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MALLOW RFC

ISSUE 11

JANUARY 2012

NO Nonsense performance

Mallow 1st XV stay top of Division two with a no nonsense performance against a very fancied St. Mary's

Mallow 1st XV 16—St. Mary's 6

Mallow RFC 1st XV gave a magnificent display of rugby in a top of the table clash with favourites St. Mary's of Limerick. Mary's will regret not being able to play fifteen man rugby and having bullied teams with ten man rugby in the league to date they faced a young Mallow side that took no nonsense in the physical battle up front. If the Limerick side relied on stars like former Munster player Mike Story and Ryan Hartigan, Mallow had stars from one to twenty two, none of which was willing to take a step back. This was evident on the eight minute when Mallow one the first scrum against the head followed shortly after by a second when Mary's were penalised at the breakdown for not releasing a Mallow player and Sean Glynn playing at number eight slotted over three points. Mary's pushed hard for the Mallow line with their strong forwards maul inside the Mallow twenty two, but the Parkadillane lads defended with intensity. But Mallow were a much more balanced side and have been growing in maturity over the past number of games, with every opportunity the ball was moved wide with both Weedle and Browne running the tram lines deep into the Limerick twenty two. On ten minutes the Mallow front five drove Mary's off the scrum and were awarded a penalty for breaking early. Scrum half Sam Holt's quick tap,



moved the ball to Robbie Doyle who cleared into touch on the oppositions twenty two. Mallow second rows Brian Lenihan & John McAuliffe upset the Mary's throw in and the Limerick side were awarded a scrum for a knock on. But The Blackwater lads drove a stunned St. Mary's pack off their own ball, Sean Glynn broke from the back of the scrum and was awarded a penalty as a result of Mary's number six going off his feet at the breakdown. Number ten Mike O Flynn slotted over the opening score to put Mallow in the lead three points to nil. Within five minutes St Mary's were awarded a penalty for offside having worked their maul up the field and number ten Sean Lyons was short of the posts to register St. Mary's first score.

With ten minutes to the half time break St. Mary's continued to play their ace card, mauling the ball inside the Mallow half and gaining ten to twenty yards each time, but Mallow put a stop to one crucial drive five metres near the Mallow line, Mary's went through seven phases of pick and drive and were continuously met by a wall of Mallow defenders, Jason Sheehan,

Chris O Regan, Sean Glynn, Brian Lenihan, Denis Murphy and Neil Lucey all putting in big hits and no one standing back. All for nothing as Mary's were again penalised for going over the top and Mallow moved the quick penalty to Doyle who booted a long ball down field for Mike Sweeney and Len Browne to chase, both forcing the full back to find his touch inside his twenty two. Mallow's lineout was cleanly taken by Lenihan and the backs moved the ball wide with winger Richard Weedle taking the ball back infield to set up a ruck with Chris O Regan on tow. But Denis Murphy came into his own here securing the breakdown ball, as wing forward Neil Lucey picked and drove for the Mary's line with Sheehan pounding him over to touch down. Sean Glynn made the conversion and Mallow were looking comfortable four minutes from the break. But like most Limerick sides, Mary's were not finished and again made a huge surge forward with a driving ball inside the Mallow half, the number ten Lyons taking a neat ball from his scrumhalf and dropping a goal from twenty five metres .

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Mallow beat St. Mary's 16—10 (continued page 01)



The youngest player on the Mallow side that beat St. Mary's was Sean Glynn who was awarded "Man of the Match" selected by the Supporters.

Mallow went to the dressing room ten points to three and looked the more balanced side.

The second half started as the first finished with the battle up front taking its toll on both sets of forwards. Mallow made tactical changes with Ray Roche replacing Chris O Regan ten minutes into the half and Ronan McCarthy replacing Mike Sweeney. While St. Mary's made several changes to try and break the Mallow defence.

The young Mallow side continued to dominate the match out wide and were unlucky on a number of occasions not to have scored at least two more tries. On one instance Mallow turned over a Mary's ruck, the ball was moved from Frankie Thornton to Sweeney, who grubbered a ball behind the Mary's backs on the half way line down the wing, Browne ran on to the ball and tackled the opposition winger as he picked up, a turnover in Mallow's favour saw Dave Walsh pop to Ronan McCarthy who had only the Mary's line to beat. The referee hauled him back for a forward pass. Des O Callaghan replaced Neil Lucey on sixty five minutes.

St. Mary's started to get frustrated as they just couldn't get the better of the young Mallow side and were regular offenders at the breakdown. The number six was penalised for going over the top ten minutes into the second half and Sean Glynn duly obliged to slot over the difficult sideline kick, increasing Mallow's lead by thirteen points to three. Twenty minutes into the half Mallow were awarded another penalty on the Saints twenty from a Mallow

scrum. Sam Holt moved the ball from the base of the scrum inside the Mallow half to Sweeney who made a powerful run, breaking three Mary's tackles only to be hauled down on the opposition twenty two, again Mary's were penalised for not releasing the player and Glynn scored his third penalty. Mallow were looking good in keeping Mary's without a losers bonus point, but with literally three minutes left on the clock, Mary's made a last surge up field, probably the first time in the second half the Limerick side came inside the Mallow twenty two, the Mary's pack decided to let the backs have a go as they moved the ball wide for Sean Barry to score in the corner. Lyons had the crowd on tender hooks as he made his run up to take the difficult sideline conversion, but successfully got the bonus point to keep their chase for the top of the table. Mallow ran out worthy winners sixteen points to ten. Other results the weekend, Bandon beat Kinsale sixteen points to ten, Presentation beat Scariff thirty one points to three, Newcastle West beat Ennis eight points to three and the team to watch next week for Mallow, Killarney beat Ballincollig twenty one points to nineteen. Mallow have four games remaining, Killarney, Newport, CastleIsland and Newcastle West.

Mallow: J Sheehan, F Thornton, J McAuliffe, B Lenihan, N Lucey, S Glynn, D Murphy, S Holt, R Doyle, M O Flynn, M Sweeney, L Browne, R Weedle, D Walsh.
Subs: R Roche for C O Regan, R McCarthy for M Sweeney, D O Callaghan form B Lenihan.

Courses cost 55 euro / person.

To register contact Siobhan Collins @ 021—4323563

Coaching courses

Coaching courses are coming around again so plan well ahead.

Coaches coaching up to U12 should attend Mini courses.

Coaches coaching U13—U17 should attend Foundation courses.

Mini Coaching course—Colaiste Stiofan Naofa, Cork—25th & 26th November 2011

Foundation Course— Colaiste Stiofan Naofa, Cork—27th & 28th January 2012

Mini Coaching course—University of Limerick— 3rd & 4th February 2012

Foundation course—University of Limerick— 3rd & 4th February 2012

If you wish to apply for a coaching course, apply to the Branch and pay yourself. Bring your receipt to the Chairman of the Juvenile committee to be reimbursed.

2nds beat Listowel 17—0

**MALLOW
V
KILLARNEY
THIS SUNDAY
IN KILLARNEY
COME ALONG
& SUPPORT
THE
TEAM**

Mallow 's second XV made the long journey to North Kerry on Sunday last to face an experienced Listowel side in the opening game of the George O'Connell Cup. With competition for places at an all time high, Manager John Barry had the welcome problem of deciding who deserved to start the game. This Mallow side now has some real options from the bench and if they are going to be successful this year, it will have to be a squad effort. Captain Conor O'Donovan opted to play against the strong wind in the first half and the decision paid dividends with Mallow leading five points to nil at half time. The half was littered with scrums with both front rows going all out in a battle for dominance. In what was a scrappy first half, all that separated the sides was a moment of quality from the Mallow backs. In difficult conditions, they whipped the ball from one touchline to the other at speed with some lovely hands to allow Anthony Barrett to use his pace on the outside to touch down unhindered. Martin O' Connor was unsuccessful with what was a difficult conversion. The score was the lift Mallow needed and with the elements in their favour in the second half, they attacked the Listowel side with renewed vigour. However, once again the Mallow side failed to find continuity

in their play due to continuous infringements, poor handling and a definite lack of aggression at breakdown time. This lack of aggression was not evident though in the powerful ball-carrying of Dave O'Leary, Ger Deady and Timmy Fitzgerald. They ran direct and hard lines and were badly needed as the front row were investing huge amounts of energy in the high numbers of scrums. Mallow turned the screw at scrum time in the second half and managed to turnover three of Listowel's own put-ins. It was a fantastic effort by the Mallow pack and it was the fact that they scrummaged as an eight that allowed them to gain the hugely satisfying upper hand. It was one of these turnovers that led directly to Mallow's second try. Timmy Fitzgerald crashed up the centre and showed great awareness to offload to the supporting backline and in the end, after more superb handling, Martin O'Connor played a lovely pass inside to his centre Raul who was running a brilliant support line and touched down under the posts to give Mallow a deserved twelve points to nil lead with Martin O'Connor adding the straightforward extras. Mallow continued to keep Listowel pegged back in their own half with some great tactical kicking from out-half Conor O'Donovan and full back Mark Roche. Brian Henry got his just rewards for continuously putting his head in places where others would not put their

feet when he dived over from close range. This left the score at seventeen points to nil and it is how it finished.

It was perhaps the only disappointing fact of the day that Mallow failed to pick up the bonus point. However, it was a very structured performance by Mallow and they were made to work for the win despite Listowel never really threatening the Mallow line. It would be remiss not to mention the fantastic defensive efforts of Leo O'Regan who showed great tackling technique time and again and not to mention the impact of the bench, providing much needed fresh legs without letting the standard of play slip. This game was a momentum builder for Mallow and is a great start to phase two of their league campaign. They now look forward to taking on Ballincollig at home next Sunday at twelve noon.

Mallow Team v Listowel – Graham Timoney, Cormac Nyhan, Neil Sexton, Dave O'Leary, Ger Deady, Timmy Fitzgerald, Brian Henry, Daryl Barry, Brian 'Stars' McMahon, Conor O'Donovan, Leo O' Regan, Raul, Martin O'Connor, Mark Roche. Subs – Tom Fox, Pa Barry, Diarmuid Butler, Kieran Murphy, Anthony Bull.

Congratulations to Mallow RFC player Shane O Hanlon who was a try scorer in Christian College Brothers Kidney cup side that beat Ardscuil Ris.



Jerry & Ian selected for B & I Cup

This Friday night sees two Mallow RFC players clash for the second time over the past two seasons. Both 27 year old Jerry Cronin and 24 year old Ian Nagle have been selected to play in the British & Irish cup quarter finals as Munster A take on Ulster Ravens in Ravenhill.

Ian was also called up this week to the Irish training squad for Irelands six Nations campaign. Best of luck to Ian.



FIXTURES THIS WEEKEND

SATURDAY 21st JANUARY 2012

MUNSTER V NORTHAMPTON (AWAY)

U19 V BALLINCOLLIG (AL)

U17 V CROSSHAVEN (AL)

U8, 9s & 10s V CARRIGALINE (A)

SATURDAY 21st JANUARY 2012

MALLOW 1st XV V KILLARNEY (A)

JUVENILE COACHES

Over the next few weeks the *Juvenile Coaches* will be requested to read our *Child Welfare Policy* and sign the *relevant forms*.
John Sweeney & Louis Duffy
Will be in touch.