



Dear Members and Friends

Thanks for everyone that sent me material for this week's Ezine, it's very much appreciated. I thought for this week I would share my ups and down of the season just past. There were three stand out moments for me, which are listed below in no order of preference:-

- The enormous spread of cakes , pastries and trifles at the U13 cake sale it was truly magnificent and a credit to all the mums, and possibly a few dads, who worked so hard to bake them.
- Jack Crowley finishing off a brilliant team effort to score one of the tries of the season. Jack was involved twice in Constitution's effort against Ballynahinch, with fullback Greg Higgins, wing Sean French, centre Alex McHenry, and scrum-half Duncan Williams all getting on the ball to tee up the U20 international. Jack's try is deservedly shortlisted for try of the season. See how to vote later in the Ezine.
- Watching J.J. O'Neill , in the Munster Senior Cup Final gathering a ball on the half way line and brilliantly darting through the Young Munster defence to score a fantastic individual try. Constitution went on to defeat Young Munster 24-17 to claim their 30th Senior Cup.

The down of the season has to be the cancellation of all rugby activities and the closure of our clubhouse. There is an old saying that you never miss anything until it's gone. That's certain the case with Cork Con.

Dee O'Riordan has dropped me a line to say that Classic Drinks are holding a very special wine sale and will deliver wine directly to your door. Order on Line: May Bank Holiday Special Offer : ORDERS@CLASSICDRINKS.IE (Must put Reference Dee O Riordan) Tel: 021 4510066 (Reference Dee O Riordan)

Well done to Barbra McDonagh for thinking of the colouring competition for our younger members. There were loads of entries and our Captain Niall Kenneally went through them all to pick two winners Teddy Gallagher U9 and Dalton Caren U10 who will get to lead our Senior team on to the pitch for our first Home Game next season.

Best Wishes and stay safe.

Pat Twomey

Brian Hayes finishes joint-top try scorer in AIL's Division 1A

THE IRFU HAS confirmed the final lists of top points scorers and try scorers for Division 1A of the Energia All-Ireland League, which was cancelled last month along with the rest of domestic Irish rugby.



Former Munster lock Brian Hayes was the joint-top try scorer with eight from Cork Con's second row.

Men's Energia AIL Try of the Season



Vote for your Men's Energia AIL Try of the Season

The countdown to the Energia AIL Awards is on! The Awards will be host the awards on Energia's YouTube channel on May 8th at 8pm. Put the date in your diary!

For the first time it will be up to the public to decide the winners of the prestigious Try of the Season awards. Each nomination has won the Energia AIL Try of the Month award this season as well as €250 for their club.

Voting closes on May 3rd at midnight.

The link to vote is

<https://www.energia.ie/mens-ail-voting>.

Articles for Ezine

If you have an article you want included in the Ezine please email ccfcnews20@gmail.com

U18.5 season 2019/2020

When reflecting on this most unprecedented season where none of the competitions were brought to their conclusion we look to the positives that came about during the year gone by.

The great continued friendships between the coaches and the lifelong friendships that the boys have developed in their years playing age grade rugby together for this great club.

Some are moving on to the next stage of their lives and we wish them well however we would love to see them back with our 20's for next season and if that's not possible then later with our seniors.



To the boys doing their leaving Cert (eventually) we wish you the very best of luck and to the boys who are still U18.5 for next season we will see you in August.

We the coaches are very proud of all our players, it's not easy being a rugby player, The lads trained and played with great passion and attitude and are a credit to the game.

I am slow to single out players but It would be unfair not to say a huge thank you to our Captain Rob Lyons who is a leader by his actions. I would also like to congratulate David Bamidele for his selection to the Munster U18 setup and to Ultan O'Donovan who is selected for the Munster U16s.

To finish I would like to thank all those who help youth rugby to thrive in Cork Con but particularly the following people.

Ray Clarke who is the glue which holds the whole thing together.

Der O Riordan who always makes the clubhouse such a welcoming place.

Michael Boland who helps us to organise Pitches and dressing rooms.



Ian Mitchell (mitch) who has come in as head coach for his first year and worked tirelessly to get the best from the team.

Last but not least the Coaching team , Paul Boyling, Barry Fitzgerald, Stephen Murphy, Aidan McNamara.

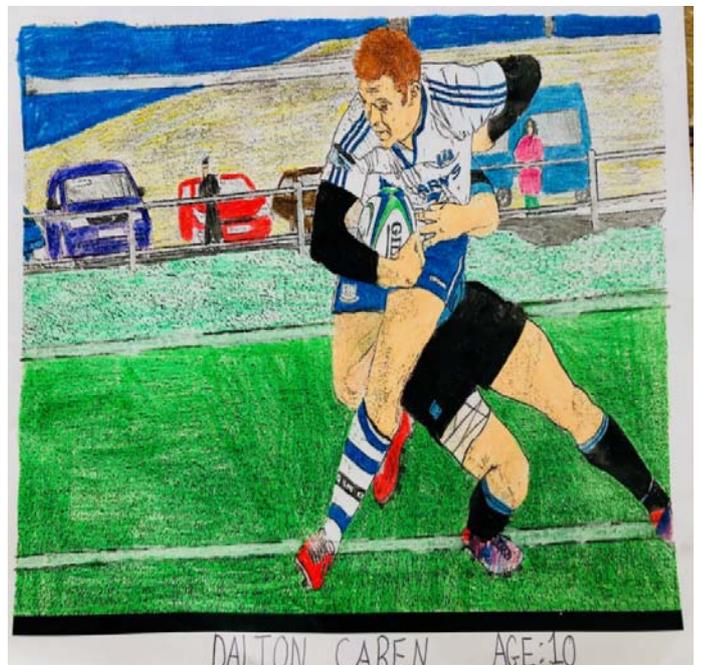
Thank you and stay safe.

Yours in Rugby Don Harney Team Manager

CAKE SALE PHOTOS



Dalton Caren Winning Entry



CORK CONSTITUTION MINORS

The Cork Constitution Minors have been an integral part of the history of the Club. As the game was becoming more popular in the founding years, the demand to enter a third team into competition for the Inaugural Minor Cup 1905-06 season was necessary. Captained by Mr H McGrath, this team was victorious in March of that year beating a club called Blackrock Road 3-0. The journey had commenced for the Minors of the club which continues to this day.



I don't know the coaches of those days or even if they had coaches, or maybe these players were self-coached, but I feel it incumbent on me to mention the great men who gave of their time freely to look after the Minors, since the 1980s onwards.

Ned O Connor; Con O Leary; Billy Casey; Brian Ludgate; Larry McKeown; Charlie Connolly; Denis (Bunty) Ormond; Adrian Murphy John O Leary; Pdraig Higgins; Matt Kearney; Kevin Dynan; Michael Behan; Steve Duffy; Tom Hannigan; Rea Kennedy; Charlie Murphy; Eric Tracey; Packie Derham; Kevin Minihan; Justin McCarthy; Eoin Quinlan; Peter McNamara; Niall Quinlan; Jeff Jones; James Kiernan; Bryan Cagney; Cian Parks; Billy O Regan;

As you can see from this list (I apologise if I left anyone out) the Minor teams and the Club have been well served by these great men.

The minors are a resilient lot and have faced many challenges over the years, world wars, petrol strikes, bank strikes, professionalism, reducing squads, but they are facing their biggest challenge to date, that is the Covid 19 and the closing of the Club House Bar, I have no fear that they will overcome this challenge like all the rest with flying colours.

It was unfortunate that the Minor Season could not be completed, having comprehensively won the Minor league and were poised for a good cup run and the final of the Munster Cup. However, this current squad of Minors are a pragmatic bunch, understood the necessity of having an uncompleted season, and have committed to staying together for another year.

The squad will be strengthened by over age Un20 players who will be made more than welcome and will be involved in a team with a winning mentality who look after each other on and off the pitch. If an Un20 player is wondering where he will get his rugby next season, I would let them know, there is a home for this player in the Minors, and they will have great fun. Because of, the high standard of coaching in place to prepare their skills, fitness, and strength, they will be made ready for the higher teams in the club, that I have no doubt.

Anyway the Minors are looking forward to another season of rugby, and are cognisant of the challenges the Club will face over the next 12 months, but I can assure you the Minors will be not be found wanting, and will put their shoulder to the wheel and support the Club where ever needed.

Stay safe.

Der O Riordan.

Teddy Gallagher U9 Winning Entry

