

[MALLOW RFC WEB SITE](#)

[MALLOW RFC BEBO SITE](#)

[MALLOW RFC FACEBOOK](#)

## INSIDE THIS ISSUE

- 2nd XV
- Mallow U15s win in Ballincollig
- U19s in friendly
- Keep Quiz date on your Calendar
- New toilets at Carohkeel.
- The people who make it happen, our Coaches

## NEXT ISSUE

More on the Coaches

Final Fixtures for season

# MALLOW RFC NEWS

ISSUE 03

OCTOBER 2011

## U15s field two teams in Muskerry

Mallow U15s travelled to Muskerry RFC last weekend with 40 players. With a mix of under 14s & u15s Head coach Ger Long was delighted with the turn out and said "It was great for the lads to get their first run out of the season. And lots of help was on hand with assisting coaches Denis Sheehan, Jason Sheehan, Ian Vaughan & Johnny Murphy. ***Mallow U15s V Muskerry***

Mallow U15s had a tough task on hand as they were up against a very strong Muskerry pack. This was Muskerry's second match and the Mallow lads were finding their feet in new positions on the starting fifteen. With a few lads still involved in GAA duties the North Cork players went down 5 points to 20 with Damien Hickey scoring for Mallow. Head Coach Ger Long singled out Hickey as a very good prospect for the club.

***Mallow U14s V Muskerry***  
While the U15s struggled to contain another very strong Muskerry pack the U14s were unfortunate not to win this one and only lost out by two points. Mallow scored four tries in



the last fifteen minutes of the game, with Evan Bolster & Kieran Fahey putting in one each and Damien Hickey who togged out for the fifteens ran in two tries. Captain David Fitzgerald converted three tries.

**Mallow U14 / 15 XV:** J O BRIEN  
H HEGARTY, D RIORDAN, K O  
REGAN, O O DRISCOLL, P DYNAN  
M KELLEHER, D MOYNIAN  
T O CONNELL, A FINNIGAN  
D HICKEY, J O CONNOR, A NOTTER  
P O SULLIVAN, J REDMOND  
J WHELAN, C O GORMAN, J NOLAN  
D FITZGERALD, S RYAN  
B O CONNOR, G SHEEHAN, K  
HAYES, P O DRISCOLL  
B MCNAMARA, E BOLSTER  
C O RIORDAN, M MCGRATH  
D LUCEY, D VAUGHAN, C MURPHY  
T O CONNELL, C O REGAN  
S HANNON

Coaches: Ger Long, Denis Sheehan, Ian Vaughan, Jason Sheehan & Johnny Murphy.



Book your Calendar now for a Table Quiz night.

**Mallow GAA**

**Thursday night 10th**

**November**

**All Welcome**

## FIXTURES

*Saturday 08th*

**U17 away to Kanturk**

**U19 away to Kinsale**

*Saturday 09th*

**1st XV away to Ennis**

All Coaches are invited to attend a training session on Module 01 "Managing the injured player"

Venue: Mallow GAA

Date: TBC

Presented by:

Paul O Driscoll—

Advanced Paramedic



**MALLOW GIRLS TRAINING HAS BEEN MOVED TO MONDAY EVENINGS IN THE TOWN PARK**

**Membership:**  
75.00 for full Family when one adult plays with the club

50.00 for Juvenile players & 25 euro for every additional playing member.

Contact Louis Duffy for information  
086—8233925

## Mallow girls get up and running

Mallow girls have started training over the last two weeks and currently train on Saturday mornings @ 10.00. Head coach Brian O Connor is focusing this season on 7 a side rugby as the Munster set up is trying to accommodate the low numbers turning out from clubs. "We'll be entering under 14s & 16s this season" Brian said "and we'll look into changing the training day from Saturday mornings to Monday nights". Brian has some great assisting coaches this season, with Hannah Lane, Trevor Costello, Kevin Ryan & Jill O Donnell all chipping in. Well done lads.



Mallow RFC girls U15 & U17s with Coach Brian O Connor at training last Saturday.



Under 12 / 13s Coaches L/R: Jim Barry, Pat O Sullivan, Packie Bolster, Ronan Curtiss & Sean Hayes

**Chadwicks come to the rescue** Recently you may have seen a new set of Ladies & Gents toilet units arriving on the Carohkeel site. Thanks to the generosity of Chadwicks who have provided some building materials, Project Manager Christy O Connell has transferred the new toilets from Parkadillane to Carohkeel and also did a lot of ground works. Thanks also to Chris for his hard work. More work is required on this project this coming week. All Volunteers welcome.



**David Ogilvie, New Zealand Rugby sports writer with the New Zealand Herald favours Ireland in Quarters.** The Kiwis are throwing their full support behind the Irish. "They're a team comfortable in their green skin," the New Zealand Herald said. His predictions are as follows: *Quarter-finals:* NZ over Argentina. Australia over South Africa, **Ireland over Wales** (experience plus forward power), England over France (the French look like they hate their coach).