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Saturday 18th January 2020 Kick Off 2.00pm



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Training nights

Seniors - Tuesdays and Thursdays 7pm

Mini (U12-U6) - Saturdays 10am

Youth (U16-U13) - Wednesdays 7pm

Ladies and Girls - Wednesdays 7pm

Little Scrummers (2-6) - Saturdays 10am

Academy - Tuesdays & Wednesdays 6.30pm

Rochford Hundred Rugby Club

Welcome to Rochford Hundred Rugby Club

— Our Club History —

Rochford Hundred was the brainchild of John Roden and Ernie Mills and was first discussed in November 1961 when the two met at the White Hart in Hawkwell. John had played at Ilford Wanderers and Ernie was an Old Tottonian so both were keen to play on their own doorstep. The inaugural meeting was held on the 4th January 1962 at the Bull Inn and was attended by a small group. The club now needed a ground and the assistance of County Councillor, later Alderman, Bill Wright was sought. He was appointed Chairman and very quickly secured the use of Rocheway School which had been closed due to its proximity to Southend airport.

This of course gave the club changing rooms and rugby pitches immediately. To get players an advert was placed in the Southend Pictorial and no less than 45 replies were received. Old Westcliffians had seen the advert and invited the new committee to a beer and cheese evening at the Gables. From this Rochford secured a fixture and an introduction to the London fixture Exchange. The first fixture was in fact against Billericay and not Old Westcliffians however. The name of the club had been suggested by John Roden after he saw a poster by Rochford Hundred Licensed Victuallers Association in the White Hart. Rochford Hundred was after all the name of the district.

The club also managed to secure a clubhouse in the car park of the Horse & Groom thanks to Mrs Innell, the licensee, and quickly set to work to make it ready for use for season 1962/63, although it was in use from March 1962.

It is worth noting that the first games were played in March and April 1962 and that Bob Light was captain.

In Season 1962/63 the club fielded 2 senior teams and a Colts team which is remarkable for a first full season. It is recorded that over 70 fixtures were arranged for this first season. Tony Davies was the 1st XV captain in this season. The Colts team was made up of a number of players from Rayleigh Secondary Modern School (now Fitzwimarc) and Sweyne School. Indeed David Allen (then a 16 year old) remembers being at one of the formation meetings at the Bull when he was still at school.

The first few years were not particularly successful but things changed when the likes of Mike Treasure came onto the scene. He was captain in 1965/66 and 1966/67 and was our first full Essex cap. His team went unbeaten for 18 months and were one of the highest scoring teams in the country. He was fortunate in having players of the calibre of Peter Coster, who was a great centre. Regrettably, Peter died recently in America, where he had been living for many years.

With playing success there came a desire to move to our own ground and in 1968 Jim Sowter, who used to write a column in the local press, printed a story that the club wished to purchase a field in the Rochford district big enough for pitches and a clubhouse. He received a letter from the lady secretary of Southend Manor Football club stating that they had an option on 10 acres of land in Magnolia Road. They were unable to raise the money to proceed and suggested that we might like to take over the option. Jim arranged a meeting between her and Ernie Mills and Ernie liked what he saw and took up the option. The land cost £3,200 and the purchase was completed in March 1969. The Rugby Football Union provided a loan of £2,100 towards the purchase.

The lengthy process of obtaining finance, building the clubhouse and preparing the pitches could now be started. In September 1970 a grant of £5,592 was offered by the Ministry of Housing and local Government and this was supplemented by grants and loans from the Essex Playing Fields Association and the National Playing Fields Association. In July, 1971 the Club gave the go-ahead to Muggleton's to start building based on an estimated cost of £11,320 of which we had raised only £8,000. The clubhouse was officially opened by Dickie Jeeps in April, 1974 when the 1st XV played against a strong Eastern Counties XV.

In 1971/72, when Malcolm Fleming was captain, there were two memorable games both in the Essex Senior Cup. The first game was against Old Bancroftians when Dickie Kent, who played scrum half for England, and Howard Waller, who was a renowned sevens player for Richmond, were in the Bancroft side. Rochford won 21-6 in a tremendous match and demonstrated that they had joined the top echelons of Essex rugby. The next round was against Barking Park Modern Old Boys at Rocheway and a pulsating match was finally won by Barking 14-12. To those who were present these were two of the finest matches played by Rochford.

The pitches in those early days at Magnolia Road were frankly dreadful but over the years there has been considerable work on them and they are now adequate for the task, if not perfect. In the late 1980's and early 1990's the clubhouse was expanded substantially with new changing rooms a gym and a new clubroom and kitchen. Floodlights were also installed.

Our youth section has gone from strength to strength and provides players for our 1st XV and other club teams. In fact our current 1st XV is almost entirely made up of former youth players. We have a ladies and girls section which is unusual among Essex Clubs. The Club is currently playing in London & South East Premier and we can look back on 50 years of activity with considerable satisfaction.

Rochford Hundred Rugby Club

LEAGUE LUNCHES

18th January 2020 v **SIDCUP**

1st February 2020 v **WIMBLEDON**

22nd February 2020 v **GUILDFORD**

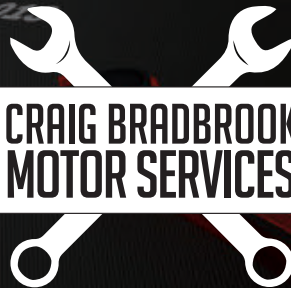
21st March 2020 v **DORKING**

4th April 2020 v **BRIGHTON**

18th April 2020 v **TRING**

All members and friends are invited to attend any of the sponsored lunches at a cost of **£20.00** per head. Book your seats through **John Drinkwater** on **01702 204237**, **07940 217899** or directly at the club. If you wish to be a match sponsor please email:

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PLAYER PROFILE

Lewis Brunger

NAME – Lewis Brunger

D.O.B – 12/08/95

POSITION – Front row /
Second row / winger

NICKNAME – Brunger

WEIGHT – 110kg

HEIGHT – 6ft 3"

SPORTING HERO – Lawrence Dallaglio

NON SPORTING HERO – The better Brunger

SOMETHING ABOUT YOU WE WOULDN'T KNOW
– I don't drink

WHAT SPORT DO YOU LIKE APART FROM RUGBY?
– Nothing I just love it

HARDEST OPPONENT FACED – Maama Molitika

MOST ANNOYING TEAM MATE – Strachan

ROCHFORD RUGBY HERO – Dockers



Strength & Condition Report

Good afternoon and a warm welcome to everyone for today's match against Sidcup RFC.

Thank you, once again, to all of our club members and supporters that travelled to Guernsey last weekend; the players and staff truly appreciated your support and it was great to be able to celebrate the win with you afterwards.

A slightly different spin to the norm this week, with my perspective from the strength and conditioning a strength and conditioning standpoint; an important aspect of the 1st team squad's preparation. As ever, credit goes to the players for their commitment to all that is asked of them. Fellow strength and conditioning coach, Luke Brewster, and I, place a lot of demand on the players to in their preparation for training and matches and require them to be self-disciplined and autonomous with their training away from the club.

While strength and conditioning doesn't make good rugby players per se, from an injury risk perspective, the physical fitness levels play an important role in improving robustness and availability through the season.

Last weekend's match against Guernsey was a tough physical encounter. Those that were there would have witnessed the defensive effort as the hosts threw everything at us, with little return but for

a successfully executed penalty kick. After withstanding Guernsey's efforts, we were then able to impose ourselves in attack and take the game away from the home side. It is a game that will live in the memories of all involved.

Today, we welcome a Sidcup team that are arriving here today having had their own great start to 2020, having beaten both Bedford and Tring this month. We certainly expect a good encounter today.

Thanks

Mark Williams

Rochford Hundred Rugby Club
- Head of Strength and Conditioning



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Rochford Hundred Squad 2019/20

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Director of Rugby



Chris Waring
Head/Forwards Coach



James Kellard
Defence Coach



Daniel Cleare
Attack Coach



James Tirrell
Skills Coach



Adam Faherty
Commercial Manager



Graham Pratt
1st XV Manager



John Branch
Physiotherapist



Kevin Anderson
Touch Judge



Mark Williams
Head of Strength & Conditioning



David Dixon
Nutritionist



Luke Brewster
Strength & Conditioning



Tom Morrish
Harts Head Coach



Paul Head
Player Liason Manager



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Director of Rugby Report

Welcome to Sidcup in what promises to be an entertaining game this afternoon. We were pushed hard at their place earlier in the season and it bodes well today for an exciting game. I was really impressed with their set up in the away game, the support, the dinner and its a proper rugby club, of that there is no doubt. Welcome to them and to a bright future.

After last weekends' win at Guernsey we currently sit top of the league and the destiny of the league sits in our hands. There can be no more slip ups, no more repeats of the CS Stags game but I back our mentality here. Since the afore mentioned game, we are now mentally in a better place than ever and I certainly don't expect a repeat of that scenario with this group now. We are very focused.

The weekend trip away is one that no one will ever forget and we now sit at the highest point we have ever been, with a chance to take it a step further. There were over a thousand people there last weekend with a huge away support also. The supporters and players/staff sharing a

drink together at the top of the main stand is a memory that will stay with me forever and I thank every single person who travelled. We were the dominant team of that there is no question and I have to say the final scoreboard flattered them, which is credit to the players.

Have a great afternoon

Regards

Chris Green

Rochford Hundred Rugby Club
- Director of Rugby and Commercial
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11	Iain Meads	Graham Pratt
12	Harry Hudson (<i>Captain</i>)	Mr. Hudson
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16	Sonny Gay	No Sponsor
17	Ricki Gould	Matt Norris
18	Todd Bailey	No Sponsor

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SIDCUP

RUGBY FOOTBALL CLUB

No.	Name	Referee
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2	Charlie Hopkins	
3	Sam Carmen	
4	Steven Evans	
5	Frederick Ruff	
6	Joseph Thomas	
7	Leonard Bush	
8	Billy Williams	
9	James Munton	
10	Joshua Twyford	
11	Louis Keeley	
12	Colby McMahon	
13	Oliver Vidgeon	
14	Andre Patterson	
15	Luka Syplywczak	
	<i>Substitutes</i>	
16	James Stanford	
17	Jonathan West	
18	James Poland	

Rochford Hundred Upcoming Events

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PLAYER PROFILE

Adam Ferrier

NAME – Adam Ferrier

D.O.B – 28/6/1988

POSITION – Hooker

NICKNAME – Fez

WEIGHT – 110kg

HEIGHT – 5ft 11"

SPORTING HERO – Joe Marler

NON SPORTING HERO – Bonnie Rotten

SOMETHING ABOUT YOU WE WOULDN'T KNOW

– I'm getting married (god knows how)

WHAT SPORT DO YOU LIKE APART FROM RUGBY?

– Muay Thai and MMA

HARDEST OPPONENT FACED – Dougie, trying to make him happy is an impossible task!! He needs help!

MOST ANNOYING TEAM MATE – 100% Rikki

ROCHFORD RUGBY HERO – Broogner



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