



Ulster Bank AIL Returns

The 'blue riband' of Irish club rugby kicks off this weekend when clubs from all over Ireland commence their campaigns in the quest for Ulster Bank League glory.

Commenting on the start of the campaign, Cork Constitution President Peter O'Leary said: "The Ulster Bank League represents all that is good about the amateur game of rugby. The commitment made by teams results in an extraordinary high standard of play and those of us who support clubs week in, week out will testify to this.



"In addition to the focus on high quality rugby is the wonderful friendship which exist between rugby clubs and the way in which host clubs look after the travelling supporters, creating a bond amongst clubs which is, in my opinion, unique in Irish sport and which upholds a rugby tradition stretching back generations."

Peter also welcomed the return of semi-finals and a final for the 2014/15 campaign as it should maintain interest in the competition right up to the final fixture.

Ulster Bank League Division IA

Old Belvedere V Cork Constitution

Saturday 13th September 2014 14.30 PM

Anglesea Rd Dublin 4

Cork Constitution will go into their opening Ulster Bank League tie on Saturday next boosted by wins in their Cork Charity Cup games over Cashel and Highfield. Though the margins of victory were tight, the team and management will be satisfied that those games, together with the season-opener against London-Irish, has given the squad valuable match-day experience before heading for Dublin on Saturday.

Old Belvedere will provide a stern test at this early stage of the team's development. Last season this Dublin tie ended in a 3-3 draw, but Old Belvedere prevailed at Templehill in the return. In the end, those lost points, two instead of four in the drawn game, proved costly for Old Belvedere, as they finished second to Clontarf for the title, pipped by just one point - 64 to 63.

The Constitution Management team comprising: Coaches Tom Tierney and David Corkery; Kenny Murphy (team manager); Ralph Keyes (selector); Ian Doyle (Kit) and Brian Fox (Physio) have had a good pre-season assimilating the personnel changes from last season.

A Supporter's Coach will depart Templehill at 9.30am on Saturday for Old Belvedere. Contact Fiona in the Club Office for seat reservation.

IRFU to stream AIL games

The IRFU is to utilise satellite technology to live stream a number of Ulster Bank League fixtures this season. In partnership with Videos-OnTheNet, Irish Rugby TV will have the capability to live stream games from every club in Division IA of the Ulster Bank League.

The technology works by aligning a satellite dish using the co-ordinates of the Club ground and locking onto a spot beam from a satellite which is located over the Sahara Desert. Once the signal is locked on it allows upload speeds of 20mbs for HD streaming of live footage.

Class of 2014

Our Juveniles returned to training on Saturday September 6th and while the youngsters trained it allowed the adults time to catch up with friends in the clubhouse over a coffee.



Pictured above, with their coaches, are the new class of Conettes who hope to follow in the footsteps of Ronan O'Gara, Peter Stringer, Peter O'Mahony, Simon Zebo and Stephen Archer who progressed from the Conettes to Irish Internationals.

AIL Pre-Match Lunches

Tony Roche is pleased to announce that he has arranged very popular, entertaining and thought provoking speakers as well as experts in their own fields for the forthcoming AIL Pre Match Lunches.

The speaker for Cork Constitution V Lansdowne on 20 September 2014 is legendary Rugby Writer **Ned Van Esbeck**.

The cost of the lunch including admission to the game is €25

FOR BOOKINGS PLEASE CONTACT ANY MEMBER OF THE LUNCH COMMITTEE
DON O RIORDAN 087 2580223 FRANK O CONNOR 087 2691212 ROSS O DOWLING 087 2195851 JOHN O MAHONY 086 1695584 BRIAN FITZGERALD 087 6799465

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 on all stock (Except sale goods)
Jacques Restaurant	Phoenix Street	10% discount A la Carte menu - M on to Fri Excl Wine
Island Gate Restaurant	Glounthaune	10% discount Lunch & Evening Meal (Excl Wine)
The Framemaker	Patrick Street	10% discount on all stock (Except sale goods)
O'Donovans Off Licence	All Stores	5% discount on ALL Wines
Kiernans Garden Centre	Douglas Shopping Centre	10% discount (excluding sale stock)
Diane O'Mahony Jewellers	Winthrop Street	10% discount (excluding sale stock)
The Temple Inn	Ballintemple	10% discount on all lunches
Welch Sports	Cork City	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 Cappuccino with Lunch or Evening Meal
Carey Tool Hire	City Hall Quay	10% discount on Sales or Hire (Excl sales goods)
Gasoline	Mahon Point	10% discount (excluding sale stock)
Sketchers	Mahon Point	10% discount (excluding sale stock)
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

Annual Golf AM AM

This event has been on our Calendar for quite a number of years now and as well as providing our members and friends with an enjoyable sporting and social occasion it is also a very valuable source of funding for the Club.

Details of the event are as follows:

Date: Friday, 19th September 2014
 Venue: Douglas, Cork
 Teams: 3 Person Teams of Gents or Ladies.
 Subscription: €270.00 per team including meal.
 Tee Times: 12.28 to 4.28 inc.

Please contact the following re entering teams or sponsorship. Don Mullins, Ralph Keyes, Conor Clune, Hugh Foley, or Pat Moynihan.

When forwarding your entry please state your preferred tee time and we will make every effort to cater for your needs. If you are unavailable to play you may wish to consider sponsoring a Tee for a € 100 or Green at a cost of €50.

We are very grateful for all support received.

Cork Constitution FC Shop

The shop stocks Cork Con Club Jerseys, Shorts, Socks, Casual clothing , etc supplied by O'Neill's Sportswear

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.

New Club Gear

The new club gear is now available in the club shop. Pictured modelling the new strip is George Good



Cork Constitution has one of the finest facilities in Irish Rugby.

The club benefits from 3 bars and our facilities are ideal for all sorts of functions including Parties, Weddings, Funerals, 21st Parties and Corporate team building days.

If you are holding a function why not consider using your own Club House , you won't regret it!

Call Fiona Burke on 021 4291960 or email: info@corkcon.ie to discuss your requirements, and arrange to see the facilities.



Pitchside Hoardings

Our Pitchside Hoardings are a valued source of income to the Club and a number of spaces are available for the coming season.

If you are interested in becoming a Hoarding Sponsor please contact Fiona Burke at 021 4291960 or e-mail info@corkcon.ie



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Cork Constitution Football Club.





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