accrington Stanley: one of the founding clubs of the Football League; what's it like playing cross-channel professionally?**

We've had some great times since I've been at Stanley. The pinnacle was the promotion from League 2 in 2018. Right now, however, we're in a battle to retain our League 1 status.

I'm trying to tap into past experiences with United to help get us out of this predicament!

**I was highly impressed by your pre-game analysis before the 4th round F.A. Cup match between Accrington Stanley and Leeds. My eldest son Michael said "Who's this guy he knows his stuff?" When I told him that I watched you play loads of matches at Terryland Park, he was awestruck. Would you consider a career as a football analyst when you retire?**

I've managed to complete a degree in Sports Journalism through the Professional Footballer's Association, whilst still playing full time.

It's something I may look in to once I retire. I'm also in the process of completing my coaching badges too. I think it's important to give myself as many options as possible for when the inevitable day comes, when I must hang up my boots.



## **Last question Seamus, any chance you would return to Galway United when you finish up in England?**

My two little boys, 5 and 3, are both very interested in football. Their uncle bought them both United kits for Christmas and they wear them over here to football training. I'm looking forward to bringing them to Eamonn Deacy Park one day and showing them where my professional career began. Best of luck for the rest of the season!

**Name:** Seamus Conneelly

**Sport(s):** Football

**Sporting Achievements:** Ireland u21, u23 caps. League 2 winner 2018

**Favourite Other Sports:** Golf

**Favourite Sports Stars:** Roger Federer, Sergio Garcia

**Biggest influence:** My parents

**Favourite Food:** Steak

**Favourite Drink:** Coca Cola

**Favourite Biscuit:** M&S Cookies

**Favourite Film:** The Sandlot Kids

**Favourite TV Programme/Series:** Only Fools and Horses/ The Office (UK)

**Favourite Book:** Harry Potter and the Goblet of Fire

**Favourite Writer:** J.K Rowling

**Favourite Actor/Actress:** Ricky Gervais

**Best thing about G.U.F.C.** Playing for my local team

**Worst thing about G.U.F.C.** Relegation battles each year

**Best thing about Football:** Winning

**Worst thing about Football:** Losing

**Best-Ever Players:** John Russell and Jay O Shea

**Best Ground in L.O.I.:** Tallaght, Turner's Cross

**Favourite Song:** Your Song (Elton John)

**Favourite Singer:** Bruce Springsteen

**Motto:** 'Bilbo was meant to find the ring' (Lord of the Rings)

**Not many people know this about me but.....**

I have spent a night in a police cell. Though I was completely innocent and no charges were ever brought!



# STATS WITH JULIAN

## DIVISION 1 TABLE

		P	W	D	L	F	A	D	PTS
1	Galway United	10	10	0	0	33	4	29	30
2	Waterford	10	7	2	1	26	10	16	23
3	Bray Wanderers	10	4	4	2	13	15	-2	16
4	Cobh Ramblers	10	4	3	3	13	12	1	15
5	Athlone Town	10	4	1	5	15	16	-1	13
6	Finn Harps	10	3	4	3	11	16	-5	13
7	Wexford	10	3	2	5	11	16	-5	11
8	Longford Town	10	1	4	5	8	12	-4	7
9	Treaty United	10	1	4	5	9	18	-9	7
10	Kerry	10	0	2	8	6	26	-20	2

## DIVISION 1 RESULTS

Cobh Ramblers	1 - 1	Treaty United
Kerry	1 - 4	Galway United
Longford Town	1 - 1	Bray Wanderers
Waterford	4 - 3	Athlone Town
Wexford	0 - 1	Finn Harps
Treaty United	1 - 4	Waterford

## DIVISION 1 FIXTURES

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

## TOP GOALSCORERS - 2023

R. Coughlan	Waterford	12
V. Borden	Galway United	7
J. Doherty	Cobh Ramblers	7
D. Hurley	Galway United	5
S. Walsh	Galway United	5
E. Curran	Treaty United	4
B. Feeney	Bray Wanderers	4
C. Omorehiomwan	Bray Wanderers	4
R. Rainey	Finn Harps	4
A. Dobbs	Wexford	4
F. Pierrot	Athlone Town	4
J. Giurgi	Longford Town	4
W. Aouachria	Waterford	3
A. Robinson	Wexford	3
E. McCarthy	Galway United	3
R. Idowu	Waterford	3
I. Keita	Galway United	3
V. Dolya	Athlone Town	3



# CLUB TABLES & FIXTURES

## WOMEN'S NATIONAL LEAGUE TABLE

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

## WEEKEND CLUB FIXTURES

Saturday 29th April

DLR Waves	v	Galway United	Women's National League	16:00	UCD Bowl
Longford Town	v	Galway United	Men's u17 Lol Academy	15:30	Bishopsgate
Longford Town	v	Galway United	Women's u17 Lol Academy	12:00	Bishopsgate
Galway United	v	CK United	Men's u14 Lol Academy	14:00	Moyne Villa

Sunday 30th April

Galway United	v	DLR Waves	Women's u19 Lol Academy	14:00	Dangan
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PLEASE CHECK FAI CONNECT APP TO CONFIRM FIXTURES BEFORE ATTENDING

### U19 PHASE 1 GROUP A TABLE

		P	W	D	L	F	A	D	PTS
1	Galway United	7	7	0	0	23	2	21	21
2	Shamrock Rovers	7	6	0	1	18	5	13	18
3	Shelbourne	5	5	0	0	10	5	5	15
4	Treaty United	6	4	0	2	11	6	5	12
5	Cobh Ramblers	6	3	0	3	9	7	2	9
6	Waterford FC	7	3	0	4	13	12	1	9
7	Cork City	6	2	0	4	10	11	-1	6
8	Bray Wanderers	5	1	1	3	4	10	-6	4
9	Kerry FC	6	1	1	4	8	15	-7	4
10	Wexford FC	6	1	0	5	10	15	-5	3
11	CK United	7	0	0	7	6	34	-28	0

### WOMEN'S U19 PHASE 1 GROUP A TABLE

		P	W	D	L	F	A	D	PTS
1	Shamrock Rovers	6	6	0	0	18	0	18	18
2	Sligo Rovers	6	4	0	2	8	4	4	12
3	Athlone Town	6	2	1	3	12	14	-2	7
4	Galway United	6	2	1	3	6	11	-5	7
5	Bohemians	6	1	3	2	5	8	-3	6
6	DLR Waves	6	0	1	5	3	15	-12	1

### WOMEN'S U17 PHASE 1 GROUP C TABLE

		P	W	D	L	F	A	D	PTS
1	Athlone Town	5	5	0	0	25	2	23	15
2	Galway United	5	3	0	2	11	8	3	9
3	Sligo Rovers	5	3	0	2	8	7	1	9
4	Treaty United	5	1	0	4	6	15	-9	3
5	Longford Town	4	0	0	4	1	19	-18	0

### U17 PHASE 1 GROUP A TABLE

		P	W	D	L	F	A	D	PTS
1	UCD	7	5	0	2	24	8	16	15
2	Shamrock Rovers	6	4	1	1	21	6	15	13
3	Athlone Town	6	4	0	2	9	7	2	12
4	Sligo Rovers	6	2	0	4	10	12	-2	6
5	Galway United	7	2	0	5	9	17	-8	6
6	Longford Town	6	1	1	4	4	27	-23	4

### U15 PHASE 1 GROUP A TABLE

		P	W	D	L	F	A	D	PTS
1	Athlone Town	6	5	0	1	13	6	7	15
2	Galway United	6	4	0	2	25	14	11	12
3	Finn Harps	6	3	2	1	15	8	7	11
4	Sligo Rovers	6	2	1	3	10	15	-5	7
5	Derry City	6	1	1	4	7	14	-7	4
6	Longford Town	6	1	0	5	6	19	-13	3



# HEAD TO HEAD

## GALWAY UNITED -V- COBH RAMBLERS

PLAYED  
**67**

WON  
**34**

DRAWN  
**15**

LOST  
**18**

GOALS FOR  
**112**

GOALS AGAINST  
**68**

LAST 5 H2H  
**WDWWW**

LAST 5 H H2H  
**WWWLW**

### DIVISION 1 RECORD v COBH RAMBLERS

PLAYED  
**49**

WON  
**26**

DRAWN  
**10**

LOST  
**13**

GOALS FOR  
**86**

GOALS AGAINST  
**49**

POSITION  
**1**  
30 PTS

LAST PLAYED  
**CRFC 0 GUFC 2**  
17th March 2023

POSITION  
**4**  
15 PTS

0-1 35' V. Borden  
0-2 63' R. Manning

### BIGGEST VICTORIES v CRFC

**7-1**

(H) 13th Sept 2019

**5-0**

(A) 17th May 2003

### BIGGEST GUFC VICTORIES 2023

**9-1**

H v KERRY

**4-0**

A v WEXFORD

### TEAM TOP LEAGUE GOALSCORERS 2023

VINCE BORDEN - 7

JACK DOHERTY - 7





## MATCHDAY PHOTOS

Mikie Rowe was pleased to meet Leigh Conneely, Leighton O'Brien and Cadhla Conneely at the game against Bray Wanderers

## PLAYERS OF THE MONTH



Congratulations to the winners Galway United players of the month, as selected by Galway United Friends Co Op members. Vince Borden received the February award from Matthew Hanlon. Ed McCarthy received the March award from Robert Johnson. Awards sponsored by O'Brien's Newsagents, Galway.





# GALWAY UNITED FC

## 2023 FIXTURES

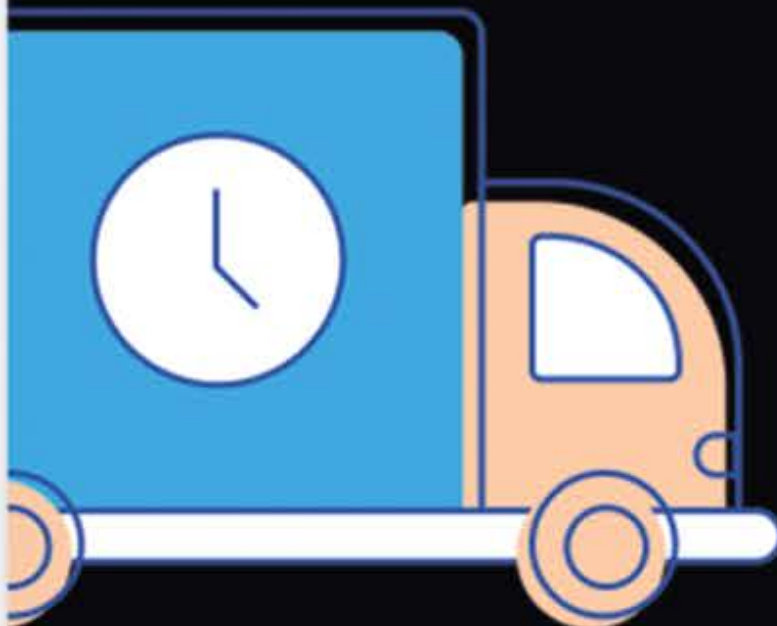
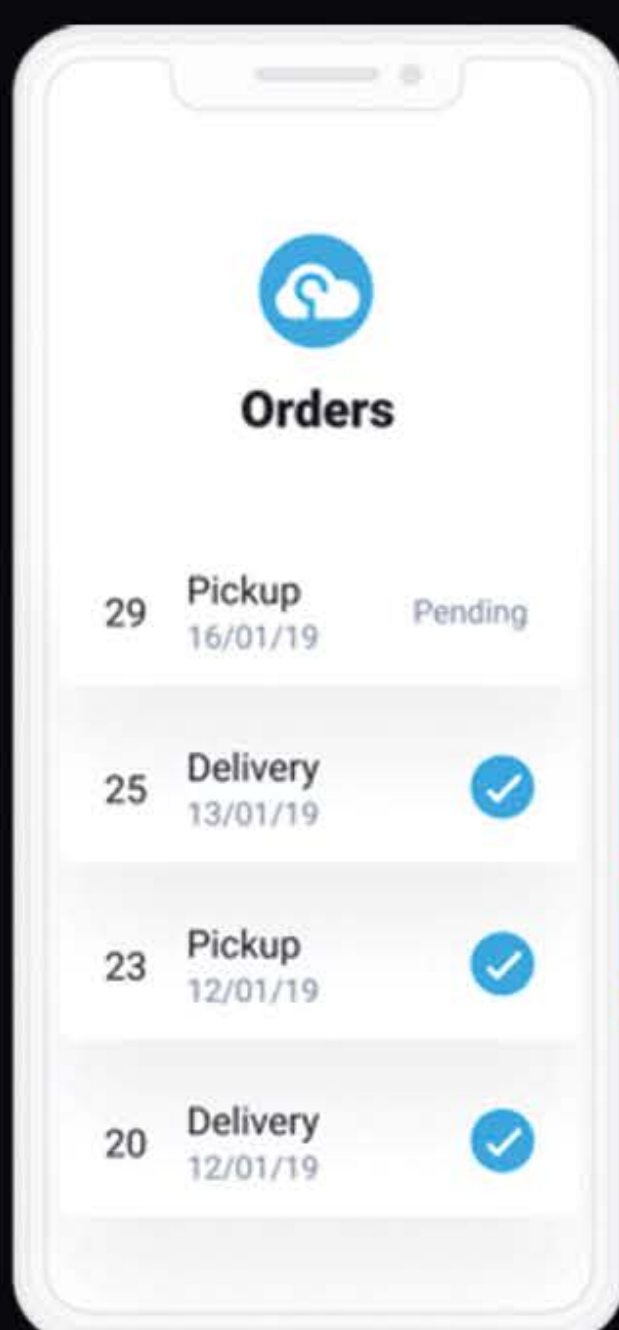
**17/02/23** Finn Harps  
**24/02/23** Treaty United  
**03/03/23** Waterford  
**10/03/23** Kerry  
**17/03/23** Cobh Ramblers  
**24/03/23** Longford Town  
**31/03/23** Athlone Town  
**07/04/23** Wexford  
**14/04/23** Bray Wanderers  
**21/04/23** Kerry  
**28/04/23** Cobh Ramblers  
**01/05/23**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



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If you have had any type of injury and attended a physiotherapist you would have been advised to do some exercises.

Your physiotherapist may have referred to these exercises as strength training or resistance training. But when exactly does that mean and how can they make you better?

### So what is resistance training?

Resistance training is any exercise that causes the muscles to contract against an external resistance with the expectation of increases in strength, power, hypertrophy (muscle size) and/or endurance. This can be dumbbells, exercise tubing, your own body weight, swimming or any other object that causes the muscles to contract.

Resistance training has been shown to be safe and very much advised when injured but also, and maybe more importantly, when you're not injured as it can reduce the risk of injury in everyone. That being said, resistance training is advised to be completed in a structured way under the guidance of a health professional, such as your Chartered Physiotherapist.

We like to give simple exercises that the patient can achieve and understand. This way the rehab exercises will be completed more times than not.

Resistance training is needed for the recovery of an injury as it loads the injured tissue thus making it more resistant.

More importantly it doesn't have to be complicated, and it should be enjoyable.



**Galway Bay  
Physio**

Chartered Physiotherapy  
& Sports Injury Clinic

# THE TREATMENT TABLE

by Galway Bay Physio - Proud Physiotherapy Partners for 2023



NEW SHORT SLEEVE TRAINING TOP



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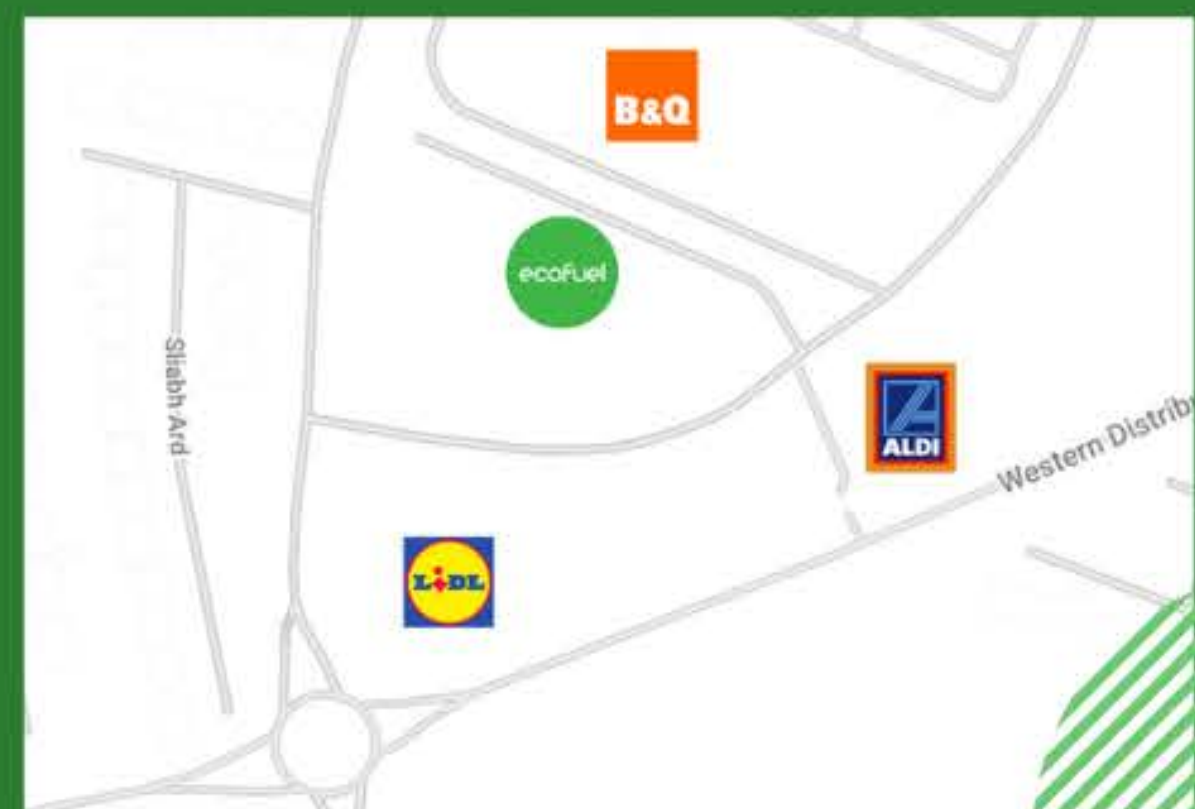


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VS



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. Lee Steacy
2. Michael McCarthy
3. Cian Browne
4. Justin Eguaihor
5. Brendan Frahill
6. Charlie Lyons
7. Wilson Waweru
8. Pierce Phillips
9. Jake Hegarty
10. Jack Doherty
11. Conor Drinan
12. Darragh O'Sullivan-Connell
14. David Bosnjak
16. Luke Desmond
17. Claudio Osorio
18. Callum Stringer
20. Charlie O'Brien
21. Liam Kervick
22. Ryan Delaney
24. Issa Kargbo
28. Dale Holland
29. Tiernan O'Brien
30. Darragh Burke
33. Adrien Thibaut
34. James O'Leary
39. Jason Abbott