

enÉrgia



**SATURDAY
15TH
APRIL**

**CLUB LOTTO
JACKPOT €10,100
THIS WEEKEND!!**



***DOLPHIN
V
QUEENS***



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Welcome From Dolphin RFC President

It is my honour and privilege to welcome you to today's game.

This year marks our 120th year in existence, and we are delighted with the progress of the club in recent years, despite the challenges we have faced Nationally and Internationally – it proves how important sport is in our lives.

This progress is a reflection of the strong member base we have and the immense effort put in by so many volunteers – it truly is remarkable to witness the lengths that people will go to for the betterment of others.

Our underage structure is the heartbeat of the club, and for our mini's section, this culminates in their annual end of season London Irish tour, which is going as strong as ever. For our youths, they can be assured of an excellent experience in terms of coaching, team unity and most of all enjoyment. For those who get called up to the school's system, we wish them the very best in their endeavours, and we look forward to them returning to us at adult grade.

Our female player section has come on leaps and bounds since their inception last year, and even boast two senior ladies with international honours in their ranks, so are really heading in the right direction.

Our senior men's teams have solid numbers at all categories and have added strong additions in the off season in terms of players and coaching staff.

I wish Brian Scott, our coaches and players, my best wishes for today's game and in the games ahead this season. They represent our club with pride, and value your support throughout the season.

To our sponsors we say a huge thank you, our main Sponsor, Keary's Nissan, and all partnership sponsor levels. Your financial support is invaluable to our existence, and we encourage all members to reciprocate this by supporting our sponsors with their business whenever possible.

Finally, I would like to welcome you to our recently refurbished clubhouse. We want our members to enjoy the facility, and the fun and excitement of a match day experience.

Dolphin Abu

Mike Nash
President, Dolphin RFC.



It is my privilege to write to you in the capacity of President of the Irish Rugby Football Union for the upcoming season, 2022/23.

It was a remarkable achievement to have completed the 2021/22 season so successfully given the challenges clubs faced as we emerged from the restrictions placed on us by the COVID-19 pandemic.

That success was due to all the hard work by everyone involved in clubs, and your contribution is very much appreciated. This meant that the vast majority of games were played, and finals were held, including the Energia All Ireland League finals for women and men, which provided much needed days of celebration.

This new season brings much promise and new opportunities. It seems that the worst of the pandemic is behind us, and we can look forward, with some optimism, to a more normal season for 2022/23, which will be another busy year for all.

Challenges remain, and we have seen in some areas, for instance, in the case of adult players and volunteers, where numbers returning to some clubs has not yet fully recovered. We are all working incredibly hard to encourage people back and to bring new people into our game. I know our clubs provide an open invitation and a warm welcome to everyone, and we need to continue to do everything we can to attract more boys, girls, women and men, into our game.

I hope that 2022/23 can be a season where rugby values will be celebrated. The core values and pillars of our game which are respect, inclusivity, integrity, fun and excellence must be protected and promoted by all. We should be rightly proud of these values, which are respected well beyond the rugby community. Inappropriate and disrespectful comments or behaviours on and off the field of play, especially towards match officials, have no place in our sport.

I know that the start of any season is a busy time in clubs, and I hope that the use of technology and new systems, can alleviate some of the time commitment required. However, while technology helped us through the pandemic, I believe there is nothing like getting back into a room with people talking to each other. I know that clubs really missed this part of normal life, and it will be great to see a normal atmosphere restored to clubhouses from the start of the season.

I look forward to visiting many of our clubs and schools in the year ahead and meeting as many people as possible involved in our wonderful game.

For now, I wish your Club all the very best for the season ahead. I hope that all your teams at all levels have a successful season and that all the members of your Club thoroughly enjoy the year.

Yours sincerely
John Robinson
President IRFU



On behalf of everyone at Energia Group, I'd like to say how delighted we are to see the Energia AIL resume for the 22/23 season.

We are thrilled to be heading into what we're sure will be another action-packed season. It was wonderful to see such recognition of the quality of the league with increased attendance at games and huge online engagement last year and we hope to see those numbers continue to rise.

We would like to acknowledge and thank the clubs, players, and volunteers for their efforts to incorporate and adhere to the health and safety requirements and guidelines that allowed last season to be able to run to completion. This was a significant undertaking which did not go unnoticed.

We continue to be inspired by the clubs and their embodiment of #PositiveEnergy all across the country. This remains the core of Energia's commitment to rugby at all levels. Supporting the game from the grassroots has, and continues to be, at the centre of our partnership.

We look forward to another great season with all 60 teams getting back on the pitch and we wish everyone the best of luck.



Gary Ryan
Managing Director
Energia Customer Solutions



WE ARE A FRIEND TO THE IRFU CHARITABLE TRUST

If you would like to support those who have been seriously injured playing the game we love - please become a Friend to the Trust by visiting:

irfucharitabletrust.com/friends



About Us

It is a sad fact of everyday life that people suffer personal injuries through accidents in their homes, workplace, on our streets and roads and also in the pursuit of leisure activities and sports. In this regard rugby is no different from any other contact sport and unfortunately player injuries occur from time to time. Such injuries can be of a very serious nature, resulting in permanent disability in some cases.

The **Irish Rugby Football Union Charitable Trust** was formed in 1978 to assist severely injured rugby players in their everyday lives, and help to restore their confidence and independence; with the Trust being there for the injured players families as well.

There are currently **35 seriously injured players** registered with the Charitable Trust in Ireland, most of whom are wheelchair users and have some form of permanent paralysis.

The support provided by the Trust takes many forms and includes financial assistance for medical, nursing and caring expenses, home alterations, education and training costs, provision of wheelchairs and specialised equipment together with motor vehicles and vehicle conversion costs. The Trust also maintains regular contact with each injured player and their families.

Over the past few years the average annual cost of financial support provided by the Trust has been approximately €450,000. This is partly funded by direct grants from the IRFU, our Partners, along with various fundraising initiatives and donations. Fundraising initiatives include sponsored walks coinciding with Lions tours and the Rugby World Cup, golf tournaments, sports quizzes and gala dinners on the eve of a home Six Nations match along with the Friends of the Charitable Trust scheme.

The Friends programme is important to the Trust as it provides a regular income from subscriptions with membership currently in excess of 400. The Friends programme includes individuals, Clubs and Schools across the four provinces, as well as Corporate Friends.



FRIENDS



Who can become a FRIEND?

Anyone can become a FRIEND to the IRFU Charitable Trust – you can join as an **Individual**, a **Club**, a **School** or as a **Business** (Corporate FRIEND).

There are 35 seriously injured players across the Island of Ireland and we have individual, Club, School and Corporate FRIENDS from all four provinces.

How much is it to join?

Individual FRIEND:

- ☐ ROI: €150 per annum
- ☐ NI: £130 per annum (or €150 sterling equivalent)

Club / School FRIEND:

- ☐ ROI: €250 per annum
- ☐ NI: £220 per annum (or €250 sterling equivalent)

Corporate FRIEND:

- ☐ ROI: €1,200 per annum
- ☐ NI: £1,100 per annum (or €1,200 sterling equivalent)



Dolphin Legend Series

Barry Keeshan



Barry made his Dolphin AIL debut v Young Munster on 16th October 2005 and by the time retired in 2018 he had made the most appearances for Dolphin in the AIL (195), scoring 1634 points, five tries, 344 penalties, 230 conversions and 39 drop goals. This is in addition to the 164 points with UCC and 18 with Cork Constitution. He retired being the highest points scorer in AIL History. All that with just using a cone, he was well known not to use a kicking tee, just a simple cone.

A product of PBC, he played for Munster Schools and went on to play for Ireland U19's, both against England and in the FIRA Tournament (World Cup) in France.

In 2005 he was in the Irish 23 for each U21 Six Nations Squads, he did start against England when he kept Johnny Sexton to being an unused substitute. Tommy Bowe, Andrew Trimble, Stephen Ferris and Gareth Steenson were other well-known names in the squad that season.

He made a then record 10 appearances for the Irish Club International side. He played for Munster A and was named twice in the Munster 23 for Celtic League fixtures without being given the opportunity to take the field.

Barry was in the Munster 7's Squad that played in the City of Stirling Seven's in 2007.

Following his retirement in 2018, Keesh worked with Chris Rowe as backs coach to the Senior Team.

Club Lotto

Next Draw: 10/10/2022
Jackpot: € 7,400
[Play Online Now »](#)
Last Draw : 03/10/2022
Jackpot: € 7,300
15 2 4 10

The Club Lotto restarted at the end of August and while we had two lucky dip winners each week of €25, the Jackpot was still not been won and it will be **€10,100** next Monday.

Play now at www.dolphinrfc.com

Draw	Results	Jackpot	€25 Lucky Dip Winners
10.04.23	17,22,27,31	€10,000	Emer Scannell, Scott Marriott

Come and support us this weekend.

52 Draws €90

26 Draws €46

10 Draws €20

5 Draws €10

3 Draws in one week for a fiver



Like to be a member of Dolphin RFC, it's very easy, just click on the rugby connect box on www.dolphinrfc.com. This is both for new and renewals and lapsed members who would like to re-join.

Go the Finn's



Many of our members will remember the Finnish Captain, Jussi Viljanen who played for us for two seasons (Pre Covid)

Jussi is back in Finland and will be representing his country in possibly their most important game ever v Andorra on 22th April. Ranked 78th in the World, they are playing in Conference 2 North of Rugby Europe, essentially the 5th level of European Rugby, 6th Nations being Number 1.

If they beat Andorra they will go up to Conference 1 for the first time. Best of luck guys.

Thanks to our Finnish correspondent Eoin Hodkinson who would have played with and against many of the Finnish Team when with Eagles RC Turku.

Fun Facts:

- o The U 18.5's played Bandon twice in a week, in different competitions. They played on a Friday, just five days after playing in the Munster Cup Final, then they met again five days later, is this a record.
- o The J2's are coming close, they play Highfield in the Mick Barry Cup Final on 14th April and the semi-final of the Dave Dineen Cup on 21st April.
- o Dolphin's 10-10 draw, away in Cashel was their 469th AIL fixture – what happened in that game that had not happened in Dolphin's previous 468 games. There was no kick scored, two tries each, no conversions, penalties or drop goals. Based on 18 games a year, it's due to happen again in 2048.

Bonus points & Scoring records

- o Dolphin scored a Try Bonus point and lost, 10 times in our first 464 AIL games, yet it has happened a further four times in our last nine AIL games.
- o Dolphin have scored more Bonus Points (10) this season than in our 31 year AIL history.

In 1996-97 Dolphin were promoted to Division 1 for the first time with 9 wins, 3 losses and a draw- how did that team compare on the scoring front to 2022-23.

(1996-97 we played 13 games, so an adjustment made to match first 17 games – 60000-22)

	1996-97 Actual	1996-97 Adjusted	2022-23
Penalty Tries	1	1	3
Tries	34	37	49
Conversions	17	22	32
Penalties	27	35	9
Try Bonus Points	3	4	4



This photo nearly broke the Internet two weeks ago, with comments like “Peter Stringer’s brother’s look more like Peter than he does” many not being able to pick him out.

Just to confirm, John is the one in the middle.

Weekend Fixtures

Dolphin	J2's	Fri	7.30 pm	Highfield	Woodleigh Park	Mick Barry Cup Final
Dolphin	Men's Senior	Sat	4.00 pm	Queens University	Musgrave Park	AIL
Dolphin	J2 Selection	Sat	6.30 pm	Aylestone Athletic RFC	Musgrave Park	Friendly
Dolphin	Boys U 13	Sat	12.00 pm	Ballincollig	Musgrave Park	League
Dolphin	Girls U 14	Sat	12.00 pm	Cobh - Carrigaline	The Paddocks	Friendly

Munster U 18.5 Finalist's Carrigaline-Dolphin



Left to right on top.


Adam Hughes, Aaron Conroy, Fionn Herlihy, Daniel Coleman, Shane O'Neill, Ben Cashman, Barry Kelleher, Darragh Buckley(vcapt), Oscar O'Suilleabhain, Michael Collins Powell, Richie Heaslip(Capt), Conor O'Suilleabhain, Darragh O'Regan, Dave Curtin, Dylan Callaghan, Darragh Hickey, Rian Coleman.

Bottom left to right

Thomas O'Donovan, Joe Blake, Shane O'Neill, Oran O'Mahony, Ben O'Meara, Jack Kelleher, Chris Callnan, Ciaran O'Dughain, Daire O'Callaghan, Luke Lenehan, Charlie Whitford, Conor O'Farrell

They put in an incredible effort just to see Bantry Bay scoring a try, eight minutes into additional time to take victory 19-17.

It has been a busy season for them, it was their 12th fixture in the competition, winning 10, losing by a single point in one game, by two points in the final. They had also won their three games in the group stages of the South Munster League and faced Bandon in the quarter-finals just five days after the Munster Cup Final. .



They progressed to the semi-final but faced Bandon again, in the first round of the South Munster Cup just five days later. Bandon took the honours this time and the Carrigaline-Dolphin side took on Cobh Pirates less than three days later in the League semi-final.

A very good performance officially recorded as a 30-0 victory over Cobh Pirates sets them up for another Final against Kinsale on 23rd April. After that there is even more silverware on the line as they also make it to a Munster Plate Semi-Final, it's been some season.

Munster Honours

Conor O'Suilleabhain has been called into the Munster U18 clubs squad for their Ulster game this Saturday and Daniel Coleman also attending.

Daire O'Callaghan was a try scorer for Munster schools v Connacht last Saturday





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Lucia Linn Makes International Debut

Congratulations to Lucia Linn (now listed as Loughborough University/IQ Rugby) on becoming an Irish U 18 International, starting for Ireland v Italy last weekend.

This U18 6 Nations festival is played over a week, the games are just one half (35 mins). On the opening day they firstly played France and Lucia was on the bench wearing No 28. A couple of hours later they took on Italy, continuing with the same numbers. Lucia started in the centre but wore No 28, she is pictured above having made a vital turnover on her own line when they were 10-0 ahead with just over three minutes left on the clock.

She also played v Scotland on Tuesday, scoring a try in Ireland's 31-5 victory.

MUNSTER SENIOR CLUBS LEAGUE 2C

	POS	TEAM	PLD	W	D	L	PF	PA	DIFF	PTS
1	0	Dolphin RFC	6	5	0	1	189	101	88	26
2	0	Sundays Well RFC	3	3	0	0	96	37	59	15
3	0	Midleton RFC	4	1	0	3	95	92	3	8
4	0	Clonmel RFC	4	1	0	3	54	87	-33	6
5	0	Bruff RFC	5	1	0	4	38	155	-117	4

The Senior Seconds have been unable to refix outstanding games to mathematically put the league beyond doubt.

Well done lads, hopefully the table will be updated soon.

Dolphin v Aylestone Sat 15th April 6.30pm Musgrave Park



We would like to welcome Aylestone Athletic RFC who are coming to our shores from Leicester.

No doubt there will be many of stories about “ The Old Horse” their local hostelry and their Main Sponsor.



They must have had the same March weather as we did.



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MONDAY 15TH MAY 2023

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Tee Box Sponsorship is available at a cost of **€250.00 per Tee Box.**

Please contact Michael Hanrahan @ 021 4551511 or info@hanrahanbuilders.ie, if you wish to participate in this event. Thank you for your continued support.

Yours sincerely,

Michael Hanrahan
086 825 7928
info@hanrahanbuilders.ie



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Dolphin Queens University

15. Eamonn Mills	(73)		15. Rory Telfer
14. Rob Reardon	(68)		14. Michael Orr
13. Sam Boyle	(28)	Dermot Mills School of Motoring	13. Robbie Johnston
12. Craig O'Connell	(13)		12. Ben Heath
11. Alex Pope	(13)		11. Jonny Hunter
10. Tomás Quinlan	(14)	JJ O'Driscoll Superstore	10. Ritchie McMaster
9. Daryl Foley	(122)	ESI Technologies Ltd	9. Harvey Paterson
1. Johnny Leahy	(109)	Referee	1. Jack Boal
2. Phil Dowling	(27)	Dermot Blake	2. Alexander Clarke
3. Dave Jennings	(63)		3. Scott Wilson
4. Dave O'Mahony	(154)	Sorensen Civil Engineering	4. David Whitten
5. Brian O'Mahony	(27)		5. Jake McCay
6. Matt Barry	(27)		6. Peter Heasley
7. James Vaughan	(75)	Kumry Construction Ltd	7. Curtis Pollock
8. John Fitzgerald	(79)		8. Lorcan McLoughlin
16. Evan Chester	(3)	Spectrum AV	16. Harry Long
17. Dave Lynch	(3)	Cathal Conlon & Co	17. Niall Carville
18. Barry Fitzgerald	(67)	O'Donovan Engineering	18. Patrick McAlpine
19. Craig O'Herlihy	(25)	D & M Crash Repairs	19. Ryan Davis
20. Ryan O'Herlihy	(19)		20. Stuart Martin

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Saturday morning 9.30 am to 11.00 am

Saturday afternoons for home games

Monday & Tuesday mornings 9.30 am to 12.00 am

Contact Details

Barry O'Flynn 086 8163713

b.oflynn@hotmail.com



Name: Cillian Ansbro
Position: Wing
Clubs: Youghal, UCC
AIL Caps: 12 (5T)



Name: Matt Barry
Position: WF/2nd Row
Clubs: Dolphin
AIL Caps: 27 (2T)



Name: Sam Boyle
Position: Centre
Clubs: Tralee
AIL Caps: 28 (3T)



Name: Dave Byrne
Position: Hooker/Prop
Club: Dolphin
AIL Caps: 69 (4T)



Name: Alex Denby
Position: 2nd Row
Clubs: Clontarf
Caps: 73 (5T)



Name: Michael
Dorgan
Position: 2nd Row
Clubs: Dolphin
AIL Caps: 0



Name: Phillip Dowling
Position: Hooker
Clubs:
Portarlinton/UL Bohs
AILCaps: 27 (4T)



Name: Philip Elwood
Position:
Clubs: Dolphin
AIL Caps:



Name: Barry Fitzgerald
Position: 2nd Row
Clubs:
AIL Caps: 67 (10T)



Name: John Fitzgerald
Position: No 8
Clubs: UCC, Old Wesley
AIL Caps: 79 (6T)



Name: Daryl Foley
Position: Out Half/Full
Back
Clubs: UCC, Crosshaven
AIL Caps: 122 (14T, 45P,
83C)



Name: Ryan Foley
Position: Scrum
Half
Clubs: Cork Con,
Nice, Ealing
AIL Caps: 19 (6T)
Player Sponsor: ESI
Technologies



Name: Evan Chester
Position:
Hooker/Wing
Forward
Clubs: Douglas
AIL Caps: 3

Name: Luke Horgan
Position: Scrum Half
Clubs: Dolphin
AIL Caps:

Name: Dave
Jennings
Position: Prop
Clubs: UCC,
Clonakilty
AIL Caps: 63 (5T)



Name: Mark
Kavanagh
Position: Wing
Clubs: UCC
AIL Caps: 3

Name: Diarmuid Keogh
Position: Wing Forward
Clubs: Dolphin
AIL Caps: 14

Name: Johnny Leahy
Position: Prop
Clubs: Dolphin
AIL Caps: 109 (2T)
Player Sponsor:
Spectrum AV



Name: Tim Marron
Position: Wing/Full
Back

Clubs: Crosshaven/UL
Bohs
AIL Caps: 12 (3T)



Name: Luke Moloney
Position: Centre/Full
Back

Clubs: Douglas
AIL Caps: 8 (1T)



Name: Mick Mullane
Position: Prop
Clubs:

AIL Caps:
Player Sponsor: D&M
Crash Repairs



Name: Darren
Noonan

Position: Prop
Clubs: Dolphin
Player Sponsor: O'
Donovan Engineering



Name: Eamonn Mills
Position: Full Back
Clubs: Landsdowne
AIL Caps: 73 (15T)
Player Sponsor: D
Mills School of
Motoring



Name: Craig O'
Herlihy
Position: No 8
Clubs: Dolphin
AIL Caps: 25 (2T)



Name: Ryan O'
Herlihy
Position: Out Half
Clubs: Dolphin
AIL Caps: 10 (1C)
Player Sponsor: JJ O'
Driscoll Superstore



Name: Brian O'
Mahony
Position: 2nd
Row/Wing Forward
Clubs: UCC
AIL Caps: 27 (5T)



Name: Dave O'
Mahony
Position: 2nd Row
Clubs: PBC
AIL Caps: 154 (12T)
Player Sponsor:
Sorensen Civil Eng



Name: Cam O'
Shaughnessy
Position: Centre/Out
Half
Clubs: Dolphin
AIL Caps: 44 (8T, 1P,
2C)



Name: Conor Nash
Position Scrum Half
Clubs: Dolphin
AIL Caps:



Name: Tomas Quinlan
Position: Out Half
Clubs: Cork Con,
Colorado Raptors
AIL Caps: 16 (33C, 9P)



Name: Timmy
Phelan
Position:
Winger/Full Back
Clubs: Dolphin
AIL Caps: 50 (4T)



Name: Alex Pope
Position: Scrum
Half/Wing
Clubs: Dolphin
AIL Caps: 14 (2T)



Name: Rob Reardon
Position: Wing/Full
Back
Clubs: PBC
AIL Caps: 68 (14T)



Name: Cian Scott
Position:
Prop/Hooker
Clubs: PBC
AIL Caps: 38 (8T)



Name: Thomas Oige
Scannell
Position: Wing
Clubs: Clonakilty, UL
Bohs
AIL Caps: 19 (2T)



Name: Shane
Scannell
Position: Centre
Clubs: Clonakilty
AIL Caps: 6



Name: James
Vaughan

Position: Back Row

Clubs: Shannon

AIL Caps: 75 (8T)

Player Sponsor:

Kumry Construction



Name: James
Rochford

Position: Prop

Clubs: Rugby NY,
Highfield

AIL Caps: 76 (6T)



Name: Craig O'
Connell

Position: Centre

Clubs: Old Christians

AIL Caps: 13 (4T)



Name: Alex Moore

Position: Wing

AIL Caps: 1



Name: Adam
Abdusalam

Position:

AIL Caps:



Name: Charlie
Dwyer

Position:

AIL Caps:



Name: Shane O'
Driscoll

Position:

AIL Caps: 1



Name: David
Lynch

Position: Prop

AIL Caps: 3

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James Vaughan 0872883590 James@kumry.ie



David / Vivienne Dineen, 085
8227116 023 8844551

dandmcrashrepair@gmail.com



ESI

Technologies Group

Process Equipment Specialists

Sandra Coleman 021 4510902
scoleman@esitechgroup.com



Martin Walsh 0862429318



Brendan O'Driscoll, 0872444296 office@jjodriscoll.ie

SORENSEN

Niamh Crowley 021 4968917
info@sorensen.ie



Deirdre O'Donovan 0862235901
info@odonovaneng.ie

SPECTRUM AV
Pro Audio Visual Solutions

Denis Ryan 0873865500
Denis@spectrumav.ie

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