



Ulster Bank League Division IA

Cork Constitution FC V Lansdowne FC

Saturday 20th September 2014 14.30 PM

Temple Hill

The Ulster Bank All Ireland League returns to Temple Hill on Saturday when Cork Constitution host league leaders Lansdowne F.C. We extend a special welcome to their President, **Frank Kenny**, his committee and supporters.

Lansdowne sit top of Ulster Bank League Division IA after the opening weekend's action. Mike Ruddock's men recorded an emphatic 37-6 bonus point win over Dolphin on the main pitch at the Aviva Stadium.

After a slow start against Old Belvedere, Constitution improved significantly after the break as number 8 Luke Cahill crossed for a try, just four minutes in, following up on a surging run through the middle by full-back Michael Keyes. Constitution whose pack grew in influence on the back of a strong scrum, set up a grandstand finish when a 70th minute penalty from Gerry Hurley left just six points separating the sides. However, against the run of play, Old Belvedere scored a penalty followed by a penalty try awarded for a deliberate knock-on.

Despite the defeat, Constitution Coach Tom Tierney was keen to focus on the positives "While it's very disappointing to lose your first game, it is a very long season. The boys gave everything out there. It sets it up nicely next week against Lansdowne in our first game at home and we will be looking to put in a big performance.

Last season Constitution won both games against Lansdowne and will be anxious to get their league campaign up and running with a win on Saturday.

Cork Constitution members have free admission to home AIL games.

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

Match Day Parking

Please note that there is restricted parking in Templehill on Match Days. We request that match patrons respect our neighbours by not parking on the double yellow lines outside local housing estates as this causes a traffic hazard.

Ulster Bank League Changes

Following an extensive consultation with clubs on the future development of the All-Ireland League - the existing four divisions will be remodelled into five divisions of 10 clubs each at the end of the 2014/15 Ulster Bank League season.

This season (2014/15), there are four Ulster Bank League divisions: Division IA: 10 clubs; Division IB: 10 clubs; Division 2A: 16 clubs; Division 2B: 16 clubs.

For the 2015/16 season there will be five Ulster Bank League divisions: Division IA: 10 clubs; Division IB: 10 clubs; Division 2A: 10 clubs; Division 2B: 10 clubs; Division 2C: 10 clubs.

2014/15 Season Play-Offs, Promotion, Relegation & End of Season Restructuring

Division IA -

The top four clubs in Division IA following the completion of the 2014/15 regular league season will qualify for play-offs with the play-off winners contesting the Division IA final at the Aviva Stadium on Saturday, May 9, 2015. The bottom club at the end of the regular league season will be relegated to Division IB. The second bottom club will play off against the second-placed club in Division IB.

Division IB -

The top club in Division IB following the completion of the 2014/15 regular league season will be promoted to Division IA. The second-placed club will play off against the second bottom club from Division IA. The top two clubs from Division 2A will be promoted to Division IB with the bottom two clubs from Division IB relegated to Division 2A.

Division 2A -

The top two clubs in Division 2A following the completion of the 2014/15 regular league season will be promoted to Division IB. The clubs ranked 3-10 at the end of the regular league season will form Division 2A along with the two clubs relegated from Division IB. Clubs placed 11-16 in Division 2A at the end of the regular league season will form Division 2B for the 2015/16 season with the top four ranked clubs in Division 2B at the end of the 2014/15 regular league season.

Division 2B -

The top four ranked clubs in Division 2B following the completion of the 2014/15 regular league season will form Division 2B for the 2015/16 season with the clubs placed 11-16 in Division 2A at the end of the 2014/15 regular league season.

The clubs ranked 5-13 in Division 2B at the end of the 2014/15 regular league season will form Division 2C with the winners of the play-off game between the 14th-ranked club in Division 2B and the winners of the Provincial Qualifying League Championship.

The bottom two clubs in Division 2B will be relegated from the Ulster Bank League.



Zurich to sponsor Cork Constitution Juveniles

Cork Constitution F.C. are proud to announce a new and exciting sponsorship which will see Zurich sponsor our Juvenile Section.

Zurich is one of Ireland's leading insurance companies. Zurich offer a wide range of products, from Pensions, Life Insurance, Private Motor and Home Insurance to Engineering, Commercial Property and Professional Indemnity Insurance. They are one of the largest insurers in Ireland, employing over 400 people.

Their ongoing commitment to service excellence has been recognised throughout the industry, with both the Irish Brokers Association and the Professional Insurance Brokers Association awarding Zurich the number one position for service excellence in 2012 and 2011.

Announcing the sponsorship Emma Louise Teggart, Brand & Marketing Communications Manager, said "Zurich is delighted to come on board as main sponsor for the Cork Constitution FC Juvenile teams. We're delighted to have the opportunity to partner with Cork Con and support their vibrant Juvenile section over the next three years. We wish all the Juvenile players and the very many coaches & volunteers the very best for this exciting season ahead."

Commenting on the announcement Kevin Fielding, Juvenile Director of Rugby said "Cork Constitution F.C. are delighted to welcome Zurich on board as our new Juvenile Sponsors for the next three years. With over 400 children actively involved in our group it does take a lot of support - from parents, coaches and now from Zurich - to keep the organisation performing well.

We are excited about this new relationship which brings together two organisations who are both committed to continuous improvement and excellence. I would also like to pay tribute to the sponsorship committee in particular Diarmuid Nolan who worked very hard to bring this sponsorship to fruition and to our U9s Head-Coach, Des Murphy who helped introduce the Cork Con juvenile organisation to Zurich."

Zurich Ireland are part of the Zurich Insurance Group, an insurance-based financial services provider, headquartered in Zurich, Switzerland.

Founded in 1872, Zurich have a global network of subsidiaries and offices in North America, Europe, Asia-Pacific, Latin America and other markets. Our 60,000 employees serve customers in more than 170 countries.

Zurich Insurance plc is regulated by the Central Bank of Ireland.

U 11 Blackrock Away Trip



On Sunday 14th December an u11 team made the trip to Blackrock College RFC having been invited to participate along with 23 other teams from around the country in the Eric O'Connor memorial blitz. The boys were in a group with the hosts Blackrock, old rivals St. Marys and Seapoint.

Expertly drilled on the previous morning by Johnie McCarthy and Rob Johnson on the new rules including contested scrums and some kicking, the boys got off to a flier with a win over St. Marys. An early score by Finn Cowhig, the first of a few during the day, settled the boys and gradually scores from Johnny O'Shea and Ross Kenny after a great break from James Wixted put us in control and wrapped up the win.

There was a quick turnaround to the second game where the boys come up against Blackrock. After a bruising first few minutes where Samuel Johnson was unlucky not to score, Blackrock edged ahead.

Sensational tackling from Jamie Barry caused a turnover and Rory McCarthy and Luke Murnane put Finn away to go into the break 2 down. Blackrock got another soon after the break but the boys kept at it and excellent work from Eoin McCarthy, Jerome McCarthy and Ruan Barrett-Crean enabled Con to get the final score of the game.

The final game of the group was against the very organised Seapoint team. Alex Davenport created an opportunity early in the game after some good play up front. This was a very close game which ended in a draw. The tackling and passing was top class and Neil O'Leary's individual try at the death was the highlight, as was the cheer from his fan club on the line.

We finished with a win, a draw and a loss for the day which was a great effort considering it was the lads first experience with the new rules. Coaches on duty in Black Rock were Johnie McCarthy, Rob Johnson, pictured above, Mick O'Shea, Killian Kenny and Olan Wixted. Blackrock were also very thankful that we made the trip from Cork as it added some variety and colour. The coaches would also like to thank the parents for travelling at short notice.

Olan Wixted

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 - Mon 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 Cappucino 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

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.



Cork Con Golf Society Christmas Outing

The Cork Con Golf Society 2014 Christmas Outing will be held on **December 30 at Castlemartyr Golf Resort**

Tee reserved 9:30 to 11:30 Hrs. The timesheet for the outing will be available in early December.



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 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

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 13:00 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



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We're proud sponsors of
Cork Constitution Football Club.

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