



Ulster Bank League Division IA

Cork Constitution F.C. V U.C.D. R.F.C.

Saturday 30th September 2017 14.30 PM

Table toppers U.C.D. are the visitors to Temple Hill on Saturday, and despite missing four players involved with the Ireland Sevens squad in the Munich Oktoberfest 7's have got off to a flying start to their league campaign with maximum points from their first two games, against Young Munster and Trinity College. Last weekend UCD had a runaway 36-8 bonus point triumph outscoring Dublin University by 5 tries to 1.

Last week-end champions Cork Constitution came out on the wrong side of a 10-try thriller, losing 39-35 to Terenure. It's not often than a team scores five converted tries and ends up losing, but that is what happened to Constitution as an exuberant Terenure continued their winning start to the new season in a rip-roaring contest. The first half gave little hint of the whirlwind that was going to unfold in the second half, tries from Kevin O'Byrne and captain Conor Kindregan helped Constitution to a 14-10 lead at the interval.

The momentum shifted towards Terenure on the resumption, two tries in the first five minutes and suddenly Constitution were 24-14 behind. A subsequent yellow card had Constitution in even more trouble, as Terenure profited with two more tries, pocketing their bonus point by the 59th minute.

Credit to the title holders, they produced a storming finish to leave Terenure scrambling to hold onto their lead in the end. A 36-14 deficit was eaten into with gusto as Tomas Quinlan and Gerry Hurley converted tries from Brian Hayes, Greg Higgins and Luke Cahill. However, Constitution left themselves with too much to do and a 72nd minute Terenure penalty gave Terenure just enough of a cushion to see out the result.

Constitution Coach Brian Hickey will be looking for a much improved defensive performance from his side on Saturday and will be hoping that the encouragement of the "Temple Hill Faithfull" will be a motivating influence on his players.

UCD Pre Match Lunch

There is a pre match lunch in the Clubhouse prior to the UCD game. Arrive 12.30pm. Cost 25.00 euros. For bookings please phone Johnny Murphy 087 2540529.

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.

Dennehy Cup Three in a Row



Last week-end Cork Constitution won the Dennehy Cup for the third time in a row with a 16-5 win over Mallow in the final at Woodleigh Park. Although Constitution trailed 3-5 at the interval, they picked up the pace in the second period, took the lead in the 50th minute, and never eased up to the end. The early stages were well-contested and each side endured a sin-binning, before Robin O'Flynn gave Constitution the lead with a penalty from 24 metres in the 34th minute. However, Mallow struck just before the interval when wing forward Tim Fitzgerald got the touch-down following a scrum near the line to give Mallow a half time lead 3-5.

Constitution started the second period in determined fashion, and a strong run by centre Eoin Murphy led to a penalty, duly converted by Simon Barry for the lead 6-5. O'Flynn then missed a couple of penalty chances, before Constitution scored the decisive try, Simon Barry touched down following a break by scrum half Dave Hayes from 30 metres. Robin O'Flynn kicked the conversion, and added a penalty in the 72nd minute to seal the victory.

Oktoberfest 7s

Congratulations to Shane Daly and Alex McHenry members of the Ireland Sevens Squad who are participating in the 2017 Oktoberfest 7s Tournament in Munich.



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.

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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 IF9. 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:

- 27/09/2014: CORK CONSTITUTION F.C. V. BALLINAHINCH R.F.C. IRL. 2:30pm H
- 27/09/2014: Cork Con U21 V. Larabogue, A Friendly 4pm
- 28/09/2014: Cork Con J2 V. Highfield, Derrisly Cam Fint, Wood eight Park 12:00am
- 28/09/2014: Cork Con J1 V. Dolphin, J.L.L.H. 7:30pm

At the bottom of the page, there are logos for KEARYS HYUNDAI, O'Neills, and ZURICH. Below the logos are sections for 'Cork Con FC on Facebook' and 'Club newsletter'.

HYUNDAI NEW THINKING. NEW POSSIBILITIES.

KEARYS

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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

An English schoolteacher explains to her class that she is fan of the English Rugby team and asks her students to raise their hands if they, too, are rugby fans.

Everyone in the class raises their hand expect one little girl. The teacher looks at the girl with surprise and says, "Jane, why didn't you raise your hand?"

"Because I'm not an English rugby fan," she replied.

The teacher, still shocked, asked, "Well, if you are not an English fan, then who are you a fan of?"

"I am an Irish fan, and proud of it," Jane replied.

The teacher could not believe her ears.

"Jane, why are you a Irish fan?"

"Because my mum is an Irish fan, and my dad is an Irish fan, so I'm a Irish fan too!"

"Well," said the teacher in an obviously annoyed tone,

"That is no reason for you to be an Irish fan. You don't have to be just like your parents all of the time. What if your mum were a moron and your dad were a moron, what would you be then?"

"Then," Jane smiled, "I'd be an English fan."