



Cumann Lúthchleas Gael Dhún na nGall



DALY BROTHERS LIFFORD
Intermediate Football Final

Cluiche Ceannais Craobh Peile idirmhéanach na Condae

I bPáirc O'Domhnaill, Leitir Ceannain
De Domhnaigh, 29 ú Mean Fomhair 2008, 4.00 i.n.

Na Rossa **V** **Sean Mac Cumhailis**

Reiteoir: Padraig Mac Giolla Bhride



Intermediate Reserve Football Final

Cluiche Ceannais Craobh idirmhéanach tacaíocht na ndaoine 2.00 i.n.

Naomh Naille v Sean MacCumhailis

Reiteoir: Trevor Mac Briartaigh

Clar Oifigiúil : €2

AZZURRI[®] SPORT

Proud Sponsors of Donegal County GAA.



Contact us at Azzurri, Kilcohan, Waterford.
Tel. 051 850066

Fáilte on Chathaoirligh

Ba mhaith liom mar Chathaoirleach ar Bord na Chondae Dhun na nGall fáilte a chúir romhaibh go leir anseo inniú chuig Pairc Úi Dhomhnall, í Litir Cheannann, í gcoir chuichi Ceannais na Condae in Idirmheanach Soisear agus Sinsear.

Our Intermediate Final today is between Sean Mac Cumhaills and Na Rossa and we welcome both teams, to what we hope will make a very competitive match. Both clubs continue to work hard in the development of C.L.G. here in Donegal. The Senior Final will be preceded by the Intermediate Reserve Final of which McCumhaills will take on St Nauls and we also welcome them here today also.

My thanks to the St Eunans Club Officers, Ground Staff and their many helpers here today who as always have the pitch in great condition and congratulate them on the huge work done in advancing

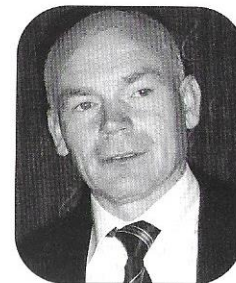
their development here in O'Donnell Park.

Thanks to Daly Bros., Lifford, for their continued sponsorship of the Intermediate Championship.

To the Referees today, Paddy McBride, who referees the Senior Final and to Trevor McBrearty who referees the Reserve Final. Good luck to you both and also to your officials.

Ta suil agam go mbainfidh sibh sult agus taitneamh as na cluichí anseo inniu agus adh mór ar na foirne go leir ata ag glacadh pairt.

Sean O Ceallaigh,
Cathaoirleach Bord na Condae.



Buiochas

I offer a special word of thanks to all who contributed to this programme, especially the participating Clubs I would like to thank the Donegal News and John Foy for supplying the photographs.

Thanks to Daly Brothers Lifford for their continued sponsorship and to all who booked advertising space in this publication. We ask you to support our sponsor and advertisers.

Na Rossa are competing in their 5 Intermediate Final having winning 2 and losing 2 with their last success coming in 1999. MacCumhaills on the other hand will

be hoping for success in this their first appearance in an Intermediate Final.

The Intermediate Reserve Final brings together St Nauls and holders Sean McCumhaills. McCumhaills are going for a 3 in a row, while St Nauls whose only success came in 1994 will be hoping to avenge their defeat by the same opposition in the final of 2 years ago.

I wish all four teams the best of luck in today's games and I look forward to a great afternoon of football entertainment.

Seamus O'Domhnaill, O.C.P.

GOOD LUCK FROM

M^cELHINNEY'S **SPORTS**

Sponsors of

Mac Cumhails

Senior & Reserve Teams

**All team kits available in store.*

M^cELHINNEY'S
— BALLYBOFEY —

The Family Department Store
074 9131217



Coiste Chontae Dhún na nGall

CLAR AN LAE

County Intermediate and Reserve Finals

Sunday 28th September 2008

County Intermediate Final:	4.00 pm
Intermediate Reserve Final:	2.00 pm
Intermediate Final:	Na Rossa v Sean MacCumhails
Intermediate Reserve Final:	St. Nauls v Sean MacCumhails
1.42 pm	St Nauls takes the field and line up for team photograph
1.45 pm.	Sean MacCumhails takes the field and line up for team photograph
2.00 pm	Intermediate Reserve Final. Na Rossa v Sean MacCumhails Captain of the winning team proceed to the presentation area for the presentation of the Intermediate Reserve Trophy by Sean O Ceallaigh Cathaoirleach Bord an Chontae
3.15 pm	Na Rossa takes the field and line up for team photograph
3.38 pm	Sean MacCumhails takes the field and line up for team photograph
3.40 pm	National Anthem
3.58 pm	Daly Brothers Intermediate Football CHAMPIONSHIP FINAL Na Rossa v Sean MacCumhails Captain of the winning team proceed to the presentation area for the presentation of the Cathal McLaughlin Intermediate Cup presented by Sean O Ceallaigh Cathaoirleach Bord an Chontae.
4.00 pm	Paddy McBride Francis McGuigan, Paddy McGonagle
5.30 pm	Hughie McClafferty, Aeneas McClafferty, John McBride, Kevin Gallagher
Intermediate Final Referee:	Trevor McBrearty
Linesmen:	Seamus Bradley, Don Langan

Amhrán na bhfiann

Sinne fiann a fáil,
Atá faoi gheall ag Éireann,
Buíonn dár slua
Thar toinn do ráinig chughainn
Fé mhóid bheith saor,
Sean-tír ár sinsear feasta
Ní fhágfar faoin tíoran ná faoin tráill.
Anocht a theám sa bhearna baoil
Le gean ar Ghael chun baís nó saoil
Le gunna scréach faoi lámhach na bpiléar
Seo libh canaigh amhrán na bhfiann.

GROUND REGULATIONS

01. All persons entering this ground are admitted only subject to the following Ground Regulations and to the Rules and regulations of Cumann Luthchleas Gael. Entry to the ground shall be deemed to constitute unqualified acceptance of all these Rules and Regulations.
02. Fireworks, smoke canisters, gas- horns, bottles, glasses, cans, flags, banners, poles and other similar articles or containers, including anything which could or might be used as a weapon, are not permitted within the ground and any person in found to be in possession of such an article or container may be refused entry or ejected from the ground
03. The consumption of alcohol is not permitted within the ground and spectators are not permitted to bring alcohol into the ground.
04. The unauthorized climbing of any structure, walls or buildings in this ground strictly forbidden.
05. Unnecessary noise from the use of radio sets, gas-horns and behavior likely to cause confusion Of nuisance of any kind, including foul or abusive language, is not permitted in any part of the ground.
06. Under no circumstances is it permitted to throw any object the pitch.
07. Unauthorised persons are not permitted to enter upon the field of play.
08. Any person who fails to comply with the instruction from a Garda or Steward may be ejected from the ground.
09. In general, the right of admission is reserved to the Ground Management.
10. The Ground Management reserves the right to refuse admission to or eject any person who refuses to be searched by a member of the Garda Síochána.
11. Any person who remains in or obstructs a gangway or circulation area may be ejected from the ground.
12. The Ground Management reserve the right for it's servants or agents to remove from the ground any person who does not comply with the Ground Regulations or whose presence in the ground could reasonably be construed as constituting a source of danger, nuisance or annoyance to other spectators.
13. All persons in the grounds are reminded of their obligation under Section 18(3) of the Fire Services Act 1981 to ensure that their behaviour does not present a danger from fire to anyone using the grounds.

the COPE

“Where Tradition Meets the Future”

Templecrone Co-operative Agricultural Society Ltd

Telephone: 074-9521022

Fax: 074-9561700

We pride ourselves on servicing all aspects of consumer needs



The Cope includes everything from our:

Supermarket
Furniture
Garden Products
Agricultural Products
Household Accessories
Flooring
Men and ladies Wear
Sports Wear,
Hardware

We also offer everything you need for DIY - Tools, Timber, Paints, Tiles, Plumbing Accessories and the range are endless

On behalf of everyone at the The Cope we would like to wish Na Rossa Team everything success in the final

Today's Referees

INTERMEDIATE FINAL

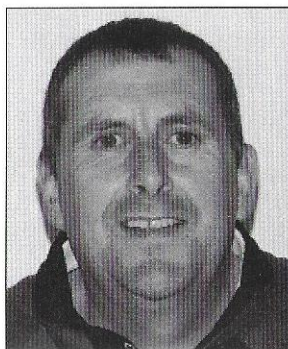
Paddy McBride

The Downings native and club man first started refereeing nine years ago, and has since established himself as one of the top referees at county level and for a number of years was a member of the provincial panel.

During his playing career Paddy won a county medal as a member of the Downings team that lifted their first ever County Junior title in 1977 when they overcame Glenfin by a single point (2-08 to 1-10) in a thrilling final.

Paddy has refereed numerous county finals including last years Junior A Final.

He has also been very active at club level serving as P.R.O. and Secretary before taking on his present role as Chairman. After today's game Paddy will not be resting on his laurels for long, because on the October Bank Holiday, he will again be running only this time instead of the green grass of McCumhaill Park, it will be the hard streets of Dublin as he runs the marathon in aid of Children Hospital in Crumlin.



INTERMEDIATE RESERVE FINAL

Trevor Mc Brearty

Trevor hails from the Kilcar GAA club. He has been refereeing since the age of 17, starting out at underage level. Based in Dublin as a manager with the HSE he travels to referee in Donegal each weekend. Recent outings have seen him referee in Boston and in London in the 7's. He was one of two Donegal referees who officiated in the Ulster Minor League in 2006 & 2007. He also manages St Jude's Ladies team in Dublin who won League and Division cup titles this year. He enjoys putting all his free time into the GAA, and is really looking forward to officiating today's game which should be a really exciting match.



Na Rossa G.A.A.

The club founded in 1976 is mainly a Gaelic Football Club although underage hurling was started in the club in the late 90's mainly through the efforts of Aidan Hennessy. However, since Aidan's untimely death in March 2007, the hurling has ceased.

The club has won two Intermediate championships in 1989 and again in 1999.

In recent years the club has purchased new grounds comprising approx. 15 acres in Madavagh, Lettermacaward which they hope to develop into a full-sized playing pitch. This is a more central location than the present playing pitch which is located beside Dooley beach.

One of the greatest honours to befall the club came in 1992 when Donegal won the Senior All-Ireland for the first time and one of the Na Rossa players namely Declan Bonner was on the team.

While Donegal won their first Senior All-Ireland in 1992, the first All-Ireland competition which they won at any level was the All-Ireland under-21 Football Championship of 1982. Na Rossa also had a player on that team full-back Sean Bonner who is a brother of Declan's.

The club has Declan back as manager with brother Michael as his assistant, and so far they have taken Na Rossa to the Intermediate final so maybe the Bonner brothers will still be playing their part in Na Rossa's future success.

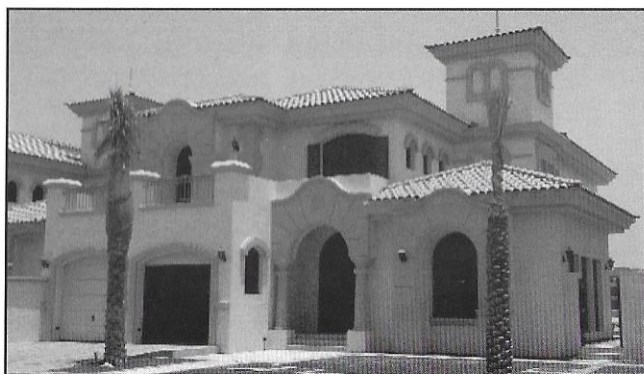
KERRY FOODS

*AGENTS FOR DENNY
AND
BALLYFREE PRODUCTS*

WISHING DECLAN AND THE BOYS ALL THE BEST

TJ Developments

OVERSEAS PROPERTY



*Investments
Direct from the
Developer*

www.tjdevelopments.ie

DRINK, DRUGS

and the
G.A.A.

SORT IT OUT...
ASAP
Alcohol & Substance Abuse Prevention

As the country's largest community organisation, the GAA have taken an active role in preventing the abuse of alcohol and other drugs.

In 2005 the GAA launched the Alcohol & Substance Abuse Prevention Programme, the aim of which is to reduce the harm that is being caused by alcohol and other drugs.

The goal of the ASAP Programme is to have 4 Provincial Officers, 32 County Officers and an ASAP Club Officer in every club in the country. Since we began over 900 officers have been appointed to implement the Programme.

Donegal County Board has recently appointed myself, Bill Vaughan (Glenswilly) as County Coordinator of the ASAP programme. I will be assisted by Kelly McCrudden (Killybegs).

Our role will be to support all clubs to become familiar with the ASAP programme, help clubs to identify members with an interest in becoming Club ASAP officers, assist clubs with establishing a ASAP Policy.

If you are interested in getting involved contact your club secretary for more information and check out the GAA national website

We will be having 2 ASAP information nights in Donegal for all members interested in becoming actively involved:

22nd October Donegal Town 8pm (venue to be decided)

23rd October Letterkenny 8pm (venue to be decided)

By the end of these meetings we would hope to have Club Officers in place and then by the years end we hope that all clubs have a Drug and Alcohol Policy in place.

**Bill Vaughan
ASAP County Co-ordinator
085 1086731**

Intermediate Championship - Path to the Final

Preliminary Round 1st Leg

Burt	1-06	0-08	Naomh Mhuire
Bundoran	0-08	0-10	Downings

Preliminary Round 2nd Leg

Naomh Mhuire	1-13	0-11	Burt
Downings	0-07	0-08	Bundoran

Preliminary Round Playoffs

Naomh Mhuire	0-16	0-06	Burt
Bundoran	0-15	0-05	Downings

1st Round 1st Leg

Urris	2-06	0-12	Na Rossa
Bundoran	1-09	2-12	MacCumhailis
Naomh Mhuire	0-11	0-04	Moville
St Nauls	0-15	0-12	Naomh Brid

1st Round 2nd Leg

Na Rossa	3-12	0-09	Urris
MacCumhailis	2-07	1-08	Bundoran
Moville	0-04	0-11	Naomh Mhuire
Naomh Brid	0-10	1-12	St.Nauls

Semi-Finals

Na Rossa	2-09	0-13	St Nauls
MacCumhailis	1-09	0-05	Naomh Mhuire

Final

MacCumhailis	—	—	Na Rossa
--------------	---	---	----------

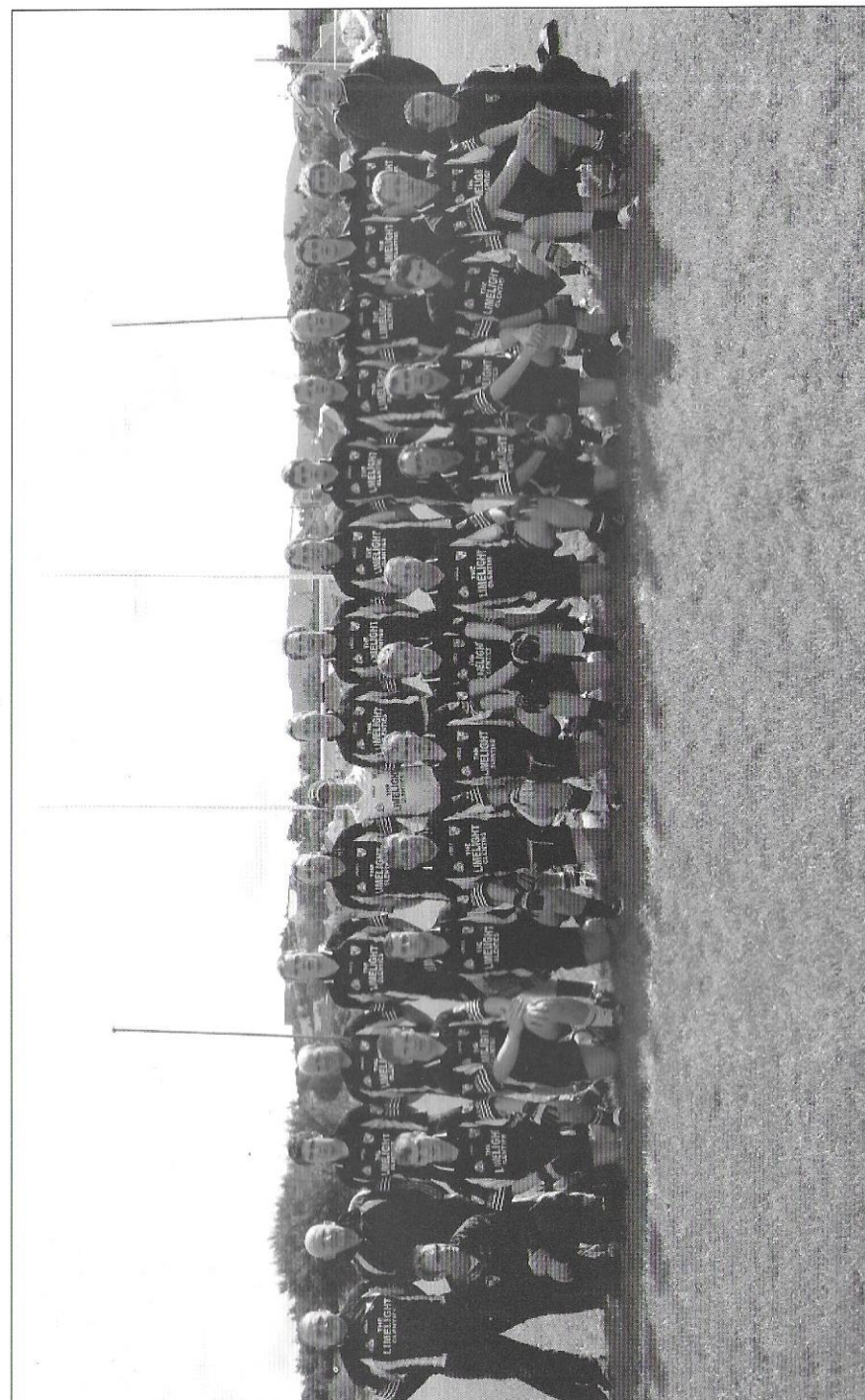
Intermediate Finals 1981 -2007

1981	Downings	0-13	0-08	Glenfin
1982	Urris	1-05	0-07	Red Hughs K/G
1983	Glenfin	2-10	2-08	Na Rossa
1984	Naomh Ultan	1-05	0-05	Kilcar
1985*	Gaoth Dobhair	2-08	0-05	St Nauls
1986	Dungloe	0-08	0-06	Naomh Conail
1987*	Naomh Brid	0-06	0-05	St Nauls
1988*	Downings	0-06	0-05	St Nauls
1989*	Na Rossa	3-08	2-08	Naomh Ultan
1990	Naomh Conaill	2-12	2-10	Bundoran
1991	Termon	1-15	1-07	Bundoran
1992	Milford	1-12	2-08	Naomh Ultan
1993	Downings	1-13	0-09	Na Rossa
1994	Naomh Mhuire	0-08	0-03	St Nauls
1995	Buncrana	1-08	1-05	St Nauls
1996*	Fours Masters	2-15	1-05	Carndonagh
1997	Carndonagh	1-12	1-11	Glenfin
1998	Naomh Mhuire	1-10	2-06	Naomh Ultan
1999	Na Rossa	1-13	1-11	Malin
2000	Termon	0-16	0-04	St Michaels
2001	Glenfin	1-13	0-07	Malin
2002	Naomh Ultan	2-04	0-08	Buncrana
2003	St Michaels	0-18	0-05	Carndonagh
2004	Buncrana	1-07	0-04	St Nauls
2005	Glenswilly	1-12	1-07	Clochanely
2006**	Clochanely	1-10	0-08	Fanad Gaels
2007	Fanad Gaels	0-10	1-06	Bundoran
2008	McCumhailis	—	—	Na Rossa

* = Replay

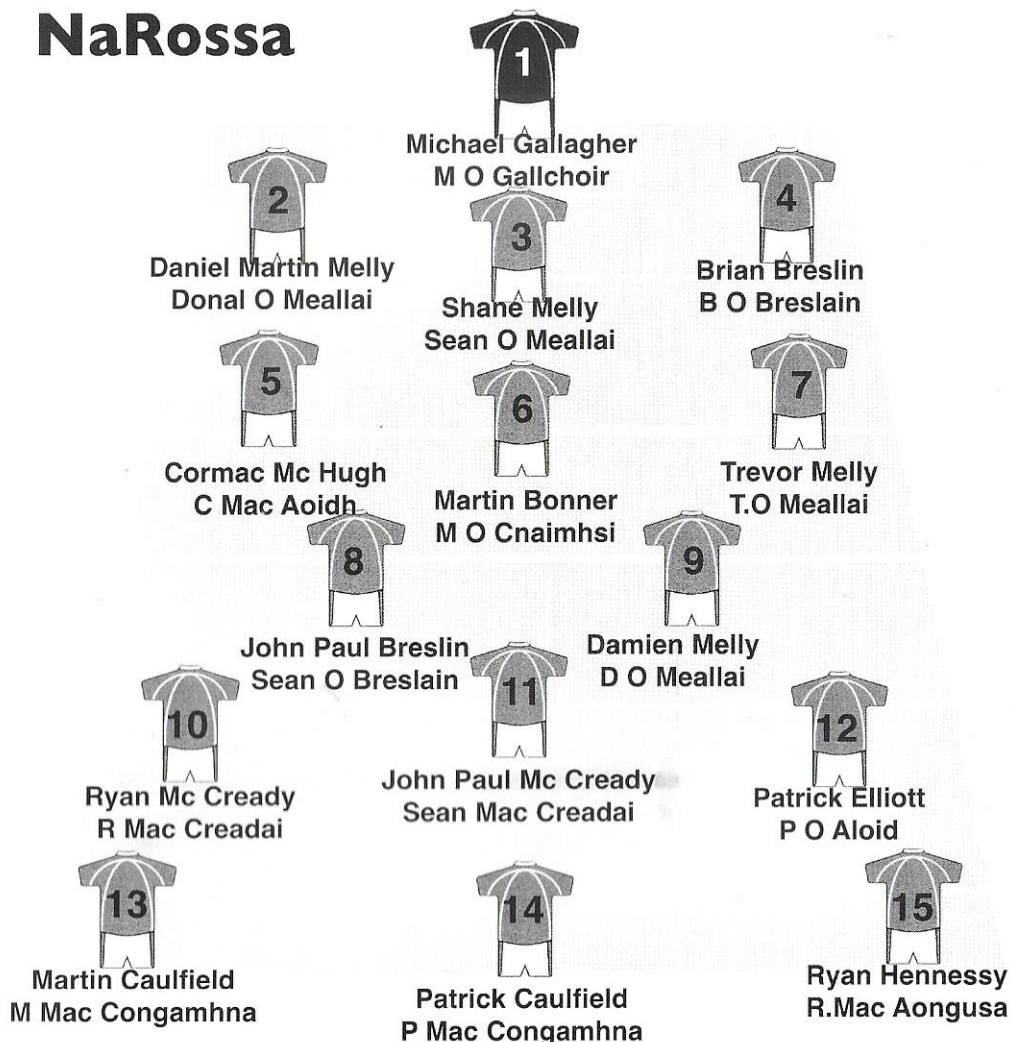
** == 2nd Replay

Facts courtesy of Fr Sean Gallagher's Book of Donegal G.A.A facts



Na Rossa

NaRossa



Fir Ionaid

16. Keelan Devenney.
17. Paul Byrne.
18. Odhran Gallagher
19. Peter Gallagher
20. Daniel Elliott
21. Shane Mc Cready

22. Patrick Melly
23. Donal Trimble
24. Danny Gallagher
25. Dermot Cannon
26. Daryl Devenney
27. P.J. Hanlon

	Cúil	Cúillíní	Seachái	45	Saor	Ciceanna
1 Adh Leath	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2 Adh Leath	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Iomlán	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

MacCumhails



Fir Ionaid

16. Rory Patton
17. Pat McNulty
18. Barry Dowds
19. Mark Connolly
20. Gerard Grindle

R O Peatain
P Mac an Ultaigh
D O Duda
M Mac Conghaile
G O Grindle

21. John Lynch
22. Gary Dunnion
23. Enda Kelly
24. Kevin McCormack
25. Mark Cannon

S Loingsigh
G O Duinnin
E O Ceallaigh
E Mac Cormaic
M OCanain

	Cúil	Cúillíní	Seachái	45	Saor	Ciceanna
1 Adh Leath	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2 Adh Leath	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Iomlán	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

MacCumhails



A WORD FROM THE NA ROSSA MANAGER - DECLAN BONNER

It's a great honour for Na Rossa GAA club to be back in the Intermediate Final after a lapse of nine years. We were very much the underdogs going into the semi-final against St.Naul's but we produced our best performance of the season and once again in today's final the odds are very much stacked against us. Mac Cumhails are a very strong physical side and have not lost a game all year and so we will need to produce a very big performance to trouble them. In saying that our lads have worked hard all year and have kept their best performances for the championship. We have five games left in the league and need to string a few victories together to maintain Division 2 status again next year.

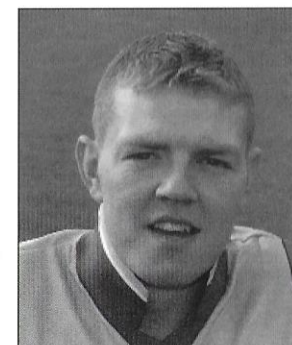


A big thank you to my backroom team of Michael Bonner, Eamonn O'Donnell and James Felix Melly and also to our chairman Michael Mc Gill who has been of great assistance all year.

Declan Bonner.

A WORD FROM THE NA ROSSA CAPTAIN - MARTIN CAULFIELD

It's really great to be in the final again but we haven't won anything yet ——— we still have 60 minutes of football to be played. We know Mac Cumhails are a very good team and they will be the hot favourites going into this final and rightly so.



We, however, have a good blend of youth and experience in the team this year and the younger lads like Bryan Breslin, Ryan Hennessy, Ryan Mc Cready and Keelin Devenney that came into the side this year have done exceptionally well.

Na Rossa have a very small catchment area consisting of Lettermacaward and Doochary and maybe we do punch above our weight at times but the fact that we are such a closely-knit community probably helps the spirit in the team and the team always shows great heart which we hope will be evident again today.

Martin Caulfield.

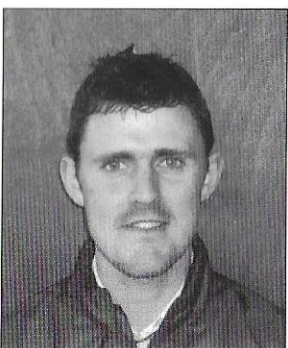
A word from the MacCumhails Managers - Brian Lafferty & Mickey McMahon

On behalf of the Sean MacCumhails senior Panel we would like to welcome our supporters to O'Donnell Park today for the Intermediate Championship final. At the start of the year our main objective was to gain promotion back to Division 1B and although we still have 4 matches left we are in with a great chance of automatic promotion. After 3 tough Championship games against Bundoran (2) and Naomh Mhuire we now find ourselves in the final here today taking on difficult opponents Na Rossa. We are under no illusions; to win today we will have to put in a top rate performance. Finally we would like to thank the club executive our sponsors and everyone on the management team for all their help so far this year.



A word from the MacCumhails captain - Joe Dunnion

It is a privilege for me to be involved with the MacCumhails club and even more of an honour to be captain of this MacCumhails team. There is a great tradition of football within our club but in the recent past we have been starved of success at senior level. So we come here today to the Daly Bros. Intermediate final to put something back into the club that has been missing for a number of years.



I'd like to take this opportunity to pay tribute and thanks to our team managers Mickey McMahon & Brian Lafferty, and also the rest of our management team Mary our physio, Enda, Martin and Gareth who have helped out greatly over the season so far.

I also would like to thank all our sponsors who have helped in any with our teams this year. I would also like to thank the Club executive for all their help in a year that has seen the club extend our clubhouse and look to provide modern facilities for the future development of all club teams.

I want to urge our supporter's today to get behind the team as much as possible and help drive us on to the finishing line. We are well aware that a great improvement is required from our semi-final performance to beat Na Rossa here today but it's a challenge we as a team are ready to face.

Pen-pictures Sean MacCumhails

Name	Age	Occupation	Position	Height	Weight	Honours
Christopher Patton	20	Student	Goalkeeper	6ft 1	12st	U21 Championship
Rory Patton	29	Fitter	Goalkeeper	6ft 1	13st	1 Sen Res Champ 2 inter Res Champ 1 Res League
Mark Cannon	29	Teacher	Goalkeeper	5ft 9	12st 4	2 Inter Res Champ 2 Res League
John Lynch	20	Mechanic	Defender	6ft	12st	U21 Champ 2 inter Res Champ 1 Res League
Shane Duffy	27	Physiotherapist	Defender	6ft	14st	Various Underage
Barry Dowds Champ	33	ESB Employee	Defender	5ft 7	13st	2 U21 Champ 1 Sen Res
Shane McNulty	32	Forestry Consultant	Defender	6ft	13st	Minor Champ U21 Champ
Aidan McGinley	34	Engineer	Defender	6ft 2	14st	1 Sen Ulster Club 5 Tyrone Sen Champ 4 Div 1 league
Seamus McGinty	38	PVC Fitter	Defender	5ft 10	12st	Various Honours
Joe Dunnion (Captain)	25	Quantity Surveyor	Defender	5ft 11	12st 10	Varios Underage
Gerard Grindle	21	Student	Defender	5ft 10	12st	U21 Champ
Garvan Mulligan	19	Student	Defender	5ft 11	12st	U21 Champ Inter Res Champ
Enda Kelly	22	Student	Defender	6ft 1	12st 5	U16 Champ
James Lynch	23	Joiner	Midfield	6ft 2	14st 7	1 Sen Res Champ 2 inter Res Champ 3 Res League
Steven O'Reilly	19	Lifeguard	Midfield	6ft	12st	U21 Champ Res League and Champ
Pat McNulty	33	Builder	Midfield	6ft 1	13st	1 Sen Res Champ 2 inter Res Champ 3 Res League
Gary Dunnion	22	Builder	Midfield	6ft 1	13st 7	Res League and Champ
Mark Connolly	22	Bank Official	Forward	5ft 11	12st	1 Sen Res Champ 1 inter Res Champ
Bernard McGeehan	31	Financial Consultant	Forward	6ft 1	14st	Minor Champ U21 Champ All-ireland Voc Schools Champ
Darren O'Leary	19	Carpenter	Forward	6ft	13st	U21 Champ
Andrew Bonar	23	Carpenter	Forward	6ft 1	13st 7	Sen Res Champ
Brian Lafferty	21	Carpenter	Forward	5ft 7	9st 7	2 Res League and Champ U21 Champ
Brendan McLoughlin	21	Sales Manager	Forward	5ft 9	12st	U21 Champ
Patrick McNulty	26	Specialist Painter	Forward	6ft 2	13st 7	Various Underage

Pen-pictures Na Rossa

Name	Age	Occupation	Weight	Height	Honours
Michael Gallagher	24	Quantity Surveyor	11st	5'8"	1 Division 3 League medal. Goalkeeper
John Paul Breslin	28	Plumber	15 st	6'2"	1 Intermediate medal 3 Div.2 League medals. 1 London senior championship medal and 3 London League medals with Tirconail Gaels. 1 Boston championship medal. Played midfield on Donegal u-21 team of 2001 and played on London senior team of 2005.
Martin Caulfield	29	Plumber	13 st	6'	2 Division 2 League medals. 1 Division 3 League medal. 1 Intermediate medal. Played for Donegal in Ulster U-21 final of 2000 and scored spectacular goal in defeat by Tyrone. Former Donegal Senior player.
Patrick Caulfield	35	Builder	14 st	6'	1 Intermediate medal. 3 Div.2 League medals. 1 Div.3 League medal. Played on Donegal U-21 team of 1994.
Daniel Martin Melly	19	Student	11 st	6'	Under-16 Championship and League medals. Division 3 League medal.
Shane Melly	30	Engineer	12 st	6'	1 Intermediate medal. 1 Division 2 League medal and 1 Division 3 League medal.
Bryan Breslin	18	Student	12 st	6' 1"	Under-16 Divisional and County Championship medals. 1 Division 3 League medal.
Trevor Melly	30	Builder	14 st	5'8"	1 Intermediate medal. 3 Division 2 League medals. 1 Division 3 League medal. Son of Jamesie Melly who played on first Na Rossa team of 1976.
Cormac Mc Hugh	27	Plumber	12 st	5'9"	1 Intermediate medal. 2 Division 2 medals. 1 Division 3 medal.
Martin Bonner	35	Electrician	14 st	6'	2 Intermediate medals. Ulster Minor Championship medal in 1991. 2 Division 2 League medals. 1 Division 3 League medal. Played on Donegal u-21 team of 1994. In Donegal Senior County squad of the late nineties.
Damien Melly	26	Engineer	12 st	6'1"	1 Intermediate medal. 1 Division 3 League medal.
Ryan Mc Cready	19	Student	11 st	5'9"	Under-16 League and Championship medals. 1 Division 3 League medal
John Paul McCready	28	Digger Driver	11 st	5'9"	2 Div.2 League medals and 1 Division 3 League medal. 1 Intermediate medal. Played on Donegal U-21 team of 2001.
Keelin Devenney	20	Student	11 st	6'	1 Division 2 League medal and 1 Division 3 League medal.
Ryan Hennessy	18	Student	12 st	5'11"	Under-16 League and Championship medals. 1 Division 3 League medal
Donal Trimble	30	Window fitter	12 st 10lbs	6'	1 Intermediate medal. 3 Div 2 League medals. 1 Div 3 League medal.
Patrick Melly	23	Student	12 st 8lbs	6'2"	1 Div 3 League medal. Won Donegal Senior County Vocational Schools medals with Glenties Comp in 2003 and 2004. Brother of Shane and Damien
Patrick Elliott	34	Publican	13 st	6'1"	1 Intermediate medal 2 Div 2 League medals. 1 Div 3 League medal.

Pen-pictures Na Rossa - cont.

Name	Age	Occupation	Weight	Height	Honours
Daniel Elliott	28	Civil Engineer	12 st 6lbs	5'11"	1 Intermediate Medal. 3 Div.2 League medals. 1 London Senior championship medal with Tirconail Gaels. 1 Junior British championship medal with London. Brother of Patrick.
Paul Byrne	18	Student	13 st	6'2"	1 Div 3 League medal U-16 Div 3 championship medal '06. U-16 League medals '05 and '06. Son of Jamesie Byrne who played on first Na Rossa team of 1976.
Odhran Gallagher	23	Business Dev. Officer	13 st 7lbs.	6'3"	2 Div 2 League medals. 1 Div 3 League medal. NUI Galway Freshers League medal. Son of Vinny Gallagher who played on first Na Rossa team of 1976.
Danny Gallagher	34	Construction Worker	10 st	5'9"	1 Intermediate medal. 3 Div 2 League medals. 1 Div.3 League medal.
Peter Gallagher	22	Labourer	11 st	5'9"	1 Div 3 League medal. Brother of Danny.
Shane Mc Cready	16	Student	12 st	5'11"	U-16 Championship and League winners medals. Made his debut on team in 2008. A brother of Ryan's.
Patrick J. Hanlon	20	Supervalu Dungloe Fresh Food manager.	15 st	5'11"	1 Div.3 League medal.
Daryl Devenney	16	Student	9 st	5'9"	U-16 Championship and League winners medals in Div 3.
Eamonn O'Donnell	41	Auditor	15 st	6'	2 Intermediate medals. 1 All-Ireland Vocational Schools medal. 3 Div 2 League medals. 2 Div 3 League medals.
Dermot Cannon	34	Restaurant Owner	12 st 9lbs.	5'6"	1 Intermediate medal. 2 Div 2 League medals. 1 Div.3 League medal.

TEACH GLEANN CEO DOOCHARY



COME IN AND RELAX AFTER THE GAME

WISHING NA ROSSA ALL THE BEST IN THE FINAL

Foreign Nationals

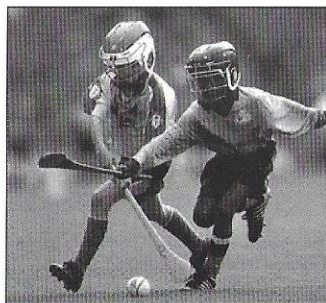
It's estimated that by the year 2020, one-person-in-five in Ireland will have migrated here from somewhere else or have been born to migrant parents.

As Irish people, we have the clearest understanding of what it's like to have to go abroad to make a better life. And we know how important even the smallest word or gesture of welcome is when you get there.

The GAA is about being open and welcoming to all members of our communities. If you're living here, no matter what your background, we're interested in you!

Over the past few years there has been a huge influx of foreign nationals into Ulster. These people are already bringing a lot to our society in terms of workforce and adding to the cultural diversity. However the G.A.A. recognises that these communities have the potential to make a sporting contribution also.

A project started recently by Ulster Council will hopefully have mutual benefits for our new citizens it will provide a great opportunity to integrate and socialise more fully and for us a wider pool of potential talent for which to draw than ever before.



Tips for Preventing Injury

Whether you've never had a sports injury and you're trying to keep it that way or you've had an injury and don't want another, the following tips can help.

- Avoid bending knees past 90 degrees when doing half knee bends.
- Avoid twisting knees by keeping feet as flat as possible during stretches.
- When jumping, land with your knees bent.
- Do warm up exercises not just before vigorous activities like running, but also before less vigorous ones such as golf.
- Don't overdo.
- Do warm up stretches before activity. Stretch the Achilles tendon, hamstring, and quadriceps areas and hold the positions. Don't bounce.
- Cool down following vigorous sports. For example, after a race, walk or walk/jog for five minutes so your pulse comes down gradually.
- Wear properly fitting shoes that provide shock absorption and stability.
- Use the softest exercise surface available, and avoid running on hard surfaces like asphalt and concrete. Run on flat surfaces. Running uphill may increase the stress on the Achilles tendon and the leg itself.

PURE

LETTERKENNY

CANAL ROAD - LETTERKENNY

**LADIES BOUTIQUE FOR
OCCASIONAL WEAR
NEW PROM DRESSES
ARRIVING WEEKLY**

TELEPHONE DANIELLE OR TONYA ON
074-9123397

**GOOD LUCK TO DECLAN AND THE BOYS IN
THE FINAL**

St. Nauls

Reserves



Fir Ionaid

16	Michael Quinn	22	Des McGroarty	28	Shane McHugh
17	Tom Dunleavy	23	John McBrearty	29	Mark Breslin
18	Paul Griffin	24	Brendan McGready	30	Pauric Coyle
19	Shane McDevitt	25	Gary Kennedy	31	Glen Campbell
20	Vincent Kennedy	26	Alan McGroarty	32	Breffini O'Donnell
21	John McGroarty	27	Ronan Lowther	33	Pauric Reilly

	Cúil	Cúillíní	Seachaí	45	Saor	Ciceanna
1 Adh Leath	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2 Adh Leath	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Iomlán	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

MacCumhails

Reserves



Fir Ionaid

16.	Stephen Lynch	20.	Chris McLaughlin	24.	John Doherty
17.	Ogilvy McGroarty	21.	Joe McClintock	25.	Luke O'Farrell
18.	Adrian Gillespie	22.	Anthony Connaghan	26.	Mark McGlinchey
19.	Brendan Dunnion	23.	Patrick Clohessy	27.	Ian Patton

	Cúil	Cúillíní	Seachaí	45	Saor	Ciceanna
1 Adh Leath	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2 Adh Leath	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Iomlán	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

THE GWEEBARRA BAR LETTERMACAWARD

WHERE ALL THE GAMES ARE REPLAYED OVER AND
OVER AGAIN



*WISHING THE MANAGER AND TEAM GOOD LUCK IN
THE FINAL FROM ALL THE McCREADY CLAN*

CAULFIELD'S

DERRYHENNY - DOOCHARY

Building Contractor

FOR ALL YOUR for all your building needs
Telephone 087 2662077

*WISHING THE TEAM GOOD LUCK
IN THE FINAL*



ABBHEY HOTEL

Donegal Town

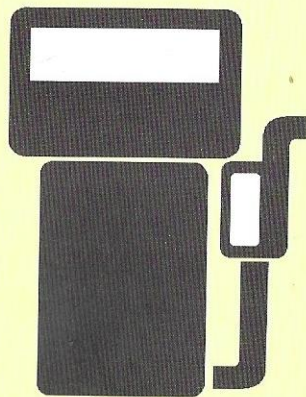
**The place to meet
after all the big games**

**SPONSORS OF THE
DONEGAL COUNTY GAA**

Telephone: 074 97 21014

DALY'S

**Service Station
&
Convenience Store**



LIFFORD

Tel: (074) 914 1888

Daly Brothers Lifford

**Proud Sponsors
of the
Intermediate Football Championship**