



*Seamus Staunton played 253 official games for VEC Football Club in the 10 seasons between 2013 and 2023, scoring 93 goals along the way. (He also captained the great VEC teams for five successful seasons from 2017 to 2023)* It was a great achievement for *Seamus* to be voted VEC's Player-of-the-Year by his peers on two occasions: in our quadruple season 2015-2016 and again in 2018-2019.



**VEC FC - Quadruple Squad - 2015-2016**  
 Back (l to r): Kev O'Hanlon (Manager), Pat Meghen, Conall O'Shaughnessy, Richard Hannify, Alan Keane, Neal Breslin, Mick Kinsella, Killian Finlay, Andy Myler, Dave Spring (Manager)  
 Front (l to r): Steve Quin, Ray Jaudzems, Seamus Staunton, Aidan Hyland, Anthony Dunne (capt.), Gav Murphy, Joey Byrne, Paul O'Sullivan, Niall Flynn.



- **Séamus Staunton** made his debut for VEC FC on 21<sup>st</sup> September 2013, playing in the 3-0 win against Castleknock Celtic in the LFA Junior Cup in Terenure, and played his first game in the UCFL against Sandyford Utd. in the 2-2 premier division game in Terenure, scoring the second goal.
- **Séamus** started 34 of our 37 games in the remarkable and historic 2015-2016 season where VEC were **quadruple** winners, winning the UCFL Premier Division, Challenge Cup, Richard Knight Cup and Barton Shield. He only missed the home game against Glasnaion in March and he also scored an amazing 17 goals from mid-field. A truly consistent season which won him player-of-the-year.
- Then, in addition to winning the UCFL Premier Division in the 2016-2017 season, **Séamus** was in the double-winning squad that won the UCFL Premier Division and the Challenge Cup in 2018-2019.
- **Séamus** was also on the VEC FC team that – for the first time in the Club’s history – reached Round 7 (last-16) of the FAI Junior Cup, eventually succumbing 2-0 to a good Boyle Celtic team in Roscommon in February 2017.
- It was a great achievement for **Séamus** to be voted VEC’s Player-of-the-Year by his peers on two occasions: in our quadruple season 2015-2016 as mentioned and again in 2018-2019.
- It was an honour for the Club that **Séamus** was selected and played for the UCFL League Team, where he played against The Defence Forces, Wexford and the AUL Leagues in 2016-2017, and then against the Kildare League in December 2019.



In summary, **Séamus’s** haul of silverware in his 10 seasons with **VEC FC** reads as follows:

- 3 x UCFL Premier Division Winners’ medals: 2015-2016; 2016-2017 & 2018-2019
- 3 x UCFL Challenge Cup Winners’ medals: 2015-2016 (*Beating South William Street Celtic 4-1 in Home Farm*) and 2018-2019 (*Beating Drumcondra AFC 6-3 in the Oscar Traynor Centre in Coolock*) and 2021-2022 (*Beating Tallaght Utd. 1-0 in Home Farm*). In fact, he scored in all three of them!
- 2 x Richard Knight Cup Winners’ medals: 2015-2016 (*Beating FC Sportslink Ailesbury 5-1 in the VEC Sportsgrounds*) and 2021-2022 (*Beating Tallaght Utd. 1-0 in Tolka Rovers ground*).
- 2 x UCFL Premier Division runners-up medals: 2019-2020 & 2021-2022.
- 2 x UCFL Barton Shield Winners’ medals: 2015-2016 (*Beating Arthur Griffith FC 4-3 on penalties*) and 2019-2020 (*Beating Coolock FC on penalties*) - both in VEC Terenure.
- 1 x Richard Knight runners-up medal: 2017-2018 (*Losing in extra time to Harding IF at FAI HQ in Abbotstown*).
- 1 x UCFL Barton Shield runners-up medal: 2018-2019 (*Losing 0-1 to Harding IF in the VEC*).

