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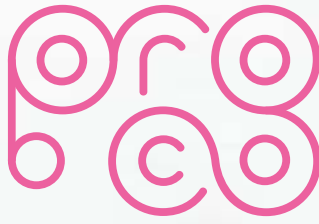
**MATCH REPORT**  
BISHOP'S STORTFORD 1ST XV  
VS AMPHILL

**CENTENARY HISTORY OF BISHOP'S  
STORTFORD RUGBY FOOTBALL CLUB**

NATIONAL LEAGUE 1  
BISHOP'S STORTFORD RFC V CAMBRIDGE RUFC  
2nd March 2019

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# PRESIDENT'S WELCOME

## MICK COLEMAN



Unfortunately, all good things come to an end, and our recent outstanding, free scoring run came to an end 2 weeks ago away at Amptill.

During that run, we won 5 games on the bounce scoring just over 200 points, so the challenge today, is to recapture that form against a Cambridge side that as we all know, will be extremely competitive.

Having lost the last 3 encounters against Cambridge by a grand combined total of 8 points, you can expect another close, exciting match today, with hopefully a favourable result for Stortford this time. Add into the mix that we are currently both on the same number of league points, and both dangerously close to the relegation zone, it should add just that little bit more spice to the game, if that were needed!

So, as always, I would like to extend a very warm welcome to all visitors to Silver Leys this afternoon, but especially the players, officials and supporters of Cambridge, as well as a whole host of our club sponsors, which is always good to see. Today's match sponsors are Jamie and Guy Baker of Mantle Business Centre, and Man of the Match sponsor is Sam Prior of Bit Solutions.

We have a long trip north away to Caldy next week, which I vaguely seem to remember was a great place to go, both on and off the pitch! The boys will need all the support we can give them as we enter the final phases of a tough season, so if you can make that trip, your support will be most welcome.



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# DIRECTOR OF RUGBY

## ANDY LONG



Good afternoon everyone and welcome to Silver Leys

The squad enjoyed a well-earned week off from team training last week, after seven consecutive weeks of tough games. It has allowed a few bodies to be re-patched and ready for the next block of two games against Caldy and firstly our old foe Cambridge.

We have had many tight games over the past few seasons with games going down to the final moments before being decided. I'm sure once again this contest will be closely fought.

Our last run-out against Ampthill was frustrating, we weren't at our best that's for certain and the opposition punished our mistakes showing why they are fighting for the league title.

Our form leading into this game was as good as I've seen from a Bishop's Stortford side so it's a case of dusting ourselves down and flying into this game with the same vigor and ambition as before.

Enjoy the game everyone

Longy



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# #WatchRugbyAtARugbyClub

AL JONES

Today we will have over 500 people in attendance for this afternoons 1st XV match which is fantastic and we thank you all for your support.

We also have healthy crowds to support our Blues and also our men's social XVs – The Mitres, Chindits and Abbots – and our ladies XV have their dedicated group of supporters from across the club as well.

There is always live Rugby to watch at BSRFC but we are also hoping to encourage more and more people to come and join us in the bar to watch International and Premiership Rugby here at Silver Leys. As with many sports clubs, the bar taking and social activities provide much of the funding for all we do at BSRFC.

There has been a small campaign on social media at the start of last month to encourage people to support their local rugby clubs by choosing to watch the 6 Nations matches at their club, rather than a pub or other sports club – the idea of watching Rugby at a Golf Club does feel a little odd to me. As the hashtag suggests – Watch Rugby at a Rugby Club!

We are in the middle of the 6 Nations and have had great weekends here in the last month. Food has been laid on to raise funds for the U13s Festival at the end of the year – Cristy Hawkins' Sausage Rolls during the France v Wales game were a culinary delight.

In addition to the 6 Nations, the Premiership season is coming to a head with 8 regular season weekends and then the playoffs to follow. We will be showing the big games each week in the bar and would love to make the final a big event day.

This summer there will be various pre World Cup warm up matches which we will televise – no need for an off season any more apparently. Then in the autumn we have the World Cup and, kick off times dependent, we will show as many games as we can here.

There are still two more 6 Nations Weekends to come before then though.

Next weekend, while our 1st XV are visiting Caldy and the Mitres and Abbots both have away fixtures there are a couple of options should you not be going away to support our lads.

The Chindits have a home fixture against Letchworth and we will be showing Scotland vs Wales followed by England vs Italy in the bar. I would imagine that the Mitres and Abbots may well join us for that last one.

The following Saturday, 16th March, is another rest day for the 1st XV squad. It is also the final 6 Nations day of 2019 with 3 matches being played – all of which we will be showing. It would be great to see the clubhouse filled that day regardless of which colour shirt you are wearing. We would welcome your support.

**#WatchRugbyAtARugbyClub #SupportYourClub**



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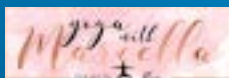
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# Amphill 2nd XV vs Bishop's Stortford Blues

Two weeks ago saw the Blues back on their travels, and this time it was to top of the league Amphill.

The Blues took with them a string of excellent results, but knew a strong Amphill side was going to need the very best of what the Blues could offer.

The first half could not have started better for the Blues. Powerful carries by James Thacker and Brad Etherington saw the Blues make ground into the Amphill 22. Eventual pressure told when the Blues went over with Brad Etherington for a lead of 5-3 after 10 minutes played.

Amphill as expected had ideas of their own, and through smart use of the short side in attack struck back with two quick tries of their own, making the score 17-5 in a well contested first 20 minutes.

Having not been down in a game since Jersey, showed their first signs of panic in recent weeks, and started to play from deep inside

their half. This gave Amphill huge territorial advantage, and before long pressure told handing possession back to the hosts. Amphill then showed their ruthless streak and quickly built a commanding lead scoring 5 tries before half time, leaving and shell-shocked Blues XV trailing 34-5 at half time.

The second half started much the same as the first with the Blues in the ascendancy. Captain Sam Coleman now speeding the game up with quick penalties and a higher tempo in attack, saw Brad Etherington, Louis Castiglione and Sam Coleman himself crossing the line to bring the score back to 34-22 and an exciting final 20 minutes of the game remaining.

It was Amphill who made the most of the last 20 minutes, and through intelligent kicking and dominant lineout drives, were able to score 2 more tries and a penalty against the now exhausted Blues XV, to thwart the almost comeback and extend their advantage and finish the game 47-22 winners.

The Blues next fixture is against Cambridge on March the 2nd, where they will be looking to bounce back and reverse their fortunes from the reverse fixture earlier in the season.





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Cambridge RUFC was formed in 1923 and was settled in its current ground by the 1950s. In 1993 the club was offered the opportunity to buy the lease on its existing three pitches and to buy adjoining land for a further three pitches from King's College.

They have spent the majority of recent seasons playing at the various guises of Level 3 having won promotion at the end of the 2005 /06 season. Their highest ever finish was in the 2008/09 season when then finished runners up and were a mere 3 points away from promotion to the Championship!

They were though relegated in 2013 and played alongside us in our first season at level 4 on National Two south in 2014/15 . The next season they won that league and in doing so regained their position in National One.

Whilst we are level on points (52) our opponents today currently sit just the one place above us in the table courtesy of having won more games (10 vs 9)

Rather ominously we have lost our last three meetings. 21-22 at their place & 27-33 here last season & 22-23 at theirs again earlier this season. Hopefully the tide will turn today!

Apart from their 1st team they have two other senior men's XV's.

Mini and Youth Rugby was started at Cambridge as far back as 1975 and today have one of the largest Mini & Youth sections in the country which includes Youth girl's teams.

Probably their two most famous ex-players are Dickie Jeeps (England and British Lions) and Alex Goode (Saracens & England) who played all of his junior rugby at Grantchester Road.





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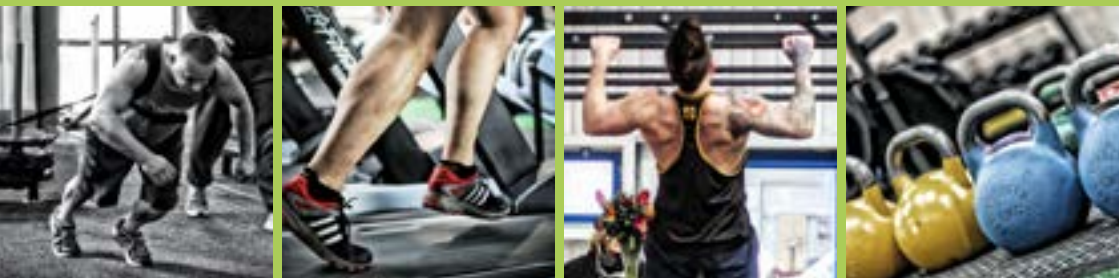
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## RESULTS GRID, TABLE & FIXTURES

### NATIONAL LEAGUE 1

## FIXTURE SCHEDULE & RESULTS GRID 2018-19

[illegible]



## Season 2018/2019 NATIONAL 1

## Results From 16th February

Home Team		Away Team
Plymouth Albion	24-17	Rotherham
Esher	17-34	Old Elthamians
Blackheath	46-32	Caldy
Loughborough Students	20-46	Rosslyn Park
Amphill	34-24	Bishop's Stortford
Cambridge	10-6	Cinderford
Chinnor	26-31	Darlington Mowden Park
Sale FC	37-30	Birmingham Moseley

## Season 2018/2019 NATIONAL 1

## Fixtures for 2nd March

Home Team		Away Team
Sale FC	vs	Blackheath
Rosslyn Park	vs	Chinnor
Birmingham Moseley	vs	Loughborough Students
Old Elthamians	vs	Plymouth Albion
Rotherham	vs	Amphill
Cinderford	vs	Caldy
Bishop's Stortford	vs	Cambridge
Darlington Mowden Park	vs	Esher

## National League 1 - 2018/19

Team	P	W	D	L	PF	PA	PD	TBP	LBP	Points
Old Elthamians	23	17	2	4	647	437	210	12	2	86
Amphill & District	23	16	1	6	695	449	246	15	5	86
Rosslyn Park	23	16	1	6	669	539	130	13	3	82
Blackheath	23	15	1	7	583	482	101	11	5	78
Rotherham	23	13	0	10	561	514	47	9	5	66
Chinnor	23	11	2	10	584	618	-34	12	6	66
Darlington Mowden Park	23	11	1	11	571	592	-21	12	5	63
Plymouth Albion	23	12	0	11	491	510	-19	8	5	61
Cinderford	23	10	1	12	472	500	-28	8	6	56
Sale FC	23	10	1	12	589	652	-63	9	5	56
Cambridge	23	10	1	12	443	459	-16	3	7	52
Bishop's Stortford	23	9	0	14	580	475	105	9	7	52
Caldy	23	9	0	14	463	613	-150	7	6	49
Birmingham Moseley	23	6	1	16	580	669	-89	8	9	43
Esher	23	8	0	15	452	610	-158	4	5	41
Loughborough Students	23	5	0	18	607	868	-261	14	5	39

# THE TEAMS



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

### BLUE AND WHITE

1	Seb Brownhill
2	Declan Caulfield
3	Tom McCrone
4	James Apperley
5	Matt Tomlinson
6	Baxter Wilson
7	Dan Elsom
8	Steve Ball
9	Tom Banks
10	Manu Vunipola
11	Joss Linney
12	Jack Scantlebury
13	Sam Winter ©
14	Chris Smith
15	Nick Hankin

### REPLACEMENTS

16	Harrison King
17	Ben Harrison-Price
18	Andy Christie
19	Reuben Bird-Tulloch
20	Tom Coleman

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**Defence Coach** [Marcus Cattell](#) | **Attack and Backs Coach** [Tom Coleman](#) | **Blues Head Coach** [Danny Johnston](#)  
**Backs Transition Coach** [Ash Boyle](#) | **Forwards Transition Coach** [Rob Faiers](#)  
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## RED AND YELLOW

	Matt Meek	1
	Cameron Ruddock	2
	Henry Peck	3
	George Bretag-Norris	4
	Rob Conquest	5
	Darren Fox ©	6
	Louis Rawlings	7
	Ciaran Moore	8
	Cameron Keenan	9
	Ben Penfold	10
	Josua Lewanituva	11
	James Ayrton	12
	Sam Yawayawa	13
	Kwaku Asiedu	14
	Mike Ayrton	15

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### REPLACEMENTS

Alex Rayment	16
Ramaz Rukhadze	17
Jake McCloud	18
Kieran Duffin	19
Joe Patrick	20



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# MATCH REPORT

## AMPTHILL 34 - 24 BISHOP'S STORTFORD 1ST XV



Stortford started slowly, with early possession limited and precious ball being lost all too easily. The hosts took full advantage, being far too competent to waste their resultant dominance of the ball.

Some uncharacteristically poor tackling in midfield after 5 minutes allowed a clean break and Jon Kpoku was in support to run in a simple try under the posts for a 7 point lead. Stortford managed to work their way doggedly into Ampthill territory, but didn't look like breaking through an impressive home defence and, 10 minutes into the game settled for three points from Tom Banks' boot, when the home side offended at a breakdown in front of their posts. Once again, though, Ampthill's aggressive attack found a gaping hole in Stortford's midfield defence with 20 minutes gone and room was made to allow left wing, Sam Baker to touch down in the corner for an unconverted try.

Stortford responded five minutes later with another 3 points to Tom Banks, with the home defence, once again proving hard to break down, but Ampthill's lead was soon stretched to 13 points. A poor Stortford lineout direct from the restart presented the hosts with the ball, triggering a period of remorseless attacking from the home side and, although Stortford this time defended stoutly, they eventually conceded a penalty try, after Tom McCrone had been yellow carded for collapsing a maul driving at their line. The visitors fought back doggedly, though and, with time running out in the first half, turned the ball over in Ampthill's half and exerted some pressure, forcing a couple of penalties. Home second row, Henri Williams was yellow-carded for a cynical offence at a breakdown in front of his own posts and Banks kicked the goal to take the halftime score to 19-9.

With Ampthill now a man short, Stortford were on the front foot early in the second half, but, once again, had to settle for another penalty goal to Banks after 5 minutes. The home side responded immediately and a clever kick towards touch, put Stortford's defence under pressure,

winning an attacking lineout, which Ampthill's well-organised pack won and drove over for another try, well converted to stretch the lead to 14 points with barely 7 minutes gone. The home side appeared to be in total control and soon added another 3 points to their lead from a penalty conceded by Stortford at a breakdown.

A number of tactical substitutions were now made by the visitors, though and Manu Vunipola in particular soon made a telling impact. He quickly made a big dent in the previously impregnable home defence, stepping and driving past a handful of defenders, which seemed to lift the whole Stortford side. Two penalties in succession were won under Ampthill's posts, the second producing a yellow card for replacement, Maama Molitika. Though down again to 14 men, the home side defended tigerishly and Stortford had to go through many phases in order, eventually to create a one on one out wide for Vunipola, who was able to force his way over for an unconverted try with some 25 minutes gone.

We now saw something of the attacking teamwork that had demolished recent oppositions and another telling break 4 minutes later by Vunipola found Dec Caulfield in space and the hooker had just enough pace to make the try line from some 30 yards out. Banks' conversion took his team within 5 points and Stortford tails were clearly up. Unfortunately, a couple of knock-ons broke the team's momentum and the losing bonus point, which their spirited comeback probably deserved, soon was lost. A good break from the home scrumhalf from the second scrum took him into space and Stortford's cover defence was unable to deal with a clever bouncing grubber kick, which ended up in the hands of speedy winger, Spencer Sutherland for the decisive score with 6 or 7 minutes left.

Stortford came back gamely, with Jimmy Rea making a great leaping catch from the restart. In the event, though, Ampthill's well-organised and aggressive defence saw the game out with some comfort and it was probably that aspect of their strong overall display that deservedly won them the day against a resilient Stortford team.

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# IN THE SPOTLIGHT:

## BAXTER WILSON

This season has been one of the toughest by far, I really didn't think I'd find myself being a spectator so soon after last year's injury which saw me out of action for a few months.

I was amped and ready to take on this season with the boys, but less than 10 minutes into the first pre-season game I found myself yet again, warming the seats in the dug-out after breaking my fibular in two places and suffering an ankle displacement.

After I took the option of having surgery to plate and screw my ankle back together I knew I had a long road to recovery ahead of me. Weeks of pre-season training seemed to be a distant memory and my mental health was stretched. Laying on the couch for weeks on end sure has a way of getting you down, it wasn't that I didn't have support from my friends and family or fantastic club, I really struggled mentally to stay positive about my future in rugby.

Six weeks of hobbling about and I finally got out of the cast and began my rehab programme with the support of the great team up at the club. I saw the club physio regularly, had a fitness routine and the boys would pick me up for the gym. Rehab involved countless hours of work in Nuffield Gym, swimming, aqua jogging, weights, rehab sessions twice a week while the boys trained and recently, we've been fortunate enough to have cryotherapy based in Sawbridgeworth. Slowly but surely, I got back into action with the goal being my return to play at the end of January / beginning of February.

With the help of Longy, coaching crew, my sponsors BIT Solutions and my close network of friends and family, I am excited to be part of the team again. After a 40-minute stint for the Blues against Esher and two appearances off the bench for the first team, I'm feeling fit and ready to push on for the tail end of the season and climb our way up the National 1 ladder.

After an extremely frustrating start to the season and a few close games which unfortunately didn't go our way, the team has definitely turned it around and strung a few wins together which has created a huge morale boost within the squad. We are looking forward to pushing our way back up in the top half of the table where we belong.





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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.

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 some Bishop's Stortford Rugby Football Club members who wanted to find a way of raising funds to improve the playing facilities of the Club with the 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 which have been approved by the Rugby Club's Executive Committee and which fall within its mission statement.

Funds are raised by monthly contributions from the Members two thirds of which are set aside for Rugby Club projects with the other third reserved for social events for Members.

To date The Oval Club has raised over a quarter of a million pounds with the Rugby Club receiving more than £150,000.

The Oval Club makes contributions to the Rugby Club for one off projects which are of long term value and not part of on-going budget requirements. Often these contributions have been made to the Club to enable it to secure grants from the Rugby Football Union and other sources.

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

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

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

On the social side there are annual Members' events. 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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# The Ups & Downs of Rugby

PERRY OLIVER

## The current state of play in the leagues around us.

With just seven games to go, in this our second season in National One, I thought it appropriate to have a little look at the leagues around us to see how things are shaping up, particularly in terms of how they might affect us going forward.

I'm not going to pass any comment on our league, as you will no doubt have all reached your own conclusions on how that will pan out, other than to assume that (fingers crossed) we will still be playing at level 3 next season!

In the Greene King IPA Championship it's odds on that London Irish will regain their place at English rugby's top table at the first attempt. Ealing Trailfinders are their only realistic challengers and even they are nine points adrift. They face each other in the final game but by then I suspect the result will have no impact on the destination of title.

Things are more interesting at the bottom, where struggling to avoid relegation into National One are Richmond and Hartpury College, locked together on 17 points followed by London Scottish on 25. There's little to choose in terms of remaining fixtures and it may well come down to the final day when Hartpury travel to Yorkshire Carnegie & Richmond are notionally away at their Scottish lodgers. My guess is losing bonus points accrued in the last seven games are going to ultimately decide who drops!

I think we can safely say that no one is going to stop Rams finishing top In National 2 South, so a trip next season back to Old Bath Road in Reading is on the cards. But as to who takes the playoff place is anyone's guess. Two 'surprise packages' in Henley & Canterbury are favourites, with the Kent side currently enjoying a 4 point advantage. However they have still got to welcome both Henley & Rams to their Marine Travel ground, so there's still time for things to change! Things are a lot less clear 'Up North' with four teams' still harbouring realistic ambitions of securing top spot. Hull Ionians currently occupy the automatic promotion spot on 84 points, but Huddersfield, Chester & Fylde are all within 7 points. Unfortunately such keen competition almost certainly means the National 2 North runner up will face a road trip to either Kent or Oxfordshire for the play-off.

Finally, (just in case) let's have a look at Level 5 and what are now known as the London & SE and South West Premierhips. In the South West, Bournemouth are almost home & hosed, (Longy & Sean Edwards will be pleased.) whilst Barnstable look best placed to secure the play-off spot.

Closer to home, Sutton & Epsom currently enjoy a 4 point advantage over Wimbledon & Westcliff respectively. However the Surrey side have still got to travel to both their nearest competitors.

So as we enter this seasons finishing straight it's still very all to play for. None more so than in National One!



# BSRFC Girls and Ladies Update and Thanks

Jasmin Bice

Women's rugby has been dominating the headlines in recent years – gone are the days when rugby could only be considered a 'man's sport' (and if we're honest, this change couldn't have come soon enough!)

This has been driven, in large, by the success of the Red Roses, England's female rugby squad, and a huge campaign from the RFU to encourage women to find their Inner Warrior and take up contact rugby.

Since Stortford Ladies' team was set up three years ago, we've seen phenomenal growth – both in terms of numbers and ability. After finishing third in our first league season in 2017/18 (and sitting in second in this current 2018/19 season), we've continued to storm through the opposition, developing our team work and skill to prove that we're a team to take seriously... but that's just our opinion.

However, whilst determination and drive is certainly a strong factor in our success, none of it could happen without the support of our Club. We're incredibly grateful for the support we receive from all of you, including our coaches, and especially to our supporters who scream at us from the side lines on match days.

Riding on the coattails of our success last season, we set up a number of girls' teams to help bridge the gap between the end of youth rugby for girls to adult rugby; allowing girls to continue to play all the way through until they join us in the ladies' team.

It's been more successful than we could have dreamed of at this stage, and we have so many enthusiastic and deeply passionate U11, U13, U15 and U18 girls who come and train every Tuesday after school. We can't wait to see how much further we can take this, and help people to realise that rugby is a sport for everyone!

A special mention should be made to our incredible sponsors, three local businesses who are keen supporters of the club – you've probably spotted their banners around the first XV pitch, or even seen them at some of the first XV home matches, which they often attend.

Charterhouse Voice and Data has sponsored the Ladies Team from the very beginning, and this year has extended this to our Girls' Teams. This season, they were joined by recruitment company, HR Go, and local law firm, Nockolds Solicitors.

On behalf of all of the girls and ladies in the teams, we would like to thank each of you for your support in helping us to open this sport up to more girls and women in this area!

## Fancy joining us?

**BSRFC Girls and Ladies train every Tuesday. Girls (U11-U18) from 6.15pm to 7.15pm, and Ladies (17+) from 7.15pm to 9pm.**

Each of our Teams welcome girls and women of every shape, size and fitness level. If you, or anyone you know, would like to join, contact us on one of our social media channels (Facebook, Twitter and Instagram) or email [bsrfcladies@gmail.com](mailto:bsrfcladies@gmail.com).



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## CRYOTHERAPY

## WHAT IS CRYOTHERAPY?

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3 minutes you exit  
feeling Rejuvenated,  
Refreshed & RESET.



As our state of the art electronic chamber drops to  $-85^{\circ}\text{C}$  temperature you will be provided with all of the equipment necessary to enjoy Cryotherapy safely. Full-Body Cryotherapy stimulates cold receptors all over your body and triggers innate biological mechanisms within yourself. You'll notice an Adrenaline kick almost right away & your body will begin an anti-inflammatory response to the cold temperatures in order to increase blood flow & circulation to key parts of the body whilst restricting blood flow to your extremities.

**Replenish, Rejuvenate  
and Reset your body**

### Benefits of Full-Body Cryotherapy:

- Metabolism boost for 5-8hrs. Up to 3 times faster rate than normal, promoting weight loss. On average burns between 500-800 calories
- Improves the signs of ageing
- Alleviation of depression, anxiety, fatigue, insomnia, migraines & the effects of stress
- Enhanced energy and releasing "feel good" endorphins
- Decreased muscle soreness, spasms, and inflammation
- Pain relief from disorders such as rheumatoid diseases and fibromyalgia
- Faster, more efficient recovery from the stress of competitive sports or training.

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TALK TO JACQUI OR EMMA

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 **resetcryo**

 **resetcryo.co.uk**

**Reset Cryotherapy Studio**  
**Falconers** (Opposite 'The Hand & Crown')  
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**Sawbridgeworth.**  
**CM21 0AY**

Each Session is 3 minutes of Cryo, though we allocate you a total time of 15-30 mins with us.

Single session	£50
All New customers offer 4 sessions in 14 days	£100
4 sessions (single user) To be taken within 3 months	£140
8 sessions (single user) To be taken within 6 months	£240
Monthly unlimited sessions (single user)	£240

Groups of friends, family, organisations.

10 sessions. To be used within 6 months	£350
20 sessions. To be used within a year	£700

# CENTENARY HISTORY OF BISHOP'S STORTFORD RUGBY FOOTBALL CLUB

For over two years a small project team have been researching the history of our club with the intent to produce a book for the centenary year of 2020-21. The book will be both a history and a celebration and will include photographs, match reports and playing records, as well as interviews with people who have made major contributions on the field and in admin/leadership roles, (captains, presidents, chairmen, players and coaches). There is a fifty-year history produced by Richard Arghawalla in 1971 and this will be summarised in the centenary book to cover the years 1921 to 1959.

Our research in the archives of the Herts & Essex Observer at Hertfordshire County Hall, has uncovered an advert in the edition of 8th April 1921 announcing a meeting to form a rugby club to be held at the Chequers Inn on Saturday 9th April. We decided that this is the 'date of conception' and it was followed by an account of a practice game played in September 1921 at the Town Fields, which we take to be 'birth date'. The first official game was played in October 1921 against RAF Duxford.

This evidence leads us to conclude that April 2021 is the centenary of the founding of the club and October 2021 is the centenary of the first

match. The season September 2020/April 2021 is, therefore, the centenary year.

The team now seek involvement of members to write about their memories of the club and share with us their photographs and press cuttings. We are interviewing and recording recollections of many of our older members, so we also need help with transcription of those oral history recordings.

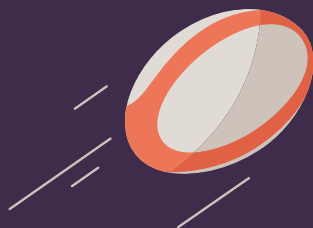
We pride ourselves on being a family focused community club. So, we emphasise that the book is about the whole Club (not just the 1st XV) and its relationship with the community. Please help us make the centenary history book a success: dust off those scrap books, check through old photos, possibly clean out the memory banks on what the Club means to you. You might even want to write a piece yourself and contributions will be gratefully received. We cannot promise to publish every article or everything within an article, but we will make use of your material in some way and will take good care of it and return it to you if you so wish.

For further information and to offer your help please contact any member of the project team: Squin Clarke, Rod Homer, Paul Maxfield, John Robinson, Douglas Young, and Jan Zelezinski.



# FORWARD.

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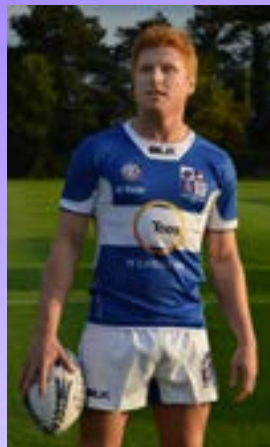


# ANDY TODD

PHOTOGRAPHY



OFFICIAL PHOTOGRAPHER OF  
BISHOP'S STORTFORD RFC



TO BUY PHOTOS, OR COMMISSION A PHOTO SHOOT, GET IN TOUCH:

T: 07903 816279 | E: [ANDY@ANDYTODD.CO](mailto:ANDY@ANDYTODD.CO) | W: [ANDYTODD.CO/BSRFC](http://ANDYTODD.CO/BSRFC)



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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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## Why not join Bishop's Stortford Rugby Club?

As an Associate member:

- You receive notices and newsletters
- Will be entitled to a reduced entrance fee on 1st XV Match Days
- 10% Bar Discount
- Become a part of a thriving and vibrant community of like minded people

### MEMBERSHIP

### Amount

Associate Membership

£ 75.00

### CONTACT DETAILS

**Name:**

**D.O.B.:**

**Contact address :**

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**Telephone :**

**Mobile :**

**Email :**

Hand this form with your payment to a member of the bar staff or contact the Membership Secretary – contact information on the website.

**For Playing, Non Playing and Family Memberships  
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