



Ulster Bank League Division IA

Cork Constitution FC V U.C.D.

Saturday 11th April 2015 14.30 PM

The Ulster Bank League returns to Temple Hill on Saturday with U.C.D. , the visitors to Temple Hill. We are pleased to welcome U.C.D. President, JP McDowell and his committee members, team and supporters to Temple Hill.

This season the Ulster Bank League has really come down to the wire , Lansdowne , Terenure and Clontarf have already booked their place in the playoffs leaving five teams jostling for the remaining playoff place. Any one of Ballynahinch , Young Munster , Old Belvedere, Constitution and U.C.D can still take that coveted last place. It's really too close to call and when the final whistle blows on Saturday its very likely that points scored difference will decide on who gets fourth place. Expect plenty of phone call action on the side lines as spectators try to keep abreast of what's happening in the other games.

When the two sides last met in the Ulster Bank League, Constitution shared the spoils with UCD in a seven try thriller. Constitution got off to a slow start and were down 17.3 at half time. A further penalty for UCD after the resumption left Constitution with a mountain to climb. Stirring words from Captain Gerry Hurley roused his players and the come back started when a clever cross-kick by Johnny Holland was gathered by Rob Jermyn and he scored wide on the left. Gerry Hurley kicked a great conversion.

The Constitution pack were excellent on the day and substitute Graeme Lawler brought Constitution back into the game with a brace of tries in the 55th and 65th minutes. The industrious Luke Cahill earned the try-bonus point with his side's fourth try in the 72nd minute following a 5 metre scrum, Constitution now led 25-18 going into the final minutes, however this was a flimsy lead against a very skilful and adventurous UCD side. And so it proved, a try by Billy Dardis in the 82 minute was expertly converted by Garry Ringrose to end a very exciting match with honours even.

Last Saturday Clontarf outscored Constitution by six tries to four at Castle Avenue, with Constitution losing their grip on an 18-15 interval lead. Constitution's only consolation was a try-scoring bonus point via efforts from Rob Jermyn, Ned Hodson and a brace from lock Cathal O'Flaherty.

Reflecting on last Saturday's game Constitution Coach Tom Tierney considered it was probably a fair result on the day. Conceding two tries either side of half time against a very good Clontarf side cost us dearly. However he was pleased with his side's resilience as they had recovered very well to get back into the game. To some degree we are relying on the results of other games going our way if we are to make the play offs. We will be going all out for a win on Saturday and let's see where that brings us.

Pre match Lunch

SAT 11TH APRIL 2015. AIL CORK CONSTITUTION F.C. V UCD
WE ARE HOSTING A PRE MATCH LUNCHEON .

COST 25.00 EURO INCLUDES MATCH ENTRY. YOUR SUPPORT
WOULD BE VERY MUCH APPRECIATED.

U 20's Win South Munster Cup



Congratulations to Cork Constitution U20's who beat Sunday's Well on Tuesday night to claim the South Munster U20 cup. Led by Captain Michael Murphy the u 20 squad have had a very successful season losing only one game. The management team of Tom Mulcahy, Paul McCarthy, Anthony Horgan , Colin Kilbride and Don Mullins deserve great credit for all their hard work during the season.

Bateman Cup Final Set for Temple Hill

Cork Constitution's hopes of claiming a hat-trick of Ulster Bank Bateman Cup titles have been boosted with the news that we will have home advantage for the April 18 final against Clontarf.



An IRFU representative oversaw a coin toss between the respective club Presidents to decide the venue for this season's Bateman Cup final, and Cork Constitution have won the right to play the game on home soil.

This is the second year in the row that we won a toss to decide who hosts the cup decider. Finian O'Driscoll retains the dubious honour of being the only Club President to lose the toss to decide the venue of the Bateman

Clontarf qualified for the final by beating Ballynahinch away, with out-half David Joyce starring in a 24-20 victory for Andy Wood's men.

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 ALL games.



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For the latest news & match reports visit corkcon.ie and Facebook.



Cork Constitution FC Shop

The shop stocks Cork Con Club Jerseys, Shorts, Socks, Hoodies, 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

Credit Card facilities available

Club Members can avail of a10% discount when purchasing with Membership Card.



HYUNDAI KEARYS DRIVE DOWN TO KEARYS FOR A GREAT DEAL! We're proud sponsors of Cork Constitution Football Club. KEARYS HYUNDAI CORK Kinsale Road Roundabout, Cork Telephone: 021 4929 800

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

VIPR - Core Strength & Tone

2014 SCHEDULE @ CORK CONSTITUTION RUGBY CLUB



Schedule

Table with 5 columns: Day, 9.30-10.30am, 10.30-11.30am, 5.30-6.30pm, 6.30-7.30pm, 7.30-8.30pm. Rows for Monday through Saturday.

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.

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Lesley Giltinan

Personal Trainer National Qualification in Exercise, Health Studies and Personal Training email: lesley@choice.ie www.lesleygiltinan.ie

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