

Cork Constitution F.C. Matchzine



ULSTER BANK ALL-IRELAND DIVISION 1A FINAL

Cork Constitution F.C. V Clontarf R.F.C

Aviva Stadium Sunday 8 May 2016 K.O. 2:30 PM

Two heavyweights of Irish club rugby, Cork Constitution and Clontarf, go head-to-head in Sunday's All Ireland Division 1A Final at the Aviva Stadium.

Constitution are looking to become the first club from outside Dublin to be crowned Ulster Bank League champions since they last claimed the honour in 2010.

Clontarf are 80 minutes away from righting the wrongs of last year's Ulster Bank League Division 1A final when they lost their grip on a 17-8 lead to end up one-point losers to fast finishing Lansdowne.

Table toppers this season with 13 wins and only three defeats, Clontarf bounced into their second successive league decider with an assured 24-10 semi-final win over UCD. The north Dubliners have bottled the hurt of that deflating defeat to Lansdowne and come back even stronger.

When the two sides met in Dublin back in October Constitution won 15-14 to launch their league campaign and even when Clontarf turned the tables to win 18-12 at Temple Hill in February, Brian Hickey's team bounced back in brilliant fashion by hammering UCD, the then league leaders, 58-15, launching an impressive run of six victories on the trot. The last of those successes came at home to Young Munster at the semi-final stage, a cagey game which saw Constitution storm home with a late two-try salvo as they capitalised on two yellow cards for the Cookies.

Head coach Hickey, said: "I think Clontarf were far and away the best team in the league. We got a win up there in October and they came down to Temple Hill and beat us. It's just great that we're in the final. It's going to be a hell of a tough game for us.

They're a very good side, coached by one of the best coaches in the league, Andy Wood. The games are coming thick and fast, we've picked up some injuries last week and the medics and physios are going to have a big part to play."

Competing for a range of silverware at the business end of the year can obviously work in a team's favour and Constitution certainly have a rich history of winning big games, just ask Clontarf who lost the 2015 Bateman Cup final 24-9 to Constitution in Temple Hill.

But, the disappointment of that failed double bid is fuelling Clontarf's class of 2016 and with the fresher legs from a week off and some key men in a rich vein of form, the bookmakers rate Wood's men favourites to claim their second league crown in three years.

Bulldozing winger Mick McGrath, who has topped the division's try-scoring charts again with 14 touchdowns, is one of their potential match winners, while Leinster Academy starlet Joey Carbery, Ireland's starting out-half at last summer's World Rugby Under 20 Championship, has been a key figure in his first season with Clontarf.

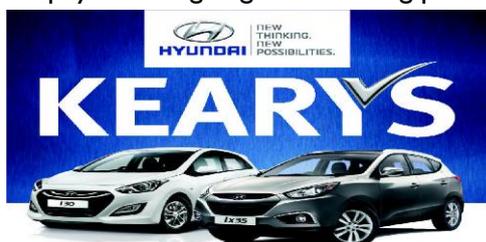
Constitution hope that the likes of Max Abbott, Brian Hayes and Graeme Lawler can help them get the edge up front. The onus will be on Bryan Byrne, Captain Ben Reilly and Anthony Ryan to do likewise for Clontarf, who could keep the trophy in Dublin for the sixth successive year.

League form goes out the window for Sunday's clash and the beauty of cup rugby from Constitution's point of view, is that the 8-point gap between themselves and Clontarf in the table is completely erased.

Clubs from the capital have dominated the top flight, whether by topping the table or triumphing via the play-offs, and breaking that dominance would be another feather in Constitution's cap, with the Temple Hill outfit the last club from outside Dublin to be crowned champions in 2010.

THERE IS A SUPPORTERS COACH TRAVELLING TO THE FINAL, DEPARTING CORK CON AT 9.00AM SHARP. PLEASE ADD YOUR NAME TO THE LIST ON THE NOTICE BOARD OR CONTACT THE OFFICE TO CONFIRM YOUR BOOKING.

Cork Constitution Under 14 South Munster Cup Champions , match report page 2.



Best of Luck in the Division 1 A final from all in Keary's Hyundai.

Cork Constitution F.C. Youth Section U14 Team News

Cork Constitution Under 14 Team

South Munster Cup Champions.



Last Sunday the 1st May Cork Constitution U 14's faced Mallow in the South Munster Final at the PBC rugby grounds in Wilton. Our previous encounter with Mallow in the pre Christmas conference ended badly for us with the opposition posting a cricket score. That, however, was a long time ago and under the guidance of Barry Fitzgerald we have all learned a lot and the team has evolved into winners.

The game on the day was a wonderful spectacle, Rory Landers our Captain won the coin toss and elected to play in to the wind. Mallow as predicted opened strongly and using their very big forwards stormed their way towards our line, but the Con defence was up to the task and we held them out without too much difficulty. Four minutes in to the match Ben McGarry, our outhalf, intercepted a very flat Mallow pass and brought our back line in to play. Ben made 40 yards before being tackled and Jack Elwood on the wing picked from there flashing the ball across the pitch. It was then Harry Mitchell's turn to go for the line from his wing but was stopped just short. We managed to retain and a lovely ball from our scrum half Jeremy Healy to the full back George Coomber who was coming in at pace, ended in a wonderful try. George then went on to convert his own try from the side line.

The pressure from Mallow coming up the middle started to show on our tacklers and we began to concede a couple of penalties, but Mallow didn't kick and went for the tap penalties every time. They continued to creep closer to our line until after 15 phases of play, they got in. They also converted their try. 7-7 at half time.

At half time our coaching team had a few words with the boys, great advice I'm sure....

The second half saw Con with the geographic and wind advantage. Again Mallow came up the middle but our defence held firm and the lack of gain line started to frustrate Mallow. Then they started to concede penalties. George took a kick from outside the 10m line that ROG wouldn't attempt and he was only slightly short. We were now down their end of the pitch and our continued pressure over the ball gave us a penalty well in range, George kicked to make it 10 - 7 Con. Ciaran O'Connor, Keelan O'Mahony, Eoin O'Donnell & David Buckley were the colossus in the forwards who wrestled for that penalty. Mallow was not finished by a long way and came back at us like thunder. Time for desperate defending and we lost 2 players to yellow cards and 5 minutes on the bench. We were now under our own posts with 13 players on the field. Kieran Collins and Adam MacCarthy were at the forefront of what was a sub-

lime defence and after a lot of phases Mallow were eventually pinged for "holding on". We got away with it. With the full team back on the pitch and a substitution at tight head Dylan O'Hare coming in for Ryan Smith, who put in a solid shift, we were starting to get on top.

Mallow were now wondering what they had to do to score. Then to make their day worse, Luke Buckley put in tackle of the day where he got man and ball and a marvellous turnover. The ball was flashed across the back line and we were now in the Mallow red zone. Penalty, now it's our turn to run tap penalties.

Eoin charged and was stopped then we recycled and Eoin had another go, stopped again. This time Mark Ludgate had a go and from 5 yards out got over the line... 15-7 Con.

The icing on the cake came a few minutes later when Ben McGarry finished his own move with a great back line run to put the game to bed at 20 -7 Con with a few minutes left.

At the final whistle we were astounded by the noise from our wonderful supporters.

Rory accepted the Cup from the Munster Rugby Rep and his speech albeit impromptu was excellent.

We then went back to the Club house for a party laid on by the boys moms. Thank you to Barbra McDonagh, Teresa Ludgate, Liz Montgomery for organising this for us.

Barry Fitzgerald then made a speech reminding us of the great season that we have had with 22 wins from 26 games. He also pointed out that it had been 12 years since Cork Con won this Cup; let's not wait so long next time!

I would also like to thank Pat O'Hare our official photographer who took his very expensive camera out in some shocking weather during the year and got a lot of wonderful shots.

Cork Con Team

Luke Buckley, Adam MacCarthy, Ryan Smith, Keelan O'Mahony, Ciaran O'Connor, David Buckley, Eoin O'Donnell, Mark Ludgate, Jeremy Healy, Ben McGarry, Jack Elwood, Rory Landers (C), Kieran Collins, Harry Mitchell, George Coomber,

Replacements Dylan O'Hare, David Bamidele, Dan Breen, Evan Montgomery, Ewan Lee, John Scanlan, Michael Mulcahy, Ronan Wilson,

We, the proud Coaches, would like to thank the Club committee, Ray Clarke, Des Murphy, Rose Dunne, Mick, Jimmy, Dermot in the bar and most of all the parents of the boys who stood in the freezing cold for training and games all season.

Yours In Rugby Don Harney

Coaches. Barry Fitzgerald (Head Coach) Sean O'Riordan (Coach & tour) Liam Foley (Forwards Coach) Neil Ryan (Backs Coach) Don Harney (Coach & Admin) Pat Hughes (Coach) Niall O'Brien (Coach) Jon Hourihane (Coach & Medical) Finbarr Buckley (Coach)



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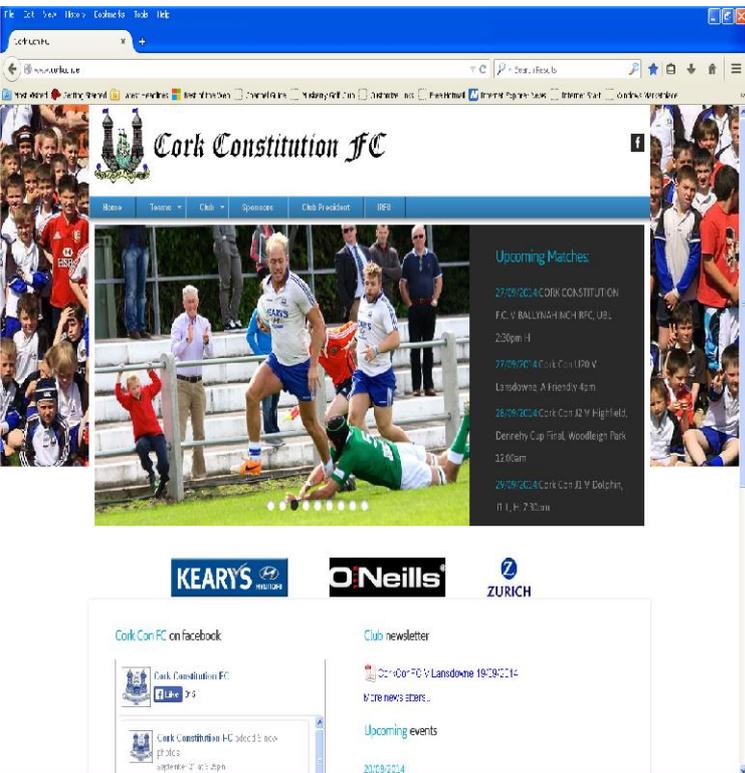
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If you are holding a function why not consider using your own Club House, you won't regret it!

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

Christmas Golf Outing

The postponed Cork Con 2015 Christmas Golf Outing will be held on **Thursday 23 June 2016** at Douglas Golf Club.

Tee reserved 15:30 to 17:00 Hrs. Format to be decided.



The timesheet for the outing will be posted in the Club House in early June.

Entries will also be taken by E-mail to corkcon-golf@gmail.com,

Golf Joke

A young man with a few hours to spare one afternoon figures that if he hurries and plays very fast, he can get in nine holes before he has to head home.

As he is about to tee off, an old gentleman shuffles onto the tee and asks if he can join him. Although worried this will slow him up, the younger man says, "Of course."

To his surprise, the old man plays quickly. He doesn't hit the ball very far, but it goes straight. Furthermore, the old man moves along without wasting any time.

When they reach the ninth fairway, the young man is facing a tough shot. A large pine tree sits in front of his ball, directly between it and the green.

After several minutes pondering how to hit the shot, the old man says, "You know, when I was your age, I'd hit the ball right over that tree." With the challenge before him, the young man swings hard, hits the ball, watches it fly into the branches, rattle around, and land with a thud a foot from where it had started.

"Of course," says the old man, "when I was your age, that tree was only three feet tall."