**City defeat Clane in physical battle**

Like last week Head coach Peter Jones had his chance to rotate the squad and give guys their chance to put their names in the hat for selection, with the J2 league starting next week at home to Cashel and the J1 league starting in 2 weeks away to Newport there is plenty of rugby to be played in the coming weeks at both levels. In fairly warm weather ,with the ground rock solid a lot of hard hits were going in from the off, with both sides losing a player to injury within the first 10mins.The ruck seemed to be a mess with Clane consistently lying over the ball but City also found themselves being turned over too easily. City found themselves missing a few try scoring but on 30 mins a perfect chip through from stand in captain Nicky Jacob allowed Ben Walsh to gather the ball and score in the corner ,the conversion was missed, City led 5-0.City came out for the 2nd half and seemed to up the tempo with Danny Fell crashing through 2 tacklers and score under the posts, he converted his own try to bring City 12-0 up. Clane would be a tough nut to crack and kept plugging away at the City defense and 20mins into the 2nd half City found themselves down to 14 men with Tom Bowe shown a yellow card for an infringement at the ruck. Clane took advantage and their impressive scrum half found his way through to score a converted try, 12-7 to City. City kept finding themselves in the Clane 22, but the ball was being continually slowed down,which frustrated City and with 8mins remaining Barry Quilty was harshly sent to the bin for trying to clear a ruck . Clane with the one man advantage decided to run the ball only for the alert Fintin Purcell to intercept a pass and sprint in for a try which was converted again by Fell. That was to be the final action of the game, 19-7 to City. Still plenty to work on but it’s great to be winning tough games knowing we can do better. Next week our J2 side will play Cashel at home, date and time to be confirmed, please check facebook for details.

**Good performance City U-14s who beat neighbours Waterpark**

Some super rugby was played by both sides last Sunday morning in Kilbarry in this pre season friendly, it was back and forth from start to finish and both teams played with buckets of intensity and physicality . City came out 25-17 winners with 5 tries to 3. Well done to the players and coaches who can look forward to the start of their league campaign next week with confidence after some good wins in recent weeks.

**Our Minis are going to Musgrave Park!!**

This Saturday 28th of September our U-11 team will play Killarney at half time in the Munster Dragons game. Best of luck to them and the coaches, we hope everyone enjoys themselves.

***Fundraiser***

The club will be holding a fundraiser Saturday the 28th of September in the Kilcohan Dog track, tickets priced at €10 per Adult, €20 per family ticket (2 adults up to 4 kids) great prizes on the night, if you would like to purchase a ticket please contact Jemma Jacob on 087 2142385 PLEASE SUPPORT YOUR CLUB

**Women’s Training**

Our Women team training continues every Monday & Wednesday at 7:00 – 8:30, beginners more than welcome.

**Youths and Mini’s**

All of our underage have returned to training. If you have a child interested in rugby please contact Jimmy Foskin on 0863327327

Mini’s(ages 5-12) Sunday mornings at 11:00-12:00

U-13 & U-14 Wednesdays and Fridays 6:00 – 7:15

U-15 ,U-16 & U-18 Wednesdays at 7:00 – 8:15 Fridays 6:00 – 7:15