

[MALLOW RFC WEB SITE](#)

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TO INCLUDE YOUR STORY
OR PHOTOS CONTACT:
TNYHAN@ITS.JNJ.COM

INSIDE THIS ISSUE

- Minis in Carohkeel this Saturday
- U15 away to Muskerry
- Flag day on Xmas Eve, Volunteers wanted
- Drinks are on me says Halla.

POKER CLASSIC IN MONAS 28th DECEMBER

Contact:
Ronan Mac
085-2734328

Or
Richard Weedle

MINIS FIXTURES

Minis: U8s, 9s, 10,
11s & 12s play Char-
leville away @ 10.30
Buses leave @ 09.30
hrs. U13s play Kan-

MALLOW RFC NEWS

ISSUE 10

DECEMBER 2011

Mallow 1st XV off the pace against Kinsale

Kinsale 24—Mallow 1st XV 17

Mallow RFC 1st XV stay on top of division two this week despite losing away to Kinsale in a late come back into the game.

The North Cork side found themselves nine points to three ahead within the first twenty minutes after the Seasideers were found offside on numerous occasions. The Kinsale number six was a repeat offender throughout the game and would eventually see the sideline for a few games at least. Mallow, despite starting the stronger side looked a tired team after their tough encounter with Presentation the previous week and were somewhat over confident going into this game having won all seven games in the league to date.

Dave Walsh slotted over three penalties in the opening twenty minutes, however Kinsale managed to get themselves into kickable positions in the same period levelling each time with three penalties. Mallow had the upper hand in the first half, with Walsh slotting over another penalty before the break but also missing two more which could have given them a comfortable lead going into the second half. But Kinsale hit back each time as Mallow lead twelve points to nine at the break.

Kinsale looked the stronger side throughout the second half, winning seven of Mallow's line outs and the North Cork pack continued to struggle in this area, a notable absence was Brian Lenihan who had to cry off with illness on the morning of the match. Kinsale had done their homework on Mallow too, identifying the strength of the North Cork backs as a target and subsequently the Mallow boys struggled to put pace on their attack. Kinsale put pressure on Mallow's flat running lines closing off any opportunities of getting the ball wide.

But it was Mallow's poor decision making



that let them down this week as opportunities were wasted out wide and Kinsale punished the visiting side by putting runners crashing up the middle and the Kinsale maul took over from there. Kinsale ran in a try from their French fullback Pierre Sergione which the centre Paulo Vergance converted half way through the second half. Five minutes later Kinsale formed a ruck five metres from the Mallow line after another driving maul, the centre picked the undefended gap in the middle of the ruck and cleverly popped through and scored under the posts. Mallow put in a lot of effort defending throughout most of the second half and trailed twenty one points to twelve with fifteen minutes to go. The Kinsale number twelve's luck began to run out as he was sent to the bin, soon afterwards to be followed by the flanker who was red carded for stamping on a Mallow player. With Kinsale minus two players Mallow finally started to gain ground inside the Kinsale half and only for one lapse of concentration left Kinsale inside the Mallow half, giving away a silly penalty and widening the gap by twelve points. But the North Cork lads didn't leave the heads drop and Hooker Frankie Thornton got Mallow within a losers bonus point. Robbie Doyle kicked Mallow into the corner with a penalty and a quick line from Thornton the Ray Roche and back the hooker slipped over the line to bring Mallow within seven points. Walsh failed to convert and Mallow were unlucky

not to steal the game at the end and least leave with a draw. The Parkadillane side will have another tough task with a home fixture to St. Mary's in January. Kinsale 24 – Mallow 17.

MALLOW RFC 1st XV: J Sheehan, F Thornton, R Roche, J McCaulliffe, Eoin Glynn, D Murphy, N Lucey, D O Callaghan, S Holt, R Doyle, R Weedle, M Sweeney, R McCarthy, L Browne, D Walsh, C O Regan for J Sheehan, A Barrett, D Lucey, D Barry



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Players have been asked to meet on Thursday 23rd for the 12 F...ubs of Xmas.

Starting in Packies

Some rules of engagement:

**Must wear a Xmas top
Must not bring a partner
Cannot get sick
etc**

FIXTURES

Saturday 17h December

U 15 V Muskerry (A)

Sunday 18th December

Munster V Scarlets (H)

Saturday 08th January 2012

U13 V Shandon

U15 V Pirates

U19 V Muskerry

Kanturk too good for Mallow 2nds



To order jerseys

John Sweeney

Coaches information

HEAD THE BALL

Is it illegal to head the ball in a game of rugby union? From what we can recall Brown of Scotland jumped in the air and sent a booming header up field from a kick off. Apparently it is illegal to head the ball in rugby union but only in certain circumstances. If you don't have possession you may legally head the ball. There's been much debate on this subject at referees forums. But it is down to the referees interpretation. Why not try it out in your next match and find out.

VOLUNTEERS WANTED

Mallow RFC

Flag day

Christmas Eve

Call

Seamus

087—3792124

Mallow 2nds outplayed by local rivals Kanturk

Mallow 2nds XV were in action away to a well drilled Kanturk side on Sunday last. After a tight first fifty minutes, which had just three points separating the teams, it was the more experienced Kanturk side that pulled away in the second half. Captain and out-half Conor O'Donovan won the toss and elected to play against the stiff breeze. Mallow started slowly, allowing Kanturk to build momentum and score two tries in the first half. This could have been much higher only for some great defensive work by veteran centre Brian 'Stars' McMahon and full back Mark Roche. Mallow grew into the half and good ball carrying by Neil Sexton and Timmy Fitzgerald provided Mallow with much needed territory. Kanturk could indeed count themselves somewhat fortunate to still have fifteen men on the field as they received three separate warnings throughout the first half alone for dangerous play. The ever reliable boot of Mallow wing Martin O'Connor punished Kanturk indiscipline on three separate occasions in the half to keep Mallow very much in this game with the half time score standing at twelve points to nine in the home sides favour. The second half is one where lessons must be learned for this relatively young Mallow side if they are to fulfil their potential. Despite having the now slackening wind at their backs, a mixture of defensive naivety, individual errors and poor decision making, allowed Kanturk to run away as comfortable winners as Mallow failed to push on from a decent first half showing. Mallow showed glimpses of their undoubted potential in the second half with some great work by Graham Timoney and Daryl Barry putting Mallow on the front foot. They did manage to produce a try of their own towards the end of the match with Conor O'Donovan feigning a cross field kick to his hooker Cormac Nyhan and beating three men on his way to the line with scrumhalf Tristan Healy coolly slotting the extras. In spite of the result there were a few positives to be taken for this Mallow side. They had the dominant scrum on the day and the Mallow eight had their counterparts under pressure throughout the game at the set piece. This inexperienced Mallow side will have learned plenty from this match and can look forward to a fresh league campaign kicking off in the New Year. Final score was Mallow 16 – Kanturk 31.

Mallow 2nd XV : Tom Fox, Cormac Nyhan, Neil Sexton, Timmy Fitzgerald, Graham Timoney, Kieran Murphy, Brian Henry, Daryl Barry, Tristan Healy, Conor O'Donovan, Martin O'Connor, Brian 'Stars' McMahon, Raul, Anthony Bull, Mark Roche. Subs: Diarmuid Butler, Michael Downey, Michael Fitzgerald. Water boy: Darren 'the real Captain' O'Brien



Minis

Mike Hayes (left) is making sure of this tackle.

Luke Cotter moves the ball away against Dolphin



A big Happy Christmas to all our rugby players abroad this year. We can't wait until you guys come back and get stuck into the rugby at home.



Department of
**Agriculture,
Food and the Marine**
An Roinn
Talmhaíochta,
Bia agus Mara

Nutritional seminar

For Foundation level Coaches
Wednesday 18th January 6.30—9.00
Munster Suite, Thomond Park Stadium,
Limerick. 20.00 euro
Contact Siobhan
siobhancollins@munsterrugby.ie

• Saturday 17th December:

Minis: U8s, 9s, 10, 11s & 12s play Charleville away @ 10.30 Buses leave @ 09.30 hrs.
U13s play Kanturk in Carhokeel @ 11.00. U15 V Muskerry (A).

Sunday 18th December

Munster V Scarlets (H). **Saturday 08th January 2012:** U13 V Shandon, U15 V Pirates. U19 V Muskerry



COACHING COURSES IN 2012

Mini course: 27th / 28th January Colaiste Stiofan Naofa, Cork

Foundation course: 27th / 28th January Colaiste Stiofan Naofa, Cork

Mini course: 03rd & 04th February. UL

Foundation course: 03rd & 04th February. UL

<http://www.munsterrugby.ie/domestic/coaching/index.php>
fee is 55 euro, meals and course material provided