

FEATURED CLUB

KINGSWOOD RFC

Kingswood are in celebratory mood. They have just had their accreditation updated and received club mark status.



Left to right - Mark Oakley (Club Captain). Derek Golding (Chairman). Rich Caines (President) Roger Windsor, Nigel Gillingham (GRFU)

With a new 25-year lease and planning permission for 4 new changing rooms, the club is looking to upgrade its existing changing rooms, the club house and car park and include additional floodlights. It all amounts to a comprehensive re-development programme. Chairman, Derek Golding, was recently a finalist in the Crabbies National Awards for a Lifetime in Rugby and Roger Windsor received his GRFU Gloucestershire Award (pictured above) from Nigel Gillingham, RFU Council Member for GRFU.



Oli and Derek Golding

On the playing side, Kingswood has its first ever U18 girls' team and first colts for 15 years! With the appointment of Leo Costello as Backs Coach, alongside Head Coach, Dave Tomlin, playing in Wadworth 6X Gloucestershire 2 South, Kingswood is hoping for success in that league.

KINGSWOOD 02 TOUCH GOES FROM STRENGTH TO STRENGTH TOO



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A six-week touch demo was launched by the RFU to encourage more people into rugby on a more accessible level and Kingswood Touch team was launched back in 2013.

Seniors, mums and dads from Kingswood RFC all had a go and thoroughly enjoyed it! So much so that when the gents returned to their pre-season training, gearing up for the new season of contact, a group of enthusiastic mums decided it was too good an opportunity to miss. The official launch of Kingswood RFC Ladies (at that time) was celebrated in March 2014.

Under the supervision of Mike Panoho, the club became an 02 Touch Centre in June 2016. This has proved a useful addition, both financially and socially, helping attract more players to the club through social media presence.

More recently, Kingswood took advantage of the glorious summer & held its second touch tournament. A number of local teams across Bristol were invited to join in a morning of touch rugby. This was a great success & will definitely be repeated in the summer of 2019.

As Autumn approaches, the touch team is back playing competitive touch in the Bath League. If you fancy a run round with the team, training is on a Wednesday from 6:30pm & continues throughout the year. Kingswood is very proud of the fact that it is very much a team effort and lucky to have really motivated, dedicated people who make it what it is. They have members who have been there from the start, 5 years ago and have also gained so many new friends along the way who they have welcomed to the Kingswood RFC family!

KINGSWOOD OLD KODGERS RACE TO GLORY – WELL, OK, WALK TO GLORY!!



Kingswood Walking Rugby Group

With Walking Rugby winning Kingswood multiple accolades, the club can claim that they are offering rugby from the ages of 6 to 66 for all abilities and each sex.

Walking Rugby, for those not familiar with the game, is a low impact, simplified version of rugby played at walking pace. It is aimed at those over 50 with an emphasis on fun & inclusivity.

KOKs have been meeting & playing since the spring of 2017. It came about after a couple of ex Kingswood RFC players got a taste for the game, having attended Walking Rugby sessions at Ashton Gate under the auspices of Bristol Community Foundation.

Initially, consisting mainly of ex Kingswood RFC players, the group has evolved and is now made up of ex-players from quite a number of clubs, with players of both sexes who had no previous knowledge of rugby. They also host a number of players with special needs & disabilities. The group meets to train & play every week, as well as playing other walking rugby teams on an individual basis. Where practicable, they take part in all the walking rugby festivals within reasonable travelling distance.

Despite KOKs being such an inclusive group, they have been very successful in all of the tournaments they have entered & have established a reputation as the team to beat.

There is also an active social side, which usually includes eating & drinking, but mainly having fun & making sure everyone gets the chance to enjoy themselves.

Although they play very competitively against each other & in tournaments, their absolute commitment is to getting exercise in a light hearted & inclusive atmosphere.

Honours to date:

Winners 2017 Bristol Walking Rugby Festival

Winners 2018 Salisbury Walking Rugby Festival

Winners 2018 Kingswood Walking Rugby Festival

Winners 2018 National Vintage Games Walking Rugby

Runners up 2018 Devon RFU (Topsham) Walking Rugby Festival

Gloucestershire Rugby News