

# THE CRUSADER CHRONICLE



ISSUE NO. 2

JANUARY 2026

€10 PER MONTH



## NOT A TUBE OF DEEP HEAT IN THE TOWN 2026 PRE-SEASON TRAINING UNDERWAY AT CRUSADERS



As the players made their way off the pitch on Tuesday night last, one of them was heard to say “that’s gonna hurt in the morning lads, but in a good way” writes **Owen Goal**.

The evergreen “Uncle” Austin Hanrahan had taken a few knocks, but the smile on his face, an ear-to-ear grin not seen since his beloved Everton last won a trophy (1995), portrayed the real story – the 2026 season has now begun!

That smile quickly turned into a look of panic however, as Hanrahan attempted to pre-empt the next day’s soreness with a preventative rub of his favourite Deep Heat gel only to realise he hadn’t replenished his gear bag since Villa game in the 2025 preliminary semi-final stages of last season.

“Lads, anyone got any Deep Heat...” he uttered, “...or even Tiger Balm?”, readying himself for a night in the spare room, but to no avail. “Can’t be got boi, not unless ya drive up to Kilkenny or other places that don’t do proper sports” said Gaffer Kennedy, “You’re probably better off attempting a proper warm-down instead”. But this advice fell on deaf ears, as the psychosomatic strains of the next day started to make their way into the muscles of Hanrahan and several others. Frank “The Tank” Frampton was overheard resigning himself to a week off work, whilst Paul Lawrence offered discounts on an ambulance taxi home. “Fail to prepare, prepare to fail” muttered John Rockett, not wanting to share his Christmas haul of Deep Heat gels, sprays, hair serums and deodorants.

As the training session finished and the sore bodies made their way to the car park, somewhere in Gracedieu, Duckie switched back on his phone and threw another log on the warm fire.

## AGM TO BE HELD IN FEBRUARY – DATE & VENUE TBC



### CLUB MEMBERSHIP NOW OPEN

You can now join Crusaders AFC as a non-playing member, and help the club in several ways to continue the recent improvements and progress. Joining is easy, costing €10 per month or €100 per year. Members get a season ticket for all home games, a club scarf and a personalised-yet-automated receipt from Stripe. However, the real benefit is the excitement of knowing you’re helping to grow the club as we work towards major development of the grounds, the introduction of new facilities, teams, ages, grades and much more! Go to [www.crusadersafc.ie/club-shop/](http://www.crusadersafc.ie/club-shop/)

### Moran Promotes Uber Eats

23-year veteran manager John Moran can be seen on Sky Sports currently promoting Uber Eats with fellow retirees Big Sam and Tony Pulis, in his first venture since handing over the 4<sup>th</sup> division reins in December to Mark Kennedy.

### All Roads Lead To Ozier Park

Saturday 17<sup>th</sup> January sees our 2B squad host Bandon FC in the last 16 of the Munster Shield. Due to the auspiciousness of the occasion, the W&DJL have kindly offered the use of Ozier Park for the game. Kick off 2pm.

#### Inside this edition:

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**Lifestyle:** Devin’s St. Moritz review  
**Alive @ 65:** Retirement Advice with Bingo Power  
**Finance:** Stuffing the mattress with Trevor  
**DIY:** 2-strokes or 4 – Chainsaw McGrath