



# BSRFC

OFFICIAL MATCH PROGRAMME

**THIS WEEKS FEATURES:**  
INJURY UPDATE WITH  
PAUL SHARMA

**BSRFC LADIES**  
REASONS TO GET INVOLVED

**IN THE SPOTLIGHT:**  
MARK MCCRAITH

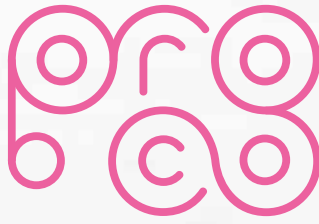
NATIONAL LEAGUE 1

**BISHOP'S STORTFORD RFC V BLACKHEATH FC**

30 March 2018

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# PRESIDENT'S WELCOME

## PERRY OLIVER



## WELCOME EVERYONE TO WHAT IS I BELIEVE THE FIRST TIME WE'VE PLAYED A 1ST XV MATCH ON A FRIDAY & CERTAINLY GOOD FRIDAY!

And of course a special welcome to the Players, Coaches, Officials & Supporters of the institution that is Blackheath FC, on this their first ever visit to our club. This of course is a rearranged fixture after the original date of 3rd March fell victim to the 'Beast from the East'. At that time this piece was going to begin with a comment about how difficult 2018 had been for us and whilst it's still fair to say that results haven't been entirely favourable there is no doubt that our performances since that postponement are much improved.

Our medical team led by Paul Sharma have managed to reduce our injured list significantly and it's no coincidence that the whole team now seem to be playing with more confidence & intensity.

Since we were last here on 10th February we've had three tough road trips. The first was a comparatively short jaunt around the M25 to leafy Surrey and a visit to Esher who are always a more formidable opponent at their own ground. So to emerge from the encounter victorious 25-16 was a very welcome outcome and one which if I'm honest I didn't really expect.

The following weekend we had an early kick off down at Plymouth Albion, who haven't lost on their own patch for over 12 months. It was therefore always going to be one of the stiffer tests of our National One credentials but full credit to our guys who stayed in the game to the very end and deservedly brought home a losing bonus point.

Last Saturday we swapped 260 miles South for 220 North and a first ever experience of the Northern Echo Arena home of Darlington Mowden Park. For those who don't know it's a 25,000 all-seater stadium ( the 2nd biggest Rugby stadium in England apparently) and watching & probably playing a game in such a space with less than 600 other souls, is I have to say a slightly surreal experience.

At least 150 of that 600 came from Stortford and I would once again like to pay tribute to the loyalty and commitment of our travelling support who were, as always quite superb. Nearly as good as the our players who once again put in a magnificent performance despite losing narrowly, in what was probably the best & fastest game I've ever seen a Stortford team participate in. It was a fantastic advert for Nat One.

On the morning of our last game here against Birmingham Moseley news reached us of the passing of one of our Distinguished & Honorary Life members and two-time past Chairman- Brian Gorman. It obviously came too late for me to include in my programme notes for that game, but it would be remiss of me not to belatedly acknowledge it today. Whilst Brian's face or name might not be familiar to many current members, Brian is to no small degree the reason they are able to enjoy the club as it is today. Green space or more accurately lack of it on which to accommodate our near 700 Mini & Youth players, is an ever present challenge for those on the Exec Committee. Can you imagine where we would be without access to the land at the rear of the clubhouse? Brian had the foresight to push ahead with the outright purchase of that land, when others doubted the wisdom of spending what was then a huge sum for us. (£7000). Brian we are and will always be grateful for the service you gave the club. You will be greatly missed.

I hope you enjoy the start of your extended weekend here with us today at Silver Leys & that you have a very Happy & Peaceful Easter. Easy on the chocolate!

COYB!

Perry Oliver  
President

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# DIRECTOR OF RUGBY

## ANDY LONG



## IT'S GREAT TO BE BACK AT SILVER LEYS AFTER FOUR GAMES ON THE ROAD.

Our reaction to what we all agreed was a poor performance at OA's has been really pleasing. To win away at Esher and take points from difficult trips to Plymouth and Darlington have given the squad lots of confidence coming into the final five games. Indeed I think other occasions we could've come out on top. The key thing is to take individual and team learnings from these experiences, we will find ourselves in these positions again and hopefully we can use this to change the result in our favour.

I'd like to thank all of you who travelled over the past few weeks supporting the team, to see so many of you really lifts the team, thank you it's great to got through these new experiences with you all.

We enjoyed a great win away at Blackheath earlier in the season but came away feeling we would need to improve for the home fixture. They possess a lot of pace and are a very well organised side. With a short turnaround managing the squad training this week has been a priority.

I'd like to make a special mention to George Keen who as a colt last season has applied himself magnificently making his 1Xv and National 1 debut away at Plymouth. This is another great example of developing our homegrown players and giving them opportunities.

Congratulations to the Colts for a fantastic win last week at home to OA's which sees them progress to the Quarter Final stage of the National Cup.

Finally thank you to all the sponsors for your constant support, without your loyalty it would make it very hard to operate at this level.

Our players are often looking for jobs and with a new batch of university leavers heading back to the area over the summer if anyone out there has employment opportunities please contact me.

Enjoy the game

Longy



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# A YOUTHFUL LOOK AT THE BLUES!!!!





# THE PLAYERS

## BSRFC 1'S XV 2017/18



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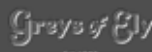
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2017-18  
1XV CAPTAIN





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# BSRFC LADIES - REASONS WHY MORE GIRLS AND WOMEN SHOULD TAKE UP CONTACT RUGBY



The Red Roses have dominated the headlines in the past couple of years. Their success in the Womens' World Cup and again in the Six Nations has proven that rugby is not just a sport for men. Despite this, some women are still hesitant to get their boots on and get involved with their local team.

Luckily, Bishop's Stortford Ladies' Team has stayed strong since the start and has managed to get a full team AND subs out to every single match in their first league. This success led to the launch of a brand-new girls' team which, despite being in the early stages, has attracted over 20 girls to each training session.

Here are some reasons that more girls and women (or anyone!) should get involved in contact rugby:

## **There's a Position for Everyone**

Rugby is such an inclusive sport! It doesn't matter what shape, size or weight you are - there really is a position for everyone. Sometimes you might hear the odd comment: 'You don't look like you play rugby' - but honestly... who knows what a rugby player is 'supposed' to look like?

## **Fitness, Fitness, Fitness**

It's such an intense workout. Sometimes going to the gym isn't for everyone, but rugby includes full body strength and cardio training - and you have a lot of fun while you're doing it!

## **Squad Goals**

A rugby family is a real thing. You develop such a close bond with your team - and why shouldn't you, a lot of the time you're way closer (physically) than a lot of people are comfortable with. If you get tackled in a match your team mates are there to protect you - it doesn't stop as soon as you get off the pitch, if anything happens in life you can be pretty sure that your team will be there to pick you straight back up.

## **It's Pretty Empowering**

There is nothing like the feeling you get when you have the ball and you're running down the pitch. Or the feeling you get when you make a great tackle. Even better if you get to experience scoring a try! Finishing a match and knowing that you've worked that hard feels like such an achievement - one that still feels worth it when your muscles ache and you find the bruises the next day!

Training for both the girls and ladies runs every Tuesday. The girls' sessions run from 6.15pm - 7.15pm. The women's sessions run from 7.15pm - 9pm.

For more information and to find out about joining the team, please contact us on one of our social media channels (Facebook, Twitter and Instagram) or email [bsrfcladies@gmail.com](mailto:bsrfcladies@gmail.com).



# INJURY UPDATE

Player:	Injury:	Return to play:
David Aldam	Knee cartilage tears + instability	Pre-season
Rory Banks	Rib injury	1 week
Dan Elsom	Dislocated shoulder - surgery	pre- season
Jonathan George	Knee cartilage/ligament tear	1-2 weeks
Sam James	Ankle Syndesmosis injury	pre- season
James Lennon	ACJ dislocation - surgery	pre-season
Jimmy Rae	Hamstring tear	1-2 weeks
Chris Smith	Anterior rib and SCJ subluxation	3 weeks
Rory Young	ACL rupture - surgery	pre- season

These are just some of our injured, we are waiting news on our other players, but clearly our medical team headed up by Paul Sharma are being kept very busy this season!





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# TODAY'S OPPOSITION

## BLACKHEATH FC



## BLACKHEATH FOOTBALL CLUB WAS FOUNDED IN 1858 BY OLD BOYS OF BLACKHEATH PROPRIETARY SCHOOL WHO PLAYED A “CARRYING” GAME OF FOOTBALL MADE POPULAR BY RUGBY SCHOOL.

When the old boys played against the current pupils, supporters would shout for either “Club” or “School” accordingly. This is why to this day supporters of BFC shout for “Club”, not for “Blackheath”.

In 1863 the club developed the tactic of passing the ball from player to player as an alternative to the solo break and the “kick and follow-up”. In 1863 Blackheath was a founder member of The Football Association which was formed at the Freemasons’ Tavern, Great Queen Street, on Lincoln Inn Fields, London 26 October 1863 with the intention to frame a code of laws that would embrace the best and most acceptable points of all the various methods of play under the one heading of “football”. Mr Francis Maule Campbell, a member of Blackheath, was elected treasurer. At the fifth meeting Campbell argued that hacking was an essential element of ‘football’ and that to eliminate hacking would “do away with all the courage and pluck from the game, and I will be bound over to bring over a lot of Frenchmen who would beat you with a week’s practice.” At the sixth meeting on 8th December Campbell withdrew Blackheath, explaining that the rules that the FA intended to adopt would destroy the game and all interest in it.

Other rugby clubs followed this lead and did not join the Football Association. In this way the great divide between soccer and rugby took place. In December 1870 Edwin Ash, secretary of Richmond Football Club published a letter in the papers which said, “Those who play the rugby-type game should meet to form a code of practice as various clubs play to rules which differ from others, which makes the game difficult to play.” On 26 January 1871 a meeting attended by

representatives from 22 clubs was held in London at the Pall Mall Restaurant. As a result of this meeting the Rugby Football Union (RFU) was founded. The Club is one of seven of the original twenty-one clubs to have survived to this day.

Blackheath initially played its matches on the Heath (meeting and changing at the Princess of Wales public house) but occasional interruptions from spectators led the club to move, initially to a private field (Richardson’s Field) in Blackheath before moving to the Rectory Field in 1883.

For the start of last season, after 158 years at Rectory Field, the Club moved to their training ground at Well Hall in Eltham.

### Team Colours





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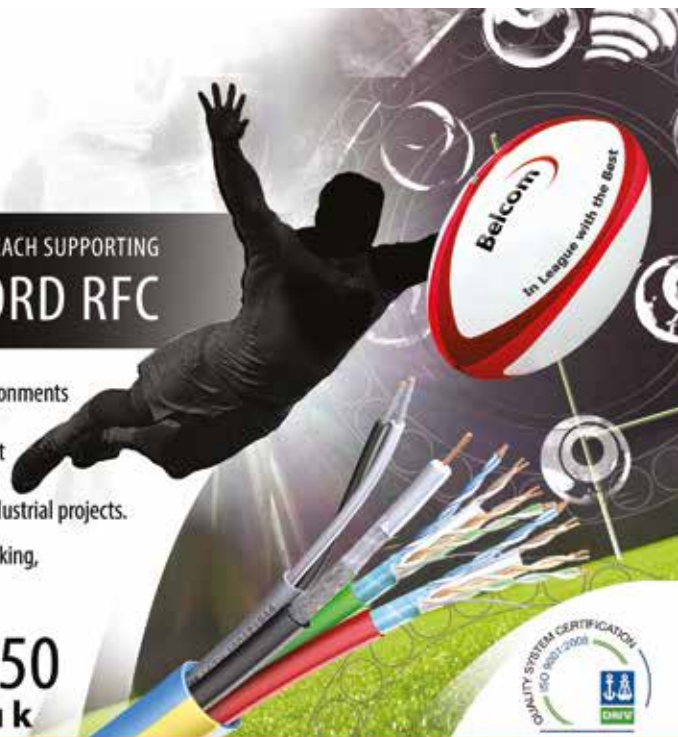
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# RESULTS GRID, TABLE & FIXTURES

## NATIONAL LEAGUE 1

National League 1 Results Grid																
	Ampt&D	B'ham	BSRFC	B'heath	Caldy	Camb	Coventry	DarlMPk	Esher	Fyldie	Hull Ion	L'boro S	O.Alb'n	O.Eltham	Plym'th	RossPk
Ampt&D		28 / 4	22-12	21-14	30-14	7-8	14 / 4	7 / 4	45-5	35-12	45-17	17-17	28-24	33-7	33-28	29-23
B'ham	21-21		25-27	14-55	13-11	14-13	17-41	17-31	20-20	36-21	38-24	36-10	34-13	7 / 4	16-20	21 / 4
BSRFC	22-41	10-15		30 / 3	49-26	21 / 4	10-36	22-22	24-17	7 / 4	35-31	43-12	18-14	34-20	17-36	20-22
B'heath	16-15	20-12	19-21		29-17	2 / 4	61-29	39-24	29-28	36-5	46-13	21-22	31-3	21 / 4	32-31	17-17
Caldy	22-39	21-20	28 / 4	14 / 4		16-20	12-55	8-10	15-7	37-19	27-26	71-14	21-0	32-24	17-34	33-3
Camb	20-8	15-22	22-21	16-27	6-15		7-40	15-25	14 / 4	28 / 4	31 / 3	9-14	50-26	28-29	16-14	50-23
Coventry	63-14	50-11	30-27	37-10	38-14	40-10		21 / 4	57-12	47-3	28 / 4	36-0	52-5	48-13	29-14	7 / 4
DarlMPk	21-15	42-7	41-35	33-19	32-26	35-18	0-42		31 / 3	14 / 4	26-0	33-23	52-24	36-21	33-31	36-7
Esher	29-29	27-32	17-28	28-19	21 / 4	10-13	26-61	33-26		50-12	38-27	2 / 4	24-8	39-14	29-33	32-17
Fyldie	5-26	22-26	29-22	19-26	9-34	12-25	0-64	10-13	17-32		12-14	21 / 4	21-31	7-43	0-26	29-20
Hull Ion	21 / 4	13-29	14-21	32-21	29-24	27-21	20-63	15-27	43-28	33-14		15-15	26-36	27-11	7 / 4	27-26
L'boro S	14-36	32-33	14 / 4	34-34	26-31	21-28	24-31	28 / 4	49-38	21-0	58-29		37-18	21-25	28-49	37-15
O.Alb'n	35-35	19-38	36-17	6-32	2 / 4	7-54	19-21	33-31	29-15	15-16	50-28	34-19		15-24	21 / 4	0-58
O.Eltham	30 / 3	47-17	13-19	32-7	23-21	12-7	16-20	14-19	28 / 4	55-10	42-26	36-20	14 / 4		16-12	34-27
Plym'th	16-9	14 / 4	17-10	28 / 4	21-16	17-10	21-24	34-19	43-10	68-15	29-3	31 / 3	26-8	17-17		5 / 5
RossPk	21-31	30-26	24-31	6-25	36-32	10-7	13-43	38-26	44-37	31-15	14 / 4	49-14	28 / 4	29-36	26-26	
Round 1-15																
Round 16-30																



## Season 2017-2018 NATIONAL 1

## 24th March Results

Home Team			Away Team
Old Elthamians	42	26	Hull Ionians
Caldy	21	20	Birmingham Moseley
Cambridge	50	26	Old Albanian
Fylde	17	32	Esher
Loughborough Students	34	34	Blackheath
Plymouth Albion	21	24	Coventry
Rosslyn Park	21	31	Amphill & District
Darlington Mowden Park	41	35	Bishop's Stortford

## Season 2017-2018 NATIONAL 1

## 30/31st March Fixtures

Home Team		Away Team
Bishop's Stortford	Vs	Blackheath
Darlington Mowden Park	Vs	Esher
Cambridge	Vs	Hull Ionians
Plymouth Albion	Vs	Loughborough Students

## National League 1

Club	Pld	W	D	L	F	A	PD	TBP	LBP	Ded	Pts
1) Coventry	26	25	0	1	1097	379	718	23	0	0	123
2) Darlington Mowden Park	25	18	1	6	693	546	147	17	2	0	93
3) Amphill and District	25	15	4	6	664	486	178	15	4	0	87
4) Plymouth Albion	24	15	2	7	663	433	230	14	6	0	84
5) Blackheath	25	15	2	8	685	515	170	12	3	0	79
6) Old Elthamians	25	14	1	10	624	571	53	11	3	0	72
7) Birmingham Moseley	26	13	2	11	589	655	-66	10	4	0	70
8) Bishop's Stortford	25	12	1	12	595	601	-6	7	7	0	64
9) Caldby	26	11	0	15	613	612	1	10	8	0	62
10) Cambridge	25	11	0	14	488	492	-4	5	8	0	57
11) Rosslyn Park	25	9	2	14	615	693	-78	12	5	0	57
12) Esher	25	8	2	15	631	734	-103	15	6	0	57
13) Hull Ionians	25	8	1	16	559	782	-223	13	3	0	50
14) Loughborough Students	25	7	3	15	582	767	-185	8	5	0	47
15) Old Albanian	26	7	1	18	508	808	-300	9	4	0	43
16) Fylde	26	3	0	23	334	866	-532	2	4	0	18

# THE TEAMS



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## BISHOP'S STORTFORD 1<sup>ST</sup> XV

### BLUE AND WHITE

1	Will Roberts
2	Declan Caulfield
3	Tom McCrone
4	James Apperley
5	Matt Tomlinson
6	Dan Leo
7	Baxter Wilson
8	Steve Ball
9	Tom Banks
10	George Cullen
11	Ryan Hutler
12	Matt Riddington
13	Sam Winter ©
14	Rob Duff
15	Nick Hankin

#### REPLACEMENTS

16	James Palmer
17	Seb Brownhill
18	Oli Jones
19	Joss Linney
20	Sam Coleman

#### Match Day Sponsors



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

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## RED AND BLACK

	Hayden King	1
	Matt Miles	2
	Danny Herriott	3
	CJ Osazuwa	4
	Neale Patrick	5
	Freddie Owen	6
	Harry Bate	7
	Tom Baldwin	8
	Josh Davies	9
	Joe Tarrant	10
	Jake Lloyd	11
	Mark Cooke	12
	Markus Burcham ©	13
	Alex Pickersgill	14
	Leo Fielding	15

### Man of the Match Sponsor



### REPLACEMENTS

	Harry Fry	16
	James Hallem	17
	Keiron Scutt	18
	Jack Walsh	19
	Tom Chapman	20

**Head Coach** James Shanahan | **Backs Coach** Andy Holloway | **Head Physio** Kendal Wallace  
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# DARLINGTON MOWDEN PARK 41

## BISHOP'S STORTFORD FIRST XV 35

### GREAT GAME OF FREE-FLOWING RUGBY SEES STORTFORD FALL NARROWLY SHORT OF WHAT WOULD HAVE BEEN A MEMORABLE VICTORY AWAY TO SECOND-PLACED DMP.

Confronted by possibly the best attacking team they have faced, Stortford found themselves 10 points behind with barely 5 minutes gone, as DMP's 15 man rugby and superb off-loading game made them almost impossible to defend against. An excellent converted try and penalty were the outcome and a lesser side than Stortford might have buckled at that stage. Instead, they fought back via a great leaping catch by Nick Hankin from a testing kick out of defence by the home side, from which Tom Banks drew the DMP winger and swapped passes with Sam Winter to run clear and touch down close to the posts with 15 minutes gone. George Cullen's conversion narrowed the gap to 3.

Although the home side continued to threaten, Stortford's swarming defence - epitomised by one 30 yard sprint by hooker, Dec Caulfield to cover-tackle a threatening DMP wing into touch - kept them in the game. After 20 minutes Cullen counter-attacked with a half break and, although his attempted offload dropped into space, Matt Riddington was able to volley it forward, before regathering and dashing under the posts for another converted try. DMP fought back and were threatening the Stortford line some 7 minutes later, when Ryan Hutler leapt to intercept a potential scoring pass and run virtually the length of the pitch for another 7 pointer. The game had been played at a furious pace throughout and the home side registered another quality try to their right wing after some more excellent handling through multiple phases. Another outstanding conversion narrowed the gap to 4 points, but Stortford were not content to settle for a narrow lead and 3 minutes later Cullen spotted a gap behind the defensive line and chipped ahead from just outside the DMP 22 and just beat the cover defence to the touchdown. His own conversion took his side into a 28-17 halftime lead.

The home side once again started quickly after the break and, within 5 minutes had narrowed the deficit to 4 with yet another converted try. DMP continued to press and took three points from a penalty some 3 minutes later to bring them within one point of the visitors and pressed on from there. This time they needed a bit of good fortune as a 50:50 crossfield kick bounced back from the initial contest into the arms of the home side's winger for him to touch down with barely 10 minutes of the half gone. Another superb conversion from the touchline took DMP into a 6 point lead, but Stortford's dogged refusal to bow the knee prevented a rampant home side from extending the lead for another 25 minutes. Eventually, though the incisiveness of the home side's backs was made to tell again with another try out wide, followed by yet touchline conversion to stretch the lead to 13 points.

As Stortford have shown in previous matches, though they are never short of fight and, with less than 5 minutes to go, they duly launched themselves into the first concerted attack they had been able to muster in the second half. This was duly rewarded, with time almost up, as Rob Duff, came in off his wing to make a decisive break up the middle and found prop, Seb Brownhill in close support to gallop over for a try close to the posts. Cullen held his nerve to add the two points needed to secure the deserved second bonus point, triggering a huge reaction from the hundred or so Stortford supporters who had made the long journey north.

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# IN THE SPOTLIGHT: MARK McCRAITH



## I'VE SPENT THE MAJORITY OF MY LIFE AT BSRFC, HAVING JOINED THE CLUB ALONG WITH MY BROTHER TOM AT THE AGE OF 6.

We already had our cousin playing in the minis, and we had 3 uncles all previously representing the club, though I believe Nick (Hey) on a more social side. Rob (Prior) and Johnnie (Hey) both playing in the 1st team and still support & sponsor the club to this day. I can't say I enjoyed all these early years, my dad and mum had to drag me there when it was really cold and wet, however I am extremely thankful they did.

Playing in the minis and youth teams I never felt my place was guaranteed, so I would constantly worry about not been good enough. As I got older and I started to really enjoy my rugby, and was having a greater impact on games, I was lucky to have some very good school coaches and club coaches and were able to achieved a lot of success at that age group level.

Moving into the colts was great, I had the chance to captain a team containing the likes of Tom Coleman, Richard Gill, Sam Whiffen and Jimmy Rea, and you could see within a couple of year groups there was a key backbone to a future 1st XV. I moved in the 1st XV squad at 18 competing for positions with my cousin Sam (Prior), another key sponsor and made my starting debut alongside Tom Coleman against Harlow. If you want to know the result ask Tom.

The first few years I was back and forth between uni and home, and it took some time to establish myself in the back row, but at 21 I was a regular and at 23 I was asked to Captain, which was a very proud moment for me and my parents. They have rarely missed a game since I started, even travelling to Ireland to watch me play. I have lots of good memories of this period, winning the Herts cup in extra time, and playing countless matches alongside my brother.

The team really started to make strides after my captaincy had finished though (coincidence

I'm sure) and TC took over. We played some outstanding rugby, an attractive attacking brand which we all enjoyed playing and brought into. It's great to see that the club as a whole has embraced it too, with attacking intent being the focus of our youth and minis.

I'm incredibly proud to have played for Stortford all my life, it's given me the opportunity to play at the highest an amateur can play, and also allowed me the chance to represent Hertfordshire, England Counties and also the Barbarians. The last one Longy was instrumental in its coming about, something I never thought I'd have the chance to do so thank you.

One thing that I never achieved was to play a game for the 1st XV with my brother and cousin, despite over those 2 years we all played. Stortford has a long history of brothers playing together and you don't have to look far to see the latest sets with Banks to follow the Coleman's and Winters.

As I come to the end of my career, I can't wait to start my next journey with my fiancé Stacey, who over the last year has had to deal with broken bones, cancelled holidays and me being more grumpy than normal. She's been so supportive of my rugby, encouraging me to play again after a couple of bad injuries and I'm not sure I would have continued if she hadn't been supportive and encouraging. So thank you.

Hopefully I'll get to watch my nephew Jacob play for the 1st team in many years' time, and who knows what league Stortford will be in then.

Mark McCraith  
BSRFC 1991 – 2018  
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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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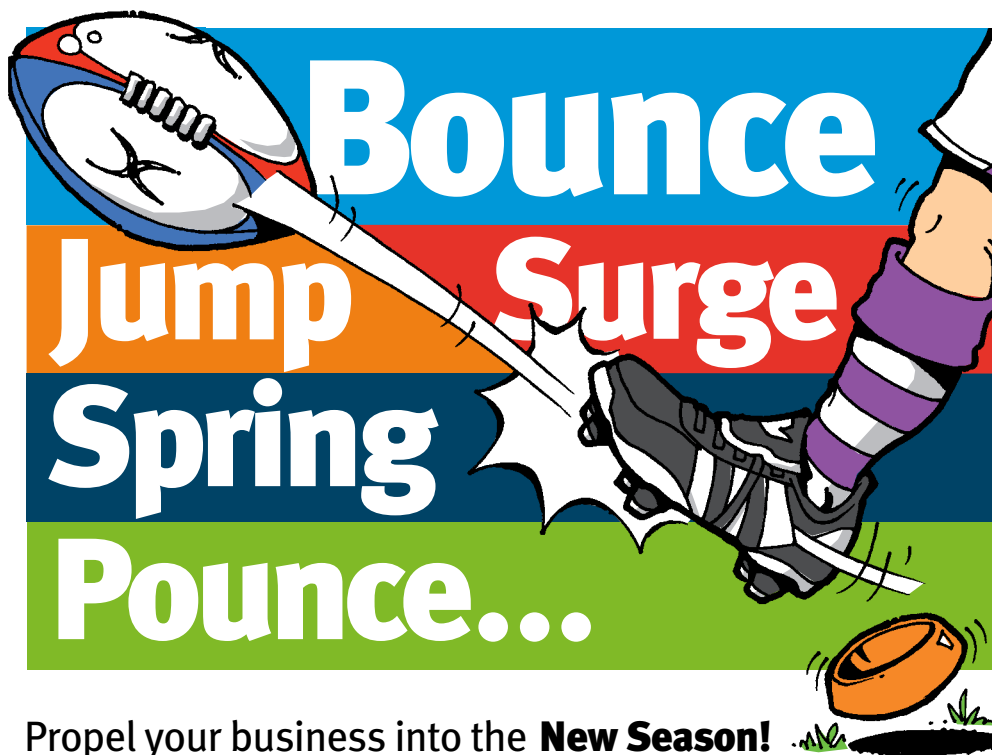
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## What is Vinyasa Flow Yoga?

The word "**vinyasa**" can be translated as "arranging something in a special way," like yoga poses for example. Vinyasa Yoga is a style of **yoga** that focuses on **flow**. Vinyasa Yoga movements are very **smooth** and each pose connects to the next with either an inhale or an exhale.

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Yogawithmarcella@gmail.com 

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/yogawithmarcella 

# CHAIRMAN'S VIEWS

## COLIN TILLEY



### FIRSTLY, A WARM WELCOME TO BLACKHEATH FOR THIS REARRANGED FIXTURE AS A RESULT OF THE 'BEAST FROM THE EAST'!

They will be certain to be seeking revenge for the last minute loss to us back in November at their place and with both sides involved in high scoring games last weekend, we could be in for a treat. Whatever the outcome, I think we can be assured of a great game of rugby this afternoon.

Entering into what is the home straight of our first season in National 1 sitting comfortably in mid table, we can have nothing but pride in what the players and coaching staff have achieved. Who knows where we might have been without all the injuries inflicted on us since before Christmas. This, of course, has had a tremendously damaging impact on the Blues, who have soldiered on with a massively depleted squad due to 1st team call ups. Hopefully, the return of so many injured players will give them a boost for the final run in.

The Club as a whole is in a good place in playing terms. The senior social sides are having a reasonably good season so far, with the Mitres currently fourth in their league but having the potential to move to second by winning their game in hand. The Chindits are currently third in their league and the Abbots sit in mid table but could move up to third if they win their game in hand. Our Ladies, in their first full season,

are currently top of their league, although sides below them have games in hand but they should finish at least in the top three, which will be a tremendous achievement.

Our Youth and Minis still provide the solid foundation on which the Club is based and keep going from strength to strength. The Colts have won through to the quarter finals of the National Cup following a hard fought victory over local rivals OAs last Sunday, in which they showed a lot of character. The Youth section has been bolstered by the introduction of a Girls' section as the result of an RFU Inner warrior Camp that took place at the Club on the 23rd January, which was open to girls from U13 to U18. A total of 20 girls attended, which was beyond the level that Herts RFU expected. That number has now risen to 30. Credit goes to the Ladies' Team Manager, Carly Poyser, for promoting the initiative and the Herts RFU Development staff, Tom Redfern and Tom Mowbrey, who have been so supportive. Carly is now hoping to enter an U13s team into local festivals, to give them some playing experience.

Have a great afternoon and a Happy Easter!

Colin Tilley  
Chairman BSRFC

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# Bishop's Stortford RFC Club Shop



OPENING TIMES:

**Saturday: 12 noon - kick off time**  
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**Sunday: 9am - 1pm**

For further information please see  
the club website: [www.bsrfc.co.uk](http://www.bsrfc.co.uk)  
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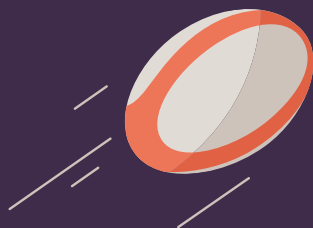
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# BISHOP'S STORTFORD RFC MATCH DAY EXPERIENCE

## 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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