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U20s Premier: Keith Murphy
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Women's: Arthur Greene/Aidan Donnelly/

Neilus Mulvihill

 Club Head Physio:
 Ciaran Wade

 Physio Manager:
 Tony Rafferty

 Strength and Conditioning:
 Ian Hirst

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ACKNOWLEDGEMENTS

DUBLIN UNIVERSITY FOOTBALL CLUB WOULD LIKE TO THANK ALL THOSE WHO HAVE CONTRIBUTED ARTICLES TO THIS YEARBOOK AND PARTICULARLY TO ALL OUR SPONSORS, PATRONS AND ADVERTISERS FOR THEIR GENEROUS SUPPORT.

DESIGN & LAYOUT: SNAP LEESON STREET PRINTED BY:TURNERS PRINTING LTD

The views expressed by contributors in this programme are personal ones and are not necessarily those of the Club.

FOR UP TO DATE DETAILS OF ALL CLUB FIXTURES & RESULTS, EVENTS, MEMBERSHIP, SPONSORSHIP, COLLEGE PARK COLLECTION AND MUCH MORE VISIT OUR WEBSITE:

www.dufc.ie





Message from Alan Rogan President, Dublin University F.C.



t is with great warmth and gratitude that I welcome all members, supporters, family and guests to Dublin University Football Club and indeed to those who may like to get involved with the Club at whatever level this season.

Also, to all our visiting clubs and their supporters a very special welcome to College Park, home of Trinity Rugby. Throughout Ireland, it is important that we continue to build relationships between our clubs and embrace the rugby community.

It is important to Dublin University Football Club that, not only on the pitch relationships and friendships develop, but also an understanding that we are a family and we remember the contributions of all who have been involved in the past and the parents who have made it possible. We are very lucky and fortunate to have a wonderful ground in College Park, it is unique and special. We are thankful to all who make it such a memorable environment in which to play, support and visit.

As the oldest continuous rugby club in the world, we are acutely aware of our responsibilities and endeavour to uphold the ethos of the game at the same time embrace inclusivity for all in our community. Preserving this philosophy comes with challenges and the Club is blessed with wonderful leaders who understand the importance on delivering this in every aspect

of D.U.F.C. club life and of providing the role modelling for our players that inculcates their commitment, love for our Club, and drive to reach their potential.

It is with thanks to our Trustees and Executive Management Committee for their continued support, enthusiasm and encouragement which have guided the Club to its current strong position.

We are very privileged and appreciative to have wonderful people delivering our programme: our Executive Management Committee members, our Director of Rugby Tony Smeeth and his Assistant Coach Hugh McGuire, our Club Administrator Kay Bowen and so many unsung heroes throughout our Club. We are so proud of your current delivery and your continued commitment to improve the wellbeing, fitness, health of all our players in your care. Thank you all

We are very grateful to all our Sponsors, Patrons and Supporters of the Club. A particular mention must be made with respect to our main sponsor the Bank of Ireland, whose contribution to the Club makes it so much easier for us to achieve our goals and your active engagement with the Club makes it so enjoyable for all concerned. Thank you all for your continued support.

To all our Parents, how lucky are we? Your support, enthusiasm and commitment are unwavering regardless of the team. It makes your son/daughters' experience all the more special. Thank you and enjoy your journey as well as theirs. It is truly unique!

If you can, do please take out Club membership, this will help us build on our status as the oldest continuous rugby club in the world. With membership you will have access to International tickets (on a first come, first served basis) and more importantly participate in social and networking events. Just visit our website www.dufc.ie for further details. I look forward to meeting you all at our various games, activities and events throughout the year and at the unique '1854' Dinner.

Last year, was indeed a truly remarkable and

successful year throughout the Club. It was such a joy to witness: our 1st XV reaching the Division 1A Semi Finals and the Leinster Senior Cup Final as well as winning back to back Colours matches; our Under 20's retaining the All Ireland Cup and our Women's team being runners up in their League, beaten finalists in their Cup competition and gaining promotion to Leinster League Division 2 for the first time. What a year for Trinity Rugby!

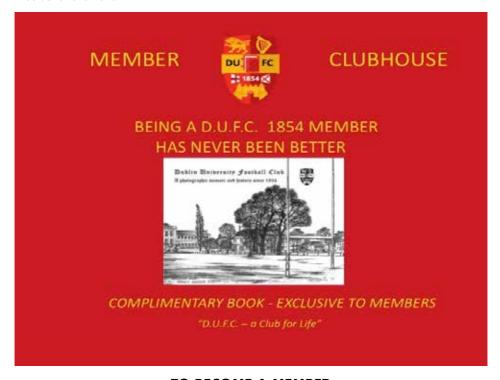
I wish, our Club Captain, James Hickey, our Women's Captain, Genevieve Ruesch, Team Captains & Coaches and their players every best wish for the season ahead. Whatever the season brings, let us all enjoy and do our best.

Looking forward to meeting you all throughout the season. Enjoy the journey and let us be thankful for it.

#aclub4life Alan Rogan President 2019-2020



President of DUFC, Alan Rogan and President of Wanderers FC, John Fitzpatrick exchange gifts on behalf of their clubs on the Wanderers FC 150 Years Celebration (Saturday, 21st September 2019)



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Acted as debt advisor for the successful raising of new facilities.

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Message from Joann Hosey **Provincial Director, Bank of Ireland Dublin**



Bank of Ireland is delighted to support Dublin University Football Club ahead of another season.

Whether in College Park, or on their travels, the players always represent the red and white iersev with passion and determination and Bank of Ireland is proud of our connection with Trinity College going back over 200 years.

Before embarking on another year in the All-Ireland League. I would like to congratulate the Club on their achievements last season. Finishing fourth and qualifying for a semi-final play off against the eventual winners was no mean feat given the competitive nature of the top division and a sincere well done to all the players involved

We cannot forget the memorable six point win in torrential rain in the Colours Match against your great rivals from down the N11, the first time in 23 vears that DUFC secured back to back Colours victories

The women's Colours Match preceded the men' match in the UCD Bowl once again was a momentous event and it is fantastic to see the

women's game thriving on campus. Furthermore, congratulations to the Women's team who were promoted to the second division of the Leinster League.

In terms of individual accolades, it's important to recognise the five players from DUFC who were in the Ireland Under-20's squad which won the Grand Slam, and subsequently played in the World Championship in Argentina.

Bank of Ireland is delighted to be associated with all of these achievements and we look forward to following the fortunes of Club Captain James Hickey and all the players during the season ahead

Wishing continued success and enjoyment to everyone at the Club.

Joann Hosey, Provincial Director, Bank of Ireland Dublin





Dublin University Football Club Captain's Message by James Hickey



am greatly honoured to be the D.U.F.C. Club Captain for the 2019/20 season, following on the footsteps of so many illustrious past captains going back to the Club's Foundation in 1854.

I would like to take this opportunity to thank the USA Tour Committee, the parents, players and particularly our sponsors, tour patrons and programme advertisers for their contribution without whose support and generosity the recent pre-season tour of the USA, would not have been possible. It was a truly unique and memorable tour, one that all participants will remember for a long time. The facilities and hospitality we enjoyed were second to none and the comradeship on and off the pitch amongst the touring party will serve us well for the season ahead.

Last season was one of the most successful in the Club's history with the 1st XV qualifying for the AIL Division 1A playoffs, the top tier of Irish Club rugby, for the first time ever. We also won the 67th Annual Colours match in the UCD Bowl for the first time and were beaten finalists in the Leinster Senior Cup. Several of our players also represented Ireland and Leinster successfully at various levels throughout the season.

An undoubtedly successful season, made

possible by the contributions of many people in Trinity. I must first acknowledge Colm Hogan, last season's Club Captain who was at the forefront of all the hard work and effort that enabled the Club to perform to its highest ever standards under the guidance of our Director of Rugby, Tony Smeeth and his coaching team. Thankfully for us, Colm will be togging out in the white jersey again this year, an enormous boost for the Club.

Thanks also to Aidan Walsh our Club President of 2018/2019, a true Trinity rugby fanatic and a great presence in the Club. I look forward to working with Alan Rogan, this year's Club President as we strive to build on the rapid improvements made in recent years by this great club under the stewardship of John Boyd.

The success of last season was not limited to just the 1stXV by any means. The U20's side, led by James Moriarty, retained the title as All Ireland Cup Champions, Trinity being the first club to do so. The U20's side epitomised the strength in depth of the Trinity Academy as they secured a comprehensive victory against U.C.C. in the final despite the unavailability of many players due to their involvement with both the Seniors' semi final play-off game and the Ireland U20's team. This team's success was accompanied by individual successes, with five D.U.F.C players representing Ireland U20s national team in their Grand Slam 6 Nations victory and their hugely entertaining World Cup run. The 2nd XV maintained their league status and the J3's also won their Colours fixture in College Park in unforgiving conditions in April

The D.U.F.C Women's XV, captained by Jane Leahy achieved promotion to Division 2 of the Leinster League with Linda Djougang earning a call-up to the Irish Senior squad for the Six Nations after some superb performances. Although no silverware was obtained last season, the women's team did manage to get to their League and Cup finals which is a massively encouraging sign for this coming season.

This season is a new one and the success of last year is behind us. As a group we face

new challenges and we have different goals to other years. The only way to achieve our desired outcome is to do what we have done before even better, work tirelessly in a culture driven by togetherness and hunger. I have no doubt the coming season will be a memorable one, hopefully filled with many exciting matches played both in College Park and across Ireland. We will do everything in our power to be on the right side of each result, all the while playing our own brand of rugby - hard-nosed and fast.

I must also thank everyone involved in the Club, including the parents, for their continued support, especially in relation to the club's fundraising

events for our USA Tour. The squad having completed a successful pre-season training camp and practice matches are looking forward to the coming season with excitement levels rapidly growing.

I can't wait for the AIL season to get underway as we take on UCC on the 5th October in College Park. I hope to see you all out in force cheering on the team during the season, wearing the unmistakable D.U.F.C bobble hats!

Yours, James Hickey. D.U.F.C. Club Captain 2019/202





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Message from Nicky Comyn

President, IRFU 2019/20



n my own behalf and on behalf of the IRFU, I extend my best wishes to Dublin University FC for the 2019-20 season and hope it is a successful one

The start of this season heralds the staging of the Rugby World Cup in Japan and I know you join with me in wishing every success to coach. Joe Schmidt, and his management team, together with the Ireland playing squad.

This Rugby World Cup year creates a very busy season, taking account of Ireland's women 15s team: the under 20s: men's and women's sectors; the fortunes of our provincial clubs in the Guinness Pro14 and Heineken Champions

Cup and also the myriad club, women's, third level and schools competitions through the grass roots landscapes.

While by its nature the professional game takes precedence on the International stage. the welfare of the domestic amateur game is of paramount importance to me and to the IRFU. Having been chairman of the AIL and Third Level, I am acutely aware of the position of clubs and I take this opportunity to acknowledge the committed and critical role being played by our huge number of volunteers, who make it all happen.

I greatly welcome the IRFU's signing of a five year partnership with Energia, which sees the electricity and gas supply company become the official energy partner to Irish rugby and also title sponsor of both the men's and women's All Ireland League competitions.

This year is the 30th anniversary of the AIL and the support being demonstrated by Energia is timely. It will hopefully give a lift to all clubs in the AIL. both men and women.

I appreciate the struggles of some clubs at all levels and hope this season 2019-20 will be a special one. I wish your club, its members, volunteers, players and supporters every success and enjoyment for the rugby year.

Nicky Comyn President IRFU 2019/20



Rob Russell scoring a try against Italy in the U20's World Cup - Argentina 2019

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Message From Robert Deacon

President, Leinster Rugby



As President of Leinster Rugby I am delighted to have been given the opportunity to write a few lines for your yearbook for the 2019/20 season. I would like to start by congratulating Alan Rogan on his appointment as Club President and wish him, and all associated with Dublin University FC every success for the year ahead.

Last season your 1st XV enjoyed a fine campaign in the All Ireland League finishing fourth before coming up short against eventual winners Cork Constitution in the semi-final playoff. You enjoyed a superb victory in the annual "colours match" against arch rivals UCD in an excellent match played in atrocious conditions, one which I had the pleasure of attending. You also reached the final of the Leinster Senior Cup.

Your U20s finished runners up in the JP Fanagan Premier 1 league and successfully defended the Frazer McMullen Cup defeating UCC in the final, and the women's team reached the final of the Paul Cusack Cup. Congratulations to all involved.

I would like to wish Tony Smeeth, Director of Rugby along with Hugh Maguire and all coaches, back up teams, and particularly all of your players, well for the coming season across all competitions.

Club rugby is primarily about the players at all levels and I would appeal to you all to keep

playing for as long as you can. Nothing beats playing the game. If you are reaching the end of your playing career do stay involved, help out the club in whatever way you can. You will find you will still continue to have the fun, spirit and camaraderie you had in your playing days.

If you find yourself forced to retire, for whatever reason, why not consider representing Dublin University FC by becoming a referee. The ARLB are always seeking new recruits and will be delighted to provide training and mentoring to those interested in developing as a match official.

Like all clubs you have a core of hardworking volunteers, to Chairman John Boyd along with Kay Bowen and the many members who give of their time willingly to run club, I commend you all for your dedication and input.

The Leinster Branch have been fortunate to have many Dublin University FC members serve as administrators at all levels over the years. I would like to pay tribute for the vast contribution of your current Branch representative Michael Coughlan. His input to rugby in the province has been acknowledged by having been elected by the Leinster Clubs to sit the IRFU Committee.

This being a Rugby World Cup year, the season will be challenging for Leinster rugby, particularly in the early stages of the campaign, as the senior team strive to retain the Guinness PRO14 League and regain the Heineken Champions Cup, and chase that fifth star on the blue jersey. It will be an opportunity for the academy players, a number of whom represent Dublin University FC, to make an impact.

I am sure you will all join me in wishing Leo Cullen and the squad every success, and I look forward to meeting many of your members supporting the team be in Energia Park, the RDS Arena, the Aviva Stadium and beyond.

Finally, I look forward, in my year of office, to visiting and enjoying the unique atmosphere that exists when watching matches in College Park and partaking of the warm welcome that is always given by you, the members of Dublin University FC, in the "Pav". I wish you all a great season ahead.

"FROM THE GROUND UP" Yours in rugby,

Robert Deacon, President, Leinster Rugby 2019/20

A Message from Energia **AIL Sponsor**



e at Energia are extremely proud to have further strengthened our commitment to Irish rugby by becoming the Official Energy Partner to the Irish Rugby Football Union (IRFU) and title sponsor of the Energia All-Ireland Leagues (AIL). Through our five-year partnership, we are committed to supporting rugby at all levels through the teams, clubs and competitions the breadth of the nation.

Energia understands the value of the AIL and the importance of fostering and nurturing Irish rugby

clubs so that collectively we can continue to build world-class international teams. We look forward to working closely with the IRFU over the coming vears to help facilitate the future development of rugby in communities up and down the country through our new campaign #PositiveEnergy.

Through the #PositiveEnergy campaign, we will be offering tools and supports to help Irish rugby clubs reach their sustainability goals. For so many players and fans, the journey and passion begins at their local club and Energia wants to ensure the future of these clubs. If we can help them to become sustainable, the clubs can re-invest in grassroots, ultimately developing the next generation of players, coaches and volunteers.

This is an exciting time for Energia. We are passionate about investing positive energy in rugby, from grassroots level with the Energia All-Ireland Leagues, to provincial level as the Official Energy Partner of Leinster Rugby and our stadium at Energia Park, all the way to the highest level of the Irish Men's and Women's teams.

On behalf of Energia, I would like to wish all club and international teams the very best of luck for the upcoming season.

Gary Ryan **Managing Director Energia Customer Solutions**





SENIORS PUSH THE BOUNDARIES!

2018/19 Season Review by Tony Smeeth

Coming into the last season, the Trinity Senior squad had been cleaned out, this happens every two or three years in this famous old College club of ours. I remember going to Galway with a very new looking group for our annual training camp. We took 34 players. The spirit was very positive and the lads worked hard on the pitches and the classrooms of NUIG. But it really was "what you don't know – won't hurt you" type deal! We had only one starting forward from the previous Colours in April and that was Alex MacDonald who was only available for the first 6 games as he was off to New York to play in MLR.

We had massive challenges in the front row as well with zero AIL experience coming back at prop - we had graduated 7 front rowers with League 1A experience. Coach Hugh McGuire was his usual "Doom and Gloom" - "we are all going to get killed"! He might have had a point when we played Connacht J1 Team NUIG winning the game easily but getting pushed around at scrum time. I guess that is why we pay the old Coach McGuire the big bucks to go with his OAP Bus pass! Need less to say the 'over time' he clocked up on the scrum machine and live scrummaging on Tuesday nights and a bit more on Thursday "Stick it - Stick iiit Dylan".. or TC or Azis or whomever had the good fortune to play at Tight-head prop on any given week.

We came back to Dublin, and on the Friday night we played a very confident and buoyant Old Belvedere fresh off an impressive summer of recruiting and pre season training in the Leinster League. We were not ready for this at all and at half time had shipped an incredible 40 pts! If you had told me at that point that we would be playing in an AIL 1A semi final come the end of the season. I would have committed you to the "funny farm"! In desperation the night before in training we had moved our Belgian and U20s Pennant No8 Bart Vermeulen to Loose-head prop. Any one who knows Bart will testify the boy has a 'hard nosed' attitude and incredible strength built with many, many hours in the weight room. At half time Bart came into the game, Belvedere were busy making substitutions and clearly took their eye off the game. The lads started winning some ball and we pulled back to 40-38! Before the clock ran out..

We were well beaten by Clontarf 34-12, our rivals had six Trinity Colours on the pitch from the previous April and we had one! We then had the privilege to play Lansdowne in the Aviva Stadium, a 'once in a lifetime' opportunity for any club player these days. Lansdowne had started the Leinster league strongly. But even though Trinity lost, we led the game going into 70 minutes. Two yellow cards killing off the game for us.. It was at this point that 'green shoots' of hope began to appear. Maybe we might be able to compete? The bookmakers did not think so they had us at 500-1 to win the All Ireland league.

We had several players with Leinster A playing in the Irish/Welsh Cup which would mean we would be short of these players for the first three games of the AIL campaign. These players included Jack Dunne, Ryan Baird, Giuseppe Coyne Thomas Clarkson, Dan Sheehan, Liam Turner, Jack Kelly and Micheal Silvester. Our first AIL game was away to Garryowen. The lads really stood up to the experienced battle hardened Limerick men playing all the rugby on the day. On the run of play - it was a crime we never got the win, but a little naivety on the day possibly cost us the 27-25 loss. We had a conversion from the corner to draw with the last kick of the day, but it should not have come down to that.

Our first home game was against UCD in a non colours league game. On a horrible wet day we probably were unlucky only to get a 23 all draw against a big UCD pack who scored in the last play of the game. So we were playing quite well without getting the wins, it was a classic case of 'young team in the big league' scenario.

We travelled down to Cork Con the next week, and were well beaten by the League favourites 25-13. We scored two late scores which flattered us on the day that we looked like an U20s team playing Senior rugby.

We then went on a run of winning games, first



Best wishes from Investec to DUFC on their US Tour 2019



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up was a good win over Young Munster when full back Michael Silvester announced his return to Trinity Rugby with as good an individual performance seen in College Park in many a year. 'Silvo' scored three tries and made the fourth in a four try bonus point win, you would have to think if he was not playing we would have struggled to win 31-19 on the day. It was good to get our first win all the same.

We travelled out to Terenure for 'Friday night lights', a game we dominated the first 20 minutes running up a good lead, but then showed our inexperience by not getting a bonus point for four tries but winning 25-8.

We hosted Shannon who were newly promoted back to the top league and were in a rich vein of form. We started shakily but really turned it on in the second half to win 31-19 for the second time this season. I think it was on this day that I thought we might be able to survive if we could stay healthy.

But we travelled down to UCC for their 'Colours'. The Cork University were playing well but not winning. It was an ambush just waiting to happen in front of a big volatile crowd. We never really got off the bus, we did get back to 14-14 on 65 minutes, and looked like we might undeservedly sneak a win against an inspired home team. But it was not to be as the home team scored two late tries.

At the beginning of the season you could not help but notice our four game winter streak against Clontarf A, Lansdowne H, Lansdowne A and Clontarf H. To play any of these Dublin powerhouses is always demanding, but to do it four games in a row was almost unthinkable. Except for the Lansdowne Away game straight after Christmas the boys embraced the challenge and incredibly got an unthinkable before 'double win' over Tarf with all their ex Trinity heads and took Lansdowne close, leading on 60 minutes 6-5 in awful conditions in College Park.

We were now in good shape for the last seven games of the season. Suddenly it was realistic to start thinking "top four" rather than "lets avoid relegation" which has been the usual story for us in this league. We had three difficult close games with anxious one score wins over UCC, Shannon and newly resurrected Terenure. These games could easily have all gone the other way. But the lads stood up to massive physicality from their opponents.. but came out on the right side of the scoreboard.

We faced relegation threatened Young Munster in Limerick, on the run of play we could have won the game, but the hunger of the home team was the difference and we deservedly lost and learned a huge lesson in the process.

Next up was a date with runaway league leaders Cork Con in College Park. Since we have been in the top league, we have never been close to upsetting 'Con'. On this day we played some sensational rugby against a team who possibly were a couple of percentage points off their best game. The second half was very special, our execution was so accurate on the day, and it was as good as any rugby played by Trinity in this season or any other that I have been involved...

This unexpected win over Con guaranteed us a semi final, and it was 'odds on' that the game would be away to Cork Con. We had a "dead rubber" home game vs Garryowen, so it was probably good that we could relax and just enjoy our last game in College Park for the season. Its always a special day particularly for the few lads who are leaving, Niall O'Riordan, Cian O'Dwyer and Joe Horan. Although we will not be losing too many of this years team, the reality is that 'this team' will never play together. Again with all Trinity teams there are changes from season to season its just the dynamic we work/play under. The other very recent dynamic is that we have many potential professional players and you never know if you are going to see those guys again, even though they are still in College. We actually played some good rugby that day against Garryowen and ran out convincing winners in front of a large home crowd.

We then had to play the Leinster Cup Final vs Lansdowne in Donnybrook on a Thursday night, to qualify our league game with Clontarf was our quarter Final and then we beat Division 1B leader Old Wesley in the semi final. The Final was wedged between the last league game and the Cork Con Semi Final, added to this was the U20s were defending their All Ireland title on the Saturday after, and we had the small distraction of Final exams the next week!

We decided to play a fringe team in the Cup Final, in fairness it was the fringe team who had gotten us to the final in the first place.

We pressed a full strength Lansdowne for most of the game and led on 60 minutes. But Lansdowne deservedly won out in the end, scoring a few late tries to pad the score..

The U20s went on to retain the All Ireland U20s Title vs UCC the following Saturday, and then it was full steam ahead for Cork Con. With a few 'Final' exams thrown in on the way. The players are to be commended on the way they balanced their exams with the most important game in our recent history. It is certainly something we try to avoid at all costs, and the lads who have a "no excuse" culture were exemplary in their dealings with this challenge.

We travelled down to Cork for the semi final the Saturday night before, picked up 6-7 lads outside the Simmonscourt RDS exam hall, and made our way down South.

The Semi Final is now history and Cork Con were full value for their 23-3 win. We gave it a rattle. For me the game changed on one play right on half time, when we were 6-3 down into the breeze. We had possession on the halfway line, but got turned over somewhat questionably and Con took their opportunity attacking the blindside and kicking through and scoring, 13-3 down at half time was a killer blow, and we never recovered, we chased the game from deep and got turned over again on a great defensive read by the home team for Con to score. A sickening blow for the Students, most of the game was our attack against their defence and on the day we just could not get the guick ball our attack craves. Con defended brilliantly, and had clearly done their home work to win out comfortably under the circumstances. They went on to win the Final vs Clontarf to prove they were the best Club team in the land which their league form all year had shown.

What a year! And hopefully we have taken a step forward as a Division 1A club. The league is so tough, and momentum is very important as all the teams are capable of beating each other. Every week there are surprises when bottom teams beat the top. Our model in Trinity has its obvious flaws and we can lose that important momentum at times..

In articles like this its always good to thank the every increasing group that is DUFC. The coaches who put in so much time, not just in training but on 'hudl' and on scouting the opposition. Special thanks to my assistant coach Hugh McGuire who has put up with me for the past 20 years or so. Every year I say the same, but he makes boys into men at an annual rate. The scrum creaks but rarely goes backwards and just keeps developing all year. Same for the Line Out which is now so intricate and technical that it makes back play/strategy look simple!

Thanks to the defence coach Gareth Pickering, who has taken on our understanding of defence to new levels. The clarity and technique he brings to our defence is outstanding. With few exceptions our defence was a different quality this season.

It may surprise some of our supporters but we brought in a kicking coach not just for the poles but for strategy. Shane Murray has been a great addition to the coaching staff. Our continual discussions about this topic are ongoing! But the theory is when we do kick we kick with clarity and purpose and Shane has added that to our arsenal







Northwood Business Campus wishes **DUFC** all the best for the season



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2018/19 Season in Pictures





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TRINITY U20s NATIONAL CHAMPIONS REPEAT!!

rinity U20s with only two players from last season's winning team won the Frazer McMullen Trophy for the All Ireland U20s Championship for the second year running.

Every season that a team plays can always be termed a "roller coaster" with the natural 'highs and lows' of a season taking its toll on players coaches and supporters alike. But the Trinity U20s squad of 2018-19 had some serious ups and downs! The first challenge was that the team used 50+ players. We seemed to start the season with one squad and finished it with a near totally different team!

I have been involved in six All Ireland U20s championship teams over the years. The formula for success is usually the same, a talented, settled squad working very hard with good depth, with the majority of the starting XV - second year U20s players. But this year was different due to the 'fluid' nature of the season with National and Provincial U20s and U19s squad weekends. Add to this an incredibly young 1st XV with up to 12 U20s players on any given Saturday, playing in the All Ireland league.

The Trinity U20s came into the season with the usual high expectations, we had won the All Ireland the previous season for the first time in 12 years, so why not do it again, right?

We had our usual 2-3 trial games in September losing to Clontarf, UCD and Old Belvedere respectively. We had big numbers (60+) but very few lads were available from the season before. The Seniors XV were in a total rebuild with only one first choice player from the previous season. So any 2nd year player worth his salt was up with the 1st XV.

Until now all Trinity U20s teams have had the same Captain for the entire season, this team had four! Back row and natural leader from Glenstal Abbey Rory Clarke started the season, but got injured early on, and only played a few minutes after the Christmas break, Out half Micheal O'Kennedy was next up, but his superb

performances got him selected for the Senior 1st XV, same with flanker Reuben Pim. So in late January centre James Moriarty took up the mantle and did an incredible job of binding the entire squad together. He literally grew into the job, was very positive throughout and led by example on and off the field.

The JP Fanagan Premier League traditionally starts with seeding games, these games can be quite intense as it sets the tone for the season, lose 1-2 games here and you can find yourselves in the 2nd Division for the season. A fresh looking Trinity U20s are always vulnerable to an upset in these early games. Particularly against the 'Old Boy' teams from Blackrock, Terenure and St Marys who for obvious reasons come in more settled.

Fortunately, Trinity won their two games after a difficult first half where we scored on half time to draw level 10-10 we went on to beat Old Wesley 55-10, against a team who would go on to win Division 2 easily by the end of the season. We followed this up with a good win over Blackrock College RFC 40-8. We began to show a bit of form as our shape and combinations began to integrate together. We followed this up with a statement against a strong Old Belvedere squad who had recruited well and been beating all comers early in the season. 57-8 was an awesome show of power against a quality team.

Next up was the Irish Universities Championships in Cork for the inter-varsities, and although UCC and NUIG pushed us close in 30 minute group games, the boys showed great character to come through. Trinity faced Belfield rivals UCD in the Final. Cheered on by the watching Senior squad who had been playing Cork Con nearby, the pack just dominated possession from the kick off with UCD rarely seeing the ball. Trinity winning 21-6 to lift the Conroy Cup for an incredible 6th time in a row. The celebrations in Cork were good as always and the team building that went with it could only help bring the lads together.

The next week Trinity hosted a strong Leinster laden UCD, these 'back to back' games are

always difficult if you have played the week before and won. But Trinity won again playing sublime rugby 46-14 in College Park. They followed this with an always difficult win over arch rivals Lansdowne 36-18 in College Park.

Trinity were now just behind table leading Clontarf who had been destroying teams and were next up for the students. Trinity took the lead early, but lost 3 forwards in the first half through injury. Clontarf were not to be denied and with several players from the All Ireland final the April before, were superb on the day and fully deserved their 33-21 win over a shell-shocked Trinity squad who tasted defeat for the first and only time before Christmas. We scored two late tries that flattered us on the scoreboard. It was clear if we were to repeat our All Ireland win from the year before, the road was going to go through Castle Avenue.

With games against the top half of the league played, Trinity now faced Terenure, Barnhall and Blackrock in the run into the Christmas break. Without really playing well and squeaking past Terenure in particular they went in to the break 2nd place behind the rip roaring North siders.

After Christmas a disjointed Trinity team continued to struggle to find their form, with players at this stage coming in and out of the squad.

In the new year, Old Belvedere were well beaten again. But then we slipped badly against a highly motivated UCD who were clearly sick of losing to Trinity U20s in Belfield. Trinity have dominated this fixture the past 4-5 seasons. But UCD clearly were out to change that on the day. Winning comfortably and inflicting on the Inner City University the worst loss in several years. 50-7 Ouch! Incredibly only 4 players remained from the Trinity win over UCD in College Park such was the transition/attrition during the season. Interestingly, 10 of this losing team would go on to start in the All Ireland Final V UCC later in April. Crucially this loss truly grounded the group. The lads dedicated themselves to getting better every day in the gym and on the pitch.

We bounced back to get a good win in Lansdowne 21-10 always a tough place to win. We then lost to Clontarf in College Park 23-13 who deservedly won the league that day. But although we lost the game our U20s unlike the first game with Tarf dominated in possession and position and played all the positive rugby. We just got the balance wrong and were very loose, wasting opportunities throughout the game. We were all looking forward to April when the big All Ireland Trophy would be up for grabs. We closed out the regular season with a win over Terenure 22-10

The U20s season really is separated into two parts. We have the regular league which is a marathon and you are jostling for seeding's for the All Ireland U20s Championship. We took 2nd in Leinster, so we got a home draw in the quarter Final in College Park. Coincidently, we faced Shannon having gone to Limerick for the same QF game last season. The Lads came out on fire on a beautiful spring day in Dublin and simply blasted the Visitors off the field in the opening minutes, playing at a tempo and intent that we always strive. The big difference was on this day the execution was excellent. It was difficult for Shannon to get off the bus and face wave after wave of attack. Trinity won out 70-17. In a real statement of intent to the rest of the competition.

Next up was Lansdowne who had narrowly beaten Garryowen on a cold windy Aviva Stadium back pitch, We dominated all the stats but the scoreboard. Lansdowne defence was heroic that day, and took their opportunities and with 2 minutes to go lead the game 29-25.

We looked dead and buried, the body language was not good. But in the last play, the boys pulled together one last play, went through several phases before cutting back open and passing the width of the pitch for skipper Moriarty to break through before feeding Andrew Hogan who released Paddy Opperman out wide in space game over, we are in the Final for the second year running. The mild surprise on the day was the news that Leinster champion Clontarf had lost to Munster Champion UCC 29-28.

The Final was arranged for Naas RFC on a ultra hot spring day in Kildare. This was a great statement for University rugby to have two teams contesting the National U20s final. UCC were in impressive form beating Leinster teams UCD in the QF and Clontarf in the semi final.

I don't think anybody expected what actually

happened in this Final. Trinity upped their performance from previous games against a well drilled and hungry Cork outfit. The blend of fitness and ball skills along with physicality at the breakdown was wonderful to behold from Trinity U20s. The game was over on 55 minutes when Trinity led 36-3 scoring some sensational team tries along with two freakish tries from Paddy Opperman who was unstoppable on the day with his speed and footwork. Trinity won out 43-21 in the end.

For the second year running Trinity had kept their best performance to the All Ireland Final, always the ideal time to do it!! Congratulations to UCC who have had a great year in their own right.

Special thanks must go to the players and the large squad who contributed to this very special

triumph. The lads work so hard, with 40+ players doing 3 mornings a week in the gym under S + C coach lan Hirst. The training sessions are so competitive at times, and coaches Keith Murphy, Ross McCorry and Dave Murphy have been so much fun to work with. In Trinity we run two Premier U20s teams and it always pays off that we can do that. Our U20s Freshers team came 4th in Division 2 of the Leinster U20s league, they probably played their best games in training vs the Premier U20s making training incredibly competitive. Thanks also to physio Warren Barry who keeps the lads on the pitch for the most part with his highly professional methods.

Congratulations to Ross McCorry and Warren Barry on new additions to their families – Finn and Willow respectively!!

Tony Smeeth, Director of Rugby.





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James Hickey 6'2 | 92kg | 21 yrs

Studying 4th year Engineering School/Club St. Michaels Honours Leinster U18s, U19

This year's Captain, James had another strong season last year helping DUFC to the AIL semi-finals. A natural leader, James sticks out head and shoulders (but mostly head) from the rest as a vocal presence on the pitch. James is most liked during his scheduled and well needed 'quiet hour'. Always leads by example.



Rugby

Alan Francis 6' 1 | 96kg | 20 yrs

Studying Business and Management DIT School/Club Blackrock College Honours Leinster U19, U20, Ireland U18

Franno joins us from Blackrock RFC after apparently putting the team on his back. A 110 metre hurdler in the past, Franno is a great athlete and has shown huge potential in just a handful of training sessions since his arrival. It is yet to be seen if he will be able to reconcile with his now teammate, Mick O'Kennedy, after promising to hospitalise him in their SCT clash in Donnybrook. He will certainly make a very strong case for a starting berth in what is already a very competitive back row this season.



Arthur Greene 6'4 | 102kg | 21 yrs

Studying 4th year Geography and Geoscience School/Club St. Michaels

Arthur is another member of the 2018 All-Ireland U20s winning team that has moved his trade into senior rugby. A true club man, Arthur was one of the coaches for the Womens team last year and can usually be found at any DUFC event involving pints. A man who runs, albeit at the same pace, for the whole 80 minutes Arthur works tirelessly and puts his body on the line every game. With Arthur being unhygienic and generally unkept, it is fitting that his party piece is showing people his toes. All jokes aside they're messed up.



Adrian Binders 6' 2 | 93kg | 20 yrs

Studying 3rd year BESS School/Club Blackrock College Honours Luxembourg

Our hard hitting Luxembourg international battled with injury early last year to come back and star for the U20s All-Ireland campaign. One of the hardest working players in DUFC, Binders is a workhouse both in the gym and on the pitch. Binders is ready to bring his physicality to 1st XV rugby.



Rugby

Aziz Naser 6' 3 | 115kg | 20 yrs

Studying Legal Studies DBS Graduate 2018 School/Club St. Fintans Honours Leinster U18 clubs, U19 Aziz is a hardworking young player with great potential as he has shown multiple times. A physical tighthead prop, he played in many games for the 1st XV last season and will hope to build on this game time this coming year under the watchful eye of Hugh McGuire. A man of many talents Aziz can leave you in stitches with his hard hits and witty one liners.





Bart Vermeulen 6'2 | 103kg | 19 yrs

Studying 2nd year BESS Honours Belgium U18

Bart is a workhorse when it comes to anything about rugby. A self-confessed gym addict, Trinity's Keep Rugby Clean Ambassador puts up some jaw dropping gym scores for a 19 year old. Bart made the transition to prop last year and performed extremely well for someone who was a complete stranger to the position at the start of the year, a testament to his hard work and obsession to always improve. When he's not murdering Fenners in a "grab" drill Bart can be found watching Love Island, Bridget Jones Diary or having a protein shake as a dessert.





Billy O'Hora 5'10 | 95kg | 21 yrs

Studying 4th year BESS School/Club Crescent College Honours Munster U18 Schools

A powerhouse of a winger with great pace and competitive nature. Billy re-joins us this year after an unfortunate training ground injury followed by an Erasmus to Australia robbing us of him. Despite this he has a wealth of AIL experience having played when he was in 2nd year. A great man to have on the pitch, in the changing room and during a sing song. Best avoided on a night out, which is usually easy enough seeing as he is most likely already in a jail cell.



Cameron McCrum 6'5 | 115kg | 23 yrs

Studying BESS School/Club Belvedere College

There are three certainties in life: death; no one liking Nulty; and Cameron McCrum announcing he will stay on at DUFC for another year. Cam, who is very fond of an accumulator on just about anything, is still the bookies favourite to be the youngest ever DUFC president in the club's history. A club man who is at the heart of the changing room jokes Cam is also very involved in the organising of social events and all things DUFC. It came as a relief to the whole club that Cam is with us for another season.



6'0 | 90kg | 23 yrs Conor Lowndes

Studying 3rd year Genetics School/Club Colaiste lognaid Honours Connacht U20s, A, Ireland 7s, Irish Universities

Lowndesv is in his second year with the club now having spent time in the Connacht Academy and with the Irish 7s. A very physical scrum-half who has the ability to play almost anywhere across the backline. Lowndesy is a big social media user, so much so that he often pretends to go spear fishing for the sake of an Instagram and likes to live stream a cover of Sticky Fingers in his back garden. His long blonde surfer hair is an easy spot on the pitch, his bullet of a pass and enormous box kick are also eye catching. Lowndesy will be looking to continue on his fine form of last year and attain as much game time as possible with the 1st XV.



Rugby

Colm Doyle 6'1 | 82kg | 21 yrs

Studying Yodelling School/Club Newbridge College Honours U15s Connacht Wallball, Ireland U19 Rugby League

Doyler is a skilful and courageous scrumhalf, outhalf or centre, a man who puts his body on the line with each tackle and enjoys a skip pass. Doyler played for the J1 side for most of last year and will hope to build on the improvements he made. A man who always loves a good meme.



Colm Hogan 6'2 | 95kg | 22 yrs

Studying Law & French School/Club Glenstal Abbey Honours Munster U18, U19, U20, A, Ireland U18, U19, U20, 7s, Irish Universities.

Last year's club captain has to the delight of the club announced he will be togging out in the white jersey again this year. A cruel injury picked up in the Colours win sees Colly unavailable till October. Never afraid to tell a joke, no matter how bad it is, Colly usually is his own hype man and frequently high fives himself when no one else will. A fullback or wing who showcased moments of individual brilliance last season and one of the most experienced players in the squad, Colly's presence this year will be a massive help to the team.



Darragh Porter 6'0 | 85kg | 21 yrs

Studying 4th year Engineering School/Club CBC Monkstown

Darragh was forced into a year sabbatical last season due to an unfortunate jaw injury, the cause of which remains vague to this day. A lightning guick winger who is equally as strong, Darragh is an impressive athlete who understands the game. He comes into this season hoping to continue his prolific form at U20 level and earn his starting spot in a hotly contested back three. It is a widely held view that Darragh's dad is much cooler than him





Donal Liddy 6'0 | 90kg | 22 yrs

Studying Aeronautical Engineering School/Club C.B.S Mullingar Honours Defence Forces, Ireland U19 Rugby League

Lids is a very powerful winger who loves the physical side of the game. He is also a great aerial threat as he showed last season fielding many box kicks and high balls. A member of the Air Corps and recently graduated from his degree in Aeronautical Engineering, Lids is a man of many talents.



Rugby

Donnchadh Mescall 6'2 | 117kg | 20 yrs

Studying Human Resource Management DIT School/Club Blackrock College Honours Leinster U18 Clubs, Ireland U19

Mescal is in his second year now with the club having had an injury ridden season in first year. A player with great potential but it's difficult to know seeing as he only played 23 minutes of rugby for the club. One of a number of players who will be looking to nail down his claim for the spot at hooker. Mescal is a great person to have in the changing room and is always one to whip up a cup of tea with a box of Cadburys Chocolate Fingers on the side.



Trinity Ruabu

Dylan Doyle 6'4 | 123kg | 23 yrs

Studying Automotive Management & Technology School/Club Ratoath College Honours Leinster A A quiet but crucial member of the squad last year, Dylan proved to be a vital member of the squad as the team reached the top 4 of the AIL. A smart and mobile player for a big man. Dylan's scrummaging improved with every week last year under Hugh Maguire's watchful eye. A friendly giant and great singer, we look forward to see Dylan progress even more this year with hopefully more renditions of his *clap clap clap, crowd favourite song.



George Downing 5'10 | 90kg | 20 yrs

Studying 2nd year Maths & Economics School/Club Glenstal Abbey Honours Munster U18 Schools George was a key figure in the U20 All Ireland winning team from last season. His escapades in Munster has shaped him into a wrecking ball on and off the pitch. He has a history of injuring his teammates, one particular incident involved a LUAS stop and a famous Mango. George's favourite things include DTwo Thursdays, pulling hamstrings, concussions and studying in secret.



Trinity Rugby

Giuseppe Coyne 6'0 | 105kg | 20 yrs

Studying 3rd year BESS School/Club Blackrock College Honours Leinster U20, A

"Champagne Peppy" is an outside back living in a props body. Scoring an outrageous 5 tries last season, Pep is not your traditional loosehead with the skill and speed of a centre, he is also the best impressionist since Joe Horan's departure from the club. Pep can be described as everyone's favourite pizza and enjoyed his fifth pizza at Forbidden Fruit this year.



Rugby

Hugh Twomey 6'9 | 86kg | 20 yrs

Studying 3rd year BESS School/Club Gonzaga

Supposedly hailing from Cork, Hugh is a Gonzaga man through and through. Make of that what you will. He was involved in many of the Senior games at the beginning of last year and proved he can play at AIL standard. He then went on to play in the centre in the U20s side and was pivotal to the teams success. Hugh is often ridiculed and excluded from jokes and social events due to the fact that he is very tall.





Jack Dunne 6'7 | 114kg | 20 yrs

Studying Theoretical Physics School/Club St. Michaels Honours Leinster A, Seniors, Ireland U18 Schools, U19 U20

Dunners is another one of our Leinster bolsters as he made his senior debut in the team's win over Zebre last season. Dunners brings a phenomenal amount of experience and knowledge to the game and has shown to be a great addition to the club since his arrival. A towering second-row standing at 6'7" he brings a great physical presence and clarity to the team when he plays.



Jack Kelly 6'1 | 90kg | 21 yrs

Studying Law School/Club St.Michaels Honours Leinster U18 Schools, U19, U20, A, Seniors, Ireland U18 Schools, U19, U20, Ireland 7's

Our very own Globetrotter, Jack has travelled the world and is far more cultured and sophisticated than everyone else. He is coming into his 4th year with Trinity off the back of a very busy season where he played in a couple of the clubs AIL fixtures, captained Leinster A to a B&I Cup victory, won his first cap for Leinster Seniors and was selected for the Irish 7s in many of their World Series events. An electric fullback or wing with the power to play centre, Jack always has a big impact on every game he plays.



Trinity Rugby

James Fennelly 6'1 | 80kg | 22 yrs

Studying BESS School/Club Blackrock College

Church Bells began ringing throughout Trinity as word had spread that Jesus Fennelly decided he would grace us with his almighty presence for another season. An outhalf with a laissez-faire approach to the game and an ability to put others into space with sublime touches of skill. His offloads, cross-fields and general outrageous play have Tony Smeeth pulling his hair out until he sees they have by some miracle come off. However he was unable to put out the fire he started on "Bad Boys" barbeque. The go to man if there is ever a crucial kick that needs to go between the sticks.



James Moriarty 6'0 | 88kg | 21 yrs

Studying 1st year anything School/Club Gonzaga College Honours Leinster U20s

'Morsh" captained the U20s side to All Ireland victory last year and proved to be a leader when one was needed. A physical and skillful centre, 'Morsh' has all the skills an inside back can want. His other skills include chatting to fifths to no avail, being the first person to get barred from the Pav and blaming Mick O'Kennedy for anything bad that happens to him. Morsh will hope to build on his successful season and play as much 1st XV rugby this year as he can.



Johnny McKeown 6'1 | 93kg | 21 yrs

Studying Economics & History School/Club Ballymena Academy Honours Ireland U18 Schools, Ulster U18 Schools, U19, Irish Universities.

With an accent and demeanour that could make you weak at the knees, our Northern Irish backrow is certainly the heart-throb of the squad. Johnny has played a crucial role in the club since he arrived. A powerhouse at U20 level who has showed no signs of slowing down as he has made the transition to a weekly starter for the 1st XV last season. A tremendously hard-working individual, Johnny often leads from the front in both fitness and gym work.



Liam Turner 5'10 | 88kg | 20 yrs

Studying BESS School/Club Blackrock College Honours Leinster U18 Schools, U19, U20, A, Ireland U19s, 20s

Turner is a powerful and fast centre or winger who comes into his second year with DUFC off the back of a very successful year. A crucial player in the Irish U20 Grand Slam winning and World Cup team which he captained once, he also managed to carve out some time to represent Leinster A and score some brilliant solo tries. A talented footballer who can put in hard hits and kick off both feet, Turner is always up for a night out after a game, so long as he is allowed call his mummy every hour.





Liam McMahon 6'1 | 89kg | 20 yrs

Studying 2nd year Business Management DIT School/Club Blackrock College

Liam "church boy" McMahon returns for his second year with Trinity after a successful season of three games where he was instrumental in winning the All Ireland title. Liam is a powerful and fast winger who is well able for AIL rugby, he will hope to fight his way into a starting spot on the 1st XV with the back three already looking like a fiercely contested spot. Off the field he likes to spend his downtime watching tik-tok videos, eating crisps and attending mass.



Louis O'Reilly 6'2 | 85kg | 19 yrs

Studying 2nd year BESS School/Club Blackrock College Honours Leinster U18,19, 20

A hard hitting, physical scrum half who tackles like a back row. Louis arrived into Trinity off the back of a summer playing with Leinster U20s. With excellent game management and a strong kicking game he became a leader in the U20s All-Ireland winning side. He will be competing against his cousin, 'Mas' for game time with the firsts. Louis was frequently heard shouting "Mâs who?!" in College Park while 'Mâs' was away on Erasmus last year.



Luis Faria 5' 11 | 88kg | 19 yrs

Studying 2nd year BESS School/Club Newpark Comprehensive Honours Leinster U19, Ireland U19 An Ireland U19 international and member of the Leinster Sub-Academy, Luis was a crucial member of the U20s side last year and played in two 1st XV AIL matches when still a Freshman.. A strong ball carrier who has developed into an excellent ball player, Luis has already taken over from Joe Horan as Pedro's favourite player. After a strong showing in his 1st XV debut in a win against Cork Con, Luis will be looking to break into the starting line up this year.





Max Kearney 5'11 | 90kg | 20 yrs

Studying 3rd year BBS School/Club Belvedere College Honours Leinster U19, U20, Ireland U19, Irish

The 'Hunchback of College Park' returns for his third season with the club. Max is a leader of men and was an influential player and person last season, driving standards and displaying a grit and determination that spread throughout the squad. Also known for his aggression and 'never give up attitude' on both the pitch and the dancefloor, Maxy will go to Coppers by himself if he has to.





Michael Silvester 5'11 | 88kg | 21 yrs

Studying 4th year BESS School/Club Clongowes Honours Leinster U18s, U19s, U20s & Ireland U19s, U20s. 7s.

A fullback with incredible footballing ability and great pace he casually turned up for his first game last season only to score a hat-trick, Silvo is a man who succeeds on and off the pitch. But, you have to crack some eggs to make an omelette, just ask St. Michaels or Rowan Osbourne about his Red and Black experience last November. A man who has done it all from Ireland U20s to Leinster A, the Irish 7s and countless flashes of individual brilliance for Trinity we hope to see him as much as possible this year.





Micheal O Kennedy 6'0 | 85kg | 20 yrs

Studying Business & Management DIT School/Club Gonzaga College

Mick started off last season as a leader for the 20s side and due to a run of very strong performances was deservedly called up the 1st XV after Christmas. He managed to hold on to the number ten jersey for the remainder of the season and played brilliantly. He will no doubt be a leader and crucial player to the club this year. The panic of inviting someone to Red and Black has already set in for Mick as he aims to bring a date who does not end up crying on the night for the first time ever. Third time lucky!





Neilus Mulvihill 6'3 | 97kg | 22 yrs

Studying Masters in Civil Engineering School/Club Glenstal Abbey Honours Connacht U20s Back Row/2nd Row who played two years of U20's rugby with D.U.F.C. and then took two years off due to injury and an exchange programme. We welcome him back to the Trinity Rugby family.



Trinitu

Patrick Hamilton 6'0 | 96kg | 23 yrs

Studying Masters in International Management School/Club Campbell College

Belfast number cruncher, the hooker turned backrow turned hooker is a powerful workhorse with some skills to boot. A very physical player who loves the contact side of the game, Paddy's decision to play another year for the club came is great news. He can be found inside the library in a plain t-shirt munching on burritos with Kwaylong O'Flynn.



Patrick Opperman 6'3 | 85kg | 19 yrs

Studying 2nd year Law and Business School/Club Gerard's

"The Operator" is one of if not the fastest player in the club. A true sprinter, the winger scored some ridiculous tries at U20 level last season and was one of the stars of last year's side. A great guy despite being from Gerards, Paddy has expressed a particular interest in extreme ironing.



Patrick Nulty 6'0 | 92kg | 21 yrs

Studying 4th year MSISS School/Club Clongowes Wood College

Nulty is 4th year who has had great success with the Club, another member of the 2018 All Ireland winning team that have transitioned into Senior rugby. Nulty is hoping to establish himself as a starter for the club in the backrow, his blistering pace and footwork and his ability to pick great lines often leave defenders for dead, however he usually forgets to catch the ball. Nulty has a habit of going missing on team nights only to arrive into breakfast with a very vague description of where he went and what he did.



Reuben Pim 6'3 | 96kg | 20 yrs

Studying 3rd year BESS School/Club Kilkenny College Honours Leinster Schools, 19s, 20s

A young but now experienced player, Reuben is a freakish athlete who has an engine that never seems to stop, he can slot in at either second row or backrow. Pimer is an uncompromising player and brings a competitive edge to any pack he plays in, found at the centre of any scuffle. A man with a world class sock game and sense of humour, Reuben often skips a post-match pint in favour of a glass of Max's home brew.





Rob Russell 6'0 | 89kg | 20 yrs

Studying Business and Management School/Club St.Michael's Honours Leinster U19s, U20s, A, Ireland

Rob is now in his third year with the club and his impact on the pitch has grown rapidly with each season. He hit new heights last season as he was part of the Ireland U20s in both their 6 Nations grand slam win and the Junior World Cup. His natural ability of speed, skill and pace blend to form a very prolific wing or fullback, we look forward to seeing Rob tog out in the red and white this season as an experienced young talent. The whole squad awaits with excitement to see who Rob will invite to Red and Black this year, with most expecting James Moriarty to do it for him.





Ronan Quinn 5'7 | 69kg | 19 yrs

Studying 2nd year Engineering School/Club Glenstal Abbey

After quite the debut season. Quinny will be looking to pick up where he left off, 'Wee Man' got his first Senior Cap half way through the year when the groundsmen finally cut the grass short enough for Tony to see him zipping down the wing. Part of the first and only Glenstal winning Cup side, he brings plenty of confidence along with his ability and humour; all perfectly suited to DUFC rugby.



Trinitu

Rowan Osborne 5'6 | 75kg | 22 yrs

Studying Engineering School/Club Clongowes Honours Ireland U18 Schools, Leinster U20, A. Irish Universities.

Rowan is one of the most experienced players in the squad as this is his 5th year with the club. His trademark sniping runs and speed of delivery were on full display in the Colours win last season with Ro winning the man of the match award. It didn't stop there however, due to Rowans excellent performances throughout the season he is now on a trial with Leinster this summer.



Ryan Baird 6'6 | 110kg | 20 yrs

Studying 2nd year Computer science and business School/Club St. Michaels College Honours Leinster A, Seniors, Ireland U18 Schools, U19, U20

Ryan rejoins the squad after an immense season winning the Grand Slam with the Irish U20 team and also representing them in the World Cup. 'Bairdo' starred in various games for the senior squad last season and is hoping to excel to new heights this season . Ryan's biggest claim to fame is shouting "I'm coming for you" at Maro Itoje while in Magaluf. We look forward to seeing him standout this year and not only due to his towering height and fiery red ginger hair.



Simon Clear 6'2 | 98kg | 19 yrs

Studying 2nd year BESS School/Club Gonzaga College Honours Leinster U18 Schools

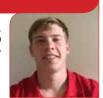
A ball playing prop who can play both sides of the scrum, Simon was a very important player in last years All Ireland winning team. He maintains his weight by picking the pizza toppings off the pizzas he delivers for a living. A surprisingly good lad considering he went to Zaga, Simon puts in a massive shift every game and every night out.



Steve Gray 5'11 | 89kg | 20 yrs

Studying 3rd year Physiotherapy School/Club Kilkenny College

A product of Kilkenny College, Steve developed into a leader and crucial member of the U20s side last year. A cruel injury picked up in the act of scoring a try in the All Ireland semi-final win against Lansdowne ruled him out of the final. A strong carrier and thrower he has huge potential heading into Senior rugby. A keen cricketer, Steve always offers the lads massages which he claims is good practice for his degree.



Thomas Clarkson 6'2 | 108kg | 19 yrs

Studying Human Health & Disease School/Club Blackrock College Honours Leinster U18s Schools, U20s. Ireland U18 Schools, U20s.

TC quickly established himself as a tighthead prop of AIL quality last season in just his first year out of school. His scrummaging and ability to have a significant impact around the park were very impressive. He was instrumental to the success of the Irish U20s side in both their Grand Slam winning 6 Nations and World Cup campaigns, playing a monumental amount of minutes for a prop.

He has certainly added his weight in gold to the club, which is, well, a lot.





Tomas Killeen 5'11 | 79kg | 21 yrs

Studying 4th year BESS School/Club St. Michaels

Mas returns to Trinity rugby after a dislocated shoulder he picked up in the act of setting up a try against Terenure followed by a 6 month stint Down Under meant he was missed for quite some time. A courageous scrum half who never shies from a collision, 'Mas' speed of delivery from the base is of great value to any Trinity team. Mas' sniping moves are a threat to any defender or person who brings their girlfriend to Red and Black.





Coaching Staff Profiles

Tony Smeeth





Born in England. Tony played his Rugby at St. Mary's Puddletown, Puddletown RFC, Exeter RFC and County rugby at all levels with Dorset and Wiltshire including English schoolboy trials . Tony came to Trinity in 1998 following three years as Senior Coach at Blackrock College RFC. Previously Tony lived and coached in Seattle, USA for ten years. While in the USA, Tony founded the USA U19s program in 1992 whom he coached on 8 tours to New Zealand /Australia. He also took the USA U19s to their first ever FIRA U19s championships back in 1998 in Toulouse, the same competition that Ireland won with Brian O'Driscoll. That same year he stepped in at the last minute and coached the Irish Women's XV in the Women's World Cup in Amsterdam. In 2010 Tony coached Leinster U19s to an undefeated inter-provincial championship. He has also coached Irish Universities on several occasions over the past 15 years. 2012-13 Tony was the USA Senior Eagles Backs and Attack coach - coaching in 13 test matches including narrow loss to Ireland in Houston Texas 15-12. He had another season with the Senior Eagles in 2006 coaching six games. Tony has coached at Willow Park School and Blackrock College School for over 22 years. He is an IRFU Level 3, stage 5 IRB qualified coach, the highest coaching qualification an Irish coach can achieve. He has been married to Catherine for over ten years, and they have a daughter Eabha.

Hugh McGuire





Co-Coach for the 1st XV, Hugh has looked after the Trinity 1st XV Forwards for the past 18 years, turning boys into Men. Previously he coached and played for St. Mary's RFC where he coached many Irish Internationals including Denis Hickie, Victor Costello and Trevor Brennan among others. He has qualified as a Stage 4 coach.

While a student at UCG (NUIG) Hugh played for Irish Universities on their tour to New Zealand in 1978. He played his representative rugby for Connacht and was capped for Ireland A.

Hugh's 'day job' was Principal at Willow Park School where he taught for over 30 years and has just retired. He was heavily involved in the Rugby in that school during that period. He is married to Geraldine and has two children in David and Rachel

Gareth Pickerina





Born in North Canterbury, New Zealand, Gareth came to the club in 2011. He will be taking over the defence coaching of the First XV this year, having spent the summer learning from teams from both rugby codes in his native country. Gareth's daytime job is as a P.E. Teacher in Blackrock College where he is also backs coach for the SCT. Before this he was a Housemaster and Teacher at Clongowes Wood College, also coaching their Junior Cup side. Gareth has previously been backs coach for the Leinster U20's. Gareth's playing days were cut short by a back injury whilst playing for the Douglas Rugby Club on the Isle of Mann in 1999 and he has been coaching ever since

Jonathan Butler





Jonny hails from Mullingar RFC. Following eight years of success at youth rugby, he joined the Trinity senior rugby set up in September 2016 guiding the Second XV to the Metropolitan 2 League.

Jonny has also taken on the kicking coach role, as well as the managerial role for the First XV. Outside of Trinity, he is a full time employee of Leinster, and also still playing his trade as a player/coach in Mullingar RFC.



Coaching Staff Profiles

Ian Hirst





Born in Dublin and educated in King's Hospital where he played Leinster schools rugby before entering Trinity College in 2008. During his undergraduate years in College he played prop forward in the U2Os and three years in the Seniors XV.On graduating from Trinity he continued his playing career in Clontarf RFC during which he earned Irish Clubs representative honours and a professional contract with Leinster in 2015.Unfortunately, due to a back injury his promising Leinster rugby career came to an abrupt end. Leinster's loss, Trinity Rugby's gain when he joined Tony Smeeth's Coaching team in 2016 and is now an Assistant Coach and Video Analyist.He has since acquired a Masters in Strength & Conditioning which he put to good use when he took on 40 players from the double winning ALL Ireland 3 days a week for S&C."Hirsty "as he is fondly referred to by fellow coaches, players, club members and friends is always willing to help out in other areas of the Club activities.

Rory Clarke





The latest addition to the Trinity Rugby coaching team. Educated in Glenstal Abbey in Co. Limerick where he captained his school team to their second ever Munster Senior Cup Final. Hailing from the Netherlands originally, he is now in his 3rd Engineering Year in Trinity and was the U20s Captain until injury ended his playing career. His proven leadership credentials are well suited for his new coaching role and he has already got his Stage 3 coaching badge. He encapsulates everything that Trinity Rugby stands for and was a member of the Events Committee where he played his part at many of the pre-match lunches and other events. Always willing to help in fundraising organising volunteers to collect gate money and sell programmes.

Ciaran Wade





Educated in Clongowes Wood College and Trinity College were he graduated with an Honours Degree in Chartered Physiotherapy. While studying at Trinity he played for the U2Os and 3 years on the Seniors earning his Colours. Has just completed his Masters in Musculoskeletal Physiotherapy through UCD. Started his career in the world renowned Santry Sports Clinic where he gained invaluable experience in dealing with a range of Musculoskeletal injuries working with some of the top Orthopaedic Surgeons and doctors in Europe. He has worked across many sport settings including Trinity Rugby and League of Ireland football clubs. Ciaran is also a Certified Strength & Conditioning Specialist, keen sportsman he played for Wandererers rugby club after Trinity and previously played soccer and Gaelic football at a high level.



D.U.F.C. - "a Club for Life"

The 1854 – a social, career and business networked diaspora

D.U.F.C. /Trinity Rugby has and continues to provide "a unique university rugby experience". For past players, parents and supporters this has developed in recent years beyond the 1854 Dinner, Colours Match and the Golf Classic.

Given:

- · This unique rugby and social experience
- . The fact that players stop playing earlier
- The "Clubhouse" that is the Trinity College campus,
 Dining Hall etc
- The substantial and diverse success of D.U.F.C.

alumni in chosen careers

We believe there is a huge opportunity to develop further "The 1854" as an active social, career and business networked diaspora that can enable Trinity rugby alumni and supporters to more rewardingly engage with each other, with the Club and with College.

It is a priority strategy for the season ahead to develop the communication and event frameworks to achieve this aim. It's the intention to appoint DUFC alumni to take on the role of "1854 Ambassadors" for their cohort years to take this forward.

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Trinity Rugby Goes Worldwide

During the 2018/19 rugby season Trinity Rugby players and alumni participated in various major international rugby events that took place worldwide as well as representing their clubs, provinces, Irish Universities, Irish Clubs and Ireland at various levels. Our involvement in the U20s Grand Slam & World Championship in Argentina, the World & European Sevens Series is highlighted in interviews respectively with Liam Turner and Jack Kelly.

D.U.F.C and Ireland U20's Rugby World Cup – an Interview with Liam Turner



The start of what would turn out to be an incredibly eventful year for me began in the middle of October in the Sandymount Hotel on a cold Monday morning. This is where the Irish U20s panel were to be based for the next couple of months with a two day

training camp every two weeks leading up to the 6 Nations tournament. I cannot deny that tensions were high on that first day of training camp, with both familiar and new faces present from all the four provinces .These camps not only provided an ideal opportunity to put your best foot forward for selection but also allowed an incredible bond to build up between the players that would end up playing a pivotal role in the success that we would have throughout the year.

The trainings camps, as expected, proved to be very difficult. It was our goal to train at an intensity that no other team we faced could do (in a place we liked to call the "death zone") to ensure we were in the best possible place heading into our first test match against England. As we pushed through the first three camps, the squad really began to gel together.

Personally, I found myself in a sticky situation. As I am able to play in both the centre and across the back three, I found myself bouncing from position

to position in training. Although versatility is a very helpful attribute in making the 23 squad, my goal was to be on the starting team for the first game against England. I learnt very quickly that game time would give me the best chance of achieving this goal. Thankfully, after two games with the D.U.F.C. 20s, I was able to make my way onto the D.U.F.C. Senior team making my AlL debut against Young Munster. I would play the next five games which included incredible wins against Clontarf, Shannon and Terenure. D.U.F.C. play a very similar fast paced game to the Irish U20s. This being the case, I believe playing in those 6 matches with D.U.F.C. played a huge part in my selection for the 6 Nations Squad.

Christmas passed and before I knew it, we were only a week away from the first test match against England. We had a fantastic two days training in Donnybrook and as we arrived at the Cork Airport hotel on the Thursday morning, there was a confident buzz amongst the squad. That buzz certainly showed as we churned out a resilient performance in front of 8,000 fans and got a bonus point victory against a powerful English side.

Our next two games were away to Scotland and Italy. We knew we were in for a difficult challenge against Scotland as no Irish U20s team had won at the Netherdale ground. Fortunately, we were able to grind out a physical 24-5 win in tough conditions. Two weeks later we faced another physical battle against a large Italian side. The speed we played out allowed us to break down the Italians and we came away with another bonus point win.

With three wins from three, talk of the" Grand Slam" was coming from all angles - friends, parents, media etc. As a team we didn't want to shy away from the fact that we found ourselves in a very promising position but we were a "next job" team and all our focus was on our next challenge against the World Champions, France. Once again we were playing in Irish Independent Park, Cork in front of a sell-out crowd. The match proved to be a tumultuous battle, with the lead swinging from one team to the other.



Trinity Rugby Goes Worldwide

The deciding factor eventually proved to be the relentless pressure we imposed on France for the full 80 minutes as we came away with another hard fought bonus point win. As Wales lost to Scotland that same night, the win against France wrapped up the U20s 6 Nations Championship for us for the first time since 2010. But our job was not finished. We knew we wouldn't be able to live with ourselves if we didn't go all the way and win the "Grand Slam". And that is exactly what we did. In all honesty when that final whistle went in Colwyn Bay, it was a feeling of relief more than anything else but after seeing my family and friends in the stands who had travelled over, this feeling was guickly overcome by complete and utter joy.

It took a week or two for the achievement to fully sink in. To be one of a select few that can say they were part of a Grand Slam winning Irish rugby team is both an honour and a privilege.

A hard 8 weeks of conditioning and prep. followed in preparation for the Junior World Championship in Argentina. The work carried out by the Irish U20s management staff was incredible in the lead up to Argentina. This varied from a detailed sleeping pattern we were to follow to negate the effect of jet lag to compression socks we were to wear on the plane to Argentina!

The World Championship overall was an incredible experience. In terms of the rugby, I think the best way of putting it was frustrating. We knew it was going to be a massive challenge with 4/5 day turnarounds between games which takes both a massive physical and mental toil on the body. We started off brilliantly with a grueling win against England in our first Group game but unfortunately a number of injuries arose from that game.

We were still incredibly confident going into the match against Australia but a few decisions didn't go our way and we were eventually outclassed in the last 15 minutes as we played for 60 minutes with 14 men

My proudest moment from the World Championship was Captaining the side in our third Group game against Italy. To represent the green jersey at any level is an incredible honour but to find myself in that position against Italy was truly incredible and a memory that will stay with me for the rest of my life.

After a very sweaty affair against Italy in extreme heat, our final two matches were against England and New Zealand. Although these two results didn't go our way I definitely took a number of lessons from the whole experience. The most important of these lessons was team unity. We knew that as at team we weren't the biggest or some might say the most talented but the cohesiveness and coherence shown by the squad on a consistent basis is the reason why we had so much success throughout the year.

For the forthcoming year I have a number of new goals relating to both my studies and rugby. In terms of the studies I will admit that I did struggle with balancing my studies and the demanding training schedule, especially during the 6 Nations, but I have learnt a lot from the past year and I have set myself up well to have a very enjoyable year in Trinity.

In terms of the rugby my main goal is to just keep improving. I am lucky to part of not only one of the best professional set ups, the Leister Academy, but also one of the best amateur rugby set ups in the country in D.U.F.C. I am currently playing with Leinster A in the Celtic Cup which finishes in October. After that, as already mentioned, I want to keep improving my skill level and knowledge of the game. By working hard and achieving those goals, I hope to get a shot at making my Pro14 debut.





Trinity Rugby Goes Worldwide

Ireland Sevens by Jack Kelly



In January 2019, I ran out for my first training session with the Irish 7's rugby team. As a D.U.F.C. and Academy player for Leinster, I was selected on a trial basis to see if the skills I had learn in the 15 a side game could transfer over to the 7 a side version. I was initially struck by the speed and fitness of the players. There is no hiding in a 7's game as you are almost always directly involved in the play. I felt my skills were challenged as I went from throwing 5 metres to 20 metres passes and in defending had to tackle an attacking player who had lots of space to play into.

It took me sometime to adjust to the 7's version and to become comfortable with the requirement to play six fourteen minute matches in a tournament weekend, instead of the one 80 minute match which I was used to in the 15's game.

After playing in a few development tournaments in Spain and Italy, I made my debut against England at the London 7's, Twickenham Stadium in May 2019 in front of a crowd of forty five thousand energetic fans. We beat England by a score and we went on to finish 5th in the tournament. It was an incredible experience which I will never forget. The toughest point of the tournament was waking up early Sunday morning with a tired body and the knowledge that the day ahead held three more matches against even tougher opponents!

On the Monday morning we set off for the Paris 7's and began our build up to the next weekend. I got a proper taste for the life on the circuit. Those in the 7's community describe the World Series as the travelling circus and any city we arrive in we are met with fans dressed in extravagant costumes and usually a few pints deep, waiting enthusiastically for a weekend of 7's in the sun. Having won the qualifying tournament in Hong Kong in 2019, the Irish 7's team successfully finished a five year campaign to compete in the World Series. The series consists of ten tournaments around the globe, in cities such as diverse as Sydney, Dubai and Los Angeles. Though this will be the first year for the Irish 7's in the World Series, it is still overshadowed by the opportunity of competing in the 2020 Tokyo Olympics. We narrowly missed out on qualifying in the European qualifier series in Toulouse but have a final opportunity to qualify next June through a repechage.

Our aim for the coming year is to challenge the top nations in the World Series as we have been doing for the past year or so and to build towards qualification for Tokyo. For many of the more senior players involved with the team, who have been playing since before there were any rewards for doing so, this would be an incredible milestone for their journey and I am greatly honoured to be now a part of the 7's programme.



DUFC's Ireland Under 20's Stars





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Trinity Rugby Trip Of A Lifetime!

by Tony Smeeth



After a year of fundraising and speculation leading to anticipation, 52 Trinity Rugby players and 7 coaches travelled to the East Coast of the USA to embark on an exciting and quite demanding 6 game pre-season tour compressed into 12 days.

Tour preparation started in earnest on August 1st and this continued with a domestic training camp. The lads were put through vigorous training by the coaches and strength & conditioning coach lan Hirst.

The tour effectively started on the Monday night before departure when the tour gear was given out, along with tour programmes and other tour protocols. This certainly whetted the appetite for what was ahead.

The Aer Lingus flight took off at 12.30pm August 28 for Washington Dulles airport. On arrival the squad travelled into Washington DC to explore the historic buildings and memorials around the Washington Mall – the Capitol Building; the White House; the Smithsonian; the Washington and Lincoln Memorials and the Vietnam Veterans commemorative wall. The experience was aided by a beautiful late summers' evening leading to an almost surreal realisation that we were actually in the USA!

The touring party travelled the hour or so to

Annapolis which would be its first stop on the four City/5 College tour. Annapolis is the home of the US Naval Academy, the 4th ranked rugby university in the USA, coached by former St Mary's and Leinster Gavin Hickie.

Gavin and his staff were fabulous hosts with seemingly nothing too much trouble for the Navy men. The team 'worked out' in the Varsity Football gym – which was a great experience. This was followed by a training session in extreme heat on the Navy "rugby only" facility.

Trinity proved too strong for the Midshipmen in the two games between the Colleges, with their high tempo and physical game proving too much for less experienced hosts. Trinity went on to win 68-14, with the 2nds winning 58-14. The former score certainly flattered the visitors who were under massive pressure either side of half time with only good defence keeping the home team out.

The atmosphere with over 1,000 people in the stands and "tailgating" and BBQ all around the perimeter of the field was also a new and welcome experience. The match ball was parachuted in by 2 Midshipmen, the two teams were piped in by pipes and drums and the National Anthem was treated with great respect by everyone involved.

Other highlights were a tour of "The Yard" which is effectively the campus of the Naval Academy. After the matches the touring party went to the Navy vs Holy Cross College Football game, which was preceded and followed by a "tailgate party" in the parking lot of the Stadium involving both teams. Needless to say, the Trinity players seemed to adapt quite well to this new experience and American custom!

It was a tired but happy squad who departed for State College PA, the home of Penn State, early on the Sunday morning. Penn State is a perennial power in American Varsity sports with facilities that have to be seen to be believed. It is an understatement to say that sport is important in Penn State. The College houses the 4th biggest stadium in the world at 106,000. The tour party visited the sports facilities, and actually trained in the football gym - an incredible facility.

This was followed by a Rugby session in the superb indoor Football facility which holds a full size pitch. The red carpet was truly laid out for the Dublin students.

The games in Penn State, ranked 8th, were similar to the Navy matches. Penn State actually scored first in both games, but Trinity recovered to score some well taken tries to win out 65-17 and the 2nds winning by a few more than that.

The next stop was a 6 hour bus trip to New Haven to visit Yale University. Yale can be described as a little bit of Oxford University on American soil. Yale are coached by Greg McWilliams formerly Irish Women's and St Michael's School coach and now with the US Eagles for the upcoming RWC. Greg has worked wonders at Yale elevating rugby in the College. Trinity trained with the undergrads from Yale in a worthwhile exercise for both squads.

With one stop to go on their way to New York, Trinity stopped off at the iconic West Point. A short walking tour was followed by a game between the, 7th ranked, Army cadets and Trinity's 1st string on Tour. Trinity struggled early against fanatical defence and hard running by the home team but eventually found their game to win out 48-0. The second half was played in a rainstorm. Army must have one of the best rugby-only facilities, housed on the incredibly picturesque Hudson River, not just in the USA but anywhere in the rugby world. The after-match was awesome with tremendous mixing of the players and swapping of rugby gear.

A late night was had by the time the squad finally arrived to their last hotel destination in New Jersey across the water from NYC.

The next morning the boys were up early for breakfast before travelling over to the "City" to play Iona College at 12 noon with the squad's 2nd string. Iona College is in beautiful surroundings with multi- million-dollar houses all around the campus. Trinity possibly played their best Rugby of the tour in this game. They played some high-octane rugby with skills to go with it, backed by suffocating defence - winning out 61-12 against the 17th ranked College team and winding up the tour with a 6-0 record.

It must be said touring is not all about the wins and losses, far from it. It's about connections and building up relationships through meeting, visiting and playing against students from different backgrounds. The lona students invited the Trinity squad to a post-match "Fraternity" garden party with 300 or so Co-Eds - a relaxing way to spend the last afternoon on tour! In the evening, the lads did the 'Time Square' tourist bit followed by an end of tour party in Mid-Manhattan's 'Pig N Whistle' restaurant, very generously hosted by the Trinity Alumnus owner. Our "Club for Life" vision was again manifested in a strong contingent of D.U.F.C. alumni joining us in Manhattan. The party was one for the ages, going on late into the Sunday morning.

As one of the Trinity players was heard to say on the plane back to Dublin. "That tour had a bit of everything!" ...it certainly did!!

Thanks must go to all our Hosts and Coaches at the five Universities we visited. American rugby really does have the old rugby ethos that is so unique to our game and our Chairman's exhortation in the tour programme, borrowed from Yeats, that "there are no strangers here, only friends you haven't yet met" was delivered in spades by all in the true spirit of our game.

A special thank you to all the Trinity fundraising and organising committee and the parents and alumni who gave support. A very special thank you to the players, whose attitude throughout was exemplary. It's not always easy to travel to a foreign land with 52 students! I lost count, however, of the amount of people who came up and praised/ commended the lads on their behaviour and demeanour throughout the tour, including: the bus driver who noted she had never had such a well behaved, respectful and clean bus; the Catering Manager in Yale's Pierson College who remarked "what fine, courteous young men the team are"; and the Naval Academy Battalion Commander who emailed his Midshipmen noting "I hope everyone had the chance to see the Irish rugby team in the stands: I think we all have something to learn from them...they were invested and having a great time. We can learn from that buy-in...be as invested as the Irish rugby players, being there is enough to care." They were great ambassadors for their families, for the Club and for the College.

Cheers to the Trinity coaches and management who all rolled up their sleeves to make this great adventure happen -#aUniqueUniversityRugbyExperience.



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USA Tour Pictures - Washington





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The Coaching Team



The Commerative Wall Memorial



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D.U.F.C. WOMEN –Review Of 2018/19

Season By Jane Leahy, Women's Captain

A year ago, I was sitting down to write my Captain's message for the Trinity Rugby Yearbook, looking forward to the season ahead. Now, I get to write the season review for what was arguably Trinity Women's best season, a season that surpassed every expectation and hopes I may have had 12 months ago.

This past season began for us during Trinity Fresher's Week, when we signed up over 100 women who wanted to give rugby a try. The interest from the student body in joining the Club gave us a huge boost of hope and energy going into our pre-season camp that same week. Our returning players, along with some experienced new recruits, took part in a three-day, allencompassing camp with our Director of Rugby Tony Smeeth with the help from Ian Hirst and our coaches Joe Horan, Colm Hogan and Arthur Greene. Starting the season with a workshop on rugby and team culture really set the tone for the season ahead. From there we began to build on our basic skills and shape.

Our season began in Arklow in mid-September, where we convincingly defeated the home team starting, what would become a five-game winning streak. Our winning ways were halted by eventual league winners Barnhall. As exams approached we lost a further two games in the run-up to Christmas.

We picked ourselves back up and returned with a bang when we defeated Wanderers to start another winning streak. We went on to win our next four games securing a home semi-final in College Park, a privilege not many get to experience. In very poor conditions, but with the support of our families, friends and club members we dug deep and came out with a hard-fought victory against our long-standing rivals PortDara Falcons.

The League Final against Barnhall was played in Naas two weeks later, one of three women's finals played that day. A mixture of nerves and excitement led to our defeat and it was generally felt by all present that on another day the result

would have been reversed, as was demonstrated three weeks later when we defeated them in the Semi- Final of the Paul Cusack Cup.

Going into the Cup Final we knew we had a tough game ahead facing PortDara Falcons once more, this time in the height of the Trinity Exam Session. We were missing a number of players, coupled with the fact others had sat exams earlier that day, which left us going into the game apprehensive and somewhat at a disadvantage. The Falcons preyed on this, claiming victory and the Paul Cusack Cup. Despite this loss, we ended our season on a high with promotion to Division 2 secured for the 2019/20 season. This is a huge opportunity for us to continue the development of Women's Rugby in Trinity.

We also had an action-packed season for our Development Squad who participated in the Student Sport Ireland League as well as the Kay Bowen Cup and the Universities' Freshers 7's tournaments. The purpose of our development team was to give new players an opportunity to harness their skills in a match situation with the ultimate goal of getting into our Leinster League Panel. This proved to be a huge success and became a contributory factor in our season's success with some incredible talent coming through from this development squad.

Both the Development Team and Leinster League Squad came together to host an International Blitz in College Park, a welcome break from the intensity of league games, allowing us to meet so many new people and play some "no stakes" rugby. Far from "no stakes" rugby was the annual Colours match, this year played in the UCD Bowl. A hard-fought game played in atrocious weather conditions that saw an unprecedented number of scrums ended with a 15-7 victory to UCD.

In the past season, we had our ups and downs on the pitch but the underlying feeling, I will always associate with this season, is one of pride. When we were victorious, we continued to work hard and never took anything for granted. When we lost, we held our heads high, praised the positives, regrouped and worked together to

come back from it. For me, that's a true measure of a team and its strength.

Off the pitch, we had another unforgettable and enjoyable year, for which we have Pedro Ribeiro and his Events Committee to thank. With events such as the Red & Black Ball, the Club quiz, themed nights out, end of season party, fundraising and pre-match lunches, it was so easy for the teams within the club to mix with each other as well as with the club's network of Alumni and supporters. It is this sense of club comradery, along with its performance pathways and rich history, that makes Trinity Rugby such an attractive and successful club. A unique University Rugby Experience!

The Club's success can be measured in many ways, but one that is extremely evident to all is that D.U.F.C. collected 5 of the 11 awards on offer at this year's Trinity Sport's Awards. Among the award winners were Linda Djougang, Trinity Sport's 'Sportsperson of the Year', who represented both Leinster and Ireland and was a key player in this year's Colours match. Linda is one of two current D.U.F.C. Women's players to receive Interprovincial caps with Fiona Tuite also making her Ulster debut. Two past players Katherine Dane and Julia Bauer also played their part in the Interpro series for Ulster and Connacht respectively. Joe Horan, our Head Coach, who has been coaching the women's team for the past three years, was awarded 'Coach of the Year' for his continued efforts in developing Women's Rugby in Trinity.

The success of this past season was helped by so many people, too many to name individually. We are eternally grateful to everyone who has supported us on and off the pitch. In particular, I would like to thank former Club Captain Colm Hogan, Club President Aidan Walsh, Incoming President Alan Rogan, the Rugby Committee, the Events Committee, the Executive Committee and Trinity Sport, as well as our own Team Committee who I had a pleasure of working closely with this past season. Without the tireless work of these people, we wouldn't be able to play the game we love, week in, week out. I would like to thank also, all the club's managers, coaches and physiotherapists, who dedicated their time and energy to all our teams.

Finally, I would like to thank my own family, friends and classmates who supported me fully in my duties as D.U.F.C. Women's Captain. This team has grown so much in the past few years and I can only imagine how much more it will grow in the years ahead. I wish Genevieve Ruesch all the best in her captaincy and I would also like to extend my best wishes to incoming Club Captain James Hickey, who I have no doubt will continue to lead this Club to bigger and better things.





Trinity Colours 2018 - 2019 Women's Team









SANDYMOUNT

Pet Hospital

Richard Lavelle

John Hanley MVB MRCVS

Miriam Hanley

Sarah-Jane Lynch BVSc

Best Wishes to D.U.F.C for 2019/2020



Message From Women's Captain

Genevieve Ruesch



am so honoured and blessed to be able to write this message as the D.U.F.C. Women's Captain for the 2019/20 season. As an international student to take on this leadership role within this group of players is very important to me, because I have discovered such irreplaceable friends and have already such great memories of Trinity Rugby. I have felt so welcome within the team and recognise the reputation of the Club as a whole; it truly is a great honour to serve as Captain of the D.U.F.C. Women's Team.

Both captains I have had the opportunity to play for, Molly Boyne and Jane Leahy, have been excellent role models for me. Molly carried the fire of the team within her at all times and ran the team with unbowed determination. Jane stepped surely into her shoes last year and led with an unyielding energy that inspired the whole team to reach for the top. I am grateful for the chance to learn from both of them, on and off the pitch. We have also had top-notch rugby players from the men's team as coaches in Joe Horan, Colm Hogan, and Arthur Greene, who led us with all the skill and expertise with which they play. Joe and Colm both were instrumental in our progress as a team and we will miss them as they move on. We are so lucky to have Arthur returning as a coach! I can't wait to see what we will accomplish this year.

The past season saw great victories for our team in both the League and Cup, concluding

with our promotion to Division 2 of the Leinster League. I have no doubt that we will meet the challenge head on. The combination of the team's dedication and the consistency of a core group put us competing at the top of our league. We ended in second place after losing the Leinster League Division 3 Final and were also subsequently beaten in the final of the Paul Cusack Cup. We are definitely hungry for the opportunities that will enable us not only to reach the finals, but also to come out victorious. We're looking forward to holding our own in a higher division of the Leinster League and accept all that comes with the promotion to Division 2.

One of the most momentous matches of the past season was without a doubt, the Colours match against UCD at the UCD Bowl. The weather did not make matters easy for us but we put up a good fight. Though we lost by eight points, the strength of character and perseverance displayed on the field assured us that we left the pitch with our heads held high. It was a disappointing loss, but one that will fuel us in the coming season.

I'd like to thank the Club who have established a base on which we can depend for support on and off the pitch. I am thrilled and grateful to be able to work with everyone, especially Alan Rogan, John Boyd, Tony Smeeth, Kay Bowen and Pedro Ribeiro to name but only a few of those who give up so much of their time to our cause. To Trinity Sport as well, thank you for helping us through gym work and providing invaluable fitness advice. I know our leadership group for this year, Martha Dwyer, Susanna Mollen, Anna Grace and Louise Morrison will surely help the team and Club to get to where it wants to be. And I cannot forget to express my gratitude to the parents and supporters who give their time to encourage and support us at our matches.

While I was not part of the leadership committee in the last two years, I am excited to take on the captaincy and whatever this position entails. Coming to Trinity from the United States was pretty difficult in adjusting to college life as well as the challenge of living and learning in a foreign country. Rugby grounded me and has

provided me with a group of friends on which I could rely both in High School and in Trinity Rugby. Being selected to serve as Captain of Women's D.U.F.C., allows me to pay back for the help that I received from the Club in establishing my identity within Trinity.

Rugby has given me the chance to push myself physically and mentally. I have learnt the significance of performing in an environment where fulfilling your potential is your main goal, to make decisions under pressure, and to earn the trust of the girl who is running next to you. With the great memories I have from playing both in the USA and for Trinity, I can't wait to see what this season has in store for us. Each training session during which we develop our skills and forge relationships with teammates, and getting to experience the thrill of playing under the lights at College Park—these are the things that make me keenly aware of the legacy which we as a team have inherited and constantly add to with each pass and tackle we make.

I'm excited to work towards a common goal for success across all the Club's teams and I am thankful for the opportunity I have been given, as well as for the people around me who are making my time as a Trinity Rugby player so fulfilling.

All the best for the coming season

Genevieve Ruesch D.U.F.C. Women's Captain 2019/20



D.U.F.C Trinity Freshers Week Stand

Over 150 male and female Fresher's were recruited by the Club during the Fresher's Week over 3 days from the 2nd of September 2019 at our stand in Front Square. Manned by our Women and U20s & Junior Members visited by our President Alan Pedro Ribeiro and Sophie O'Halloran Manager of Bank of Ireland Branch in Trinity College.











Over 100 student members new and existing attended the Club's Welcome Night in the Pavilion on Wednesday,11th September. This took place after the Women's,U20s and Juniors training sessions and the recently returned "DUFC USA" tourists joined in not looking worse for wear! An informal evening which created a great buzz and Club Spirit. More Club Nights to come during the season organised by the Events Committee.



Best wishes to DUFC from

Hugo MacNeill and Friends

in the Worldwide Ireland Funds

Best Wishes to DUFC

For the coming Season 2019/2020

In Division 1A of the All Ireland League

Barry Devaney,
Dental Surgeon,
78 Merrion Square
Dublin 2



USA Tour Pictures - Penn State



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D.U.F.C training in Indoor Football Facility



Penn State Stadium



Touring Party in Penn State Stadium



Football Gym



D.U.F.C. workout in Football Gym



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USA Tour Pictures - Yale University



Training Camp in Yale



Dining Hall



Visiting Yale



Long Room in Yale?



Shopping in Campus Shop



Yale & Trinity Teams



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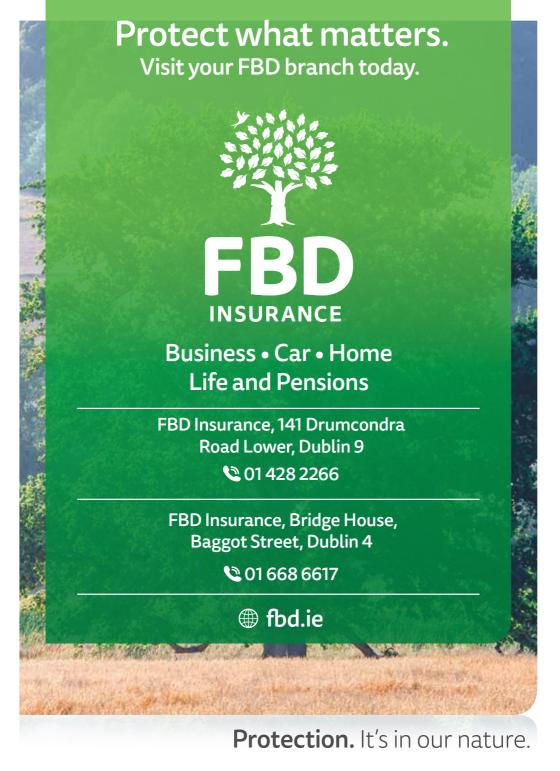
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Rugby
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for the forthcoming
season



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Irish Universities Rugby Union Review

By Eoin McBennett*

Irish Universities Rugby Union

The Irish Universities Rugby Union (IURU) is the representative body for University Rugby in Ireland. The IURU and its member clubs are committed to developing the full academic, personal and sporting potential of all our players and members in a respectful, safe and enjoyable environment. Working closely with the IRFU, the IURU is dedicated to the growth of 3rd level rugby through maximising opportunity, participation, and accessibility to the game of rugby for all players, male and female, regardless of standard.

Ireland Students - International Representative Rugby

In collaboration with the IRFU, the IURU organises Ireland Students, the international representative side for Irish university and college students. Ireland Students offers student rugby players an opportunity to represent their country at international level.

After a number of years absence, the student international team was revived in 2016 with a fixture against England Students in College Park. In an entertaining hard-fought fixture, the Irish succumbed to a 57-30 defeat by a very strong England side. This created a solid platform for regular annual fixtures and in 2017, Ireland Students travelled to Iffley Road, Oxford, where a wonderful demonstration of student rugby resulted in a very exciting 36-all draw.

It was not possible to agree a date for a fixture against English in 2018, but an alternative fixture was arranged against Scottish Students in Edinburgh. This resulted in Ireland Students recording their first victory in the current series with a well-deserved 33-17 victory over a competitive Scottish side.

On Friday 8th February 2019, Ireland Students welcomed Scottish Students to Queen's University, Belfast as part of the celebration of their rugby club's 150th anniversary season. In difficult conditions, the Scots started well but the Irish led 7-3 at half time and then put in a strong second half performance to win 31-3.

This continues a proud tradition dating back to the first Combined Universities of Ireland fixture in 1933 and the first university international against Scotland in 1954 in Belfast. The Combined Universities played full International touring sides, including a 12-10 victory over the 1965 Springboks at Thomond Park, the first Irish success against a major touring side.

DUFC continue to make a huge contribution to this tradition, contributing six of the squad of 23 for the fixture in Belfast (Colm Hogan, Rowan Osborne, Dan Sheehan, Max Kearney, Johnny McKeown and Conor Lowndes) This was Rowan's second year with the squad and he marked the occasion by scoring one of 5 Irish tries. Jonny Butler has also been a key member of the Ireland Students management team in 2018 and 2019.

Irish Universities Rugby - Domestic Competitions

- The IURU organises four annual tournaments: • The **Dudley Cup**, the IURU'S premier competition for senior men's teams. Has been contested since 1904. In 2018, a challenge format, similar to that used for the Ranfurly Shield in New Zealand was adopted. In the first challenge, the previous holders UCD successfully defended the trophy in a 39-28 victory over challengers UCC in Belfield in October 2018. UCD then travelled to Belfast in November 2018 to play Queen's, with the shocking the holders, winning 29-24. Fixture congestion delayed Challenge III until the August 2019, when DUFC challenged Queen's in Belfast. A shaky start left Trinity with too much to do and despite a strong finish, they failed to catch Queen's who held on to win 41-35.
- The Conroy Cup (U20 Men) will be played at Terenure College RFC on Saturday 26th October 2019. DUFC have dominated the Conroy in recent years and will be seeking their sixth win in a row, having won their fifth consecutive title under captain, Rory Clarke, in Cork in October 2018 with a 20-9 victory over UCD in the final.

• The Kay Bowen Cup (Senior Women) will be played MU Barnhall RFC on Wednesday 12th February 2020. DCU retained the trophy at the same venue last season, seeing off a strong UCD challenge 7-0 in a tight final.

The Kay Bowen 7s were contested by 8 teams, including injury impacted DUFC squad captained by Jane Leahy, and produced a real a real try fest with 117 tries scored in 210 minutes of play, averaging more than one try every two minutes. In the final, IT Carlow defeated Maynooth University 26-7.

• The Maughan Scally Cup (Junior Men) will be played for NUI Galway on Saturday 23rd March 2020. University of Ulster, Coleraine are the current holders, having won their third consecutive title on home soil last season, defeating UCD 13-3 in the final. DUFC, led by Dave Moore, suffered a narrow 19-7 defeat in the play-off for third place.

IURU Season Planner 2019/20

- Saturday, 26th October 2019; Conrov Cup. Terenure College RFC.
- Saturday, 23rd November 2019: Dudley Cup, QUB vs UCC. MU Barnhall RFC.
- Saturday, 1st February 2020, Scottish Students vs Ireland Students, Edinburgh.
- Wednesday, 12th February 2020: Kay Bowen Cup, MU Barnhall RFC.
- Saturday, 29th February 2020: Maughan Scally Cup, Galway.
- · Student Sevens: to be confirmed.
- You can follow the IURU on twitter @IURU Irish_Unis.

Eoin McBennett*.

Eoin is a DUFC representative on the IURU committee and chairs the IURU Domestic Games Committee. He was previously Team Manager of Ireland Students for 3 seasons.











- Respect the referee & officials "NO TO ABUSE!"
- Support positively and applaud good play
- Behave as good role models on the touchline
- Congratulate the opposition and make their supporters welcome

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dufc.ie/About/Rules&Policies/Core Values

dufc.ie/About/Rules&Policies/Code of Conduct

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TRINITY RUGBY – "a Unique University Rugby Experience"

ublin University Football Club (D.U.F.C. or "Trinity Rugby", the rugby club of Trinity College, Dublin University) has a remarkable history.

The first surviving written record, indicating that the Club was in existence for at least a year, occurs in the Dublin Daily Express of 1 December, 1855. DUFC is thus considered to be the oldest rugby club in the world in continuous existence.

The entry in the Daily Express was signed by R.H. Scott, who was acting as both Secretary and Treasurer. He was a former pupil of Rugby School, as was the man who revolutionised and modernised the football then being played in Trinity, Charles Burton Barrington. From a distinguished Anglo-Irish family in County Limerick, Barrington captained Trinity from 1867-1870 and was responsible for introducing a referee, formal uniforms/apparel for the team (a novel idea in Ireland) and the distinguishing of forwards and backs. Along with another Secretary/Treasurer, RM Wall, he also drafted the "D.U. Laws of Football" to address the fact in his own words:

"The Club had no rules, written or unwritten. They just played and ran with the ball, no touchline, no goal lines, our only parapanalia (sic) being the rugby goal posts. These were all sufficient for the simple tastes of those days in Dublin football."

He further recorded:

"He (Wall) wrote and I dictated. Gradually and gradually as one can remember them the unwritten laws that govern the immortal Rugby (school) game were put on paper."

These Laws were circulated to the other principal Clubs as the Laws by which DUFC played the game and a common basis for the game in Ireland was established. Charles Barrington well deserves his title as the "Father of Irish Rugby".

The earliest record of a team photograph dates back to the 1866-67 season (set out elsewhere

in the program).

The first meeting that led to the formation of Irish Football Union (later the I.R.F.U.) took place in No.9, Front Square, Trinity College and D.U.F.C. surrendered its Shamrock Club emblem for use by the Irish XV. DUFC has thus always been at the forefront of the development of the game of Rugby in Ireland and has a rightful claim to be the Home of Irish Rugby. The Club can lay claim to 160 Irish International players, 19 British & Irish Lions and 2 international coaches in the modern era.

So, what is it that makes Trinity Rugby as unique a university rugby experience in the modern era as it has been through the decades since Charles Barrington and R.M. Wall organized both Trinity and Irish rugby in the 1800s?

The Trinity Academy set up and developed by Director of Rugby Tony Smeeth is indeed unique. It has a technical framework of best in class coaches, a 365day strength and conditioning regime respected by the professional provincial academies and a medical framework providing full physio care (at all club matches and during the week) and access to medical consultants when required. The fast developing Women's section is greatly adding to the Club and our 8 league-participating teams represent an energy and vibrancy few clubs, let alone Universities, can match.

While the excellence of the Trinity Academy has enabled D.U.F.C. to sit at the top table of Irish rugby – we were 4th in the top division of the semi-professional All Ireland League and the men's U20 XV won the All Ireland Cup for the second year in a row - the unique experience is enhanced by our friendly fixtures with the other "Ancient Universities of the Islands of Britain and Ireland" Oxford, Cambridge and Durham as well as visiting teams such as recent visitors St Mary's College, California and The Hurling Club of Buenos Aires. The annual trip to Oxbridge remains a highlight of any undergraduate's experience and no other university, or indeed club, can offer anything that matches the variety



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of fixtures.

Another important aspect is the development in recent years of a strong association with USA rugby. Tony Smeeth, has coached the USA national XV and the tour itinerary reflects his close contact with coaching staff not only on the East Coast but across the USA. This association has in no small way led to top USA players coming to Trinity to develop their game and there are now 5 ex-D.U.F.C. players contracted in MLR on top of the 24 US players playing rugby in the Club.

There is also of course the Club pitch, College Park. Nothing is more unique than this tree enclosed arena in the very centre of both College and Dublin City. Our sand based pitch is unrecognizable from the "black earth" that caused Charles Barrington and R.M. Wall to choose Red and Black for the club colours. Even recently our own Jamie Heaslip tweeted:

"Lucky to have played in great coliseums of rugby around the world, College Park in the heart of the city is still my favourite"

It remains the heart of the club. Every team in the club trains in College Park and every team has the opportunity to play there at least once in the season.

Our focus on this "Trinity Experience" has brought global recognition for D.U.F.C./Trinity Rugby. This is reflected in our participation in the World University Rugby Cup (Oxford 2015) and in the increasing numbers of international and representative rugby playing students that continue to add to the rich tapestry that is Trinity Rugby.

The increasing support of parents and alumni by way of membership and attendance at both matches and events has developed a new dimension. The after match camaraderie of parents, alumni, sponsors, supporters and players that flows out on to the balconies of the College Park Pavilion on match days is but one measure of the continuing development of the Trinity Rugby experience and it being "a Club for Life".

Without the extraordinary level of voluntary time that is given to the Club and the support of the Bank of Ireland (our Club sponsor), program advertisers, parents, alumni, Trinity Sport and College, coupled with the all-important embracing of the D.U.F.C. culture by the players, none of this would be possible.

We believe Messrs. Barrington and Wall would be proud of their legacy – and especially our small part in supporting the development of the game in the USA.

We did "set sail" for the East Coast of America with the words of WB Yeats at the forefront of our minds:

"There are no strangers here, only friends you haven't yet met".

Isn't that the essence of this game of Rugby Football that we are all so blessed to be a part of?

John Boyd, Executive Management Committee (Chair)







EXCELLENCE IN FINANCIAL RECRUITMENT







Social Event Pics 2018/19 Season





We are delighted to be supporting Trinity Rugby.

Best of luck to all the men & women playing this year.



USA Tour Pictures - Westpoint



Army Recruits?



Walking Tour



The Dining Hall



Memorial Monument



The Rugby Pitch



Comradeship after the match



Wishing everyone at Trinity Rugby a successful 2019/20 season

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Wishing DUFC a successful 2019/20 Season

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USA Tour Pictures - Iona College



Iona College



Iona College stand



Iona College rugby pitch



D.U.F.C. vs Iona College



Spectators mixing with the touring Party



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The College Park Collection , inspired by the Club's iconic kit, is a cross category range of active wear reflecting the commitment and passion of Trinity Rugby, the Home of Irish Rugby – in 1879 the Irish Football Union and the Northern Football Union met in No 9 Trinity College and formed the IRFU.



Show your support in true style!

Exclusively available through the Trinity Gift Shop. A share of the sales proceeds comes to the Club

https://gifts.tcd.ie/trinity-rugby-pro-gilet 20% discount to club members



D.U.F.C. Participate in Wanderers F.C. 150 Years Celebrations

We were delighted to have the honour of joining Wanderers FC IN THE AVIVA STADIUM on Saturday, 21st September to celebrate their150th season

The oldest two clubs in Ireland, Wanderers (1870) and D.U.F.C. (1854), played both Men's and Women's matches in the Aviva main pitch.

Wanderers was founded in 1870, and as such is the second oldest club in Ireland, having been founded by former members of D.U.F.C. which up to then had to seek opponents outside Ireland as there was no other Irish club at that time



Wanderers is entwined in the fabric of the development of Irish rugby. This was reflected structurally in it having a clubhouse at the Lansdowne Road stadium until its recent overhaul. as the Aviva Stadium.

Its place of honour in the Irish rugby narrative is further evidenced by 87 Wanderers players having worn the Irish jersey, 5 of whom were Captains of their country and one a Captain of the British & Irish Lions. Another 8 Former Wanderers members played for England and Australia.

The D.U.F.C. link has been continued to the present day with recent past D.U.F.C. Presidents Peter O'Connor, Peter Gibson, Roger Brownlee and Brendan Hyland all having been past members of the club after playing for D.U.F.C. Indeed. Peter Boyle, until recently the Irish representative on the World Rugby Board and a Trustee of D.U.F.C.. also followed that path. Further, Roly Meates has until recently been applying his considerable coaching nouse to assist the club.

We were therefore hugely honoured but delighted to be asked to participate in Wanderers Football Club 150 Years celebrations on Saturday,21st September 2019.





The earliest record of a D.U.F.C. team photograph dates back to the 1866-67 season



D.U.F.C. Participate in Wanderers F.C. **150 Anniversary Matches**





The victorious D.U.F.C. Men's & Women's 1st XV's



Women's Captains Genevieve Ruesch(DUFC) & Maddy Robinson(WFC) with match officials Sue Carty and Richie English/Nayana Santos



Men's Captains James Hickey(DUFC) & Brian Quill (WFC) with Sam Holt and Richie English/Nayana

Photos © Brendan Fogarty (photogroup.ie)



D.U.F.C. Participate in Wanderers F.C. **150 Years Celebrations**



Members of both Clubs arrive by Dart to Lansdowne for the Wanderers Celebration!



DUFC Women's Team arrive iand are greeted by the President Alan Rogan and Hon.Sec.Peter Gibson

DUFC table at the WFC 150 Anniversary Matches Lunch







The President & Coaches on the Hollow Turf



Different generations of DUFC Portuguese Community!



Post matches reception



CALENDAR OF EVENTS 2019/20

ach year we organise a series of events aimed at the various groupings (i.e. students & alumni, parents and sponsors/advertisers) within Trinity Rugby and their guests. With that in mind, and with the assistance of student members of D.U.F.C. and alumni members we will be organising a comprehensive programme of events for the 2019/20 season.

These will feature:

All Lunches in the Pavillion (see 1st XV Fixtures List for Home matches) with Guest Speakers, Match Forecast & Members Draws. Student members and members of visiting teams are encouraged to attend.

Pre-International Brunches/Lunches(tbc)

- A series of an "Evening with..." well known personalities in the Trinity Rugby "Clubhouse". We intend to kick off in October 2019
- Parents Christmas Lunch(TBC)
- Women's Colours Match Lunch on Wednesday,25th March 2020 in the Trinity Rugby "Clubhouse"
- Annual Men's Colours Match Lunch on Thursday, 26th March 2020 in the Trinity Dining Hall

- 1854 Annual Dinner Friday, 1st May 2020. Guest Speaker(tbc)
- D.U.F.C. Golf Classic in Milltown GC on Thursday,18th June 2020
- Social Golf Events: D.U.F.C. North vs South in Belfast (tbc)
- Social Events organised by D.U.F.C. student members such as the Team Pub Quiz, Themed Evenings and Club Nights which will be held before Christmas. Fund Raising Events and End of Season Party are planned for the New Year
- The Annual Red & Black Ball: Fitzpatrick's Castle Hotel Saturday,16th November

An updated list and details of other planned events and social evenings will be posted on the Club website www.dufc.ie/events

We would welcome any suggestions or ideas you may have regarding possible events or social evenings that we could organise for all our members.

Pedro Ribeiro, D.U.F.C. Events Convenor pribeiro@eircom.net





Date	Opponents	Guest Speaker
Oct-05	UCC (AIL)	David McHugh
Oct-19	Garryowen(AIL)	Neil Francis
Oct-25 (FRIDAY)	Cambrdge University	TBC
Nov-16	Ballynahinch(AIL)	Harry McKibbin
Dec-07	Clontarf (AIL)	Martin Garvey
Jan-11	Terenure(AIL)	Owen Doyle
Feb-15	Young Munster(AIL)	Alan Lewis
Feb-29	Cork Constitution(AIL)	Rev. Horace McKinley
Mar-13 (FRIDAY)	Lansdowne (AIL)	Peter O'Reilly
Mar-26 (THURS)	UCD (AIL/Colours Match)	Alan MacGinty

- Come and enjoy the pre and post match day fun by attending one or more of our AIL Lunches
- Renew old acquaintances and friendships in the familiar surroudings of the Pav. in College Park
- Lunch normally at 12.15pm for 12.45pm with kick off at 2.30pm. For evening matches see website
- For updated list of speakers and to book visit www.dufc.ie/events

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USA Tour Pictures - What Goes On Tour Stays On Tour



Happy Travellers



Goodbye to Phil Murphy



Cameron recovering!



Daryl & new friend!



Trying on for size



Midnight Cowboys in Time Square?



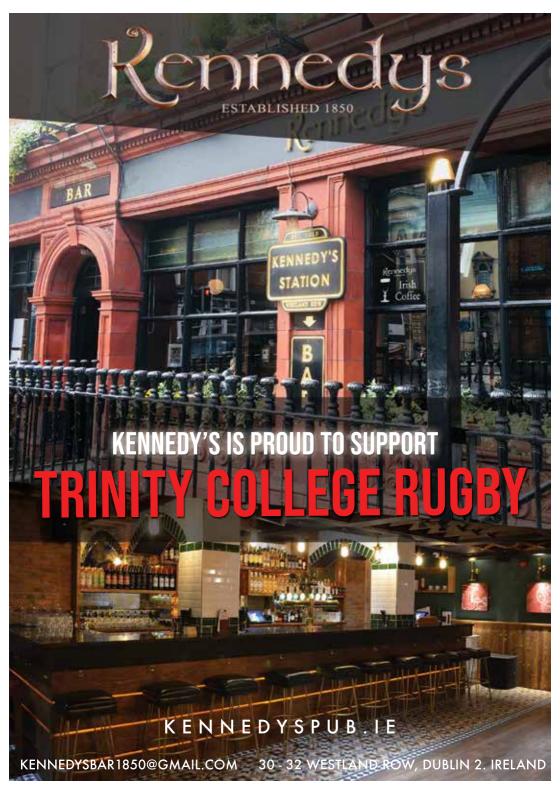
Date	Opponents	Venue.
Sep-29	Mullingar RFC (Leinster League)	Н
Oct-06	Clondalkin (Leinster League)	Α
Oct-20	Carlow Coyotes (Leinster League)	Н
Nov-03	Rathdrum (Leinster League)	Н
Nov-10	Barnhall (Leinster League)	Α
Nov-17	Port Dara Falcons (Leinster League)	Н
Dec-01	Balbriggan (Leinster League)	Α
Dec-08	Mullingar RFC (Leinster League)	Α
Jan-12	Clondalkin (Leinster League)	Н
Jan-19	Carlow Coyotes (Leinster League)	Α
Feb-9	Rathdrum (Leinster League)	Α
Feb-16	Barnhall (Leinster League)	Н
Mar-01	Port Dara Falcons (Leinster League)	Α
Mar-15	Balbriggan (Leinster League)	Н

NOTE: For full calendar of Women's fixtures, please see www.dufc.ie



Fixtures Men's 1st XV 2018 - 2019 DIV. 1A

Date	Opponents	Venue.
Aug-21	Old Wesley (Leinster League)	Α
Aug-24	Queens University (Dudley Cup)	Α
Aug-28	USA EAST COAST TOUR (Start)	See Tour
Sep-08	USA EAST COAST TOUR(End)	Itinerary
Sep-14	Lansdowne(Leinster League)	Н
Sep-21	Wanderers(150th Anniversary)	A (Aviva Stadium)
Sep-24	Naas (Leinster League)	Α
Oct-05	UCC (AIL)	Н
Oct-12	UCD (AIL)	Α
Oct-19	Garryowen(AIL)	Н
Oct-25	Cambridge University (Fri)	Н
Nov-02	Lansdowne (AIL)	Α
Nov-09	Cork Constitution(AIL)	Α
Nov-16	Ballynahinch(AIL)	Н
Nov-22	Oxford University (Fri)	Α
Nov-30	Young Munster(AIL)	Α
Dec-07	Clontarf (AIL)	Н
Dec-14	Terenure(AIL)	Α
Dec-21		
Dec-28		
Jan-04	Durham University	Н
Jan-11	Terenure(AIL)	Н
Jan-18		
Jan-25	Clontarf (AIL)	Α
Feb-01		
Feb-08		
Feb-15	Young Munster(AIL)	Н
Feb-22	Ballynahinch(AIL)	Α
Feb-29	Cork Constitution(AIL)	Н
Mar-07		
Mar-13	Lansdowne (Fri/AIL)	Н
Mar-21	Garryowen(AIL)	Α
Mar 26	UCD AIL/Colours Match (Thurs)	Н
Apr-04		
Apr-11		
Apr-18	UCC (AIL)	Α
Apr-25	AIL Semi Finals	
May-02		
May-09	AIL Final	





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