



# Cork Constitution F.C.

## Matchzine



### Ulster Bank League

#### Old Belvedere R.F.C. V Cork Constitution F.C.

Saturday 26th October 2013 2.30 PM

Next Saturday , **Cork Constitution** travel to Dublin to meet **Old Belvedere** in the third game of the Ulster Bank League series. Recent games at Anglesea Road have not been very easy, and **Constitution** can expect a fair challenge again. Last season **Constitution** lost heavily 13-44 at the venue, although reversed the result at Temple Hill in the return game, winning 37-32.

Thus far this season, Constitution have won their first five games: against **Sundays Well** and **Highfield** in the Charity Cup; **UL-Bohemians** in the Munster Cup; and against **Ballynahinch** and **Lansdowne** in the Ulster Bank League.

New **Constitution** head coach **Tom Mulcahy** can reflect on a very positive start to the season "Lansdowne ran away with the league last season and we were hugely worried when we became aware of the draw for the first couple of games, an away tie to Division 1B winners **Ballynahinch** and then **Lansdowne**, the champions. But to come out of those games with nine points is brilliant, it was a fantastic performance against the champions."

After the disappointment of the Munster Senior Cup cancellation last weekend against **Midleton** , the game was conceded to **Constitution** , the **Old Belvedere** game is very important, as it now leads in to the two key Munster derby games against **Garryowen** (home) and **Dolphin** (away) on the following two weekends.

**Old Belvedere** defeated **Clontarf** 24-21 at home in their first UBL game, but lost a thriller to **UCD** at 26-33 at Belfield in their last game. **Old Belvedere** were unlucky not to earn a draw at the end however they did score four tries to earn both a try and losing bonus point.

Stan Waldron

### Supporters Coach Old Belvedere

There is a Supporters Coach arranged for Saturday's game which will depart Temple Hill at 9.00am

The coach will return to Temple Hill for 8.00pm.

Please contact the Club Office or put your name on the booking sheet on Clubhouse notice board to reserve places for the coach.



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### TREVOR BARRY CUP

**CORK CON FC V GARRYOWEN FC**

Lunch 12.30 pm  
3 Course Meal : €25  
**Saturday 2nd November**  
Guest Speaker

**SEAN KELLY MEP**

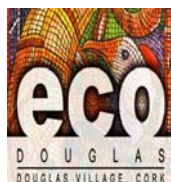
Contact : [info@corkcon.ie](mailto:info@corkcon.ie)

**John O'Mahony 0861695584**  
**Don O'Riordan 087 2580 223**  
**Ross Dowling 087 219 5851**  
**Frank O'Connor 087 269 1212**



### Ulster Bank AIL V Lansdowne F.C.

#### Guess the Score Winner



The winner of the **Eco Restaurant** sponsored guess the score prize for the Lansdowne game was Youths Director of Rugby **Kevin Flanagan**



## Cork Constitution Football Club Concession Scheme

Name	Location	Offer Details
<b>Rochestown Park Hotel</b>	<b>Rochestown</b>	<b>15% Discount on spend over €50</b> <b>Discounts from 10% to 30% on MRI, X-ray, DXA, Ultrasound and CT</b> 10% discount on all stock (Except sale goods) Earn Discounts with Loyalty Card, Cash back to Club 10% discount on all stock (Except sale goods) 10% discount on all stock (Except sale goods) 10% discount A la Carte menu - Mon to Fri Excl Wine 10% discount Lunch & Evening Meal (Excl Wine) 10% discount on all stock (Except sale goods) 10% discount on all stock (Except sale goods) 5% discount on ALL Wines 10% discount (excluding sale stock) 10% discount (excluding sale stock) 10% discount on all lunches 10% discount on all stock (Except sale goods) 10% discount on all stock (Except sale goods) 10% discount on all stock (Except sale goods) Free Cappuccino with Lunch or Evening Meal 10% discount on Sales or Hire (Excl sales goods) 10% discount (excluding sale stock) 10% discount (excluding sale stock) 10% discount on frames or sunglasses (Excl sale goods)
<b>Euromedic</b> Finn's Corner O'Sullivan's Pharmacies Fitzgerald's Menswear Quill's Jacques Restaurant Island Gate Restaurant Tracey Shoes The Framemaker O'Donovans Off Licence Kiernans Garden Centre Diane O'Mahony Jewellers The Temple Inn Welch Sports Serge Blanco The Wine Buff South County Bar & Café Carey Tool Hire Gasoline Sketchers John Daly Opticians	<b>Elysian Cork and 3 Dublin Centres</b> Grand Parade Various Patrick Street All Store's Phoenix Street Grounthaune Patrick Street Patrick Street All Stores Douglas Shopping Centre Winthrop Street Ballintemple Cork City Patrick Street Oliver Plunkett St (Only) Douglas Village City Hall Quay Mahon Point Mahon Point 77 Oliver Plunkett St	
<b>Discount A available to members on production of Membership Card</b>		

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\* A referral letter from a medical professional will be required

### 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](mailto:CCFCNEWS@gmail.com)

Don't Forget to follow Cork Constitution on Facebook and on our website [www.corkcon.ie](http://www.corkcon.ie)

Pat Twomey

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## 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**

Personal Trainer  
National Qualification in Exercise, Health Studies and Personal Training  
email: [lesley@choice.ie](mailto:lesley@choice.ie)  
[www.lesleygiltinan.ie](http://www.lesleygiltinan.ie)

Tel: 086 805 2000



**BOOK NOW! - 086 805 2000 or email [lesley@choice.ie](mailto:lesley@choice.ie)**