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From the President

By Len Lindop



Welcome to Birmingham Moseley who will be trying hard for victory as a win could take them above us in the league, especially after their win again against Hull 45 to 28. Equally we will be trying to maintain our position in the top half of the league. Both teams have won two of their five games played to date and we have won six bonus points whereas our opposition today have won two bonus points. It is a tribute to our team is that we have won these bonus points whilst playing against the three top teams in the league, all of whom are unbeaten. Our last game against Rosslyn Park was especially disappointing, to be beaten by a try when the clock was in the red. It was a game of high-quality rugby with nine tries being scored and was a tribute to both sides.

Unfortunately, the Blues could not continue their unbeaten run in their match with Rosslyn Park, which followed the 1st XV game, however they did do well to compete with the side that have taken over their top spot.

The Colts kicked off their National Cup campaign the previous Sunday, with a win against Colchester by 38 points to nothing. The next round was on 8th October away at Bury St Edmunds. We hope that they can win and continue to have a good run in the Cup this year.

It was a good day on Sunday 2nd October for the women who made up for their loss to Upper Clapton/Harlow the previous week with a convincing win against Hitchin. They usually play their games on Sunday afternoon and

would welcome all the support they can get. Details will always be on the website.

Special thanks to our Match Day Experience Sponsors who are Russell Property and our Man of Match Sponsor, Nockold's. Our other corporates attending today are Croucher Needham, Seneca Reed and Three Willows/Ace of Lanes

I also need to highlight the firework display which takes place on the 5th of November. This is a massive event for the club and whilst many volunteers are already signed up, more are required please. If you can spare some time and offer your support, Neil Clark



is the man you need to see. If you are not able to volunteer, make sure you come along on the night. I can promise the display will not disappoint you. Please note that the event will be a part

of our fundraising for the five new changing rooms we are planning for next season. We have raised £200,000 for the second phase and hopefully will continue to be successful in raising the remainder required to complete the project.



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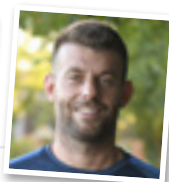
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Head Coaches

Marcus Cattell & Tom Coleman



Good afternoon and welcome back to Silver Ley's for this hugely anticipated game against Birmingham Moseley. After a week off there is no better place to be than back home in front of our own supporters.

Following a couple of difficult defeats to accept - both for very different reasons, our aim is to get back to winning ways today by beating another good side in Birmingham Moseley. Traditionally this fixture has thrown up lots of tries so let's hope for another entertaining game today.

The boys have prepared really well after a well deserved week off following defeat to Rosslyn Park, and are very focussed on the job in hand. We saw so many positives from that game in which the boys put in an incredible amount of effort, it is essential we build on those positives and take them forward into this block of fixtures.

The blues also tasted defeat for the first time this season against an incredibly experienced Park side. It was a credit to the team the way they applied themselves after multiple late changes to the side. This is a return fixture we will certainly be looking forward to.

Lastly, we would like to say a massive thank you to all of our excellent sponsors and supporters for your continued support. It was incredible to see so many of you at The Rock last time out and it means so much to the players hearing you all in full voice. Let's create a great atmosphere today and push the boys over the line.

Come on you blues!

Marcus & Tom

THE COACHING STAFF:



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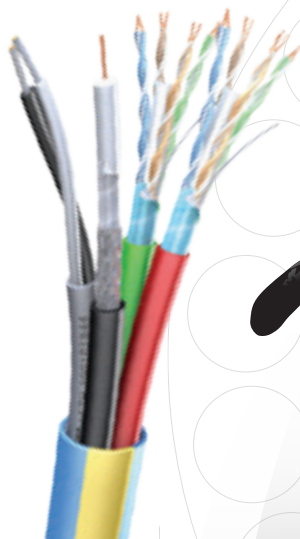
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Stop talking to yourself... Negatively

Jon Skelton



Over the last few weeks, we've spent time focusing on how we talk to ourselves. Both in practice sessions, but also during the heat of battle. As I'm sure you're already aware, negative self-talk is one of the biggest obstacles to success and it's a major reason why people under perform.

It can take many forms, but some of the most common are:

I'm not good enough.

I can't do it.

It's too hard.

I don't deserve it.

I'll never be successful.

I don't have what it takes.

These are just a few examples, but you get the idea. Negative self-talk is any kind of internal dialogue that tells you that you can't or shouldn't do something.

The problem with negative self-talk is that it's usually not based on reality. When we are thinking negatively, we are working from our primitive mind – the area of the brain that controls our survival responses. This primitive mind doesn't know the difference between imagination or reality, so if you're telling yourself you're not good enough then eventually you'll believe it.

As your mind thinks that there's a threat, then it kicks into survival mode, and it tries to talk you out of taking action – to protect you. And, even if there is some truth to what you're saying, it's not helpful. For example, if you tell yourself, "I can't do it," you're probably not going to try. And, even if you do try, you're likely to give up quickly because you don't believe in yourself.

The good news is that negative self-talk is something you can control. You can choose to

believe the positive things people say about you. You can choose to focus on your strengths and ignore your weaknesses. You can choose to believe in yourself and your ability to achieve your goals.

When you catch yourself engaging in negative self-talk, try to counter it with a positive thought. For example, if you're thinking, "I can't do it," tell yourself, "I can do it." If you're thinking, "It's too hard," tell yourself, "I can handle it."

Here are some helpful strategies:

1. Counter – When you find yourself saying something negative or noticing a certain thought that you have repeatedly, counter it with a more rational and logical thought.

2. Reframe – looking at a situation from a different and more positive perspective. You can take a situation that may appear to be negative and frame it in a positive way.

3. Affirm – construct and practice positive self-talk on a habitual basis. The first step is to take some time to write out positive and affirming statements about your performance – those that make you feel better or feel more focused.

It takes practice, but eventually, you can train your brain to think more positive thoughts. And, when you do, you'll be one step closer to achieving your goals.



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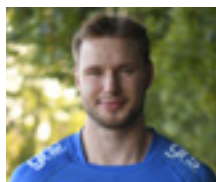


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Today's Opposition

Birmingham Moseley Rugby Club



Moseley were founded in 1873 by members of Havelock Cricket Club who wanted something to do in the winter months. A year later they adopted their famous red and black colours. They originally played at the Reddings in Moseley but the pressure of trying to compete in the new era of professional rugby caused them financial difficulties which in turn created a need to sell their home of 125 years to property developers. Following a five year spell as tenants at the University of Birmingham, they relocated to their current home at Billesley Common.

The Club's so called 'Golden years' were in the 60's & 70's when their fixture list routinely included the top sides in England and Wales, Moseley players were regularly included in international teams.

When league rugby commenced in 1987, Moseley were placed in the Courage National Division 1, the top division at the time. In 1988 they ended Bath's astonishing run of 22 unbeaten cup matches. They were though relegated at the end of the 1990-1991 season. The club entered administration in 1998, 4 years of financial turmoil followed before a new Moseley Rugby Club emerged in 2002. The rescue came too late though to save them on the field, that season they once again endured relegation, this time to National Two (Level 3)

They regained their spot in the second tier by finishing as champions in 2006, there they remained until they were relegated to Division One (the new name for Level 3) at the end of the 2015/16 season.

Prior to the 2016/17 season, the club changed its name to Birmingham Moseley Rugby Club, Stortford played them for the first time when they went up to Division One in 2017/18, for that season and the following two, both sides won a game each.

Last season Moseley finished just below us in the league, we completed the double on them for the first time by winning 33-3 home and 17-29 away.

BIRMINGHAM MOSELEY



Ollie Stedman (Captain)



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
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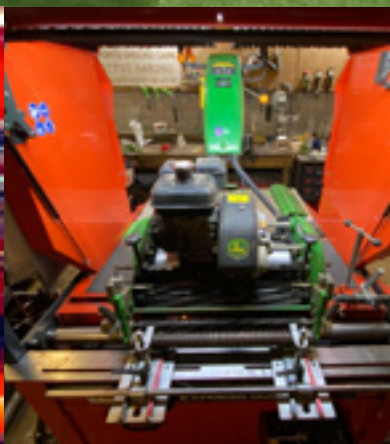
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BSRFC Girls and Ladies

By Jasmin Bice



What's next for BSRFC Girls and Ladies?

It's a promising sign that with every season we say between ourselves that 'the only way is up' for BSRFC Girls and Ladies. After all, that's exactly what we want and need to keep the female section of our club alive.

At the end of 21/22, we boasted that our Ladies had managed an entire season being able to put out a full squad for every single match, something that we hadn't previously been able to do. We owe the success of our section to several things, but mostly, the ongoing success and promotion of womens' sports as a whole.

As we look to the 22/23 season, we continue in the ground-breaking footsteps of our Red Roses, who recently broke records for the longest consecutive streak of unbeaten games (26, if you were wondering); and who are predicted to absolutely smash this year's Womens' Rugby World Cup, in a record-breaking tournament. After a strong pre-season show up from new and returning players, we're sure that we're ready to really turn up in our league.

This leads us nicely to our girls' teams, who this year have had a real shuffle. Not only have we sadly lost some of our U18s to university, the RFU has changed the age-grade requirements and as a club we made the decision to move their training sessions to a Sunday, in line with the rest of the youth teams.

From this, we're expecting that the girls will really be able to feel the #OneClub ethos, feeding from the buzz of the clubhouse and also helping to make sure that Sunday can be seen as a 'rugby day', as this is when all of our matches are played.

How can you help us?

Keeping our sections alive takes an army. We're lucky to be fully supported by our club, with excellent coaches and admin support; but, we can't rest on our laurels.

Despite huge strides in girls' and womens' sports as a whole, there's still a long way to go, and we need all the help we can get in promoting and supporting our teams and club.

Drop our name into a conversation with friends who may be looking to try something new, take one of our *new* flyers and drop it into a local café or gym, or you can even try your hand at coaching if it's something that has ever taken your fancy!

There's so much to look forward to in girls' and womens' sports - it's an excellent time to be part of it. If you're interested, drop us a message to see how you can get involved!

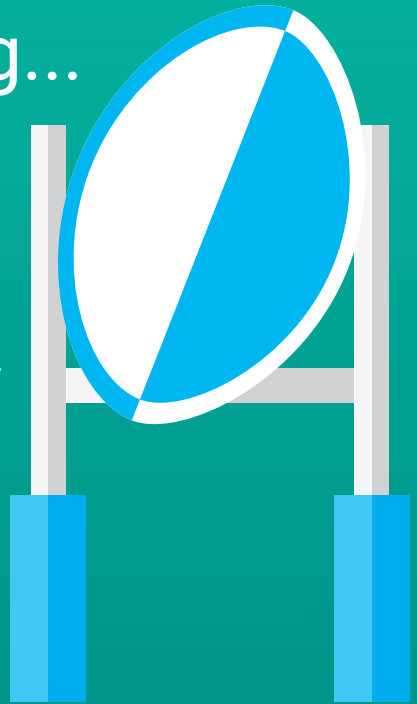
Our girls train every Sunday, 12.30pm-2pm and the ladies train every Tuesday, 7.30pm-9pm. For more information and to find out about joining our team, please contact us on one of our social media channels (Facebook, Twitter and Instagram), or email: bsrfcladies@gmail.com.



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Results, fixtures and table

National League 1

Season 2022/2023 National 1

Results from 1 October

HOME TEAM		AWAY TEAM
Birmingham Moseley	43 - 26	Hull
Cambridge	32 - 19	Sale FC
Leeds Tykes	27 - 24	Chinnor
Plymouth Albion	45 - 29	Esher
Rams	40 - 15	Darlington Mowden Park
Rosslyn Park	33 - 29	Bishop's Stortford
Taunton Titans	12 - 23	Cinderford

Season 2022/2023 National 1

Fixtures for 15 October

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

National League 1 - 2022/2023											
Team	P	W	D	L	PF	PA	PD	TBP	LBP	Points	Adj.
Rams	5	5	0	0	223	102	121	5	0	25	0
Rosslyn Park	5	5	0	0	219	115	104	5	0	25	0
Cambridge	5	5	0	0	173	122	51	5	0	25	0
Sale FC	5	4	0	1	165	101	64	4	0	20	0
Cinderford	5	4	0	1	151	123	28	4	0	20	0
Plymouth Albion	5	2	0	3	158	157	1	5	2	15	0
Bishop's Stortford	5	2	0	3	138	153	-15	4	2	14	0
Darlington Mowden Park	5	2	0	3	122	135	-13	3	2	13	0
Birmingham Moseley	5	2	0	3	137	157	-20	2	0	10	0
Leeds Tykes	5	2	0	3	97	156	-59	1	1	10	0
Chinnor	5	1	0	4	122	159	-37	2	2	8	0
Taunton	5	1	0	4	104	150	-46	2	2	8	0
Esher	5	0	0	5	125	176	-51	4	2	6	0
Hull	5	0	0	5	113	241	-128	2	1	3	0

The Teams



PLEASE NOTE THAT OUR BAR LICENCE FORBIDS THE TAKING
OF GLASSES AND GLASS BOTTLES ONTO THE FIELD.

Bishop's Stortford 1st XV

BLUE AND WHITE

- 1 Matt Meek
- 2 Ryan Jackson
- 3 Tom McCrone*
- 4 Harry Charter
- 5 Fraizer Kiff
- 6 Harrison Langworthy
- 7 Ollie Jones*
- 8 Will Rogers
- 9 Chris Bolton
- 10 Matt Riddington
- 11 Jake Morris
- 12 Austin Pope*
- 13 James Ayrton(c)*
- 14 Chris Smith
- 15 Dan Powell

REPLACEMENTS

- 16 Alex Rayment
- 17 Will Roberts*
- 18 Toby Tierney
- 19 Alex Gilham
- 20 Connor Lloyd

*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: **Calum Howard**
ASSISTANT REFEREE 1: **James Pidding**
ASSISTANT REFEREE 2: **James Cornell**

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RED AND BLACK

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	Sam McNulty	2
	David Langley	3
	Harry Barnes	4
	Harry Butler	5
	Suvwe Obano	6
	Jack English	7
	Ollie Stedman (c)	8
	Jack Combes	9
	Ben Palmer	10
	Rob Knox	11
	Ollie Allsopp	12
	Elliott Creed	13
	Sam Pointon	14
	Tom Benjamin	15
REPLACEMENTS		
	Josh Olver	16
	Jide Ajayi	17
	Jac Le Roux	18
	Isaac McNulty	19
	Aquile Smith	20

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Forwards Coach Rob Fuller | **Team Manager** Harley Williams |
Physio Elly Hume | **Assistant Physio** Matt Allcock |

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Minis Update

By Ian Thompson



Next Sunday, 23rd October, will see clubs from Hertfordshire, Essex and beyond descend on Silver Leys for the annual Bishop's Stortford Mini Rugby Festival. This is a huge event for BSRFC and their mini section, giving the next generation of players a taste of competition in a fun and inclusive environment. It also gives us an opportunity to host mini rugby teams from across the region and demonstrate what a great community club we have here in Bishop's Stortford.

The festival requires a huge amount of planning, volunteer hours and local community support. Work has been underway for some time to make the day a fantastic event for all participants, families and supporters alike.

The festival takes the form of a round robin tournament, with teams of boys and girls from U7 to U12 competing in a series of matches with age-specific rules. The matches are played in a great spirit with an emphasis on teamwork, learning about the game and most importantly, getting stuck in and having fun!

With a few thousand people expected to attend on the day, the festival is also a vital source of

fund raising for the minis, enabling us to buy essential equipment and cover festival entry fees for the season. Once again, our local community has been incredibly generous with numerous local businesses large and small supporting the event with sponsorship or other assistance.

We are hugely grateful to our main sponsors Russell Property, and supporting sponsors Nockolds and Hanbury Wealth, without whom the festival, or indeed our mini section as a whole, would not be the success it is. To any other businesses interested in supporting the festival, it isn't too late! Please contact Paul Woodford at p.woodford@btopenworld.com or Ian Thompson: ianthompson20@gmail.com for further information.

We hope to welcome as many spectators as possible, so if you are free next Sunday please come along and see what the festival has to offer. The bar will be open as usual and a range of food and drink available. Most importantly, our mini teams would appreciate the home support so come and cheer them on!

See you on the 23rd October!



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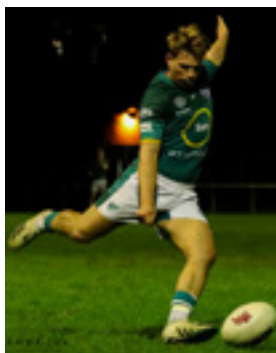
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Featured match Cambridge University 10-26 Blues [@emmac_rugby_photography](https://www.instagram.com/emmac_rugby_photography) [@emmacphotos](https://www.twitter.com/emmacphotos)



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In the spotlight

Harry Charter. Sponsored by Mantle Business Centres



The highlight win of last season was beating Rosslyn Park at home 36-24, this win marked a positive turn in Stortford's fortune for the season. It was also the game that Harry Charter got his first try and his first yellow card playing for Stortford. There had been a brief "Welcome to the club" article on Harry back in the Caldry match programme last December however, those two events in the Rosslyn Park game could be described as really marking his arrival. Harry joined the club from Leighton Buzzard at the start of the 2021/22 season and went onto play number 4, second row in all the Stortford games from the middle of November until the end of season.

The highlight of Harry's early rugby career was playing in the National U18 Vase final at Twickenham in 2019. Stortford have another current player who has played at Twickenham, George Cullen. George played for Oxford University in the 2014 and 2015 Varsity matches. Harry represented the Samuel Whitbread Academy who beat Dauntsey's school 43-25 in the Vase final. It is probably arguable that playing for a school academy side named after a brewing family from the wilds of darkest Bedfordshire and then beating a public school from Wiltshire at Twickenham shows that Harry along with George, demonstrates the wide range of Stortford's rugby representation.

Harry stands out as one of the few bearded second rows currently playing National Division rugby mainly because of his wild, ginger hill-billy style beard. It is not in the Stortford tradition of ginger beards being far from the neat coiffured ginger beards of Tom McCrone, Tom Banks and Marcus Cattell. Jake Ball, the Welsh Australian second row, had a similar beard to Harry's while playing for Wales in the Six Nations, he is of course more famous in Wales for deliberately knocking out Alun Wyn Jones in a Wales training session. There have been

no reports of Harry knocking out the Stortford club captain in training sessions.

Harry has always been a keen student of lineout play, hopefully this interest will lead to progress for Stortford in this area of the game. Harry is tasked with studying in detail, the match video analysis of all the Stortford lineouts this season. However, the Cambridge home game demonstrated possibly that not having two extra tall second rows can be the main reason for Stortford's lineout problems however, it will be interesting to find out if Harry's studies can produce more lineout ball for Stortford as the season progresses.

Harry is sponsored this season by Mantle Business Centres and he thanks them for their ongoing support.





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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
August 2022

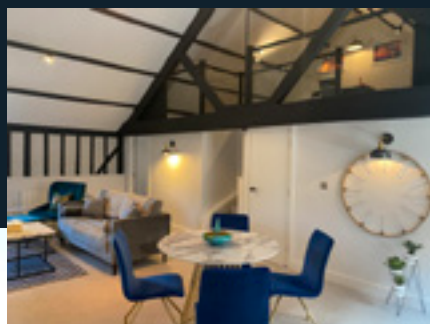
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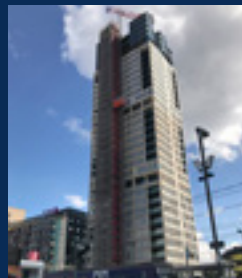
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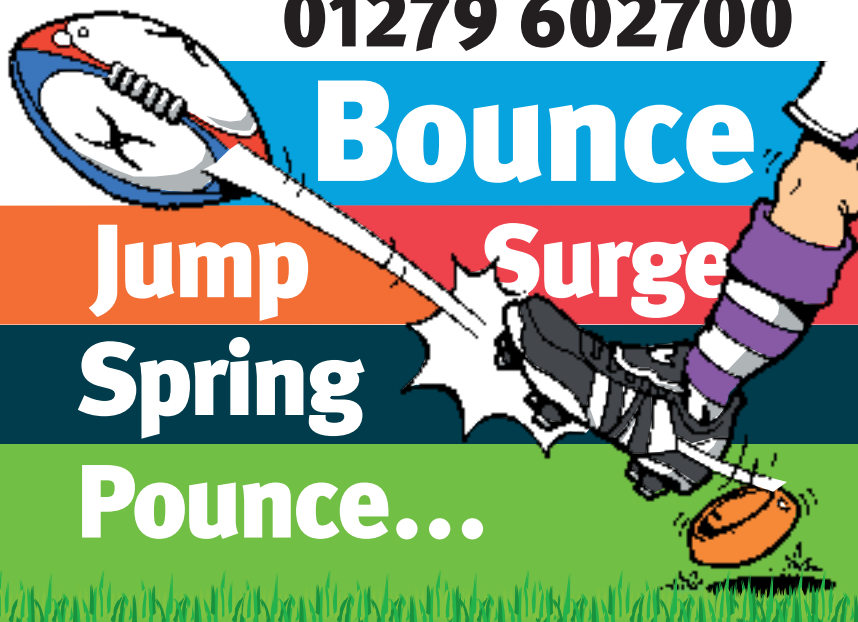


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Fortnightly collections in bin?

East Herts Council is bidding to reduce costs by emptying black bins once every three weeks

East Herts Council is set to cut rubbish collections to once every three weeks in a bid to save money – and the plan.

On Tuesday evening (Sept 20) its overview and scrutiny committee was set to discuss working party recommendations to revolutionise the authority's refuse policy.

Over three years from 2024-25 the council needs to find £5.66m savings and waste is its single biggest expenditure.

A report by Bishop's Stortford's Cllr executive member for environmental sustainability warns: "This comes at a time when we are experiencing inflationary pressures significantly above projections in the case of

Sinead Carr
sinead.carr@stortfordindependent.co.uk

the waste contract, over double the budgeted figure for 2024-25.

"Any proposals to reduce services or generate income will not provide savings on the current budget but mitigate the financial pressure. It is anticipated that cost pressures could be in excess of £1.5m."

East Herts wants to negotiate a new eight-year waste contract in partnership with North Herts Council which will harmonise both districts' collections.

The current contract covers the collection of waste and recycling from approximately 124,000 households and 1,500 commercial customers as well as street cleaning services across both districts.

The recommendations are that "residual waste", the contents of black bins – are collected once every three fortnightly service and that all new 2nd replacement bins will be reduced in size from 240 litres capacity to 180 litres.

At the same time, the authorities want to roll out 25-litre food waste caddies in properties.

The recommendation follows data showing black bins in East Herts contain 28.9% food waste. The United Nations' Environment Programme estimates that 8% - 10% of greenhouse gas emissions are from food which is wasted. A public consultation earlier this year indicated 69% of respondents in East

Herts said they were likely or quite likely to use the weekly food waste service.

The councils are also set to introduce the collection of plastic film in dry mixed recycling from 2025.

Other recommendations under consideration include ending the provision of trolleys and paper tanks across the district and ending parish litter-picking grants.

A new colour coding for bins has also been proposed. Both authorities spent a total of £77,000 on new bins and bin replacements in 2021-22. According to the report to the committee, the current global shortage of plastic polymer, and the continued impacts of Brexit and the pandemic have significantly increased the cost and availability of bins.

To ensure greater resilience in stock levels and reduce storage space, the proposal is for all future bin replacements to have the standard grey/black body with a coloured lid to depict the material type.

It is recommended that replacement recycling bins have a blue lid, replacement residual white bins have purple and replacement garden waste bins have brown with an estimated annual saving of £3,000.

Last year the council introduced charging for garden waste collection with a £10 annual tariff for the previously free service.

Cllr Graham McAndrew



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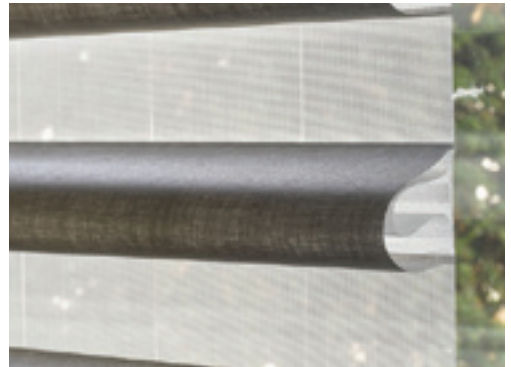
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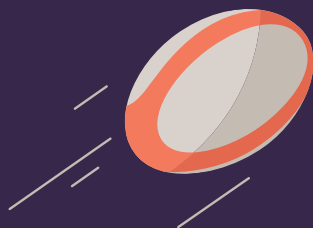


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Around The Club

Richard Evans



The BSRFC Tweeters

After Rams scored their fifth try at Stortford in the second half the electronic scoreboard failed and gave up updating the score at 3-33. Thankfully the Stortford team and the BSRFC tweeters did not give up. The Ram's sixth try and the solo Stortford try at the end were recorded by the BSRFC tweeters to give the accurate online final score of 10-40. Who are the BSRFC tweeters? The BSRFC tweeters are twitter users who record the key events of all Stortford games so that followers of the Stortford twitter site @BSRUGBY can get information on Stortford games by using the App. Many of the older club supporters will also likely ask "What is Twitter?".

Twitter is a social media broadcast system that provides short succinct messages (now limited to a maximum of 280 characters) to people who have loaded the Twitter App on their mobile smart phones and who set up the same to follow the Twitter accounts in which they are interested. The Twitter account content is solely controlled by the person doing the tweeting and hence it was beloved by President Trump, he could get his viewpoints over direct to his supporters by-passing any intervention by the "untrustworthy" mainstream media. The club uses Twitter to get information direct to the people interested in what is happening at BSRFC, its use is ideal for the real time match reporting of Stortford games.

There is a team of four tweeters assigned by the club and they have worked out a rota system to attend all Stortford games both home and away to tweet the scores and actions live for all the Stortford league games. The names of the Stortford tweeters are Karl Winter, Gemma and Andrew Menzies and Barry Pretious-White, in true Stortford

tradition, they are all volunteers. This enables the club to use Twitter as a match broadcast system for all the scores, scorers and match events as they happen for the Stortford fan population. The tweets mainly provide details that are only focused on the Stortford events. The average Stortford fan will have no interest in the names of the scorers of the opposition points or the names and times of the opposition substitutions. There is also no need for any reference to the referee to accept the reporting when key penalty and infringement decisions are made.

It is a very effective method of broadcasting the updates of Stortford matches. Famously Andy Lines, the Mirror reporter and Stortford fan, was able to follow Stortford games while on assignment in the Ukraine. The tweeters also face the hazards of automatic spell checking with a Jake Morris try recently being at first reported as a "Joke" Morris try. There are also challenges in providing the match information in real time. Last season's jersey numbers meant it was hard to identify the Stortford players (the new jerseys this season are a big improvement) as well as this season's innovation of adding a Stortford try banner page graphic, which can necessitate the need to have two people tweeting at the same time as graphics are much slower to tweet than pure text.





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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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Match Report

Rosslyn Park 33-29 Bishop's Stortford



The first scoring opportunity of a pulsating first half went Stortford's way, when Matt Riddington intercepted inside his own half and fed James Ayrton, but the skipper was tackled just short and a breakdown penalty ended the threat. The home side struck immediately, though, with slick handling giving Benji Marfo space and the speedy winger ran in from halfway with barely a hand laid on him, giving Craig Holland an easy conversion. The scores were level almost instantly, when Riddington made a telling thrust up the middle, handing off a couple of would-be tacklers and quick ball at two rucks was enough to put Dan Powell in for a try, easily converted by Riddington. With barely 12 minutes gone, Park were 7 points ahead again with another good finish by Charlie Walker on the left wing, benefitting from some good fortune, when the visitors' defence was caught off balance, as the opposition mishandled, but managed to regain possession immediately. It took all of 10 minutes for Stortford to make good the deficit this time and it was again Powell that finished a move, started with a good tactical kick by the fullback himself and rounded off with good interpassing, with Riddington prominent. Stortford were penalised at the first three scrums of the match and Park made the last of them count, when a lineout drive from 10 metres out proved unstoppable after 26 minutes. The visitors countered yet again and quick handling gave Stannard space on the outside to make 30 metres before passing inside and Powell was there at second receiver to score his hat-trick try with 8 minutes of the half left. Park swept onto the attack again, with Stortford's lineout now also creaking somewhat and spurned two kickable penalties to go for attacking lineouts. This time, though the defence was superb, with player after player driven back in the tackle and, eventually a penalty was won by Stortford some 30 metres out from their line - at a scrum of all things! Spurred on by this, the visitors attacked once more and a powerful charge by Austin Pope made the

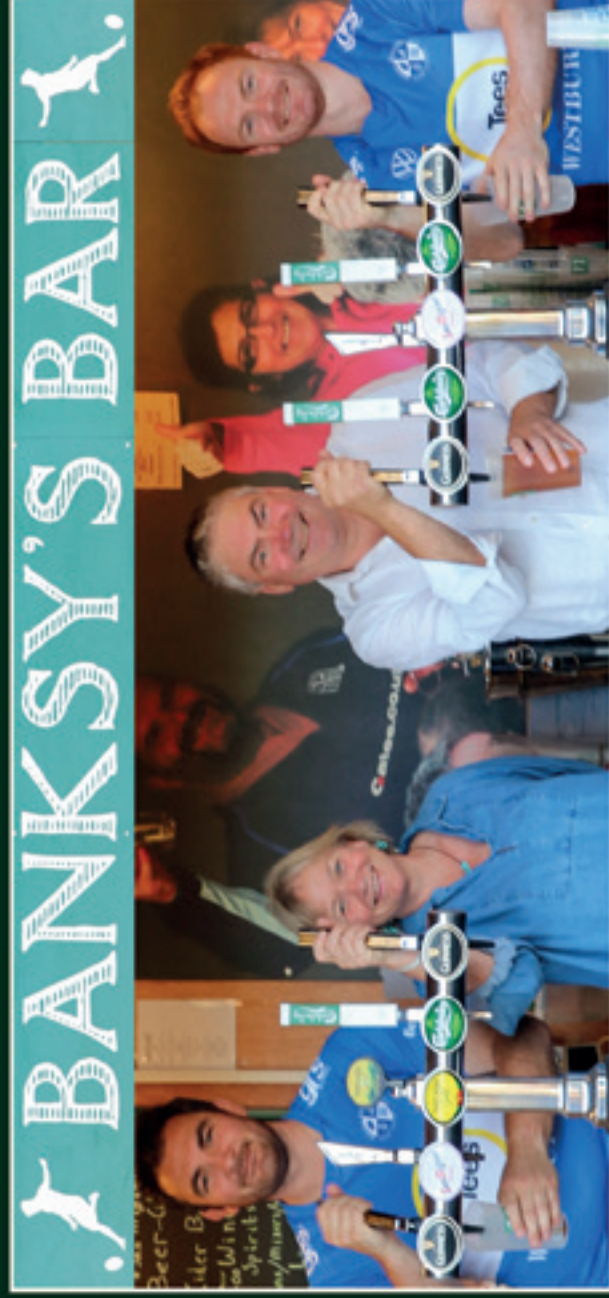
gainline, forcing a breakdown penalty, which Riddington converted to take his side into a 3 point half time lead.

The pace of the game almost inevitably dropped after the restart, not helped by two early yellow cards in quick succession, as Stortford tried desperately to defend their line after a 5 metre scrum was gained from a clever Park grubber kick. Two successive scrum penalties resulted in a yellow card for Matt Meek. He was soon followed to the sin bin by Will Rogers for a breakdown offence and a penalty try quickly ensued. Remarkably, through a combination of dogged possession play by Stortford and mistakes by the opposition, there was no further score while the visitors were down to 13 men. It was, in fact, Stortford who registered the next score after 26 minutes, when Powell gathered a poor kick out of defence to run diagonally and isolate the last defender to give Stannard just enough room to touch down out wide. The visitors enjoyed another purple patch of attacking rugby, but unfortunately managed to knock on two scoring passes in the Park 22. Two long penalty shots at goal also missed the mark, but Stortford were still in control with only 2 or 3 minutes left to go and possession on the home 22. Having successfully gone through a few phases of close driving play, though, over-exuberance cost them a penalty, as two players crashed over the top of a ruck. It was now all or nothing for Park and, although a number of thrusts up the middle were fairly comfortably repelled, as they pinged the ball from side to side, their fullback eventually found a mismatch around halfway with the clock now in the red. With space outside to run round a Stortford forward, he galloped into space and had just enough pace to make the corner for a winning try, as two cover tackles came in - a gut-wrenching finish for the visitors.

John Allanson

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