



# BSRFC

OFFICIAL MATCH PROGRAMME

PRODUCED BY PROUD SPONSORS - PROCO

**IN THE SPOTLIGHT**  
BEN HARRISON-PRICE

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

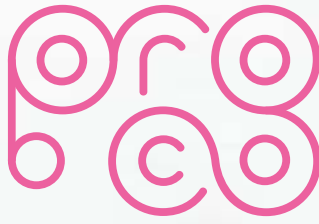
**BSRFC SUMMER BALL**  
5TH JULY 2019



NATIONAL LEAGUE 1  
**BISHOP'S STORTFORD RFC V CINDERFORD RFC**  
23rd March 2019

**£15**

Members £5



This beautiful programme has been  
produced using the very latest  
printing gizmos!

It's produced weekly...  
Designed Friday morning,  
Printed and finished Friday afternoon  
and in your good hands  
by Saturday lunchtime!

**Impressed?**

Give us a call to find out more  
01279 757333 | [proco.com](http://proco.com)



# PRESIDENT'S WELCOME

## MICK COLEMAN



It is with great pleasure that I welcome all the players, officials and supporters from Cinderford, who provide the opposition for both the Firsts and the Blues today.

No disrespect to Cinderford, but it gives me even greater pleasure to welcome the 350 ladies we are hosting for our annual Ladies Day! What a fantastic event this has become, and one that showcases our community club at its best, as once again we are able to make a large donation to a ladies charity. Indeed, Russell tells me that with the many different cancer charities that have benefited from Ladies Day over the years, we have now covered all areas of the female body! Many thanks to Russell and his magnificent team of helpers for their continuing input into this important day.

A very welcome to ProCo, who are our match day sponsors, unfortunately, ProCo's involvement with the club is coming to an end this season after many years of producing our excellent programme, which is comfortably the best in the league. Our sincere thanks go Sam, Becky, Giles and all the team at ProCo for their fantastic support and we wish them continuing success for the future.

Also here are Forward Corporate Finance who are sponsoring the Man of the Match, Dave Doherty of Charterhouse, long term sponsors and Richard Worboys of Spencer Fellows & Co Ltd who has been kind enough to give us support and advice on accountancy matters. You are all very welcome.

Just one point separates the two sides today, with Cinderford slipping dangerously close to the relegation area occupying 9th position whilst we're in 10th, so today's match promises to be a close, tense affair. It was certainly close when the two sides met in November, as our line took a battering, but our defence was at its resilient best, and we ran out 11-0 winners. Such is the importance of today's match, that whoever wins will probably be safe from the drop, whilst the loser will have a difficult last few games. All to play for!!



*It's not only Jokes that Mick butchers!*

# BARONS STANSTED. YOUR LOCAL BMW RETAILER.

PROUDLY SUPPORTING BISHOPS STORTFORD RFC.



The Ultimate  
Driving Machine






As your local BMW Retailer, and sponsor of Bishop's Stortford Rugby Football Club, we have a range of fantastic offers for BSRFC members and fans. Barons Stansted offers the highest levels of service and expertise in the local area, and is the only Centre for all of your BMW needs.

Whether it's a New or Approved Used BMW, or even a Service, our commitment is to maintain the highest of standards.

**For more information or to arrange a test drive\*, call us on 01279 755906 or visit [www.baronsgroup.co.uk/bmw](http://www.baronsgroup.co.uk/bmw).**

## BARONS STANSTED

Stansted Road, Bishop's Stortford,  
Hertfordshire CM23 2BT

**01279 755906**   

[www.baronsgroup.co.uk/bmw](http://www.baronsgroup.co.uk/bmw)

\*Images used for illustration purposes only. Test drive subject to status and availability.



# DIRECTOR OF RUGBY

## ANDY LONG



Good afternoon everyone and welcome to Silver Leys

It was great to finally win a close game last out against Caldby, having lost seven games within 4 points this season as the lads did well to hold their nerve and deserved the win.

Ladies day is always such a great event and the organising team should be applauded for their efforts with monies raised going to great causes.

Today's opponents Cinderford lay one place and one point above us in the table so it will prove to be an important game for both sides. The mid to bottom teams are separated by only a few points so every point is vital.

It was a tight match earlier on in the season and last time they visited were deserved winners in a tight contest after we were ahead for most of the game, so we know we will need to be at our best.

I'd like to take this opportunity to wish the Hairy Handlebars, George Cullen and Ben Cook, the best of luck on their epic bike ride to Japan. An incredible adventure I'm sure lies in wait for you both, stay safe and see you in the New Year.

On a sad note we have to announce the retirement of club stalwart Sean Edwards. As many of you know Sean was involved in a motorbike accident in September and his injuries sustained have left him with irreversible nerve damage.

Sean has been a popular and loyal member of the squad since his arrival back in 2012 playing a key part in our success from National 3 to National 1. He now most likely will be found propping up the bar reminiscing of penalty tries and his ever increasing darts to the try line!

I know you will all join me in wishing Sean the very best in his recovery and every success for the future.

Enjoy the game everyone

Longy



**Marcus Cattell**



**Tom Coleman**



**Kathy Hills**



**Adam Vine**



**Ben Sheath**



**Danny Johnston**



**Rob Faiers**



**Ash Boyle**

**SPONSORED BY**





2019

# *BSRFC Summer Ball*



SH10



05.07.2019 | 19.00-01.00

## Evening includes:

Complimentary Drinks on Arrival,  
Dinner, Band & Disco

## Dress code:

Evening Dresses and Black Tie

Patio Drinks, Nibbles and Canapes  
From 19.00. Carriages at 01.00



designed and printed by



Cycling to Japan for the  
Rugby World Cup to raise money  
for Men's Health charity Movember  
[www.thehairys.co.uk](http://www.thehairys.co.uk)

Bishop's Stortford Rugby Football Club, Hadham Road, CM23 2QE  
Contact - [stuart@candcmetaltrading.com](mailto:stuart@candcmetaltrading.com) | 07967 399395

# THE PLAYERS

## BSRFC 1'S XV 2017/18



**ALEX PATTON**  
**SPONSORED BY**  
 Ratcliff & BurrIDGE  
[ratcliffburrIDGE.co.uk](http://ratcliffburrIDGE.co.uk)



**ANDY CHRISTIE**  
**SPONSORED BY**  
 AVAILABLE FOR  
 SPONSORSHIP



**AUSTIN POPE**  
**SPONSORED BY**  
 119 Production Services  
[www.119.org.uk](http://www.119.org.uk)



**BEN CREASEY**  
**SPONSORED BY**  
 AVAILABLE FOR  
 SPONSORSHIP



**BEN HARRISON-PRICE**  
**SPONSORED BY**  
 The Axe & the Compass  
[theaxeabraughing.uk](http://theaxeabraughing.uk)



**BEN LAW**  
**SPONSORED BY**  
 Ignition  
[www.ignitiononline.com](http://www.ignitiononline.com)



**BAXTER WILSON**  
**SPONSORED BY**  
 Bit Solutions  
[www.bitsolutions.net](http://www.bitsolutions.net)



**BRAD ETHERINGTON**  
**SPONSORED BY**  
 R W Marsh



**BRANDON BOWDEN**  
**SPONSORED BY**  
 Shopworks  
[theshopworks.com](http://theshopworks.com)



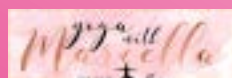
**CAMERON WILSON**  
**SPONSORED BY**  
 OTC Teas & Coffee



**CHARLIE KINGHAM**  
**SPONSORED BY**  
 Recruitability  
[www.recruitability.co.uk](http://www.recruitability.co.uk)



**CHRIS SMITH**  
**SPONSORED BY**  
 Yoga with Marcella  
[yogawithmarcella@gmail.com](mailto:yogawithmarcella@gmail.com)







**CONNOR MAK**  
**SPONSORED BY**  
 AVAILABLE FOR  
 SPONSORSHIP



**CONOR AUSTIN**  
**SPONSORED BY**  
 Family Sankey  
[lesley.narburgh@roche.com](mailto:lesley.narburgh@roche.com)



**DAVE ALDAM**  
**SPONSORED BY**  
 Lunch Club  
[perry@perryoliver.co.uk](mailto:perry@perryoliver.co.uk)



**DAN ELSOM**  
**SPONSORED BY**  
 Westbury Garden Rooms Ltd  
[westburygardenrooms.com](http://westburygardenrooms.com)



**DECLAN CAULFIELD**  
**SPONSORED BY**  
 T Tuscany  
[www.to-tuscany.com](http://www.to-tuscany.com)



**DOM LILLEY**  
**SPONSORED BY**  
 AVAILABLE FOR  
 SPONSORSHIP



**GEORGE CULLEN**  
**SPONSORED BY**  
 Mantle Business Centres  
[mantlebusinesscentres.co.uk](http://mantlebusinesscentres.co.uk)



**GEORGE KEEN**  
**SPONSORED BY**  
 19 Bell Street Dental Practice  
[odette.lazarus@19bellstreet.co.uk](mailto:odette.lazarus@19bellstreet.co.uk)



**HECTOR BEVITT-SMITH**  
**SPONSORED BY**  
 Felsted School  
[www.felsted.org](http://www.felsted.org)



**JACK SCANTLEBURY**  
**SPONSORED BY**  
 NFU Mutual  
[www.nfumutual.co.uk](http://www.nfumutual.co.uk)



**JAMES APPERLEY**  
**SPONSORED BY**  
 Japanese Knotweed  
[knotweedmanagement.co.uk](http://knotweedmanagement.co.uk)



**JAMES THACKER**  
**SPONSORED BY**  
 Multitech  
[temporary-electrics.co.uk](http://temporary-electrics.co.uk)





**JAMIE CAMPBELL**  
**SPONSORED BY**  
 MCMillans Engineering  
 Limited  
[mcmillansengineering.co.uk](http://mcmillansengineering.co.uk)



**JIMMY REA**  
**SPONSORED BY**  
 Cammas Hall Farm  
[www.cammashall.co.uk](http://www.cammashall.co.uk)



**JOSS LINNEY**  
**SPONSORED BY**  
 Everyone Active  
[everyoneactive.com/GrangePaddocks](http://everyoneactive.com/GrangePaddocks)



**JON GEORGE**  
**SPONSORED BY**  
 Nockolds Solicitors  
[www.nockolds.co.uk](http://www.nockolds.co.uk)



**JOHNNY NEVILLE**  
**SPONSORED BY**  
 Longmores  
[longmores-solicitors.co.uk](http://longmores-solicitors.co.uk)



**LOUIS CASTIGLIONE**  
**SPONSORED BY**  
 Neil Ryner - Ryner &  
 Partners  
[rynerandpartners.co.uk](http://rynerandpartners.co.uk)



**MARK McCRAITH**  
**SPONSORED BY**  
 Forward Corporate  
 Finance  
[www.forwardcf.co.uk](http://www.forwardcf.co.uk)



**MATT TOMLINSON**  
**SPONSORED BY**  
 Rickard Luckin  
[rickardluckin.co.uk](http://rickardluckin.co.uk)



**MIKE GALLAGHER**  
**SPONSORED BY**  
 AVAILABLE FOR  
 SPONSORSHIP



**NICK HANKIN**  
**SPONSORED BY**  
 Julie Wright - Physio &  
 Sports Clinic  
[physio-and-sports-injury-clinic.co.uk](http://physio-and-sports-injury-clinic.co.uk)



**OLI JONES**  
**SPONSORED BY**  
 Nuffield Health  
[nuffieldhealth.com/gyms/bishops-stortford](http://nuffieldhealth.com/gyms/bishops-stortford)



**PIERS MARTIN**  
**SPONSORED BY**  
 Barons BMW Stansted  
[baronsgroup.co.uk](http://baronsgroup.co.uk)





**REECE LANE**  
**SPONSORED BY**  
 KMD Private Wealth  
 Management  
[www.kmdpwm.co.uk](http://www.kmdpwm.co.uk)



**ROB DUFF**  
**SPONSORED BY**  
 LCM Scrap Metal  
[www.lcm scrap.com](http://www.lcm scrap.com)



**RORY BANKS**  
**SPONSORED BY**  
 The Star at Standon  
[www.star-standon.co.uk](http://www.star-standon.co.uk)



**ROSS BIRD**  
**SPONSORED BY**  
 BEW Electrical  
 Distributors Ltd  
[www.bewdirect.co.uk](http://www.bewdirect.co.uk)



**SAM JAMES**  
**SPONSORED BY**  
 Seneca Reid  
[www.senecareid.co.uk](http://www.senecareid.co.uk)



**SAM COLEMAN**  
**SPONSORED BY**  
 Bovis Homes  
[www.bovishomes.co.uk](http://www.bovishomes.co.uk)



**2018-19 1XV CAPTAIN**  
**SAM WINTER**  
**SPONSORED BY**  
 Pestell and Co  
[www.pestell.co.uk](http://www.pestell.co.uk)



**SEAN EDWARDS**  
**SPONSORED BY**  
 Palmer & Martin  
[palmerandmartin.co.uk](http://palmerandmartin.co.uk)



**SEB BROWNHILL**  
**SPONSORED BY**  
 Virtus Property  
 Management  
[www.virtuspm.co.uk](http://www.virtuspm.co.uk)



**SEKONAIA KALOU**  
**SPONSORED BY**  
 Hilton Coachworks  
[hiltonaccidentrepair.co.uk](http://hiltonaccidentrepair.co.uk)



**SIMON WASLEY**  
**SPONSORED BY**  
 Hanbury Wealth  
[www.hanburywealth.co.uk](http://www.hanburywealth.co.uk)



**STEVE BALL**  
**SPONSORED BY**  
 Croucher Needham  
[www.cnmadvisory.com](http://www.cnmadvisory.com)





**TOM BANKS**  
**SPONSORED BY**  
 Russell Partnership  
[www.russellpp.co.uk](http://www.russellpp.co.uk)



**TOM CATTELL**  
**SPONSORED BY**  
 Chris Morton  
[chrismorton@gmail.com](mailto:chrismorton@gmail.com)



**TOM COLEMAN**  
**SPONSORED BY**  
 Radleys  
[mark.radley@radleys.co.uk](mailto:mark.radley@radleys.co.uk)



**TOM McCRONE**  
**SPONSORED BY**  
 Hertfordshire Display plc  
[www.hdprint.co.uk](http://www.hdprint.co.uk)



**TOM WALKER**  
**SPONSORED BY**  
 Orwell Shipping Monaco



**WILL PALOMBO**  
**SPONSORED BY**  
 AVAILABLE FOR  
 SPONSORSHIP



**WILL SIMMONDS**  
**SPONSORED BY**  
 Tees Law  
[www.teeslaw.co.uk](http://www.teeslaw.co.uk)



**WILL ROBERTS**  
**SPONSORED BY**  
 R W Pearman & Son  
[Jeffrey.pearman@farmline.com](mailto:Jeffrey.pearman@farmline.com)



# INTERESTED?

## Sponsor a First Team Player

Contact Julie North: [julienorth1@gmail.com](mailto:julienorth1@gmail.com)







# WESTBURY

GARDEN ROOMS

01245 326500

[westburygardenrooms.com](http://westburygardenrooms.com)

Call to visit our Essex Factory and Showroom  
46-52 Cutlers Road, South Woodham Ferrers, Essex, CM3 5XJ

# Bishop's Stortford 19-26 Blues Cambridge 2's

The Blues faced Cambridge on 2nd March looking to reverse fortunes from earlier in the season, when they got a sound lesson in rugby, losing 60-14.

But this was an entirely different encounter where from the first whistle it was clear that the game was going to come down to the closest of margins. The game started positively for the Blues, with the typically surging runs from Mark McCraith and James Thacker pushing deep into the Cambridge half. Despite several close attempts, a desperate Cambridge defence were able to hold the Blues up twice over the line. With the Blues looking almost certain to score, Cambridge broke the deadlock. A strong run by Mikey Gallagher looked to have the Cambridge side stretched, but a quick counter ruck saw them win the ball back, and move the ball quickly to the speedy 14 on the opposite wing. His break down the touchline and kick through saw the Bishop Stortford back three too light at the breakdown to stop the on rushing Cambridge forwards who drove over the ball, spreading the ball back to the other wing for a converted try in the corner.

Going 7-0 down seemed to stun the up to then dominant Blues, who were quickly back under their posts, when a dropped ball in midfield was scooped up by Cambridge to score a second try in as many minutes, leaving the hosts trailing by 14-0 going into half time, having done very little wrong.

The second half saw much of the same, with Stortford controlling both possession and territory, with constant drives in the opposition 22. The pressure eventually came good when Ollie Forest crashed over for a converted try to bring the hosts back within 7 points.

With pressure now mounting, it was no surprise that after numerous penalties the Cambridge 8 was shown a yellow card, before Brad Etherington crashed over for a converted try of his own to tie the scores. Stortford looked like they were going to push on as the team with momentum and get the crucial next score, but much like the first half Cambridge managed to capitalise on some unforced errors to score two quick tries with only moments of the game to go, making the score 26-14.

The Blues rallied once more scoring their own unconverted try to make the final score 19-26, but will certainly feel it's a game they lost rather than Cambridge won.

Today the Blues welcome Cinderford to Silver Leys & will again be looking for a reversal of fortunes from the result down in Gloucestershire earlier in the season.





**HANBURY  
WEALTH**

PROUD SPONSORS OF

# Bishop's Stortford Rugby Club



Investment planning | Retirement planning | Protecting your family

01279 466 706

[info@hanburywealth.co.uk](mailto:info@hanburywealth.co.uk)

[www.hanburywealth.co.uk](http://www.hanburywealth.co.uk)

 HanburyWealth



**HANBURY  
WEALTH**

Hanbury Wealth is a trading style of Hanbury Wealth Management Ltd, which is authorised and regulated by the Finance Conduct Authority. FCA number 757991



**CROUCHER  
NEEDHAM**

accountancy • audit • tax • advisory

PROUD SUPPORTERS OF

## **Bishop's Stortford Rugby Club**

Our passion for business combined with a unique approach to helping our clients, enables us to help you towards:

**MORE PROFIT • LESS TAX  
MORE TIME**

Working with us you will be able to concentrate your time on the things you do best - and the things you would rather be doing!



Contact us to arrange a free, no obligation meeting, to chat through how we can help you and your business prosper.

**01279 213 320**

**[www.croucherneedham.com](http://www.croucherneedham.com)**

1A BRIDGE STREET, BISHOP'S STORTFORD CM23 2JU  
MARKET HOUSE, 10 MARKET WALK, SAFFRON WALDEN CB10 1JZ



# We are always on the lookout for your property



**RUSSELL  
PROPERTY**  
SALES CONSULTANCY LETTINGS

**Whether you're a landlord or tenant...**  
you want to work with someone who understands all aspects of lettings.

Whether you're concerned about process, putting people together or getting things right legally, we can help.

Please call 01279 501500 to speak to one of our property professionals





## Whole College

Saturday 22nd September

9.30am-1.00pm

**Consistently ranked within the top 100 Independent Schools; based on A Level results**

(Telegraph league table)

SatNav for parking CM23 2PQ

## Do you want your child to realise their true potential?

### Come to our Open Morning

"The school successfully meets its aim to be a place of learning with a broad and balanced curriculum that enables all pupils to fulfil their potential in everything they undertake." ISI Inspection 2017.

Come to the Open Morning or arrange a private visit. We look forward to welcoming you.

**Building confidence for life.**

**01279 838604**

[admissions@BishopsStortfordCollege.org](mailto:admissions@BishopsStortfordCollege.org)



## Bishop's Stortford College

Co-educational Day and Boarding 4-18 years

[www.BishopsStortfordCollege.org](http://www.BishopsStortfordCollege.org)



# TODAY'S OPPOSITION

## CINDERFORD RFC



Cinderford RFC was formed in 1886 in the Forest of Dean, a mining area in West Gloucestershire situated between the Rivers Severn and Wye.

The area, a source of iron ore and coal since pre-Roman times, also provided timber for Nelson's navy and was seen as remote and the inhabitants as wild and unpredictable.

By the turn of the twentieth century Cinderford were playing leading teams from England and South Wales but after the Great War the club's fortunes, and the local coal mining industry declined, and many good players 'went North' to seek employment in the coalfields and rugby in the 'Northern Union'. Nevertheless A. D 'Bumps' Carpenter gained an England Cap against South Africa in 1931.

The club's re-emergence after WW2 owes much to the efforts of the late Bob and Mary Beavis. 'Cinderford White Rose' a club mainly of miners, had kept rugby going over the war years. When they decided to re-form as Cinderford RFC, Mary became Hon. Sec. and remained so for the next fifty years!

The club started league life at level 6 and by 2001 was at level 4. Relegated after just one season Cinderford were back by 2004 and made it to Level 3 in 2007-08 after a nail biting North/South play-off with Darlington Mowden Park. After eight seasons in National One they were relegated at the end of 2015-16. During that time budding internationalists Freddie Burns, Sam Underhill, Harry Williams and Josh Adams, all gained valuable experience as dual-registered players.

Our first encounter with them was at the beginning of our promotion winning 2016/17 season, when we travelled to their Dockham

Road ground and emerged with a hard fought 22-15 victory. We then lost the return fixture in January 2017 by a single point (29-30). A result which at the time we thought might scupper our promotion hopes.

At the end of season 2017-18 Cinderford, captained by George Porter, regained their place in Nat 1 by becoming National 2(S) Champions with 143 league points from 29 wins and just 1 defeat.

On 24th November we again emerged victorious from our trip to the Forest of Dean, when with a magnificent defensive display, our guys somehow managed to stop our hosts from scoring a single point.

Their coaching team is led by DOR Paul Morris and supported by the former Gloucester, Leeds, Llanelli, Barbarians and England Saxons Scrum-half Clive Stuart-Smith and former Gloucester back-row forward, Adam Balding.





Proud to support Bishop's Stortford Rugby Club

# Wealth management advice to kick-start your financial planning

We provide an experienced wealth management service  
and offer specialist advice in a wide range of areas including:

- Investment planning
- Retirement planning
- Inheritance Tax planning

For further details contact GQ Wealth Management on:

**Tel: 01279 210085**

Email: [leigh.gqwm@sjpp.co.uk](mailto:leigh.gqwm@sjpp.co.uk) Website: [www.gqwm.co.uk](http://www.gqwm.co.uk)



# physio& sports injury clinic

The Physio & Sports Injury Clinic based at Bishop's Stortford Rugby Club,  
supporting BSRFC from Minis to Seniors.

We treat all age groups and abilities, providing Quality Treatment for all types of muscle and joint problems in a Friendly and Supportive atmosphere by Experienced Chartered Physiotherapists.

## Proud Sponsor of Bishop's Stortford Rugby Club

For appointments and information contact **07944 394096**

EMAIL: [physioandsportsclinic@gmail.com](mailto:physioandsportsclinic@gmail.com)

WEBSITE: [www.physio-and-sports-injury-clinic.co.uk](http://www.physio-and-sports-injury-clinic.co.uk)

Clinics Monday-Saturday with evening appointments available

**Julie Wright BSc (Hons) MCSP Chartered Physiotherapist**

The Physio and Sports Injury Clinic, Bishop's Stortford Rugby Club, Hadham Road, Bishop's Stortford, Herts, CM23 2QE



**MULTITECH**  
**SITE SERVICES**

Temporary Electrics - Permanent Commitment®

## BSRFC SPONSORS

AND SUPPLIERS OF TEMPORARY SITE SERVICES TO  
THE UK CONSTRUCTION INDUSTRY SINCE 1998

### New Game, New Job?

Check out the latest career opportunities at Multitech:

**[www.temporary-electrics.co.uk/careers](http://www.temporary-electrics.co.uk/careers)**

See if you can join **our** talented team (*no gum shields required*)

# **[temporary-electrics.co.uk](http://temporary-electrics.co.uk)**

Multitech Site Services Ltd, Multitech House,  
Flich Industrial Estate, Great Dunmow, Essex CM6 1XJ. Telephone: 01371 877060



# Supporting the Bishop's Stortford Rugby Football Club



Proud  
Sponsors of  
the BSRFC  
Girls & Ladies  
Teams



**Bishop's Stortford**

t: 01279 755777



**London**

t: 020 3892 6800

[www.nockolds.co.uk](http://www.nockolds.co.uk)





# TOTAL SUPPORT FOR COMMERCIAL PROPERTY CLIENTS

Commercial agents who mean business

**Coke Gearing**  
consulting

Chartered Surveyors

**01279 758758**

- INVESTMENTS
- VALUATIONS
- ACQUISITIONS
- LANDLORD AND TENANT
- PLANNING ADVICE
- DEVELOPMENT
- SALES AND LETTINGS
- BUILDING CONSULTANCY

[www.cokegearing.co.uk](http://www.cokegearing.co.uk)

# PROUD SUPPORTERS OF BISHOP'S STORTFORD RFC

OUR HERITAGE,  
OUR PASSION.  
YOUR IPA.

[greenekingipa.co.uk](http://greenekingipa.co.uk)



**GREENE KING**  
BURY ST EDMUNDS





# HR GO RECRUITMENT

SUPPORTING BISHOP'S STORTFORD LADIES RFC

## Who are we?

HR GO Recruitment, based locally in Bishop's Stortford since 1997. During this time we have built a solid reputation for providing excellent customer service to both our candidates and clients.

## Why choose HR GO Recruitment?

Our team in Bishop's Stortford, collectively possess well over 60 years of recruitment experience. The knowledge and expertise we hold, coupled with our ability to provide a professional, reliable and high standard of service, sets us apart.

If you are  
looking for a  
friendly, honest  
and local agency  
then look no further!

We specialise in filling both temporary and  
permanent opportunities within the  
Commercial, Retail, Industrial,  
Engineering and IT Sectors.

**CALL 01279 503505**

**Email: [BishopsStortford@hrgo.co.uk](mailto:BishopsStortford@hrgo.co.uk)**

# BIT Solutions

## Enterprise IT Systems



## BIT Solutions are big on ideas, expertise and results

And small where it matters, offering the personal touch and tailored solutions. BIT Solutions are a leading provider of cloud and on premise IT solutions for clients throughout the South of England.

With our enterprise cloud platform located in two of the most advanced datacentres in Hertfordshire, we are able to provide our clients with flexible, high performance and ultra reliable cloud solutions to suit every need.

We also offer strategic IT planning, on premise IT infrastructure design, assistance to in-house IT teams and a range of business IT support plans.

**Proud sponsors of Bishop's Stortford Rugby Club**

T: 0333 577 2833 | E: [info@bitsolutions.net](mailto:info@bitsolutions.net) | W: [www.bitsolutions.net](http://www.bitsolutions.net)

*Premier support, individually tailored*



# HELPING YOUR BUSINESS SUCCEED

## PROUD SUPPORTERS OF BISHOP'S STORTFORD RFC

Price Bailey offers a full range of compliance and advisory services from audit and assurance to strategic corporate finance, tax consulting, pensions and outsourcing. We are here to help you and your business to grow.

For further information please contact Gary Miller or Tony Pennison:

Gary Miller, Partner

T: 01279 712719

E: [gary.miller@pricebailey.co.uk](mailto:gary.miller@pricebailey.co.uk)

Tony Pennison, Partner

T: 01279 712716

E: [tonyp@pricebailey.co.uk](mailto:tonyp@pricebailey.co.uk)

 **Price Bailey**  
CHARTERED ACCOUNTANTS

[pricebailey.co.uk](http://pricebailey.co.uk)

Price Bailey ® is registered as a UK trademark of Price Bailey Group Limited. © 2018 Price Bailey. For more information about Price Bailey and regulatory details please visit [www.pricebailey.com/legal](http://www.pricebailey.com/legal).



# Expect more

**Legal and financial advice from  
experts on your side.**

**[www.teeslaw.com](http://www.teeslaw.com)**

---

**Call us on 01279 755200**

**Tees House, 95 London Road, Bishop's Stortford, Hertfordshire CM23 3GW**

**Offices also at Chelmsford, Saffron Walden, Royston and Cambridge**

Tees is a trading name of Stanley Tee LLP regulated by the Solicitors Regulation Authority. Registered in England and Wales number OC327874. Tees is a trading name of Tees Financial Limited which is authorised and regulated by the Financial Conduct Authority. Registered in England and Wales number 4342506.



THE BEST QUALITY SERVICE  
WHAT YOU WANT, WHEN YOU WANT IT.

 BANKSY'S BAR 



# ANDREW BANKS

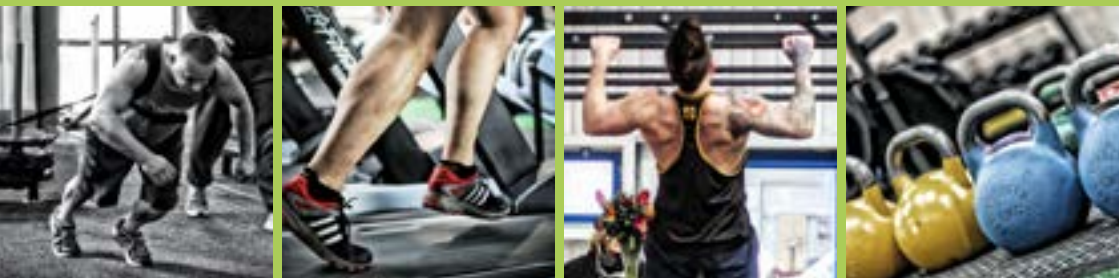
Your local wood Specialist  
[andrewbanks.co.uk](http://andrewbanks.co.uk)

01279 626389

# KORU

strength + fitness

## OPEN NOW



## DON'T DREAM OF IT. TRAIN FOR IT.

Without doubt, the best training facility  
in the area. Come and check us out.

Peek Business Park, Woodside, Bishops Stortford, CM23 5RG

T: 01279 506487 E: team@korugym.com

[www.korugym.com](http://www.korugym.com)



## Proud supporters of Bishop's Stortford Rugby Football Club



### Strategic Financial Planning

Understanding our clients' goals and values, then deliver ongoing strategic advice aligned to those goals and values.

Together we will devise a financial master plan that will answer questions such as "Will I have enough money to do all the things I want to do?" and "Am I doing everything I should be doing with my money?".

The value of your your investment and any income from it can fall as well as rise and you may not get back the original amount invested.

To discuss how we may be able to help you achieve your financial goals call us on

**01279 874480**

# RESULTS GRID, TABLE & FIXTURES

## NATIONAL LEAGUE 1

FIXTURES SCHEDULE & RESULTS GRID 2018-19														
	Ampt	Bkth	Bir M	BSRFC	Caldy	Camb	Chin	Cind	DMP	Esher	L'boro	OE's	Plym A	Ross Pk
Ampt		33-22	25-17	34-24	59-07	6-13	38-27	54-10	40-29	35-20	43-34	36-06	48-15	30-03
Bkth	26-31		30-26	30-03	46-32	22-27	22-14	31-07	15-0	27-04	39-32	10-21	27-32	23-15
Bir M	6-04	17-27		41-31	27-04	15-06	33-40	23-24	36-41	23-03	30-29	10-14	48-26	27-45
BSRFC	10-29	15-16	52-8		3-13	24-6	47-10	23-03	23-26	26-29	57-25	13-04	57-24	25-27
Caldy	19-18	17-25	30-27	14-16		15-12	17-20	31-38	14-08	31-29	43-19	30-03	3-27	13-04
Camb	11-22	24-43	13-04	23-22	22-27		20-22	10-06	30-03	28-20	25-22	17-20	32-26	8-17
Chin	38-33	6-04	07-41	6-13	24-27	27-26		27-29	26-31	24-18	30-03	20-20	27-04	33-33
Cind	20-26	22-22	38-14	0-11	27-25	14-9	21-26		13-04	26-0	45-36	12-32	15-12	29-36
DMP	23-03	24-29	17-17	27-04	6-04	3-22	21-23	10-07		34-17	47-30	41-26	22-19	34-33
Esher	49-48	7-36	21-38	14-27	17-14	17-10	13-04	10-7	24-25		17-14	17-34	21-24	13-17
L'boro	27-04	23-03	35-25	26-41	53-19	14-20	48-46	8-39	39-27	6-04		26-69	06-34	20-46
OE's	13-13	11-12	38-27	17-03	34-07	23-03	22-03	6-04	31-22	22-10	48-24		40-29	28-22
Plym A	17-5	20-21	30-03	23-19	24-14	29-17	11-26	21-10	42-29	19-16	13-04	15-19		21-35
Ross Pk	10-06	28-22	27-22	25-17	26-10	6-04	38-31	27-04	31-32	17-25	39-31	37-24	23-03	
Roth	24-36	10-07	21-20	6-04	23-03	14-25	32-26	20-03	25-13	22-12	23-29	33-34	25-14	29-12
Sale	10-27	18-32	37-30	22-8	26-24	27-04	23-03	31-17	32-27	38-44	38-31	42-38	6-04	23-31
ROUNDS 1 to 25														
ROUNDS 26 to 30														
Sale														



## Season 2018/2019 NATIONAL 1

## Results From 9th March

Home Team		Away Team
Plymouth Albion	42-29	Darlington Mowden Park
Esher	13-17	Rosslyn Park
Caldy	14-16	Bishop's Stortford
Loughborough Students	33-17	Sale FC
Amphill	36-6	Old Elthamians
Blackheath	31-7	Cinderford
Chinnor	7-41	Birmingham Moseley
Cambridge	20-24	Rotherham

## Season 2018/2019 NATIONAL 1

## Fixtures for 23rd March

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

## National League 1 - 2018/19

Team	P	W	D	L	PF	PA	PD	TBP	LBP	Points
Amphill & District	25	18	1	6	767	479	288	17	5	96
Old Elthamians	25	18	2	5	693	502	191	13	2	91
Rosslyn Park	25	18	1	6	724	583	141	14	3	91
Blackheath	25	17	1	7	646	507	139	13	5	88
Rotherham	25	14	0	11	609	570	39	11	5	72
Darlington Mowden Park	25	12	1	12	624	651	-27	13	5	68
Chinnor	25	11	2	12	622	697	-75	13	7	68
Plymouth Albion	25	13	0	12	562	579	-17	10	5	67
Cinderford	25	11	1	13	506	556	-50	9	6	61
Bishop's Stortford	25	11	0	14	620	495	125	9	7	60
Sale FC	25	10	1	14	624	717	-93	9	5	56
Cambridge	25	10	1	14	469	507	-38	3	8	53
Birmingham Moseley	25	8	1	16	651	705	-54	10	9	53
Caldy	25	9	0	16	502	656	-154	8	8	52
Loughborough Students	25	6	0	19	669	915	-246	16	6	46
Esher	25	8	0	17	482	651	-169	4	7	43

# THE TEAMS



PLEASE NOTE THAT OUR BAR LICENCE SPEC  
AND GLASS BOTTLES ONTO THE FIELD. REUSABLE, R  
SO PLEASE ASK FOR ONE, IF YOU INT

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

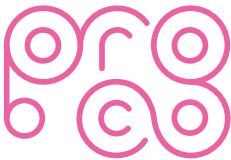
PINK AND WHITE

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	Reuben Bird-Tulloch
13	Sam Winter ©
14	Rob Duff
15	Nick Hankin

### REPLACEMENTS

16	Harrison King
17	Ben Harrison-Price
18	Andy Christie
19	Chris Smith
20	Tom Coleman

### Match Day Sponsors



**Director of Rugby** Andy Long | **Team Manager** Darren Orbart |  
**Lead Physio** Kathy Hills | **Assistant Physio** Adam Mufti | **Assistant Physio** Tom Phillips  
**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  
**Head of Strength and Conditioning** Ben Sheath | **Assistant strength and conditioning coach** - Adam Vine

IFICALLY FORBIDS THE TAKING OF GLASSES  
RIGID PLASTIC GLASSES ARE AVAILABLE AT THE BAR,  
TEND TO TAKE YOUR DRINK OUTSIDE



# CINDERFORD RFC

RED, BLACK AND YELLOW

	George Porter ©	1
	Jack Preece	2
	James Elliot	3
	George Evans	4
	Dale Lemon	5
	Matthew Lane	6
	Aaron Ryan	7
	Harry Hone	8
	Alex Frame	9
	Liam Hemming	10
	Reuben Norville	11
	George Boulton	12
	Jack Hayes	13
	Sam Smith	14
	Stefan Hawley	15

Man of the Match Sponsors



REPLACEMENTS

	Joe Smart	16
	Tim Brockett	17
	Matthew Bennett	18
	Toby Dabell	19
	Terence Babarinsa	20



## Heating & Plumbing

20 Rectory Lane, Farnham,  
Bishop's Stortford, CM23 1HU,  
Email: [nharper114@aol.com](mailto:nharper114@aol.com)

Proud members of  
**Checkatrade.com**  
Where reputation matters



**01279 771 981**  
[harpersplumbing.co.uk](http://harpersplumbing.co.uk)



## You can rely on a Worcester...

The only gas boiler manufacturer  
to be awarded **Which? Best Buy**  
for 6 years running...

**and you can rely  
on us to install them**





SURVEYORS | PLANNERS | ARCHITECTS



- Rural & Strategic Planning
- Land & Estate Management
- Agricultural Advice
- Acquisitions & Sales
- Architectural Design
- Farm Business Appraisals & Diversification



Specialists in  
Rural Property

With offices in:  
Hertfordshire  
Warwickshire  
Norfolk

01279 77 11 88

[sworders.com](http://sworders.com)

**gourmetürk**  
*midweek special*  
MONDAY AND TUESDAY

2 COURSE MEAL  
£14.99

MIDWEEK  
LUNCH MENU  
£11.90



BOTTOMLESS PROSECCO BRUNCH £30pp

SUNDAY  
ROAST

£14.45



# MATCH REPORT

## CALDY 14 - 16 BISHOP'S STORTFORD 1ST XV



Stortford dominated ball and territory in the first half and, but for tremendous defence by the home side and a creaking scrum, would surely have been out of sight by the break.

This area of vulnerability proved to be crucial, as the visitors failed repeatedly to capitalise on short range scrums won by constant pressure and some powerful running by forwards and backs. Eventually, though, all the pressure told and a great burst through the middle of a lineout by Matt Tomlinson took his side deep into the home red zone. In doing so, he showed great presence of mind, as Caldý stood off, looking for a penalty just outside their 22. Two penalties in quick succession were forced and the second brought a yellow card for No 6, David Morgan Jones. A quick tap and Steve Ball was in close support to spin over the line under the posts, giving Tom Banks an easy conversion. With Caldý tackling as if their lives depended on it – and the consensus among supporters of both sides after the game was that, as far as league survival is concerned, this may indeed have been the case – Stortford players were repeatedly stopped within feet of the Caldý line and, with first half time running out, the visitors had to settle for 3 points from Banks' boot, after Reuben Bird-Tulloch had once again almost made the line.

Although the margin might well have been considerably wider, a 10 point lead at the break with the wind in the second period slightly favouring Stortford, the position seemed fairly comfortable. This was even more true, when Banks slotted a penalty after 7 minutes – having just missed another only a minute earlier. This followed a couple of good tactical kicks and the visitors seemed well in control. They proceeded, though to incur the displeasure of the referee at a series of breakdowns and the powerful left boot of Caldý fullback, Michael Barlow repeatedly drove his side well into Stortford territory.

The home side now strung together numerous phases of hard-running possession and, for the first time in the game, put Stortford's defence under real pressure. Eventually the breakthrough came from a five metre scrum. With Stortford's

back row all tied in, in the effort to hold the dominant Caldý eight, there was no cover as the home flyhalf, Rhys Hayes, at first receiver, stepped out of an unusually loose tackle and dived over under the posts. Jones duly converted and Caldý were suddenly in the game. It was another breakdown penalty 6 minutes later that again proved crucial, taking the home side to just outside the Stortford 22. A tremendous, prolonged driving maul from the resultant lineout took Caldý well into the 22 and another couple of strong phases saw Tomlinson yellow-carded for collapsing a further maul, as it drove towards the try line. Caldý, not surprisingly opted for a scrum, with Stortford's big lock off the field and duly drove over the line for a try under the posts. The conversion took the home team into a one point lead with little more than 10 minutes left. To Stortford's credit, they did not panic and they pressed into the home half with more fluent back play.

A breakdown decision finally went their way after around five minutes, but Banks' shot at goal from a tricky angle was pulled well wide. Undaunted the visitors continued to press and were extremely unlucky, when Joss Linney finally escaped the close attentions of his opposite number and was felled by a no-arms tackle, as he ran at the line. Had the referee not just called the game to a halt for attention to be given to an injured Caldý player, there would surely have been a yellow card and, conceivably a penalty try. Stortford continued to press, but were turned over and Caldý proceeded to run down the clock, going through a series of forward drives. Unwisely, though, they moved infield, as they did so and, when a strong Andy Christie tackle jolted the ball loose, an instinctive high tackle, as Stortford drove again at the line produced a penalty just to the left of the posts. As Stortford's many travelling supporters held their breath, Banks stepped up and coolly planted the kick firmly between the posts. With no time left, Stortford had snatched the win right at the death and who could argue, given the many games pre-Christmas that had been lost in similar circumstances, that this wasn't their due. Harsh in the extreme on a battling – and embattled – Caldý side, but they were gracious enough after the game to concede that, over the piece, the better side had won.

# Buy a used car from M J Warner



Your trusted local Volkswagen  
retailer since 1980...

...AND PROUD SPONSORS OF

Bishop's Stortford Rugby Club



Shirt sponsors for BSRFC Mitres

## Sales

## Servicing

## Accident repairs

**M J Warner**

Hare Street, Buntingford, Hertfordshire, SG9 0EA

Telephone: 01763 289 472



[www.mjwarner.co.uk](http://www.mjwarner.co.uk)





# We try harder.

Backup and disaster recovery for Education and Business

**CALL NOW**

01279 465 654

[www.gigasoftdatabackup.co.uk](http://www.gigasoftdatabackup.co.uk)



## *Opening Hours*

### **Lunch**

Open 7 days a week  
11.30am to 2.00pm

### **Dinner**

Sunday - Thursday  
5.00pm to 11.00pm  
Friday & Saturday  
5.00pm to midnight

## *Find Us*

24 Hadham Road,  
Bishop's Stortford, CM23 2QS

01279 507777/658888

## *Order Online*

[www.zara-dining.com](http://www.zara-dining.com)

# Zara

*Indian Dining*

## *Modern Indian Dining in Elegant Surroundings*

We are a family friendly restaurant, serving innovative Indian cuisine for those who enjoy good food and wine with friends in a relaxed atmosphere in the heart of Bishop's Stortford.

Why not pop in for just a glass of wine or one of our specially selected cocktails before your meal.

Or order a take-away by phone or from our web site.





LADLERS  
RED POLL

# JR Farming

Fuelling our 1st XV this  
Season with Red Poll Beef !



Providing Bishop's Stortford & surrounding  
areas with **SCRUMmy** local beef ...



LADLERS  
RED POLL

Ladlers, Dunmow, Essex, CM6 1SP

07729 562996 [ladlers@hotmail.co.uk](mailto:ladlers@hotmail.co.uk)

[www.facebook.com/ladlersredpoll](http://www.facebook.com/ladlersredpoll)

# IN THE SPOTLIGHT:

## BEN HARRISON-PRICE

Having first picked up a rugby ball at the age of nine years old, here at Silver Leys, when my parents first introduced me to rugby, I was really nervous as I didn't know anyone having just moved into the area.

I have had many good memories playing here with the boys, from tours to being part of a squad winning the National Cup competition. I have played in all the age groups from U9's through to U18's (colts). I first started playing in the men's sides in the 2013/14 season. I have progressed from playing in the 3rd team to making my debut for the 1st team earlier on this year against top of the table Ampthill. Making my debut for the 1st's was nerve wracking but very enjoyable. I was over the moon when I was picked to play for the 1's and represent the club at the highest level.

I would personally like to thank the Axe and Compass pub in Braughing for their support and sponsorship over the past 2 seasons.

Sandra and her team have been outstanding. This has motivated me to play to the best of my ability knowing family friends are supporting myself and the club.

Nothing beats the thrill and excitement of running out onto the pitch with the home crowd firmly behind you, willing you on. When I first saw my team shirt hanging in the changing room before kick-off, it made a dream into a reality. The chance to wear those blue and white colours filled me with pride and determination to do my absolute best for myself and the team and it is here that my real motivation lies. The opportunity to play alongside my teammates knowing we are all passionate and dedicated to get those five points is awesome.



## Nuffield Health – Specialist in you

At Nuffield Health's gym in Bishop's Stortford our clinically trained fitness experts are on hand to guide you in your pursuit of health and fitness.

Classes range from aerobic fitness and calorie burning to muscular conditioning and toning and even classes designed to help you relax and re-energise. Beside structured classes you also get access to a fully equipped gym and swimming pool.

**Book your trial now by calling our team on  
01279507002 or visit  
[www.nuffieldhealth.com/gyms/bishops-stortford](http://www.nuffieldhealth.com/gyms/bishops-stortford)**



# Bovis Homes is delighted to support Bishop's Stortford RFC



New Bovis Homes coming soon  
to Bishop's Stortford

Photography shows a typical Bovis Homes interior

[bovishomes.co.uk](http://bovishomes.co.uk)

  
**BOVIS**  
HOMES

# 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

January 2019

# Reedside Ltd

(Ben Clarke)

## Offices To Let

From starter units of 150sq. ft. increasing in size.  
All with parking, near to railway station.  
Keen prices, lease or licence.

**Tel: 01279 658 301**

**Fax: 01279 506 126**

**Email: [jsbclarke@zoo.co.uk](mailto:jsbclarke@zoo.co.uk)**

### Properties:

The Maltings, Southmill Road, Bishop's Stortford, Herts.

The Maltings, Station Road, Sawbridgeworth, Herts.

david  
hawkins



Essex Commercial Photography  
[www.davidhawkins.biz](http://www.davidhawkins.biz)  
[mail@davidhawkins.biz](mailto:mail@davidhawkins.biz)  
08707 874 184

WE ARE VERY PROUD TO SUPPORT  
BISHOP'S STORTFORD RUGBY FOOTBALL CLUB  
GOOD LUCK FOR THE REST OF THE SEASON



**CONNECT  
SCAFFOLDING**



**CONNECT  
EVENTS**



**CONNECT  
HOISTS**



*Safer, easier, quicker ... better connected!*



## EXCELSIOR KITCHENS

QUALITY | EXPERIENCE | SERVICE

Established in 2000, Excelsior Kitchens are one of the leading fitted kitchen specialists in East Anglia, the South and London. With a wide range of materials, colours and styles, we can find a solution for all projects, budgets and locations. Our experienced designers can offer expert advice and a professional service.

---

[EXCELSIORKITCHENS.COM](http://EXCELSIORKITCHENS.COM)

3 Takeley Business Centre, Dunmow Road, Takeley, Essex, CM22 6SJ - T 01279 870700

# WORK HERE



**Thremhall Park is a beautifully restored, classic neo-Georgian building, set in 12 acres of historic parkland. We offer modern serviced offices, co-working spaces, virtual services & meeting rooms.**

**Call** 0333 00 66 330  
**Mail** [hello@mantlebusinesscentres.co.uk](mailto:hello@mantlebusinesscentres.co.uk)  
**Visit** [mantlebusinesscentres.co.uk](http://mantlebusinesscentres.co.uk)



**THREMHALL PARK**  
STANSTED



# We'll work around the clock to find a buyer for your property...



**RUSSELL  
PROPERTY**  
SALES CONSULTANCY LETTINGS

## **Considering a move this year?**

With a wealth of local knowledge Russell Property can advise you on the best ways to maximise your homes full potential when moving.

Please call 01279 501500 to speak to one of our property professionals who will help guide you through the moving process.





Propel your business into the **New Season!**

Find out how we can help reduce costs in your office and make life easier for you and your staff with increased productivity and profit!

**System One** will streamline your office workflow with a range of multi-functional devices to suit both your working environment and your pocket.

**System Two** will design, print and provide mailing services, helping you to promote your business, services or products.

**Get in touch now to find out more...**

**SystemOne**  
SIMPLE OFFICE SOLUTIONS

**01279 602700**  
[www.systemone.co.uk](http://www.systemone.co.uk)



**SystemTwo**  
PRINT SOLUTIONS

**01279 602709**  
[www.systemtwo.co.uk](http://www.systemtwo.co.uk)

# yoga with Marcella

vinyasa  flow



## Benefits of Yoga

Yoga is a beautiful exercise for both the body and the mind.

- . Increased **Core Strength**
- . Lowers Blood Pressure
- . Increased **Flexibility**
- . Improved **Intuition**
- . Improved Digestion
- . Body **Detoxification**

## 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.


**"YOGA IS  
THE PRACTISE  
OF QUIETING  
THE MIND"**


PANTAJALI





## Book Now:


- . Classes in and around:  
Great Dunmow,  
Bishop Stortford, Henham  
and Harlow
- . Private and group bookings  
also available
- . Specialising in Yoga  
for athletes
- . Trained in pregnancy yoga
- . Bishops Stortford 1st XV  
Rugby team official sponsor  
and Yoga Instructor


 @yogawithmarcella

 @marcellayoga

 @yogawithmarcella

yogawithmarcella@gmail.com 

07852 197539 

/yogawithmarcella 

www.yogawithmarcella.co.uk

# BSRFC Ladies VS St Neots

Nikky Wilkins

Sunday 17th March saw the BSRFC Ladies hit the road up to St Neots who were currently top of the league table having been unbeaten in 9 matches.

The weather brought sideways wind and marble size hail stones during the warm which set the tone for the game ahead.

Stortford ladies started the first half with a big head wind, St Neots had a game plan which Stortford managed to break down and using the our quick ball got it out to fullback Obama who used her speed to run over the try line. 0-5

St Neots shocked by this attack copied the style of play and used quick ball and quick feet from their scrum half to get over the line. 5-5.

St Neots kept the intensity up and turned to their big forwards to truck the ball up with lots of pick and goes around the break down area. Stortford defence held out with some chopping tackles and ferocious ball rips from Captain Wilkins, flanker Lalonge and second row Fryer. With possession back in Stortfords hands we started to attack their line with the ball swiftly moving along with a great pass from outside centre Goddard to reach winger Spanton who was abruptly stopped by an illegal no arms barge gaining Stortford a penalty but a devastating loss of our winger due to the injury caused to her knee. A strong line out on a windy day with a high jump from Steele but some loose handling in the break down allowed St Neots to use their quick Jackaling skills to turn the ball over. The Stortford defence was challenged again and after the forwards getting sucked in St Neots found a miss match and took advantage. 10-5

The contact area of the game was brutal with massive hits coming from both sides, especially Stortfords no.8 Reed, which saw the forwards fighting it out at the break down with props Augustine and Willson showing the strength of the front row allowing clean ball for scrum half

Bice and Fly Half Hawkins to slickly link together to release the light footed inside centre Chapman who weaved her way through before offloading to Obama who was in for a solid try until a try saving tackle that would have been better suited to a football match.

Half time whistle.

The second half saw a changed Stortford who were determined to let the home side know they were in for a tough half. The defensive line speed led by flanker Boyle saw St Neots under pressure giving Stortford more possession. Ball retention was better but St Neots fought back with intense level of passion that unfortunately saw a yellow card come their way. Still determined to attack they carried the ball into contact but were held up in the only Maul of the game showing great teamwork from Stortford.

Stortford made some changes and brought on fresh legs with Parker, Hall and Moriz adding new strength to the scrums.

St Neots battled away recycling the ball to their wider areas but faced the tackling machine of Gleed who made it clear 'you shall not pass'. Teaming up with replacement winger Daniels to show who is boss, however they persisted and broke down Stortford defence after many phases to break through. 17-5.

In the last few moments of what was a tough, high impact spectacle of ladies rugby – Stortford had the bit between their teeth. The forwards and backs linked together allowing King and newbie Capp to sprint the ball over the gain line.

To round the match off in a style to suit Stortford, the pack won the scrum with a slick put in from new scrum half Warrington which gave Reed the platform to kick the ball downtown with Obama chasing. St Neots in disarray as the ball bounced perfectly it was try time under the posts.

It wasn't quite enough to seal the win with a 17-10 final score but a great game to in ladies rugby.

# Bishop's Stortford Independent

[www.bishopsstortfordindependent.co.uk](http://www.bishopsstortfordindependent.co.uk)

est: 2017 | Publication day: Wednesday | 01279 216515



7,882

Publisher's  
statement

weekly readership

51,100

Publisher's  
statement

unique browsers



TRUST LOCAL

 ILIFFE MEDIA



# Bishop's Stortford RFC Club Shop



OPENING TIMES:

**Saturday: 12.00 noon - 3.00pm**  
(1st XV match days only)

**Sunday: 9.00am to 12.30pm**

For further information please see the club website: [www.bsrfc.co.uk](http://www.bsrfc.co.uk)  
or contact **Bob Winnington** on  
**07988 646 384.**



# THE DRIVING FORCE BEHIND

BISHOP'S STORTFORD RUGBY CLUB

Palmer  
Martin &  
*Hire*



We pride ourselves on providing high quality vehicles for your self-drive hire needs

Call us today on **01279 505072**  
or **book online** at **[www.palmerandmartin.co.uk](http://www.palmerandmartin.co.uk)**

Unit 14, Twyford Business Centre  
London Road  
Bishop's Stortford  
Hertfordshire  
CM23 3YT

Proud sponsors of

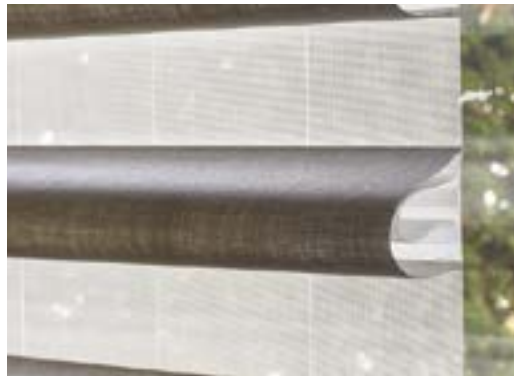


# STORT BLINDS

INDIVIDUAL STYLE

YOUR LOCAL BLIND AND SHUTTER SUPPLIER

BLINDS | SHUTTERS | AWNINGS



## CALL FOR A FREE ESTIMATE

[www.stortblinds.co.uk](http://www.stortblinds.co.uk) | Tel: 01279 504121



# RESETCRYO

## CRYOTHERAPY

## WHAT IS CRYOTHERAPY?

Step Inside our  
Cryochamber & after  
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.

**BOOK NOW!**

TALK TO JACQUI OR EMMA

 **01279 297070**

 **resetcryo**

 **resetcryo.co.uk**

**Reset Cryotherapy Studio**  
**Falconers** (Opposite 'The Hand & Crown')  
**High Wych Rd**  
**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

# IS IT A BIRD? IS IT A PLANE? NO IT'S GEMMA

One of our bar staff serving you today, Gemma Menzies is planning on jumping out of a perfectly airworthy plane from 13,000ft to raise funds for our Presidents charity Accuro Care.

Which is strange really because in her own words "I'm not great with heights & the very thought of jumping out of a plane gives me Goosebumps. " In fairness Gemma I think most of us would get a little flutter in the stomach contemplating such an endeavour so no shame there.

But she was apparently inspired to do her bit for our Oneclub fundraising effort having watched President Mick Coleman & Bar Manager Sian Wilde brave the Accuro fire walk in November last year.

As our Dare-Devil pint puller says "What better way to commit to a challenge than raising money for a brilliant local charity"

Gemma will be jumping out 2 ½ miles above Beccles airfield in Suffolk on Sunday 19th May, falling at approx. 120 Mph, so thankfully even allowing for the planned sudden deceleration 5000ft from the ground, she should still be back on terra firma in less than 2 minutes!

Gemma has set her fundraising target at what should be an easily achievable £600. If you would like to help towards that target you can do so via her fundraising page

[www.justgiving.com/fundraising/gemma-menzies](http://www.justgiving.com/fundraising/gemma-menzies)

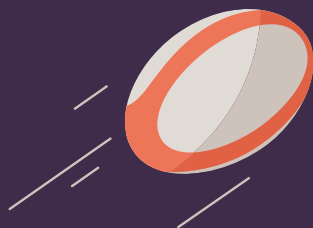


All of us here at the rugby club wish you well Gemma. Please check you have someone strapped to your back before you let go otherwise the trip down might take a lot less than 2 minutes!!



# FORWARD.

Corporate Finance



## **Proud sponsors of Bishop's Stortford RFC**

Helping you complete

Business  
acquisitions

Management  
buy outs

Business  
sales

Independent corporate finance,  
consulting and private equity services  
for East Anglia and the South East.

[forwardcf.co.uk](http://forwardcf.co.uk)

T: 01279 215559 E: [hello@forwardcf.co.uk](mailto:hello@forwardcf.co.uk)

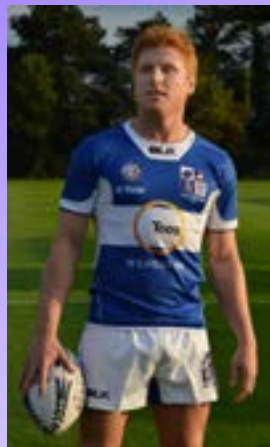
Thremhall Park, Start Hill, Bishop's Stortford CM22 7WE

# 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)



PROUDLY SPONSORED FOR 2018-19 BY





**accuro**

supporting people with a disability

# Proud to be BSRFC Chosen Charity

Accuro is a small, vibrant local charity providing a range of specialist services for children, young people and adults with a disability in West Essex.

## Get in touch

01279 870297 | 01279 871133

[enquiries@accuro.org.uk](mailto:enquiries@accuro.org.uk)

[www.accuro.org.uk](http://www.accuro.org.uk)



Registered Charity No:

1094736

Tocher House, Dunmow Road, Bishop's Stortford, CM22 7TA

# 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.



SPONSORED BY  
**RUSSELL  
PROPERTY**

**SALES  
CONSULTANCY  
LETTINGS**



## 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

Associate Membership

### Amount

£ 75.00

### CONTACT DETAILS

**Name:**

**D.O.B.:**

**Contact address :**

**Postcode:**

**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.





Your trusted  
technology partner to  
transform and connect  
your business.



Proud sponsors of the  
Bishop's Stortford Colts  
and Ladies Teams.



# WESTBURY

WINDOWS & JOINERY

01245 326510

[westburyjoinery.com](http://westburyjoinery.com)

Call to visit our Essex Factory and Showroom  
46-52 Cutlers Road, South Woodham Ferrers, Essex, CM3 5XJ