

B\$RFC

OFFICIAL MATCH PROGRAMME



PAUL SHARMA
LEAD PHYSIOTHERAPIST ON A BUSY
START TO THE SEASON

PETER SCARLETT MBE
RECIEVES LIFE TIME ACHIEVMENT
AWARD

IN THE SPOTLIGHT:



BISHOP'S STORTFORD RFC V LOUGHBOROUGH STUDENTS RFC 09 December 2017





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PRESIDENT'S WELCOME PERRY OLIVER



WELCOME EVERYONE TO OUR FINAL HOME GAME OF THE FIRST HALF OF THE SEASON & IN PARTICULAR I'D LIKE TO EXTEND A WARM WELCOME FOR THE FIRST TIME TO ALL THE PLAYERS, OFFICIALS AND SUPPORTERS OF LOUGHBOROUGH STUDENTS RFC.

Greetings also to our Match Day sponsors Bovis Homes and their quests.

Last Saturday was I'm sure as disappointing for those of you following on Twitter as it was for the 50 or so of us who made the long journey up to Fylde. We started the game very brightly but failed to convert that early pressure into points and then conceded a breakout score. The momentum swing was seismic. It gave our hosts confidence and with every missed opportunity our belief seemed to diminish.

Credit to Fylde, they may have been bottom at the start of play but their players grasped the opportunity we presented them for a much needed win. I've no doubt it was a subdued six hour journey home for our guys that night and possibly a painful one after Longy got stuck into them on Tuesday at training.

I'm sure he will make sure our guys learn from the experience and they will need to and quickly, because todays opponents league position in my opinion belies their quality & confidence levels. Loughborough Students RFC have won their last three games including, like us, a one point win away at Blackheath. So they are a team bang in form, & will undoubtedly be looking to compound our misery. Fingers crossed we can make home advantage count and rediscover that winning habit ourselves.

Sadly last weekend wasn't a great day for the other senior teams either with the Blues, Abbotts and Ladies all recording reverses. Let's hope for

all concerned that fortune shines on us a little brighter this week.

One bit of bright news from the playing front, our Colts efficiently despatched Bedford Blues 44-15 in the first round of the National Colts Cup a couple of Sundays ago and now await news as to who their opponents in round two will be.

By way of an update- At our last home game against Darlington Mowden Park we organised a Help Samoa collection at the bar and as a result we were able to donate £150 to the Pacific Rugby Welfare Fund which our own Dan Leo helps oversee. Thank you if you contributed.

Finally on behalf of our club I'd like to congratulate our good friend Peter Scarlett MBE on his Hertfordshire Service to Sport Lifetime Achievement Award & thank him for all his efforts on our behalf. What the citation, which is reproduced elsewhere in this programme, doesn't say is that he has also helped a great many other Hertfordshire clubs with advice & guidance on grant and other funding applications. So he & we can also be very proud of his work on behalf of Hertfordshire sport as a whole.

Have a great day with us here at Silver Leys today and we look forward to seeing many of you again on the 23rd for our final home game of the year

COYRI

Perry Oliver President

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DIRECTOR OF RUGBYANDY LONG

GOOD AFTERNOON AND WELCOME TO SILVER LEYS FOR ROUND 14 OF OUR 2017-18 SEASON,

it's crazy to think we are now nearly half way through our first season in National One where has the time gone..

It's fair to say that we were all hugely disappointed with the result last week at Fylde and I want to take nothing away from their performance, they fully deserved to win the game but it was a display from us that was uncharacteristic. It proved that this league demands that we have to perform at the highest level every week, be that technically, tactically, physically or emotionally. We were off the pace last week and we came off the field hurting.

The great aspect of league rugby is there's a fresh 80 minutes to prepare for as soon as that final whistle blew. As a group we have trained really well this week and look forward to producing a performance we can all be proud of.

Today's visitors, Loughborough Students, are in a rich vein of form having won 3 games on the bounce and will arrive full of confidence. They have a strong group of players often supplemented with a contingent from Leicester Tigers so they will not be short of quality individuals. We know we will need to be at our best today.

A quick thank you to all of those that travelled to Fylde last week, as always great to hear your chants from the sidelines, same again this week everyone, loud and proud.



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PETER SCARLETT MBE LIFETIME ACHIEVEMENT AWARD



PETER SCARLETT MBE, FORMER CLUB PRESIDENT, VP & CHARITY DIRECTOR HAS BEEN RECOGNISED AT THE HERTFORDSHIRE SERVICE TO SPORT AWARDS 2017



Peter has been a great stalwart of Bishops Stortford RFC, having first joined as a player in 1960, whereupon he soon developed a reputation for his pace on the wing. He then became Club Captain during the seasons 1961/62 and 1962/63.

Upon his retirement from playing, Peter continued his involvement with

the Club, becoming President from 2003/05, serving with distinction during his term of office, making a real effort to communicate with all levels throughout the Club and not merely the 1st XV.

In 2007 Peter became a Trustee of the Club, assuming responsibility for fundraising and community relations, both roles for which he was ideally suited.

His success with fundraising has become legendary and this has enabled the Club to carry out improvement projects to the pitches and clubhouse, with a total expenditure of c. £800,000 during that time. His dedication in preparing and pursuing grant applications as well as liaising with grant providers has been quite exceptional. Peter was at one time the Club's Press Officer and this put him in an ideal position to take responsibility for

Community Relations, particularly with the Local Authorities whose support the Club really needs.

His stamina continues unabated and he is now pursuing grant applications for proposed new floodlights, stands and new changing rooms. Bishops Stortford RFC would be significantly poorer without the very considerable contribution that Peter has made both on and off the field over a period of 57 years since he first joined the Club.



THE PLAYERS

BSRFC 1'S XV 2017/18



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PAUL SHARMA LEAD PHYSIOTHERAPIST

WHAT A BUSY START TO THE SEASON, WITH INJURIES IN RUGBY DOMINATING THE NEWS WE WERE NOT ALONE WITH OUR SHARE OF TROUBLES, LOSING A NUMBER OF KEY PLAYERS VERY EARLY ON.

Our major injuries were to Mark McCraith and Baxter Wilson, they are both progressing well and should be back playing for the end of January. Rory Young will unfortunately not be back playing until next season due to knee injury. We are also keeping on top of the rest of our players who like most players carrying some niggles or minor injuries. With the nature of rugby, injuries are going to happen. The players have all been much more proactive with their rehab this year and Gilly the strength and conditioning coach has the injured working in the gym to keep them match fit.

As Lead Physiotherapist I am in charge of the medical management of the players and coordination of medical cover to our other teams. During games its running the touchline and being on standby for any kind of injury, anything from a sprained ankle to an unconscious player. My job does not stop once the game is over, in fact that's when the bulk of my work starts! Triaging the injured players post game, compiling injury reports, deciding what action needs to be taken and lots and lots of planning. During the week it's working out who can train, who needs rehab, and who needs treatment, that's where communication between the players, physio's and the managers becomes key. Rugby is one of those sports that gives us a huge breadth of injuries to deal with so there is no such thing as a quiet night in the physio room!

We are fortunate to have an experienced medical and rehabilitation team at BSRFC. Everyone in the medical team brings their own knowledge and skills that benefit the players;

Jade who works with Team GB squash and badminton brings a high level of sports and preventative rehabilitation expertise. Sylvie is a highly skilled sports therapist specialising in sports injury, she has a wealth of rugby knowledge. There are a number of other physiotherapists and sports therapists that also help with the 1st, Blues and Colts teams. However, as skilled and as friendly our medical team is we are the last people the players want to be seeing at training or on the pitch. There is nothing more satisfying for us than seeing a player return from injury and put in a top performance.

BSRFC has a different 'feel' to it compared to other sports clubs I have worked in. As soon as I arrived here three years ago I immediately felt welcome. All of the players, managers and supporters really go out of their way to make you feel valued which in turn makes the medical team put in that extra effort with the club. This is shaping up to be a remarkable first season in National 1 and it makes the medical team incredibly proud to be keeping the boys performing at this level.



BSRFC U13s

OUR FIRST FORAY INTO YOUTH RUGBY

BISHOP'S STORTFORD RFC'S 2004/2005 AGE GROUP THIS YEAR TOOK THEIR FIRST STEPS ONTO THE PATH OF YOUTH RUGBY.



Our age group have always had very good numbers and this tradition hasn't faltered. We are running two full squads for fixtures and training weekly, which is fantastic, with many players being with us since first season minis, we have also welcomed a good few new players into the fold.

We now play our fixtures as part of the Herts and Middlesex Pool system, which is overseen by Saracens. Our A squad have been pooled in Pool A and our B squad in Pool E.

The evolving nature of mini and youth rugby with regard to age grade laws brought our biggest step this year for players and coaches alike.

Towards the end of last season we mentioned to the players that things would be changing, and change they did. Entering the youth stage of rugby the fundamental change is the level of fitness needed to sustain strong attack and defence whilst playing on a pitch that is 95% that of a full sized pitch and for a possible duration of 50 minutes. Our players have all remarked at what this change has made them think about and they are really taking it on board. Over the four months since we have started, we as coaches have all seen a marked improvement in our player's fitness levels. all their own work too!

We have also been playing in specialist positions, something that was touched upon last season but now is important as scrums are built up of 6 players. (no flankers vet) and are contested so front row training is a must, which our forward packs are relishing and putting to very good effect. As youth players the commitment to the game and the team is very much at the forefront of everything we do but it does not stop when they come off the field. Our players now have the responsibility of taking themselves off to the changing rooms to shower, change into their No.1's and then clean the changing room before getting back together to share in a meal post game. This is something that they all enjoy and is a most necessary part of the game as a whole, however trying to get them to actually shower is harder than it sounds, but three out of four ain't bad!!!

As we enter the second half of our season it is evident that our players are very much looking forward to the sharp end and with the culmination being our home festival it promises to be an entertaining few months ahead for these players. Their future, and the future of our club is looking bright, very bright indeed.











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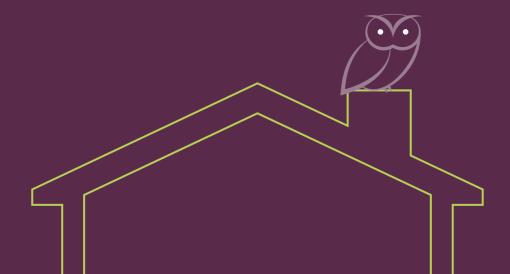
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TODAY'S OPPOSITIONLOUGHBOROUGH STUDENTS RFC



THE HISTORY OF LOUGHBOROUGH STUDENTS RFC ACTUALLY PREDATES THE FORMATION OF THE UNIVERSITY WHEN THE STUDENTS OF WHAT WAS THEN LOUGHBOROUGH COLLEGE FORMED WHAT IS CONSIDERED THE ORIGINAL SIDE IN SEPTEMBER 1919.

As you might expect for certainly one of, if not the pre-eminent sports university in the UK they have a rich & illustrious list of rugby alumni. Which includes at least 17 former British & Irish Lions & many more full internationals. Fran Cotton, Gerald Davies, John Dawes, Eric Miller, Ben Kay & Sir Clive Woodward have all worn their famous colours.

In 1976, the Student's Unions of the University of Technology and the Loughborough Colleges merged and the Loughborough Students Rugby Club was formed.

The eventually joined the RFU league structure in 1996 at the bottom of the league system. By the end of the 2006 /07 season they had reached Midlands 1 (Level 5) & in their first season were promoted to Level 4- National 3 North (now National 2 North).

In 2012 they were crowed champions of National 2 North securing promotion to National One. They finished a very creditable 7th in their first season at Level

3 and in the subsequent four seasons have finished between 11th & 13th

They currently lie in 13th position having won 5 & lost 8 of their 13 games. They have won their last 3 games most recently a high scoring encounter at home against Esher 49-38

Team Colours





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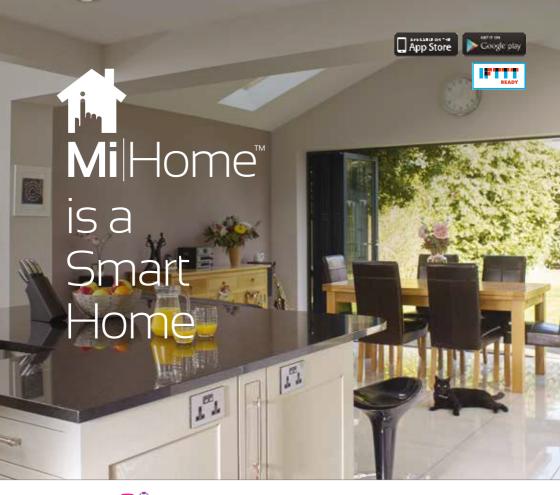
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RESULTS GRID, TABLE & FIXTURES NATIONAL LEAGUE 1

Nati	National League 1 Results Grid	Leag	ue 1 F	Sesul	ts Gri	þ										
	Ampt&D	B'ham	BSRFC	B'heath	Caldy	Camb	Coventry DarlMPk	DarlMPk	Esher	Fylde	Hull Ion	L'boro S	O.Alb'n	O.Eltham	Plym'th	RossPk
Ampt&D		28/4	20/1	6/1	17/2	7-8	14/4	7/4	45-5	35-12	16/12	3/2	28-24	33-7	10/3	29-23
B'ham	21-21		25-27	14-55	13-11	10/3	23/12	17-31	3/2	12/2	38-24	36-10	20/1	2/4	9/12	21/4
BSRFC	22-41	10/2		3/2	49-26	21/4	27/1	22-22	24-17	7/4	35-31	9/12	18-14	23/12	17-36	13/1
B'heath	16-15	27/1	19-21		25/11	2/4	23/12	39-24	12/2	10/3	46-13	21-22	31-3	31/4	32-31	23/12
Caldy	22-39	25/3	28/4	14/4		16-20	3/3	20/1	16/12	37-19	27-26	6/1	21-0	27/1	17-34	10/2
Camb	10/2	15-22	16/12	16-27	13/1		7-40	6/1	14/4	28/4	3/3	9-14	24/3	28-29	27/1	50-23
Coventry	9/12	50-11	30-27	37-10	38-14	17/2		21/4	20/1	3/2	28/4	36-0	6/1	10/3	29-14	7/4
DarlMPk	21-15	15/1	24/3	10/2	32-26	35-18	16/12		3/2	14/4	23/12	33-23	27/1	36-21	33-31	36-7
Esher	13/1	27-32	10/3	28-19	21/4	9/12	26-61	33-26		50-12	27/1	2/4	10/2	39-14	23/12	32-17
Fylde	27/1	22-26	29-22	19-26	23/12	12-25	0-64	9/12	24/3		10/2	21/4	3/3	7-43	13/1	29-20
Hull Ion	21/4	6/1	3/2	20/1	10/3	27-21	20-63	15-27	43-28	33-14		17/2	26-36	27-11	7/4	0/12
L'boro S	14-36	3/3	14/4	24/3	26-31	23/12	10/2	28/4	49-38	16/12	58-29		37-18	13/1	28-49	27/1
O.Alb'n	23/12	19-38	12/2	3/2	2/4	7-54	19-21	33-31	29-15	15-16	13/1	10/3		9/12	21/4	0-58
O.Eltham	3/3	47-17	13-19	16/12	23-21	20/1	16-20	3/2	28/4	6/1	24/3	36-20	14/4		10/2	34-27
Plym'th	16-9	14/4	6/1	28/4	3/2	17-10	24/3	12/2	43-10	68-15	29-3	20/1	16/12	17-17		3/3
RossPk	24/3	16/12	24-31	6-25	36-32	3/2	2/12	10/3	6/1	20/1	14/4	49-14	28/4	17/2	26-26	

Round 16-30

Round 1-15

Season 2017-2018 NATIONAL 1

2nd December Results

Home Team			Away Team
Caldy	21	0	Old Albanian
Cambridge	16	27	Blackheath
Darlington Mowden Park	21	15	Ampthill & District
Old Elthamians	47	17	Birmingham Moseley
Fylde	29	22	Bishop`s Stortford
Loughborough Students	49	38	Esher
Plymouth Albion	29	3	Hull Ionians
Rosslyn Park	13	43	Coventry

Season 2017-2018 NATIONAL 1

9th December Fixtures

Home Team		Away Team
Bishop`s Stortford	Vs	Loughborough Students
Hull Ionians	Vs	Rosslyn Park
Birmingham Moseley	Vs	Plymouth Albion
Blackheath	Vs	Caldy
Coventry	Vs	Ampthill & District
Esher	Vs	Cambridge
Fylde	Vs	Darlington Mowden Park
Old Albanian	Vs	Old Elthamians

National League 1											
Club	Pld	W	D	L	F	Α	PD	TBP	LBP	Ded	Pts
1) Coventry	13	13	0	0	532	177	355	11	0	0	63
2) Darlington Mowden Park	13	9	1	3	387	300	87	11	2	0	51
3) Plymouth Albion	13	8	2	3	411	246	165	9	2	0	47
4) Ampthill and District	13	8	1	4	353	211	142	8	4	0	46
5) Blackheath	13	9	0	4	366	249	117	6	2	0	44
6) Bishop`s Stortford	13	8	1	4	334	327	7	4	2	0	40
7) Birmingham Moseley	13	7	1	5	310	359	-49	5	1	0	36
8) Old Elthamians	13	6	1	6	311	311	0	6	2	0	34
9) Esher	13	5	0	8	348	414	-66	8	2	0	30
10) Cambridge	13	5	0	8	281	276	5	4	5	0	29
11) Caldy	13	4	0	9	301	355	-54	6	5	0	27
12) Hull Ionians	13	4	0	9	317	433	-116	8	2	0	26
13) Loughborough Students	13	5	0	8	315	421	-106	5	1	0	26
14) Rosslyn Park	13	3	1	9	329	381	-52	6	3	0	23
15) Old Albanian	13	3	0	10	217	394	-177	2	4	0	18
16) Fylde	13	3	0	10	206	464	-258	2	2	0	16

THE TEAMS



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BISHOP'S STORTFORD 1ST XV

BLUE AND WHITE

DLO		
1	Will Roberts	
2	Declan Caulfield	
3	Sean Edwards	
4	James Apperley	
5	Matt Tomlinson	
6	Steve Ball	
7	Dan Elsom	
8	Dan Leo	
9	Tom Banks	
10	George Cullen	
11	Nick Hankin	
12	Matt Riddington	
13	Sam Winter ©	
14	Chris Smith	
15	Robert Duff	
	REPLACEMENTS	Match Day Sponsors
16	Sam James	
17	Seb Brownhil	
18	Oli Jones	BOVIS
19	Johnny Neville	
20	Jimmy Rea	HOMES

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PURPLE, PINK AND WHITE

	Jarod Leat	1
	Ollie Adams	2
	Joe Heyes	3
	Luke Frost	4
	Joe Maksymiw	5
	Sam Lewis	6
	Andrew Boyce ©	7
	Charlie Kingham	8
	Jack Moates	9
	Owen Waters	10
	Tim Bitirim	11
	Tom Stapley	12
	Matt Edwards	13
	Jack Stapley	14
	Will Kaye	15
Man of the Match Sponsors	REPLACEMENTS	
	Harry Mahoney	16
	George Davis	17
FORWARD.	Tommy Reffell	18
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FYLDE 29 BISHOP'S STORTFORD 1ST XV 22

A DISAPPOINTING FIRST TRIP FOR STORTFORD TO THE DARK SIDE OF THE PENNINES.

Stortford fail to take early chances and are made to pay the price for a generally lacklustre performance against an effective and determined Fylde side, battling desperately to try and move off the bottom of the table. The visitors did produce some good individual performances – notably by the two Dans, Leo and Elsom, but, after the first 10 minutes, struggled to get a hold on the game. Fylde in contrast, outweighed at the scrum made the most of the possession they won and scored three good, opportunist tries before the break. All Stortford could muster in reply was a penalty try from a 5 metre scrum just before the break.

The visitors came out more positively in the second half and finally managed to break through the strong tackling of the Fylde backs for Chris Smith to score out wide. George Cullen's excellent conversion brought added momentum, which led eventually to a try for Steve Ball from one of a number of driving mauls, previously very well defended by the home side. This time Cullen's attempt to add the two extra points flew wide, leaving the scores tied at 22-22. A lesser side than Fylde might have folded after losing a 15 point lead in this way, but they proved to be made of sterner stuff. They flew back onto the attack and, with time running out, finally showed the penetration up the middle that had eluded Stortford all day to touch down by the posts for a deserved win. Enough time was left for the visitors to mount a final attack but, despite a good break by Matt Riddington, they were unable once again to produce the necessary guile and patience to finish off the move.



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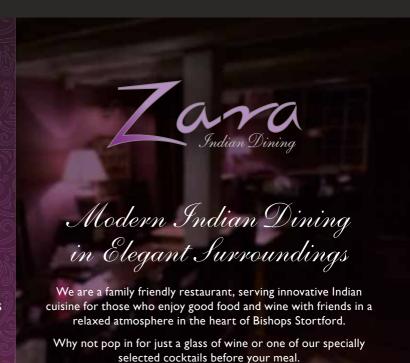
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IN THE SPOTLIGHT: NICK HANKIN

GROWING UP IN A SPORTING FAMILY, EVERYTHING IN OUR HOUSE WAS A COMPETITION;

who got the highest grades in school, who had the most representative honours for both County and Country, who ate their dinner the quickest - so they had first choice of the Müller corners in the fridge...

I started off by swimming from a young age, moved onto gymnastics and then was playing Club football until the age of 16. My first taste of rugby was in secondary school and it wasn't necessarily love at first sight... I was a scrawny, little kid that kept himself on the wing - I didn't want to tackle and made every effort NOT to be tackled at the same time. However, as my secondary school journey was coming to an end, I grew more in love with the game of rugby and its morals, and fell out of love with football.

At the age of 16. I decided that it was time to give up football and pursue rugby at Chelmsford RFC. I had a season playing Colts Rugby and moved onto Senior Rugby when I turned 17. Four months later. I was playing my first game for the Chelmsford 1st XV and I have never looked back. When the time came to pick a University. I couldn't resist the urge to test my abilities at Loughborough, whilst studying for a degree in Mathematics. Things didn't quite go to plan and I didn't make it past the first trials in any of the three years I was there. However, I still managed to play for "The Holt" halls rugby where we went from the bottom tier to middle tier over the three-year period I was there; whilst still travelling back to play for Chelmsford 1st XV.

After graduating, I decided to give rugby one more shot... For the next season, I was playing and training harder than I ever had before and was looking at possible clubs. The two clubs in the area were Bishop's Stortford RFC and Southend RFC. One week at each club was all I needed to make the decision to come to Bishop's Stortford, and it has been the best decision I've made to date. The coaching and advice I've received from Steve Pope, Andy Long, Mickey Coleman, "Simmo" and many others have allowed me to improve myself and my game. Since joining, I have had the opportunity to play for Herts rugby, Saracens 7's

and The Ramblin Jesters 7s and have loved every second of it.

To date, I'm in my fifth season for the club and have 133 caps under my belt. I couldn't have done it without the support of the club and all its supporters. I can't thank 'The Physio Clinic' enough for sponsoring me for the last 2 seasons and I would like to take this opportunity to congratulate Julie Wright on the birth of her baby girl, Charlotte.





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CLUB STORTFORD

NOW IN ITS FIFTH SEASON, CLUB STORTFORD WAS SET UP BY A SMALL WORKING PARTY, TO SUPPORT THE ISTXV 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 TAI FNT."

Working in conjunction with the 1stXV coaching team, CS provides funding for various expenditure beyond the financial resources of the main club.

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.

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



THE OVAL CLUB



THE OVAL CLUB WAS FORMED IN 1998 BY A GROUP OF BSRFC MEMBERS WHO GOT TOGETHER TO TRY TO FIND A WAY OF RAISING FUNDS TO HELP THE PLAYING SIDE OF THE CLUB WITHOUT HAVING TO INCREASE DEBT OR UTILISE RESERVES. TO THIS END THE OVAL CLUB WAS FOUNDED WITH THE FOLLOWING MISSION STATEMENT:

'TO CONTRIBUTE TOWARDS PROMOTING THE HIGHEST POSSIBLE STANDARD OF RUGBY THROUGHOUT BISHOP'S STORTFORD RUGBY FOOTBALL CLUB'

The Oval Club is an autonomous body and entirely independent of the Rugby Club's operations. None of the Committee members hold a position or appointment in the Rugby Club's infrastructure. The Oval Club does not seek to influence decisions of the Rugby Club. It responds to requests for financial assistance for projects and purposes which have been approved by the Rugby Club's Executive Committee and which fall within its mission statement above.

Of the funds raised two thirds is set aside for the Rugby Club the other third is reserved to fund social events for Members.

To date the Oval Club has raised over £225,000 and the Rugby Club has received in excess of £138.000.

In line with its mission statement The Oval Club makes contributions for one off projects and purposes which are of long term value to the Rugby Club and not part of on-going budget requirements. Invariably contributions have been made to the Club to enable them to secure grants from the RFU and other sources.

So far, major contributions have been made towards the cost of :

- Pitch repair and maintenance,
- Improvement of the playing surfaces, including the purchase of a verti-drainer,
- Floodlighting the back field pitches,
- Drainage of the floodlit pitches,

- Replacement of goal posts,
- Playing equipment and travel costs for all teams.
- Purchase of physiotherapy equipment,
- Refurbishing the changing room showers.
- Supporting youth and mini through tours, kit and additional playing facilities,
- Junior coaching courses.

On the social side there are several Members' events which take place throughout each year for. Currently these are:

- A self-supporting golf day at one of the local golf clubs.
- An Annual Dinner and Forum
- A First Team Home lunch
- A First Team Away coach trip and lunch

Through its contributions The Oval Club plays a considerable part in helping the Rugby Club enhance its playing related facilities for the use and benefit of all members of the Club.

Anyone who is interested in joining The Oval Club should contact a member of the Committee below.

The Oval Club Committee:

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



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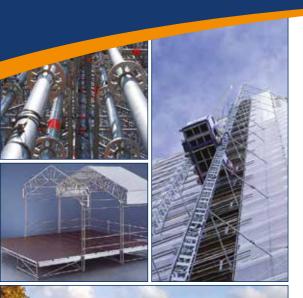


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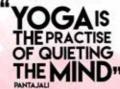
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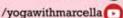


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BSRFC LADIES' NIKKY WILKINS. CAPTAIN

With four victories in the bag so far, how do you think the Ladies' XV will bounce back after last week's match at Towcester?

I think the Ladies will take the match against Towcester as a learning journey. It is good for teams to lose and we will use it as a positive to work on areas and drive ourselves to develop our skill set. We lost to a well-drilled team which had excellent players. The vibe from the Team after the game was high; the journey home was electric - lots of singing and laughing. We will be using this experience to play our hardest against Deeping the following Sunday.

2. It's obvious that the Team has formed a strong relationship despite being around for a short amount of time. How do you think this has helped with your first season in a league?

The Ladies are a fantastic team on and off the pitch. The bond between the players is obvious to see, the sport itself aids with this as each player has to put their body on the line for others. The players are continuously learning about the sport and each other; this has helped with getting big numbers to training every week and having over 15 players available for each match. There is a want and drive from everyone to play and be around each other. There is a lot of fun, laughs and respect for one another and this is evident not only on the pitch but also with the social side when players meet up to watch rugby or take part in our Secret Santa.

3. With the prospect of starting a girls' team in the New Year, how important do you think it is to get more girls and ladies involved in playing rugby?

It is such an exciting prospect starting a girls' team at Bishop's Stortford. Women's' rugby is growing at such a rapid rate and as adult players we have a duty to offer this fantastic sport to younger generations. Running a girls' team will aid the Ladies Team in the future as we will have depth of players to filter into the older age groups of U15, U18 and eventually the Ladies Team. This will keep the continuity of the teams to carry on for years to come



I personally feel that this is such an important step for the local schools and community, rugby as a whole is fully inclusive, it is non-judgemental and allows every shape, size, ability and age to play and take part. It is open to so many people, rugby is the one sport that can allow women and girls to be themselves and find 'something' that they are good at. It is an extended family. As a long-term player I have seen this sport transform girls and women, it gave me a lot of freedom plus friends for life, this is something I want to give back to other girls and women.

4. As a fairly new team, what do you think the target is for the Ladies at the end of this season, and come the new season next year?

The target for the Ladies at the end of this season is to have 15 or more players to every match. We also want to ensure that we are always having fun and enjoy playing the sport.

The target for next season is to maintain the numbers for matches, but also recruit more players and continue to learn and develop our knowledge and skills through training and playing more games not only league matches but also more friendlies.



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OPENING TIMES:

Saturday: 12 noon - kick off time (1st XV match days only)

Sunday: 9am - 1pm



For further information please see the club website: www.bsrfc.co.uk or contact Bob Winnington on 07988 646 384.



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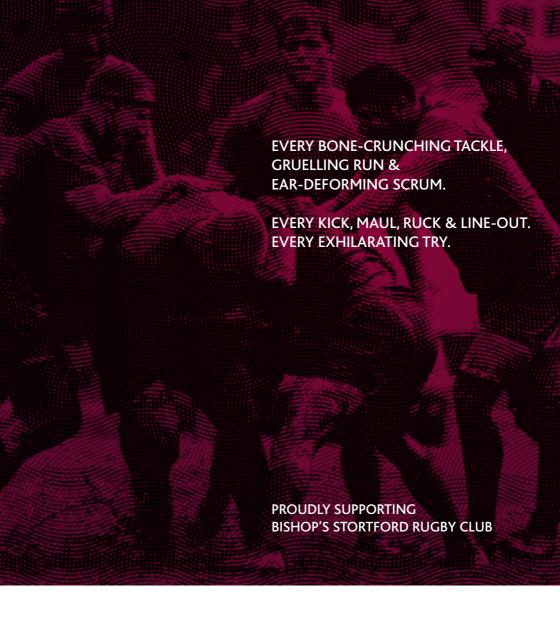


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1 Match. The day kicks off with a Q&A in the 1st XV Changing Room, followed by Training, Games & Warm up Sessions with the Coaches and Players. They then form the "Players Tunnel" alongside the "Blazers" to welcome both the opposition and the 1st XV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



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