

GALWAY

V TOLKA ROVERS

UPHOLD

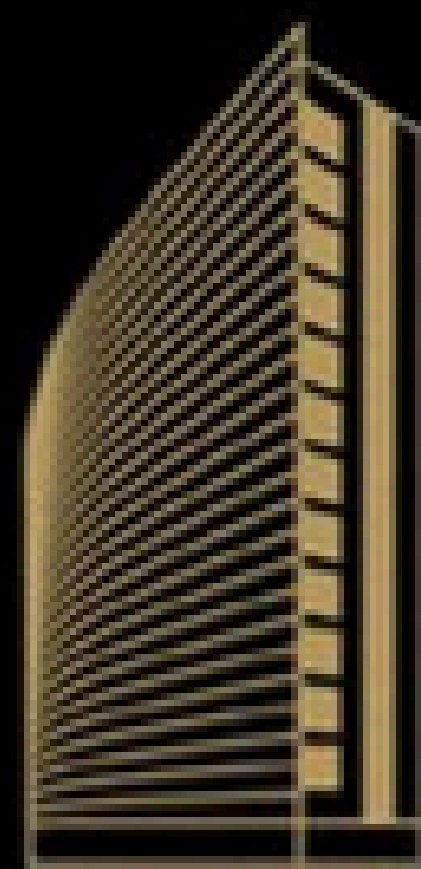


FRIDAY JULY 18TH 2025
EAMONN DEACY PARK



LEAGUE OF
IRELAND

MAROON VIEW ISSUE 13



COMER
GROUP
IRELAND



PROUD PARTNERS OF
GALWAY UNITED F.C.

UNITED WE STAND

WITH PARAIC COLLINS

Welcome to Eamonn Deacy Park for tonight's encounter with Leinster Senior League's Tolka Rovers in the second round of the FAI Cup.

Tonight's match programme, as you may have already guessed, is a digital-only version due to the constraints and costs associated with printing physical copies, given the relatively low attendance expected tonight.

Match programmes, for the most part, are becoming a thing of the past, but we, the Maroon View team, remain committed to creating and producing a physical programme for as long as we can, and as long as it remains a viable option. Costs are always a factor here, and that is the reality.

The FAI Cup could well be a welcome distraction from Galway United's recent league form. It doesn't need repeating here, but since the break, we are no longer looking comfortable competing against the Premier Division sides like we did earlier this season. There are many factors, of course, but United getting a win here tonight would help steady the ship.

Two years ago, dreams of travelling to the Aviva Stadium on a cold November day were halted in the semi-final of the FAI Cup. A 0-1 defeat to Bohemians in one of the great occasions in Eamonn Deacy Park, as frustrating as it was, gave the team and club huge confidence in what we could achieve in the top division.

Last year's run ended with the league champions, Shelbourne, defeating us in a penalty shootout in a pulsating game.

Tolka Rovers come here tonight in what can only be described as their post-season. The LSL ended in early June with St. Mochtas the eventual and dramatic last-day league champions on goal difference. Tolka finished in mid-table.

The recent announcement of the application for a multipurpose sport training facility in Mountain South, Athenry, in conjunction with Connacht Hockey, is very welcome indeed.

It's been a long time coming, and for Galway United to have its very own training facilities is something all fans would love to see. As this is an online programme, if you want to read the full statement, please [click here](#).

As always, COME ON UNITED!

**“AFTERWARDS, I
RECALL BEING IN
THE TOLKA ROVERS
CLUBHOUSE AND
HOW WELL THEY
TREATED US.
THEY'RE A
FANTASTIC CLUB IN
AMATEUR
FOOTBALL.”**

MANAGER - JOHN CAULFIELD



FROM THE DUGOUT

WITH JOHN CAULFIELD

We extend a warm welcome to everybody associated with Tolka Rovers for this evening's FAI Cup game at Eamonn Deacy Park.

It is another important fixture for Galway United Football Club. Tolka Rovers have a proud history in Dublin and I'm fully aware of what they've achieved throughout the years.

In my Intermediate Cup days, I was in charge of Avondale from Cork. We played Tolka Rovers in an Intermediate Cup Quarter-Final.

Thankfully, after a replay we won 1-0. I remember playing at Frank Cooke Park, which was one of the best pitches in Ireland. Afterwards, I recall being in the Tolka Rovers clubhouse and how well they treated us. They're a fantastic club in amateur football.

It is a pleasure for us to welcome them here; they've always been a strong force in the Leinster Senior League.

Enjoy the game!





11 July 2025; Galway United assistant manager Ollie Horgan during the SSE Airtricity Men's Premier Division match between Bohemians and Galway United at Dalymount Park in Dublin. Photo by Thomas Flinkow/Sportsfile



TOLKA ROVERS

Tolka Rovers F.C. is an amateur Irish football club based in Glasnevin, Dublin and plays in the Leinster Senior League. Their home ground is called Frank Cooke Park, and the team wear red shirts with white sleeves. The club's junior teams play at Johnstown Park.

Tolka Rovers AFC was founded in 1922. It is over 100 years old and is one of the oldest junior football clubs in Dublin.

The clubhouse is located on Griffith Avenue in Glasnevin and is named Frank Cooke Park. The complex was officially opened on July 18, 1982 and remains one of the most well-established football complexes for Junior Football in the area.

The club has competed regularly since then in the Leinster Senior League and, pending their performance in this league, enters the FAI Cup at the early stages. The team has put in many battling performances throughout the years, and claimed a famous 2–2 draw in the FAI Cup Second Round against League of Ireland Premier Division team Waterford United on June 15, 2007.

The player profile we have chosen for this match is Jake Hyland, the captain of our team. Unfortunately, Jake has had surgery and is unable to play this match which we all know he is gutted about. Thanks to Club Secretary Dermot O'Connor for help getting this information.

Jake Hyland

Age: 29

Position: Central Midfielder

Time with Tolka: Six Years

Teams he supports: Liverpool

Favourite Player: Steven Gerrard

Most Annoying Teammate: Tyrick Reilly



Axel Piesold of Galway United in action against Darragh Markey of Drogheda United during the SSE Airtricity Men's Premier Division match between Drogheda United and Galway United at Sullivan & Lambe Park in Drogheda, Louth. Photo by Tyler Miller/Sportsfile

POBAL PEIL PAISEAN

WITH BERNIE O'CONNELL

Fearann Gaillimh Aontaithe fíorchaoín fáilte roimh Tolka Rovers anseo chuig Páirc Eamonn Deacy don babtha seo sa Chorn. Cé go bhfuil sé deacair ag aon fhoireann idirmheánach an ceann is fearr a fháil ar fhoireann Príomh Roinne mar sin féin tuigeann muid uilig gur féidir le rud ar bith tarlú. Tiocfaidh Tolka le haisling agus an ceart sin acu.

Nuair a labhrann muid ar an gCorn is ar an 12ú Bealtaine 1991 a chuimhníonn muid uilig anseo. Fanann laochra an lae sin inár nintinn ach tá sé thar am go scríobhfaí caibidil órga eile sa gcomórtas. Rud amháin é seo a rá agus rud eile é a dhéanamh.

Níos luaithe i mbliana bhí mé go láidir den tuairim go bhféadfadh muid feachtas rí láidir a chur isteach sa gcomórtas. Le Moses Dyer bailithe, Cian Byrne ar ais le Bohs agus Pat Hickey gortaithe tá doimhneacht an phainéil faoi bhrú. Beidh le feiceáil an bhfuil ábhar dóchais sa ghné seo tráthnóna.

Tá a rithim féin ag an gcomórtas agus le na foirne ollmhóra ag láidriú leo i gcónaí ní ceart go mbeadh muid ag breathnú i bhfad chun cinn. Bainfidh muid sásamh as coimhlint an tráthnóna seo agus fáiltimis roimh an bhfreasúra as Glasnain.

I mBaile Átha Cliath an tseachtain seo caite chas ár laochra le Bohemians ag cuartú toradh dearfach. Bhí rudaí maith go leor dúinn go dtí gur ardaigh Bohs an teas tuilleadh sa darna leath. Ba deas Aaron Bolger, Axel Piesbold, Junior Thiam agus Malcom Shaw ag tabhairt cuntas dó na dílseoirí a lean United go Baile Átha Cliath. Caithfear a bheith ionraic agus a admháil go bhfuil gortaithe ag cur as go leor dúinn.

The notion of how supporters become attracted to clubs remains one of the great imponderables. At this stage of life, I place little importance on the cross-channel loyalties of football followers. I do get impatient, however, when people choose to talk incessantly about such clubs and have little interest or regard for League of Ireland football on their doorstep.

They have that right certainty, but count me out of further conversation. It's not that there is an inverted LOI snobbery but the post-colonial hangover is a source of disappointment.

Those of us who lived without LOI football readily appreciated the difference it makes to the fabric of Galway life.

Moreover, in recent years, we have been truly blessed by the honour and commitment of those sporting the Galway United jersey. That comes from the values and leadership of our esteemed management team and the enabling force from the Comer brothers. As supporters, we live in hope that glory days beckon.

I was honoured lately to speak about the history of our club to a group of Korean sports tourism students, a few days after our game with Shelbourne.

Accompanied to Galway by the GAA Asia Officer, Dr Joe Trolan, the group had a wonderful evening at the game and soaked up the atmosphere of the game. Ultras of Block F could be well proud of the Korean celebrations after our equaliser.

Speaking to the group about United on the following Monday in the Corrib Village, I was bowled over by the respect and kindness of the group. Their courtesy and humility were something to behold. Before the group took a photograph as we were parting, all went to ensure their United jerseys and tops were in the picture. It appears the club and the match made a great impression on the visitors. They certainly more than impressed me.

The late Oliver Neary (RIP) was a regular down through the years here in Terryland. He took particular pride in his son's Ollie's career in the United jersey and indeed his grandson Aaron in recent times. Son Justin also coached United to a national underage success in 1998. The Neary family have given the most distinguished service to both United and Mervue United. The send-off and respect for Oliver were palpable at his packed funeral. No more than the great man and his family deserved. Ar Dheis Lámh Dé go Raibh Sé.



2025 PREMATCH

NEW TRAINING WEAR AVAILABLE
IN THE CLUB SHOP





4 July 2025; Malcolm Shaw of Galway United in action against Aaron Harper-Bailey of Drogheda United during the SSE Airtricity Men's Premier Division match between Drogheda United and Galway United at Sullivan & Lambe Park in Drogheda, Louth. Photo by Tyler Miller/Sportsfile

1



BRENDAN CLARKE
GALWAY UNITED

TOMMY SHIELDS

16



EVAN WATTS
GALWAY UNITED

nusan

4



ROBERT SLEVIN
GALWAY UNITED

Ger Ryan PHOTOGRAPHY KINVARA


3



REGAN DONELON
GALWAY UNITED

TRIBES BAR

5



KILLIAN BROUDER
GALWAY UNITED

RORYMON


26



GARRY BUCKLEY
GALWAY UNITED

RAFTERY FAMILY


8



GREG CUNNINGHAM
GALWAY UNITED

M.R WALSH

33



JEANNOT ESUA
GALWAY UNITED

THE TAVERN

21



COLM HORGAN
GALWAY UNITED

HATMAN OF IRELAND


18



BOBBY BURNS
GALWAY UNITED

maldron HOTEL SANDY ROAD - GALWAY

15



PATRICK HICKEY
GALWAY UNITED

Galway MMBLR Development


17



VINCE BORDEN
GALWAY UNITED

Leahy's life pharmacy

10



DAVID HURLEY
GALWAY UNITED

Forgas Pachman Dry Stone Walling

22



CONOR MCCORMACK
GALWAY UNITED

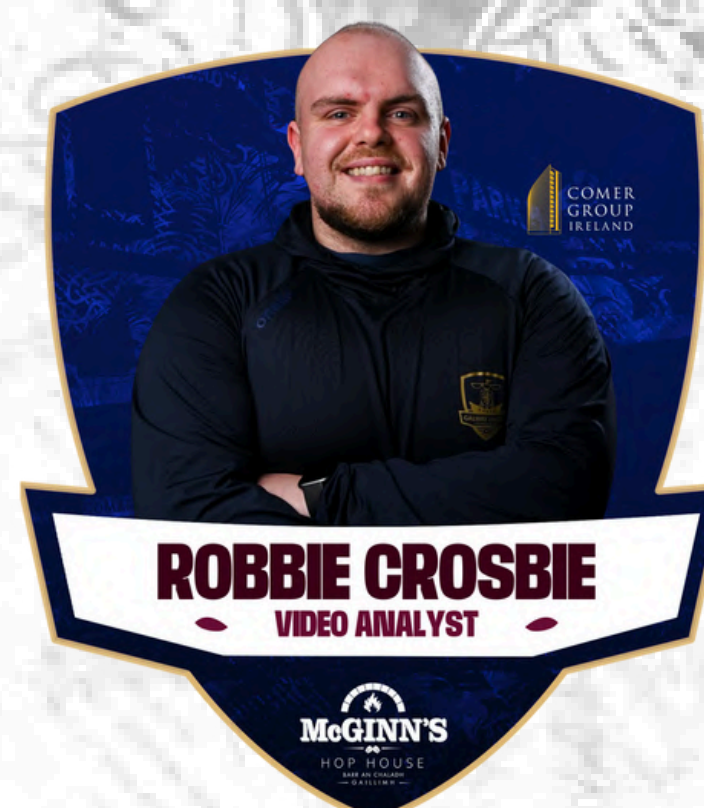
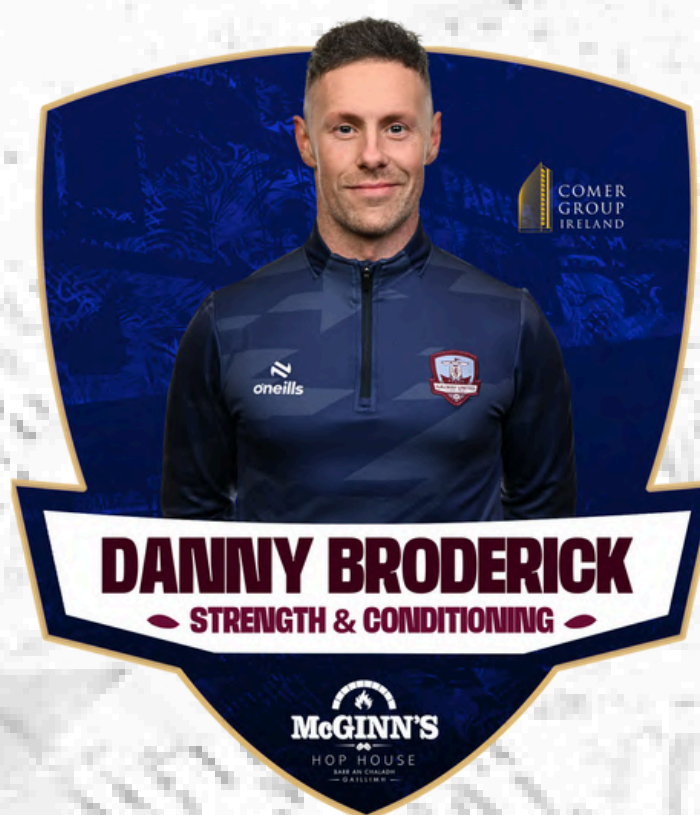
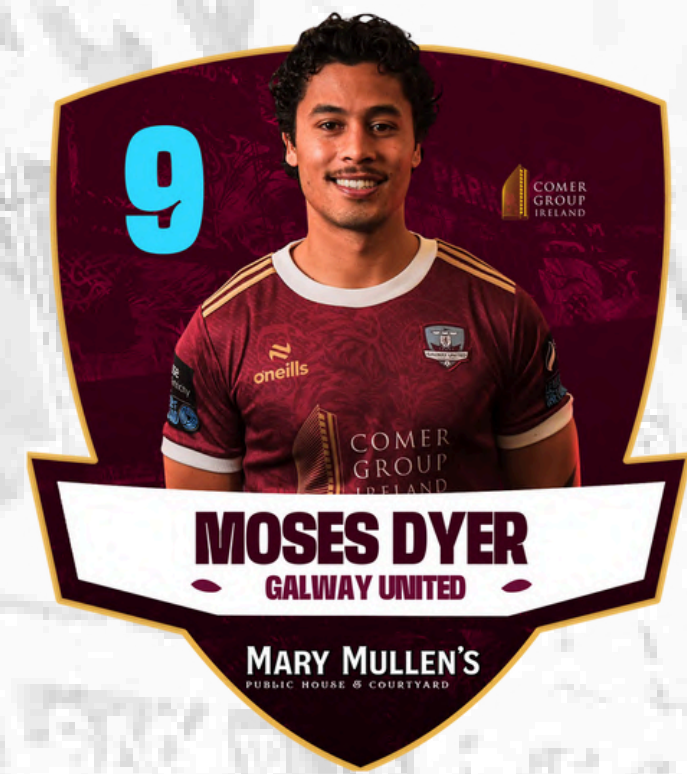
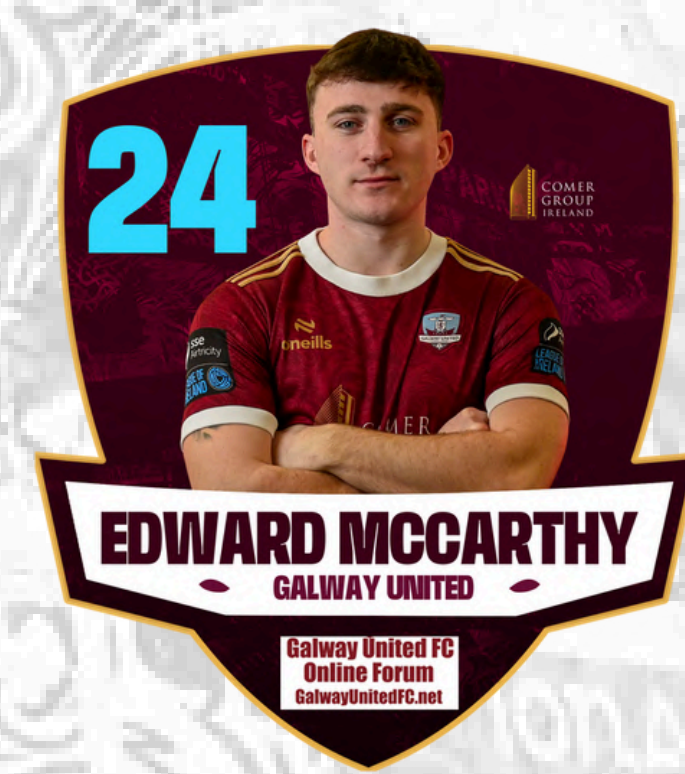
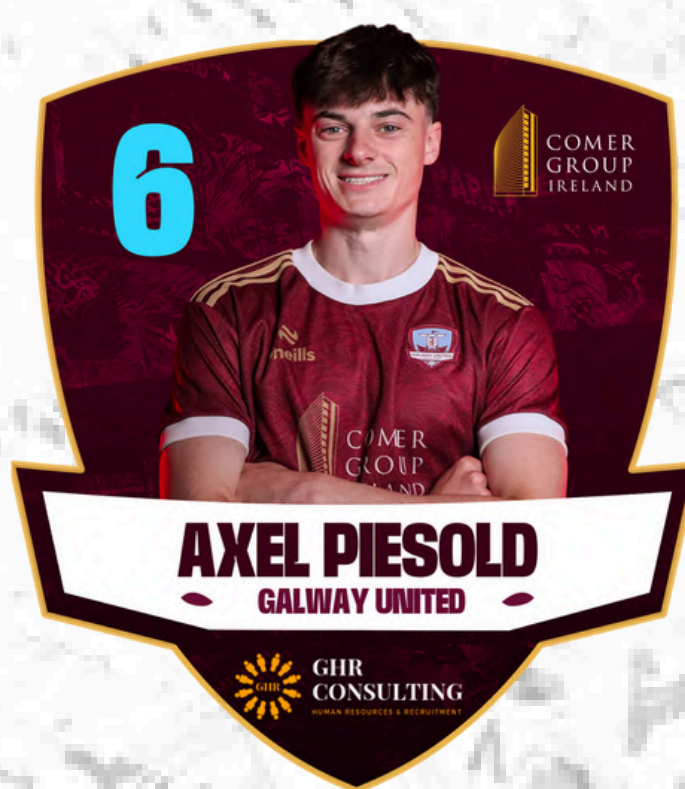
perform

35



JUNIOR THIAM
GALWAY UNITED

CELLULAR FITNESS



26



JAYNE MERREN
GALWAY UNITED

COMER GROUP IRELAND

THE FRAME SHOP

1



ABBIEGAYLE RONAYNE
GALWAY UNITED

COMER GROUP IRELAND

GHR CONSULTING

20



NICOLE NIX
GALWAY UNITED

COMER GROUP IRELAND

THE FRAME SHOP

2



AOIBHEANN COSTELLO
GALWAY UNITED

COMER GROUP IRELAND

Nelipak®
healthcare packaging

3




LUCY-JANE GRANT
GALWAY UNITED

COMER GROUP IRELAND

TRAIN STATION GALWAY

15



AMY MADDEN
GALWAY UNITED

COMER GROUP IRELAND

CF
CELLULAR FITNESS

14



THERESE KINNEVEY
GALWAY UNITED

COMER GROUP IRELAND

nuasan

22



EVE DOSSEIN
GALWAY UNITED

COMER GROUP IRELAND

MARY MULLEN'S
PERNIC HOUSE & COURTYARD

4



ISABELLA BELETIC
GALWAY UNITED

COMER GROUP IRELAND

RETAIL SOLUTIONS

8



KATE THOMPSON
GALWAY UNITED

COMER GROUP IRELAND

Fair Hill Developments
In Hoc Signo Vincas

10



LYNSEY MCKEY
GALWAY UNITED

COMER GROUP IRELAND

MIDWEST Solar

21




HEATHER LOOMES
GALWAY UNITED

COMER GROUP IRELAND

andrea concannon
reputational • content strategy • digital strategy

19



AVA MULLINS
GALWAY UNITED

COMER GROUP IRELAND

dpd


24



EMMA DUFFY
GALWAY UNITED

COMER GROUP IRELAND


HAYES
MECHANICAL & ENGINEERING



9

ROLA OLUSOLA
GALWAY UNITED

Hustle.
GALWAY



71

NIAMH FARRELLY
GALWAY UNITED


Galway Bay
Physio.ie



7

AISLINN MEANEY
GALWAY UNITED

Atlantic
CENTRE OF EDUCATION



17

AMANDA SMITH
GALWAY UNITED


C2
SECURITY



18

CEOLA BERGIN
GALWAY UNITED


WOZZA
WOOD FIRED PIZZA



16

ABBIE CALLANAN
GALWAY UNITED


circle
ADVISORY
CORPORATE ACCOUNTS



23

EMMA DOHERTY
GALWAY UNITED

Diligent



11


AOIBHIN DONNELLY
GALWAY UNITED

COMER GROUP
IRELAND



PHIL TRILL
MANAGER

David E.



ADRIAN CRONIN
ASST. MANAGER / GK COACH

David E.



THERESA KEANE
TECHNICAL COACH

David E.



PAUL SINNOTT
COACH

David E.



PATRICK MARTYN
ASST. GK COACH

David E.



ROISIN LEEN
ATHLETIC THERAPIST

David E.



MARC O'GOILL
KIT AND EQUIPMENT

David E.



STATSZONE

WITH JULIAN CANNY

PREMIER DIVISION TABLE									
		P	W	D	L	F	A	GD	PTS
1	Shamrock Rovers	23	13	6	4	41	21	20	45
2	Bohemians	21	12	0	9	26	21	5	36
3	Drogheda United	23	8	11	4	28	22	6	35
4	Derry City	21	10	4	7	25	22	3	34
5	Shelbourne	23	7	10	6	26	25	1	31
6	St. Patrick's Athletic	23	8	6	9	27	27	0	30
7	Galway United	21	7	7	7	26	25	1	28
8	Waterford	21	8	3	10	24	34	-10	27
9	Sligo Rovers	21	5	3	13	25	36	-11	18
10	Cork City	21	2	8	11	23	38	-15	14

WEEKEND FIXTURES			
Bohemians	v	Sligo Rovers	
Cork City	v	St. Patrick's Athletic	
Derry City	v	Drogheda United	
Galway United	v	Shelbourne	
Shamrock Rovers	v	Waterford	

LATEST RESULTS			
Bohemians	2 - 0	Shamrock Rovers	
Cork City	1 - 1	Drogheda United	
Sligo Rovers	2 - 1	Galway United	
St. Patrick's Athletic	0 - 1	Derry City	
Waterford	2 - 2	Shelbourne	

PREMIER DIVISION TOP SCORERS		
M. Dyer	Galway United	10
P. Amond	Waterford	8
G. Burke	Shamrock Rovers	7
W. Davis	Drogheda United	7
M. Duffy	Derry City	7
O. Elding	Sligo Rovers	7
A. Greene	Shamrock Rovers	6
A. Keena	St. Patrick's Athletic	6
M. Melia	St. Patrick's Athletic	6
M. Noonan	Shamrock Rovers	6
L. Boyce	Derry City	5
D. Daniels	Cork City	5
R. Gaffney	Shamrock Rovers	5
C. Keeley	Drogheda United	5
T. Lonergan	Waterford	5
D. Mullen	Derry City	5
P. Hickey	Galway United	4

GALWAY UNITED -V- SHELBOURNE

PLAYED

83

WON

20

DRAWN

22

LOST

41

GOALS FOR

95

GOALS AGAINST

140

LAST 5 H2H

DDWDL

LAST 5 H H2H

DWWWD

PREMIER DIVISION RECORD v SHELBOURNE

PLAYED

42

WON

8

DRAWN

12

LOST

22

HOME RECORD v SHELBOURNE

PLAYED

42

WON

12

DRAWN

9

LOST

21

POSITION

7

28 PTS

Last Meeting

SFC 2 GUFC 2

21 Apr 2025

POSITION

5

31 PTS

E. Chapman T 1-0

1-1 37 M. Dyer

A. Odubeko ET 2-1

2-2 87 M. Dyer

RECORD H & A WINS v SFC

6-1

HOME
15 Dec 1985

3-0

AWAY
30 Mar 1986

GU SEASON RECORD H & A WINS

3-1

v St Patrick's Athletic
20 June 2005

2-0

A v Bohemians
28 Mar 2025

TEAM TOP LEAGUE GOALSCORERS 2025

MOSES DYER - 10

J MARTIN, A ODUBEKO & H WOOD - 4

Stat Attack: Galway United are now five matches unbeaten at home against Shelbourne, the longest unbeaten sequence ever against the Dubliners. In the seven meetings since the start of 2024 only one of the matches has featured more than two goals.

DATE	OPPOSITION	COMP.	SCORE	ATT.	1	2	3	4	5	6	7	8
14/02/2025	Cork City	LOI P	2-2	5,031	Clarke	Esua	G Cunningham	Slevin	Brouder	Hurley	Keohane	Hickey ☺
21/02/2025	St Patrick's Athletic	LOI P	2-1	4,231	Clarke	Esua	G Cunningham	Slevin	Brouder	Hurley	Keohane	Hickey ☺☺
28/02/2025	Drogheda United	LOI P	1-1	2,161	Clarke	Esua	G Cunningham	Slevin	Brouder ☺	Hurley	Keohane	Hickey
03/03/2025	Shelbourne	LOI P	1-1	3,440	Clarke	Esua	G Cunningham	Slevin	Brouder	Byrne	Keohane	Borden
07/03/2025	Derry City	LOI P	1-1	2,090	Watts	Esua	Buckley	Slevin	Brouder	Byrne	McCarthy	Borden
14/03/2025	Waterford	LOI P	1-0	2,828	Watts	Esua	G Cunningham	Slevin	Brouder	Byrne	Keohane	Hickey
28/03/2025	Bohemians	LOI P	2-0	4,328	Watts	Esua	G Cunningham	Slevin	Brouder	Buckley	Borden	Hickey
04/04/2025	Shamrock Rovers	LOI P	0-1	4,323	Watts	Esua	G Cunningham	Slevin	Brouder	Byrne	Borden	Hickey
12/04/2025	Sligo Rovers	LOI P	2-1	2,786	Watts	Esua	G Cunningham	Slevin	Brouder	Byrne ☺☺	Keohane	Borden
18/04/2025	Derry City	LOI P	2-3	2,216	Watts	Esua	G Cunningham	Slevin	Brouder	Byrne	Keohane	Borden ☺
21/04/2025	Shelbourne	LOI P	2-2	4,236	Clarke	Keohane	G Cunningham	Slevin	Brouder	Borden	Hurley	Hickey
25/04/2025	Drogheda United	LOI P	2-1	3,537	Clarke	Esua	G Cunningham	Slevin	Brouder	Byrne	Hurley	Borden
02/05/2025	St Patrick's Athletic	LOI P	0-2	4,709	Clarke	Esua	Buckley	Slevin	Brouder	Byrne	Hurley	Hickey
05/05/2025	Bohemians	LOI P	1-2	3,316	Clarke	Esua	Horgan	Slevin	Brouder	McCormack	Hurley	Hickey
09/05/2025	Waterford	LOI P	0-1	1,937	Clarke	Esua	Byrne	Slevin	Brouder	McCormack	Hurley	Hickey
16/05/2025	Sligo Rovers	LOI P	0-1	2,542	Clarke	Esua	G Cunningham	Slevin	Brouder	Byrne	McCarthy	Hurley
23/05/2025	Cork City	LOI P	2-1	1,742	Watts	Esua	G Cunningham	Slevin	Buckley	Byrne	Hurley	Borden
30/05/2025	Shamrock Rovers	LOI P	0-0	6,204	Watts	Esua	G Cunningham	Slevin	Buckley	Byrne	Hurley	Borden
13/06/2025	Derry City	LOI P	1-1	3,110	Watts	Esua	G Cunningham	Slevin	Buckley	Byrne	Hurley ☺	Borden
20/06/2025	St Patrick's Athletic	LOI P	3-1	2,656	Watts	Esua	G Cunningham	Slevin ☺	Buckley	Byrne	Hurley ☺	Borden
23/06/2025	Sligo Rovers	LOI P	1-2	2,457	Watts	Esua	G Cunningham	Slevin	Buckley	Byrne	Hurley	Borden
27/06/2025	Shelbourne	LOI P	1-1	2,351	Watts	Esua	G Cunningham	Slevin	Brouder	Byrne	Hurley	Buckley
04/07/2025	Drogheda United	LOI P	0-1	2,052	Watts	Esua	G Cunningham	Slevin	Buckley	Borden	Hurley	McCarthy
11/07/2025	Bohemians	LOI P	0-3	4,151	Watts	Esua	Burns	Slevin	G Cunningham	Bolger	Hurley	Borden
18/07/2025	Tolka Rovers	FAI										
25/07/2025	Waterford	LOI P										
01/08/2025	Cork City	LOI P										
08/08/2025	Shamrock Rovers	LOI P										
15/08/2025	FAI Cup 2nd Round	FAI										
22/08/2025	Derry City	LOI P										
29/08/2025	Shelbourne	LOI P										
12/09/2025	Sligo Rovers	LOI P										
19/09/2025	St Patrick's Athletic	LOI P										
26/09/2025	Cork City	LOI P										
03/10/2025	Shamrock Rovers	LOI P										
17/10/2025	Bohemians	LOI P										
24/10/2025	Drogheda United	LOI P										
01/11/2025	Waterford	LOI P										

2025 PLAYER STATS												
	Total Apps	Starts	Subs	Goals	League Starts	League Subs	League Goals	FAI Starts	FAI Subs	FAI Goals	GUFC Career Apps	GUFC Career Goals
Rob Slevin	24	24	0	1	24	0	1	0	0	0	90	8
David Hurley	24	18	6	2	18	6	2	0	0	0	164	39
Stephen Walsh	24	12	12	0	12	12	0	0	0	0	357	56
Jeannot Esua	23	23	0	0	23	0	0	0	0	0	51	0
Killian Brouder	23	17	6	1	17	6	1	0	0	0	175	15
Bobby Burns	22	16	6	1	16	6	1	0	0	0	35	1
Patrick Hickey	21	21	0	4	21	0	4	0	0	0	55	9
Greg Cunningham	20	20	0	0	20	0	0	0	0	0	31	0
Moses Dyer*	20	19	1	10	19	1	10	0	0	0	20	10
Vincent Borden	20	15	5	3	15	5	3	0	0	0	87	14
Cian Byrne*	18	16	2	2	16	2	2	0	0	0	18	2
Evan Watts	14	14	0	0	14	0	0	0	0	0	14	0
Ed McCarthy	13	10	3	1	10	3	1	0	0	0	121	17
Garry Buckley	12	10	2	0	10	2	0	0	0	0	35	0
Regan Donelon	12	2	10	0	2	10	0	0	0	0	50	0
Jimmy Keohane	11	8	3	0	8	3	0	0	0	0	28	4
Brendan Clarke	10	10	0	0	10	0	0	0	0	0	88	0
Conor McCormack	10	2	8	1	2	8	1	0	0	0	136	3
Cillian Tollett	10	2	8	0	2	8	0	0	0	0	11	0
Sean Kerrigan*	9	0	9	0	0	9	0	0	0	0	9	0
Malcolm Shaw	6	3	3	0	3	3	0	0	0	0	6	0
Colm Horgan	6	1	5	0	1	5	0	0	0	0	186	3
Max Wilson*	3	0	3	0	0	3	0	0	0	0	3	0
Aaron Bolger	2	1	1	0	1	1	0	0	0	0	2	0
Axel Piesold	2	0	2	0	0	2	0	0	0	0	2	0
Brian Cunningham*	1	0	1	0	0	1	0	0	0	0	2	0
Junior Thiam	1	0	1	0	0	1	0	0	0	0	1	0

THE TREATMENT TABLE

WITH GALWAY BAY PHYSIO - PROUD PHYSIO PARTNERS WITH GUFC FOR 2025

Hip flexor strains are a familiar story in soccer, usually popping up during high-speed sprints, sharp turns, or an overstretched kick.

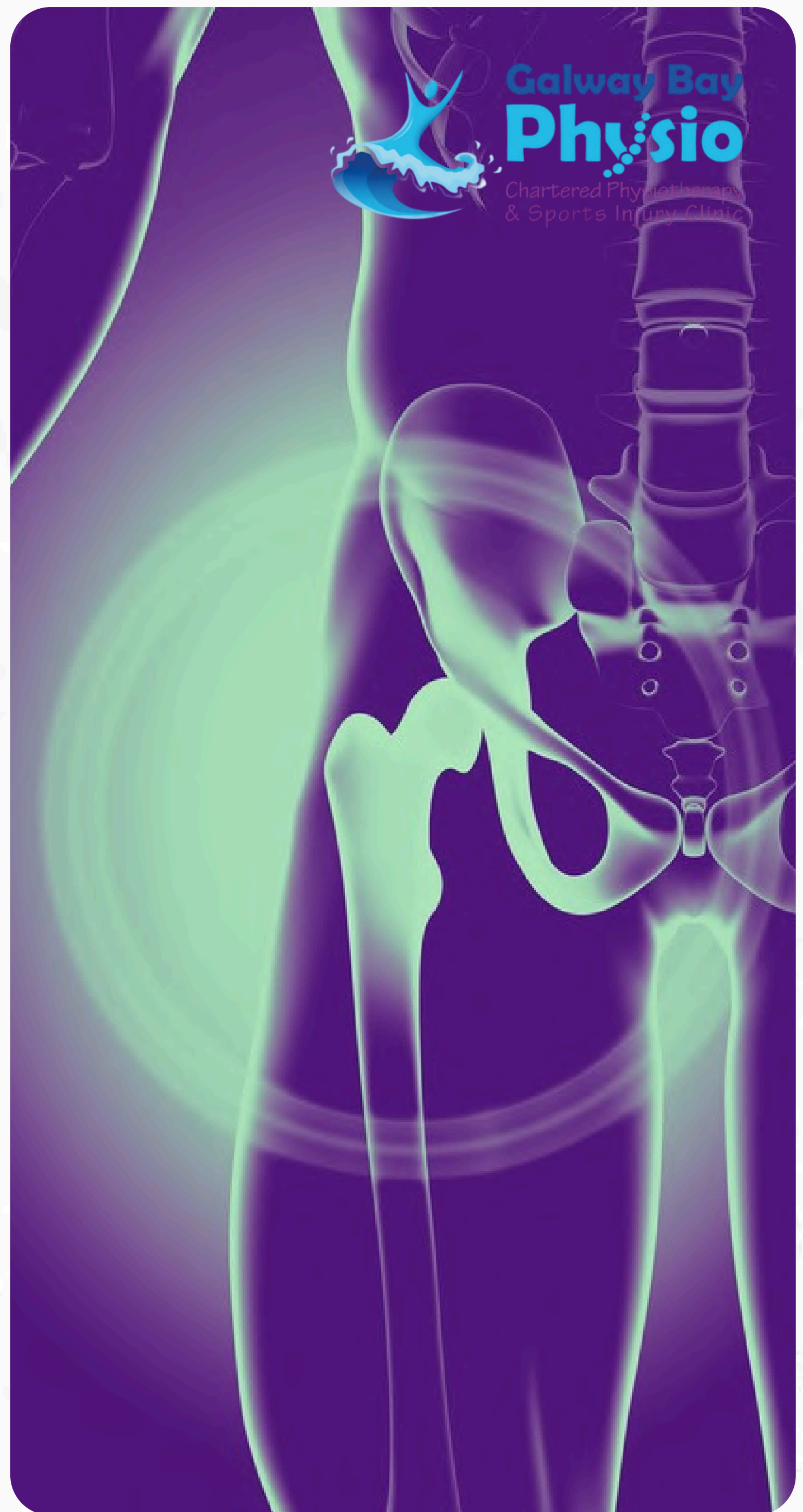
Players often feel a sudden pinch or pull at the front of the hip or upper thigh/groin area, followed by tightness or discomfort when lifting the knee, sprinting, or striking the ball.

We know these strains range from mild to more serious, so the first step is figuring out how bad it is. The key thing is assessing if it is the hip flexor or adductor which is injured as they can present similarly. Also if the tendon is involved this will lengthen the healing time.

Early on, we focus on reducing pain and restoring movement - gentle mobility work, soft tissue techniques, and low-load activation exercises are usually the go-to. Local treatments are key especially in the early stages. Massage, Shockwave Therapy and Dry Needling Therapy can help greatly.

Once things settle, it's all about rebuilding strength and control through the full range of motion. We'll progress to resisted hip flexor work, core stability drills, and eventually running mechanics and kicking drills.

Rushing back too soon is a recipe for re-injury, so we keep a close eye on how the hip handles speed and power.



We also like to look at the bigger picture; tight hip flexors can sometimes be the result of imbalances or over-reliance on certain movement patterns.

Fix those, and players usually come back stronger, more balanced, and less likely to end up back on the treatment table.

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4 July 2025; Jeannot Esua of Galway United before the SSE Airtricity Men's Premier Division match between Drogheda United and Galway United at Sullivan & Lambe Park in Drogheda, Louth. Photo by Tyler Miller/Sportsfile

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2 JOHN KELLY **BALLINASLOE** **3** CONOR O'MAHONEY **CREGMORE**
5 ADAM LYNN **KILTULLAGH** **6** EVAN HOARTY **ATHENRY**
12 SHAY COX **SALTHILL DEVON** **16** DARRAGH O'DONNELL **ATHENRY**
17 JAMIE DE PAOR **MERVUE**

MIDFIELDERS

4 EWAN BURKE **SALTHILL DEVON** **7** DYLAN KILRAINE **SALTHILL DEVON**
8 GAVIN MORRIS **KNOCKNACARRA** **10** KACPER SIKORA **MERLIN WOODS**
14 CHRIS DILLON **KNOCKNACARRA** **18** KEVIN CHIFOURIC **CASTLEREA CELTIC**
19 JOE O'CALLAGHAN **AVENUE UTD**

FORWARDS

9 RONAN KEATING **MAREE/ORANMORE** **11** AARON MANNION **BALLINASLOE**
13 TY FINNERTY **BALLINASLOE** **15** CIAN WATSON **SALTHILL DEVON**

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20 CALAN SPEIRS **FAIRVIEW**

DEFENDERS

2 COLM MCCARTHY **ATHENRY FC**

3 LIAM CARBERRY **COROFIN FC**

4 CALLUM CONWAY **BALLINASLOE FC**

5 DEVON BURKE **SALTHILL DEVON FC**

12 TOM CASEY **KNOCKNACARRA FC**

13 ALEX NOLAN **MERVUE FC**

16 LUKE BARRY **KNOCKNACARRA FC**

MIDFIELDERS

6 CAYDEN HARTY **COROFIN FC**

8 SHANE TOMAS **ATHENRY FC**

15 ALAN HALLINAN **ATHENRY FC**

14 MATTHEW VAHEY **MANULLA FC**

10 TADHG MCCARTAN **SALTHILL DEVON FC**

FORWARDS

7 JONATHAN ECHEFU **SALTHILL DEVON FC**

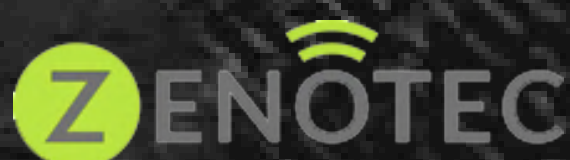
9 BEN GINTY **COLGA FC**

11 RHYS LAWLESS **KILTULLAGH PIONEERS**

17 LIAM MURPHY **MERVUE FC**

18 ADAM LLOYD **BALLINASLOE FC**

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1 REBECCA MCGRATH DUNMORE TOWN AFC **16 CARA KILLIAN MAREE ORANMORE FC**

DEFENDERS

2 LAURA ADAIR KILSHANVEY UNITED **3 AISLING KENNEDY ATHENRY FC**
5 EMILY STEPHENS MERVUE UTD **10 AMELIA LYNCH SPELLMAN MERVUE UTD**
13 HOLLY GALLAGHER SALTHILL DEVON **18 EMMA DILLON KNOCKNACARRA FC**

MIDFIELDERS

4 AISLING MURPHY SHIVEN ROVERS AFC **6 NIAMH FAHERTY BEARNA NA FORBACHA**
8 ABBIE KILLEEN SALTHILL DEVON **7 MOLLY MCHUGH BEARNA NA FORBACHA**
12 ANA CONWAY SALTHILL DEVON **15 AILBHE MCNEIL SALTHILL DEVON**
14 AMIRA BOUHLEL MCNAMARA ATHENRY FC

FORWARDS

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MEN'S U17

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20 SAM BEGLEY SALTHILL DEVON

DEFENDERS

2 BRETT KANE TUAM CELTIC

3 SETANTA MARTIN OUGHTERARD

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MEN'S U20

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GOALKEEPERS

1 GALIUS BABONAS MAREE/ORANMORE **2 MACDARRAGH SCANLON** MERVUE FC

DEFENDERS

3 BILLY REGAN MERVUE FC **6 JAMES MORAHAN** SALTHILL DEVON FC
5 LUKE WYER GALWAY HIBS
7 DAVID OWUSU KNOCK/KILTIMAGH

MIDFIELDERS

8 JUNIOR THIAM KNOCKNACARRA FC **11 JACOB CARROLL** SALTHILL DEVON FC
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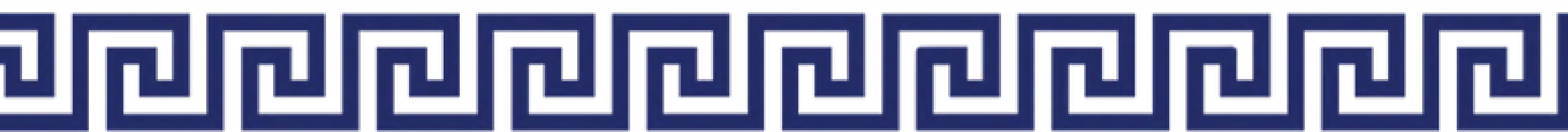


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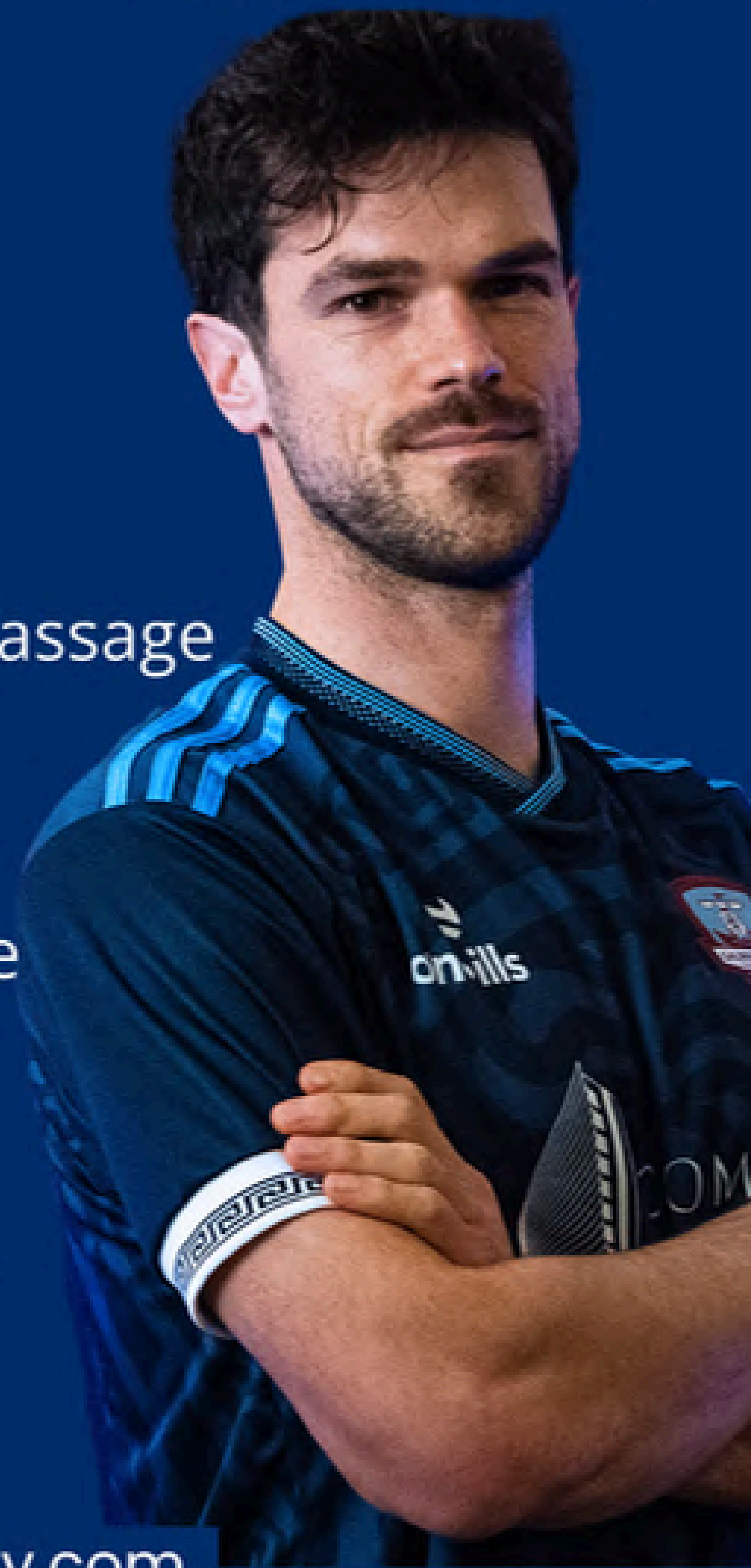
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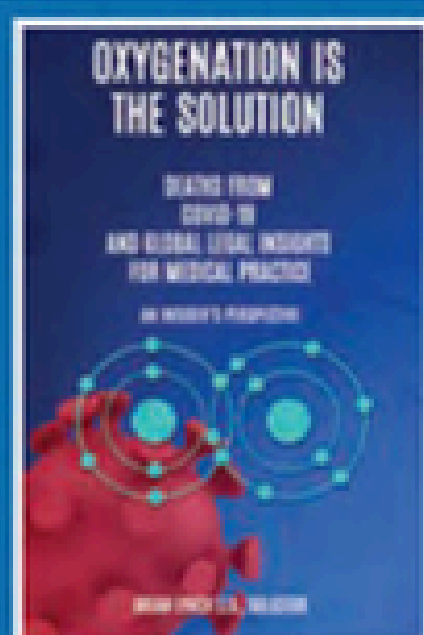
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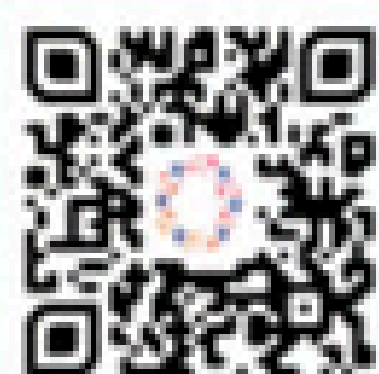
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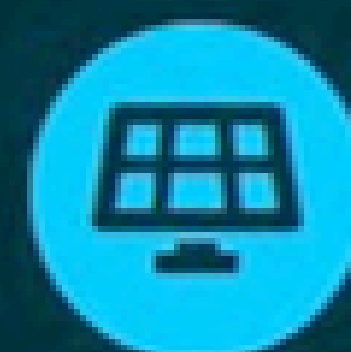
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