



BSR RFC

OFFICIAL MATCH PROGRAMME



THIS WEEKS FEATURES:
FROM CAPTAIN TO COACH:
TOM COLEMAN

CARLY BUILDS BAND OF
SCRUM SISTERS

IN THE SPOTLIGHT:
JIMMY REA

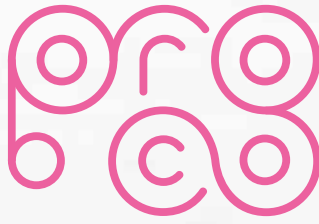
NATIONAL LEAGUE 1

BISHOP'S STORTFORD RFC V PLYMOUTH ALBION RFC

16 September 2017

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Members £5



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PRESIDENT'S WELCOME

PERRY OLIVER



WELCOME TO TODAY'S GAME & IN PARTICULAR ALL THE PLAYERS, OFFICIALS AND SUPPORTERS OF PLYMOUTH ALBION RFC ON THIS THE FIRST VISIT TO SILVER LEYS.

We are obviously very pleased with our winning start to life at Level 3 but in truth our season probably really starts today! We were fortunate when the fixtures were announced to be drawn first up against the two teams that came up this season from Level 4 with us, thus presenting us with a heaven sent opportunity to hit the ground running against teams also trying to find their feet at this level. The games still needed to be won & credit to our lads for doing just that.

Despite a lax last 10 minutes we were always in control against Caldy & last Saturday we really should have won by more, as by common consensus we were the more coherent team throughout. But today's opponents Albion are one of the 'big fish' of National league rugby, having played in the Championship as recently as 2015. So I think it's fair to say that today is the first real test of our Level 3 credentials.

At our last lunch we kicked off our fundraising for our chosen charity for this season, The Essex & Herts Air Ambulance. I'm pleased to inform you that we raised £700 from the lunchtime Heads & Tails plus whatever others donated into the collection buckets which represents a fantastic step towards our £5400 target. Thank you to all

those that contributed. Coincidentally this week is National Air Ambulance week and tomorrow our Minis are doing their bit in support of the cause.

Tomorrow will also see our Ladies Team play their first ever league match at St Neots. Good luck girls! Of course a win would be nice, but enjoying the game & making new friends is much more important.

Today's other senior fixtures find our Blues hoping to get back to winning ways here against Richmond Saxons. Whilst our Mitres, Chindits & Abbotts are all away in league action against Hertford, Saracens Amateurs & Biggleswade respectively. Best wishes to everyone playing in a Stortford shirt this weekend.

Finally we hope that our new pitch side bar, officially called "Banksy's Bar", will rise like a Phoenix from the ashes of its predecessor in time for its grand opening at our next home match vs Ampthill.

I hope you have a great day with us here at Silver Leys.

Perry Oliver
President

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DIRECTOR OF RUGBY

ANDY LONG



WELCOME BACK TO SILVER LEYS FOR ROUND 3 OF OUR CAMPAIGN.



I've been really encouraged by our opening two performances, we knew that we had to hit the ground running and the lads have worked hard on and off the field to ensure we are fully prepared each week.

We've picked up a few nasty injuries in these opening games though and will see us without Mark McCraith and Dan Elsom for a number of weeks. Fortunately Cameron Ives's back injury is not as severe as it could've been but he'll be out for a few weeks. I'd like to thank both our own and OE's medical staff for their swift and professional handling of what was a difficult situation.

Following games against newly promoted teams we know that our visitors Plymouth will be a step up in opposition. They have a strong squad and have competed well in this league for a number of seasons, but this is what we've worked hard for over the last four seasons, to test ourselves against the best sides and we are relishing the challenge.

Get behind the boys enjoy the game

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CHAIRMAN'S VIEWS

COLIN TILLEY

TWO GAMES - TWO WINS - 9 POINTS - 4TH IN NATIONAL ONE - & AS RUSSELL TELLS ME THE 27TH HIGHEST RANKED TEAM IN ENGLAND.

So on the face of it life is good, except that with all due respect to both Caldy & Old Elthamians, this seasons' real challenges start now. Plymouth Albion are one of the oldest and most successful teams in the country and have for most of their years in existence occupied an elevated position within our game. They are true English rugby grandees and the kind of team our guys have set their sights on competing against for the past few seasons.

Albion were the closest challengers to the all-conquering Hartpury College in last season's National One Competition and although a point's deduction for off the field issues meant they were eventually classified in fifth position they are undoubtedly one of the powerhouses of this year's competition.

They lost by the narrowest of margins in Round One to Blackheath but that might not, come the final reckoning, be as disappointing result as it may seem now. Last week they thumped Esher outscoring their guests seven tries to one. So our guys are under no illusions, we need to be at our best to compete. But in fairness if they've proved one thing over the years it is that the harder

they come the better we perform. Long may that trend continue.

Off the field by the time you read this our new pitch side bar should be in place if not operational. We hope to have 'Banksy's Bar' up and running for our next home game on the 30th.

Tomorrow is a red letter day for the club as our Ladies XV play their first ever game in Women's NC South East (East) 3 against fellow newcomers St Neots. All I wish for them is that they enjoy it and that they follow their male counterparts and never experience relegation!

Finally for this edition I'd like to extend my very best wishes for a speedy recovery to full health to our programme 'Editor in Chief' Mr Paul Maxfield who's been a little under the weather in recent days so much so that he's had to relinquish control of his beloved match programme over to others.

As you can see Paul, we need you to be back 'at your desk' in time for the Amptill match!

Yours in rugby
Colin Tilley

THE PLAYERS

BSRFC 1'S XV 2017/18



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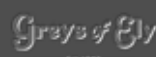
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FROM CAPTAIN TO COACH: TOM COLEMAN



MAKING THE TRANSITION FROM
PLAYING TO COACHING IS SOMETHING I'VE BEEN
IN THE PROCESS OF DOING FOR A WHILE NOW,
THE ONLY DIFFERENCE THIS YEAR IS THAT THE
BOOTS ARE WELL AND TRULY HUNG UP!



Although it's probably fair to say I still find it incredibly difficult at times to watch the boys play, I still get plenty of kicks out of watching them put in great performances like our first two league games.

Working with such a talented and committed group of players makes are life a lot easier, but I also really enjoy working and learning from the other coaches, sharing ideas and challenging each other is one of the key foundations to our success.

Everyone involved in our squad wants to be a better player and coach, it's our job to come up with the answers to what makes people tick. Being challenged in any walk of life can put people on edge a little, but that's what we want from each other and certainly the players. If people get too comfortable then performances may drop and have a knock on effect to our results.

Our weekly planning is very meticulous, the boys absorb a lot of information on our opposition and we encourage them to communicate effectively during video sessions. This is something that transcends to the field and we challenge them to come up with the answers under pressure.

We are aware how difficult Plymouth will be to play against this weekend, certainly our toughest test at this level so far. With the underdog tag firmly at our feet for the first time in a while, I'm excited to see if the boys can rise to the challenge and put in another memorable performance at Silver Leys.

CARLY BUILDS BAND OF SCRUM SISTERS



AS THE FOUNDER OF LITTLE SCRUMMERS COACHING FOR CHILDREN, CARLY POYSER IS VERY MUCH INVOLVED IN THE WORLD OF RUGBY.

She's always enjoyed the sport having grown up around it as her brother played for Harlow. Today her company sponsors national rugby awards and she attends various award ceremonies. "I had been at a few of these events, watching as players picked up awards and it just made me think of what we were missing at Bishop's Stortford. I decided that I was going to approach the club about the possibility of starting up a ladies section. Although there had been an attempt to get a ladies section going at the club a few years ago it had just faded away." After a chat with chairman Colin Tilley, who pledged his backing, Carly moved quickly to set the wheels in motion. "I got in touch with Colin at the beginning of October last year and he was great, really willing to help, it was good timing too as women's rugby was – and is very topical. I then contacted the RFU who were also all for it" Carly produced some flyers and organised advertising to raise awareness and on the first night of training, on November 1 last year, 24 ladies turned up.

The first training session took the form of a 'pitch up and play' event and RFU's Tom Mowbray, Mel Liley and Clare Mowbray came along so the evening started with a real buzz. "said Carly. "After that I wasn't going to hang about, I thought let's not build up slowly and surely, let's just go for

it! Two of my good friends came along on that first night and since then we have encouraged ladies to try and bring friends along to get the numbers up. We also did a carnival float this year to help raise the profile.

Carly is passionate about her mission to establish a successful ladies section and is delighted at how rapidly it is growing. She has longer-term plans to make the transition from different age groups more seamless for the girls and young women who want to continue with the sport. "I know with the girls at Little Scrumpers that when they reach an age where they can't do it any more they often want to continue with the friends they've made in their age group. We want to inspire them to carry on. There's just something about rugby. It offers something for everyone, whether you're tall short, fat or think. There's too much criticism from women towards other women, comments about what they look like etc but it's different with rugby.

There's a rapport and a camaraderie that is great. Women support each other and it's inspiring" The ladies team is open to players over 17 of all abilities and fitness standards. Weekly training sessions are held each Tuesday from 7 – 9pm at BSRFC



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TODAY'S OPPOSITION

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After thirteen seasons in the Championship, in 2015 they were relegated to National One.

Albion were a major force in English rugby union in the 1920s having five internationals on their books at one time. Around this time they attracted a crowd of 18,000 to a midweek game against Oxford University which established a record crowd for a club match in England which was not exceeded until the 1980s.

On their way to promotion to Nat One in 2002, the team went on a two season unbeaten streak of over 50 games, starting when the club was in Division Three South.

Albion have experienced financial problems of late and only avoided entering administration early in 2015 following a cash injection of £250,000 by local businesses. That though did not save them from formally entering administration in April 2016 at which point two former players, Bruce Priday and David Venables came to their rescue. However by going into administration they incurred a RFU penalty of a 30 point deduction.

This resulted in them finishing 5th last season instead of clear Runners up to Hartpury. They are therefore one of the favourites for promotion this season.

Today is the first time they will have visited Silver Leys, although it's familiar territory for one of their recently ex-players Back rower Rupert Cooper, who left Albion in May for the Cornish Pirates, as he played for our winning National Colts Cup team of 2006 & 1st XV with Tom, Marcus, The Warrior & Gilly!

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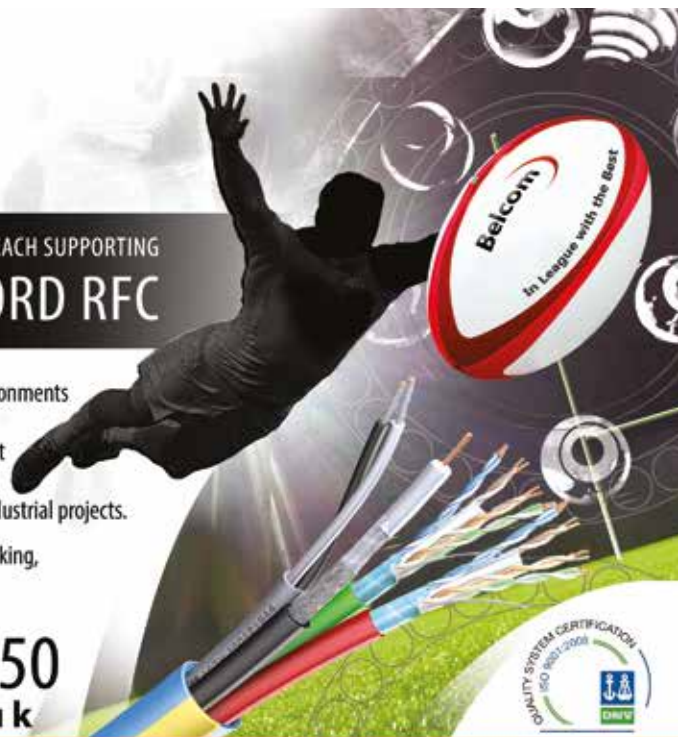
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RESULTS GRID, TABLE & FIXTURES

NATIONAL LEAGUE 1

National League 1 Results Grid																
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B'ham	21-21		21/10	7/10	25/11	10/3	23/12	23/9	3/2	12/2	16/9	4/11	20/1	2/4	0/12	21/4
BSRFC	30/9	10/2		3/2	49-26	21/4	27/1	25/11	11/11	7/4	14/10	9/12	28/10	23/12	16/9	13/1
B'heath	16/9	27/1	4/11		25/11	2/4	23/12	21/10	12/2	10/3	30/9	24/11	14/10	31/4	32-31	23/12
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Camb	10/2	11/11	16/12	2/12	13/1		28/10	6/1	14/4	28/4	3/3	9-14	24/3	30/9	27/1	14/10
Coventry	9/12	50-11	7/10	23/9	4/11	17/2		21/4	20/1	3/2	28/4	21/10	6/1	10/3	25/11	7/4
DarlMPk	2/12	15/1	24/3	10/2	30/9	16/9	16/12		3/2	14/4	23/12	33-23	27/1	14/10	28/10	11/11
Esher	13/1	14/10	10/3	28/19	21/4	9/12	30/9	4/11		25/11	27/1	2/4	10/2	39-14	23/12	16/9
Fyldie	27/1	28/10	2/12	11/11	23/12	12-25	14/10	9/12	24/3		10/2	21/4	3/3	16/9	13/1	30/9
Hull Ion	21/4	6/1	3/2	20/1	10/3	4/11	20-63	15-27	7/10	21/10		17/2	23/9	25/11	7/4	0/12
L'boro S	14/10	3/3	14/4	24/3	16/9	23/12	10/2	28/4	3/12	16/12	28/10		11/11	13/1	30/9	27/1
O.Alb'n	23/12	11/11	12/2	3/2	2/4	25/11	16/9	7/10	21/10	4/11	13/1	10/3		9/12	21/4	0-58
O.Eltham	3/3	2/12	13-19	16/12	7/10	20/1	11/11	3/2	28/4	6/1	24/3	23/9	14/4		10/2	28/10
Plym'th	11/11	14/4	6/1	28/4	3/2	7/10	24/3	12/2	43-10	23/9	2/12	20/1	16/12	21/10		3/3
RossPk	24/3	16/12	23/9	6-25	21/10	3/2	2/12	10/3	6/1	20/1	14/4	2/10	28/4	17/2	4/11	
Round 1-15																
Round 16-30																

Season 2017-2018

NATIONAL 1

Results

Date	Home Team			Away Team
9th Sep	Ampthill & District	28	24	Old Albanian
9th Sep	Caldy	37	19	Fylde
9th Sep	Cambridge	9	14	Loughborough Students
9th Sep	Coventry	50	11	Birmingham Moseley
9th Sep	Hull Ionians	15	27	Darlington Mowden Park
9th Sep	Old Elthamians	13	19	Bishop`s Stortford
9th Sep	Plymouth Albion	43	10	Esher
9th Sep	Rosslyn Park	6	25	Blackheath

Season 2017-2018

NATIONAL 1

Fixtures

Date	Home Team		Away Team	Kick Off
15th Sep	Birmingham Moseley	V	Hull Ionians	20:00
16th Sep	Darlington Mowden Park	V	Cambridge	14:00
16th Sep	Bishop`s Stortford	V	Plymouth Albion	15:00
16th Sep	Blackheath	V	Ampthill & District	15:00
16th Sep	Esher	V	Rosslyn Park	15:00
16th Sep	Fylde	V	Old Elthamians	15:00
16th Sep	Loughborough Students	V	Caldy	15:00
16th Sep	Old Albanian	V	Coventry	15:00

National League 2 South - Season 2016-17 Final Table

Club	PLD	W	D	L	F	A	PD	TBP	LBP	Ded	Pts
1) Coventry	2	2	0	0	113	31	82	2	0	0	10
2) Darlington Mowden Park	2	2	0	0	60	38	22	2	0	0	10
3) Bishop`s Stortford	2	2	0	0	68	39	29	1	0	0	9
4) Blackheath	2	2	0	0	57	37	20	1	0	0	9
5) Plymouth Albion	2	1	0	1	74	42	32	2	1	0	7
6) Ampthill & District	2	1	1	0	49	45	4	1	0	0	7
7) Caldby	2	1	0	1	63	68	-5	2	0	0	6
8) Rosslyn Park	2	1	0	1	64	25	39	1	0	0	5
9) Cambridge	2	1	0	1	34	26	8	0	1	0	5
10) Esher	2	1	0	1	49	57	-8	1	0	0	5
11) Loughborough Students	2	1	0	1	37	42	-5	0	0	0	4
12) Birmingham Moseley	2	0	1	1	32	71	-39	0	0	0	2
13) Old Elthamians	2	0	0	2	27	58	-31	0	1	0	1
14) Old Albanian	2	0	0	2	24	86	-62	0	1	0	1
15) Fylde	2	0	0	2	31	62	-31	0	0	0	0
16) Hull Ionians	2	0	0	2	35	90	-55	0	0	0	0

THE TEAMS



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AND GLASS BOTTLES ONTO THE FIELD. REUSABLE, R
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BISHOP'S STORTFORD 1ST XV

BLUE AND WHITE

1	Lewis Brunger
2	Declan Caulfield
3	Sean Edwards
4	Jon George
5	James Apperley
6	Dan Leo
7	Baxter Wilson
8	Steve Ball
9	Sam Coleman
10	Tom Banks
11	Jimmy Rea
12	Johnny Neville
13	Sam Winter ©
14	Ryan Hutler
15	Nick Hankin

REPLACEMENTS

16	Sam James
17	Tom McCrone
18	Dave Aldam
19	Chris Smith
20	James Lennon

with thanks to

BIT Solutions

Director of Rugby Andy Long | **Team Manager** Ed Merivale | **Physio** Paul Sharma
Coaches Danny Johnson, Richard Gill, Tom Coleman, Marcus Cattell

Referee Fergus Kirby
Assistant Referee 1 Simon Dodd
Assistant Referee 2 Mathew Todd

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PLYMOUTH ALBION RFC

RED, WHITE AND GREEN

Will Norton	16
Rupert Freestone	2
Daniel Pullinger	3
Daniel Collier	4
Ed Holmes	5
Eoghan Grace	6
George Mills	7
Herbie Stupple	8
Joe Snow	9
Dan Mugford	10
Jack Arnott	11
Harvey Skinner	12
Tom Hendrickson	13
Matt Crosscombe	14
Matthew Shepherd	15

with thanks to

WESTBURY
GARDEN ROOMS

REPLACEMENTS

Marcus Street	16
Jack Innard	17
Daniel Swain	18
Setareki Raumakita	19
Cameron Setter	20

Director of Rugby Nigel Sparrow | **Team Manager** Gareth Jones | **Physio** Claudia Serien
Head Coach Kieran Hallett | **Strength & Conditioning** James Earp



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THE NEW LAWS FOR 2017-18

The northern hemisphere will be catching up with the southern hemisphere from August 1st with the Global Law Trials. And then getting ahead with the new ruck/tackle and scrum laws.

Of the 17 trials, the following are the most relevant:

- The tackler has no special rights at the tackle anymore. After the tackle, they can only enter the tackle from their side of the tackle.
- A ruck commences when one player on their feet is over the ball on the ground at the tackle. They don't need to be in contact with an opposition player (sorry Italy!)
- Any player in the front row can strike for the ball. At least one player from the team who put the ball must strike for the ball.
Free kick if not.



Other changes:

- Uncontested scrums must have 8 v 8, even if a team has less than 15 players.
- If you kick for touch from a penalty after the whistle to end the half, it is still possible to kick for touch and have a lineout. If you want to kick the ball dead to end the half, you simply tap kick and then kick to touch.
- Penalty tries are automatically worth seven points and there's no need for a kick for a conversion.
- A player cannot kick the ball out towards the opposition try line when it's in a ruck.
- There's no signal for the ball to come into the scrum. Once it's stable it must be put in.
- The scrum-half can stand with their outside shoulder on the middle line.
- The number 8 can pick up the ball from the feet of the second rows.
- Other laws are on clarifications on in-goal and in-touch.



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IN THE SPOTLIGHT: JIMMY REA



MENTION BISHOP'S STORTFORD RUGBY TO ANY FAN AND THEY WILL RECOGNISE THE NAME JIMMY REA.

Jimmy has been a familiar fixture at the Club since he was a young boy and as he enters his tenth year playing for the First Team, shows no sign of slowing up.

One of Jimmy's earliest memories was messing around in the garden with his father, who was no stranger to the sport himself, having played for Saffron Walden, Bishop's Stortford and Upper Clapton. "I always remember him telling me to go for the gap" Jimmy recalls, "although it was once I went to school and that I really got involved."

Under school coach Sandy Barnard he played for the Under 11s as well as the Junior School First Team. He was also encouraged to join the mini rugby at BSRFC with his friend Tom Coleman.

"When I went up to the senior school I was playing in the Under 15s B team. We were fortunate at the time to go on seven tours in less than seven years, which was great experience."

It was on one of these tours to South Africa, when Jimmy got his first big break. "I was always the last one standing, the 16th man but then fate intervened when one player broke his shoulder and I stepped up." After that Jimmy had a trial for England at just 17 and at the same age was selected to play for Hertfordshire's Under 20s squad. He was also part of the winning team playing for the Colts when they won the National Colts Plate in 2011. "We were only in the plate competition because we just lost against Harlequins," he added.

Over the past 20 years Bishop's Stortford rugby club has been a constant in Jimmy's life. Even when he went off to university, where he also played, he made sure he was back for pre-season matches.

"I couldn't imagine my life without it to be honest," he admits. "Last year was probably the hardest year of my life, when my three year old daughter was undergoing tests. We were told she had cerebral palsy but she had to go through literally hundreds of tests. She is clinically disabled and it was a hard time but the club gave me an outlet. The coaches, staff, in fact everyone up there just got it and I had the freedom to focus on something else. I've been incredibly fortunate and even now, at the edge of retirement, I am thinking what can I do to give back. The club has been so significant to me that I just can't think of not being involved. My passion is bringing the youth on and I really enjoy seeing the youngsters who could take my place improving. If they can benefit from my experience now then that's great."

With his two young daughters and a third due in eight weeks time, a full time 'day job as an organic arable farmer with a beef herd, will Jimmy be thinking of hanging up his boots any time soon to spend more time with his young family?

"My wife is the only reason I'm still playing rugby! I had contemplated retiring but she persuaded me to continue. I thought about going out on a high after last season's promotion but she said I would kick myself if I didn't play."

Jimmy has plenty of family support. His wife watches most of his home games, as do his mum and dad as well as lots of the away games too. "There's a photo of me and my dad after the final game at Bishop's Stortford and we are both in bits. That about sums up the club really. It is so family focussed and a huge part of my life."

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CLUB STORTFORD

NOW IN ITS FIFTH SEASON, CLUB STORTFORD WAS SET UP BY A SMALL WORKING PARTY, TO SUPPORT THE 1STXV SQUAD AFTER PROMOTION TO NATIONAL LEAGUE RUGBY IN 2013/14. OUR AIM IS “TO ENSURE BISHOP’S STORTFORD RFC HAS A SUSTAINABLE FUTURE IN NATIONAL LEAGUE RUGBY AND CONTINUES TO NURTURE HOME GROWN TALENT.”

Working in conjunction with the 1stXV coaching team, CS provides funding for various expenditure beyond the financial resources of the main club. These are specific to the first team/Blues squad, and include items such as strength and conditioning, video analysis of matches, equipment, additional medical support, travel and overnight stays for long distance away fixtures.

Director of Rugby, Andy Long, has reiterated on a number of occasions the importance he attaches to the financial support given by Club Stortford. Quite simply, without it's support, the team would not be able to perform at such currently high levels. Two third place finishes, a second place play off and now promotion to National 1 in the last four seasons is an outstanding achievement.

Club Stortford currently has 30+ like-minded members, all willing to provide the necessary funds to allow the club to play at National league level. These are either individual, corporate or syndicate members, enjoying various benefits associated with their membership.

We continue to look for new members, to allow us to broaden and deepen the extent of our support. We would urge you to consider joining Club Stortford.

If you are interested and would like further information, please contact our secretary, Russell Cattell 07778 101988, Charlie Dunsford 07710 120011, Brian Moore 07768 356746 or our chairman Neil Parker 07860 300080.

THE OVAL CLUB



THE OVAL CLUB WAS FOUNDED IN 1998 BY A GROUP OF MEMBERS WHO GOT TOGETHER TO FIND A WAY OF RAISING FUNDS FOR THE CLUB WHICH COULD BE USED TO FUND FACILITIES AND PROJECTS WHICH WOULD ENHANCE THE PLAYING SIDE OF THE CLUB. WITH THAT IN MIND THE STATED MISSION STATEMENT OF THE OVAL CLUB IS:

‘TO CONTRIBUTE TOWARDS PROMOTING THE HIGHEST POSSIBLE STANDARD OF RUGBY THROUGHOUT BISHOPS STORTFORD RUGBY CLUB’

The Oval Club operates as an autonomous body and is entirely independent of the Rugby Club's financial and administrative operations. No member of the Oval Club Committee can be a member of the official Rugby Club management. The Oval Club does not seek to influence decisions of the Rugby Club.

Of the contributions received into The Oval Club's Fund two thirds of each contribution is set aside for the Rugby Club and one third is allocated to the Members to fund social occasions.

Since its establishment the Oval Club has raised over £225,000 and to date £138,000 has been allocated in support of funding requests from the Rugby Club for many projects including:

- Floodlighting the back field pitches,
- Improvement of the playing surfaces, including the purchase of a Verti-drainer,
- Supporting Youth and Minis through, tours, kit and additional playing facilities,
- Replacement of goal posts,
- Playing equipment and travel costs for all teams,
- Purchase of physiotherapy equipment,
- Refurbishing the changing rooms' showers,
- The drainage of the floodlit pitch,
- Junior coaching courses, and
- Pitch repair and maintenance.

At present on the Member's side social functions held each year include:

- A Home Match Lunch and Drinks
- An away match Coach Trip and Lunch and Drinks
- An Annual Forum Dinner and Drinks incorporating a partially financed Golf day

The current membership is 74 which is deemed by the Committee as an appropriate and manageable number however this is not set in stone and new members are always welcome. If anyone would like to join please contact one of the Committee Members listed below.

The Oval Club has played an important part in providing much needed funds for the Rugby Club to enable playing facilities and standards to be improved and it will continue to do so with the help of its members.

Members of the present Oval Club Committee are:

Robbie Kerr	Chairman
John Robinson	Secretary
John Power	Treasurer
Mark Caulfield	
Mike Howatson	

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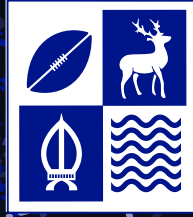
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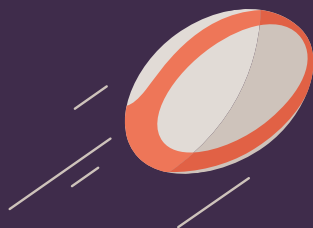
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BISHOP'S STORTFORD RFC MATCH DAY EXPERIENCE

BEHIND THE SCENES WITH THE 1ST XV



As part of the Clubs ethos 'to be a strong and successful rugby club united from Senior to Mini's, trusted and valued by our community' the BSRFC Director of Rugby, Andy Long, Club Captain Sam Winter, & the rest of the 1st XV Squad provide an insight for our "Mini & Junior" Members into what goes on behind the scenes as the Players prepare for a National League

1 Match. The day kicks off with a Q&A in the 1st XV Changing Room, followed by Training, Games & Warm up Sessions with the Coaches and Players. They then form the "Players Tunnel" alongside the "Blazers" to welcome both the opposition and the 1st XV onto the pitch before the game. Their experience culminates with Post Match Photos alongside the Players.



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