



## Ulster Bank League Division IA

### Cork Constitution FC V Old Belvedere RFC

Saturday 6<sup>th</sup> December 2014 14.30 PM

The Ulster Bank League returns to Temple Hill on Saturday with last seasons' Ulster Bank League runners up Old Belvedere, the visitors. We are pleased to welcome Old Belvedere President, Declan O'Dowda and his committee members, team and supporters to Temple Hill.

In their last Ulster Bank outing, Constitution shared the spoils with UCD in a seven try thriller. Constitution got off to a slow start and were down 17.3 at half time. A penalty for UCD after the resumption left Constitution with a mountain to climb. Stirring words from Captain Gerry Hurley roused his players and the come back started when a clever cross-kick by Johnny Holland was gathered by Rob Jermyn who score wide on the left, Gerry Hurley kicked a great conversion.

The Constitution pack were excellent on the day and substitute Graeme Lawler brought Constitution back into the game with a brace of tries in the 55th and 65th minutes. The industrious Luke Cahill earned the try-bonus point with his side's fourth try in the 72nd minute following a 5 metre scrum, Constitution now led 25-18 going into the final minutes, however this was a flimsy lead against a very skilful and adventurous UCD side. And so it proved as a try by Billy Dardis in the 82 minute was expertly converted by Garry Ringrose to end a very exciting match with honours even.

Reflecting on the game Constitution Coach Tom Tierney considered that a draw was probably a fair result on the day. Our failure to get off to a good start against an excellent UCD side could have cost us dearly and he was pleased with his side resilience as for two games running they had recovered very well to get back into the game.

Old Belvedere are determined to make up for last season's disappointing finale when they failed to beat Garryowen in the last game of the season and allowed Clontarf to claim the title. They will be looking for a win on Saturday to cement a play-off place. Old Belvedere showed excellent form in November and were unbeaten with two wins and a draw before their last outing against league leaders Terenure. The result was in doubt until the last minute when a break away try by James O'Donoghue sealed the victory for Terenure. Old Belvedere have a game winner in their reliable place-kicker Josh Glynn who is one of the top scorers in the league with 58 points so far.

Commenting on Saturday's game against Old Belvedere Tom said the league table showed how competitive the Ulster Bank is. There are three sides on 19 points with only goal difference deciding who occupies fourth spot. He expects a tough game as Old Belvedere play a good brand of rugby and were very impressive in beating us earlier in the season. However he was hopeful as our recent results had given the player's confidence and they would give their all for Con.

## AIL Pre-Match Lunches

Tony Roche is pleased to announce that he has arranged very popular, entertaining and thought provoking speakers as well as experts in their own fields for the forthcoming AIL Pre Match Lunches.

The speaker for the Cork Constitution V Old Belvedere game on 6 December 2014 is **Michael Bradley**.

Michael captained Cork Constitution to their first AIL league win in 1991/92 and he also won three Munster leagues and three Munster Senior cups with Constitution.



An international scrum-half, he made his debut for Ireland in 1984 against Australia and helped Ireland win the Triple Crown in 1985, and went on to feature in the 1987 and 1995 Rugby World Cups. In all, he won 40 caps for his country, captaining them 13 times.

His first coaching role was with Constitution from where he progressed to the role of head coach of the Ireland under-21 team, contributing to the progress of players such as Tommy Bowe.

From 2003 to 2010, Michael was director of rugby at Connacht, under him Connacht Rugby secured qualification to the playoff stages of the Amlin Challenge Cup on six of his seven years in charge reaching the semi-final on two occasions.

In 2008 Michael was the interim Ireland head coach and took charge of the national team for the game against the Barbarians and during the tour of New Zealand and Australia.

In May 2011, Michael was appointed head coach of Edinburgh who had their most successful season ever topping their qualification pool and reaching the 2012 Heineken Cup semi final for the first time in their history after overcoming French giants Toulouse in the quarter final in the Scottish capital.

In February 2012 Michael was appointed Scotland A coach and delivered a famous victory over the England Saxons in the Scottish Borders region with a stunning winning margin of 35 points to nil.

Michael has been the assistant head coach of Georgia International Rugby Team since June 2013.



## Cork Constitution FC Shop

### Christmas Opening

Clodagh & Erika will open the Cork Constitution F.C. Rugby Gear Shop for Christmas Shopping on

**Wednesday Dec 10th from 7pm to 8pm. Adult gear also available** Best wishes to all in Cork Constitution F.C. a very Happy & Peaceful Christmas Clodagh & Erika

## Cork Con U 11's in Thomond Park

Friday 28th of November marked a day which will forever remain enshrined in the memories of twelve very fortunate boys from the Cork Con U 11s squad as it marked their debut match in Thomond Park and the hope of many to come!



Back Row  
L to

R. Killian Kenny, Johnny O'Shea, Andrew O'Leary, Aaron O'Herlihy, Samuel Johnson, Ruan McCarthy, Jamie Barry, Fergie O'Connor.

Front Row L to R. Gavin Hyde, Luke McGowan, Cian O'Connor, Conor Hurley, James Kelleher, Ross Kenny.

On arrival the boys and their coaches were led by a dedicated Thomond representative to the pitch side to soak up the atmosphere and limelight as the photo session began.

With twenty minutes to kick-off a red wristband was issued for admission and re-entry to the stadium, some of which will never be removed. We were taken to a spacious dressing room to change into club gear before being led back to the pitch side on the south terrace along with the competing Team - St Senans RFC from Shannon, Co. Clare

Playing in perfect conditions and with a near capacity crowd the Munster vs Ulster game kicked off at 19:35 as a prelude to the main event! Following a slow start Munster were building up a head of steam and the excitement was growing in particular in the Con camp where the boys were buzzing.



With ten minutes to go to half time we were led again to the changing room and the final preparations made. The referee visited to outline the rules - no line outs or scrums given the time limitation.

With wise words and encouragement dispensed by the coaches we were led into the tunnel, standing adjacent to the opposition. The excitement was palpable.

The half-time whistle was blown and then lights, camera, action! Without any delay the match commenced in great fervour and all the pre-match nerves were immediately channelled into a tenacious drive forward by the Cork Con team. The first dramatic moment came with  
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only a minute played when Gavin Hyde scored the opening try but to our great disappointment this was unfortunately missed by the referee as she had not realised the location of try line.

St Senans capitalised on the confusion and brought play back into the Cork Con half. The boys regrouped and quickly won back possession. Cork Con dominated the game for the main part with the majority of play in the St Senans half and the concentration of play through the centre. However the St Senans team playing a wider game always threatened on the wings and with five minutes gone managed to get the ball to the wing and scored.

A second opportunity for the opposition was skilfully averted through an ankle-tap tackle by James Kelleher followed by an excellent turnover and drive forward by Cork Con into the St Senans half where the remainder of the game was played.

The eight minutes passed in what felt like eight seconds and the final whistle was blown. On leaving the pitch the referee apologised for the initial mistake and acknowledged the Cork Con try.

To finish off a perfect day Munster defeated Ulster in a nail-biting finish.

Congratulations again to Cork Con U 11s for rising up to the challenge in a uniquely memorable game which they can all be very proud of.

Players: Jamie Barry, Conor Hurley, Gavin Hyde, Samuel Johnson, James Kelleher, Ross Kenny, Rohan McCarthy, Luke McGinn, Cian O'Connor, Aaron O'Herlihy, Andrew O'Leary, Johnny O'Shea

Coaches: Fergie O'Connor & Killian Kenny

Special note of thanks to the Thomond Park representatives who deserve huge credit for the excellent organisation on the day.



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# Strictly Con Dancing

Cork Constitution F.C. are undertaking a fundraising campaign to support the running of the club and to this end the club will host a "Strictly Con Dancing" extravaganza on Friday 13th March 2015 in the Rochestown Park Hotel.

The event on the night will be supported by 500 people and will receive local media coverage and will be managed by "Kevin Rowe Events" in conjunction with the club. Participants will be from our Club and from the Cork Area and we will have a celebrity judging panel.

Individual Dancer option:- We are looking for dancers - both male and female. Each dancer must raise €500 Sponsorship and we would love their family, friends and work colleagues to come along on the night to support them.

A seven week Choreography course and Costumes will be provided. We are enclosing a Dancer Information Poster. Applications must be in before 5th Jan 2015. As the number of dancers is limited, please get your application in early.

\* Company Sponsorship Option:-

Advertising support for your business will include Your name appearing on all marketing material associated with the event.

Your name appearing on the programme for the night. Formal recognition on the night of the event by MC. On screen promotion which sets out the background of the dance couple you have sponsored. Social media advertising by the Club.

The club greatly appreciates the support of all its sponsors and patrons.

Your contribution to our event will help to ensure the success of this evening which promises to be a great social event for all.

Yours sincerely

Declan Mc Ginn- 087 2615885

Chairman Organising Committee.

Committee Members.

Gillian O'Leary, Brendan Hyde, Fiona Burke, Paula Good, Mick Boland and Tony O Connor

## Match Day Information

Please note that there is restricted parking in Temple Hill on Match Days. We request that match patrons respect our neighbours by not parking on the double yellow lines outside local housing estates as this causes a traffic hazard.

**Cork Constitution members have free admission to home ALL games.**

If you have any news item, event details or article you would like published The Cork Constitution or Matchzine please forward to **Pat Twomey** at [corkconnews@gmail.com](mailto:corkconnews@gmail.com)

Don't Forget to follow Cork Constitution on Facebook and on our website [www.corkcon.ie](http://www.corkcon.ie)



Cork Constitution F.C.

Present

# Strictly Con Dancing

Rochestown Park Hotel  
Friday March 13th 2015  
Doors 6.30pm

Are you up for a unique  
challenge?

7 weeks training by  
top choreographers!

No experience needed!

Contact:  
Declan McGinn 087-2615885



## Cork Constitution F. C



proudly  
presents

And



Why not watch live all the European Rugby Champions and Challenge Cup action from the comfort of your own clubhouse.

Munster V ASM Clermont Augvergne live on our big screens Saturday 6 December 17:30 PM

# Guess who is coming to Cork Con on Saturday, Dec 20?



After training (usual times) please join us in the clubhouse for some traditional fare for the parents and an opportunity for the boys (and their brothers and sisters) to meet Santa.

- Parents enjoy complimentary mince-pies, mulled wine and finger food in the main bar.
  - Kids get to meet Santa in his grotto in the front bar.
  - Surprise guest ... Also a big man and he wears RED (but it's NOT Santa!).
  - Supporting two local charities (SVdP and Childline)
  - Representatives from Saint Vincent de Paul will collect the presents and make sure to distribute to local children in-need.
  - For the U9, U10, U11, U12 and U13 groups ... This year we are supporting the fundraising effort to enable Childline to maintain their 24/7 phone support for children. We are asking the boys to donate one week's pocket-money.
  - This is one of the most enjoyable days in Con in the entire season ...
- WHAT YOU NEED TO DO?**
- For the U7s and U8 age groups, please bring a pre-wrapped gift for a child your own age (write 'girl' or 'boy' on outside of wrapping).

**DON'T MISS IT!**



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



**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.



## Golf News

### Cork Con Golf Society

### Christmas Outing



The Cork Con Golf Society 2014 Christmas Outing will be held on **December 30** at **Castlemartyr Golf Resort**. Tee reserved 9:30 to 11:00 Hrs.

The timesheet for the outing will be posted on the Club Notice board on **Thursday 4 December 2014**. Entries will also be taken by E-mail to corkcongolfg@gmail.com,

### 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

## VIPR - Core Strength & Tone

2014 SCHEDULE @ CORK CONSTITUTION RUGBY CLUB



Schedule	9.30 - 10.30am	10.30 - 11.30am	5.30 - 6.30pm	6.30 - 7.30pm	7.30 - 8.30pm
Monday	9.30 - 10.30am			6.30 - 7.30pm	7.30 - 8.30pm
Tuesday	9.30 - 10.30am	10.30 - 11.30am		6.30 - 7.30pm	7.30 - 8.30pm
Wednesday	9.30 - 10.30am			6.30 - 7.30pm	7.30 - 8.30pm
Thursday	9.30 - 10.30am	10.30 - 11.30am	5.30 - 6.30pm	6.30 - 7.30pm	
Friday	9.30 - 10.30am				
Saturday	9.30 - 10.30am	10.30 - 11.30am			

**3 classes per week @€20**

Each class is 1 hour in duration €8 per class - pay as you go (or book 6 classes @ €45).

VIPR is the hottest functional fitness tool and classes combine VIPR with free weights (dumbbells) to ensure you will achieve significant improvement in muscle tone, body shape, flexibility and core strength.

Suitable for all fitness levels and all ages in a fun and safe environment.

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Personal Trainer  
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email: lesley@choice.ie  
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Tel: 086 805 2000



**BOOK NOW! - 086 805 2000 or email lesley@choice.ie**



# Christmas Party Nights

## at Cork Constitution FC

**CORK CON IS HOSTING TWO CHRISTMAS PARTY NIGHTS THIS DECEMBER, 5TH & 12TH.**

**A FUN-FILLED FESTIVE NIGHT KICKING OFF WITH A MULLED WINE RECEPTION FOLLOWED BY A 4 COURSE MEAL, SPOT PRIZES AND A LIVE DJ.**



# Only €35pp

MINIMUM GROUP OF 10 PEOPLE

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