



Matchzine

Ulster Bank League

Ballynahinch R.F.C. v Cork Constitution F.C.

Saturday 28th September 2013 2.30 PM

There is a very different look to Division IA this season with two Limerick Clubs, Shannon and UL Boh's dropping down to Division IB and Ballynahinch and UCD gaining promotion. It should make for an interesting season not least for our travelling supporters with the two away Limerick fixtures being replaced by lengthier trips to County Down and Dublin.

This week-end Cork Constitution begin their Ulster Bank League campaign with the long trek to Ballynahinch, Co Down next Saturday. For the team, it means a Friday afternoon drive and overnight stay near Belfast, before making the 15 mile trip to Ballynahinch.

Thus far this season Constitution have performed very well winning local Cork Charity Cup games against Sunday's Well and Highfield, and last weekend in the Munster Senior Cup they defeated UL-Bohemian 35-15 at Annacotty.

Ballynahinch were last seasons champions of Division IA gaining promotion to the top division for the first time. Based on last seasons results Ballynahinch are a very formidable team winning 16 of their 18 games with one draw and one loss. Significantly they earned a 4 try bonus point in 9 of their sixteen wins.

It will be Constitution's second visit to the Ulster club, as the teams met in the AIB Cup 2nd round at Ballymacairn Park in October 2009. On that occasion, Constitution won 18-16 to gain some revenge for the Cup Final defeat earlier in April 2009. Ballynahinch had the upper hand in that final at Dubarry Park winning 17-6.

Constitution's team for the 2009 final was: D.Lyons; S.Zebo, T.Gleeson, E.Ryan, C.Healy; J.Manning (T.Kenneally), C.Nolan (R.Lane); G.Murray, L.Gabriel, Tim Ryan; M.O'Connell, D.Kelly (J.Maloney); B.Holland P.O'Mahony (E.Leamy), F.Cogan

Jeremy Manning registered Con's six points from two penalties. It is interesting to note that only Darragh Lyons and Gareth Murray, of those players, are in the current squad.

Constitution famously went on to complete the league and cup double in the 2009/2010 Season under the captaincy of Evan Ryan.

Stan Waldron

Notice to members

There has been a number of break-in's to vehicles in the vicinity of the Club grounds.

Members should take care not to leave valuables in plain sight in their vehicles. All valuables should be locked in the car boot.

J3's take the field

After an absence of 17 years Cork Constitution field a J3 team this week end in a league fixture against Dunmanway-Bantry Bay in Dunmanway at 2.30 PM on Sunday.

The re-emergence of this team is a result of the large number of players coming through from our vibrant juvenile and youths sections. All of our juvenile and underage coaches deserve great praise for all their hard work and commitment in preparing our young members for adult rugby with the club.

The ever expanding minor management team are to be commended for their vision in recognising the depth of talent coming on stream from our underage ranks and their preparatory work over the last few seasons which will culminate in the J3's taking the field this week-end. We wish them the very best for the season ahead.

New Improvement Plans to Modernising Website

The Cork Constitution Website committee is delighted to announce that plans are currently under way to transform the website. Having developed a new and exciting website modernisation strategy, this will insure that the on-going improvements for the Cork Con website will be in place this season.

Enhanced features, such as the inclusion of social media technologies such as Facebook, Titter and YouTube will be utilised to allow for greater connectivity and more frequent updates. This online transformation will also include a new and improved restructuring in regards to club sponsorship and advertisement, which will provide greater exposure for sponsors over a number of online platforms, including, the before mentioned social media technologies, the redesigned website and club TV's.

Over the next few weeks, to see these new user experience improvement and to ensure you are always update with club news please visit www.corkcon.ie.

For more information please contact Pat Moynihan via email:

patjmoynihan56@gmail.com

Pre Match AIL Lunches

Tony Roche has a great line up of guest speakers for the pre match lunch at our next two home AIL League Games

Constitution V Lansdowne October 5h, **Commander Brian Fitzgerald.**

Constitution/Garryowen November 2nd, **Sean Kelly MEP** former President of the GAA.

Cork Constitution Football Club Concession Scheme

Name	Location	Offer Details
Rochestown Park Hotel	Rochestown	15% Discount on spend over €50 Discounts from 10% to 30% on MRI, X-ray, D X A, Ultrasound and C T
Euromedic	Elysian Cork and 3 Dublin Centres	10% discount on all stock (Except sale goods)
Finn's Corner	Grand Parade	Earn Discounts with Loyalty Card , Cash back to Club
O'Sullivan's Pharmacies	Various	10% discount on all stock (Except sale goods)
Fitzgerald's Menswear	Patrick Street	10% discount on all stock (Except sale goods)
Quill's	All Store's	10% discount A la Carte menu - Mon to Fri Excl Wine
Jacques Restaurant	Phoenix Street	10% discount Lunch & Evening Meal (Excl Wine)
Island Gate Restaurant	Glounthaune	10% discount on all stock (Except sale goods)
Tracey Shoes	Patrick Street	10% discount on all stock (Except sale goods)
The Framemaker	Patrick Street	10% discount on ALL Wines
O'Donovans Off Licence	All Stores	10% discount (excluding sale stock)
Kiernans Garden Centre	Douglas Shopping Centre	10% discount (excluding sale stock)
Diane O'Mahony Jewellers	Winthrop Street	10% discount on all lunches
The Temple Inn	Ballintemple	10% discount on all stock (Except sale goods)
Welch Sports	Cork City	10% discount on all stock (Except sale goods)
Serge Blanco	Patrick Street	10% discount on all stock (Except sale goods)
The Wine Buff	Oliver Plunkett St (Only)	10% discount on all stock (Except sale goods)
South County Bar & Café	Douglas Village	Free Cappucino with Lunch or Evening Meal
Carey Tool Hire	City Hall Quay	10% discount on Sales or Hire (Excl sales goods)
John Daly Opticians	77 Oliver Plunkett St	10% discount on frames or sunglasses (Excl sale goods)

Discount Available to members on production of Membership Card

Golf News

Conor Clune's Captains Prize was held at a sun drenched Douglas Golf Club last Friday , 20 September.



On the day Douglas Golf Club was in fantastic shape and the fast undulating greens were a real test for the large number of Golf Society members who played.

Pictured is Conor Clune presenting his prize to Larry O'Dwyer at a very pleasant function that night.

Results

1 Larry O Dwyer 43 Pts

2 Brian Hickey 41 Pts

3 Don O'Riordan 40 Pts

4 Jerry Holland 39 Pts

Front Nine Wally Morrissey Back Nine Conor Clune

The date for the Christmas outing will be published shortly

Cork Constitution FC Shop



The shop stocks Cork Con Club Jerseys, Shorts, Socks, Hoodies, etc supplied by O'Neill's Sportswear and 4ORM.

Saturday 09:45 AM to 12:30 PM

AIL Match Days 09:45 AM to 13:30 PM

Club Members can avail of a 10% discount when purchasing with Membership Card.

If you have any news item , event details or article you would like published The Cork Constitution or Matchzine please forward to Pat Twomey at CCFCNEWS@gmail.com

Don't Forget to follow Cork Constitution on Facebook and on our website www.corkcon.ie

Pat Twomey

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EUROMEDIC

Cork

Euromedic Cork Proud Sponsors of Cork Con Underage Rugby

VIPR - Core Strength & Tone

2013 SCHEDULE @ CORK CONSTITUTION RUGBY CLUB



Schedule

Monday	9.30 - 10.30am		6.30 - 7.30pm
Tuesday	9.30 - 10.30am		6.30 - 7.30pm
Wednesday	9.30 - 10.30am		6.30 - 7.30pm
Thursday	9.30 - 10.30am		6.30 - 7.30pm
Saturday	9.30 - 10.30am	10.30 - 11.30am	

3 classes per week @€20

Each class is 1 hour in duration €8 per class - pay as you go (or book 6 classes @ €45).

VIPR is the hottest functional fitness tool and classes combine VIPR with free weights (dumbbells) to ensure you will achieve significant improvement in muscle tone, body shape, flexibility and core strength.

Suitable for all fitness levels and all ages in a fun and safe environment.

BOOK NOW!

Lesley Giltinan

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National Qualification in Exercise, Health Studies and Personal Training
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Tel: 086 805 2000



BOOK NOW! - 086 805 2000 or email lesley@choice.ie