



Ulster Bank League Division 1A

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

Saturday 16th September 2017 14.30 PM

The Ulster Bank League returns to action this weekend and the opening fixture of the 2017/18 season will be refereed by former Cork Constitution captain Brendan Cuttriss as he takes control of the Malahide and Bective Rangers game on Friday night.

On Saturday holders Cork Constitution will kick off their Ulster Bank League title defence against old rivals Clontarf in a repeat of the 2016 and 2017 finals.

There have been a number of changes to the Constitution set up as Rory Burke has left for English Championship side Nottingham RFC, while former underage international scrumhalf John Poland has made the shorter journey to the Mardyke to play with UCC but that is offset by a few new additions to the squad including scrumhalf Gerry Hurley, who returns to Constitution from a professional career in France.

On the management side head coach Brian Hickey, last years Division 1A Coach of the Year, has enlisted former Constitution and Munster out half Jonny Holland, who unfortunately had to retire from professional rugby following a serious hamstring injury, as backs coach.

Clontarf are all out for revenge after losing last year's decider 25-21, despite outscoring Constitution in tries, three to one, Clontarf were undone by the scoring exploits of Constitution out half, Tomas Quinlan, winner of the 2017 Division 1A Rising Star of the Year award, who kicked magnificently, to rack up 20-points; six penalties and a conversion in a flawless display with the placed ball.

Speaking about Saturday's game to IRFU TV Clontarf captain Ben Reilly said: "We weren't able to retain the title last season and that definitely adds a bit of extra incentive to the match against Cork Con on Saturday"

"It's great to have the opportunity to get straight back out against them. I still have nightmares about that final so hopefully we can put that right at the weekend!"

Centre Niall Kenneally, who led Constitution to that victory at the Aviva Stadium, commented "Last season it was nice to even the odds a bit. It would have been very tough to lose two finals in a row to Clontarf."

"Clontarf are an all-round team. They have an extremely strong pack and they have a very dangerous back-line. You can't have any weakness against them, really. You have to stand up to them up front and you have to be able to handle their dangerous back-line "

"Last season was special to everyone associated with the Club, 31 matches, four trophies, winning every competition we entered and bridging a seven-year gap to claim a fifth All Ireland League success. The team recognise that is all in the past and Saturday is the start of a new league campaign with zero points and everything to play for."

Match Day Information

Admission: €10 for adults, OAP & students €5.

Paid up members of Cork Constitution and all children under the age of 16 have free admission.

There will be limited car parking in Temple Hill on Saturday.

We request that patrons respect our neighbours by not parking on the double yellow lines outside local housing estates.

Ulster Bank League Try of the Month

Sponsors Ulster Bank are kicking off the 2017/18 season with the introduction of the #UBLTry of the Month initiative to recognise the outstanding team and individual scores from Division 1A to Division 2C.

Each month clubs are invited to post the best tries from their Ulster Bank League fixtures on the club's Twitter, Facebook or Instagram pages using the hashtag #UBLTry and tag @irishrugby and @ulsterbankrugby. Any try scored in an Ulster Bank League match is eligible for entry.

The scorer of #UBLTry of the Month will receive a voucher for €250 and each of the monthly winners will be entered into a #UBLTry of the Season competition with the overall winner collecting an award at annual Ulster Bank League Awards.

Europe Under 18's Sevens champions

Congratulations to Eoghan Barrett and Eoin Monahan members of the Ireland Under-18 Men's Sevens Squad who were crowned Rugby Europe champions for the second year in a row last Friday night beating a much-fancied French side 21-19 in a pulsating final in Heidelberg, Germany.



RISK OF RUGBY INJURY ?

DO YOU HAVE ADEQUATE INSURANCE COVER?

Are you aware that IRFU Insurance policy is only for very serious injuries?

The Club policy top-up policy covers medical expense claims to a maximum of €625 less a €100 excess per injury, if not recoverable elsewhere. **Other costs are your own responsibility.**

Details of these policies are on the club website and notice boards

Cork Constitution strongly recommends that all players and coaches have adequate health insurance to cover the risk of medical costs due to injury.

BRIEF SUMMARY OF POLICIES

The club top-up policy

GROUP PERSONAL ACCIDENT

Aviva Insurance Limited

COVER	Accidental Death or Bodily Injury sustained by the Insured Person(s) during the operative time.	
BENEFITS	Death occurring within 24 Months of Accident	€62,500
	Loss of One or more Limbs or Eyes	€62,500
	Loss of One Limb or One Eye	€31,250
	Permanent Total Disablement from usual occupation	€62,500
	Medical Expenses arising from Injury covered hereby	€625
	Fatal Collapse	€12,000
EXCESS:		€100

The Irish Rugby Football Union policy

COMPULSORY GROUP PERSONAL ACCIDENT SCHEME FOR CLUBS

BENEFITS	Benefits are only payable following an accident -	
(i) Death		€500,000
(ii) Loss of 2 Limbs and/or the loss of both eyes or 1 limb and 1 eye		€500,000
(iii) Loss of 1 limb or the loss of 1 eye		€250,000
(iv) Permanent Total Disablement		€650,000
(v) Severe injury involving loss of use of two legs and two arms	Additional	€850,000

This is a brief summary of the benefits which are subject to certain restrictions. Full details are available on request from the club or on the IRFU website.

WHEN YOU TRULY LOVE YOUR HOME, YOU PROTECT IT IN THE BEST WAY.

Don't just get house insurance, get Zurich Home Insurance.

Call us in Wexford on 1890 400 150, get a quote at zurichinsurance.ie or talk to your broker.



ZURICH INSURANCE. FOR THOSE WHO TRULY LOVE.



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.

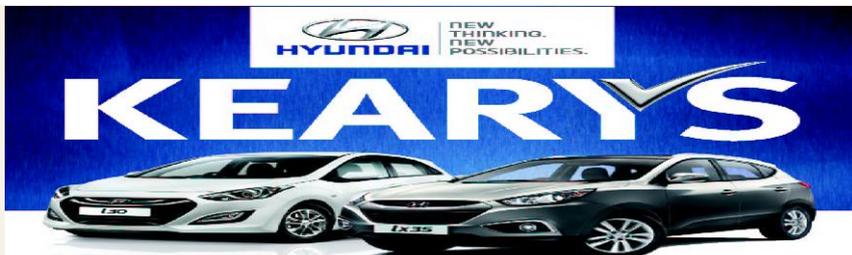
If you are interested in becoming a Hoarding Sponsor please contact Fiona Burke at 021 4291960 or e-mail info@corkcon.ie

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

The screenshot shows the Cork Constitution FC website. At the top, there are navigation links: Home, Teams, Club, Sponsors, Club President, and IFP. Below this is a large image of a football match in progress. To the right of the image is a 'Upcoming Matches' section with the following details:

- 23/09/2014: CORK CONSTITUTION F.C. V BALLINAHINCH RFC, LBL, 2:30pm H
- 27/09/2014: Cork Con U21 V Larabogue, A Friendly, 4pm
- 28/09/2014: Cork Con U21 V Highfield, Doreahy Cus First, Woodleigh Park, 12:00am
- 25/09/2014: Cork Con U11 V Dolphin, J.L.L., 7:30pm

At the bottom of the page, there are logos for KEARYS HYUNDAI, O'Neills, and ZURICH. Below the logos are social media links for Facebook and a newsletter sign-up form.



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.

Joke of the Week

The family of a Leinster supporter head out shopping in Dundrum one Saturday before Christmas. While in a sport shop, the son picks up a Munster rugby jersey and says to his sister, "I've decided I'm going to be a Munster supporter and I'd like this jersey for Christmas!"

The sister is outraged at this, promptly whacks him round the head and says, "Go talk to your mother."

Off goes the little lad, with Munster jersey in hand and finds his mother. "Mum," "Yes, son?" "I've decided I'm going to be a Munster supporter and I'd like this jersey for Christmas." The mother is outraged at this, promptly whacks him round the head and says, "Go talk to your father."

Off he goes with the Munster jersey in hand and finds his father. "Dad?" "Yes, son?" "I've decided I'm going to be a Munster supporter and I would like this jersey for Christmas."

The father is outraged at this, promptly whacks his son round the head and says, "No son of mine is ever going to be seen in THAT!"

About half an hour later, they are all back in the car heading home. The father turns to the son and says, "Son, I hope you've learned an important lesson today?" The son turns to his father and says, "Yes, Father, I have." Father says, "Good son, and what is it?"

The son replies "I've only been a Munster supporter for an hour and already I hate you Leinster supporters!!!"