ARD MHACHA VERSUS DÚN NA NGALL

SEMI FINAL
SATURDAY 14TH NOVEMBER
KINGSSPAN BREFFNI - 1.15 PM

AN CABHÁN VERSUS AN DÚN

SEMI FINAL
SUNDAY 15TH NOVEMBER
ATHLETIC GROUNDS - 1.30PM
“That one day is what you live for. Winning the whole thing is what you dream of.”

Brendan Lowry, All-Ireland winner, 1982.

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THIS WEEKEND’S GAMES
(ALL GAMES ARE SUBJECT TO WINNER ON THE DAY)

VERSUS

@ KINGSPAN BREFFNI, CAVAN
SATURDAY 14TH NOVEMBER
WATCH LIVE ON sky sports

Ulster GAA Football Senior Championship Semi Final (1:15pm)
Réiteoir: David Coldrick (An Mhí)
Réiteoir ar fuaireachas: Barry Cassidy (Doire)
Maor Line: Barry Judge (Sligeach)
Oifigeach Taobhlíne: John Gilmartin (Sligeach)
Maoir: Seamus McCormack, Joseph Curran, Ronan Garry and Pat Darby

VERSUS

@ ATHLETIC GROUNDS, ARMAGH
SUNDAY 15TH NOVEMBER
WATCH LIVE ON BBC SPORT NI

Ulster GAA Football Senior Championship Semi Final (1:30pm)
Réiteoir: Martin McNally (Muineachán)
Réiteoir ar fuaireachas: David Gough (An Mhí)
Maor Line: Niall Cullen (Fear Manach)
Oifigeach Taobhlíne: Niall McKenna (Muineachán)
Maoir: Ben Woods, Mark Gilsenan, Dylan Finnegan & Anthony Marron
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ULSTER GAA
PRESIDENT’S FOREWORD

Welcome to another weekend of the 2020 Ulster Senior Football Championship. We are in the midst of a hectic four week period in late Autumn with no spectators at our games. It really has been a surreal year so far. After two weekends, we are now down to the last four as our Semi Final line up Ard Mhacha V Dún na nGall and An Cabhán V An Dún takes place this weekend.

We have already been treated to five really competitive games in extremely testing conditions. I commend all players and management teams for their input into what already is another compelling Ulster Senior Football Championship, albeit at a different time of year, without supporters and in a straight knockout format.

I want to take this opportunity to thank our counties and clubs for the support they have given our local communities during this Covid-19 pandemic. It has been an extremely difficult time for us all and the absence of our games has made it all the harder. We continue the Ulster Senior Football Championship this weekend in very different circumstances as the absence of supporters at our games will leave a feeling of emptiness on our terraces.

Changes have been introduced to the Ulster Senior Football Championship by the Ulster Competitions Control Committee recently. As the two counties which were drawn to play in the Preliminary Round in 2019, Tyrone and Derry did not feature in the Preliminary Round draw for the 2020 nor will they for the 2021 Championships. Seven counties were included in the Preliminary Round draw for the 2020 Championship from which Monaghan and Cavan were drawn to meet in the Preliminary Round. They will be precluded from the 2021 and 2022 Preliminary Round draw. Subsequently, in 2021, just five counties will be included in the draw for the Preliminary Round game. Tyrone and Derry would then return to the draw for 2022 while Monaghan and Cavan will return for the 2023 draw.

In 2020, Prostate Cancer has again been chosen as the charity for Ulster GAA and we look forward to supporting this very worthy cause. I acknowledge and thank all the Ulster Council and the three host counties’ personnel involved in hosting today’s games. Everyone plays their part; stewards, medics, match officials and players, sponsors, local authorities, media, County Boards and Provincial Council.

I also wish all four teams, their County Boards and management every success in their respective outings this weekend and the match officials whose role should never be overlooked. Finally, to the supporters. Your support and attendance has always been highly valued and we hope that the absence of supporters at games is a rare sight. We long for the day that we can gather to support our native county in their quest to lift the Anglo Celt but for now, on behalf of Ulster GAA, I encourage all members to continue to follow the guidelines which have been provided by the relevant health authorities.

Stay safe!

Oilibhear Ó Gealagain, Uachtarán Chomhairle Uladh.
And so, in the space of a fortnight, Ulster’s nine runners have become four, and by late tomorrow afternoon just two will remain.

This whistle-stop Ulster Championship now picks up speed as we enter into the third of its four-weekend lifespan, and today’s meeting of Armagh and reigning champions Donegal begins the final four action.

Both these teams have had just shy of two weeks to prepare for this fixture, double the turnaround for tomorrow’s semi-finalists, Cavan and Down.

That extra week of breathing space will have been precious to managers Kieran McGeeney and Declan Bonner after arduous quarter-finals over Derry and Tyrone respectively, both hard-fought two-point wins in the swirling rain and biting wind of a harsh Sunday afternoon on November 1st.

Tyrone came crashing up against Donegal at Páirc MacCumhaill, and went crashing out. It was a dogged encounter, a slugfest in boxing parlance with the atrocious conditions having a huge bearing on the state of play. The home side though executed their teak-tough game plan that bit better to showcase why they are still top of the tree in the province.

While Michael Murphy and Jamie Brennan didn’t chalk up their usual scoring totals, the winning numbers came from elsewhere as a Michael Langan goal and seven Ciaran Thompson points helped Donegal over the line in the end.

Bonner can bring in Paddy McBrearty to boost the Donegal firepower, with the Kilcar man named to start against Tyrone but not risked on the day. Defensive veteran Neil McGee shipped a knock in the first half but should be up for the task again today.

The knockout nature of this year’s Football Championship elevated the stakes even higher for an opening game between what are arguably two of the top sides in the country. Donegal prevailed and remain on course for a third successive provincial title, a feat not achieved since Armagh themselves in 2006.

That year it was McGeeney as centre-back and captain who lifted the Anglo Celt for the third year in a row for the Orchard County, a 1-09 to 0-09 win over Donegal at Croke Park. Fourteen years on he is on the sideline bidding to return his county to their first Ulster final since 2008.

In Celtic Park two Sundays ago Armagh were made to work hard to withstand a gutsy Derry fightback. Much like Ballybofey, weather conditions in Derry city were akin to a monsoon, but Armagh fared better in the opening stages and established a six-point lead at half-time.

They came by their scores easier than the Oakleafers, with Oisin O’Neill and Jamie Clarke both hitting two from play while free-taker Rory Grugan helping himself to three first half points.

When Derry mounted a resurgence in the second half through Shane McGuigan’s free-taking brilliance, it was Armagh’s own set piece expert Rian O’Neill who guided them home with a series of faultless strikes. His final free in injury time cut through the falling rain and soared high and true between the posts to guarantee the victory.

Throughout an ultimately successful Division 2 League campaign Armagh had been guilty of letting their performance dip in the latter stages of games and allowing teams to come back at them.

Whilst they held out against Derry last day out to record the win, their performance against a more-fancied Donegal today simply has to last the full duration if they are to upset the odds.
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Bainisteoir: Kieran McGeeney

B Ó hAodha
Blaine Hughes
Carraig Chropain

P Ó Broin
Paddy Burns
Foirceal

R Ó Cinnéide
Ryan Kennedy
Baile Mhic an Aba

S Ó Muireagáin
James Morgan
Raonaithe Na Croise

C Ó Néill
Conor O’Neill
Cill Sleibhe

A Mac Fearchair
Aidan Forker
An Machaire

M Ó Siail
Mark Shields
An Chrois Bhán

O Ó Néill
Oisin O’Neill
Raonaithe Na Croise

S Ó Síeadáin
Stephen Sheridan
Foirceal

R Ó Gruagáin
Rory Grugan
Baile Mhic an Aba

C Mac Cumasaigh
Callum Cumiskey
Raonaithe Na Croise

S Ó Mára
Stefan Campbell (C)
Clan na Gael

S Mac Cléirigh
Jamie Clarke
Gaeil Neasden

R Ó Néill
Rian O’Neill
Raonaithe Na Croise

Niall Ó Garmaile
Niall Grimley
Na Madain

FIR IONAID SUBSTITUTES

16. Shea Magill
    Cill Sleibhe
17. Greg McCabe
    Sheáin Ui Néill
18. Brendan Donaghy
    Cluain Mór
19. Aaron McKay
    Droighneain Sidhe
20. Jarlath Og Burns
    Beal Atha an Airgid
21. Jemar Hall
    Foirceal
22. Conor Turbitt
    Clann Éireann
23. Andrew Murnin
    Naomh Pól
24. Jason Duffy
    Coilleach Eanach
25. Joe McElroy
    Na Clairseigh Ard Mhacha
26. Cathal McKenna
    An Ghráinseach
### Dún na nGall

**Bainisteoir:** Declan Bonner

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<td>1</td>
<td>S O Peatáin</td>
<td>Shaun Patton</td>
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<td></td>
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<td>Naomh Adhamhnáin</td>
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<td>2</td>
<td>S Mac Meanman</td>
<td>Stephen McMenamin</td>
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<td>Aodh Rua, Cúl na gCurridin</td>
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<td>N Mac Aoidh</td>
<td>Neil McGee</td>
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<td>Gaoth Dobhair</td>
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<td>E Ó Gallchoir</td>
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<td>Cill Chartha</td>
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<td>6</td>
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<td>Peadar Mogan</td>
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<td>Hugh McFadden</td>
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<td>C Mac Gonagail</td>
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<td>Bun Cranncha</td>
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<td>10</td>
<td>C Mac Thomáis</td>
<td>Ciaran Thompson</td>
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<td>12</td>
<td>M Ó Longaí</td>
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<td>Naomh Micheál</td>
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<td>13</td>
<td>P Mac Briartaigh</td>
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<td>14</td>
<td>M Ó Murchú</td>
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### FIR IONAID SUBSTITUTES

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<td>Cill Chartha</td>
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<td>Oisin Gallen</td>
<td>Sean MacCumhaills</td>
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<td>19</td>
<td>Jason McGee</td>
<td>Cloich Ceann Fhaola</td>
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<td>20</td>
<td>Andrew McClean</td>
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<td>21</td>
<td>Jeaic McElveay</td>
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<td>Caolan Ward</td>
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<td>Daire Ó Baoill</td>
<td>Gaoth Dobhair</td>
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<td>26</td>
<td>Conor O’Donnell</td>
<td>Carn Domhnach</td>
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These two counties have only met three teams in the last 15 years in the USFC. Today will be the first Semi Final between the sides since a 1993 Semi Final Replay that Donegal won here, at Kingspan Breffni in a game refereed by Mickey Cranney from Down. Interestingly, Mickey was back on duty last weekend at this same venue doing umpire for county colleague Paul Faloon at the Cavan v Antrim game. Another chapter in the Ulster SFC story! Here we take a look back at their last three meetings between Donegal and Armagh.

**USFC QUARTER FINAL**

14th June 2015 Athletic Grounds

Donegal 2-11 Armagh 0-08

A Patrick McBrearty goal after two minutes set the scene for this one sided encounter at a packed Armagh venue. Michael Murphy was unerringly accurate on his free taking duties that pushed them into a 1-9 to 0-2 interval lead. Marty Reilly added a second major as a Rory Gallagher managed side marched on to the Semi Final with relative ease.

Dún na nGall: P Durcan; P McGrath, N McGee, E McGee; M McHugh, K Lacey (0-1), F McGlynn; N Gallagher (0-1), M McElhinney (0-1); C Toye, O MacNiallais (0-2), R McHugh; P McBrearty (1-1), M Murphy (0-5), M O’Reilly (1-0).


Ard Mhacha: M McNeice; F Moriarty, C Vernon, A Mallon; J Morgan (0-1), C McKeever (0-1), C Rafferty (0-2); A Findon (0-1), E Rafferty; T Kernan (0-3), M McKenna, A Forker; A Murnin, S Campbell, J Clarke.

Subs: M Murray for M McKenna, D O’Hanlon for F Moriarty, C O’Hanlon for E Rafferty, B Donaghy for A Forker, E McVerry for A Murnin, S Harold for A Findon (BC)

Ref: D Coldrick (An Mhí)

**USFC QUARTER FINAL**

27th May 2007 Páirc MacCumhaill

Donegal 1-09 Armagh 1-08

An Oisin McConville goal and points from Steven McDonnell and current manager, Kieran McGeeney placed Armagh four in front with twenty minutes remaining. However, the homes side hung in there and narrowed the gap to two and a speculative high ball from substitute Brendan Devenney in the closing minutes somehow escaped the clutches of Paul Hearty to literally hand victory to Donegal.

Dún na nGall: P Durcan; P McGrath, N McGee, E McGee; M McGonigley 0-1, B Monaghan, B Dunnion; N Gallagher, K Cassidy; R Kavanagh, C Bonner, B Roper; C McFadden 0-6, C Toye 0-1, M Hegarty.

Subs: A Sweeney 0-1 for Roper; B Devenney 1-0 for Hegarty; E Magee for Dunnion; K McMenamin for Bonner.

Ard Mhacha: P Hearty; B Donaghy, E McNulty, A Mallon; A Kernan 0-1, K McGeeney 0-1, C McKeever, P McGrane, C Rafferty, B Donaghy, S Kernan 0-1, M O’Rourke; S McDonnell 0-2, D Marsden 0-1, S McConville 1-2.

Subs: M Mackin for O’Rourke, J Lavery for McKeever.

Ref: J Bannon (Longfort)

**USFC FINAL**

9th July 2006 at Croke Park

Armagh 1-09 Donegal 0-09

The Ulster Final was played at Croke Park for the second year in a row and there was nothing between the sides at half time, tied at 0-4 apiece. A rare, but equally beautiful Paul McGrane goal at the beginning of the second half set Armagh on their way. An equally novel score from Andy Mallon proved to the be the insurance score although Paul Hearty was called into action in injury time to make a great stop from Stephen McDermott as Armagh completed the three in a row, and became the first county to do so since Down (1959-61).

Ard Mhacha: P Hearty; A Mallon (0-1), F Bellew, E McNulty; P Duffy, A Kernan, C McKeever; K McGeeney, P McGrane (1-0); M O’Rourke, J McEntee (0-2), M Mackin, S McDonnell (0-1), R Clarke (0-3), O McConville (2f, 0-2)

Subs: P McKeever for Mackin, A O’Rourke for Duffy.

Dún na nGall: P Durcan; K Lacey, P Campbell, N McGee, E McGee, B Monaghan, B Dunnion (0-1); N Gallagher, B Boyle; C Toye, M Hegarty (0-1f), C Bonner; R Kavanagh (0-1), C Dunne, A Sweeney (0-3(2f)). Subs: C Kelly for Dunne (0-1f), D Diver for Boyle, S McDermott for Sweeney.

Ref: M Monahan (Cill Dara)
Since breaking into the Donegal squad in 2017, Jamie Brennan has established himself as one of the most prolific scorers in the province. The Bundoran clubman has notched up 4 goals in his 10 Ulster Championship appearances to date, more than any other player in that time, and his threat in front of goal has given Donegal a new attacking dimension away from the traditional Murphy-McBrearty combination.

The 24-year-old will look to continue that fine form into today’s encounter against an Armagh side whose defensive frailties he will be looking to expose. The last day out he notched two points from play against Tyrone, but his sheer pace and constant movement on the soft Ballybofey surface was a continual thorn in the Tyrone side. If Armagh are to produce a shock in Breffni Park this afternoon, they will have to pay particular attention to Brennan and the threat he carries.

Earlier this year the Armagh manager Kieran McGeeney described Aidan Forker as “a class act”. Better known for his attacking instincts during the early part of his inter-county career, Forker was deployed as an emergency full-back during a 2018 clash with Roscommon and has remained a steadying hand for the Armagh defence ever since. However, a move into the defence for the Orchard County has done little to blunt his attacking instincts. As recently as 6 weeks ago, the Maghery man kicked 1-3 against Crossmaglen in the county final as his club lifted just their second county title. Two weeks ago in Celtic Park he lined out at centre-half back, but helped himself to two points from play also. But it will be his man-marking capabilities that Armagh may need to deploy today if they are to keep alive their hopes of a first Ulster Final appearance since 2008.
MATCH OFFICIALS

David Coldrick (An Mhí)

A member of the Blackhall Gaels club in County Meath, David is no stranger to the province, having refereed the provincial final on no fewer than four occasions. Today will be his 20th game refereeing in the Ulster Senior Football Championship game, a remarkable milestone, and one which stretches back to his first game 16 years ago, a clash between Cavan and Down in Casement Park which ended in a draw.

His first provincial final in Ulster was now a decade ago, the 2010 clash when Tyrone defeated Monaghan. His other final include the 2013 and 2015 deciders, when Monaghan captured the title in both years, and in 2016 when Tyrone emerged victorious. Incidentally, it was Donegal who lost out in all three of those finals. David has also refereed three All-Ireland Senior Football Finals in 2007, 2010 and 2015.

He refereed the last clash between Donegal and Armagh in the Ulster Championship, the 2015 tussle at the Athletic Ground when Donegal won 2-11 to 0-08. And in a quirk of fate, one of David's umpires, Seamus McCormack, refereed the 2002 Ulster Final between today's counties.

Martin McNally (Muineachán)

In contrast to our other official this weekend, today Martin will referee his first game in the Ulster Senior Football Championship. Hailing from the Corduff club in County Monaghan, the 31-year-old is no stranger in the province, having taken charge of inter-county games at Minor, U20/U21 and in the Dr McKenna Cup.

He first made his provincial bow in 2011, a Minor Football Championship game where Fermanagh defeated Derry at Celtic Park. The curve has been onward and upward since then, and he refereed his first Monaghan Senior Football Final in 2013 between Scotstown and Clontibret. Martin is also a regular referee on the Ulster Schools scene and has refereed two MacRory Cup Finals in 2016 and 2017.

Earlier this year Martin refereed the Division 2 National League Round 4 game between Kildare and Roscommon, before travelling to Castlebar in Round 5 for the meeting of Mayo and Kerry. He was also the man in the middle last weekend in Portlaoise when Dublin defeated Westmeath.
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VERSUS

It’s five games in as many weeks for Cavan, but momentum is a tool to be harnessed.

Underdogs coming into their preliminary round tie with Monaghan, they turned the tables on their neighbouring rivals with a stunning extra time win in.

Last week at home in Kingspan Breffni they came up against a well-briefed Antrim side who set themselves up to be resolute and began confidently. In the first half they frustrated Cavan and asked questions, while Mickey Graham’s were also at fault themselves for cheaply giving away possession and spurning a number of scoring opportunities.

Eventually though the Saffron resistance weakened and Cavan were able to iron out the creases in their performance to emerge four-point winners. Gearoid McKiernan once again proved his importance in the centre of the pitch, winning primary possession and driving forward to land scores, while team captain and Clones hero Raymond Galligan made a telling contribution at the other end with a crucial save from Patrick Gallagher.

Appearances from the bench from Thomas Galligan and Thomas Edward Donohoe also helped Cavan get into gear. Graham will need his bench to be able to make a similar contribution this afternoon given the heavy workload his team has endured in the past four successive weeks.

Plenty to work on remarked the Cavan boss after the game, but not a lot of time to work on it with today’s game coming up fast, but the tired bodies and tired minds of his squad will be aided with that winning feeling. Relegation to Division Three just several weeks ago is now but a scant memory, the here and now of Ulster Championship football has revitalised the Breffni county.

Down meanwhile put their less-than-convenient Championship preparation behind them to flex their muscles against Fermanagh at Brewster Park seven days ago. Much like Cavan against Antrim, Down were gridlocked in the first half by their opponents, but got into the groove in the second period with a combination of strong running and direct possession play to stretch the Erne men and push on to a seven-point victory.

Barry O’Hagan’s four excellent points from play were a standout feature, as was the combative display from deputising team captain Caolan Mooney, who fired over two points from midfield and did the groundwork for Donal O’Hare’s important goal at the start of the second half.

Last Sunday Paddy Tally’s team were only getting their first run-out after the six-month layoff. Leitrim conceded the first league game after the return, and an inexperienced team took to the field the week after in a dead rubber against Louth, meaning that Tally’s Championship cohort were quite a bit short on rehearsal time. After 40 minutes in Enniskillen though they appeared to have brought themselves up to speed, and will be confident from the outset today.

Both these sides have recent experience of being in Ulster finals - Cavan last year and Down in 2017 – but both camps have undergone a substantial change of personnel from the teams that played in those deciders.

Today is a huge opportunity to make another final for these two evenly matched teams, and an intriguing encounter awaits.
AN CABHÁN

Bainisteoir: Mickey Graham

R Ó Gealagáin
Raymond Galligan (C)
Leacain

1

2
I Mac Lochlainn
Jason McLoughlin
Gaeil Na Sionainne

3
P Ó Fachtna
Padraig Faulkner
Dún a Ri

4
L Ó Foirtcheirn
Luke Fortune
Gaeil an Chabháin

5
G Mac Gabhann
Gerard Smith
An Leamháin

6
C Ó Brádaigh
Ciaran Brady
Ármhach

7
C Ó Tíománaí
Cormac Timoney
Béal Átha na nEach

8
C Ó Cléirigh
Killian Clarke
Searcóg

9
C Ó Brádaigh
Killian Brady
Mullach Odhráin

10
M Ó Raghallaigh
Martin Reilly
Coill an Gharraí

11
G Mac Thiarnáin
Gearoid McKiernan
Gaeil an Chabháin

12
O Mac Thiarnáin
Oisin Kiernan
Caisleán Reathain

13
O Mac Piaraíse
Oisin Pierson
Loch Gáirbhne

14
C Ó Raghallaigh
Cormac O’Reilly
Mullach Odhráin

15
S Mac Gabhann
Stephen Smith
Cros ar Loch

FIR IONAID SUBSTITUTES

16. Liam Brady
Ramor Aontaithe
Gaeil an Chabháin

22. Benjamin Kelly
Teampall an Phoirt
Leacain

17. Niall Murray
Gaeil an Chabháin

23. Thomas Galligan
Cuchulainn

18. Chris Conroy
An Leamháin

24. Evan Doughty
Baile Mhic Aodha

19. Conor Madden
Loch Gáirbhne

25. Liam Buchanan
An Dinn

20. Oisin Brady
Coill an Gharraí

26. Thomas Edward Donohoe
Gaeil an Chabháin
AN DÚN

Bainistéoir: Paddy Tally

RÓ Broin
Rory Burns
Caislean Uidhilín

1

PÓ Faogáin
Peter Fegan
Boireann

2

P Mac Muireartaigh
Patrick Murdock
Cumann Pheadair Naofa

3

PÓ Laibheartaigh
Pierce Laverty
Naomh Phadraig Sabhall

4

GÓ Coileain
Gerard Collins
R.G.U

5

C Mac Thiarnan
Kevin McKernan
Boireann

6

DÓg Aonasa
Daniel Guinness
Ceathru Aodha Dhuibh

7

CÓ Maonaigh
Caloan Mooney (C)
Caislean Ruairí

8

S Mac Floin
Jonny Flynn
Loch an Oileain

9

BÓ hAgáin
Barry O’Hagan
Cluain Daimh

10

PÓ Doibhilín
Paul Devlin
Cill Chua

11

C Mac Póilín
Conor Poland
An Cloch Phada

12

J Mac Seáin
Jerome Johnston
Cill Chua

13

DÓ hír
Donal O’Hare
Boireann

14

CÓ Dochartaigh
Ceilium Doherty
Cill Chua

15

FIR IONAID SUBSTITUTES

16. John O’Hare
An Ghleann

22. Dylan Ward
Cill Chua

17. Ryan McAleenan
Cumann Pheadair Naofa

23. James Guinness
Ceathru Aodha Dhuibh

18. Cormac McCarter
Cumann Pheadair Naofa

24. Ryan Johnston
Cill Chua

Eanach Cluana

25. Niall Donnelly
Tulach Lis

20. Corey Quinn
Droichead Mhaigh Eo

26. Sheelan Johnston
Cill Chua

21. Liam Kerr
Boireann
These two counties have only met three teams in the last 16 years in the USFC. On two of those occasions, a replay was required. Here we take a look back at their last three meetings between Cavan and Down.

USFC PRELIMINARY ROUND REPLAY
20th May 2007 at Páirc Esler
Down 0-15 Cavan 0-11

Down started the better but Cavan fought back and the teams went in level at the interval, tied on 0-5 apiece at the recently developed Newry venue. They still couldn't be separated at 0-10 apiece when Cavan were reduced to fourteen men following the dismissal of Micheal Lyng. Down pushed for home with points from Paul McComiskey, Danny Hughes and Kevin McGuigan to emerge four point winners.

An Dún: M McVeigh, D McCartan, D Rooney 0-1, K Mcguigan 0-1, R Murtagh 0-1, B Grant, M Cole, D Gordon 0-1, P Murphy 0-2, J McGovern 0-2, A Carr 0-1, R Sexton, D Hughes 0-3, P Downey, B Coulter.

Subs: S Kearney 0-1 for McGovern, J Clarke for McCartan, J Lynch for Gordan, P McComiskey 0-2 for Carr.


Ref: T Quigley (Baile Átha Cliath)

USFC PRELIMINARY ROUND
7th May 2006 at Casement Park
Down 1-13 Cavan 0-11

As has often been the case, Benny Coulter produced a moment of magic and ultimately a three pointer than would decide this tie. His goal in the 55th minute gave Down a four point cushion that they would never relinquish. They were tied at 0-6 apiece at the short whistle and Cavan battled gamely to the death but simply didn’t recover from Coulter’s major.

An Dún: M McVeigh, J Clarke, B Burns, B Grant, J Lavery, M Molloy, M Cole, J Reilly, S Ward, C Galligan, P Brandy 0-3, A Molloy, B Coulter 0-1, C McCrickard 0-1, T Brewster, T Gallager 0-1.

Subs: S Mc Veigh 0-2 for D Crow, M Walsh, D Gordon, R Murtagh 0-1.

An Cabhán: J Reilly, P Reilly, M Hannon, K Fannin, M Cahill, A Gaynor, P Brady 0-1, D McCabe 0-1, C Collins, M McKeever, P Reilly, S Brady, G Pierson 0-1, L Reilly 0-2, S Johnston 0-6.

Subs: J O’Reilly for Pierson, C Mackey for P Reilly, J Jordan for McKeever, É O’Reilly for L Reilly.

Ref: E Murtagh (Longfort)

USFC QUARTER FINAL REPLAY
30th May 2004 at Kingspan Breffni
Cavan 3-13 Down 2-12

Gregory McCartan finished with 1-4, all from placed balls, including a penalty and James McCartan poached a goal to edge Down into another Ulster Final. Raymond Gallagher top scored for the Ernemen with 0-4 who just couldn’t reproduce the quarter final performance against Donegal.

An Dún: M McVeigh, M Cahill, J Clarke, S Lavery, B Burns, M Monahan (Cill Dara)

Ref: M Monahan (Cill Dara)
For the best part of a decade now, the Down forward line has been spearheaded by Donal O’Hare. The Burren man made his club debut as a fresh faced 18-year-old back in 2011, fresh off the back of a Hogan Cup triumph with St Colman’s Newry the previous April. The following summer he was starting in an Ulster Senior Football Final. Last weekend, his 42nd minute goal brought him right back to where it all started 8 years previous when Donal scored a goal, against Fermanagh, in Brewster Park, on his Senior debut.

That meteoric rise through the ranks is testament to the undoubted talent that O’Hare possesses, and he continues to be the fulcrum around which the Down attack is built. Seven days ago he went about his afternoon’s work in his own understated way, notching up 1-4. As Paddy Tally continues to develop the Mournemen, O’Hare will remain key in that project. The Cavan defence have given up plenty of opportunities in the previous two weeks, with both Monaghan and Antrim spurning quality goal chances. Should the same chances present themselves this weekend, expect O’Hare to reap the rewards.

In their two Ulster Senior Football Championship games so far, Cavan have seen a remarkable 16 different players register a score. That spread of talent brings obvious advantages but even so, Gearoid McKiernan still remains their go to man when the going gets tough. At different stages against Monaghan and Antrim, the Breffnimen looked devoid of ideas and needed that spark to ignite their challenge, with McKiernan offering it in both cases.

McKiernan first made his mark when he captained Cavan to the Ulster U21 title in 2011, a win that kicked started a remarkable 4-in-a-row success. Since then he has been a regular in the Senior side, even overcoming the dreaded cruciate knee injury in 2013. Against Monaghan, he carried the fight in the second half, landing two monster points with the breeze at his back as Cavan clawed their way back. Even in last weekend’s encounter with Antrim, as Cavan sat back defending their second half it, it was the powerful running of McKiernan that Cavan so often turned to to get them out of trouble. They will need another big performance from the Cavan Gaels man this afternoon.
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Over 4500 men in Ireland are diagnosed with prostate cancer annually. Recently in the UK prostate cancer deaths have exceeded breast cancer deaths with over 11,000 men per year dying of aggressive forms of prostate cancer. At present 1 in 8 men will develop a clinically significant prostate cancer in their lifetime with those aged 50 or more (the majority of cases are diagnosed in men aged 65 or older) or with a family history of prostate cancer at increased risk.

SIGNS & SYMPTOMS

Prostate cancer is often diagnosed when men present to their GP with urinary symptoms including getting up more frequently at night, inability to empty the bladder completely, or going to the toilet more frequently. It is important to note that whilst these symptoms can prompt investigations, more often than not, the symptoms are not a result of the cancer but that of a benignly enlarged prostate. Many men are diagnosed with prostate cancer following routine checks in the absence of symptoms; following a routine blood test called Prostate Specific Antigen (PSA).

TREATMENT

Patients with localised disease within the prostate have a number of curative options available to them including surgery, radiotherapy, brachytherapy (seed radiation) and in some instances active surveillance whereby the cancer is low risk but monitored closely for change. For some men, however, prostate cancer can spread to the bones and other parts of the body, leaving the disease incurable. Even with advanced incurable disease newer treatments enable men to live with the disease for many years beyond diagnosis. If you have concerns about yourself or a family member consult with your GP.

PROSTATE RESEARCH AT QUEEN’S UNIVERSITY BELFAST

The Prostate Clinical Research Team in QUB comprises a team of Clinical Research and NHS Consultant Oncologists led by Professor Joe O’Sullivan, Dr. Suneil Jain, Dr. Aidan Cole and Dr.Darren Mitchell coupled with expert scientific research from the Centre for Cancer Research and Cell Biology (CCRCB). The aim is to improve patient care by leading world-class clinical research. The Prostate Clinical Research Team is internationally renowned, leading the way in innovative trials, shaping the treatment of prostate cancer, increasing survival and reducing side effects from treatment. As well as improving education for patients and healthcare workers the team supervise research from medical students, scientists, physicists and clinical doctors. The team are dedicated to ensuring that our patients and their families have the best treatments at the correct time and that the continued improvements in overall survival continue for men diagnosed with prostate cancer.

If your club would like to get involved in creating greater awareness of prostate cancer, or would like to support the fund-raising efforts please contact maura.mcmenamin.ulster@gaa.ie
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Rinneadh iniúchadh ar chlubanna Uladh in 2019, agus as sin a d’eascair an Plean Teagaisc. Tá CLG Uladh agus Foras na Gaeilge ag obair le hOllscoil Uladh ar an tionscadal seo, agus is é an aidhm atá agaínn ná go gcuirfear plean ar fáil a bheas ina chuidiú dár n-oibriethe deonacha a bhionn ag teagasc na Gaeilge ag leibhéál an chlub, agus go mbeidh deis ag gach club sa Chúige ardchaighdeán teanga a chur ar fáil.

In April 2020, Ulster GAA and Foras na Gaeilge partnered with Ulster University to develop a teaching plan with resources for Ulster clubs to both alleviate pressure on club volunteers teaching Irish classes, and to ensure a high standard of Irish is available to clubs across the province.

The teaching resource is compiled of modules, each module has 12 weeks’ worth of lessons with informative notes for both student and teacher, as well as support audio material. Module one has been developed by a team from Ulster University and Ulster GAA, and module two, a GAA focused lesson plan, is being compiled by Ulster University students as part of their studies.

Tá modúil istigh sa phlean teagasc a mhaireann dhá sheachtain déag. Tá nótaí ann don mhúinteoir agus don fhoghlaimeoir araon, chomh maith le ceachtanna éisteachta. Chuir foireann Ollscoil / CLG Uladh an chéad mhodúl le chéile, agus tá mic léinn de chuid na hollscoile ag obair ar an dara modúl, rud a bheas ar shaol an CLG.

The resource will be available to all clubs free of charge. Clubs must register with CLG Uladh to access the material, and will receive accreditation for completing modules. The resource will be updated twice to three times a year with new material.

It was hoped that this would be ready for launch in September 2020, but due to the impact of COVID-19 on various aspects of the project, this has been delayed to December 2020-January 2021. After a trial period within Ulster, the resource will be made available to clubs across Ireland.

Táthar ag súil leis an acmhainn seo a sheoladh go mall i ndiaidh scéim phíolótach a bheithe againn i Uladh, beidh fáilte roimh iomlán na gclubanna sa tír úsáid a bhaint as.
2020 ULSTER SFC SCHEDULE

SAT 31ST OCTOBER: FIRST ROUND
- MUINEACHÁN 1-17
- AN CABHÁN 2-15 (AET)

SUN 1ST NOVEMBER: QUARTER FINAL
- DÚN NA NGALL 1-13
- TÍR EOGHAIN 1-11
- DOIRE 0-15
- ARD MHACHA 0-17

SUN 8TH NOVEMBER: QUARTER FINAL
- FEAR MANACH 0-11
- AN DÚN 1-15

SAT 7TH NOVEMBER: QUARTER FINAL
- AN CABHÁN 0-13
- AONTROIM 0-09

SAT 14TH NOVEMBER: SEMI FINAL
- DÚN NA NGALL
- ARD MHACHA

SUN 15TH NOVEMBER: SEMI FINAL
- AN CABHÁN
- AN DÚN

SUN 22ND NOVEMBER: FINAL
- WINNER
- WINNER
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