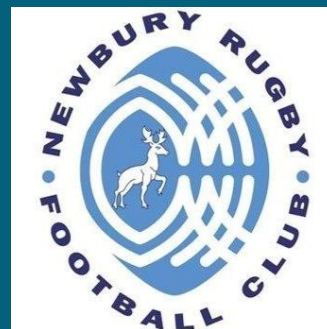


BLUES NEWS

KEEPING IN TOUCH - 1

8th April 2020



WHAT'S INSIDE

Latest Club update
Our Frontline Heroes
Mini & Junior page
Puzzle Time
Personal Profiles
Help in the Community
Coaches' Corner
Coping with self-isolation
Picture quiz

100+ CLUB

This month's winners:

1st - Neil Pennington £81
2nd - Dan Thorne £38
3rd - Liz Drysdale £21

Support the Club from just £2 a month by signing up [online](#). You can buy up to a maximum of 10 monthly tickets.

KEEPING IN TOUCH

If you would like to contribute to the next Blues News, please email content to any of the following:

[David Jones](#)
[Brian Lee](#)
[Sarah Thorne](#)

For the latest club news visit the NRFC website

**NEWBURY
RUGBY CLUB**

LATEST CLUB UPDATE

Keeping in Touch is all about keeping our Blues Family together and helping each other where we can. We all have a role to play to support our club and you can play your part. How can you help and how are you surviving? Are you a bit stir crazy or bored by now? [Get writing and let us know what you are up to - constructive or funny.](#)

I hope you all managed to read the latest update [email](#) from Chair, Louise Goodall. It was obviously a very disappointing early end to the season playingwise and also financially, with several of our biggest fundraising events cancelled. The length of this crisis is unknown and how long it will impact on our club, but we do have a much better financial analysis and structure in place than 9 months ago, so we are confident and positive for the future.

[Please support our amazing Community Members owned Rugby Club - it's yours to help!](#)

Please be aware that the club is closed for all recreational purposes, including the grounds and **MUST** not be used for any activity, including dog walking. Please respect this and act responsibly. Part of the club is let to West Berkshire Council and the Ambulance Service, both of whom are involved in helping the vulnerable and providing frontline help in this crisis and we need to ensure their isolation safety and do not impinge on their ability to help us through this as quickly as possible. THANK YOU!

DAVID JONES - President

OUR FRONT LINE HEROES

Feature on our Club members working in the NHS, essential services and volunteering. Do forward any contributions to [David Jones](#).

NHS Hero - Charlie 'Patrick' Dodd

(Charlie pictured with Lizzie Price-Richards)

I work as a Mental Health Nurse in a Psychiatric Intensive Care Unit in Basingstoke. I'm currently going about my job as usual, except overheating from the PPE and just picking up a couple (many) additional hours...but I love it and wouldn't change it for the world (except minus Covid-19). It's amazing being able to work with patients when they really need us, and being part of the team that starts their recovery. A huge bonus at present is being able to tell my patients that everyone in the UK is currently on lockdown and they are the only ones with access to a gym! A lot of funny things happen, but unfortunately they're all completely confidential so I'll leave it at that! **CHARLIE**

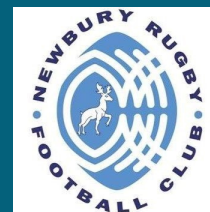
P.S. We are going to be wearing scrubs so I'm basically on Greys Anatomy.. there are some positives in this pandemic.



KEEP IN TOUCH, KEEP FIT AND KEEP SAFE!

BLUES NEWS - KEEPING IN TOUCH

MINI & JUNIOR SECTION



MINI SECTION

Hello Mini Group. As a parent myself, I wonder if we are the most challenged group in the whole club, trying to keep our young children entertained during this period of isolation. Perhaps like me, you are struggling with home schooling. My respect for those in the teaching industry has increased considerably over the past few weeks. Exercise and maintaining fitness is another vital occupation for us, not to mention developing rugby skills. I see now that all of the community play grounds are closed, adding to the frustration. Ball play inside the house should not be encouraged, but we must be thankful for the good weather we are having. I would encourage you all to get out in the garden if you can, or better still, the bridle paths and country paths are still open to all. We have been getting out each day. We take the dog and a rugby ball. There are literally hundreds of good walks around Newbury. Whatever you do, try to keep fit and active, and stay well.

ALAN MCDERMOTT - Chair of Mini Section

PUZZLE TIME

Make as many 3 and 4 letter words as you can out of:

NEWBURY RUGBY CLUB



Unscramble the following to reveal some Blues opposition:

- EREUIRSTIXEYNEVT
- ACNESUNTLO
- NMEAPOOTHK
- TWEMRNRASPESEOU
- RSNBALATEP
- IDAEDAHEMN
- BDRGIYEVI
- MENRCOAB
- ROYBODRK
- XHTMUEO
- CLLEBKANR
- HIXBAMR

JUNIOR SECTION

Although it was an abrupt end to the season, the U14 boys did really well this year and it was a good season. The 'B' team won the Berkshire Development Cup on 15th March, beating Rams no less, 19-15. The 'A' team were in the final of the Berkshire Shield against Bracknell but it was cancelled.

There will be no end of season presentation ceremony this year but I'm pleased to announce the following awards:

Players' player - Ollie Jones

Coach's player - Bailey Rollins

Clubman of the year - Nathan Salter

Most improved player - Cameron Ingoe

Best try - Cayden Clark

Best new player - Jack Bone

Congratulations to them and all who played this year. We had great fun coaching you and thanks for turning up every Sunday.

We look forward to seeing you all next season!! Keep fit!

A special thanks to Chris Smith - Chair of Juniors, for all his hard work and support during the season.

STEVE LEONARD - Manager of U14s

JUNIOR JOKES

Best joke dad told you

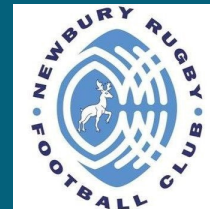
Best joke mum told you

Email your entries to [David Jones](#). The winning entry will be printed in the next edition of Keeping in Touch.

KEEP IN TOUCH, KEEP FIT AND KEEP SAFE!

BLUES NEWS - KEEPING IN TOUCH

PERSONAL PROFILES FROM ACROSS OUR BLUES FAMILY



SENIOR MEN



OSCAR ASTBURY

Playing history: Centre/Wing/Full-back; Coleg Llandrillo, Colwyn Bay, Hartpury College, NRFC
Favourite song: Can't Stop by Red Hot Chili Peppers as it's their opening song on their live set.

Most admired person to invite to dinner: Shane Williams because I started playing after realising the smallest guy on the pitch could be the star!

Most surprising fact about yourself: My great grandfather played football for Wales, Liverpool and Chester, earning the most caps for Chester. He remains a legend at the club.

Favourite rugby moment at NRFC: Captaining the Stags away at Windsor and earning a try bonus point with the last play of the game

Additional Info - Oscar is the most recent senior player to join NRFC and has impressed with performances at centre and full back. He made his debut for Stags against Abbey II where he won the first of his three man of the match awards. He is one of the rising stars to look out for next season.

SENIOR WOMEN



MEG MASON

Playing history: No 10 and current Captain; I started playing rugby at Sutton & Epsom RFC in 2000 and then played at the University of Birmingham. I had a few years rest due to work before joining Newbury RFC in 2015. I've also been lucky enough to represent the British Police team.

Favourite song: Such a difficult question! For a night out probably 'The Way I are' by Timbaland, but for any occasion 'Sweet Home Alabama' by Lynyrd Skynyrd.

Most admired person to invite to dinner: Jonny Wilkinson

Most surprising fact about yourself: I've played rugby in Hong Kong.

Favourite rugby moment at NRFC: Every time I get to run out as Captain of this amazing group of players.

CLUB OFFICIAL



LOUISE GOODALL

Playing history: 1991 Overton RFC – mixed youth team (age 11); 1993 -1998 Overton RFC – first women's team (age 13); 1998 – 2004 Newbury RFC; 2005 – 2006 Alton RFC (premiership); 2006 – 2008 Henley RFC (premiership); 2008 – 2018 Newbury 1st team; 2018 – current Newbury Socials
Favourite song: Say hello, wave goodbye

Most admired person to invite for dinner: Doddie Weir

Most surprising fact about yourself: Played prop in the first league game of the season, 4 weeks after giving birth!

Favourite rugby moment at NRFC: Off the pitch, being recognised as a Life member, a very proud moment. On the pitch, the many league promotions I have been a part of.

Additional information: So have been playing for nearly 30 years, I'm a big supporter of rugby at all levels. I also have to spread my time across being a mother of 3 children, a wife of a rugby coach and a business partner in "Shabby Barn" and peacock keeper! All of which keeps me very busy.

BLUES SUPPORTER



MIKE JARVILL

Playing history: Having been born in the northern lands, my early experiences with rugby was playing rugby league at Junior level through school and following York Wasps around the counties of Yorkshire, Cheshire, Cumbria and Lancashire. My favoured position was scrum-half followed by Stand-Off. I did not like playing in the scrum but didn't mind centre or wing. Deteriorating eyesight put paid to any future rugby career, so I had to contend with supporting from the terraces and spending most Sunday afternoons either attending the home games at Clarence Street or travelling in Yorkshire or across the Pennines.

Favourite song: Tough choice but go for Jocelyn Square by Love and Money

Most admired person to invite to dinner: In Newbury - Trevor Coles; Outside Newbury - Sir Tim Berners Lee.

Most surprising fact about yourself: Apparently I am a compulsive hoarder!

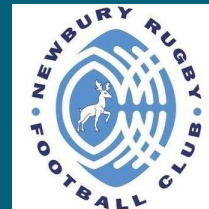
Favourite rugby moment at NRFC: The last minute victory against Swindon when added on time seemed to last for years and Blues scored the last gasp try in Blues Corner! (date.....)

Additional Info: Career choices required a move to the south and included time in Kent, Surrey and Sussex before finally arriving in Newbury in 2003. An invitation to attend a home game was accepted. The odd home game became every game and started to include away games. Now it is every game.

KEEP IN TOUCH, KEEP FIT AND KEEP SAFE!

BLUES NEWS - KEEPING IN TOUCH

HELP IN THE COMMUNITY / COACHES' CORNER



HELP IN THE COMMUNITY

Geoff Fisher is providing fruit and vegetable boxes for collection from their Hambridge Lane depot. Order online on the [Fishers of Newbury](#) website. Geoff has also been making weekly fruit and veg donations to NHS staff at Newbury Hospital.

Brian Lee is offering free A Level Economics tuition - There are no A Levels this summer but if Year 12 or Year 13 students would like to consolidate some analysis before going to university, Brian Lee will be offering free tuition. This could be via Face Time, Zoom, Whatsapp or email. For child protection purposes, initial contact must be made by parents/guardians. Email: brianchapel@hotmail.com; Tel: 07740351507

Newbury RFC Commercial Team have donated food that had been prepared and frozen for players' meals, to the local homeless charity Loose Ends. The donation was enough for 200 servings and was very gratefully received by the charity.

COACHES' CORNER

BRIAN LEE - Stags Manager

So that's it then! Disappointment that the season won't be completed, but that pales into absolute insignificance at present. Welsh and Scottish Rugby Unions declare season null and void, no promotion or relegation. The RFU take a different stance and have applied some mathematical formula, based on season's results to date, to decide promotion and relegation which put us second from bottom in South West Premier. So it's back to SW1 East next season. Head coach Paul Archer reflects on the season thus.....



The overwhelming emotion is one of disappointment - irrespective of league positions, we love playing rugby as a team and not getting the opportunity to pull on the blue jersey hurts.

This is especially gutting with the league positions as were. The Stags have cemented 2nd place in their league - a fantastic achievement - and miss the opportunity to finish the season with a flourish. The Blues have to live in a 'what if' scenario - our form since Christmas had been much improved, and with the elements now supporting our style of rugby I'm confident we could have had a strong run and put ourselves in a great space to stay at Level 5.

Ultimately we started too slowly, and we will need to reflect on that and what we have learned from this season to put ourselves in the best possible position to improve across the senior squad next season - be more confident, build the skill levels of more players and be more tactically adaptable.

I'd just like to finish by saying how proud I am of the senior team - from the great work of the medical staff through the hard work and strong thinking put in by management and coaches, and finally the players - the seasoned veterans (including Dan Thorne and his 200th cap) and the new young blood. They all put everything into Saturdays - pride in the shirt and willingness to play for each other. My honest belief is that this is not as common as some people would have you think and only some clubs really get this right - for me it is of critical importance for building a sustainable, successful club over short term glory.

Thanks to you, the supporters - our 19th player, the best crowd in the South West for sure! I hope that we made you proud and you enjoyed watching us this season. We will continue to work hard and provide you with the entertainment you deserve.

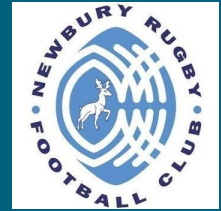
Until next season! Cheers.

PAUL ARCHER - Head Coach

KEEP IN TOUCH, KEEP FIT AND KEEP SAFE!

BLUES NEWS - KEEPING IN TOUCH

COPING WITH SELF-ISOLATION



WHAT ARE YOU DOING TO KEEP YOURSELVES AMUSED AT HOME

(Either as a family or individually)



The Blues family is strong and continues despite the current lockdown restrictions. The senior players continue to meet, albeit in virtual fashion and were keen to do something to support critical frontline workers. Many of them have now 'braved the shave' in support of the 'Shave Donate Nominate' campaign to support our NHS. For some there are concerns about whether it will grow back !!

How many of them can you recognise?! Who will be next?

Would you like to join the campaign or support those who have? For full details of the campaign and how to donate via Just Giving, go to the [Shave, Donate, Nominate](#) page.

The boys would like to say a huge 'THANK YOU' to all those who have already sponsored them and supported this great cause.



WHAT HAVE THE LADIES BEEN UP TO?

We've certainly been making the most of Zoom with bi-weekly HIIT sessions courtesy of our resident PT Devon Holt, 'Floga' with Flo Piddington, Lizzie Harris' very own version on Zumba which mainly involves dressing up in 80s style tight and bright aerobics outfits and wiggling our hips, weekly Kahoot quizzes with players taking it in turns to write the questions (previous rounds have included Corona beer, the colour blue, Blues Ladies players, rugby laws, and a guess-the-player-from-the-action-shot photo round).

Free resource in the form of the [Burf Academy 'Lockdown Squad' programme](#): This is a free programme from England Women's player Rachael Burford. In place of her usual Burf Academy day camps, she's made a rugby skills and training programme for everyone to do from home. Suitable for all ages. There are daily videos, drills & skills, challenges & prizes and a downloadable progress pack - rugby fun for all the family.

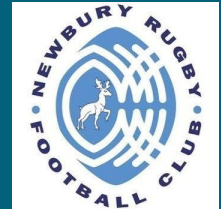
Jess's charity miles: Ladies player Jess Page was due to run the London Marathon this month in aid of the Haemophilia Society. As the marathon has now been postponed, Jess is taking a new approach to meet her fundraising target and help a charity very close to her heart. With the help of friends, family, colleagues and NRFC, Jess is aiming to run 700km in April, to celebrate the fact the charity turns 70 this month. There's a catch, Jess is looking for people to donate their daily exercise kms to her cause, and monetary donations if people are able. Each time you go out for your daily walk or run, or simply do laps of your kitchen or garden, please take a note of the distance and send it to jessica.page1@hotmail.co.uk. This is the [fundraising page](#).



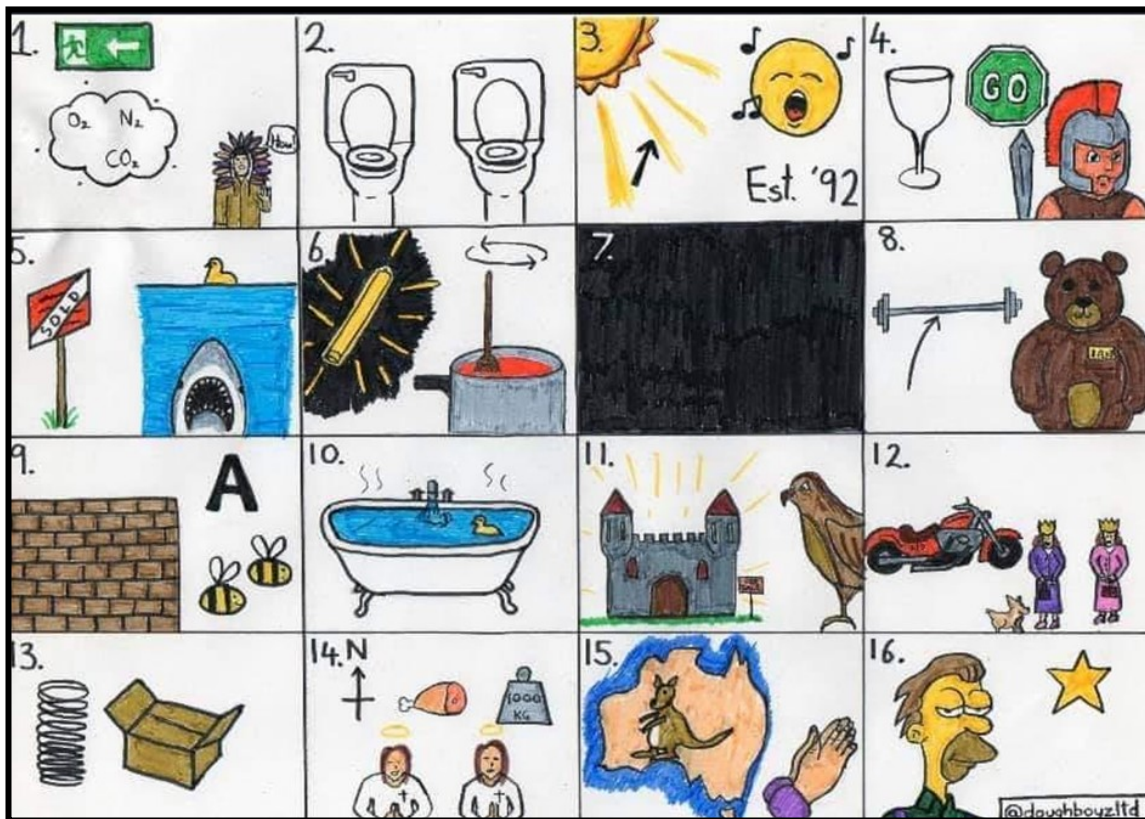
KEEP IN TOUCH, KEEP FIT AND KEEP SAFE!

BLUES NEWS - KEEPING IN TOUCH

QUIZ TIME (answers at bottom of page)



GUESS THE RUGBY TEAMS FROM THE ILLUSTRATIONS



KEEP IN TOUCH, KEEP FIT AND KEEP SAFE!

ANSWERS

RUGBY TEAM ANSWERS			
1	Exeter Chiefs	9	Wallabies
2	Toulouse	10	Bath
3	Racing 92	11	Newcastle Falcons
4	Glasgow Warriors	12	Harlequins
5	Sale Sharks	13	Springboks
6	Gloucester	14	Northampton Saints
7	All Blacks	15	Ospreys
8	Barbarians	16	Leinster