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Today we are in the Rose Room again for the pre-match lunch before the game against Rosslyn Park. Our famed (some might say infamous) annual Ladies' Day returns to the marguee. This has become a significant event for us over the years, enabling us to donate thousands of pounds to 'Ladies' charities with this year's recipients being, a local cancer support group. **Hummingbird Cancer Support**. They do excellent work in helping cancer patients through their difficult treatment times both physically and mentally. We must thank all our many volunteers, especially Dee Compton who help make this a brilliant and rewarding day for both the Club and the Charities.

Our opposition today is Rosslyn Park who has a long tradition in rugby circles. We trust our upturn in form continues and allows us to retain our unbeaten record on Ladies' Day and change our fortunes against Rosslyn Park. However, all our games over the past few seasons have been very entertaining and close results although they did score a couple of late tries through their experienced and pacy back three to take the game away from us in the previous game this season. No doubt we will be aware of these dangers this week.

Today we will have fewer at lunch because of space in the clubhouse. We are delighted to welcome Darel Clarke of HAM who will host his table and present the Man of the Match award.

Brian and Dave will once again be there to host the Three Willows/ Ace of Lanes table.

Today we welcome our speaker Carly Poyser who virtually single-handedly ensured we have women's rugby at Bishop's Stortford. She worked tirelessly to ensure we had lasting success and have much to thank her. The women's team sits second in Women's NC 3 Midlands (South) and seems to have a guaranteed future, particularly with the younger girls coming through to play women's rugby. It is now a welcome problem for the women's hierarchy to have to have a selection

committee before every game. There is a great spirit in the group.

We also have two esteemed and hardworking representatives



Our last guest is our own Geoff Pedersen who needs no introduction but does need plenty of room so he can spread himself after recovering from a knee replacement operation. Geoff will be in good hands on the top table because Nick Goddard, Rosslyn Park President is a preeminent orthopaedic surgeon (retired) who has previously held an honorary post advising at the Royal Ballet School, Covent Garden.







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Welcome everyone to a very special day at Silver Leys as we welcome Rosslyn Park in Round 20 of the National One season. We are looking to build on the fantastic away win at Sedgley Park last week, our first win in 6 games and one which moves us off the foot of the table. It was a proper team performance in which a clinical first half put us in a 22-0 lead, and even in the face of challenging weather conditions and a resurgent Sedgley side, we held on for a much-needed win.

Rewind two weeks ago and the visit of Rams. I firmly believe the performance that day gave us the belief that we are a far better side than our league position suggests, the improvements and quality we showed against an opposition who we have struggled against of late, put us in a great position to go away to north Manchester and get the result we have all been working towards.

The challenge now is to back up two good outings with another against top quality opposition in Rosslyn Park.

A little update on squads news; Josh Stannard is now recovering from surgery to have a torn pectoral muscle repaired, sustained against DMP back in December, this will rule him out for the rest of the season. Ryan Jackson, who came off early last weekend is also likely to miss the

remainder of the season with a shoulder injury, we are awaiting a second opinion on the scan before any decisions are made. Dan Powell returns



to action today for the Blues after 6 weeks out with a hamstring strain. James Ayrton comes back into the starting lineup today after a 15 minute cameo off the bench last week, it's great to have the skipper back after missing the previous 6 matches.

Today is also our 10th annual Ladies Day. One of the most popular events in the calendar. I hope everyone has an amazing day raising money for Hummingbird Cancer Support, huge thanks to everyone who has played their part in, not only this year but in years gone by, creating such a memorable occasion, which for me showcases why our club is so special. Here's to another 10 years of Ladies Day celebrations.

Once again thanks as always to our loyal supporters, sponsors and members, who have stuck by us even when the results haven't been going our way. The amount of messages of support I get on a weekly basis, just reminds me why our club is undoubtedly one of a kind. Come on you Bishop's.

Marcus

















## THE COACHING STAFF

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

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





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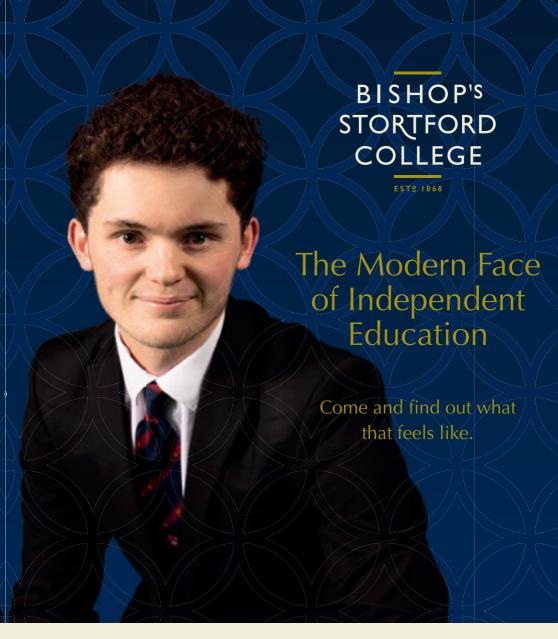


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### Rugby, not just for boys!

At BSRFC our girls are proving that rugby isn't just for boys, it's a breeding ground for "Scrum Queens" - empowered, resilient, and fiercely competitive young women.

### How has our season been going so far?

Our Under 16s have struggled with numbers meaning that we have joined with local clubs in similar situations to give the girls enough game time while we continue to recruit.

Our Under 14s initially struggled in the first season in the dual age bracket with many other teams having larger players and more experience, however they have shown true grit and have shown this with their wins coming thick and fast.

Our Under 18s have been playing within our Women's squad this season and are certainly showing us all how it should be done.

We are looking forward to many more seasons to come with our girls coming through from minis and youth to our senior team.

These girls aren't just learning to pass and tackle; they're building confidence on and off the pitch.

#### **Rugby Warrior**

I'm sure you have all heard of our very own Iris Smith, who has shown determination, talent, and a passion for the game. At just 12 years old, Iris has captained her U13 team, served as an official mascot for the Rugby World Cup, and campaigned for equal access to rugby in schools. Her story is an inspiration to her teammates and young girls everywhere, proving that age is no barrier to leadership and achieving your dreams. Well done Iris!

#### Thank you

I personally would like to thank Lianna Kearns (Girls Team Manager and U14s Head Coach) for her hard work and input keeping the girls going. Our coaches, Joe Smith, Richard Cartman, Fred Chate and Phil Poyser for giving up so much time and dedication and of course our team admins Donna Bird, Emma Bayliss and Vicky Seel who without we would be lost!

We have also been very lucky this season with our new sponsors White Trees Group, NFU Mutual.

Marriott Civils and Debbie Innes Safeguarding to whom we are extremely grateful. The girl's now have brand new kit all their very own along with donations of tackle suits and bags, balls, mighty impressive it all looks too.

So, if you're searching for more than just a sport, consider BSRFC's girls' rugby. You'll discover a tribe of fierce, supportive young women ready to welcome you with open arms, a mischievous grin, and the unwavering belief that they, the Scrum Queens, can conquer any challenge, on and off the pitch. Just remember, all you need is a willingness to learn, laugh, and redefine the game, one ruck at a time.

If you wish to become involved or for any further information. Please contact **Lianna girlsmanager@bsrfc.co.uk** or myself **ladieschair@bsrfc.co.uk** 

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Chair of Women and Girls





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Rosslyn Park Football Club were founded in 1879 by cricketing friends in North London in order to keep the players together during the winter. There was already a Hampstead Football Club (from which both Wasps and Harlequins sprang), hence the cricket club's name was adopted, reflecting the area of Hampstead where the cricketers first played their games in the grounds of Rosslyn House. Their original rugby ground was at South End Green, Hampstead, then Gospel Oak and Acton before a lengthy tenure at Old Deer Park, Richmond until 1956, when Rosslyn Park moved to its current premises in Roehampton.

Originally, they wore a blue shirt with a white Maltese cross, in 1881 they adopted their current red-and-white hoops. It remains a Football Club, without the need for the word Rugby,

correctly known as Rosslyn Park FC, not RFC.

The club became the first English side to play rugby internationally when they beat Stade Français in Paris on 18 April 1892. In 1975 and 1976, the club played in the final of the John Player Cup, narrowly losing on both occasions

When English league rugby began in 1987, Park was placed in Division Two, which they won. The first team currently play in the third division of the English league system, National League One.

Their clubhouse has two bars, which

are named after two of the club's famous players - Andy Ripley and Alexander Obolensky.

Our record against them in National One does

not make happy reading: played 8, won 1, lost 7 however, most of our games have been close including an agonising single point loss (14-13) at Roehampton at the beginning of October 2021. Last season the results were again close with Stortford losing 10-13 at home in January 2023, losing again narrowly 33-29 away in October 2022 to an injury time try by Park. Rosslyn Park went on to finish fourth in the league last season with 83 points, Stortford finishing sixth in the league, just six points





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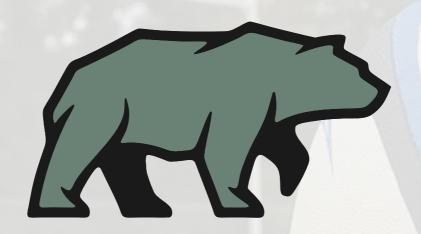
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### Empowering women to give rugby a try: Meet Ellie-Jayne and Maja

BSRFC Women's XV captain, Jasmin Bice. interviews another two of our players; veteran. Ellie-Jayne Cappuccini, and 23/24 debut, Maia Wabich.



Why did you start playing rugby?

**EC:** I decided to start rugby to meet new people and improve my fitness.

**MW:** I started playing rugby in Year 12 after playing football, netball and hockey through secondary school, but I had wanted to start rugby since I was about 13. but I was too scared! The team at my new sixth form was really welcoming to those that had never even touched a rugby ball before, they were really encouraging and I guickly fell in love with it, and then decided to join BSRFC Women.

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

**EC:** My first Rugby Tour to Edinburgh.

**MW:** The laughs we have with the team, despite the age range from the U18s to the older players we all get along so well, whether it's on the pitch or at our socials. Also, the moment when I scored my first try for the team at Ampthill everyone was so happy and it really showed me how great the team is.

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

EC: F\*ck it. trv it! Best thing I ever did. I have made some of my closest friends through rugby

**MW:** It can be really scary starting a sport like rugby, especially if you don't know anyone on the team... which I experienced first-hand after wanting to start for so long but being too worried. My advice would be to just show up - out of all the sports I've played women's rugby is by far the most welcoming and lovely group of people, everyone starts somewhere, so whatever team you join will help you learn. Joining my school team and then BSRFC was definitely one of the best decisions I ever made even when I didn't know anyone or anything about rugby.

### 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

womensmanager@bsrfc.co.uk.





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### Results from 17th February 2024

HOME TEAM		AWAY TEAM
Birmingham Moseley	32 - 28	Darlington Mowden Park
Plymouth Albion	24 - 3	Cinderford
Blackheath	0 - 0	Chinnor
Rams	33 - 12	Leicester Lions
Richmond	31 - 19	Sale FC
Rosslyn Park	38 - 14	Taunton Titans
Sedgley Park	14 - 22	Bishop's Stortford

### Fixtures for 24th Febuary 2024

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

NATIONAL LEAGUE 1	TABL	E									
Team	Р	W	D	L	PF	PA	PD	TBP	LBP	Points	Adj.
Chinnor	19	15	0	4	676	310	366	14	3	77	0
Rams	19	15	0	4	597	416	181	15	2	77	0
Birmingham Moseley	19	12	0	7	521	460	61	9	5	62	0
Plymouth Albion	19	11	0	8	486	401	85	10	4	58	0
Rosslyn Park	19	10	1	8	541	488	53	10	3	55	0
Darlington Mowden Park	19	10	0	9	470	467	3	10	4	54	0
Richmond	19	9	0	10	527	515	12	12	6	54	0
Sedgley Park	19	9	1	9	475	550	-75	8	3	49	0
Blackheath	19	9	0	10	447	443	4	5	4	45	0
Sale FC	19	8	0	11	380	427	-47	4	3	39	0
Leicester Lions	19	7	0	12	363	519	-156	4	3	35	0
Bishop's Stortford	19	6	0	13	415	543	-128	7	4	35	0
Cinderford	19	7	0	12	353	555	-202	2	3	33	0
Taunton	19	4	0	15	509	666	-157	12	4	32	0

### **BISHOP'S STORTFORD**

PINK



1	Seb Brownhill

- 2 Alex Rayment
- 3 Henry Peck
- 4 Fraizer Kiff
- 5 Harry Charter
- 6 Harrison Langworthy
- 7 Ollie Jones
- 8 Will Rogers
- 9 Connor Lloyd
- 10 Tom Walker
- 11 Chris Smith
- 12 James Ayrton(c)
- 13 Tom Mills
- 14 Jake Morris
- 15 Nick Hankin

### **REPLACEMENTS**

- **16** Luke Bury
- 17 Toby Hill
- 18 Austin Pope
- 19 Chris Bolton
- 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

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**Neil Sweeney** 

ASSISTANT REFEREE 1:

### Ben McNamara

ASSISTANT REFEREE 2: Simon Bourne

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## ROSSLYN PARK



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- 2 Isaac Miller
- 3 Austin Hay
- 4 Jordan Martin
- 5 Henry Spencer
- 6 Archie Hosking
- 7 Arthur Ellis(c)
- 8 Matt Bolwell
- 9 Dan Hiscocks
- 10 Luc Smith
- 11 Benji Marfo
- 12 Matt Gordon
- 13 Tom Stanton
- 14 Charlie Walker
- 15 Joe Luca Smith

### **REPLACEMENTS**

- **16** Jasper Cameron
- 17 Jake Buckingham
- **18** Craig Stevenson
- **19** Ewan Fenley
- 20 Max Craven

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Kieran Power

### **Lead Coach:**

Steve Neville

### Team Manager:

Fergus Farrell

**Lead Physio:**Lorraine Allen

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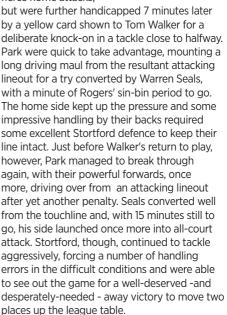
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#### Sedgley Park 14 Bishop's Stortford 1st XV 22

Park made a strong start, regaining the ball from their own opening dropout, but two interceptions, as they tried to force a quick score, kept them at bay. Stortford worked their way upfield and guick hands along the backs allowed Nick Hankin to draw the last defender and give Jake Morris a view of the line. The winger was twenty metres out, though, and he had to force his way past two covering defenders to plunge over in the corner for a try after 6 minutes. Tom Walker added an excellent conversion, as he did 12 minutes later, after Chris Smith added a second try, driven over, as he broke from the base of maul driving at the opposition line. The rhythm of the game was broken by repeated penalties awarded against both sides, with the visitors, in particular, falling foul of the referee's strict enforcement of the Laws. This allowed Park to exert more pressure, but Stortford's defence, picking up where it had left off last week, was resolute and repelled a number of threatening attacks from a home side clearly determined to put recent reversals behind them. With 23 minutes gone. Park were penalised for a high tackle close to half way and Tom Mills stepped up to kick a tremendous goal to take his side 17 points clear. As halftime beckoned, the visitors again worked their way back upfield and, winning a penalty under the hosts' posts, took the bold decision to opt for a scrum. The tight eight were solid again, providing great attacking ball and quick distribution allowed Hankin to come into the line in the first phase and cut through for a try out wide. This time, Walker's conversion attempt flew inches wide.

The light drizzle under which the first half had finished turned into steady rain during the break and drove into Stortford's faces for the rest of the game. The home side handled the conditions well and a combination of judicious tactical kicking and some impressive handling saw them exert considerable pressure. The penalty count, almost inevitably in the increasingly slippery conditions, went up even further and, when Will Rogers was penalised for a breakdown offence in midfield after 50 minutes, he was sin-binned for repeated

offences. Stortford battled on and held out against increasingly fierce home attacks,







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#### **Henry Peck**

Henry Peck joined Stortford this season from Cambridge, he has started in all Stortford's league games at tight head prop except for the Moseley away fixture when he came on off the bench in the second half.



Henry had a very serious eye injury at work and missed the whole of the 2022-23 season, it is great that he has been able to play every game so far this season for Stortford. Henry very much appreciates how the coaching staff at Stortford have handled his return to the game after such a long injury period.

In a difficult season so far for Stortford, nobody at the club has complained about the front row play, the rotation of all the front row forwards has meant Stortford has remained strong in the scrums throughout 80 minutes in all games. Henry has been a main factor in this achievement and on numerous occasions has even been brought back on after substitution for the crucial final ten minutes of games. Over the years previous Stortford props were infamous among the club's supporters for racking up yellow cards, Henry has not been yellow carded so far this season. However, one

of the afore mentioned props would also quickly point out that Henry has also yet to register a try for Stortford!



Henry attended Millfield school, while there he represented England U16's. Whilst at Millfield he played games for Northampton Saints Academy, Bath Academy, and the Bedford Blues Academy. He started to play senior league rugby for Ampthill in the 2015-16 season, he was first selected as a front row forward for Ampthill at the age of 18, it was a tough learning curve. He joined Cambridge in 2017 playing five seasons there before joining Stortford.

Henry had played against Stortford twice for Cambridge, the first in March 2019 (Stortford win) and the second in September 2019 (Cambridge win).

Henry scored a match winning try against Rotherham for Cambridge in January 2020. The Cambridge Independent newspaper has a photograph of him running with the ball in its coverage of that game, the try was scored from a pass near the line after a break by a Cambridge winger! However, as every prop will tell you that you must get there to take the pass.

**Henry is sponsored by Westbury Garden Rooms** and appreciates their support especially as Jonathon Hey is a former hooker himself and knows a thing or two about good front row forward play!





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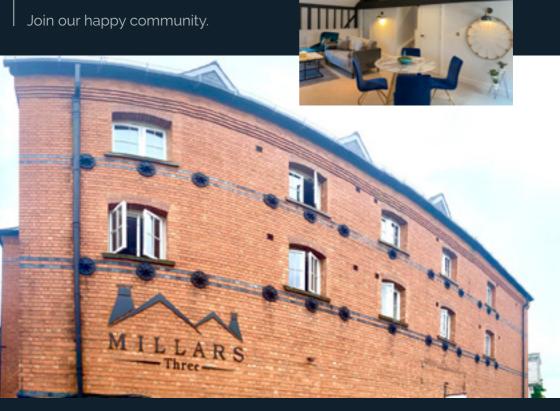
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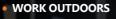




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The Oval Club was formed in 1998 by some Bishop's Stortford Rugby Football Club members who wanted to find a way of raising funds to improve the playing facilities of the Club with the mission statement:



# '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

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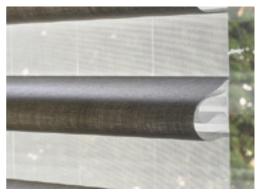
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# Did you know



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.



















#### **Geoff Pederson**



The RFU set up a National League System at the start of the 1987-88 season and with rugby union finally becoming a professional sport in 1995 there would be a greatly increased need for a much more professional

way of running rugby clubs. This would not only apply to the top levels of the game but to the junior clubs if they were serious about wanting to progress up the league structure.

The junior clubs were not going to be run by paid professional staff, these clubs were going to find it challenging enough funding the payment of players, the increased travel and ground maintenance, all expenses to be able to progress and stay in the higher leagues. It would require "amateur" volunteers to help with running the more complex demands of a semi-professional league structure.

Bishop's Stortford adopted a software product called Pitchero to run the club website, this product also helps with the club administration work. When you access www.bsrfc.co.uk through an internet browser you will see in the top right-hand corner that it is "powered by Pitchero" but if you look halfway down in the middle of the screen you will find a reference to "Geoff Pedersen" who is now administrating the website. Any effective website needs to be updated continuously and there is need for a very large and important co-ordination role. The website can only be effective if it is managed well and updated regularly.

You must look through the website to appreciate the amount of information on the club that has to be entered. Pitchero provide the basic software for the building blocks of presenting club information on the website, this information must be sourced and kept updated by Geoff and others.

Geoff was in the Royal Navy from 1970-1999

and served in Radar Operations area. He gained a vast amount of IT system experience through his naval career.



The club benefits from this with Geoff's club role as membership secretary being the key position for understanding the club population and the interface requirements with the website. Geoff's first task as membership secretary was to establish the website as a working system to control the membership administration tasks. The top left-hand corner links with the club membership guidelines, the required membership processes can now be accessed relatively easily through the website.

In addition to the website administration Geoff has been working closely with Bit Solutions to update the club telephone system, it is now far more efficient. In the last 18 months Geoff and others have completed the following:

- Introduced Office 365 to all BSRFC officers which provides a secure domain and club email system
- · Re-engineered the club WI-FI
- Provided the free BSRFC Guest WI-FI within the club
- Set up a TV Point and extended the WI-FI into the marquee
- Updated the Fire and Security alarm systems

In addition, Geoff is currently exploring the introduction of an app to replace the present membership bar card. A large number of the older aged membership could definitely be moving into the twenty-first century.

The website provides information on the upcoming fixtures of all teams and provides archives of playing records as well as 1st XV videos/photos of the games played.

Geoff's club responsibilities are not just the collection of membership fees at the start of a new season, they are also to ensure the club has the modern, comprehensive systems that will benefit everyone.



















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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.



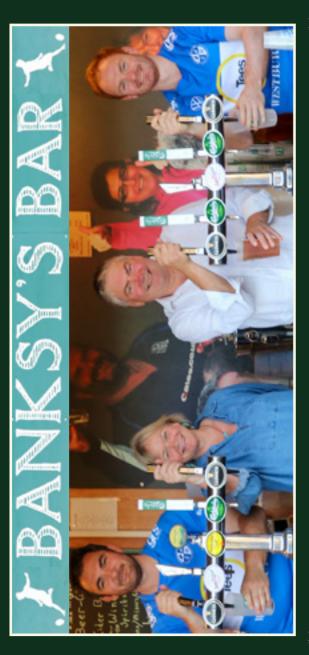




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