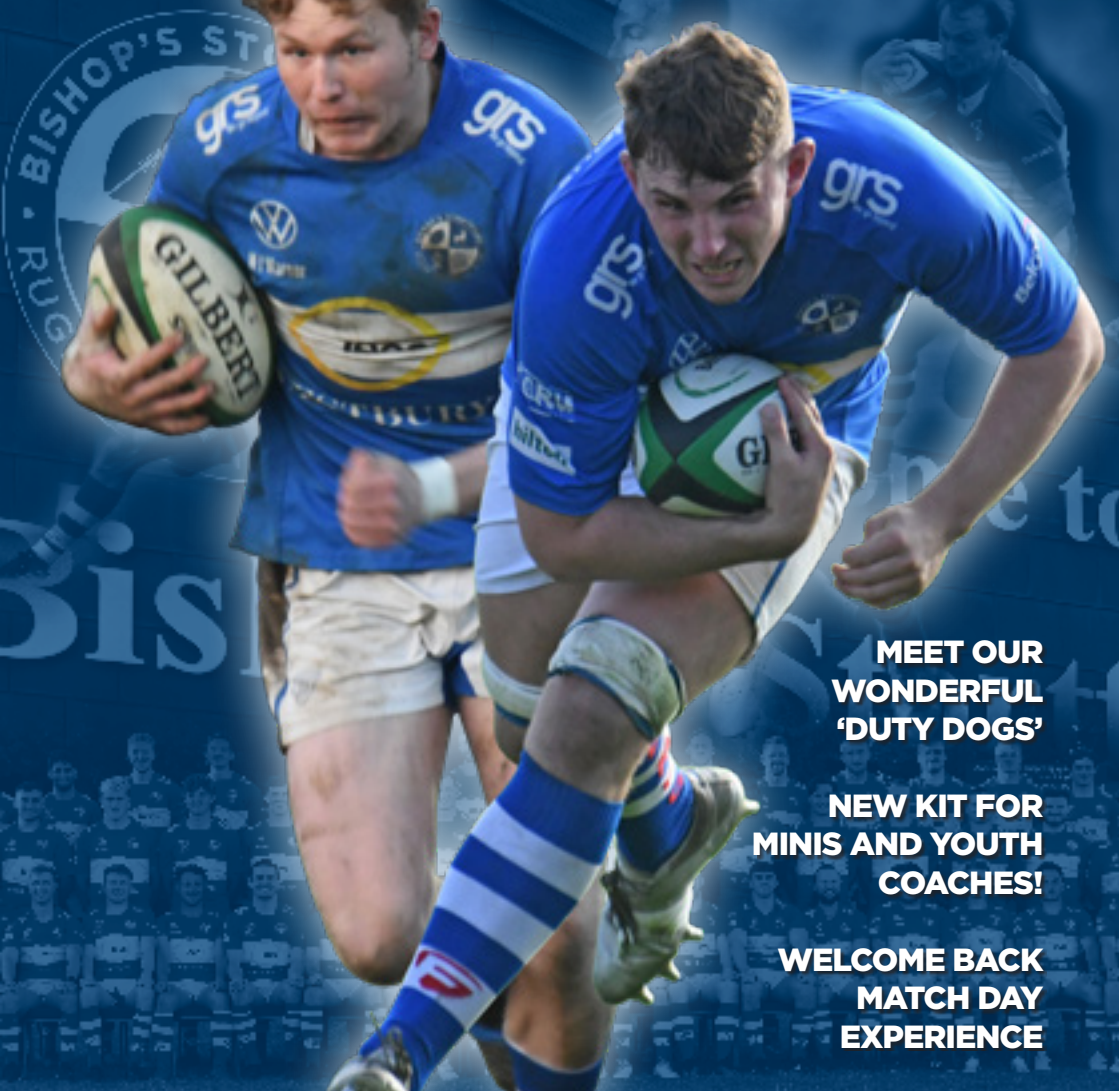


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# From the President

By Len Lindop



Today we welcome Leeds Tykes for their second visit to Silver Leys having beaten them on their first visit last season. We note that they can blow hot and cold expect them to give us a very close game. We also welcome Nockolds who are the Matchday sponsors and Croucher Needham who are sponsoring the Man of the Match. Other sponsors with tables at lunch are Mackness Contractors, HD Print, Strutt and Parker, Steel Builders, Mr Barber, Recruitability and Three Willows/Ace of Lanes.

This is our first home fixture for four weeks and even though the three successive away games we have played were against Cambridge challenging for promotion, a rejuvenated Chinnor, and Moseley who are close on heels we have gained seven points with the aid of a draw, and five bonus points. This brings our total of bonus points to 19 from our eighteen matches. With have, eight games left, and most of the teams are below us in the league.

We have decided to review our format for lunches. Traditionally the President has always spoken to the home audience. This will change for the remainder of the season when we invite a guest host who will be a club member to take over the speaking responsibilities. I, as President, will continue to say a few words at the away games. Today, against Leeds, we will have our former President, Mick Coleman, as the guest host. I am sure all lunchers will be as happy with the new arrangements, as I.

It is interesting when we go around the opposition clubs how these are all different. Cambridge is the only club to date that has said a grace, in their case a Latin version, all others do not say grace. Not every president has spoken, some use the Chairperson of the club to speak, others a different Club Member, as we will do in the future. Traveling away to clubs in our league there is only one exception, Taunton, that has anywhere near the numbers we have at pre-match lunches. Taunton was holding a special event, the Armed Forces Day on the match closest to Remembrance Sunday. Something I would like to see us follow in the future.

Our main concern is obtaining more fixtures for the Blues. They have only played two matches in the past seven match day weeks, only one was due to weather conditions, others, because the opposition could not raise a side and last week, was a slip date for them. With some lower sides joining the RFU leagues it seems to prevent them from promoting players to their second fifteen. This is a worrying prospect for clubs such as ours where we are trying to run senior five teams. Even more worrying is when a local club 1st XV cancels a game against our Chindits because they did not have enough players.

We held our annual Burns night at the end of January and unfortunately, I couldn't go but viewing the photos on the website it looked to be a fantastic evening and with David MacFie and family doing most of the arranging. I would commend you all to look at the photos on the website to see how well it was done. The delight of the Scots present on the evening was enhanced when in the afternoon Scotland defeated England for the third successive year in the Six Nations series.

Please review the website for future events at the club, including the Players Dinner and the Annual Dinner.





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# Head Coaches

Marcus Cattell & Tom Coleman



Welcome back to Silver Ley's after nearly a month since our last home fixture. We're excited to be back home today playing in front of a partisan crowd, let's hope it was worth the wait! Having two postponed fixtures before the Christmas break, this is going to be a long and challenging block of games for the players to contend with.

I think it would be easy for us all to reflect on last weekend with great disappointment, but we were extremely proud of the players for the way they battled for 80 minutes against an experienced Cambridge side and could (maybe should!) have taken maximum points. That wasn't to be and it's now about how we react as a group moving forwards which is important.

We have a completely different challenge in many ways this weekend in the form of Leeds Tykes and the players understand the pressure that this brings. It is always important not to look at the league table too much when you're preparing for any league game, especially when

the opposition are near the bottom. We put in a strong performance earlier in the season to beat Leeds away and will be trying everything in our power to repeat that process today. We know there are threats coming and we must make sure we nullify them and execute our own game plan.

It is a great relief that finally our Blues are back in action also today after some frustrating weeks without a game! They host Blackheath and we look forward to hearing about a positive performance from the team. A number of players will be hoping to put their hands up for first XV selection next week.

It will be great to see our fantastic sponsors and supporters enjoying a pre match lunch before the game and we look forward to sharing a drink with you after.

Come on you blues!

**Marcus & Tom**

## THE COACHING STAFF:



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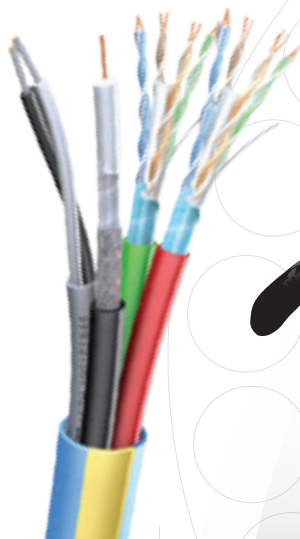
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# Mental Health

Jon Skelton



## Change your mindset, change your perspective

Life is very much like rugby, one minute you're making progress towards the try line and then suddenly out of nowhere something (or someone) smashes you and you've got to reset and start again. This is where a mindset shift can often be essential (in rugby and life.) At first glance, it may appear that the only way to win a game of rugby is with physical strength and agility. But gaining insight into the nuances of the game - such as strategy and positioning - can open a world of possibilities for a team's success. Take the All Blacks as an example - for many years other nations looked on enviously as they beat (nearly) all the teams they played. People put it down to an incredible gene pool. It wasn't until "Legacy" (which I can highly recommend) was published that the world saw that culture was as important as playing ability. So much so, that the culture of a team is focused on now as much as skills and drills. It's this change of perspective from the other international teams that has seen a narrowing of the gap at the highest level.

In life, too, a mindset shift is often necessary. It's easy to get caught up in how things are done today without considering different perspectives or approaches. Albert Einstein once wrote "If you always do what you always did, you will always get what you always got."

I think this an interesting quote. Whenever I hear it, it makes me reflect

on what I'm focusing on at the time. I always look to see whether I can do something differently to get a better result. It's often that perspective change that unlocks something for me. Taking the time to step back, broaden your perspective, and think outside the box will help you create more meaningful results both on and off the field.

Making any kind of mindset change can be difficult at times, but the payoff will be worth it. Like anything, the change you make may not work out straight away. But at least you've tried. But if you get it right the mindset shift can change not only your performance, but also your entire outlook on life. Try to think differently and break out of the same routines - you may find that the possibilities are endless. Put this mindset shift into practice today, whether in rugby or in any other area of life, and witness how its impact is felt!



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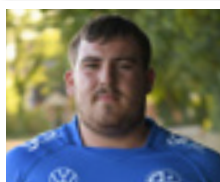


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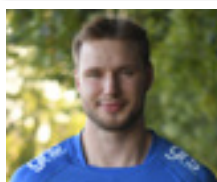


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# Today's Opposition

## Leeds Tykes



Trying to do justice to the history of Leeds Tykes in one page is no easy task but here goes. They can trace their heritage back to 1878 with the formation of Headingley FC. Headingley merged with Roundhay in 1992 to form Leeds RUFC. Headingley had existed from 1878-1992 and Roundhay had existed from 1924-1992. Leeds RUFC then existed until 1998 when they became Leeds Tykes. Leeds Tykes were to change their name again in 2007 this time to Leeds Carnegie and finally in 2014 Leeds Carnegie became Yorkshire Carnegie. Then in 2020 after the financial collapse of Yorkshire Carnegie the club reverted to being Leeds Tykes again.

Leeds RUFC played their first game in the then Courage National Division 3 (equivalent to Nat One today) on 1st September 1992 with a starting XV which fittingly included five from Roundhay, five from Headingley plus five new recruits.

Another league reorganisation at the end of the 95/96 season, when Rugby Union went professional, saw them placed in level 3 at which point they published what was then considered to be a 'very ambitious' mission statement to "make a challenge for the 1st Division (now known as the Premiership) in the year 2000". However, on 1st January 2000 Leeds were top of National One (the present Championship) and The Tykes then went on to gain promotion to the Zurich Premiership for the first time in 2001 to fulfil that ambition. They defeated Bath in the first ever Premiership game at Headingley.

Leeds Tykes (mark one) were part of a historic world first dual code rugby partnership alongside sister club Leeds Rhinos that ran from 1998 to 2007. It was the first time that one business had owned both a professional Rugby League and Rugby Union club with the sides using joint training facilities at Kirkstall and both playing at the Headingley Stadium.

They also qualified twice for Europe in the Heineken Cup, the first time thanks to finishing

fifth in the Premiership in the 2002-03 season and then again in 2005-06 after winning the Powergen Cup at Twickenham. However, after five consecutive seasons in the top flight, The Tykes were relegated in 2006 to the Championship.

In 2007, it was announced that Leeds Beckett University had taken a majority stake in Leeds Tykes, with the club renamed Leeds Carnegie for their return to the Premiership but they see-sawed between the Premiership and Championship before relegation back to the Championship in 2011.

On 9th July 2014 Yorkshire Carnegie was created from Leeds Carnegie to put in place the foundations to create a sustainable and successful club for the county at the elite level of the game. Ultimately those ambitions sadly went unrealised leading to the club overcommitting resources ahead of the 2019-20 season. The club went through a Company Volunteer Agreement (CVA) and started that season with a decimated squad and were relegated from the Championship to National One having only won one game.

Stortford's history and steady step by step progress to Division One could be considered quite boring in comparison. Stortford first played Leeds Tykes in Division One last season with Leeds winning 33-25 in Leeds and Stortford winning 12-7 at Stortford.





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



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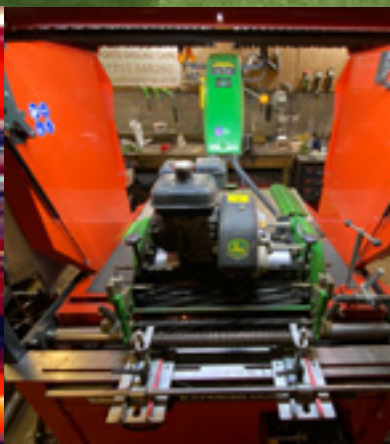
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# Girls and Ladies

By Carly Poyser



After nearly 7yrs, I am stepping back in some of the day to day running of the teams and have two of the most driven women to take over! I am truly excited to see them make these roles their own and will be there to support them every step of the way!

**Lianna Kearns - Our new Girls Manager**  
[girlsmanager@bsrfc.co.uk](mailto:girlsmanager@bsrfc.co.uk)



Utility player for the BSRFC Ladies Team and now Girls Manager, soon to be level 2 coaching qualified. I Joined approx. 4 years ago and never looked back! Rugby was a sport I enjoyed watching however always thought I was too much of a 'girly girl' to play, I was very wrong! I fell in love after my first tackle. For this reason, I really wanted to promote the sport where possible, most of us were not given the opportunity to learn rugby in school which is a real shame. I have found rugby to be inclusive, friendly, and supportive. After an injury I took on the co-coaching of the under 12 girls, seeing these young warriors smash it on the pitch every week brings me immense pride and hope for the future of the BSRFC Ladies team and Woman's Rugby. I hope to bring to the role my enthusiasm for growing Woman's rugby, and giving young ladies the opportunities in rugby

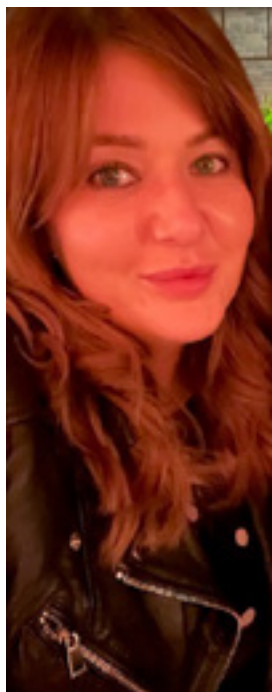
that the older generation did not get. I will strive to get the word out there, and who knows maybe one day BSRFC will have multiple senior Woman's teams. The future is bright for Womans/Girls rugby!

**Jessica Keohane - One new Ladies Team Manager**  
[ladiesmanager@bsrfc.co.uk](mailto:ladiesmanager@bsrfc.co.uk)

I have played for the ladies' team for 2 seasons at outside centre fly half now and have loved the environment in which they have allowed me to grow and gained confidence on and off the pitch. The ladies' team is growing and so is women's sport as a whole and I would love to bring a more youthful fresh pair of eyes and legs to the ladies' squad and the growth in the upcoming seasons. They are a passionate bunch who love the game and consistently give their all. Seeing the team, I love do well I all I want and helping them to achieve growth and success will be my main focus as the Manager. There is a great team behind me with amazing coaches who give so much time and energy to the squad as well as a growing social media platform. I am excited to see where the ladies are heading and be a part of such an amazing community in Bishop Stortford rugby and the ladies squad.

I Hope you will join me in wishing them every success in their new roles and continue to see the girls and ladies section in this club grow!

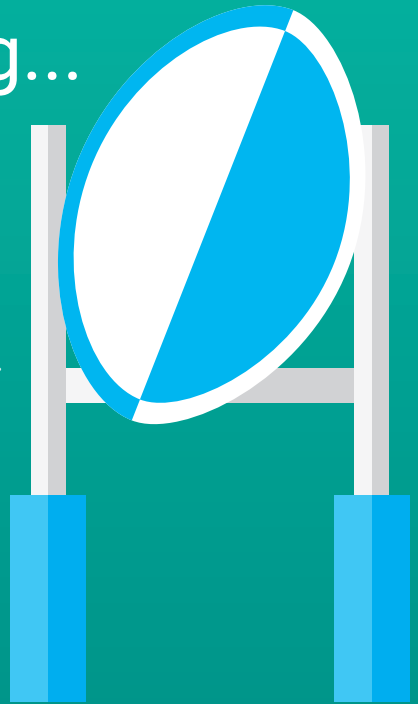
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# Results, fixtures and table

## National League 1

### Season 2022/2023 National 1

### Results from 11 February

HOME TEAM		AWAY TEAM
Cambridge	40 - 38	Bishop's Stortford
Cinderford	38 - 36	Taunton Titans
Darlington Mowden Park	53 - 16	Hull
Rams	50 - 31	Chinnor

### Season 2022/2023 National 1

### Fixtures for 18 February

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

National League 1 - 2022/2023											
Team	P	W	D	L	PF	PA	PD	TBP	LBP	Points	Adj.
Rams	18	16	0	2	637	398	239	17	1	82	0
Cambridge	18	14	1	3	613	422	191	15	3	76	0
Sale FC	18	15	0	3	538	382	156	13	1	74	0
Rosslyn Park	18	13	0	5	601	420	181	13	2	67	0
Cinderford	18	10	2	6	481	459	22	12	2	58	0
Plymouth Albion	18	10	0	8	513	437	76	13	2	55	0
<b>Bishop's Stortford</b>	<b>18</b>	<b>8</b>	<b>1</b>	<b>9</b>	<b>475</b>	<b>471</b>	<b>4</b>	<b>12</b>	<b>7</b>	<b>53</b>	<b>0</b>
Birmingham Moseley	17	7	2	8	480	518	-38	10	1	43	0
Darlington Mowden Park	18	6	0	12	474	472	2	10	7	41	0
Chinnor	17	6	1	10	453	492	-39	10	3	39	0
Esher	18	6	0	12	477	545	-68	10	2	36	0
Taunton	18	4	0	14	373	543	-170	7	7	30	0
<b>Leeds Tykes</b>	<b>17</b>	<b>4</b>	<b>2</b>	<b>11</b>	<b>321</b>	<b>484</b>	<b>-163</b>	<b>4</b>	<b>4</b>	<b>28</b>	<b>0</b>
Hull	17	0	1	16	305	698	-393	5	3	10	0

# The Teams



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## Bishop's Stortford 1<sup>st</sup> XV

BLUE AND WHITE

- 1 Will Roberts\*
- 2 Ryan Jackson
- 3 Tim Matthews
- 4 Fraizer Kiff
- 5 James Thacker\*
- 6 Harrison Langworthy
- 7 Ollie Jones\*
- 8 Jacob Wrafter
- 9 Connor Lloyd
- 10 Matt Riddington
- 11 Jake Morris
- 12 Austin Pope\*
- 13 James Ayrton(c)\*
- 14 Chris Smith
- 15 Dan Powell

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### REPLACEMENTS

- 16 Alex Rayment
- 17 Tristan Smith
- 18 Toby Tierney
- 19 Will Rogers
- 20 Josh Stannard

\*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: **Tim Allatt**

ASSISTANT REFEREE 1: **Tracy Pettingale**

ASSISTANT REFEREE 2: **Ben Simpson**

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NAVY BLUE

Alex Pleasants **1**

Rhys Williams **2**

Jordan Cordice **3**

Jake Brady **4**

John Okafor **5**

Trystan Lloyd(c) **6**

Grayson Maguire **7**

Matt Burke **8**

Ewan Laughton **9**

Josh Ree **10**

Harry Jukes **11**

Tom Williams **12**

Ben Duckson **13**

Charlie Venables **14**

Kieran Davies **15**

### REPLACEMENTS

Sam Mace **16**

Connor Hancock **17**

Tom Collins **18**

Kit Keith **19**

Junior Nuu **20**

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# Match Report

## Cambridge 40-38 Bishop's Stortford 1st XV



Cambridge quickly set their stall out to exploit their physical advantages at set pieces and within 3 minutes used their forward platform at a lineout to put their backs on the front foot, an opportunity they seized with relish for a try under the posts to their 10, converted by the same player. Undaunted, Stortford launched their own threequarters and a clever chip kick from Matt Riddington, taken cleanly by Francis Moore provided momentum and quick hands saw Jacob Wrafter crash over out wide for an unconverted try with 6 minutes gone. The visitors now had their tails up and took the lead 9 minutes later, after a great chase of his own kick by Dan Powell saw him charge down an attempted clearing kick and great support from Will Roberts saw his fullback over for a try, well converted by Lloyd. The home side powered their way back into the game but the visitors always looking threatening in possession and their adventurous rugby was rewarded first with a penalty goal to Lloyd after 35 minutes and then a try three minutes later, with Powell again the scorer, winning the race to touch down a tremendous tactical kick from Lloyd. The scrumhalf added a difficult conversion to take his side 15 points ahead with the halftime whistle imminent. Cambridge, though, fought back instantly, driving powerfully from a lineout in midfield and winning a penalty for a collapsed maul and a further textbook drive from the resultant 5 metre lineout saw their hooker over for a try, well converted to narrow their deficit at the break to 8 points.

Within a minute of the restart, the gap was down to three points, when some uncharacteristically loose Stortford tackling allowed Cambridge's

backs to show their skills with a well-taken try out wide. Barely 3 minutes later and the home side took the lead with a converted try due entirely to their forward strength, starting with a penalty at a scrum and finishing with another clinical driving maul. Stortford countered with more expansive rugby and Lloyd narrowed the deficit to one point with another penalty after 51 minutes. The lead changed hands again 5 minutes later, after Francis Moore made a great break and manufactured a long, one-handed inside pass out of a tackle to set Lloyd free to run under the posts for a try converted by himself. The home side retook the lead 7 minutes later with another try from a lineout maul with a good conversion, but almost immediately were reduced to 14 men, when a winger was yellow-carded for taking out a player in the air. Another penalty at an attacking lineout shortly afterwards allowed Lloyd to snatch back the lead for the visitors. Stortford were again in the ascendant and, when Powell repeated his first half feat of chasing his own kick to charge down an attempted clearance, yet another 3 points from Lloyd's reliable boot took his side 5 points ahead with barely 10 minutes to go. The home side was starting to look a little desperate and were fortunate to win a scrum for a Stortford forward pass inside the Cambridge half. This, almost inevitably, produced a scrum penalty for the home side and a further penalty at a driving maul from the resultant lineout brought a 5 metre lineout, clinically exploited for another mauled try, coolly converted to seal a 2 point victory for a clearly extremely relieved home side.

**John Allanson**

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# Minis and Youth Coaches

By Nicky Wilkins



Youth and mini rugby have always been the foundation for a sturdy senior set-up and Bishop's Stortford prides itself on the numbers of BSRFC youth players transitioning into the club's senior squads. Across the Youth and Minis, we have approximately 110 coaches. Within the Minis section we currently have approximately 75 coaches across the 7 age groups from U6-U12s. Our coaches' range in age, gender, playing and coaching experience, however the one thing we all have in common is a love for Rugby. When children and parents sign up to start rugby from the youngest ages, the coaches play a huge role in cementing the rugby ethos that is built around being a part of a team, whether that is on the pitch as players or parents/guardians watching on the side-lines. As coaches we build relationships and create fun and safe environments for the children to be in each week. We strive to make it the sport they are excited the most about every Sunday come rain or shine. In each age group we have around 30-50 children turning up ready to play. This is a big task for coaches, to plan, prep and deliver a session every time that incorporates all the key principles of rugby teamwork, discipline, enjoyment, sportsmanship, and respect. Not only are we there to coach the sport but to also encourage and build confidence within the children. We are volunteers who give their time and energy to others, some coach multiple age groups on Sundays too!



Central to this success are the youth coaching teams and their focus on helping the young players reach their full potential. But of course, it's not just about winning; forging strong bonds with your teammates in a positive environment is essential and this comes from the coaches. It's not always easy, while the minis coaches have to deal with all the energy and chatter of primary school aged kids, youth coaching can be a challenge for completely different reasons. School rugby becomes more central for many of them, and the coaches have to juggle the RFU playing and training time directive in order to restrict tiredness and injury. Teenage players who are often doubting their abilities need support and encouragement. There is always the age-old problem of selection - BSRFC generally fields two squads throughout the youth age groups - and this can be tricky, taking into account individual sensibilities and abilities. Being available as a soundboard for parents, officials, other club admins as well as the players themselves can be a bit overwhelming sometimes, so we have to look after them as best we can and ensure they all have the right qualifications at the club's expense, after all, it's not just the players the club wants to keep and keep happy at that!

I would like to take this opportunity in thanking our very generous sponsors of our coaching team Rayden Solicitors of Bishop's Stortford and System One & Boardmans - We certainly love our new kit!





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# In the spotlight

## James Thacker and Jake Morris



James Thacker

In rugby it is not usual for a second row (James) and a wing three-quarter (Jake) to be paired together on the field but there are some factors that link these two players playing careers at Stortford together. They both scored tries early in their Stortford careers. Jake scored after coming off the bench in the Rams away game in a defeat in February 2020 when substituted early in the game for James Ayrton. Jake had made his debut for Stortford in the last game of the 2018/2019 season at Darlington. Jake was only available to play those days late in the season when he came down from college at Leeds.

James had a more impressive debut against Rotherham at home in the win in November 2019 when he scored two tries and won the "Man of the Match" award.

The 2019/2020 season finished in March 2020 with Covid restrictions being enforced and

there was no league rugby until the start of the 2021/2022 season.

James played regularly in the second row for the First XV throughout the 2021/2022 season, Jake only started on the wing for the Firsts towards the end of that season in April. Jake scored two tries in the end of season defeat at home to Tonbridge Judians. However, all that everybody at Stortford remembers about that game was that it was a very poor display to end the season. Stortford managing to lose to the bottom side in the league at home and it was a disappointing result for Sam Winter's last match.

This season they both started against Hull in the first home match of the season and they both scored tries, Jake got two tries to James' one try to restore the natural "rugby position pegging order for try scoring".



**Jake Morris**



Jake went on to be a regular selection on the wing throughout this season, James had a knee Medial Collateral Ligament (MCL) injury during the Rams home game in September and finally recovered from the injury by December and was selected again for the First XV for the Cambridge away game. Jake is now well ahead on the try count for the season! Finally, another thing they have in common is that they are both Spurs fans.

James had played for England U16, Saracens Academy, Harrow School, Herts U20 and went to Loughborough in 2014. After coming down from Loughborough in 2018 he joined Stortford and played for the Blues in 2018/2019 and then the Firsts from November 2019. He

earned his “homegrown asterisk” by playing for the Stortford junior sides before going to the Saracens Academy. James has a very interesting personal Instagram site even if there are too many photos of the new Spurs stadium on the site for the taste of some Stortford supporters.

Jake was also at Saracens Academy but despite being a local lad does not get a “homegrown asterisk” in the team sheet because he went to the Saracens Academy via Hertford minis. He played for Leeds Birkett college albeit not in the same side as captained by Connor Lloyd.

James is sponsored this season by System One and Jake by Greys of Ely the club’s First XV transport partner. It is expected that they will continue to be Stortford regulars in the coming seasons and may even eventually combine to score for Stortford if James could execute one of his “one handed Sonny Bill Williams” passes in open play to provide Jake with an opportunity to use his try scoring finishing skills.







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Now in its tenth 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**  
**Steven Wasley**  
**Mark Smith**

**October 2022**

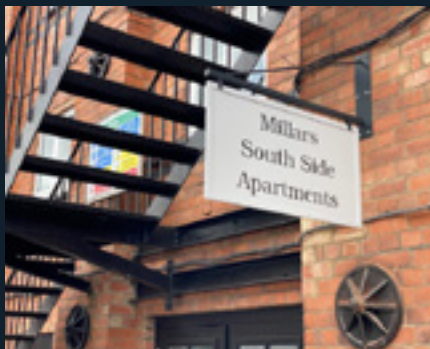
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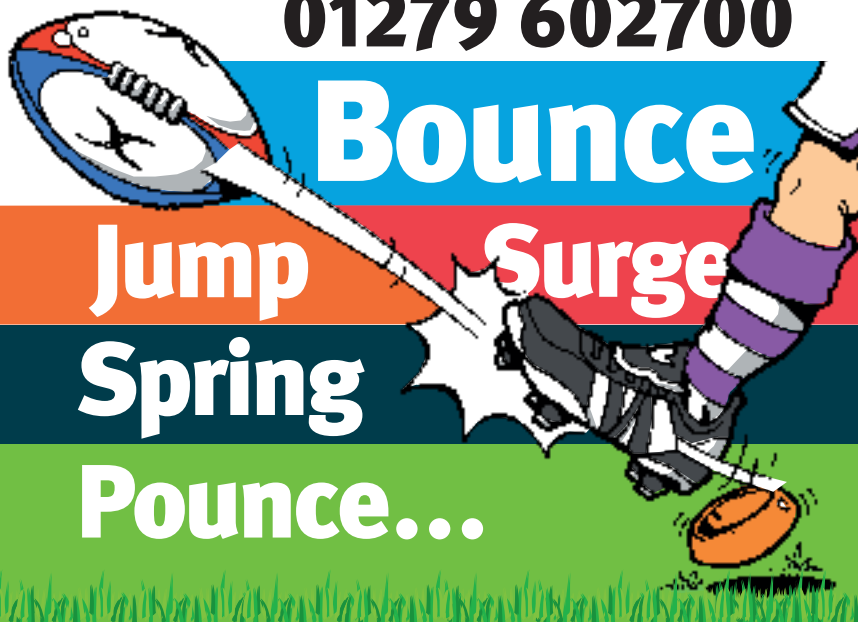


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# Bishop's Stortford Independent

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## Bishop's Stortford Independent

includes coverage of Sawbridgeworth  
& Stained Mountfitchet

### Stumbling blocks for GPs' plans

Opportunity to improve town's  
medical facilities could be missed

#### Newsline

[newsline@bishopsstortfordindependent.co.uk](mailto:newsline@bishopsstortfordindependent.co.uk)

Bishop's efforts to build better GP services for Bishop's Stortford's growing population have hit a snag.

Progress on plans from Bishop's Stortford Health Foundation to build a new health centre has been frustrated by delays in securing a suitable site.

In March 2019, Professor Kinnear was planning to visit the town to see the Bishop's Stortford GP centre.

Representatives of the development looked at the possibility of a medical centre on a vacant site for the community when they presented the plan to the town council at the end of 2018 and Bishop's Stortford GP centre was established as a new project.

However, the Bishop's Stortford Health Foundation and the NHS local development partnership committee have been unable to reach an agreement on the project's future.

He said the other health foundation was reluctant to share from health resources, transport and safety.

representations and did not want the town as part of the existing provision in anticipation of the new development.

He added that Bishop's Stortford was not sure the funding it was going to require would be sufficient for development to proceed.

He stressed the scheme was part of a larger programme to improve GP services in the area. "What we also want is the provision of a new health centre to the town which is a new building to replace the old one."

The Bishop's Stortford Health Foundation has been asked to provide a new building to replace the old one.

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An artist's impression of Bishop's Stortford Health Foundation's proposed surgery in the town in the Bishop's Stortford Health Foundation.

we have been told the second building will be built in the town. After that, a significant impact on the town's health services will be seen.

The other component of the plan is to build a new building to replace the old one. This is a significant impact on the town's health services.

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#### THIS WEEK

##### news

**Call to boost train service**

With support from the Bishop's Stortford Health Foundation, the town is looking for a new building to replace the old one.

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##### news

**Response efforts to cyber**

At around the time the Bishop's Stortford Health Foundation was looking for a new building to replace the old one.

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##### news

**When every deposit failed**

At around the time the Bishop's Stortford Health Foundation was looking for a new building to replace the old one.

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##### news

**Time to change system**

At around the time the Bishop's Stortford Health Foundation was looking for a new building to replace the old one.

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##### news

**Health's health**

With support from the Bishop's Stortford Health Foundation, the town is looking for a new building to replace the old one.

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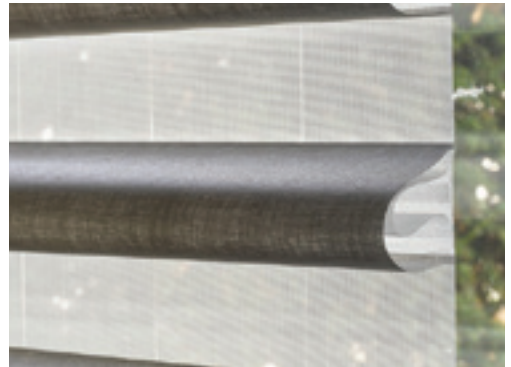
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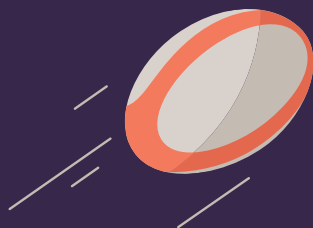


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# Around The Club

Richard Evans



## Duty Dogs



There are no turnstiles at Silver Leys, to collect entrance fees there's a team of volunteers on match day known as the "duty dogs". We are not talking about vicious guard dogs as the Bishop's Stortford duty dogs are a friendly team whose role is to

collect the entrance fees as politely and quickly as possible.

In the true Stortford way, all these duty dogs are volunteers and there is a pool of around twenty-four of them to select the required number for a home match. They make themselves available on Saturday match days when they can and fulfil the important role of ensuring the club are able to collect the gate takings.



There are four different entry points to be manned for a home match at the ground. The main entrance area alongside the corner of the pitch by the inflatable arch is by far the busiest and requires an adequate number of volunteers to ensure there are no delays for the paying supporters entering the ground before kick-off. The three other entrances are the "Tesco" gate,

the "Water Tower" gate and the "Fire Station" gate which are all well managed by members of the team. The gates are in operation in plenty of time before kick-off and for twenty minutes after the kick-off to catch the stragglers. The match programme is provided on payment of the entrance fee and acts as a de-facto ticket and all the duty dogs have a supply of match programs. Electronic card payment is available at all the entrances, now the split is roughly 50/50 between card payment and cash.

There is also a key volunteer who sells programs around the clubhouse which is a very useful role as supporters getting their entrance program here can by-pass any payment queues at the main gate by showing their already purchased programmes. In addition, everybody attending the match lunches get a programme which provides them entry to the match.

The duty dog co-ordinator is Paul Richardson who cannot praise his team of volunteers highly enough, he is very appreciative of all the volunteers who give up their time on match days to manage the gates. Paul's key tasks before match day are to set up the duty dog roster for the game, collect the programs from the printers and then allocate all required resources for matchday.

The average attendance for a Stortford league game is between 450 to 600, it can be over 800 for the present local derby game with Cambridge. The match attendance figure is reported to the RFU as part of the match day formal reporting system.

Paul has been duty dog manager now for many seasons and is very proud of the support he gets from his team of volunteer duty dogs for every home game.



# New Blues Scoreboard

By Steve Dunkley



## The Blues pitch has a new electronic scoreboard

The strength of our Blues (2nd XV) squad is the envy of many clubs in the National leagues. It is a truly a benefit to our club that the Blues are able to be very competitive in the Halbro Raging Bull Shield, and the players are ready to step up to the 1st XV when needed.

The Blues have a dedicated coaching team and the continue to build a winning team spirit, and like those before them, are bringing in new home-grown talent from the Mitres and Colts to add to the squad depth.

Their supporters and coaches have been asking for some time for their pitch to have an electronic scoreboard, similar to Pitch 1. Their wish has come true.

Now on match days all who are spectating will be able to see the score rather than everyone asking coaches and other spectators if they know it.

Thanks to the generous sponsorship by Karl Foster of Mr Barbers hairdressers (North Street Bishop's Stortford) we have been able to make this significant improvement and boost the standing of our great Blues set-up.

Karl is a long term supporter of the club, and we are delighted with his commitment to the cause by way of this new sponsorship. Mr. Barbers logo is very clear along-side the BSRFC badge.

The electronic board, which will be visible all around the Blues pitch, is battery not mains powered so cabling was not needed, plus it has a long-range remote for updating.

When you next get the chance, come along and support the Blues, and see for yourself.



# 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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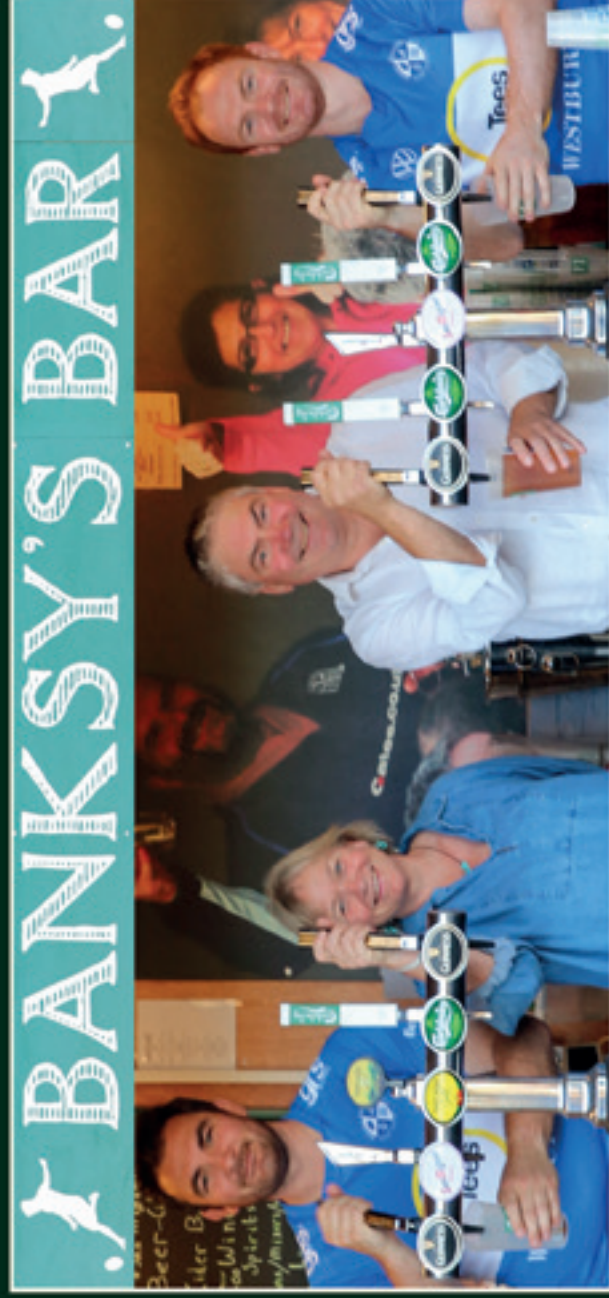
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