BISHOP'S

OFFICIAL MATCHDAY PROGRAMME

vs RAMS RFC

NATIONAL LEAGUE 1

COME ON YOU BLUES





Saturday 10th February 2024 Kick-off 3pm

ISSUE: 10

PRICE: £15 MEMBERS: £7



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Today we are having our second successive home game. This makes a change as until last week we had gone six weeks without one. This of course was due to the Richmond game being re-arranged after the freezing weather in January. Hopefully we will learn from last week and give our supporters the sort of rugby they expect from our team and which we can play.

Even though RAMS are well placed in the league we all know any team can beat any other team regardless of the relevant position. Leicester Lions proved this last week when they beat high-riding Plymouth. This is surely an inspiration to Stortford. We trust that you will in your customary style get behind the team and give them as full support as you can in all our remaining games.

We are delighted to welcome RAMS to Silver Leys, and it is particularly welcome to a club that can bring their second team to play our Blues. It should prove to be two good matches and show the strength of both clubs in encouraging their younger players to continue playing rugby at the senior level. This is something the game of rugby needs and the more clubs like Rams and us can do this the more faith we can have for the continued future of the game. It is most important that we encourage all young payers to take the step into senior rugby for both Men and Women.

We welcome to the Hilton Marquee Quantus Gallery from Fashion Street in Shoreditch. as our match day sponsor this week hosted by James Ryan and our long-term sponsors Hilton Group hosted by Peter Hilton who will award the Man of the Match after the game. Other sponsors here today are Three Willow/ Ace of Lanes hosted by David and Bryan), Nockolds (hosted by Mario Panatyiotou), Marshall Fire with two tables hosted by Steve Marshall, MCB Finance hosted by Mark Burton and Hannah, and Steel Builders hosted by Max. We also have five tables from the Oval Club who continue to support the club in many of our ventures, particularly our Youth age groups.

Last week we must congratulate Dave Mcfie

for arranging our annual Burns night and it proved to be as successful and entertaining as in previous years.

Dave was also involved on Sunday in coaching the Colts this season and last Sunday unfortunately their journey toward the National Cup Quarter Finals ended against Rosslyn Park. Sadly, it was a step too far as Park proved to be a better team on the day and has gone forward into the next round. We wish Rosslyn Park well in the latter stages of the competition.

It was nice to receive an email from the Richmond contingency in the week thanking us for our hospitality and expressing their delight in Lisa's food saying that the food was the best they have tasted both home and way in the league this season. A comment upon which I am sure we all concur.





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We welcome the high-flying Rams to Silver Leys today, a team who we have struggled to get the

better of in our last 6 meetings. Previous to that we won the first 5 encounters so we will be looking to square up the ledger.

Last week we fell short against an experienced and clinical Richmond outfit, with ex-BSRFC colt and 1stXV player Tom Hitchcock having an influential role in the win. Once again, we struggled to manage the game and play it in the right areas of the pitch. Even after a strong start to the second half with Austin's second try, we unfortunately couldn't trouble the scoreboard again.

When you find yourselves in a bad run of form, everything seems to go against you, and it

certainly feels like that at the moment. We all know that we've got to stick together, work hard and the tide will turn. We've been leaning on



our experiences of the 2018/19 season when we found ourselves in a similar situation, stick with us we need you all more than ever on the sideline to give the lads confidence.

I hope you all have a great day and enjoy the rugby; we look forward to seeing you in the clubhouse after the game for a beer or two hopefully cheering England onto victory over Wales.

Come on you Bishop's...

Marcus

## THE COACHING STAFF

Below, left to right: Cameron Boon, Konrad McKenzie, Ian Simpson, Darren Orbart.









Below, left to right: Manu Vunipola, Rob Faiers, Ryan Clarke, Jon Skelton.













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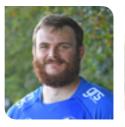
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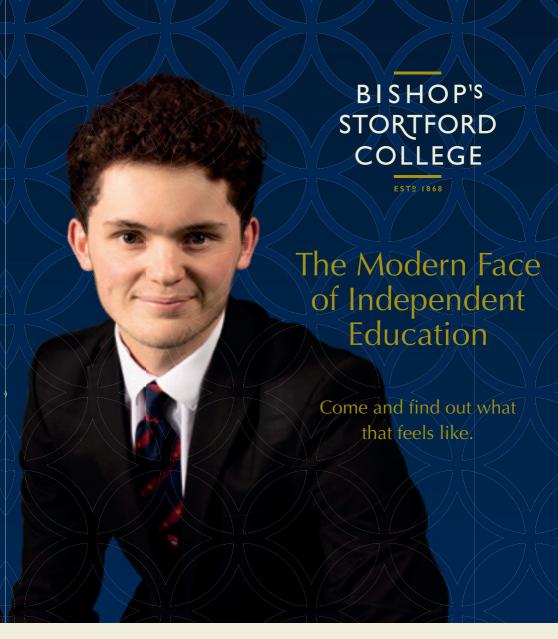


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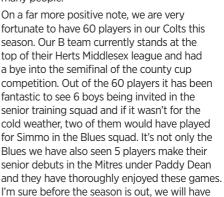
It's been another Topsy Turvey rollercoaster for the Colts again this season. Only Yesterday the A Team unfortunately exited the national cup to a strong Rosslyn Park team. The boys gave everything they had on the day and nothing more could have been asked of them. Unfortunately, we never seem to have any consistency in availability, along with a long list of injuries making team cohesion a very difficult battle.

Pre-Christmas many of the boys play a lot of school rugby, which I feel is very important for them to do so, but the number of clashes in the diary make you wonder who organises all these events and who are they working for as it certainly doesn't seem to be in the best interests of the players themselves! With date clashes for the Ruf school and club cups, county selection games/training and Academy training and games there is a lot of rugby on the calendar of which they want to play in all of it.

Post Christmas sees club action get into full swing with League, county cup and national cup games all to be played. The dates of these games again clash with county, divisional, Lambs, academy and now schools 7's and 10 a side competition. The competition seems to be greater for the boys time than it does

for their better development let alone thoughts for what they may do post Colts years and the connection they will have to home clubs. I often wonder if those more talented boys just played for Academy's and schools would they ever have any connection to a club for their adult rugby or will they just give up

altogether at the end of education as its too great an effort to start at a club where they don't know many people.



On behalf of the Colts players/coaches and parents we wish Marcus and his 1st XV squad all the very best today and for the rest of the season. Hopefully in the not-too-distant future we will see a Colt making their senior debut. It's a big ask for players so young but maybe just maybe that player will come along!

more training and playing in the senior groups



of the club.



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The club now known today as Rams was founded as Old Redingensians in 1924 by former pupils of Reading School.

Home games were played initially at two locations in Reading and nearby Caversham until a more permanent home was found at Emmer Green in 1927.

In 1948 Reading Borough Council purchased the Emmer Green ground for development and the switch was made to their present home at Old Bath Road in the village of Sonning to the east of Reading.

With a lack of former pupils joining from Reading School, it became difficult to field three XVs and the club became open in 1968. The following year "Old" was dropped from the title.

The nickname "Rams" was adopted to reflect the club's connection with Reading and the animal featuring in the town's coat of arms.

The club won promotion into National 2 South

in 2015 and our first encounter with them on 12th December that year resulted in a 27-15 away win to us. In the return fixture in 2016 we won very convincingly 53-5.

The following season (2016/2017) in our promotion to Division 1 season we also won both games but in both instances by small margins. The scores were 25-24 at Old Bath Road in December and by 36-33 at home in the April. Rams finished the season 6th in National 2 South.

In the 2017/2018 season Rams finished third, in 2018 /2019 they were the runaway champions of National 2 South amassing a hugely impressive 139 points and losing only twice all season.

In May 2018 the club had formally changed its name to Rams RFC.

We played them again in the curtailed season of 2019/2020 after their promotion to National 1. Rams won 35-31 at their place, we won 21-11 at Stortford. Rams were in third place when this season finished early due to Covid.

In the 2021/22 season we lost both games against Rams with a narrow home 19-21 home defeat with Rams winning 17-5 at their place. Rams finished sixth in the



league after a promising early start to the season.

Last season we again lost both games against Rams. They had a very convincing 40-10 win at Silver Leys in September and a 26-14 win at their place in January 2023.

They finished second in the league and just missed out on promotion to Cambridge on points difference despite beating Cambridge both home and away in the season.

Rams Rugby run five adult men's teams and a Women's XV. Their youth section is among the biggest in the area with approximately 400 boys and girls.





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## A sport for everyone: **Meet Carley and Alice**

BSRFC Women's XV captain, Jasmin Bice, interviews another two of our newest players: Carley Day and Alice Churchouse.



## Why did you start playing rugby?

**CD:** I have done sport all my life, but I've never played a team sport. I was feeling stale in my training and wanted a new challenge and combining it with a team sport made sense. When I emailed the coach to ask if I could attend, they were so welcoming and invited me along to training that night - and I haven't looked back!

**AC:** In year six, my class was given the choice between a church service or a tag rugby tournament. I went to the tag rugby and really enjoyed it. Once I got to secondary school, I got told that rugby was a 'boy's sport' - so I helped form the first girls' team out of stubbornness and I've loved it ever since.

## What has been your favourite part about BSRFC so far?

**CD:** I love the vibes on match day, everyone getting one another pumped up and ready to play. That's definitely what I love the most.

**AC:** Playing home games - especially with the arowing crowds! The

Cambridge game was definitely my favourite so far... such a good crowd of supporters!

## What message would you give to anyone interested in giving rugby a try?

**CD:** Just give it a go! There's literally nothing stopping you - any age, size, body type has a place on a rugby pitch, and you'll be welcomed with open arms.

AC: DO IT! It's an amazing sport, and a great way to meet lots of different people.

#### Fancy giving the game a go?

Each of our teams welcomes girls and women of every size, shape and fitness level. If you - or anyone you know - would like to give rugby a go, drop us a message on one of our social media channels or email

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## Results from 3rd February 2024

HOME TEAM		AWAY TEAM
Bishop's Stortford	14 - 38	Richmond
Chinnor	38 - 34	Sedgley Park
Darlington Mowden Park	42 - 27	Blackheath
Leicester Lions	19 - 12	Plymouth
Sale FC	21 - 15	Cinderford

## Fixtures for 10th Febuary 2024

HOME TEAM		AWAY TEAM
Bishop's Stortford	VS	Rams
Cinderford	VS	Blackheath
Darlington Mowden Park	VS	Richmond
Leicester Lions	VS	Birmingham Mosley
Sale FC	VS	Plymouth Albion
Taunton Titans	VS	Sedgley Park

NATIONAL LEAGUE 1 TABLE											
Team	Р	W	D	L	PF	PA	PD	TBP	LBP	Points	Adj.
Chinnor	17	14	0	3	628	278	350	13	2	71	0
Rams	17	13	0	4	538	390	148	13	2	67	0
Plymouth Albion	17	10	0	7	459	367	92	9	4	53	0
Birmingham Moseley	17	10	0	7	469	422	47	8	5	53	0
Rosslyn Park	17	9	1	7	493	443	50	9	3	50	0
Sedgley Park	17	9	1	7	447	479	-32	8	3	49	0
Richmond	17	8	0	9	474	462	12	11	6	49	0
Darlington Mowden Park	17	9	0	8	408	413	-5	9	3	48	0
Blackheath	17	7	0	10	395	408	-13	5	4	37	0
Leicester Lions	17	7	0	10	341	466	-125	4	3	35	0
Sale FC	17	7	0	10	330	393	-63	3	3	34	0
Cinderford	17	7	0	10	332	501	-169	2	3	33	0
Bishop's Stortford	17	5	0	12	379	503	-124	7	4	31	0
Taunton	17	3	0	14	446	614	-168	11	4	27	0

## **BISHOP'S STORTFORD**

**BLUE AND WHITE** 



1	Toby Hill
2	Ryan Jackson
3	Henry Peck
4	Fraizer Kiff
5	Alex Wardell
6	Toby Tierney
7	Austin Pope
8	Will Rogers (c)
9	Chris Bolton
10	Tom Walker
11	Chris Smith
12	Tom Mills
13	Francis Moore
14	Jake Morris
15	Nick Hankin
	REPLACEMENTS
16	Alex Rayment
17	Jevaughn Warren
18	Harrison Langworthy
19	Mason Nicholls

20 Jack Biard

#### **Head Coach:**

Marcus Cattell

#### **Forwards Coaches:**

Rob Faiers Cameron Boon

## Blues Lead Coach & Forwards Coach:

Ian Simpson

### **Attack & Backs Coach:**

Manu Vunipola

## Head Strength & Conditioning:

Konrad McKenzie

## **Lead Medical:**

Ryan Clarke

### **Team Manager:**

Darren Orbart

#### **Performance Coach:**

Jon Skelton

### REFEREE:

#### Alan Chandrachud

ASSISTANT REFEREE 1: **Henry Lowis** 

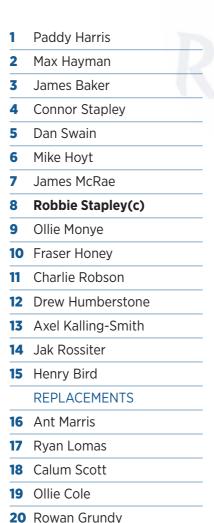
ASSISTANT REFEREE 2: Michael Maple

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## **Director of Rugby:**

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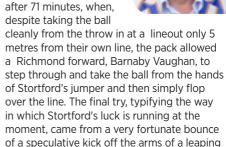
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#### Bishop's Stortford 1st XV 14 Richmond 38

The home side started brightly, but were frustrated by handling errors and were well and truly on the back foot after 7 minutes, when Chris Smith was yellow-carded for a deliberate knock-on on his own 22, even though there looked to be ample defensive cover. Richmond took full advantage, scoring two converted tries during the sin-bin period. The first came after 14 minutes through Patrick Case, after a well-placed chip kick from Lewis Dennett and the second was scored by Alex O'Meara, when Stortford were punished for losing an attacking lineout, allowing the visitors to counter incisively against a flat-footed defence to burst up field, where they were able all too easily to stretch the scrambling cover for the fullback to slide through a gaping hole. Dennett kicked the conversions. Within 4 minutes, though, Stortford bounced back, with Austin Pope touching down from a Dan Cole chip kick and the flyhalf converting. Despite a misfiring lineout. Stortford ended the half on the front foot but failed to capitalise on a scrum penalty inside the opposition 22, when the shot at goal went wide.

The hosts started the second half strongly and guickly scored a try, with Pope touching down for the second time to level the scores. after the forwards tapped a penalty under the opposition posts and fed the inside centre who crashed over. Loose defence, however allowed Richmond to bounce back immediately with their own unconverted try (O'Meara's second) and from then on it was pretty much one-way traffic, with any occasional glimmers of hope for the home supporters quickly snuffed out by further errors. The visitors ran hard and supported well but, most significantly of all, made few unforced mistakes and took their opportunities well. The victory was sealed with three further tries in the last 16 minutes of the game. First, a penalty for a tackle offence on Stortford's 22 went to touch and Richmond's pack had no difficulty in driving over from the resultant 5 metre lineout after 64 minutes. Further errors at Stortford lineouts allowed the visitors to keep up the pressure.

leading directly to the next try conceded



defender straight to an onrushing Luc Jones, who ran in untouched from the Stortford 22.

An error-ridden Stortford were well beaten in the end by a solid Richmond side. but had shown considerable spirit and commitment, being well in the hunt, entering the 4th guarter. As at Moseley last week, though, the game ran away from them in the latter stages, plunging the team deep into relegation territory, though the final score scarcely reflects the true difference between the sides nor the commitment shown by Stortford.





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#### **Dan Cole**

Dan Cole signed up to play for Stortford for the 2020-21 season which of course ended up totally cancelled due to the Covid restrictions. He joined the club from Hartpury College and played against Connor Lloyd in the BUCS competition whilst at Hartpury. At the time of him signing for Stortford, it was envisaged that both Dan and Tom Walker would share the outside-half understudy duties for George Cullen. It was anticipated that as George was starting a new job, he would not be available for all the Stortford league games during the 2020-21 season.



Dan attended Coopers School in Upminster and went on to Hartpury College. He has always played outside half and taken on place kicking duties and played in the centre however, all his appearances at Stortford have been at 10.

It was not until the 2021-22 season that Dan made his debut for Stortford, playing at home against Plymouth contributing 10 points with his boot in a 32-29 home win for Stortford. He played two more games away at Leeds and Darlington following those he just missed a difficult late potential match winning penalty whilst playing against Rams at home in October. The subsequent 19-21 Stortford defeat to Rams was the nearest Stortford have come to beating Rams in recent history. In November he covered for Geoge in several games without establishing himself as the first choice outside half. At the start of the new year that season Alfie Orchard emerged as

the club's outside-half after impressive games at Cambridge University and Rosslyn Park.

Dan played again at the end of the season, in the home win over Chinnor he executed a trademark Tom Coleman cut out pass to enable Josh Stannard to score. Dan also played in the last two final games of that season against Cambridge and Tonbridge.

At the start of the 2022-23 season Dan again started the season as outside-half, then sharing the role with Matt Riddington when Matt returned to play for Stortford at the start of October. This season has been a repeat with Dan sharing the outside-half role with Matt once again, Dan also been playing well in this season's successful Blues side and contributed. in the big win over Richmond Saxons in September.

Dan has been sponsored by Pro84 Construction Ltd in his three seasons at Stortford where he also works as a carpenter when not playing outside half.





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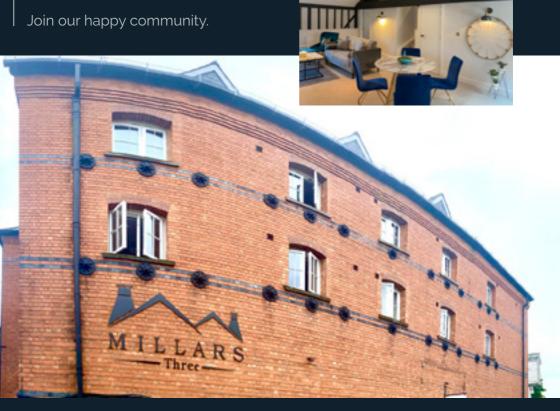
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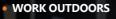




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The Oval Club was formed in 1998 by some Bishop's Stortford Rugby Football Club members who wanted to find a way of raising funds to improve the playing facilities of the Club with the mission statement:



#### '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 £200,000.

The Oval Club makes contributions to the Rugby Club for one off projects which are of long term value and not part of ongoing 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 of all sections and members of the Club, including Senior Sides, Ladies & Girls, Colts, Youth, Mini and Touch Rugby

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 Mark Smith

Steven Wasley

**NOVEMBER 2023** 



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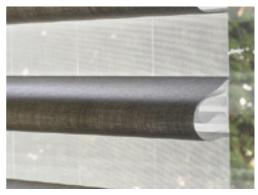
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# Did you know



Club Stortford works closely with the 1st XV coaching team to provide funding for expenditure beyond the resources of the main club. Head coach Marcus Cattell says "We could not remain as competitive as we are in National League Rugby without the help of Club Stortford. The group

has helped us with everything from match analysis equipment, scrum machine repair and even funding of players' medical expenses to get them back on the pitch sooner. This allows us to develop our entire squad, improve our performance and nature our homegrown talent."

We are always on the hunt for new members which help us broaden the extent of our support for the squad. Both individual and corporate membership options are available. and come with exclusive Club Stortford jacket and ties, pre-match lunches and other perks like access to Six Nations and Autumn Internationals tickets. Alongside this, you'll get discounts to local restaurants like Zara.

Get in touch with our secretary Russell Cattell on 07778 101 988 for more information or to join.



















#### **HD Print - our creative programme partners**

The preparation work for the Stortford home match programme starts as soon as the season closes, well before the first home match of the next season.

The adverts in the programme are compiled for each of the signed-up sponsors for the new season and the selected artwork provided by the sponsors - if artwork doesn't exist, Ben will design an ad. The whole process is coordinated by BSRFC's Julie North.

The new season's signed-up squad players and their associated sponsors are photographed on August's Sponsors Day - this is also when the official team squad photo is taken. Any new coaches and official programme contributors are also snapped on Sponsor's Day and added to the existing photo database for the programme.

All this "fixed content" is then uploaded to Dropbox by Julie North for Ben Hewer at HD Print to download. This content is then theoretically used in all the programmes in the season - although sometimes 'fixed' things can change!

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Ben then inserts all this information into a skeleton design file, that already has a fresh look look for the new season,

Ben at work!



The match magazine now exists with a number of completed fixed pages and the next step will then be to add the matchday information and articles to their designated pages.

This step of adding the actual matchday programme specific content is co-ordinated by Julie North who has to collect it from all the designated club contributors and official league sources, in the case of fixtures and league tables. Julie will also add any required photos to the content and pass it back to Ben again via Dropbox in time for HD Print to be able to print the programme for delivery on the Friday before the matchday.

After the programme draft content has been supplied to Ben, he still has to create the final print ready artwork file using a professional Adobe Indesign software package.

Pete Murray and his team at HD Print are then responsible for the printing the pages onto SRA3 sheets, these are then guillotined down and passed on to HD's Michelle Smith, who is responsible for the collating and finishing work to produce the final programme that is handed



to you at the gate or that you find on your lunch table.

Each matchday brochure comprises 68 pages of high-quality colour printing and

is effectively a club news magazine for every home game. The programme also acts as the admission ticket to the ground, as a sponsorship vehicle, and there are also special editions for club events such as Remembrance Day. Xmas and Ladies Day.

And that is theoretically how the magazine is produced - on the assumption that everything goes smoothly! Occasionally Julie and Ben will be waiting for some last minute variable content, such as team line-ups, which can make the last hours before the print deadline, a little 'testing!'

In a final step, a digital version of programme is created that is uploaded onto the club's website which is made available to club members in an online archive, so even if you misplace your printed programme, you can still look at a full version of it on the website.

HD Print started to produce the programmes for the club in the 2019-2020 season and since the 2022-2023 season Ben and Julie have been the double act responsible for producing all the programmes. It is worth saying that our programme is one of the best in the league and the envy of lots of other clubs.

The club very much appreciates the work and effort that Ben Hewer and the HD Print team have to put into each programme to meet the matchday deadline. If you want to drop Ben a line regarding any print or design requirements that you might have, you can email him at ben@hdprint.co.uk







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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 Head Coach Marcus Cattell along with Club captain James Ayrton 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 Q&A in the 1st XV changing room, followed by training, games and warm-up sessions with the minis coaches and injured 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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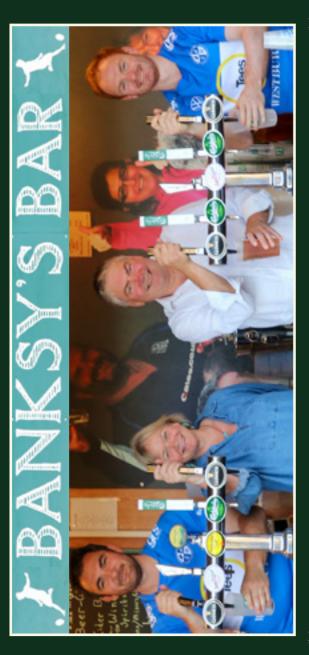




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