

SSE AIRTRICITY LEAGUE | EAMONN DEACY PARK | €3

KO: 19.45 | FRI 5TH MAY 2023



WATERFORD
Football Club

1937

on all



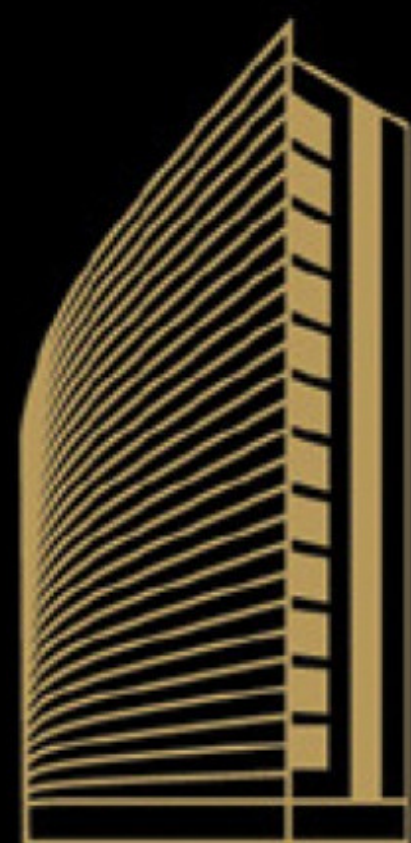
LEAGUE OF
IRELAND

MAURICE NUGENT



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MAROON VIEW: 06



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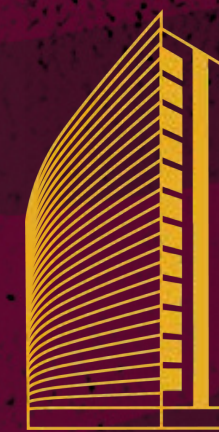
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CONTACT US!



UNITED WE STAND

WITH CAOMHÁN O' CONNELL



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IRELAND

Welcome to Eamon Deacy Park for tonight's top-of-the-table tie! We are delighted to welcome our friends from Waterford FC tonight. It is a particular pleasure to welcome a manager of the calibre of Keith Long to Terryland. His side have been incredibly impressive and we are under no illusions as to the scale of the task tonight.

Everyone at the club has been immensely proud of the efforts of our first team this season. We were unfortunate to suffer our first defeat of the season away to Longford Town on Monday. Nonetheless, there should be plenty of pride and confidence in the dressing room.

From the stands, we hope for plenty of noise on the back of our sell-out at home to Cobh. The Maroon Army played their part that night and will need to do so for the rest of the season.

Tonight's game scarcely needs a build up as all First Division enthusiasts would acknowledge that United and Waterford have been the standout teams to date and these head-to-head encounters will have a large bearing on the season.

Similarly, tomorrow is another massive day for the club. Galway United Women have been simply sensational this season and can go level on points at the top of the table with a win at home tomorrow against Treaty United.

Phil Trill has crafted a squad of young, hungry and talented players that deserve and demand support. Terryland will be rocking tonight at 7.45pm, it should rock tomorrow at 5pm also.



CAPTAIN'S LOG

WITH CONOR McCORMACK

Tell us about the win over Cobh Ramblers?

Last time out at Eamonn Deacy Park we found a way to beat a stubborn Cobh Ramblers. They made it really difficult for us but like many times this season, we found a way to win.

How are the players feeling after the first defeat of the season to Longford Town last Monday night?

Unfortunately last Monday night we had our first defeat of the season. Longford took an early lead and we couldn't get ourselves back into the game after that. We had plenty of chances to equalise but it just wasn't to be.

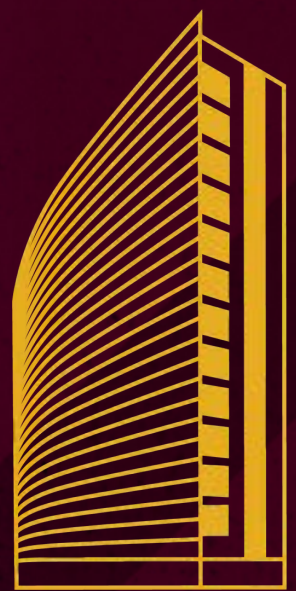
We know individually and collectively we can play a lot better and there are lots of areas we have to improve on which we will continue to work on. It was disappointing to lose the run we were on but we will just dust ourselves down rest and recover and get ourselves ready for a massive battle against Waterford this Friday in EDP.

Waterford F.C. come to Eamonn Deacy Park tonight, how have you prepared this week?

We're hoping for another massive crowd to cheer us on like last week versus Cobh. It really does help. We're all really looking forward to it we know Waterford are a really dangerous team with some very talented players. We will have to be at our very best and hopefully, then we can come away with a positive result.



**CONOR
McCORMACK**



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WOODQUAY WANDERER

WITH BERNIE O'CONNELL

Fáiltíonn Gaillimh Aontaithe roimh Port Láirige tráthnóna don chluiche sraithe tábhachtach seo i bPáirc Eamonn Deacy. Le fada an lá tá leantóirí ar an dhá thaobh ag súil leis an gcluiche seo.

Tá borradh iontach tagtha ar thaispeántaisí na gcuaríteoirí ó ceapadh Keith Long mar bhainisteoir orthu. D'fhill Alan Reynolds ó dheas ansin agus tá cuma na maitheasa orthu ó shoin. Cur san áireamh ansin na cúil uilig ag Ronan Coughlan agus is léir an dúshlán atá os comhair na Gaillimhigh tráthnóna.

Ba mhór an rud Dé hAoine seo caite na sluaite ag trial ar Thír Oileáin agus Páirc Eamonn Deacy a fheiceáil lán go béal. Bhí sé iontach leis féachaint ar dhathanna na gclubanna uilig fud fad an chondae ag lonrú an stáid. Mar a bhíodhas ag tuar bhí eagar agus slacht ar imirt Cobh agus ba mhór an chreidiúnt iad do Shane Keegan.

Sa deireadh fuair muid an toradh a bhí uainn agus creidiúint arís do Vincent Borden. Bliain Borden a dúirt muid agus ní Bliain Biden! 'Speáin Connor O' Keefe a thábhacht dúinn le ról lár páirce. B'fhéidir nach raibh an snas céanna ar an taispeántas againn ach bhuaigh muid agus bhí gairmiúlacht Brendan Clarke, Stephen Walshe agus David Hurley criticiúil ansin.

Bhogamar aniar chuig Longphoirt ar an Luan Saoire Bainc. Tá sé éasca sásamh a bhaint as an turas ach ní i gcónaí a fhilleann muid leis an mbua. T'éis cúpla nóiméad baineadh craitheadh asainn nuair a scóráil an fhoireann baile. Cé gur campáil muid i mbosca an fhoireann baile chinn sé orainn theip orainn cúl a fháil. Creidiúint do na leantóirí dílis a thaistil .

Maidir lenár gcuairteoirí ghlac siad buntáiste as Bré a bheith fear gann agus bhuaigh siad don seú uair as a chéile. Thug an tús sin borradh don deireadh seachtaine agus d'fháiltigh siad roimh Loch Garman ar an Luan. Bhí iontas ar daoine go leor nuair a d'éirigh lena cuairteoirí an creach a thabhairt leo. Ní mar a shíltear a bhítear.

Chomh maith leis an scór tráthnóna beidh an dhá fhoireann ag súil le ardú meanmain a fháil. Tá sé d'aidhm ag Port Láirge an bearna idir iad agus Gaillimh a laghdú. Dá bhféadfadh leads John Caulfield an bearna céanna a mhéadú is muid a bheadh ríméadach. Ní shocrófar an tsraith anocht ach tuigeann an saol Fódla go bhfuil tábhacht nach beag siceolaíochta leis an gcoimhlint.

Is breá an rud go bhfuil na sluaite meallta ag an gcomórtas agus foirne timpeall na tíre ag fáiltiú roimh na sluaite. Tá moladh ag dul do chlubanna as an margaíocht agus atmasféar bríomhar a bhreith leo. Comhartha dóchais.

Ar deireadh meabraigh sluaite an Aoine seo caite Domhnachí go leor fadó nuair a chruinnigh na sluaite ar an Díog. Don seanfhondúir seo creid uaim gur mór an méid sin.



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ALEX MURPHY

MIKE GERAGHTY

Hi Alex, it seems like an eternity since we spoke last year. How are you settling in at St. James Park?

Hi Mike, nice to speak to you again. Ya, it does feel like forever since I spoke to you last. I wouldn't say I'm settling in at this stage I'd say I'm fully settled in. It's been around seven months and I can't have any complaints. I'm loving life over here.

It must have been great to be involved with the first team on Newcastle's summer tour. What is it like mixing with the established squad?

Ya, it's mad I remember I was only with the 21s a week and I got a call to say I was going to Portugal with the first team and the next day I was in a lift talking to Allan Saint-Maximin. But you get used to it. I've been away with the senior team a couple of times now and it's always a great experience.

How did you feel about being appointed Captain of The U-21 team so quickly?

It was a great honour to be captain so quickly – we've got a new manager since and we have a new captain every month. So I'm not actually captain anymore, but it was good while it lasted.

What position are you playing at the moment?

I am playing as a centre-back.

Can you take us through a week on Tyneside?

A week on Tyneside for me isn't too exciting! It usually consists of being in training at 9.30 every morning and getting home around 4. Then I just rest and play x-box for the rest of the day.

Where would you say you are at progress level as to what you thought you might be when you joined The Geordies?

Ya I would say I am progressing well. Obviously, I want to get into the first team as soon as possible, but have to be realistic about it as well. The plan was to stay with the u-21s this year and see where that takes me. So hopefully in the next year or two, I will be a full first-team player.

The best of luck for the rest of the season Alex and we will continue to monitor your progress across Channel!

Thanks Mike.



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oneills

GALWAY UTD 3RD KIT



STATS WITH JULIAN

DIVISION 1 TABLE

		P	W	D	L	F	A	D	PTS
1	Galway United	12	11	0	1	34	5	29	33
2	Waterford	12	8	2	2	28	12	16	26
3	Athlone Town	12	6	1	5	22	17	5	19
4	Cobh Ramblers	12	5	3	4	17	14	3	18
5	Bray Wanderers	12	4	4	4	14	20	-6	16
6	Wexford	12	4	2	6	12	19	-7	14
7	Finn Harps	12	3	5	4	13	21	-8	14
8	Treaty United	12	3	4	5	16	18	-2	13
9	Longford Town	12	2	5	5	10	13	-3	11
10	Kerry	12	0	2	10	7	34	-27	2

DIVISION 1 RESULTS

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

DIVISION 1 FIXTURES

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

TOP GOALSCORERS - 2023

R. Coughlan	Waterford	14
F. Pierrot	Athlone Town	9
V. Borden	Galway United	8
J. Doherty	Cobh Ramblers	7
D. Hurley	Galway United	5
S. Walsh	Galway United	5
C. Omorehiomwan	Bray Wanderers	5
E. Curran	Treaty United	5
A. Dobbs	Wexford	5
B. Feeney	Bray Wanderers	4
R. Rainey	Finn Harps	4
J. Giurgi	Longford Town	4
V. Dolya	Athlone Town	4
F. Da Silva	Finn Harps	4

CLUB TABLES & FIXTURES

WOMEN'S NATIONAL LEAGUE TABLE

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

WEEKEND CLUB FIXTURES

Saturday 6th May

Galway United	v	Treaty United	Women's National League	17:00	Eamonn Deacy Park
Galway United	v	Wexford	Men's u19 Lol Academy	18:00	Maree Oranmore
Galway United	v	Sligo Rovers	Men's u17 Lol Academy	14:00	Moyne Villa

Sunday 7th May

Sligo Rovers	v	Galway United	Women's u19 Lol Academy	16:30	Showgrounds
Finn Harps	v	Galway United	Men's u15 Lol Academy	15:30	Letterkenny CC

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	8	7	0	1	21	7	14	21
3	Shelbourne	7	7	0	0	18	5	13	21
4	Waterford FC	8	4	0	4	18	13	5	12
5	Treaty United	7	4	0	3	13	9	4	12
6	Cobh Ramblers	7	4	0	3	12	8	4	12
7	Cork City	7	2	1	4	11	12	-1	7
8	Bray Wanderers	7	1	2	4	5	15	-10	5
9	Kerry FC	7	1	1	5	9	20	-11	4
10	Wexford FC	7	1	0	6	11	18	-7	3
11	CK United	8	0	0	8	6	38	-32	0

U17 PHASE 1 GROUP A TABLE

		P	W	D	L	F	A	D	PTS
1	Shamrock Rovers	8	6	1	1	27	9	18	19
2	UCD	8	5	0	3	25	11	14	15
3	Athlone Town	7	4	0	3	10	9	1	12
4	Sligo Rovers	8	3	0	5	14	16	-2	9
5	Longford Town	7	2	1	4	6	28	-22	7
6	Galway United	8	2	0	6	10	19	-9	6

WOMEN'S U19 PHASE 1 GROUP A TABLE

		P	W	D	L	F	A	D	PTS
1	Shamrock Rovers	7	7	0	0	22	1	21	21
2	Sligo Rovers	7	5	0	2	9	4	5	15
3	Galway United	7	3	1	3	8	11	-3	10
4	Athlone Town	7	2	1	4	13	18	-5	7
5	Bohemians	7	1	3	3	5	9	-4	6
6	DLR Waves	7	0	1	6	3	17	-14	1

WOMEN'S U17 PHASE 1 GROUP C TABLE

		P	W	D	L	F	A	D	PTS
1	Athlone Town	6	6	0	0	28	2	26	18
2	Galway United	6	4	0	2	17	9	8	12
3	Sligo Rovers	6	3	0	3	8	10	-2	9
4	Treaty United	5	1	0	4	6	15	-9	3
5	Longford Town	5	0	0	5	2	25	-23	0

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- WATERFORD

PLAYED
66

WON
22

DRAWN
25

LOST
19

GOALS FOR
71

GOALS AGAINST
62

LAST 5 H2H
WLLWW

LAST 5 H H2H
WDWWW

DIVISION 1 RECORD v WATERFORD

PLAYED
17

WON
7

DRAWN
5

LOST
5

GOALS FOR
15

GOALS AGAINST
11

POSITION
1
33 PTS

LAST PLAYED
WFC 0 GUFC 1
3rd March 2023

POSITION
2
26 PTS

0-1 - 22' V. Borden

BIGGEST VICTORIES v WFC

3-0
(H) 6th Dec 1981

3-0
(A) 18th Dec 1988

BIGGEST GUFC VICTORIES 2023

9-1
H v KERRY

4-0
A v WEXFORD

TEAM TOP LEAGUE GOALSCORERS 2023

VINCE BORDEN - 8

RONAN COUGHLAN - 14

MATCHDAY PHOTOS



Two great servants to this club bumped into each other in Terryland last week. Gerry Daly, one of the greatest defenders to have played for Galway United, watched the game with George Guest who has travelled up and down this county with this club. For over two decades, George was the club physio and was also club chairman for a while. They are most certainly enjoying this season as Galway United are perched on top of the league table.



It's great to see such a variety of flags at Galway United games but this one definitely catches the eye. Proud Welshman Ian Campbell brings his flag to Wales games as well as anytime he gets over to see his beloved Galway United. Ian will be at today's game against Waterford FC and will be presenting David Hurley with his player of the month award for April. Welcome to Galway, Ian.



Stephen Walsh was delighted to chat with superfan Will Moten outside the players' dressing room after our last home game. Stephen is always generous with his time when he meets supporters. Will looks awesome in his Galway United gear.



Mikie Rowe met up Noah McGowan from Corofin after last Friday's win over Cobh Ramblers. Mikie is from Wexford and has also played with today's opponents, Waterford FC.



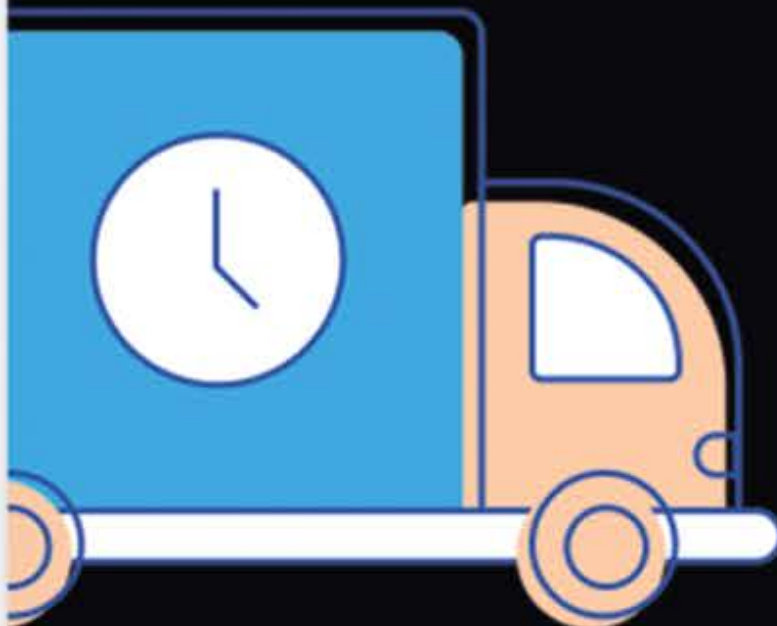
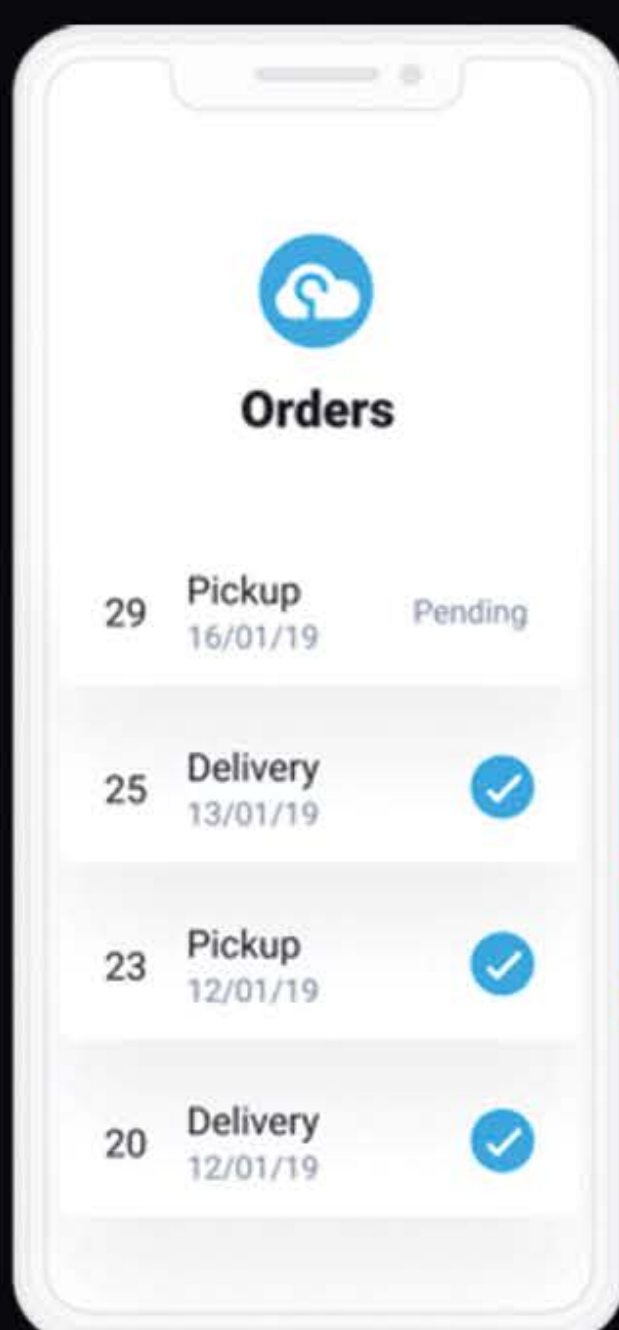
GALWAY UNITED FC

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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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.



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& Sports Injury Clinic

THE TREATMENT TABLE

by Galway Bay Physio - Proud Physiotherapy Partners for 2023

NEW SHORT SLEEVE TRAINING TOP



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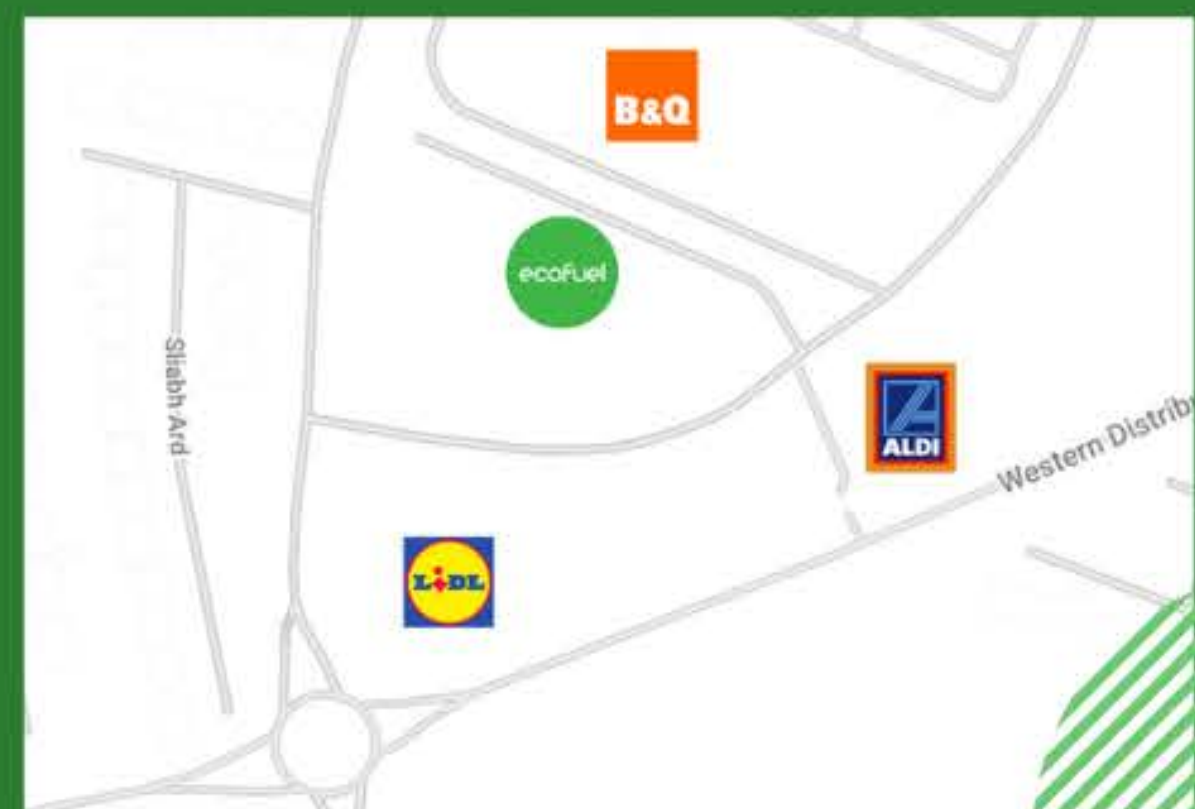


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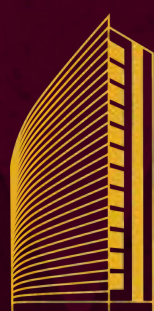


WATERFORD
Football Club

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. Paul Martin
2. Darragh Power
3. Ryan Burke
4. Niall O'Keeffe
6. Eddie Nolan
7. Shane Griffin
8. Barry Crowe-Baggley
9. Thomas Oluwa
10. Connor Parsons
11. Chris Conn-Clarke
12. Tunmise Sobowale
13. Matthew Connor
14. Charles Ondo
17. Harvey Warren
19. Ronan Coughlan
20. Roland Idowu
22. Giles Phillips
23. Romeo Akachukwu
24. Kilian Cantwell
27. Dean McMenamy
29. Wassim Aouachria
31. Tom Donaghy
32. Adam Queally
33. Ronan Mansfield
34. Dean Larkin

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