



Events:

- 5Th February Young Munster Away AIL Civic reception. 1
- 12 Th February Shannon AIL Home Old Belvedere 1
- 12 Th February 80's Disco St Mary's Match Report 2
- 18Th February Captains & Presidents Dinner Frankie Sheehan 2
- 19 Th February Dolphin AIL Away Mini Blitz Report 3
- 19 Th February Dolphin AIL Away Fred Casey 3
- 28 Th February Garryowen AIL Home Quiz Winners 5
- 28 Th February Garryowen AIL Home Civic reception. 6
- 28 Th February Garryowen AIL Home Minor's V UCC 7
- 28 Th February Garryowen AIL Home Up Coming Events 8

February 2011 Volume 1, Issue 7

In this issue

The Cork Constitution

Civic Reception

On Tuesday night Club officers, players and committees from **Cork Constitution FC** attended a civic reception hosted by the Lord Mayor of Cork, **Michael O'Connell**.



The city honoured the achievements of Cork Constitution in 2010, the year which saw them bring both All-Ireland League and Cup to Temple Hill and receive the Club of the Year honour at the Guinness Rugby Writers of Ireland Awards.

The Lord Mayor spoke of the pride Cork Constitution bring to the city and the great players they have produced that have represented club, province and country.

[More about the Civic reception on page 6](#)



Fred Casey

Fred Casey will be inducted into Cork Constitution Hall of Fame at this years Captain and Presidents Dinner

This months Ezine has a special feature on Fred.

Old Belvedere 29Th January

This Saturday 29th January Cork Constitution play Old Belvedere who are top of the Ulster Bank All Ireland League.

The last time the teams meet in October Constitution emerged victorious on a score line of 9:12 thanks to Sean Scanlon who capitalised on a missed touch clearance with a spectacular drop goal from near the right touchline.

As has been the case with ALL League Match Days in Temple Hill the club have put an emphasis on bringing as much to the day as is possible.

Itinerary for the Day

1pm: Club Fun Blitz

1pm: Match day Lunch with guest speaker Simon Coveney T D.

2.30pm: Ulster Bank League Match - Cork Constitution v Old Belvedere

2.30pm: Under-21 match

4.30pm: Under-13 match

All of the above are in conjunction with Underage Director of Rugby, Events Committee, Family Committee and Communications Group.

ULSTER BANK new sponsors of AIL



Ulster Bank are the new Official Community Rugby Partner to the IRFU, a partnership which in-

cludes title sponsorship of the All-Ireland League and of the Ireland Club International team until 2014 Cork Constitution are delighted with this news considering community engagement and active membership is the cornerstone of Constitutions three year plan.

Cork Con FC 1st XV V St Mary's College

Cork Constitution got the better of St Mary's College on a score line of 22: 17 in a pulsating All Ireland League game at Temple Hill. There had been an interval of six weeks since the last AIL fixture, caused by the frozen conditions that prevailed in December. Consequently, both sides would have been delighted with the fine conditions and excellent surface for the game. Constitution had a new half back partnership of Scott Deasy and Gerry Hurley. Captain Frank Cogan was making his 124th All Ireland League & Cup appearance, while Cronan Healy was making his final appearance before emigrating to Australia.

The game was full of good open rugby with both sides attempting to spread the ball. However, the first half scoring was dominated by penalty kicks. Simon Zebo almost made the line in the 16th minute, and Gerry Hurley gave Con the lead from a resultant penalty. Former UCC player, Gavin Duffy equalised for St Mary's on 35 minutes, and Gerry Hurley gave Con the interval lead with a penalty, from in front of the posts, in the 40th minute.



Dunne equalised again in the 46th minute with a penalty. Then in the 50th minute, Frank Cogan won line-out possession at half way and broke away. He handed off the St Mary's winger and beat the cover defence for a remarkable score. Gerry Hurley added the points. Duffy and Hurley exchanged

penalties either side of the hour mark but St Mary's threw down the challenge with an opportunist try by Matt Darcy in the 63rd minute. He gained possession at a maul some 30 metres out and ala-Cogan made it to the line untouched. Billy Holland was unlucky not to get a try in the 69th minute as he reached for the line after Zebo and Jouve had combined to set up the chance. However, Referee George Clancy, who had an excellent game, could not be sure that the touchdown was valid. Further sustained attacks by Con yielded penalties converted by Hurley to stretch the lead to 22-14, but St Mary's gained a valuable bonus point with the last kick of the game.

Con Team: S.Scanlon; S.Zebo, I.Dineen, C.Jouve, C.Healy; S.Deasy, G.Hurley; M.Gateley, M.O'Leary, S.Archer; B.Hayes, C.O'Flaherty; B.Holland, B.Cuttriss, F.Cogan Capt.

Subs B.Vaughan, A.Foley, J.McSwiney (5), D.Williams, R.Lane

Stan Waldron

A Week in the life of Frankie Sheehan

The popular Cork Constitution player has contributed significantly to club, province and country and is certainly one of the most consistent forwards that this club has produced over the past two decades. Frankie was capable of striking fear into opponents, right up to his final appearance for Con, he only knew one way to play the game: hard, totally committed and always within the rules.

Frankie was a member of the Cork Con team which won our second AIB League Division One title, on Saturday, May 1, 1999. Frankie won the first of his 163 Munster caps against Western Samoa in Musgrave Park in November 1996 and in the course of his Munster career scored 21 tries, 11 in the Heineken Cup. He made his Ireland debut in June 2000 gaining 29 caps and scoring five tries.

Although Frankie was injured for the 2006 Heineken Cup final he had played in the first pool game against Sale he was awarded a well deserved winners medal. Frankie won a second Heineken Cup Medal as a replacement in the 2008 final. Frankie is Managing Director of Front Row a sports management and communications agency. www.frontrow.ie. He is also a T. V. pundit for RTE and Sky Sports.



Frankie receiving his 50th Heineken Cup Cap from ERC Chief Executive Derek McGrath, another former Cork Constitution player.

Monday. Up at 7am, small breakfast and head to the office in town. Start the week reviewing my schedule for the week and prioritizing tasks with my team. My contact in Sky Sports calls to tee up arrangements for my TV commentating gig in Thomond Park for the Munster v London Irish at the weekend. Head to my Spinner bike at the locker room gym for 1 o'clock.

Tuesday. Prepare my weekly Heineken cup predictions for the Facebook Guinness Rugby Supporters page. I love the interaction that publishing on Facebook provides and am a keen fan of Twitter also. I've been fairly on the ball with my predictions to date, if only I had been putting money on them!

Wednesday. News article hit the media about Ian Nagle's future with Munster, who Front Row represents. It provides a challenging day in the office fielding calls. I then head over to RTE studio to discuss my thoughts on the recently announced RBS 6 nations Ireland squad with Daragh Maloney RTE radio 1 at 7.00pm

Thursday. Have a breakfast meeting with client looking for a guest speaker for a function prior to one of the 6 Nations matches. Go through various possibilities with them and agree to ring them next week to agree on the speaker. Go home to watch videos of London Irish so that I can get to know their style of play in time for Saturdays match.

Friday. Have organized for Jason Leonard, ex England World Cup winner to speak at the corporate event in Thomond Park before the London Irish Match, so touch base with him to ensure all is in order.

I spend some time finishing off one of my blog posts for www.frontrow.ie website. Then it is off to join my friends in RTE at the Fota Island resort for the RTE and Irish Examiner's Cork person of the year lunch event.

Saturday Good start to the day, drive to Limerick to commentate for the London Irish V Munster match on Sky. Match starts, the adrenalin starts to flow and away we go.

I am delighted with Munster's win and head out with Jason Leonard to celebrate and show him the bright lights of Limerick.

Sunday I get home to Cork for lunch time. Collect Norma and the kids and go to the Rochestown Park hotel for a swim and a bite to eat. Back home and out for a kick around with the boys.

Mini Rugby blitz

It was a busy day in Temple Hill on January 8th. There was the small matter of their Ulster Bank League clash with St. Mary's but just as important was the post match Mini Rugby blitz with young players from Con, Mary's, UL Bohs and Corinthians taking part. Cork Con have been proactive in making their home league matches a big day in the club this season and the first game of 2011 was no exception.

After the game there was another important event as mini rugby players from Con, Mary's, UL Bohs and Corinthians played out a floodlit festival.



Daniel O'Connor (Small shot) in action for Cork Con

The rugby was of an excellent standard with all of the teams representing their clubs with pride. It was great to see 11 year olds playing with the enthusiasm and skill of the seniors who had played earlier in the afternoon. There was some great tries scored by all teams with great skills on view.

It was the first time the teams played under lights, great fun for all involved playing in new conditions and all reported the experience was great and something to remember.



The Constitution Minis squad for the blitz

Winning was not the focus of the day, participation and collaboration between all clubs was the real winner and it was obvious return fixtures will happen as a consequence.

There was a post match reception in the club house where some food and drinks were provided by the parents committee of Con which was followed by some speeches and swapping of club memorabilia.

Tony O'Connor



Man of the Match

The winner of the Serge Blanco Cork Constitution Man of the Match V St Mary's College was **Frank Cogan**.



Serge Blanco was arguably one of the best French full backs in the modern game of Rugby. In 1992, he transferred his number 15 and his name to this exclusive range of clothing for men and children.

Serge Blanco Ire

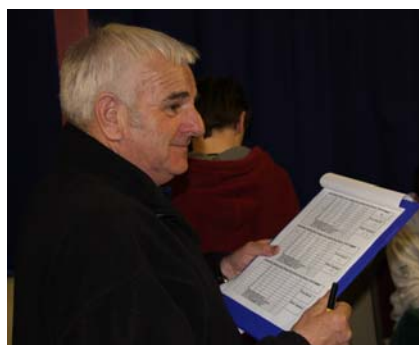
59 St Patrick Street,
Cork

You can also buy on line at www.sergeblanco.ie/

This award is kindly sponsored by John Mannix, Serge Blanco Ire

Fred Casey

Fred Casey will be inducted into the Cork Constitution Hall of Fame at this years Captain and Presidents Dinner. From 1964 onwards Fred Casey has been the inspirational force behind the resurgence of the Cork Constitution Conettes . Although at the time he was a minor player he spent countless hours organising matches and training for the youngsters.



Although young in age Fred was wise beyond his years when as a sixteen year old he used to book coaches from CIE to bring his Conettes to Tralee. They used to meet at the old Grand Parade Hotel before heading off. Fred used to organise everything with the home Club especially the after match food. Fred's job was made much easier as

there were no referees to be booked as Fred would pick some poor misfortunate that happened to be hanging around the pitch as the referee..

In the early days Fred was offered tremendous assistance by his two second fathers Con O'Leary and Ned O'Connor. The weekly meetings were held in Ned's house and Fred would always arrange for these to coincide with Nancy's cooking lessons so that there would be plenty of food for all. Early signs of his organisational abilities coming to the fore.

Fred is world famous for his tours and over the years has developed contacts in every rugby country in Europe. The first tours were organised in the days before mobile phones were invented so Fred used to go around to various member's houses to make the necessary phone calls to far away places. Fred , however , never seemed to be around when the phone bill dropped in the letter box.

The first overseas tour was to Wales in 1972 and they really took off from there. Under his leadership the Conettes have toured England Wales France Greece and Italy. It is a great credit to both Fred and his coaches that the Conettes are such great ambassadors for Cork Constitution and the City of Cork when they are abroad.

In 1990 news of Fred's tours had reached Lansdowne Rd and the I.R.F.U. invited Cork Constitution to represent Ireland in the U 11 and 12 European Championship at Roche-La-Moliere , near St Etienne in France. Teams from 16 nations including England Scotland Wales Russia Romania Italy Sweden East & West Germany were also involved.

Cork Constitution won both Championships a wonderful tribute to the youngsters and coaches involved. It should be acknowledged that Fred was the first coach to bring an European Trophy back to Munster.

A photo of the U 12 team features a young Peter Stringer and Ronan O'Gara , who captained the team , sitting together. Peter and Ronan went on to gain a combined 198 full international caps for Ireland. Fred always claimed that he saw the potential of both the first time he played them together and that he never had a doubt that they would play together for Ireland. The picture of U11 champions features the same combination of Stringer and O'Gara this time John and Fergal who went on to play Senior Rugby for Constitution.

The Conettes did not leave Ireland for one of their more memorable tours . In January 1988 Fred was invited to bring a team to a under age tournament that Ballymena were holding to celebrate their centenary year. This was in height of the troubles and Fred doubted if the parents of the players would allow the team to travel. To his delight none of the parents refused permission so the tour was on.

Fred as usual was meticulous in his planning for the tour so he guaranteed all before they left Templehill that he had plenty of food for the long journey to Ballymena. Suitable assured the convoy set off for Ballymena . Stopping outside of Dublin for their picnic Fred produced a couple of dozen cooked chickens for everyone to eat. The only thing was that Fred had forgotten that it was Good Friday and meat was not allowed. As everyone one was starving all agreed that a quick prayer would cover any sins and that the chickens could be eaten.

On arriving at Ballymena they were meet by the great man himself Willie John McBride and the Lord Mayor of Ballymena who thanked them for honouring their town by attending their tournament , Cork Constitution were the only team from the Republic who played in the Tournament. When they went to a welcoming party all the parents were worried that there would be meat again however their hosts were more than considerate as they had arranged for fish to be served Both Ronan O'Gara and Peter Stringer were part of that Cork Constitution tour party . It was a sign of the times that the parents and players when going to the various houses that night had to leave their cars in the Ballymena Clubhouse as it was to dangerous for their hosts for cars from the South to be seen outside their homes. At great time was had by all and happily all returned to Cork without mishap.

Fred played a large part in the Clubs centenary celebrations in 1992 when he organised a centenary tournament with 15 teams visiting Templehill. As well as England and Wales , teams came from as far a field as Sweden and Latvia. All of the visiting teams were put up in Rochestown College and Lota. The Irish Army provided the 350 beds for the visiting youngsters and the parents embarked on a round the clock operation to feed all the hungry youngsters. The tournament was a great success and set the standard for other clubs to aspire to.

On Saturdays Fred can be seen driving all over Cork bringing his players to training sessions and matches, it is immeasurable how many miles Fred has driven over the years. Fred cars were not always the best and one particular car had the en-

dearing feature that when it went around the bends the four doors would open and everybody had to hang on for dear life. After the Conettes complained, Fred solved the problem by fitting slip bolts to the doors. When Fred was on holidays camping in Ardmore he used to collect Brian Humphries, who spent his summers in Ardmore before changing allegiance to West Cork, and bring him to Templehill for training. When I asked Fred why he collected Brian the response was that he always got a great breakfast from Brian's mother Peg before he left for Cork.

Fred is always ready to impart advice to his players which is usually taken on board however Fred was taken aback when after advising the young Barry Keeshan that he needed get faster over the first 10 yards Barry replied that I am a playmaker and have no need to sprint. To this day Fred still receives a Christmas Card from Barry.

Fred has coached many of the players that have come through the Conettes to play senior rugby for Cork Constitution and Munster and his record of developing 16 Irish Internationals and 4 British and Ireland lions is unparallel in the annals of rugby history. The list of Irish A and Full Irish International players coached by Fred is:-

Anthony O'Leary, Christy Cantillion, Darragh O'Mahony, Dave O'Mahony, David Corkery, Frankie Sheehan, James O'Riordain, John Kelly, Kenny Murphy, Luke Fitzgerald, Paul Wallace, Peter Stringer, Philip Soden, Ralph Keyes, Richard Wallace, Ronan O'Gara

Paul and Richard Wallace did not play Senior rugby for Cork Constitution as they left Cork for Limerick. Both had very extinguished rugby careers playing for Ireland and indeed created a record with their brother David by being the only set of three brothers to play for the British and Irish Lions. To this day Fred is adamant that this should in fact be four as he believes that Henry was the best of all of the Wallace's.

As he ran on to the Twickenham pitch on Saturday, 20th January 1990 Kenny Murphy, a member of one Ireland's most renowned rugby families, thought he was making history as both his father and grandfather had also represented Ireland at rugby. They are the first, and to date, only family to have a father, son and grandson capped at senior level. However , as Fred delights in recounting , Kenny made history well before this as he was the first and only Conette to be home sick on tour.

This years rugby tour is to England and the teams will play against Bath , King Edward School, Wilcox and Bristol. The tour departs on Thursday 21 April and returns on 28 April. The current numbers travelling are 51 which would make it the largest tour party that Fred has managed. We wish them the best of luck.

To-day Juvenile Rugby in Cork Constitutions is a well oiled machine catering for over 500 youngster every week end with teams from under 6 to under 18 under the guidance of our two assistant directors of Rugby Peter Good and Kevin Flanagan ably assisted by a team of coaches who ensure that the highest standards of juvenile and youth rugby is attained in Templehill. This would not be happening today without the visionary work of Fred.



We in Cork Constitution are privileged that Fred Casey is a member of this club and are proud of his achievements in developing a vibrant under age and youth structure where so many youngsters can enjoy rugby in a safe and enjoyable manner.

Pat Twomey

Christmas Quiz Winners

Sponsored by Rochestown Park Hotel



Shay Livingston General Manager Rochestown Park Hotel presenting the winner of the Christmas , Stan Waldron with his prize at the St Mary's College pre-match lunch.



Shay and Ciara Boland who was joint second



Shay and Gordon Good who was joint second.



Shay and James Burke who won the Youths prize..

European Champions 1990



European Under 12 Championship at Roche-La-Molliere, France 1990
 Back Row: Team Sec., D. Hursey, M. Kenneally, T. Cahill, C. Behan, S. Murphy, M. O'Connell, M. O'Connell, F. Horgan, J. Barry, R. Herbert, S. Holly, F. Casey (Coach).
 Front Row: M. O'Mahony, N. O'Connell, B. O'Connell, R. O'Gara (Captain), P. Stringer, G. M. O'Connell, J. O'Connell, Watson.



European Under 11 Championship at Roche la Molliere, France 1990
 Back: R. Corbett, B. Young, B. Cahill, D. Holt, C. Barry, A. Gaffney, F. Casey (Coach).
 Front: Leonard, T. Buckley, G. Stringer (Captain), B. O'Mahony, F. O'Gara, B. O'Connell.

Civic Reception

In his speech, the Lord Mayor, who is a member of Dolphin Rugby Club, spoke of the admiration he has for the achievements of this famous club.

He complimented Constitution on their active role in the community and he stressed that the future of our country is our young people and paid special tribute to the extraordinary dedication of Cork Con's underage section.

He concluded by wishing the club every success in the future and said that he was looking forward to seeing everybody on February 19 when Cork Con and Dolphin take to the pitch at Musgrave Park.



Der O'Riordan, Cork Constitution club President, responded by thanking the Lord Mayor and spoke of Cork Con's own history with the office of Lord Mayor. He assured everyone that Cork Constitution was proud of its past and focused on our future.

Der spoke of the Clubs pride in our very strong links to the office of Lord Mayor as were nine Lord Mayors of Cork who were or are members of the club, including **Peter Barry, Hugh Coveney, Michael Martin** and **Deirdre Clune**.



Finally, **Pat O'Keffee, Cork Con's club President in 2009/10**, spoke of the pride and honour of the successes of the season under his tenure.

President Der O'Riordan and Shay Livingston General Manager Rochestown Park Hotel presenting the Lord Mayor of Cork with a Cork Constitution match day Jersey.



Coaches Work Shop

Munster Rugby recently ran a Coach Workshop in Cork Constitution for all club coaches from U13 to U19 levels.

The Club's U17 squad participated in the practical element of the workshop 'Developing Individual Skills with an emphasis on General Movement'. The module highlighted the benefits of coaching in the collective focusing on the general movement philosophy.



Cork Constitution Under 17 squad who participated in the Munster Rugby Coaching Work Shop

Cork Con FC J2 XV V UCC

The Cork Constitution J2's played a thrilling floodlight series of League matches on two Wednesday nights in January in front of an appreciative crowd.

In the first game at the Mardyke UCC produced a scintillating second half comeback to clinch a 31:19 victory over Constitution. Constitution led 19-12 going into the final quarter, but College scored three fine tries to take the spoils. Tom Harrington scored for Constitution in the first attack after Cormac Fouhy blocked down a College clearance kick. Simon Barry added two penalties for 11-0 after nine minutes. College out half Luke Duffy showed his class with a fine cut through the Con defence for a try on 20 minutes and he converted a second try four minutes later to give College a 12-11 lead. However, Con hit back before the break when Oisín Cuddy finished a fine move to leave Con 16-12 ahead.

Simon Barry extended Con's lead in the 52nd minute with a penalty, but College upped their game thereafter, and with Duffy pulling the strings, his side ran out clear winners.

Constitution reversed the previous week's result between the sides in the return fixture at Temple Hill with a thrilling 23: 20 victory in the J2 League.

College opened where they left off in the previous game with an early try by Luke Duffy that he converted himself. Con hit back with a Simon Barry penalty, and then a try by Gary Feehan in the 33rd minute. Barry's conversion gave Con an 8-7 lead. On the stroke of half time, Conor Desmond squeezed in at the corner to give Con a handy 13-7 interval lead.

College reduced the deficit with a try from a maul on the Con line by Dave O'Driscoll, and a penalty by Duffy in the 58th minute edged his side 15-13 in front. An intercept try by College from a kick and chase from half way by Oscar O'Sullivan, converted by Duffy, gave College a flattering 20-13 lead on 64 minutes. But Con were not done yet, and a fine try by Conor Desmond converted by Barry in the 71st minute tied up the scores at 20-20. In added time, Con were pressing hard on the College line and were rewarded when Simon Barry converted a last minute penalty for the win.

At a very enjoyable post match function President Der O'Riordan and Captain John O'Donovan presented the victorious Dennehy Cup team with their medals.

Stan Waldron

Musgrave Park Development

As part of Munster's long term plan to develop training and playing facilities within the province, planning permission was sought and granted for a new West Stand in Musgrave Park, to include team and administration facilities.



Looking into the future, an image of the proposed Musgrave Park Stand

To raise funds for this development Munster Rugby are today re-releasing a Seven Year Season ticket package.

These tickets are initially being made available to purchase through the Munster clubs and the Munster Rugby Supporters Club before going on public sale on December 20th.

Under the Seven Year scheme the average price of a ticket will range from €26 (Terrace), to €46 (Category A Stand), providing value and choice to Munster supporters.

This Seven Year Season ticket will entitle supporters to purchase any category of ticket (Category A seat, Category B seat or Terrace) for all three Heineken Cup Pool Matches and all 11 home Magners League Matches, and a Pre Season match details and pricing below. The new Season Ticket holders will have similar benefits as Thomond Park Ten Year Tickets holders.

Pricing

CAT A Seat €4,500 West Stand (Thomond Park and Musgrave Park)

CAT B Seat €3,800 West stand (Thomond Park and Musgrave Park)

Terrace €2,600 East Terrace (Thomond Park and Musgrave Park)

For further information please contact Jim Murphy

Pat Twomey

Mary Mount Hospice



Dee O'Riordan and Valarie O'Riordan presenting a cheque for €8,000 to Marymount Hospice the proceeds of the Ladies Lunch held on the day of the AIL game against Dolphin.

Well done to the Ladies of both Clubs for a fantastic achievement in raising this money for such a worthy cause.

Presidents & Captains Annual Dinner

President Der O'Riordan and Captain Frank Cogan's Annual Dinner takes place in the Clubhouse on **18 February 2011 at 8:00 PM**

Invited guests include Caleb Powell President IRFU and Cyril Fitzgerald President Munster Branch

Guest speaker Dr. Brian Hickey

Hall of Fame Award. This years Hall of Fame award is being presented to **Fred Casey** who has been the driving force behind our Juvenile and Youth Section for many years. **John Kelly** will introduce Fred to the Hall of Fame

As the President and Captains Dinner is a sell out please contact John O'Mahony if you have booked and not able to attend as there is a waiting list for this most enjoyable night

Cheltenham Festival Day

CHELTEHAM FESTIVAL DAY
Comes live to **CORK**
ROCHESTOWN PARK HOTEL
on Wednesday March 16 from 12 noon

Cork Con Drinks Reception
12 noon
followed by **Pre-Racing Lunch**
wine supplied by **Gleeson Group Sales**

Best Dressed Lady Competition
Best Dressed Man Competition
Betting Facilities at your table
Large Screen to give all the effect of live racing

For information contact:
Noel Walsh (021) 4293770
Frank O'Connor (087) 2691212
Des Murphy (086) 8774442
Ian O'Leary (087) 2590861
Leonard Dowling (087) 9702426
Mary Walsh (087) 985 7456

Full Day's Racing Programme... All the fun without the hassle

Admission €60
Table of 10 €600
Individual guests and partial tables very welcome at €60 per person- EARLY BOOKING ADVISABLE

Valentines Disco

Following on from the very enjoyable inaugural Valentines 80's Disco the Social Committee are running another Disco for the young at hearts on Saturday 12 February starting at 9 PM.

CORK CONSTITUTION FOOTBALL CLUB MEMBERS
Valentines
80's DISCO

CORK CONSTITUTION FOOTBALL CLUB
SATURDAY FEB 12TH. 9PM TILL LATE!
TICKETS- €20

Remember last year!
SPOTS
FOOD

Tickets are available in the Clubhouse.

January Innovation Award

On Line Shop



This months innovation award goes to Eddie O'Connor who has set up an on line shop where Cork Constitution Club Jerseys, Shorts, Socks, Hoodies, etc supplied by O'Neills Sportswear will be available to purchase online at www.corkcon.ie from the 1st February 2011.

CLUB MEMORABILIA

If you have any Cork Con Memorabilia please contact Stan Waldron or Landy Hill who will arrange for copies to be taken and for the item to be returned to the donor.

We are especially interested in old photo's films or video of Con teams in action.

Many Thanks to Martin O'Brien for providing the photographs for the Cork Constitution.

Pat Twomey

We hope you enjoyed this issue of The Cork Constitution.

If you have any news item or article you would like published please forward to Pat Twomey at PATT@Ireland.com

All contributions are more than welcome.

Don't Forget to follow Cork Constitution on Facebook and on our website www.corkcon.ie