



Energia All Ireland League

Cork Constitution F.C. V Garryowen F.C.

Saturday 29th October 2022 2.30 PM

Two weeks ago, Cork Constitution bounced back from a heavy 47-12 loss against Terenure with an away victory against Shannon, securing a bonus point for their efforts.

Constitution's second win of the campaign keeps them sixth in the table, just a point outside of the top four. Trailing 21-12 at the break Constitution went up through the gears with three unanswered second half tries scored by Greg Higgins, Louis Kahn and replacement Ian Leonard giving Constitution a well-deserved win.

Today we extend a warm welcome to Garryowen R.F.C. President, Pat Whelan, his committee, team, and supporters to Temple Hill.

In this week's encounter both sides have the added incentive of competing for the Trevor Barry Memorial Trophy, Trevor a Cork Constitution prop and stalwart won six Munster Junior Cup medals, captaining the side in 1987-88 and two Munster Senior Cup medals, before becoming a coach and selector to our junior side and later a selector on our senior side.

Given the traditional rivalry between the two clubs both will bring a great level of competitive intensity and passion to Saturday's game. It promises to be a thrilling encounter played with typical Constitution V Garryowen fervour, with the outcome likely to be in doubt until the very end!

Watch Munster V Ulster on the TV at 5.15pm. Finger Food Served. Live Music in the Bar after the Munster game.

Pre-Match Lunch

The club will host a pre-match lunch on Saturday. Meet in the Clubhouse bar at 12.30pm. Lunch served at 1.00pm sharp. Cost per person is €35. Your support is actively encouraged and will be greatly appreciated.

Please call Jim Barry at 086 3855654 to book a lunch place.

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 and not to park in neighbouring Aylesbury.



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Cake Sale

There will be a cake sale of massive deliciousness on Saturday morning to fundraise for the U12s tour to London. Please come along to support! Bring a cake, buy a cake...

As always, Mahers Pure Coffee will be available to sit in or takeaway from the bar. Coffee & cake to kickstart the bank holiday weekend, and for a good cause! What more could you ask for....

Respect for Officials

The club implore all Cork Constitution supporters to show respect to the officials. We must encourage respect in our game.

In Cork Constitution we have a tradition of upholding the values and morals of Rugby Football. Let us continue this way of respect for the game, opposition, and officials into the future

Referee Recruitment

Cork Constitution FC, in conjunction with the Munster Association of Referees, is looking to recruit suitable past- and current-players, to get involved in refereeing, both within the club and beyond.

If the following peaks your interest, then refereeing could be for you:

- keeping fit (referees run six miles in an 80-minute match),
- travelling (within Cork County, around Munster, around Ireland or further afield)
- taking part in a lively social scene after games, or
- getting an adrenaline rush when the big decision comes down to you

As well as these benefits, a referee's constant study of the game enriches their knowledge and enjoyment of this lifetime sport. There is more need for referees now than ever, so expect a warm welcome!

If you would like to hear more, please send your name and contact details to Martin Ryan (marhonsec@mar.ie), Martin is a club member; Olly Hodges (olly.hodges@irfu.ie); or let Brian Hickey know you are interested.

NEW TWITTER ACCOUNT

Unfortunately, we've had an IT issue with our Twitter account and had no other option but to create a new one.

Please unfollow @corkconrugby and follow our new account @corkconrugbyfc.

Go to the Twitter Link at on the Club Website to follow.



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