



Ulster Bank League Division 1A

Cork Constitution FC V St Mary's College RFC

Saturday 31st January 2015 14.30 PM

The Ulster Bank League returns to Temple Hill on Saturday with St Mary's College RFC the visitors. We are pleased to welcome St Mary's College President, Brian Grimson and his committee members, team and supporters to Temple Hill.

In their last Ulster Bank outing Constitution's fine six match unbeaten league run came to an end in the away game against Ballynahinch. Ballymacarn Park is a real fortress for Ballynahinch these days and having trailed 13-10 at the break, with Gerry Hurley dotting down for Constitution, Ballynahinch with the aid of the elements went on to dominate the second half to win on a score line of 34:13.

Constitution recovered from this defeat in memorable style last Saturday in Irish Independent Park to claim an historic third Munster Senior Cup title in a row. It's only the second time in the history of the club we've achieved this feat, 98 years after first completing the treble. Constitution Captain Gerry Hurley, has the distinction of being the first Cork Constitution player to captain 3 victorious Munster Senior Cup winning teams.

Constitution are in fourth place in the table level on points with Clontarf and will want to hold onto that position in their bid to make the play-offs. St Mary's are just above Dolphin and their win against Old Belvedere in their last outing brought them four vital points. St Mary's face four play-off chasing sides in the next four rounds and will be anxious for a good result on Saturday.

Commenting on Saturday's game against St Mary's Constitution Coach Tom Tierney said the league table showed how competitive the Ulster Bank League is. There are four sides vying for third and four place with only 3 points between them. He expects a tough game on Saturday as St Mary's play a good brand of rugby and back in October we found it very difficult to breakdown their defence. It was 3 second half penalties from Darragh Lyons that was the difference between the sides.

Munster Junior Challenge Cup

On Sunday 1 February Constitution travel to Cobh Pirates in the Munster Junior Challenge Cup. Kick off is at 14:00 PM and extra time if necessary will be played. Result on the day.

Match Day Information

Please note that there is restricted parking in Temple Hill 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.

Cork Constitution members who have paid their subscriptions 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 the Cork **Constitution V St Marys Game** on 31 January 2015 is **Br Denis Hooper OSB**.

Denis is a Benedictine Monk and is renowned as a very humorous speaker. He was educated in St. Marys College Rathmines, Bolton Street in Dublin and St. Patricks College Maynooth. He played for Leinster Schools in 1973 and Leinster Under 19's in 1974. After graduating from Maynooth Denis played with St. Marys RFC from 1974 to 1980 when he retired through injury. He is currently based in Glenstal Abbey in Limerick where he was headmaster from 2002 to 2009. He is a widely respected coach and has coached various Glenstal teams including Senior Cup teams and Munster A schools and is presently manager of the Junior Cup Team.

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

Dates for your Diary

Captains and Presidents Dinner

Temple Hill Saturday 21st February 2015

As this a very popular event please contact DON O RIORDAN 087 2580223 FRANK O CONNOR 087 2691212 ROSS O DOWLING 087 2195851 JOHN O MAHONY 086 1695584 BRIAN FITZGERALD 087 6799465

Cheltenham Race Day

Rochestown Park Hotel Friday 13 March 2015

Strictly Con Dancing

Rochestown Park Hotel Friday 13 March 2015

Ulster Bank Club International

Congratulations to Darragh Lyons Andrew O'Driscoll and Ger Sweeney who have been selected on the Ulster Bank Club International Training Squad

Unpaid Subscriptions



Members are the life blood of our club and our excellent modern facilities are there for our members enjoyment.

It is very important that we continue to collect our subscriptions to assist in the running of the clubs activities.

Therefore we would be much obliged if all members who have not paid their subscription for the 2014/2015 season forward their subscription to the club at their earliest convenience.

As per the rules of the Club a list of members whose subscriptions remain unpaid will shortly be placed on the notice board in the Club House.

Peter O'Leary

Don O'Riordan

President

Membership Chairman

Cork Con Claim 26th Munster Senior Cup Title

Cork Constitution were crowned Munster Senior Cup winners for the 26th time on Saturday evening after a thrilling 26-22 win over Garryowen at Irish Independent Park.



Cork Con celebrate their 26th Munster Senior Cup win Credit Inpho

Flying winger Rob Jermyn touched down twice in the final 13 minutes as the Temple Hill outfit overturned a seven point deficit to claim an historic third Munster Senior Cup title in a row. It's only the second time in the history of the club they've achieved this feat - 98 years after they first completed the treble.

The loss was harsh on Garryowen, who led for the majority of the game, but Constitution were able to turn it on when it mattered most with out-half Tomás Quinlan in particular outstanding. The win means Constitution progress to the semi-final of the Bateman Cup next month as they seek to become the first Munster club to win that competition three times in a row.

The game was a repeat of last year's final and Garryowen dominated the opening 40 and led 13-6 at the break.

Jamie Gavin struck the first penalty on seven minutes after a strong start by the Light Blues before clinical Quinlan replied after a rare Constitution foray into the opposition half.

Aaron McCloskey was yellow carded for a tip tackle after 18 minutes but the Limerick side remained in the ascendancy. Five minutes later Quinlan joined McCloskey in the sin bin after illegally slowing down a very threatening Garryowen attack.

A second Gavin penalty on 28 minutes gave Garryowen a 6-3 lead and the Dooradoyle outfit finally got the try their efforts deserved on 37 minutes as Josh Hrstich did superbly to stretch and touch down in the left corner after an excellent Gavin pass.

Gavin's touchline conversion moved the scoreboard to 13-3 in Garryowen's favour but Constitution struck back before the break as the unerring Quinlan made it 13-6.

Two Quinlan penalties early in the second half reduced the gap to just a point as Constitution finally started to move up through the gears but further penalties from Gavin on 54 and 65 minutes restored Garryowen's seven-point lead.

With just 13 minutes remaining, Constitution finally managed to put some phases together and it paid off immediately as Niall Kenneally fed

Rob Jermyn on the left wing and the speed merchant finished in the left corner.

Quinlan took his time before nailing the touchline conversion to level the scores and set up a grandstand finish.

A fifth Gavin penalty edged Garryowen back in front but Constitution were intent on breaking Garryowen hearts yet again and on 77 minutes they struck the killer blow.

It looked as if the Constitution forwards were going to maul their way over the try line but the dogged Garryowen pack managed to hold them out. They had no answer when the ball was whipped wide though as it went through the hands of Quinlan, Michael Keyes, Darragh Lyons and finally Jermyn who touched down the winning score.



Rob Jermyn touches down the match-winning try CREDIT: Inpho

Quinlan's touchline conversion again splits the posts and, although Garryowen had a chance to maul their way over for a second try, Constitution held firm for a memorable treble.



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Admission €70

Table of 10 €700

Individual guests and partial tables very welcome at €70 per person- EARLY BOOKING ADVISABLE

Cork Con U 9's in Bandon



Cork Con U9 travelled to Bandon last Sat the 24th of Jan with two teams Australia and South Africa. With the Sun shining and conditions perfect both Con teams played some great Rugby against a couple of fast hard tackling Bandon sides.

The tempo of the games was at full speed with some Zebo styled passing and offloading from Andrew Murray and Harry Wixted resulting in Con trys. No prisoners were taken in Defence with some bone shuddering tackling from Peter Burke and Ned Quigley.

Both Con teams played two games and came out on top on each occasion. Thanks must go to Bandon's coaches who refereed the matches in a fair and sporting manner with useful instructions and tips to both teams throughout the morning.



David Burke Coach Cork Con U9

U18s progress to Pan Munster competition

The U18s qualified for the Pan Munster competition by beating Skibbereen last week-end 23-13 after a playoff game of the South Munster League. This is well deserved given the amount of injuries within the squad this season, but everybody stepped up and the rewards is progression to play Newcastlewest, Middleton and Dungarvan in Group I of the Pan Munster competition over the coming weeks. Best of luck to all involved - CMON Con !



Gold Medal for Saoirse

Anybody lucky enough to have tasted the fresh baked treats in the clubhouse on Saturday mornings can I'm sure understand how the budding chef responsible for the delicious treats recently won a Gold medal at the annual AEHT Competitions in Serbia.



Saoirse O'Brien, a student in the Higher Certificate in Arts in Culinary Studies in CIT beat off stiff competition to win Gold in the Pastry category.

The AEHT is the Association of European Tourism and Hospitality Schools, with a membership of over 650 European Schools and Colleges.

The 26th Annual Conference and Competition for the AEHT was held last November in Belgrade, Serbia over 4 days. There were 425 competitors, representing 85 European Tourism and Hospitality colleges from 40 member countries in 10 competition classes and with such an extensive and experienced range of competitors – this makes and Saoirse's achievements truly remarkable.



Winning Pastry

Saoirse is a budding entrepreneur with a keen interest in Pastry and baked goods, some of which can be seen on her site www.facebook.com/saoirseovenbake with contact details if anybody is interested in finding out more.



Some of her home baked products scones, cookies and Lemon drizzle cake can be enjoyed every Saturday morning in the Con clubhouse bar, so be sure to drop in and treat yourself or your young rugby stars.

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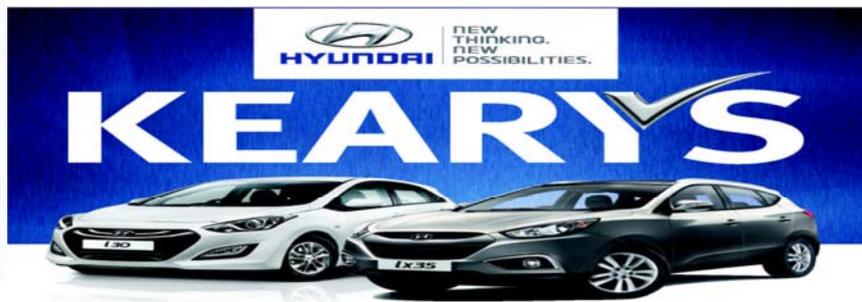
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Cork Constitution has one of the finest facilities in Irish Rugby.

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 F.C.

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Rochestown Park Hotel
Friday March 13th 2015
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Wednesday	9.30 - 10.30am			6.30 - 7.30pm	7.30 - 8.30pm
Thursday	9.30 - 10.30am	10.30 - 11.30am	5.30 - 6.30pm	6.30 - 7.30pm	
Friday	9.30 - 10.30am			6.30 - 7.30pm	
Saturday	9.30 - 10.30am	10.30 - 11.30am			

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