BLUES NEWS

KEEPING IN TOUCH - 22

DECEMBER 2022



This newsletter is



WHAT'S INSIDE

Letter from the President
Special General Meeting
U14 Bring a Friend to Rugby
Member Benefits

Project & Fundraising Update
Profile - Lozzie Price-Richards
Volunteer Support /100 Club
Chair of Minis - Sarah Tunstall

Mini Mascots at Kingsholm

NRFC Christmas Appeal

<u>Update from Senior Men</u>

<u>Pitchero - Keeping you up-to-date</u>

<u>Update from the Minis</u> <u>Supporting Samaritans</u> Newbury RFC Sponsors

If you would like to contribute to the next Newsletter, please email content to <u>David Jones</u>

Find it on-line ...
See it on-line...
Be part of it ...

Find out more about our club. See team news, match reports and photos, club information, sponsors updates and much more. Be part of our club and community.

www.newburyrugby.co.uk



Dear All

The Newsletter was originally set up to keep members in touch during Covid, when the Rugby Club was closed for nearly a year! It's hard to believe that was only 2½ years ago and we are now on Number 22!! Thanks especially to Sarah Thorne and Brian Lee who have given me great support in keeping this going.

The Club has travelled an incredible distance, on and off the pitch, since Boris announced his lockdown on 23rd March 2020. On the pitch, the Blues have continued to regularly entertain 350+ people on a Saturday, and this season have fielded 40 plus players. Now under new Head Coach, James McAvoy, Blues currently lie 5th in the league. However, Covid has seen a fall-off in players nationally and the Stags have struggled with the numbers this season. This has been made worse by an unprecedented number of injuries. We are trying to address that and give the Stags more support as they are vital to the Club's success and there are some great club characters in that team. As the injured players recover, that will make things easier.

Newbury Women have continued to fly since the Covid rules relaxed, and they have a magnificent 100% record this season and are top of the table. What a great team story and they certainly enjoy it to the full, playing for each other. They are a pleasure to watch and the commitment is total; no half-hearted tacklers in this team!

At Junior level this year we have introduced U12, U14 and U16 girls age groups and the juniors are very well supported. The Mini age group is also buzzing and 150 plus will be travelling to Kingsholm on New Year's Eve to play at half-time and be mascots for Gloucester's game against London Irish. I am sure the infamous and knowledgeable 'Shed' stand will give them 100% encouragement. What an honour for the youngsters, in front of 14,000 spectators!

Off the pitch, the commercial side has been an absolute revelation and we are delighted with the efforts post-Covid, of our new Manager Louise Endean and her team (Charlotte and Additta) who are working very hard to promote and generate the income our club needs to survive (over 72 different events at the club in November).

The unofficial Management Board which came together from club volunteers 3½ years ago has done an incredible job to reduce our running costs and manage the overall business. We are getting there, but it is constantly work in progress. We will now formalise the management structure so we will have a more effective control going forward.

The last league game of the season for the Blues is surprisingly 11th March this season, as they have shrunk the leagues to 11 teams. However, there will be the Papa John's Cup competition starting on 25th March, and both Blues and Stags have been entered. We will keep you posted when we know more, as this is a new competition set up by the RFU.

Moving on to sponsorship, and Robin Varley has done an amazing job. A huge thank you to all those companies and individuals who support us. We are a genuine amateur community Rugby Club, and your support is vital to keep the volunteers in the club going and providing amazing facilities for over 500 players. Any supporters still considering signing up for membership of the club will benefit from generous deals that are on offer through our sponsors for members.

The President's Appeal this year is in support of Volunteer Centre West Berkshire and Loose Ends. If you are able to donate any food or practical goods for these worthy charities, please leave at the Club Reception. They will then be distributed to the needy in our local community during December. Thank you.

Do keep an eye on the website to check timings for the annual Boxing Day Memorial game against Hungerford. This is always a wonderful social occasion and epitomises why we all love rugby so much

We hope you enjoy the various articles that follow in this newsletter. If you have any contributions for future newsletters, do please forward to me by email.

Finally, we wish you a wonderful Christmas and a happy and healthy New Year. Best wishes

David Jones - President



SPECIAL GENERAL MEETING



SPECIAL GENERAL MEETING THURS 15 DEC 2022

To: All Voting Members of Newbury Rugby Football Club

Notice is hereby given to all members of Newbury Rugby Football Club that a Special General Meeting of the Club will be held on

Thursday 15 December 2022 at 7.00pm

at The Clubhouse, Monks Lane, Newbury, Berks. RG14 7RW

Under Rules 11 and 12, the Committee is convening a Special General Meeting to give Members of the Club the opportunity to discuss previously announced proposals to fully constitute a Management Board, merging the group which has been operating informally for the past three years with the Trustees; and to approve necessary changes to the Rules.

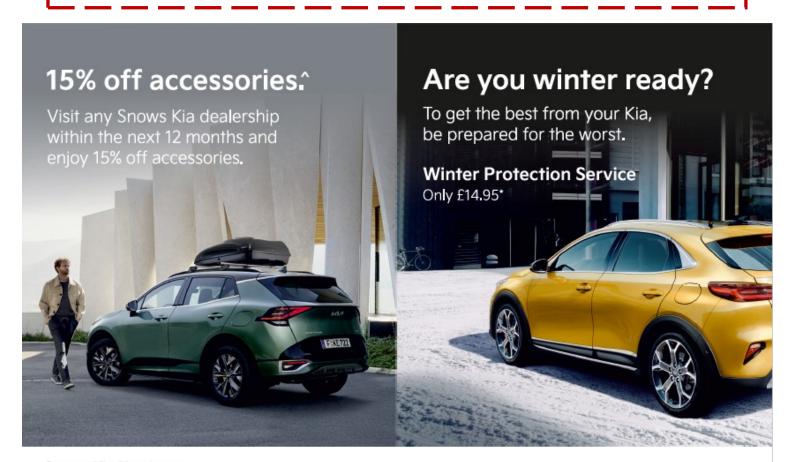
The changes to the Rules would come into effect once they have been registered with the Financial Conduct Authority; and elections would be held as normal at the AGM due to be held in June 2023.

A full explanation and the new rules being proposed will be circulated to Members before the 1st December 2022.

Christine Morrell - Secretary

Email via: www.newburyrugby.co.uk/contact

On behalf of Newbury RFC Committee



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^15% discount not available on 322GW Nextbase Dash Cam offer, Publication date December 2022.

^{*}The Snows Kia Winter Protection Service includes: Comprehensive check of Tyre Pressures, Comprehensive check of lights and electrical 12v Battery check, Comprehensive check anti-freeze and top-up if required, Comprehensive check of wipers, Top-up of washer fluid if required, Plus, if any car parts need replacing, we'll let you know, Snows Kia will only ever provide you with genuine Kia-approved parts.

U14S BRING A FRIEND TO RUGBY





"One of the best training sessions that the Boys have ever been involved in at NRFC"

The U14's hosted a "Bring a Friend to Rugby" Training session at NRFC recently and it was a massive success, with over 16 potential new players visiting Monk's Lane.

The morning started with a variety of warm up exercises, skills sessions and was then followed by some high intensity practice games where everyone got stuck in.

Throughout the morning, the U14's Coaches were supported by our First Team Head Coach James McAvoy and a number of our Men's First Team who were absolutely brilliant in the way they worked with the Boys.

Louise Endean cooked up some superb after match meals and awards were given out to the players for some of the "Moments of the day".

It was by far one of the best training sessions that the Boys have ever been involved in at NRFC and was an amazing advertisement for not only our Club, but also Rugby.

Thank you to everyone involved in making this day a massive success and we hope that our U14 Guest Players & Parents enjoyed themselves as much as we did.

U14 Coaches, Management, U14 Team & Parents.

MEMBER BENEFITS





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NRFC - Members Benefits



Being a member or becoming a member of NRFC not only supports all our teams but also gives you a number of club-wide benefits:-

- Free / Reduced Gate entry price (*):-
 - Free Gold Membership and Player's Membership.
 - Free Under 18.
 - £5 Blues Membership.
 - £5 Family / Senior Player Membership. (non-players over 18)
 - £5 Student Membership.
- A range of discounts across the club.
- Exclusive access to Sponsor and Partner Offers.
- Access to our International Tickets Ballot.
- Voting rights at General Meetings.
- Access to our Digital Match Day Programme.

Plus more benefits that will be coming forward through the season



* Non-members will pay full gate entry price - £7 *



PROJECTS & FUNDRAISING UPDATE



Over £62,000 now raised from donations / fund-raising (and match-funding)

15 projects now completed since August 2019

All monies raised are used to fund NRFC community-benefit capex projects

The current Good Exchange fund-raising year ends on 31st March 2023 and we have completed a further two projects Ytd and have two live projects (see below):

Current Live projects:

Description	Amount	Project No	Status	Comments
2 x New defibrillators	£2,722	18843	Project live Apr'22	Upgrading existing defibs with one to be located on top pitches £2,158 raised to date
Pitch maintenance	£3,298	19789	Project live Oct'22	On-going maintenance for top pitches £150 raised to date

To donate to any of the above, you can do so in one of two ways:

via Newbury RFC (and we will direct these onto one of the projects unless specifically requested otherwise) but PLEASE MAKE ANY CHEQUES PAYABLE TO THE GOOD EXCHANGE; or

via the following link: https://thegoodexchange.com, where you can donate to your preferred Newbury RFC project as shown above.

We have a further £12.7k of projects value available in the current GE Financial Year (ending 31st March 2023) to be able to maximise the full benefit of the Good Exchange funding scheme.

If you have ideas for new projects please let contact Steve Gibbs, Tony Lloyd or myself Rob Harris - 27/11/22



Our Pitch Maintenance



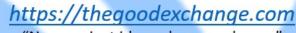
We need essential maintenance on all our pitches.

Our target is to raise £1,500.

With your support and that of the fantastic Good Exchange this turns into the £3,300 we need for the whole project.



Go the below website and look for Project No. 19777









BLUES NEWS - KEEPING IN TOUCH PLAYER PROFILE - LAUREN PRICE-RICHARDS (LOZZIE)



Multi tasking volunteers are so very important to rugby cubs and one of these at Blues is Lozzie Price Richards. Lozzie combines her role as Chair of Women's rugby and the under 18's manager with being an active player for the women's senior team. As often with someone who multi tasks in this way something has to give and for Lozzie this is she is not able to watch the under 18's play as often as she would like because the senior team's games take place at the same time as the under 18's games.

Lozzie is passionate about NRFC having been around the club since she was eight years of age, when her brother joined as a mini for the under six team. He played for a number of years through to the senior team and her father Hywel Price Richards was a former Chair of Rugby at the club. As she says, "My whole family is obsessed, I didn't really have a choice." Lozzie herself stared playing in 2017 but then had a year out with hip surgery. Lozzie is a utility back but currently plays at 10. She has played in most positions but not front row.

Secondary school at St Barts led to a Psychology degree at Exeter University and then a return to Newbury and eventually to the roles she currently undertakes at the club. At the time of writing the women's team has a 100% record, four from four and those who have seen any of the games will testify to the commitment and skill of the players. Competition for places is strong with forty two playing members on the books although this keeps growing. Lozzie says the ambition is to, "have enough fully fielded second team games this year so that we can enter a league next year." There is no question the women's game is growing but not only this, attitudes towards the women's game are changing as well, more fans are turning up to watch matches from grass roots right up to the Roses. "It's so amazing to see people talk about women's rugby with the same enthusiasm as they do men's."

The future of the game is clearly important and recruiting new players for the women's section has increased massively in the last couple of seasons. "We've hugely increased our social media presence and this has made a big difference. In the junior section we've had huge success with going into schools and running sessions and there are plans in place to do that for more age groups."

One measure of a successful team environment is the ability not only to recruit high quality players but also to nurture and develop younger players so they move on to play a higher level of rugby and this is exactly what has happened. "There have been players (from NRFC) who have gone on to England 20's team and some who are currently playing premiership rugby, but something I think is wonderful is the players who have finished with England 20's and premiership teams who have come to us and said just how much they love being part of our wonderful Newbury family."

The game is on a fast growth track and Lozzie was asked where she saw the game in fifteen year's time. "If we look at some of the issues going on at the moment with team's financial issues and premiership teams folding this is a difficult question. However, I know that grass roots rugby will continue to go from strength to strength. Rugby is an incredible game for women-it's empowering, it's inclusive, it's competitive and it's fun! There is a reason women's rugby is the fastest growing sport in the world."

Interestingly when asked about rugby role models growing up Lozzie mentions Sam Warburton, Shane Williams, Gavin Henson, Martin Williams, Nigel Owens, Beauden Barrett and Hannah Ward, "(aka my team mate

Tommy)." Two things here, there's no guessing Lauren's cultural roots but as significant is there is not one women elite player in this list. I reckon I'm on pretty firm ground saying that when the young girls currently playing rugby become adults, they will be able to fill this list with a host of well known, highly successful women rugby stars.

My thanks to Lozzie for taking the time to respond to the many questions posed to her and to wish her and the women's and girl's teams all the very best for the remainder of the season.



Brian Lee

VOLUNTEERS / 100 CLUB





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APPEAL FOR VOLUNTEERS

WOULD YOU LIKE TO HELP ON A BLUES MATCH DAY, ON A SUNDAY OR AT ONE OF OUR CLUB EVENTS?

We always need more volunteers to join our team of helpers. If you are able to help in any way, you will be able to spot me at the club in my 'Volunteer at Newbury RFC' t-shirt in the coming weeks or please contact me at lan.west1964@btinternet.com. Thank you.

Ian West

Newbury RFC Volunteer Coordinator

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BLUES NEWS - KEEPING IN TOUCH SARAH TUNSTALL - CHAIR OF MINI'S / MEMBERSHIP SECRETARY



The list is almost endless, Beatles, Gerry and the Pacemakers, Elvis Costello, Cilla Black, Echo and the Bunnymen, Frankie Goes to Hollywood, Lightening Seeds and so on. The tourist economy of this city is heavily reliant on the first band in this list and to get inside the childhood house of John Lennon, the National Trust, whose care it's in, suggests you book up, "well in advance." On a personal note, I've never been to Liverpool but those who have says it's a great place. One of these is our current Chair of Mini Rugby, Sarah Tunstall. Sarah spent three years in the city as a student studying Geology and Physical Geography at the University of Liverpool and had, "A fantastic three years enjoying the city."

Born in Farnborough, Sarah moved to Newbury when she was nine, a family relocation for her father's job. As a girl Sarah went to St Barts and after her three years in the North West returned to Newbury. At school Sarah said she dabbled a bit with netball and lacrosse although, "My hand-eye co-ordination or rather lack of it



meant I never got very far! However, I did do a lot of swimming back when St Barts had their own pool." Light self-deprecation, I love it and it suggests a lot about Sarah's down to earth attitude and lack of ego.

Sarah comes from a rugby family. "Rugby has been part of my life for as long as I can remember. My Dad played for Old Beccehamians in West Wickham and in fact was instrumental in setting up a youth section there back in the late 60s! He then became a referee and my Saturdays are full of memories of full English breakfasts before he set off. I also have many fond memories of glasses of coke and cheese & onion crisps in the rugby club bar, all offset by the smell of deep heat!" Of her own playing experience Sarah says, "I played briefly with the ladies Social/Development team pre-pandemic, but that's the total of my playing experience - maybe one day I'll give it another go."

Like a lot of volunteers at the club, Sarah became involved when her eldest son started playing with the under 7's about ten years ago and even though she no longer has any children playing at the club she remains involved. Starting out as age group manager following both her sons through from Under 7's to under 12's, Sarah became Fixtures Secretary for the Mini Section about six years ago and then in late 2020, "Had the honour of becoming Chair of the Mini Section." Like a lot of volunteers, when involved, other jobs seem to come your way and she picked up the organisation of the annual Mini's Festival, "Which always manages to be the most stressful event of the year, but always seems to turn out brilliantly!" Currently Sarah is Chair of the Mini Section and Membership Secretary.

"So far my favourite memory (at the club) is last season's Mini Festival, the first one back after the pandemic, this was a huge success and seeing all the clubs and their players back at Monks Lane was an amazing feeling and definitely a moment I'm proud of." Starting the response with "So far," suggests Sarah's involvement with the club has a long way to run. Hopefully this will be the case and that there will be many more favourite moments in future, although I'm guessing committee meetings are not going to be numbered amongst them! One thing Sarah is currently working on is trying to engender a bit more cross over between the seniors and minis. Through nobody's fault, this has proven to be a challenge for many years and unlike a small village club not everyone knows everybody else involved at NRFC. This is one of the consequences of having so many members and players in the mini, junior and senior sections, both boys and girls, men and women and this is where effective communication is vital to ensure all members feel involved and know what's going on at our club. Individuals will have different thoughts on this and I know any suggestions on how to improve communication will be welcomed by the management group.

So, all the best Sarah for this and many more seasons and thank you for your contribution to help ensure young boys and girls have the opportunity to get involved and play rugby. The numbers on a Sunday morning are impressive and to see so many youngsters enjoying themselves is a heartening and warming experience, and even better, just, than listening to the second side of the Beatle's album Abbey Road. Here's to Scousers everywhere.........

Brian Lee

MINI MASCOTS AT KINGSHOLM / CHRISTMAS APPEAL



London Gloucester trip I am not sure if you are all aware of the trip, but through Charlie Liverton (dad of George in U7s who has connections with the CEO of Gloucester), we have been invited to be mascots and play tag rugby at half-time. There has been a great response from the kids and the parents across U6 and U12. Sarah has done a great job at getting the word out there and making tickets available through the club shop (thank you for supporting this BTW).

We are expecting to take about 200 to the match (70-80 players and 120-150 parents/supporters). It should be a great day out and an incredible experience for the kids to play in front of 14,000 people. It would be fantastic if you are able to make it as well. It is New Year's Eve, so I am sure some of you have wild parties to attend, but you are very welcome to join in the fun with the minis if not!! Many thanks again

Simon (U6s coach)



NRFC Christmas 2022 Appeal







We need your food and essential items so we can support the local community in the lead up to the New Year. Please donate at the club and we will redistribute it.





"Last time we kept Dave Jones busy so lets look to repeat this."



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BLUES FAMILY - MEN'S RUGBY



Coaching/Management View

The Newbury Pre-season was a successful venture, with new and old faces arriving at Monks Lane in July for an unusually hot two-month spell. Training saw great improvements in skill level and game understanding; however, difficulties were faced with the hard-ground, cancellation of fixtures and lack of contact. Newbury had two successful fixtures against Bournemouth RFC and Basingstoke RFC through this period.

The goals for the season to gain a top league finish and development with depth of the squad would certainly be tested.

After a difficult start to the season, which saw the Blues face injury and availability issues the team learnt valuable lessons in their first three games. After that initial period, the Blues have got back on track and have won 6 out of 7, unluckily losing at Witney by a single point. In terms of the goals for season, the Blues have blooded 16 players on debut and developed some new talent which is excellent. In terms of the league, a top 3 finish is in sights and the goal for the completion of the season. Second place is up for grabs between, Stow on the Wold, Witney, Tottonians and Blues, 7 points separate 2nd and 5th.

It is also great to see that in most of our games we have had at least 11, 12 or more local Newbury players who have come through the mini/junior and Colts system

Player wise this season we have had Blues debuts for 16 players, Blues have used 38 players in the first 10 games which is a great sign our squad is getting stronger, and hopefully mean when we are not suffering so badly from injury and unavailability the strength of the Stags team will be awesome. Talking with the other teams we have played; injury and unavailability seems to be a common problem, sadly a sign of the times post covid.

It is also good to see we are still getting new players turning up at training, some of these have moved to the area and some are returning players who came through juniors and colts and then stopped playing for one reason or another but after a break have decided to start playing again

Stags have had a difficult start to the season suffering from the injuries and unavailability meaning we never have a consistent side; this will hopefully improve as players come back from injury and the unavailable number decreases. The spirit and ethos is high and group leaders are keen to expand this area to promote inclusion for all in this environment. We have clearly shown that if a Stags player is playing well they will get their opportunity in a Blues shirt.

The change in having Colts train with us on training nights last season has continued this season and has proved successful with the new Colts players this season, who have enjoyed training with the seniors and getting to know the senior players, feedback from Colts parents is also really positive, let's hope this leads to lots more young players coming through and playing for Blues, Colts Hayden Beal, Charlie Lewis and Ben Kaesser have played for the Stags this season when not on Colts duty and have put in great performances.

This season see's a change to the format, as the leagues are smaller numbers after the RFU restructure, the league season ends on 11th March and then there is a Cup Competition - Papa Johns Community Cup, looking like a straight knock out competition at our level. We have entered both Blues and Stags, so let's hope for some great home cup games

Let's hope for a great second half of the season 2022/23 and good cup runs to sign off the 2022/23 season. We look forward to the 22 round fight and taking teams to deep water.

Final note a great big thanks to our tremendous supporters who always outnumber the oppositions whether home or away.

James McAvoy - Head Coach Newbury Blues RFC

BLUES' STATS FOR FIRST HALF OF THE SEASON



Regional 2 Tribute South Central (Level 6)

Played 10, Won 6, Drawn 0, Lost 4

League position - 5th

Points for 305, Points against 211

Average points for 30.5, against 21.1

Try bonus points 6, losing bonus points 3.

Top Try Scorers, Michael Klichowicz (7), Miles Albert (5), George Butler/Josh Winfield (4), Jonny Lees (3)

Most points - Dan Thorne 86 pts

Total Try's scored 44, Forwards 15, Backs 29.

19 players have scored try's

38 Players have played for Blues so far this season

Blues Debuts - 16 Players — Miles Albert, Freddie Beharrell, Sam Bramall, George Butler, Joel Cripps, Jacob Checksfield, Ashley Doel, Alex Harris, Tom Haynes, Tiarnan Kelly, Henry Sandys-Lumsdaine, Ali MaGee, James McAvoy, Leroy Pyke, Jordan Ruddock, Jamal Watson.

Played all 10 matches - 2 players - Josh Winfield & Jamie Futcher

Blues milestone caps achieved this season – Robbie Drysdale 200 caps.



UPDATE FROM THE MINI SECTION



The season has started really well, even the weather has mostly been kind to us! We have seen new players arrive across all age groups and many returning faces.

So far, we've hosted 3 teams for shared sessions, had groups attend festivals at Henley, Reading and Reading Abbey, plus the U11s and U12s attended the Land Rover Cup competition at London Irish.

We've also had a brilliant Hallowe'en party – the only day the weather really wasn't on our side – where the groups got to train under the floodlights on pitch 1 despite the pouring rain and then enjoy a disco while parents made full use of the bar downstairs! This is the first big social event we've been able to run for a few years and it was great to see all the children and families back in the Clubhouse – can't wait for the next one.

We're all looking forward to the second half of the season with fixtures planned and more festivals to enter and of course our own festival on the 16th and 23rd April

As always none of this would be possible without the amazing team of coaches and managers we have – thank you. And if anyone out there wants to be more involved, either directly with a team or with upcoming events please let me or your Team manager know.

Sarah Tunstall - Mini Section Chair

Newbury U6

The 2022-23 U6s are a great group of players, we have a group of around 40 regulars, and boy are they loud!! You can probably hear them from the clubhouse when they are playing bulldogs. For many of them it has been their first go at rugby, and they are taking to it like ducks to water. The U6s training session are a huge amount of fun and we have an absolute riot every Sunday morning!

We have some really promising players, and I am regularly turned inside out by a jink and a sidestep, or simply outstripped for pace. Maybe that says more about the physical attributes of the coach than the players!! In the first part of the season, we introduce the players to the basic elements of rugby; passing, catching, running and defending. We also play some mini-games of tag (with a loose interpretation of the rules) to get them to understand the concept of the game, support play, and defending as a team. This is a lot to take on board for 5 and 6-year-olds, and I have to say, they are absolutely amazing! It is really starting to click and with the help of the incredible coaching team, we have seen some excellent rugby and real natural talent come through. We were very lucky to have Oxford Harlequins join us for a training session and the Newbury Blues U6s really did the club proud!

We are all looking forward to kicking on from where we are now for the second half of the season, to get the players confidently running, passing and supporting the runners. We have a great opportunity on New Year's Eve to show off our skills to the crowd at Gloucester v London Irish, as many of the U6s will be representing Newbury RFC along with the rest of the minis section by mascotting and playing tag rugby at half time at Kingsholm Stadium. I would like to thank all the parents for their great support this season, and a special thank you to the coaching team for their endless enthusiasm and generosity with their time. I hope you all have a very Happy Christmas.

Newbury U8s

Newbury U8s have had a great start to the season 22/23, with regular Sunday morning training sessions which have included a number of local teams. We have also attended a couple of festivals, where our run of going undefeated has continued, this is testament to a great group of talented young players that listen during training and put into practice during a match all the things they have learnt! Key strengths this season has been our offensive play, where quick offloads and great support has meant we have scored lots of tries. The players work in defence has been just as impressive, making it hard for teams to score against us.

What we do need is to recruit some more players and another couple of coaches, as numbers have dwindled since the start of the season! So if anybody knows of people who wish to get involved with Newbury U8s rugby, then please reach out to us, as we would love to hear from you.

It's onwards and upwards from here as we look forward to the 2nd half of the season, where we will have many more opportunities to train and play against other clubs and lets hope we can finish the season with an unbeaten record! Best wishes,

U8s Coach Andy Hurley

UPDATE FROM THE MINI SECTION



Newbury U11s

Newbury Under 11s have had a successful start to the 22/23 season. We've gained some new players over the course of these past few months, who have all fitted in well with our training group.

New rules mean that we can now kick the ball – both a blessing and a curse at times! A number of players are now starting to show real prowess with the boot, after a bit of trial and error at the start of the season.

Key to our training this year is working on our rucking skills and our positional play, as this is key to retaining ad winning the ball, and then getting all players involved in each phase.

We've attended several festivals already this year, including Henley and Reading, and have had our first day away at a Landrover cup match.

Joint training sessions are always good fun, and we've both had teams from Swindon and Oxford over to train with us, whilst we have most recently visited Reading Abbey.

We had a fantastic turnout for the Halloween evening. An initially damp (read – drenched!) evening saw about twenty of our players enjoying playing under the floodlights before heading inside for sweets and disco fun. At Newbury it wouldn't be a rugby Halloween event without a downpour or two!

We're looking forward to more festivals over the rest of the season and taking our rugby forward into the New Year.





SUPPORTING THE SAMARATHON CHALLENGE



SAMARITANS

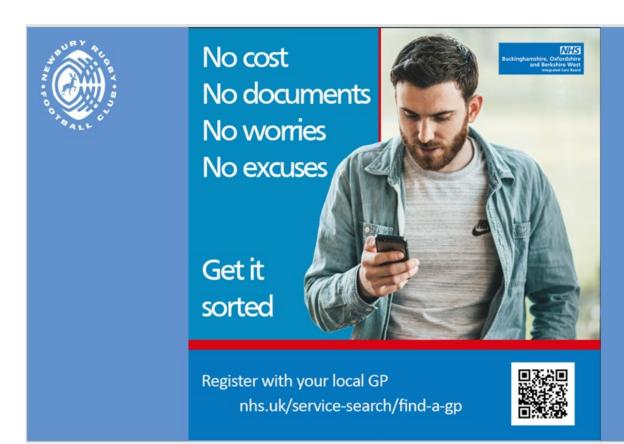
I have been aware of the association of <u>SAMARITANS</u> with our club for a good few years. The charity has actually provided significant support to the Club in so many ways and in 2019, that inspired me to train to be a volunteer listener. Then, during the month of July, and for the second

consecutive year, I took on the 'Samarathon Challenge'. Quite simply, you have the 31 days in July to complete a full 26-mile marathon. In my case, the month started with a minor knee injury and it was the 10th July before I got my first run underway. Then I managed to run for 7 more consecutive days, 3 and a bit miles (5km) each day, until I finally completed the full Marathon. The event sets a fund-raising target of £150 per participant. I wondered if I could get near that. It has been a tough year for us all and the cost of living was affecting everyone. Every day, I made a short video commentating on my progress, which was then loaded onto the Samarathon Facebook page. As it turned out, these short videos had quite an effect, and the sponsorship started rolling in. Within the first two days I had achieved the initial target of £150. After that, I had to increase my target several times until I eventually achieved £700 in total. I was absolutely amazed.

I believe over 20,000 other people took on the Samarathon Challange this year, and over £1m was raised. For my own part, I got a little bit fitter. Moreover, I was able to pay back a little to the Samaritans Charity, who have supported our Club so well over the years.

Thank you, Samaritans - Newbury Branch

Alan McDermott





** Correct at 20.10.22*



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Best wishes for a Merry Christmas and a happy & healthy New Year