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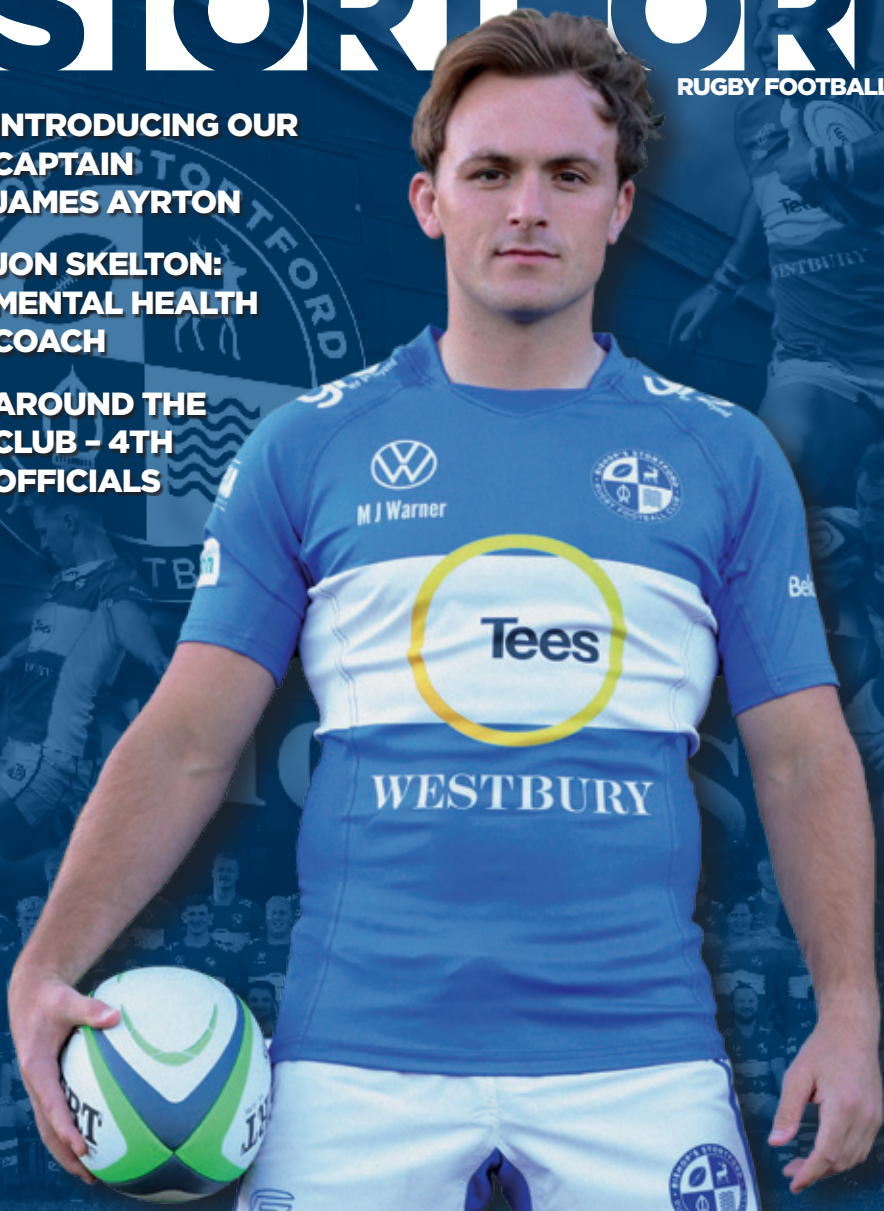
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JAMES AYRTON**

**JON SKELTON:
MENTAL HEALTH
COACH**

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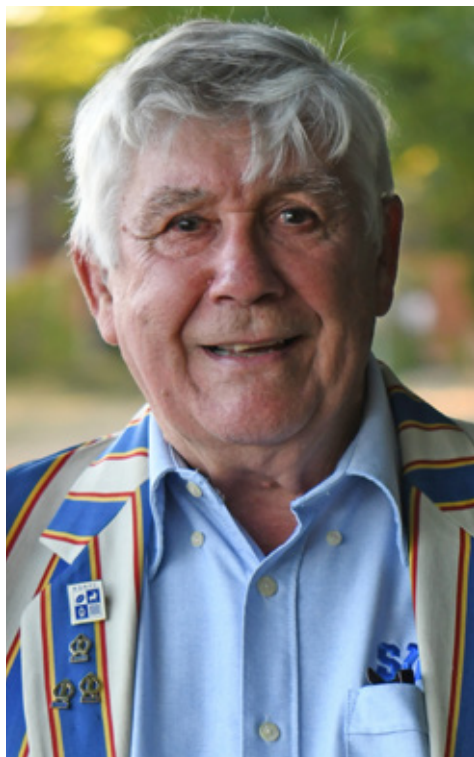
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Welcome to our new President

By Steve Dunkley



If you were to Google search “Rugby Club President” you would get the following definition:-

“The President is primarily an honorary position within the club and acts as the club’s representative at all internal and external functions”

We have had the honour of having some great characters fulfilling the position over the years and this is set to continue

After three very challenging and disrupted years Mick Coleman has completed his term of office as Club President. He will be missed by many around the country (his speeches at away matches were I am told “very special”)

Well done Mick, yet another role at BSRFC you have fulfilled with your usual passion and commitment. Not bad for someone who had to

be persuaded by Johnny Hey and Carl Green to give up football and join the club as a Colt, subsequently to then move through the playing and coaching ranks.

Mick continues to give service to BSRFC as a Trustee of the club and no doubt he will give advice if needed by the new President

So we welcome a new President for the 2022/2023 season and beyond.

The 28th President since our club was formed over 100 years ago is our own Len Lindop.

We welcome Len to his new role and wish him every success in what will be, I am sure, a very busy and enjoyable year.

Being President requires stamina and a real love of the game, travelling around the country on match days (in all weathers), hosting at home matches and being the figurehead of our club.

This will suit Len perfectly.

Len joined our club when he moved to Hertfordshire and his two sons started to play rugby. He had played his rugby in the North West and had retired from playing, so got involved as a coach.

He coached through Mini and Youth rugby and had a period in the office of Chair of Youth. He has since carried out many roles and contributed greatly to the clubs growth and development. Len is currently both our Honorary Treasurer and a club Trustee.

As Honorary Treasurer he has been integral in financially steering the club through some very challenging times, not least the 2008 economic crisis and the recent pandemic which closed the club for a long period, making us very vulnerable with little or no revenue.

He is so involved in club matters it is a wonder he finds time for anything else. When he is not in rugby mode he enjoys playing golf and family time with his sons and their families.

All the best for a great term of office Mr President.



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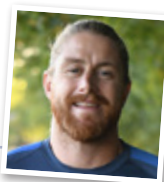
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Head Coaches

Marcus Cattell & Tom Coleman



Welcome everyone to Silver Leys for the much anticipated start to the new season. We're sure you've missed the match day buzz as much as the players and coaches and we hope today you will see an entertaining game as league rugby returns.

As always, a new season brings new faces and fresh optimism around the club and the excitement of the unknown with new teams joining the division and some familiar foes to resume battles with.

We would like to welcome Hull to National 1 and hope they enjoy the season - except for the two occasions we meet each other! Hull clearly had a great season last year which is a credit to their players and coaching staff. We have been preparing our boys for a very tough and hugely physical start to the season.

Our pre season preparations have gone well and the players have responded excellently to what has been asked of them. We targeted certain parts of our game that we needed to improve from last season, and we've been delighted with how new skipper James Aryton and his team have responded. The boys have worked tirelessly for the last ten weeks to prepare themselves in the best possible way and we hope today can be the start of an exciting season.

Our new signings have all made a smooth transition to the club and you will see some of them on show today. We are excited to see what they can all bring to the group throughout

season and we're sure you will all make them feel welcome in traditional Stortford form.

Our Blues also go into battle today with a familiar foe in Richmond Saxons. We have picked a strong team where a number of players will feel they have a point to prove after narrowly missing out on selection for the First XV game. We look forward to seeing further improvement throughout the team, building on the strong foundations that were put in place last season. With newly appointed captain Reece Lane leading the way, we're positive this will be the case.

Lastly, it takes a huge amount of effort from many people to prepare the club for the new season. A special thank you to Garson's for the incredible pitches we are playing on, John Allison for his tireless work around the clubhouse volunteering and to Julie North for her excellent efforts again with bringing in many new sponsors and retaining old ones.

Our sponsors have been incredible for a number of years the way they support the rugby club and once again we are very grateful for your continued generosity for this coming season. We hope to share a drink with you all at some point throughout the year.

Enjoy your day everyone.

Come on you Blues!

Marcus & Tom

THE COACHING STAFF:



RYAN CLARKE



ROB FAIERS



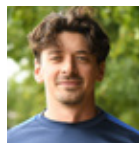
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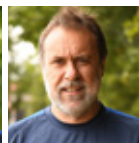
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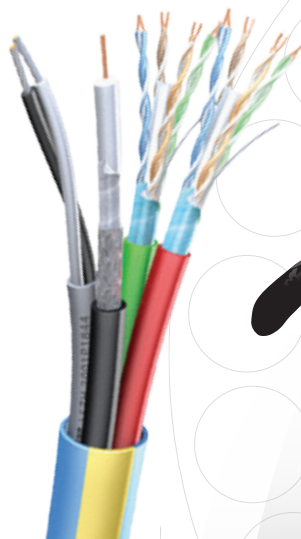
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Mental Health Matters

John Skelton



From a 1st team squad perspective, it's been a very successful pre-season. It's hard to believe that we got started 11 weeks ago but that time has certainly flown and here we are kicking off the new league campaign.

I'm sure Tom, Marcus and the other coaches won't mind me saying that pre-season has been a success. Both in terms of the rugby being played but also with regards to the effort and attitude of the boys both on the training pitch and in the gym. The new players have integrated well into the group and the Canterbury weekend certainly helped with the bonding. At home versus Old Albanians and Hertford we saw evidence of the hard work that the boys have put into training starting to appear in our performance.

From a personal perspective it's been good to be around the group. Certainly, for the first month I spent much of my time observing, listening and forming my own opinions of players. It's been great to see the different personalities, communication styles and leadership skills develop within the squad. As we progressed through pre-season more conversations were had on the specific areas of mental performance that needed developing.

Obviously, I can't give too much away, but from a Mental Performance perspective, we have focused on the aspects of the game we can control. This being our preparation, our performance and most

importantly how we respond to setbacks. This isn't necessarily something that always comes naturally and can often take several months to develop. But as with everything, the more we do something the better we get at it. The boys have very much bought into recognising that it's the 1%'s that will get us across the line in the tough fixtures this year.

I've had the privilege of working individually with several members of the group already. Chatting over coffee, hearing players perspectives of what needs developing. Spending time on the pitch after training working on different skills. Spending time helping set individual goals for the season. Even using my Solution Focused Hypnotherapy to reduce anxiety and over-thinking. Mental barriers to performance can come in many forms and my role isn't restricted to simply making the boys better rugby players. I see my role as supporting them to be better human beings, the bi-product of that, is success on the rugby pitch.

The mental health of our squad and in fact that of the wider club is my priority. We have our affiliation with JOCA and I am always looking at ways in which we can support our community. So, with that in mind please come and say hello! I am always available for a chat and I'd love to meet more of the members whether playing or social.

Jon Skelton
Mental Skills Coach



The Players

BSRFC First XV Squad 2022/23



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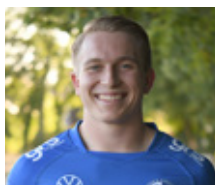


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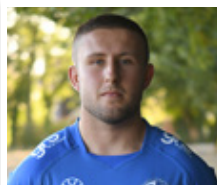


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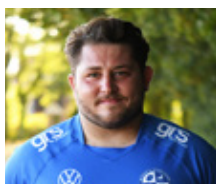
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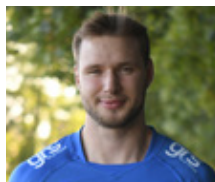
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Today's Opposition

Hull RUFC



Even most Southern rugby fans will know that Hull has two Rugby League sides: Hull and Hull Kingston Rovers but maybe most fans will not know there are also two Hull Rugby Union sides in the National leagues: Hull and Hull Ionians.

Bishop's Stortford have already met Hull Ionians in two different seasons in National One. With Hull's promotion to National One last season this will be the first time Bishop's Stortford play Hull.

The club history of the two Hull sides is complex. Both sides can trace their roots back to Hull and East Riding RFC that was formed back in 1901. In 1989 this club split into two. The bulk of the club merged with another local side, the Ionians to form Hull Ionians, just over a quarter of the club wanted to remain as Hull & East Riding. Hull Ionians took the club's existing league status and Hull and East Riding had to start again in the league structure in the bottom tier of the Yorkshire leagues.

Hull & East Riding in 1992 subsequently merged with another local side, Old Hymerians to become Hull RFC and the combined side took Hymerians' league status in North East Division 2.

Hull gained promotion to National 2 North in 2008/09 after

winning a play-off against Chester, they then retained their status in National 2 North until the 2014/15 season when they were relegated to National 3 North.

Hull convincingly won promotion back to National 2 North in the 2019/20 season and last season won promotion for the first time to National 1, beating off the challenge of Sedgley Park and doing the double over Hull Ionians in the season.

When you go back over the separate league records of Hull and Hull Ionians, you cannot help but wonder what a combined Hull rugby side would have achieved if the split in 1989 could have been avoided. You could say as well that a combined Hull and Hull Kingston Rovers rugby league side would make a very formidable side but that merger, just like the rugby union sides merging is never going to happen.





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
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
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


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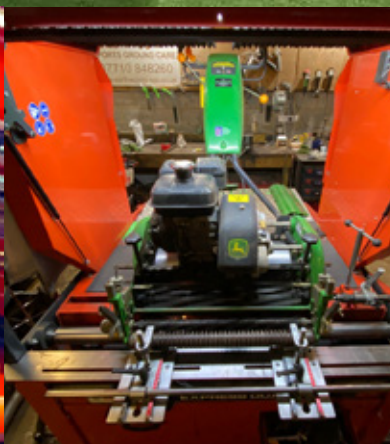
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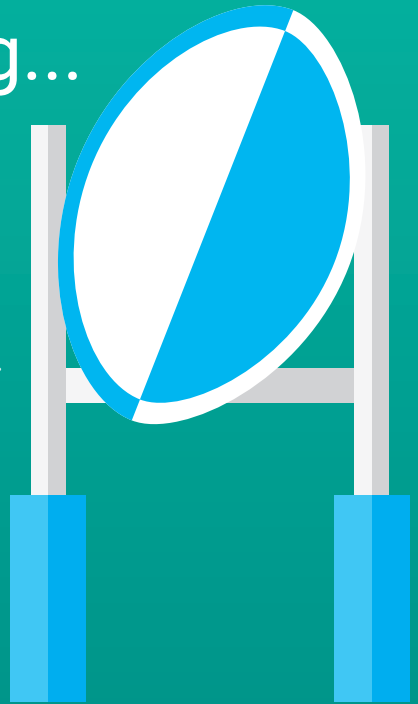
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National League 1

Season 2022/2023 National 1

Fixtures for 3rd September

HOME TEAM		AWAY TEAM
Leeds Tykes	vs	Taunton
Birmingham Moseley	vs	Sale FC
Rosslyn Park	vs	Cinderford
Rams	vs	Esher
Darlington Mowden Park	vs	Chinnor
Bishop's Stortford	vs	Hull

Season 2022/2023 National 1

Fixtures for 10th September

HOME TEAM		AWAY TEAM
Hull	vs	Darlington Mowden Park
Esher	vs	Rosslyn Park
Cinderford	vs	Birmingham Moseley
Sale FC	vs	Leeds
Sale FC	vs	Darlington Mowden Park
Bishop's Stortford	vs	Cambridge

National League 1 - 2022/2023										
Team	P	W	D	L	PF	PA	PD	TBP	LBP	Points
Birmingham Moseley	0	0	0	0	0	0	0	0	0	0
Bishop's Stortford	0	0	0	0	0	0	0	0	0	0
Cambridge	0	0	0	0	0	0	0	0	0	0
Chinnor	0	0	0	0	0	0	0	0	0	0
Cinderford	0	0	0	0	0	0	0	0	0	0
Darlington Mowden Park	0	0	0	0	0	0	0	0	0	0
Esher	0	0	0	0	0	0	0	0	0	0
Hull	0	0	0	0	0	0	0	0	0	0
Leeds Tykes	0	0	0	0	0	0	0	0	0	0
Plymouth Albion	0	0	0	0	0	0	0	0	0	0
Rosslyn Park	0	0	0	0	0	0	0	0	0	0
Rams	0	0	0	0	0	0	0	0	0	0
Sale FC	0	0	0	0	0	0	0	0	0	0
Taunton	0	0	0	0	0	0	0	0	0	0

The Teams



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Bishop's Stortford 1st XV

BLUE AND WHITE

- 1 Will Roberts*
- 2 Alex Rayment
- 3 Tom McCrone*
- 4 Harry Charter
- 5 James Thacker*
- 6 Fraizer Kiff
- 7 Ollie Jones*
- 8 Jacob Wrafter
- 9 Connor Lloyd
- 10 Dan Cole
- 11 Jake Morris
- 12 Austin Pope*
- 13 James Ayrton*(c)
- 14 Josh Stannard
- 15 Charlie Parkhouse

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REPLACEMENTS

- 16 Luke Bury*
- 17 Matt Meek
- 18 Harrison Langworthy
- 19 Toby Tierney
- 20 Chris Bolton

*Homegrown player

Head Coaches Marcus Cattell | Tom Coleman |

Lead Physio Ryan Clarke | **Team Manager** Darren Orbart | **Lead Forwards Coach** Ian Simpson |

Forwards Transition Coach Rob Faiers | **Head of Strength and Conditioning** Ben Sheath |

Assistant Strength and Conditioning Coach Adam Vine | **Mental Health Coach** Jon Skelton |

The Teams

REFEREE: **Hamish Grant**
ASSISTANT REFEREE 1: **James Cornell**
ASSISTANT REFEREE 2: **Henry Lewis**

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Hull RUFC

RED AND BLACK

	Tipiloma Kivalu	1
	Josh Hanlon	2
	Michael Jobling	3
	Cameron Curry (c)	4
	Liam Regardsoe	5
	Latu Makaafi	6
	Alex Todd	7
	Will Hall	8
	Harvey Harding	9
	Joe Carlisle	10
	Keane Naylor	11
	Steve Johnson	12
	Iosefo Turaga	13
	Mike Adlard	14
	Reece Dean	15
	REPLACEMENTS	
	Charlie Beech	16
	Ben Boothman	17
	Jamie Major	18
	Tomasi Tanumi	19
	Duell Trueman	20

Director of Rugby / Head Coach Gary Pearce |
Physios Chloe Atkinson & Laura Dearnley |

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Minis

By Nikki Wilkins



Welcome to the new season! This will be my first ever season at the Chair of Minis. I was approached to take on this role by my predecessor Andrew 'Apples' Appleby and I am hoping I can do the job justice.

A bit about me, my rugby background is quite varied, I have played the women's game for around 20 years, playing at club, county and Eastern County levels. I have played for BSRFC ladies and captained the side for a few seasons and was the first BSRFC ladies player to represent the Hertfordshire county team for a couple of seasons before I ruptured my ACL during a match, which I have since had reconstructed, in the mean time I took on the Lead Coach role of the U6s in 2019/20 season when my daughter started playing for the club and I haven't looked back. They are now in the u9s and heading into their first season of contact. I also help coach the U7s with my Husband as lead coach and my son as a player.

The minis are the largest section at the club with 7 age groups with approximately 300 players. This volume of players would not be possible if it wasn't for the amazing commitment and hard work put in by the 86 strong volunteer coaches. These coaches are at the club or away at match week in week out no matter the weather and are creating environments for the players to learn, have fun and make lifelong friends. I'd also like to mention the work of the team's admin, who are like gold dust and are very much appreciated. I am hoping to secure sponsorship for our new coaches kit this season as well.

As Minis Chair, I would love to be able to grow

the number of female players across the section, I believe with the support of the clubs community officer and hopefully a successful Women's Rugby World Cup in October, we can together encourage more females to give rugby a try and to see that it is more than just a contact sport.

Throughout the season the minis section has lots of home and away fixtures, sprinkled with a few festivals, these are great opportunities for the players to put all their hard work from training sessions into practice against other teams. Each age group also have the excitement of a MDE with the 1XV throughout the season. They get to make a guard of honour and become the match day ball kids. Keep an eye out for them at the home games!

This coming season is no different to others with the fantastic minis festival in October held at the club, which is organised and run entirely by the U9s age group, this is a great event for the U7s-U12s to play against a variety of other clubs on their home turf, all whilst raising money for the minis section.

As well as our own festival the minis are invited to the clubs supporting premiership club Saracens to attend festivals held at the Stone X Stadium before some of their home games. This is an amazing day for them all and we cannot wait to visit again.

At the end of the season, we look forward to the spectacular event of the Minis Tour, organised by the U10s. We are hoping to get as many players as possible and families involved in one of the most memorable weekends of the season!

Looking forward to another season at BSRFC!



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We're pleased to announce...

Our new captain - James Ayrton



There is no obvious natural position for a captain to play in a rugby union side. It is a coincidence that James Ayrton, the new captain and Sam Winter, last season's captain both played the centre three-quarter position. There have been a number of very successful rugby captains that have played centre: John Dawes, Will Carling, and Brain O'Driscoll are very good examples. James is far too young to remember seeing John Dawes and Will Carling playing but he is a skilful intelligent centre in their mode rather than a "crash ball" merchant. In the modern game it is the player's leadership qualities, experience, tactical knowledge and personality that are the most important characteristics for a rugby captain and not his position on the field.

On the field the captain has two main roles. One is to decide on the option to either kick for goal or keep attacking by going for touch and the other important role is to act as the team's interface with the referee. Off the field the captain has to act as the middleman between the side and the coaches. There is no doubt that James has the experience and personality to successfully fulfil these roles and the potential to emulate Sam Winter's success as captain even if he is just starting to get used to the referee calling him over for talks. James can also be relied upon to capably and politely handle the interface with referees.

James did take the captaincy role in three matches last season during Sam Winter's injury and since re-joining the club after playing over 150 games for Cambridge, has the necessary playing experience and has established himself in the Stortford side gaining the respect of the squad and the coaches. James has been recognised as both a skilful and stylish player and unusually for a rugby player, he plays a lot of golf off

a handicap of five and this does confirm he is a sporting allrounder.

James re-joined the club from Cambridge with his brother in the 2019/20 season which was considered one of Andy Long's best "poaching" operations. Andy convinced James that the style of rugby he liked Stortford to play would fit well with his abilities when Cambridge at the time, was going through a number of different coaches and playing styles.

James while playing at Stortford, has been sponsored by Radleys Laboratory Equipment suppliers in Saffron Walden.

There has been a long tradition of brothers playing for Stortford but his elder brother Mike, another three-quarter, retired last season. However, rather than compare the Ayrton brothers with the Banks and Coleman brothers, it could be more appropriate to compare them with the Evans brothers, Max and Thom, who played in the three-quarters for Scotland between 2008 to 2014 and went on to become TV and media personalities. It is not totally unconceivable to imagine James like Thom Evans, both dating Kelly Brook and taking part in "Strictly Come Dancing".





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Now in its sixth season, **Club Stortford** was set up by a small working party to support the 1st XV 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.

Our Joint head coaches Tom and Marcus have stressed on a number of occasions how important the financial support given to them by Club Stortford is. 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 101 988



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,
- First team home and away lunches.

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
Mark Smith
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rugby
season



The final countdown

Charity has just days to raise £75,000 or be forced to shut its doors for good

Shared Care

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Age Concern at the New Apiton Centre in
gave on Friday next week - unless trustees
can raise £75,000.

Staff, volunteers and trustees who rely
on the services have been informed there is
no alternative to closure on September 9
unless the community raises the money.

Chair of trustees Angela Alder said: "This
will be a huge loss at a time when the
community needs a safe, warm space to help
them overcome their energy costs this winter."

She said the Covid pandemic and the cost-of-living crisis had hit the centre's
budget, but the trust's trustees would make it
operational sustainable at a critical time for
some of the town's most vulnerable residents.

Angela, who is 86 and still working as a
housekeeper in town and East Herts district
a committee, said she was determined to do all
she could to save the stand alone charity.

Open all week, it provides free hot food
services for £1.50 from 10am to 2.30pm on
Sundays, Wednesdays and Fridays. As well as
friendly prepared food, the centre also offers
a hot drink, tea, on Tuesdays and Thursdays,
there are drop-in and go-on yoga sessions,
from 11 including social music, art, crafts
and games.

Transport can be provided for day
attendees for £2.00 and a therapist and
hairdresser also offer services to the adults.

Earlier this month, it was confirmed that
the Wiggly Willow café in Blackwell Street
had folded, ending its support for adults
with learning disabilities, while the threat of
closure hangs over St Elizabeth's care home
at Perry Green, which cares for adults with
physical disabilities and complex medical conditions.

Angela said: "We are reaching out and giving
an opportunity to our community to prevent
Age Concern from involving the state day."

She said: "We are reaching out and giving
an opportunity to our community to prevent
Age Concern from involving the state day."



Scan this QR code to donate to
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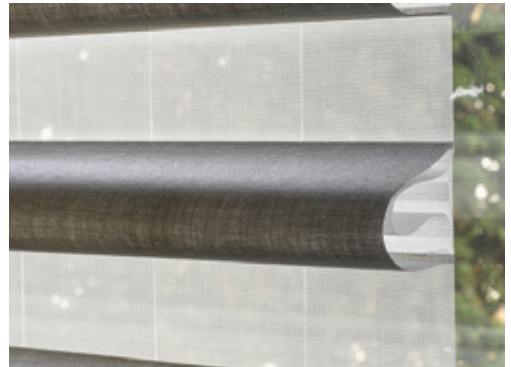
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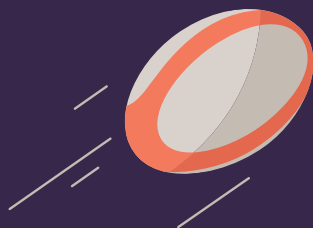


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Around The Club

Richard Evans



Fourth Officials

The TV match coverage of Premiership football will often show a manager berating the match fourth official probably because if a manager abuses the referee or the assistant-referee he will likely get fined. The fourth officials at a Division One rugby match do not get berated by the coaches but the area around the substitute benches can get quite lively during the match.

The fourth official role is defined in the RFU and National Clubs Association (NCA) regulations. It is a club volunteer role and there is no requirement to wear any official kit. The main responsibilities can be split into three categories: touchline activity control (“front of house”), the match activity recording (“tablet man”) and liaising with the match officials and the home team and opposition team on match day.

The touchline activity is being the middle man between the match officials and the two sides in substitution and yellow card processing. This is why you can see the fourth official frequently running up to the assistant referees (linesmen) and getting them to inform the referee of any of these actions. The fourth officials do not have any direct contact with the referee during match time.

The recording of match activities is the times of all events during the match. These are the scores, substitutions and disciplinary events. This is generally quite easy in the first half but can become quite hectic with substitutions in the second half of a high-scoring game. Also identifying the scorers is sometimes not that easy especially the away team scorers!

Stortford quickly recognised that it was sensible to split the fourth official role between two volunteers. One “younger” volunteer to do the touchline activities and a “digitally capable” volunteer to record the match events. The club decided to record the match events online directly into the RFU Game Management System (GMS) during the game to avoid a lot of

duplication work after the match. Last season Bit Solutions kindly donated a tablet device to the club, set up by Sam Prior, which has proved far easier to use than the original laptop pc.

After the match in the Stokes Room, the touchline records and match recording are reconciled by the two fourth officials and the match record is signed off by both the referee, the home side and the visiting side.



The fourth official roles are covered on match days by a rota of volunteers with the assignments made by David Royle. The rota consisted last season of David Royle and Richard Evans (tablet) together with Richard Worboys, Tom Brady, Tim Dedman, and Gareth Tubbs (touchline). Along with the new tablet, the fourth officials also now have their own WhatsApp group so are moving with the times.

The very first club fourth official was David Lockwood who in the early stages of the RFU fourth official requirements somehow managed to do everything himself.

There have been some interesting fourth official stories. Andy Long would like to watch the match from behind the posts and during a home against Ampthill, the Stortford fourth official was requested by Ampthill to tell Andy that as the coach he could not watch the game from behind the posts. The fourth official sensibly replied, “you can tell him yourself”.

Women and Girls' Rugby

Jasmine Bice



Reasons why more girls and women should take up contact rugby

2022 has been a game changing year for women in sport – not only with our Lionesses bringing football home this summer, but with the Red Roses' incredible grand slam win in the Womens' Six Nations.

Despite this, some women are still hesitant to get their boots on and involved with their local teams. Luckily, Bishop's Stortford Ladies' Team has stayed strong since the beginning. This success paved the way in the launch of our girls' teams – introducing girls from 11 to 18 to the sport.

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

There's a position for everyone

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

Fitness can be fun

Rugby is a pretty intense workout. Sometimes going to the gym isn't for everyone, but rugby includes full body strength and cardio training – and you have a lot of fun while you're doing it!

Squad goals

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

It's empowering

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

Our girls (U12-18) train every Sunday from 12.30pm-2pm. Our women's sessions run every Tuesday, 7.15pm-9pm.

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



Match Day Experience

Bishop's Stortford RFC



Behind the scenes with the 1st XV...



As part of the Club's ethos 'to be a strong and successful rugby club united from Senior to Minis', trusted and valued by our community BSRFC Joint Head Coaches Tom Coleman and Marcus Cattell along with Club captain Sam Winter and the rest of the 1st XV Squad, provide an insight for our "Mini and 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 QandA in the 1st XV Changing Room, followed by Training, Games and 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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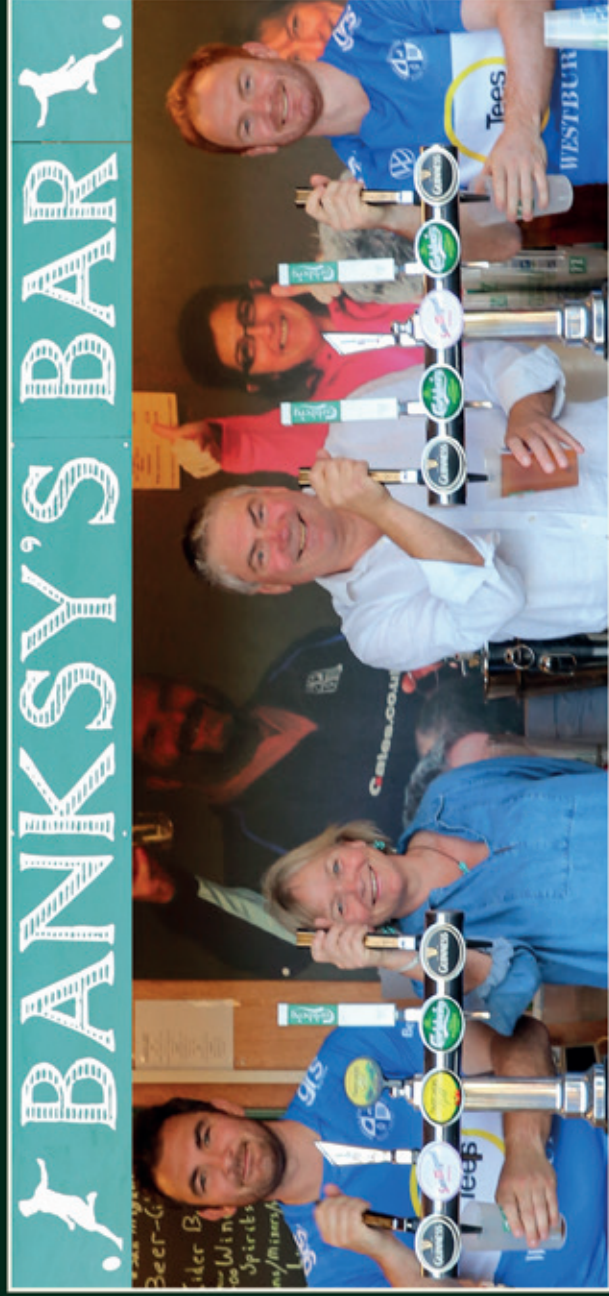
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