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From the President

By Len Lindop



It gives me great pleasure to welcome our friends from Cinderford to Silver Leys, as today's opponents in our latest round of National League 1 matches. It's always a tough match against Cinderford and hopefully, we can make up for our last-minute defeat when we played them at their Dockham Road Ground. Yet another close game between the two clubs.

In the league, we are sitting in sixth place, one point ahead of Cinderford and only one point behind Plymouth Albion. A win today will put us close to fourth-placed club Rosslyn Park and our highest position ever in the RFU league structure. We are hopeful, especially as the four clubs we have to play are all below us in the league but we have always maintained that anyone can beat anyone in this league. It is interesting looking at the league structure this season that there is only one club in the top five who are not there this season. The exception is Caldy who, of course, was promoted and who is holding their own in the Championship and should be playing in that league next season. The others, principally Rams, Cambridge, and Sale are still fighting it out. Rams were odds-on favourites until their loss in their last match at Plymouth. Is there going to be a late run from one of the other two, as only nine points separate the three of them with Cambridge having a game in hand?

Today's Match Day sponsors are Corporate Forward Finance, who through Rob Smith has been a generous supporter of the club, as indeed are Nockolds, who is our Man of the Match sponsor and who have two tables today, one lead by Sarah Lockyer and the other by Lucy Riley and Andrew Pinkney. Whilst these are our headline sponsors today, we also have a further 11 tables of corporate sponsors here, and it goes without saying that we greatly appreciate all our sponsors and their input to our club. It is fantastic to see so many of you here. The sponsors include Three Willows/Ace of Lanes, Seneca Reed,

HD Print, Hanbury Wealth, Russell Property, Mr. Barber, M J Warner, Weldon Beesley, Sofa Design, Wickman Group, and Mantle Business Centres. As you can imagine we have a full house in the marquee today with over 30 tables occupied.

For those of you who were here at our last home game when we had yet another victory against Taunton and we were celebrating Ladies' Day. We have a very proud 100% record on the previous eight Ladies Days we have celebrated.

I would like to remind you again of all the events we have planned for the next few weeks. These include the Icon Fancy Dress party on 22nd April, the Players Dinner in May, and the Summer Ball on 10th June. We must also mention the Volunteers' evening on the 26th of April and the Under 13 Festival on the 29th and 30th of April.

A vibrant, purple-themed promotional poster for the BSRFC Icons Fancy Dress Party. The text is in a mix of bold, stylized fonts. At the top, it says 'BSRFC PRESENTS' in white. Below that, 'ICONS' is in large, white, outlined letters, followed by 'FANCY DRESS PARTY' in a similar style. The date and time are prominently displayed: '7.30 PM' on the left, 'SATURDAY 22ND APRIL 2023' in the center, and '12 AM' on the right. Below the date, it says 'TICKETS £20 (IN ADVANCE ONLY)' and 'PULLED PORK DINNER (VEGGIE ALTERNATIVE)'. At the bottom, the contact information 'CONTACT: SOCIALSBSRFC@GMAIL.COM' is listed. The poster is decorated with several images of people in various costumes, including a woman in a black and red outfit, a man in an orange and blue outfit, and a woman in a white outfit. There is also a small QR code in the bottom right corner.



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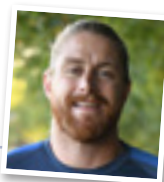
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Head Coaches

Marcus Cattell & Tom Coleman



Welcome back to Silver Ley's for what promises to be a highly charged, physical encounter between two sides who will be desperate to win.

It's horrible to enter a break week after a tough loss but the Sale game was definitely a week too far for the players, and we certainly didn't give the best account of ourselves which was disappointing. Still, we don't overreact when we lose (or win!) and the break week we've just had come at a great time for us to recharge the batteries ahead of the last part of the season.

Today's game is the perfect challenge for us as a group. We know exactly where Cinderford's strengths lie, and it would be easy for us to say we should have won the reverse fixture in the Forest of Dean but for an injury time score. This is true, we should have won, but we need to be better as a team at stopping other sides using their strengths if we are going to finish in the top five places in the league.

We have four cup finals to play and we are going to give everything as a squad to make sure we give the best account of ourselves for the remainder of the season. The players remain very focussed and have given themselves some clear targets that they want to achieve. There is a great atmosphere and togetherness amongst the boys and it's important to us that we finish strong.

Thank you once again to all of our excellent sponsors, your support and generosity is amazing and allows us to continue moving forward as club.

We hope you all enjoy the game.

Marcus & Tom

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Mental Health

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Spring Forward!

At precisely 2am on Sunday 26th March 2023, the clocks will go forward one hour in the UK. This will be a welcome change for millions of people across the country and marks the start of longer days and lighter evenings, and Spring. The spring season brings with it an array of opportunities for improving your mental health and well-being. With longer days and warmer temperatures, spring can bring a sense of increased positivity and energy. The influx of spring sunshine provides your body with essential vitamin D, which helps to boost moods, enhance alertness, and reduce stress levels.

Spring is a season of renewal and positivity, and for some, an opportunity to improve their mental health. Daylight has been proven to have various positive benefits on our well-being. Studies show that light can help regulate our daily rhythms in order to improve sleep quality, decrease fatigue, boost energy levels, reduce stress hormones and increase serotonin production which is essential for mood regulation.

For many people, the longer days of spring create a feeling of positivity due to the increased exposure to natural sunlight and warmth. Additionally, daylight has been found to reduce symptoms of Seasonal Affective Disorder (SAD) by allowing more time outdoors during the day. This helps people cope with any depressive symptoms they

may be experiencing due to shorter days and colder temperatures.

By embracing the spring season, you can take advantage of daylight's healing properties which promote improved mental health. With more time spent outdoors in the springtime, it is easier to reap all the benefits that natural light has to offer. Whether it be taking a leisurely stroll or doing something active like biking or running, springtime activities can help nourish your mind and body with positive energy.

A spring mood lift is just one of the many advantages of Daylight, so get out there and enjoy the sunshine! Enjoying even a few moments outside each day can do wonders for improving your overall mental well-being. So, join in on the spirit of spring and soak up some natural Vitamin D for a happier, healthier you.



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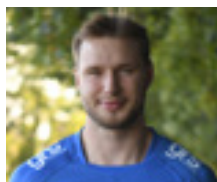


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Today's Opposition

Cinderford RFC



Cinderford RFC was formed in 1886 in the Forest of Dean, a mining area in West Gloucestershire, situated between the Rivers Severn and Wye. The area, a source of iron ore and coal since pre-Roman times also provided timber for Nelson's navy and was seen as remote and the inhabitants as wild and unpredictable.

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

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

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

Our first encounter with them was at the beginning of our promotion winning 2016/17 season in National Two South, when in September we travelled to their Dockham Road ground and emerged with a hard fought 22-15 victory. We then lost the return fixture in January 2017 by a single point (29-30). A result which at the time we thought might scupper our

promotion hopes that season.

At the end of following season Cinderford regained their place in National One by becoming National Two South Champions themselves, we would now play each other again in National One. In season 2018/2019 we were victorious in both our encounters with them. We won 11-0 at Dockham Road in November 2018, winning again 37-17 here in the March 2019, they however finished just one place above us in the league. Stortford were ninth, Cinderford eighth.

There was just one encounter with them in the 2019/2020 season at Dockham Road which finished 18-13 in Cinderford's favour. Last season we lost 55-39 in a free scoring match in November 2021, Cinderford did the double on us winning 15-20 at Stortford in March 2022. Cinderford finished the season in fifth position in Division One, we finished ninth.

All the Stortford supporters who travel to the Forest of Dean for a match against Cinderford consider the trip to be a visit to a unique rugby area, almost a foreign land, the visit nonetheless is always enjoyed.

The lady at the Cinderford clubhouse reception famously once said when she welcomed a group of Stortford blazers to the clubhouse: "don't you boys look smart" which made a very pleasant change from the usual "deckchair" gags.





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
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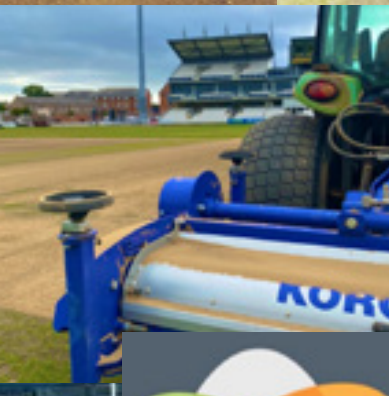
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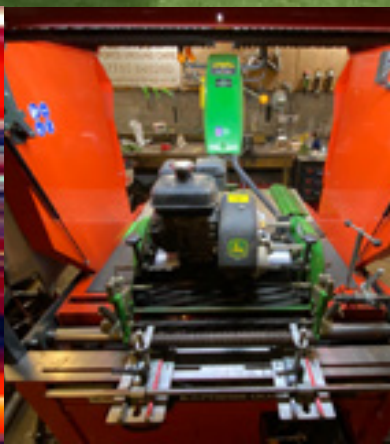
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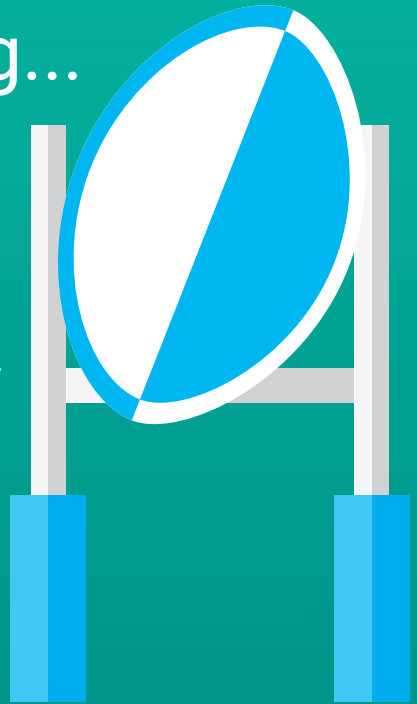
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Results, fixtures and table

National League 1

Season 2022/2023 National 1

Results from 18 March

HOME TEAM		AWAY TEAM
Hull	17 - 35	Birmingham Moseley
Chinnor	42 - 17	Leeds

Season 2022/2023 National 1

Fixtures for 25 March

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

National League 1 - 2022/2023											
Team	P	W	D	L	PF	PA	PD	TBP	LBP	Points	Adj.
Rams	22	19	0	3	780	480	300	21	2	99	0
Sale FC	22	19	0	3	669	445	224	16	1	93	0
Cambridge	21	17	1	3	736	484	252	17	3	90	0
Rosslyn Park	21	14	0	7	660	532	128	14	2	72	0
Plymouth Albion	22	12	0	10	619	530	89	16	3	67	0
Bishop's Stortford	22	11	1	10	562	535	27	14	7	67	0
Cinderford	22	11	2	9	600	549	51	14	4	66	0
Chinnor	22	9	1	12	590	630	-40	14	3	55	0
Darlington Mowden Park	22	9	0	13	582	579	3	12	7	55	0
Birmingham Moseley	21	8	2	11	576	602	-26	11	4	51	0
Taunton	22	7	0	15	538	654	-116	10	7	45	0
Esher	22	7	0	15	595	714	-119	12	3	43	0
Leeds Tykes	21	4	2	15	401	622	-221	5	6	31	0
Hull	22	0	1	21	364	916	-552	5	4	11	0

The Teams



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Bishop's Stortford 1st XV

BLUE AND WHITE

- 1 Tristan Smith
- 2 Ryan Jackson
- 3 Tom McCrone*
- 4 Harry Charter
- 5 Obinna Nkwocha
- 6 Harrison Langworthy
- 7 Ollie Jones*
- 8 Jacob Wrafter
- 9 Connor Lloyd
- 10 Matt Riddington
- 11 Josh Stannard
- 12 James Ayrton(c)*
- 13 Francis Moore*
- 14 Chris Smith
- 15 Charlie Parkhouse

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- 17 Will Roberts*
- 18 Toby Tierney
- 19 Alex Gilham
- 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: **Neil Sweeney**
ASSISTANT REFEREE 1: **Nick Borkett**
ASSISTANT REFEREE 2: **Brendan Fitzmaurice**

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Cinderford RFC

RED, BLACK AND YELLOW

	George Porter	1
	Nathan Taylor	2
	Shaun Knight	3
	Tyler Jerrum	4
	Dan Hodge	5
	Matt Lane	6
	George Angell	7
	Harry Hone(c)	8
	Mike Austin	9
	Mike Wilcox	10
	Will Hendy	11
	Jamie Forrester	12
	George Gladding	13
	Will Baldwin	14
	Morgan Adderley-Jones	15

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REPLACEMENTS

	Tim Brockett	16
	Jonny Holliday	17
	Jimmy Williams	18
	Harry Edwards	19
	Will Haly	20

Director of Rugby Paul Morris | **Head Coach/Attack Coach** Clive Stuart-Smith |
Forwards/Defence Coach Andrew Stanley | **Assistant Coaches** Tim Brockett & George Boulton |
United Head Coach Danny Pounton | **Medical Services** Adam Farr & Izzy Byron |

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Match Report

Sale FC 31-7 Bishop's Stortford



The home side made a clear statement of intent from Stortford's opening drop out, setting up a maul on their own 22 and driving upfield and a couple of penalties and driving mauls later, they had a lineout 8 metres from the visitors' line. The attacking ball was won cleanly by the towering home pack, but this time Stortford's forwards managed to dig in and hold up the drive, forcing Sale to move the ball to their backs, who promptly knocked on. Unfortunately, Stortford struggled to find the rhythm required to make their usual expansive rugby work and the home side were soon hammering at their line again. This led to another attacking maul with 10 minutes gone, in which they managed successfully to change the point of attack and, although, as a result, detaching completely from the opposition, were allowed to drive on for an unconverted try out wide. Sale did then attempt to mobilise their very talented backs, but Stortford's defence held strong and it was by reverting to type that the home team's second score after a further 18 minutes came off the back of another driving maul, albeit by a slightly lucky bounce of a loose offload. This came shortly after Austin Pope had been yellow-carded for an unguarded comment, after he felt he had been taken out off the ball. Traffic was once more pretty much all one way, but Stortford continued to show their mettle, digging deep during extended periods of determined defending. Despite continued difficulties in putting together any threatening rugby of their own they thus managed to reach halftime with only a 10 point deficit.

The second period, unfortunately, started badly for the visitors, allowing Sale's elusive fullback to slip a first up tackle after he fielded

a defensive box kick, pivot and slice through an off-balance defence to feed inside for a simple try under the posts with barely a minute of the half gone. Stortford did now manage to string together a few passes, but the home side's swarming defence stifled any threat and, eventually a scrum penalty led to another 5 metre lineout. Although, once again, Stortford's pack managed to hold the resultant drive, a couple more phases of powerful forward play created room for Sale's left wing to run under the posts, taking the score to 24-0 after 50 minutes. Finally managing to find some attacking rhythm, Stortford proceeded to put the home defence under some strain, but it managed to hold out, until 66 minutes had gone, when a penalty for a high tackle on a rare incursion into the Sale 22 went to touch and this time it was the visitors' pack's turn to maul over the line for a try to Alex Rayment. Dan Cole converted brilliantly from the touchline. Stortford did then enjoy a period of possession and again looked dangerous, but the defence held strong and, when Sale exploited a turnover to make 50 metres up the right wing, Charlie Parkhouse was adjudged offside, for which, given the imminent threat of a score, he was yellow-carded. Despite the numerical disadvantage, Stortford continued to defend manfully, but were unlucky, just before the final whistle to concede another try under the posts, when an attempted clearance kick was charged down and the ball bounced up kindly into the arms of a Sale forward. The 31-7 final scoreline was arguably a reasonable reflection of the home side's dominance of possession and territory, but did not do justice to Stortford's battling and determined defending throughout.

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Minis Update

By Chris Longman & Stuey Haslam



Under 12s - Time to become “Youths”

As the under 12's enter into the last few weeks of the Mini section it is all systems go. Off the back of taking 3 teams over to Harpenden and our first experience of streaming, we have 2 teams at Herts County Festival, taking 77 parents and kids to Spurs for Showdown 3 (Sarries v Harlequins) and then descending on Butlins for the Tigers Rugby Festival it is a reminder how far this great group of kids and parents have come since those tiny, frozen kids doing Alastair Jones's baked bean warm up running around tiny pitches to today seeing them play great running rugby and generally being viewed as one of the top age groups in the area.

We are regularly getting 40 plus kids at training each week and putting 3 teams out when playing matches. The standard of rugby across the group is strong so whatever team we put out we are competitive.

We still have 26 kids that started in under 6's in a squad size of 46 and there is a genuine bond between them and recently seen this when matches get tough they have got their mates backs.

A few have disappeared off to the dark side, but are slowly returning.

As a group of volunteers, we are lucky to have between 8 – 10 coaches every Sunday who are continually developing as the kids acquire new

skills. Covid was a right pain in the arse as it hit just as the kids were starting to tackle and close contact wasn't allowed. Coming out of that period they had to learn tackling and rucking all over again.

On to this season to date we have been successful (not that we keep score – we leave that to the kids!) but taking 40 kids away to OAs, Cambridge, Hertford etc and seeing them have fun, but playing a good brand of rugby does make the time and effort put in by all the coaches worthwhile.

It does feel the right time to move into youth rugby next year, playing some league rugby, streaming to a degree, changing after matches, donning a shirt and tie and eating together will give the kids a greater sense of being part of a great rugby club.

We talk a lot about the values of rugby and proud to say this group of kids demonstrate this week in week out and look out season 2028/29 and beyond as there are some great players coming through.





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In the spotlight

Will Rogers



You can tell Will Rogers comes from Queensland, Australia because on a wet cold March evening after Thursday training he is wearing shorts and sandals and shockingly no socks! Will is another Antipodean back row forward to play for Stortford following in the footsteps of Baxter Wilson (a New Zealander) and Dan Elsom (an Australian). Will started playing for Stortford this season, the early indications are that he will turn out to be as good a player for Stortford as Baxter and Dan which is appropriate as he was born in New Zealand and moved to Australia when he was eleven so is both a New Zealander and an Australian.

Marcus was talking to Will about coming over to play for Stortford before Covid however, due to the pandemic and it's restrictions it is only this season that he has been able to get over to the UK. It is becoming obvious that Will is working out to be as great an asset for the Club as Marcus' other great discovery in the wilds of Epping Upper Clapton of Lisa Richards, in her second season with us. In Will's case the discovery process was

by a long-distance match video interchange as opposed to food sampling.

Will started out playing centre but made the very sensible move to the backrow after an agreed joint evaluation session on his playing strengths with his coach out in Australia. Will played for the Norths Club in Brisbane which is in the top tier of Queensland Premier Rugby and like Stortford is very much a community club. Norths play at the level below Super Rugby and a number of the Club's players have gone onto represent Queensland Reds in Super Rugby and Australia. Stortford supporters who have a Sky TV Sports subscription will have either seen or heard of Michael O'Connor, Will Genia and Karmichael Hunt who have all played for Norths.

It is a recognition of Will's playing ability and calm rugby brain that when James Ayrton (club captain) and Jacob Wrafter (club vice-captain) were both unavailable for the recent Plymouth away fixture, Will was appointed the side's captain for the match.

Will is also proving himself to be a regular try scorer for Stortford, scoring seven tries this season so far, including a hat-trick away at Taunton. The official club match report recognised this feat but it was also recorded that Will got a late yellow card in the game that could have put Taunton in a position to draw the match at the end of the game. Will would however like to point out that this yellow card offence was effectively a team yellow card awarded by the ref for a number of repeated minor offences.

There is also an interesting try scoring competition building up for the last two months of the season between Will Rogers, Will Roberts and Connor Lloyd for the "not usually a try scoring position" cup, after the Taunton home game in March all three players had scored seven tries each this season.

While over this side of the world, Will is enjoying working at Felsted School with their rugby sides, he is sponsored this season by **Sofa Design**.



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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

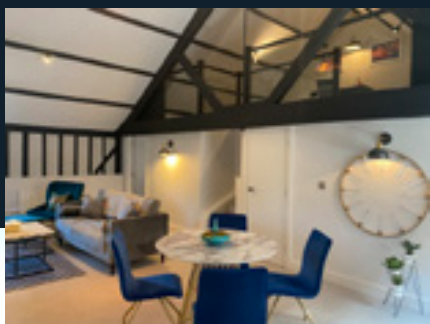
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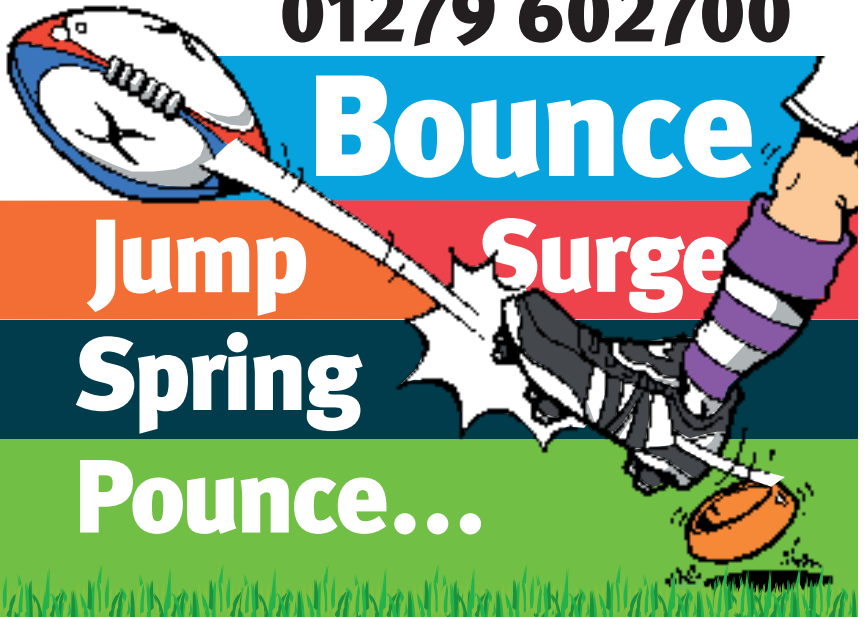


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**HERTFORDSHIRE COUNTY COUNCIL'S MESSAGE TO VILLAGERS IN
LITTLESTON WHO USE THE RECYCLING CENTRE IN STORTFORD...**

THE ONLY WAY IS ESSEX

Will Durant
news@bishopsstortfordindependent.co.uk

Essex residents are to be banned from using Bishop's Stortford's household waste recycling centre under new rules being introduced by Hertfordshire County Council (HCC).

Many Uttlesford residents - including those in Stansted, Barchanger and the Hallingbury - use the facility at Woodside off Dunmow Road.

The nearest Essex site is at Saffron Walden, where Essex County Council rules, along with a booking system, earlier this month.

According to HCC, 96% of users of the Stortford centre come from outside of Essex.

The new policy, to be rolled out at all recycling centres across Herts, could save the council an estimated £40,000 a year after the cabinet decided on Monday to press ahead with restrictions.

During their meeting, councillors heard that the costs of providing the service were rapidly increasing and the proportion of non-Hertfordshire residents using sites in the county was over 50% (net) and rising.

A report read: "Whilst some aspects



Bishop's Stortford's household waste recycling centre and inset, Clr Maureen Caton and Clr Eric Buckmaster

Hillingdon all restrict non-residents, but Cambridgeshire and Burnet do not, determine exactly where site users would remain, such as staffing and running costs, should a proportion of non-residents be successfully directed to recycling centre provision in their own administrative areas, savings would arise from service aspects such as waste transport and material disposal, in particular residual waste." The report notes authorities in Essex, Buckinghamshire, Central Bedfordshire, Enfield, Harrow and

has acted HCC of playing "it for far over the Stortford tip ban for Essex householders."

Clr Maureen Caton said Stortford villagers who usually made a short journey to Stortford's recycling centre would now have to drive up to half an hour further away to get rid of their rubbish in Saffron Walden or Hatfield.

"This decision means people in places like Stansted will have to travel much further to recycle their waste at a

time when we're all trying to use the car less. I think it's a bit of a far last," she said.

"County councils have to get around the table because people are very concerned they'll have to travel more rather than use their local facilities. I can see why a lot of people are upset about this."

The new policy will be subject to a three-month period of several weeks before an active enforcement, to ensure that as many users as possible are made aware of the change and to allow for talks on "potential reciprocal arrangements" with neighbouring authorities, the majority of which have had similar policies in place for many years.

Sawbridgeworth's Clr Eric Buckmaster, HCC's executive member for the environment, said: "The proposed approach would be to introduce a communications plan and advance warning signage."

"Temporary additional staff at the sites of highest non-resident usage will be asked for proof of address and will checkers. Staff will be trained to be sensitive and to avoid conflict."

"In these locations, there is also the potential to improve the customer experience through the benefit of reduced queuing."

THIS WEEK

NEWS

Hall alternative proposed

A community coalition is bidding to run the Water Lane United Reformed Church Hall and save it from being demolished

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NEWS

Reopened road to close

A stretch of Haulham Road is to be shut again during the school Easter holidays, less than a month after it reopened following gas works

page 5

NEWS

Teachers in town protest

Striking teachers from primary schools across Bishop's Stortford demonstrated outside Jackson Square shopping centre

page 7

NEWS

'No air issues from homes'

Construction of hundreds of new homes in Bishop's Stortford has not adversely affected air quality in the town, says Essex Herts Council

page 9

SPORT

'Warrior' Henshaw hailed

Bishop's Stortford captain Ryan Henshaw has been described as an "absolute legend" by his boss for playing on with a double hernia

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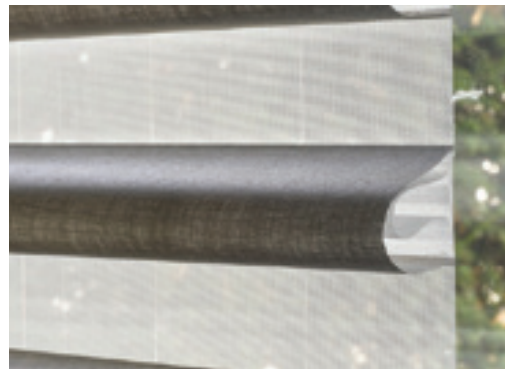
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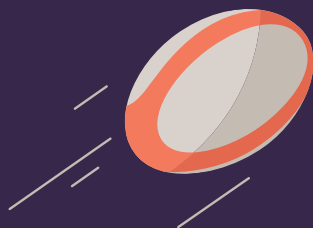


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Around The Club

Sunday Activity at the Club



If you think Silver Leys is busy just for a Saturday home game, then you have not been there on a Sunday morning when the minis, youth and colt sides are all out in force. It is not just the young Stortford players and the opposition rugby players but the numerous coaches, the supporting parents and officials that are also in attendance.

All the Club supporters know Stortford has a thriving set up below the senior teams but you have to be at the Club on a Sunday morning to fully appreciate the scale of this rugby operation. If you visit the BSRFC website under Youth sides you will find the following sides listed: Colts, Colts Blues, U16A, U16B, U15A, U15B, U14A, U14B, U13A, U13A, U18 Girls, U16 Girls, U14 and U12 Girls and under Mini sides: U12s, U11s, U10s, U9s, U8s, U7s and U6s. They are not all at the Club on a Sunday because obviously there are not enough pitches, that is why alternate age groups are scheduled to play away games on Sundays. There are nearly 100 volunteer coaches and well over 300+ registered mini and youth players within the Club, currently at this stage of the season the waiting lists to register more players are closed.



The minis start with basic running and handling skills, as they progress through the age groups more of the basic rugby skills are introduced until at the youth level it is a full proper rugby game that is played.

Nikky Wilkins has the task of Minis Chair and Jim Tanfield of Youth Chairperson. At Bishop's Stortford these are big roles for the Club to be able to run such a successful community Club. Nikky will tell you that one of the great things about playing rugby is that it is a sport for all





shapes and sizes and requires the development of a wide range of playing skills for the different playing positions. This development starts with the mini players who really enjoy their participation on a Sunday and learning these new skills.

Jim can explain that one of the Club's key tasks is managing the transition from youth rugby to the senior game and how to keep the players' connection with the Club as their careers outside rugby progress. The minis and youth set-ups provide a route through the Club, the recent U12 side squad of 46 players has 26 players who had



started together at Stortford in the U6 minis. It is Stortford's success at achieving this continuity and maintaining the ongoing friendships of groups players through their continued playing relationships with the Club that has been the backbone for the Club's current success at senior league level.



One of the busiest roles at the junior level is the fixture secretaries and particularly on the youth side where the players as they develop expect to play more fixtures against opposition sides, both Jim and Nikky wanted a mention in this article for all the work Lee Bowden and Roland Braund do in this area arranging the fixtures and officials for the games without the support of formal league structures.



It was certainly an eye-opener for me to see for the first time what goes on at the Club on a Sunday morning and get an appreciation of the scale of the operation especially when both Jim and Nikky kept telling me that I was there on a relatively quiet Sunday.

Vikki's Favourites

Photography by Vikki Lince



 @charliwooferphotos  @charliwoofer

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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**OUR CLUB SHOP IS OPEN
SUNDAYS 9AM - 1PM
AND SATURDAYS 12 - 3PM
(1ST XV HOME MATCH DAYS ONLY)
SHOP ONLINE 24/7**



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