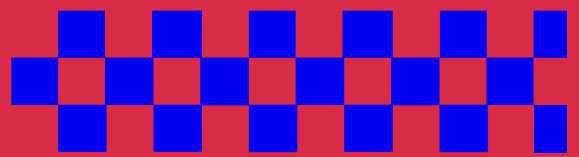




OUR FLYING FLAG

NEWSLETTER



Murray launches book!

Past pupil and rugby legend Conor Murray (Class of '07), renowned for his stellar career with Munster, Ireland, and the British & Irish Lions, officially launched his memoir *Cloud Nine – My Life in Rugby* this past weekend.

In the book, Murray reflects on his journey to rugby greatness—one that began on the playing fields of St. Munchin's College, where his passion and talent first took flight.

Everyone at SMC would like to congratulate Conor on his outstanding career and wish him all the best in his retirement! #OFWFF

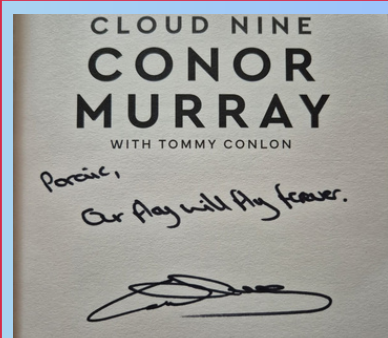
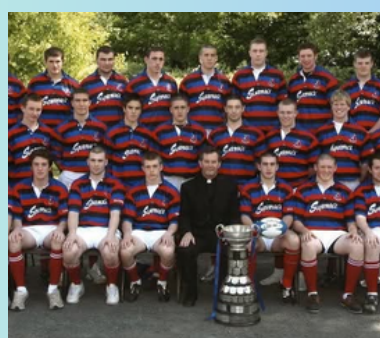
Career Highlights

Six Nations Champion x5

URC Champion 22/23

World Rugby Men's 15s Team of the Decade

British & Irish Lions (2013, 2017, 2021)





WEEKLY RUGBY



RESULTS

1ST YEAR



VS



Our 1st years play their first game of the season this week as they take on Clonmel this Thursday.

This very promising group of players have been training intensely and are very keen to get going. We wish all players the very best in the magical season ahead.

U15



30

VS

0



Our McCarthy Cup team enjoyed a strong start to their campaign with a convincing win over Rockwell College. There were impressive displays from Adam Power, Cillian Byrne and Harry Hannon

Next Up : Castletroy this Wednesday KO at 14:30(Home)

JUNIOR



19

VS

7



The Juniors opened their season with a hard-fought victory over a strong Roscrea side. Tries from Elliot Stokes, Dara Giltinane, and Caleb Crofton, along with two successful conversions by Jack Goode, sealed the win for SMC.

Next Up: We face city rivals Ard Scoil this Thursday. KO at 1:45 PM (Home).

BOWEN



15

VS

36



Our Bowen Shield lads got the better of Rockwell for their opener with some excellent rugby on display. A superb effort from Regan McGrath was the pick of the six tries.

Next Up: Our boys welcome Ard Scoil Rís next Tuesday at 14:00 (Home)

SENIOR



24

VS

7



Our Seniors began their season with a friendly away to Roscrea. They led 7-5 at half time thanks to a try from Ryan Angley, but our boys became unstuck in last quarter. Despite the result, there were plenty of positives for the coaching ticket to bring back to Limerick with them.

Next Up: Kilkenny next Tuesday evening (Away)

SMC Team of the Week

- | | |
|--------------------------|-----------------------------|
| 1. CONOR DILLON (SCT) | 9. JAMES CURTIN (MCC) |
| 2. CALEB CROFTON (JCT) | 10. MICHELE FERRARA (BOWEN) |
| 3. REGAN MCGRATH (BOWEN) | 11. SEAN DOWLING (MCC) |
| 4. AARON COWHEY (JCT) | 12. DARA GILTINANE (JCT) |
| 5. JACK MEANEY (SCT) | 13. RYAN ANGLEY (SCT) |
| 6. MILO KEANE (BOWEN) | 14. RÍAN MCDONNELL (MCC) |
| 7. RONAN O'BRIEN (SCT) | 15. HARRY HANNAN (MCC) |
| 8. STEPHEN BISETTE (SCT) | |