



**REGIONAL 1**  
South  
East



# Rochford Hundred Rugby Football Club

*Versus*

# Sudbury RFC



**Saturday 4<sup>th</sup> November 2023 Kick Off 3.00pm**



**SARACENS**  
PARTNER CLUB

*Referee* - Chris Roswell

*Ball Boys* - Under 16's

*Mascots* - Under 10's

Main 1st XV Sponsors

**Seetec**  
SKILLS

**T.J.C**  
TRANSPORT

**LooseHeadz**



To sponsor the club email:

**COMMERCIAL@ROCHFORDRUGBY.COM**

To hire the club email:

**BOOKINGS@ROCHFORDRUGBY.COM**

To play for the club email:

**COACHING@ROCHFORDRUGBY.COM**

For up to date information join our Website at:

**WWW.ROCHFORDRUGBY.COM**

THE RUGBY PARK - MAGNOLIA ROAD - HAWKWELL - ESSEX - SS4 3AD



/RochfordRugby



@RochfordRugby



rochfordrugby



RochfordRugby

## Training nights

Senior Men - Tuesdays & Thursdays 7pm

Senior Ladies - Thursdays 7.30pm

Academy - Tuesdays & Thursdays 7pm

Inclusive Rugby (Men) - Mondays 7pm

Youth (Boys and Girls) - Wednesdays 7pm

Minis (U6-U12) - Saturdays 9am

Little Rascals (2-6) - Saturdays 9am

Mixed Ability Rugby (Youth) - Alternate Saturdays 9.30am

**Rochford Hundred Rugby Club - Telephone 01702 544021 - Website [www.rochfordrugby.com](http://www.rochfordrugby.com)**

# 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 of January 1962 at the Bull Inn, Hawkwell, 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 of the Club 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. Bob was Head of PE at the local comprehensive school and brought along many pupils from the school

to play for Rochford.

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 several players from Rochford Comprehensive School (now King Edmund), Rayleigh Secondary Modern School (now Fitzwimarc) and Sweyne School. Indeed David Allen (founder of DHL and 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.

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. 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.

Rochford Hundred Rugby Club - Telephone 01702 544021 - Website [www.rochfordrugby.com](http://www.rochfordrugby.com)



# Rochford Hundred Rugby Club

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 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 at that time.

The pitches in those early days at Magnolia Road were frankly dreadful but over the years there has been considerable work done on them and the 1st XV pitch is now one of the best plating surfaces in Essex. 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 to the top pitch.

Our youth section started in 1991 has gone from strength to strength and provides players for our 1st XV and other club teams. In past seasons our Mens 1st XV has been almost entirely made up of former youth players and we have a strong, growing ladies' team, the Rochford Hundred Vixens together with a girl's section.

The Mens 1st XV played a lot of its rugby from the turn of the century in the London Leagues, dropping up and down from London 1 to London 3. Around this time the Essex Senior Cup was the major trophy to win and up until 1999 Rochford had never won it. In that year we reached the final and played Basildon at Westcliff in front of huge crowd, Rochford were triumphant that day to record their first ever win of the Essex Senior Cup. After that we reached many Essex Senior and Intermediate Cup Finals, winning them a further 6 times, before the Cup lost some of its glamour, and we are now too high in the league structure to be able to compete in the competition.

In 2017 the Mens 1st XV were playing in London 2 North East when we decided to have a concerted push for promotion. The team then went on an incredible journey to take the title by storm without losing a single league game, gaining a bonus point in every one of them, and knocking up 1280 points in the process. Promotion to London 1 North gave us stronger opposition, but we remained unbeaten for the whole season again, repeating gaining a bonus point in every match, and scoring 1480 points. The London Premier League saw us play at the highest level that the club had ever played at before but gave us our 3rd promotion as Champions in consecutive years. Starting our season again unbeaten and with full bonus points, with that run finally came to an end after 54 matches across 3 seasons.

Covid put an early end to this season, and the RFU league algorithm confirmed us as champions, with Guernsey runners up. Our tremendous performance and win away at Guernsey being the pivotal decider in the league placing, and the fact we only lost 2 matches during the whole season too.

Following two fantastic years as one of the top 81 clubs in the country, playing National 2 rugby for the first time in our history, relegation unfortunately happened at the end of the 2022/23 season by a narrow margin, and we are now playing in Regional 1 South East, renewing some old rivalries, and we can look back on over 60 years of activity with considerable satisfaction.



# CHAIRMAN'S MESSAGE

Good afternoon all on this beautiful day at Rochford Hundred, well, at time of writing it looks good!

This is our fourth home game this season and having won three of our seven games we are sitting in seventh place, with Sudbury currently eleventh. A much-needed win today would secure our position mid table.

A warm welcome to our guests Sudbury. We last played them in 2018-19, when their current Head Coach Cameron Greenhall, was playing for us, leading us to wins both away and at home convincingly.

Today will kick off at 2pm with our 3's playing Southend. The boys will be hoping to continue their unblemished run with a fourth win. Good luck lads!

We then move to the 1st team game at 3pm. Today's game is supported by our U10's as mascots for the day and our ball boys come from our U16 boys.

So, what's been happening you ask...

Last weekend saw our 2's pick up a win v Westcliff 2's 39 - 0.

Our 3's got the win v Canvey 2's 5 - 20.

On the Sunday our Academy had a fantastic home win against Wanstead 29 - 13.

Our U16's had a great home win against Romford 34 - 25.

The previous week our Vixens went to Old Dartfordians and brought back a fantastic win 7 - 40.

Our minis section went away to Southend and had a fantastic day. There is some exciting talent within this group that we hope will go on to play in our senior teams in the future. Thank you to all the coaches, parents and managers that make this happen.

Last night saw our annual fireworks night and although its Tuesday at time of writing (Feel a bit like Dr Who here) all is looking great for the best one yet.

Well, have a great day today! Please be respectful of the officials, players, and each other.

That's all from me but remember, if opportunity doesn't knock, build a door.

Regards



ROCHFORD HUNDRED RUGBY CLUB  
- Chairman



# CHRISTMAS *Party* NIGHTS

**£70.00 PER PERSON**

Kick off the festive season with one of The Rayleigh Clubs, Christmas Party Nights!

Start your evening with a warm welcome and a complimentary beverage, then move in to our stunning Crystal Hall, decorated throughout.

Enjoy a 3 course Christmas dinner while our DJ plays all the classics, and our magician works his magic!

We hope you're feeling lucky because our evening entertainment will be a fabulous casino, complete with props, decor and various playing tables!

#### **DATES:**

**FRIDAY 1ST DECEMBER  
SATURDAY 2ND DECEMBER**

**FRIDAY 8TH DECEMBER  
SATURDAY 9TH DECEMBER**

**FRIDAY 15TH DECEMBER  
SATURDAY 16TH DECEMBER**

**TO MAKE A BOOKING PLEASE CONTACT US:**

**PHONE: 01702 232377**

**EMAIL: [INFO@THEBAYLEIGHCLUB.COM](mailto:INFO@THEBAYLEIGHCLUB.COM)**

**£20.00 PER PERSON DEPOSIT REQUIRED UPON  
BOOKING**

**T&C'S APPLY**

# Rochford Hundred Rugby Club

## LEAGUE LUNCHES

4<sup>th</sup> November 2023 v **SUDBURY**

18<sup>th</sup> November 2023 v **LETCHWORTH GARDEN CITY**

16<sup>th</sup> December 2023 v **WESTCLIFF**

13<sup>th</sup> January 2024 v **BEDFORD ATHLETIC**

3<sup>rd</sup> February 2024 v **HARPENDEN**

2<sup>nd</sup> March 2024 v **COLCHESTER**

23<sup>rd</sup> March 2024 v **OUNDLE**

6<sup>th</sup> April 2024 v **OLD NORTHAMPTONIANS**

All members and friends are invited to attend any of the sponsored lunches.

Book your seats through our brand new booking system:

**[www.bookwhen.com/rochfordrugby](http://www.bookwhen.com/rochfordrugby)**

If you wish to be a match sponsor please email:

**[commercial@rochfordrugby.com](mailto:commercial@rochfordrugby.com)**



# GRASSED UP

## The Ultimate Artificial Grass

No Mud



No Watering



No Mowing



Best Quality



Supplied & Fitted



Lowest Price



Gardens / Sports and Leisure / Schools / Commercial



0800 699 0075



sales@grassedup.co.uk





www.grassedup.co.uk




Proud Sponsors of Rochford Hundred Rugby Club

# MAH BUILDERS

 [mah.builders.uk](https://www.facebook.com/mah.builders.uk)

 MAH Builders

 [mahbuilders](https://www.instagram.com/mahbuilders)

[www.mah-builders.co.uk](http://www.mah-builders.co.uk)

01702 410 172

# MAH

## PROPERTY SERVICES

 [MAH.Propertyservices.uk](https://www.facebook.com/MAH.Propertyservices.uk)

 [mahpropertyservices](https://www.instagram.com/mahpropertyservices)

[www.mah-propertyservices.co.uk](http://www.mah-propertyservices.co.uk)

01702 410093

# VISITORS INFORMATION



Sudbury Rugby Union Football Club is a rugby union club located in Great Cornard near Sudbury, Suffolk.

The first XV currently play in Regional 1 South East, a fifth tier league in the English rugby union system.

## LEAGUE HISTORY

When the league system was

established in 1987, Sudbury was placed in the fourth tier, playing in 1987–88 Courage Area League South. The remained at this level until 1993–94 Courage League Division 4 when they were relegated after finishing bottom. Since then they have drifted down the leagues, ending up at level 8. In the mid 2010s the club won two consecutive promotions and now play at the 5th level.

## HONOURS

1992–93 Courage National 4 South champions

London 2 North East/West promotion play-off winners: 2015–16, 2017–18

London 3 North East champions: 2014-15



# COACHES CORNER

## Afternoon All.

Unfortunately we have not had the best block of fixtures in the last 3 games, losing all of them, and undoing some of the excellent work we did in the first 4 games. Of course injuries and unavailabilities have played a huge part, however we must be accountable as a group and accept our performances were just not up to scratch and we must improve if we want to be more competitive in this league.

This league is a good standard of rugby and we are finding out the hard way that if we are not fully on it then we will get punished. But that being said, we still have a group that is more than capable of going on a good run and clawing back points on the teams above us, and everyone shares that mindset. It has also been a great opportunity to blood some of the young players and expose them to this level of rugby which will only benefit us long term.

Last game away at Harpenden was an example of how important scrums are and how much they can dictate the result of a game. We were giving away a lot of weight and a lot of experience with the likes of Aston, Ben Thomas, Lewis Brunger and Rob Gardner all missing to name a few. And this just happened to be an area of strength for Harpenden in which they secured a lot of penalties from, which ultimately led to them receiving a lot more possession of the ball. But when we did secure the ball we looked very dangerous making numerous line breaks and scoring 3 good tries. It should have been 5 though as the referee made a clanger disallowing Craig's try (which he did apologise for), and missed Jake Spivey's try who clearly tapped the ball down after the defender kicked the ball into Jake before he grounded it. So although a tough defeat and another heavy scoreline, there were still some positives to take away from the game. And although our forwards had a tough day at the office at scrum time, their work rate around the park, their defence, and their lineout were generally strong all game, and therefore should not be judged on just one area of the game particularly when so many new faces were playing and debuts were made.

Today poses a different challenge in which we are facing a team below us and a team that has had some very hot and cold performances this season, and I can only assume it is similar to us in that it depends on player availability from week to week. Sudbury have had a couple of really good wins but have been on the end of some tough losses to. Although, one thing for sure is they will be well coached and will play an exciting style of rugby, because their coach is a familiar name in Cameron Greenhall who played flyhalf for us, helping us achieve promotion from this league all them years ago.

So please share with me a warm welcome to Cameron who did so much for this club in such little time.

Enjoy the Game.

*Danny Cleave*

ROCHFORD HUNDRED RUGBY CLUB  
- Head Coach



# HOME TEAM SQUAD

## ROCHFORD HUNDRED

RUGBY FOOTBALL CLUB

No.	Name	Sponsor
<b>1</b>	Fraser Murphy	West Cross Environmental Services Ltd
<b>2</b>	Rob Gardner	Vince Brown
<b>3</b>	Lewis Brunger	Thorpe Hall School
<b>4</b>	Ben Thomas	T J Cottis Transport Ltd
<b>5</b>	Redmond Newberry	No Sponsor
<b>6</b>	Ed McDowell	No Sponsor
<b>7</b>	Rory Gray	Nick Jay
<b>8</b>	James Vogel	Vogels Hair
<b>9</b>	Ewan Richmond	No Sponsor
<b>10</b>	Sonny Gay	Alan Harding
<b>11</b>	Seth Mokuolu	Mike Drinkwater
<b>12</b>	Matthew Needham	Simon Wakefield
<b>13</b>	Mark Ikhifa	No Sponsor
<b>14</b>	Charlie Owens	Advanced Asbestos Contractors Ltd
<b>15</b>	Jake Spivey	Thorpe Hall School
<i>Substitutes</i>		
<b>16</b>	Kole Awosika	No Sponsor
<b>17</b>	Charlie Hopkins	No Sponsor
<b>18</b>	Luke Avda-McPherson	No Sponsor

*Today's Lunch Sponsor*

# THE CUSH BOYS

Rochford Hundred Rugby Club - Telephone 01702 544021 - Website [www.rochfordrugby.com](http://www.rochfordrugby.com)

# AWAY TEAM SQUAD

## SHELFORD

RUGBY FOOTBALL CLUB

No.	Name
1	Boo Grimsey
2	Sam Bixby
3	Sam Conning
4	Will Rodda
5	Jack Dachtler
6	Sam Herbig
7	Jake Thurlow
8	Henry Cowling
9	Liam Leeson
10	Sam Rust
11	Aaron Borland
12	Jake Sumner
13	Austin Beckett
14	Shaun Smith
15	Jonny Taylor
	<i>Substitutes</i>
16	Dave Lawrence
17	Dan Boomer
18	Cam Greenhall/ Gareth Pugh

**Rochford Hundred  
Upcoming Events**

**NEXT 1<sup>ST</sup> XV  
HOME MATCH**

**Saturday  
18<sup>th</sup> November  
vs Letchworth  
Garden City**

**3pm Kick Off**

To sponsor a lunch or match ball email:

**[commercial@rochfordrugby.com](mailto:commercial@rochfordrugby.com)**



# T.J.C TRANSPORT



**01268 780700 • [www.tjcottis.co.uk](http://www.tjcottis.co.uk)**

## Suppliers of:

- Muck Away
- Haulage
- Roll On/Off Hire
- Grab Hire
- All Aggregates
- Site Clearances
- Groundworks Services
- Plant Hire
- Recycling

Unit 13, Rawreth Industrial Estate, Rayleigh, Essex SS6 9RL

**e:** [info@tjcottis.co.uk](mailto:info@tjcottis.co.uk) **w:** [www.tjcottis.co.uk](http://www.tjcottis.co.uk)

**t:** 01268 780700 **f:** 01268 780026

WE'RE PROUD TO SPONSOR



# ROCHFORD HUNDRED RUGBY CLUB



## 2, 3 & 4 BEDROOM HOMES NOW AVAILABLE AT KINGS HILL PARK

**Kings Hill Park**  
Ashingdon Road,  
Rochford,  
SS4 1TB



Creating Better Life Experiences.  
One Home at a Time.



# WHEN YOU NEED A SAFE PAIR OF HANDS.

**MORTGAGES • REMORTGAGES • BUY TO LETS • INCOME PROTECTION  
FIRST TIME BUYERS • LIFE PROTECTION • CRITICAL ILLNESS COVER**



**MATTHEW BARBER CeMAP**  
07967 105360  
[matt.barber@zing-mortgages.co.uk](mailto:matt.barber@zing-mortgages.co.uk)





# Rochford Hundred Squad 2023/24

## STAFF & COACHES



**Daniel Cleare**  
DIRECTOR OF  
SENIOR RUGBY



**Aston Bevans-Royston**  
FORWARDS  
COACH



**Mark Billings**  
ACADEMY DIRECTOR  
& 1st XV BACKS COACH



**Luke Brewster**  
HEAD OF STRENGTH  
& CONDITIONING



**Redmond Newbury**  
ASSISTANT FORWARDS  
COACH



**James Tirrell**  
SPECIALIST / SKILLS  
COACH



**Adam Faherty**  
1st XV  
MANAGER



**Laura Bailey**  
1st XV  
PHYSIOTHERAPIST



**Andrew Livett**  
1st XV  
PHYSIOTHERAPIST



**George Phelps-Knights**  
1st XV  
ANALYSIS



**Bill Smith**  
1ST XV VIDEOGRAPHER  
Safe Fire Protection Ltd



**Josh Phelps-Knights**  
HARTS  
HEAD COACH



**Calum Brackett**  
ACADEMY  
HEAD COACH

## FORWARDS *(sponsors under each name)*



**Lewis Brunger**  
(Loose Head Prop)  
Thorpe Hall School



**Josh Ridgway**  
(Loose Head Prop)  
No Sponsor



**Joe Moran**  
(Loose Head Prop)  
No Sponsor



**Fraser Murphy**  
(Loose Head Prop)  
West Cross Environmental  
Services Ltd



**Kelly-Morgan Butcher**  
(Loose Head Prop)  
No Sponsor



**Oliver Jordan**  
(Loose Head Prop)  
Millane Contract Services



**Rob Gardner**  
(Hooker)  
Vince Brown



**Ed McDowell**  
(Hooker)  
No Sponsor



**Tommy Justice**  
(Hooker)  
No Sponsor



**Jordan Dyer**  
(Hooker)  
No Sponsor



**Tom Falvey-Brown**  
(Hooker)  
No Sponsor



**Charlie Hopkins**  
(Hooker)  
No Sponsor

Rochford Hundred Rugby Club – Telephone 01702 544021 – Website [www.rochfordrugby.com](http://www.rochfordrugby.com)



# Rochford Hundred Squad 2023/24

## FORWARDS CONTINUED *(sponsors under each name)*



**Aston Bevans-Royston**  
(Tight Head Prop)  
Gareth Ashton



**Kole Awosika**  
(Tight Head Prop)  
No Sponsor



**Keiron Scutt**  
(Tight Head Prop)  
No Sponsor



**Harry Phelps-Knights**  
(Tight Head Prop)  
John Phelps



**Josh Phelps-Knights**  
(Tight Head Prop)  
No Sponsor



**George Phelps-Knights**  
(Tight Head Prop)  
No Sponsor



**Ben Thomas**  
(2nd Row)  
T J Cottis Transport Ltd



**Taylor Randall**  
(2nd Row)  
No Sponsor



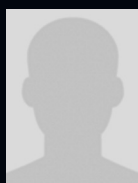
**Patrick Jennings**  
(2nd Row)  
No Sponsor



**Redmond Newberry**  
(2nd Row)  
No Sponsor



**Quinn Wadson**  
(2nd Row)  
Leigh Scaffolding  
Services Ltd



**Luke Schiller**  
(2nd Row)  
No Sponsor



**Jake Collins**  
(2nd Row)  
No Sponsor



**Chris Shields**  
(Back Row)  
No Sponsor



**Oliver Saville**  
(Back Row)  
No Sponsor



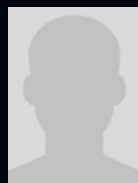
**Paul Bradley**  
(Back Row)  
No Sponsor



**Craig Strachan**  
(Back Row)  
John Drinkwater



**James Vogel**  
(Back Row)  
Vogels Hair



**Rory Gray**  
(Back Row)  
Nick Jay



**Joshua Cavey**  
(Back Row)  
Ian Stokes & Alan Peacock



**Alex Harbrow**  
(Back Row)  
No Sponsor



**Jack Stickings**  
(Back Row)  
AJP Couriers



# THORPE HALL SCHOOL

Proud to support Rochford Hundred RFC

**Thorpe Hall School is a non-selective, co-educational, independent day school for boys and girls from Nursery to GCSE.**

As a fully inclusive, co-educational school, we celebrate our students' individuality and achievements - and the enormous value we add to their learning. We challenge pupils to aim higher, whatever their ability, nurturing their talents and actively encouraging the best in everyone.

From an early age, our students are valued and respected as part of a supportive team within a close school community. Sport is a big part of school life, and we are proud of our excellent record of sporting attainment, with notable individual and team successes at local, regional and national level.

**NURSERY AGES 2-5 | PREPARATORY AGES 5-11 | SENIOR AGES 11-16**

**Come and see us in action - tours take place daily**

**T: 01702 582340 | [www.thorpehallschool.co.uk](http://www.thorpehallschool.co.uk)**

Wakering Road | Southend-on-Sea | Essex | SS1 3RD



# Compliance through teamwork.

You need a good team around you to achieve good results. We work with building managers and FM companies helping them to achieve legal compliance with their air and water hygiene requirements.

Contact us for a free quotation for kitchen extract cleaning, duct cleaning or legionella control including water tank cleans.

**Why don't you join our team! We're currently recruiting nationally – see our website for details.**



0800 243 471  
sales@swiftclean.co.uk  
www.swiftclean.co.uk



# Rochford Hundred Squad 2023/24

## BACKS



**Ewan Richmond**  
(Scrum Half)  
No Sponsor



**Archie Davies**  
(Scrum Half)  
No Sponsor



**Will Purdy**  
(Scrum Half)  
No Sponsor



**Jack Doherty**  
(Scrum Half)  
No Sponsor



**Sam Cappaert**  
(Fly Half)  
No Sponsor



**Tauren Henwood**  
(Fly Half)  
No Sponsor



**George Griffiths**  
(Winger)  
No Sponsor



**Will Ferrier**  
(Winger)  
No Sponsor



**Seth Mokuolu**  
(Winger)  
Mike Drinkwater



**Mitch Ham**  
(Winger)  
No Sponsor



**Matthew Needham**  
(Centre)  
Simon Wakefield



**Mitch Fielder**  
(Centre)  
No Sponsor



**Louis Chapman**  
(Centre)  
No Sponsor



**Luke Avda-McPherson**  
(Centre)  
No Sponsor



**Tom Pickering**  
(Centre)  
No Sponsor



**Sonny Gay**  
(Centre)  
Alan Harding



**Mark Ikhifa**  
(Centre)  
No Sponsor



**Nathan Lockwood**  
(Centre)  
No Sponsor



**Ollie Taylor**  
(Centre)  
No Sponsor



**Jake Spivey**  
(Fullback)  
Thorpe Hall School



**Chris Dudman**  
(Fullback)  
T J Cottis Transport Ltd



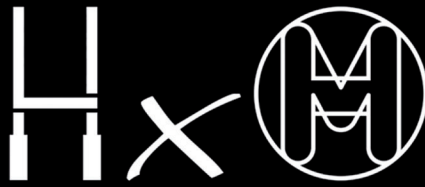
**Ben Cox**  
(Fullback)  
No Sponsor



**Charlie Owens**  
(Fullback)  
Advanced Asbestos  
Contractors (South East) Ltd



**FREE MENTAL  
HEALTH TRAINING  
AVAILABLE NOW.**



**JOCA**  
**Tackling Mental Health**  
**Because no one has to Try alone!**

What is JOCA doing for your club?

- Looking after player's welfare
- Promoting Mental Wellbeing
- Quick and easy access to a CBT Counsellor
- Provide Employment Support
- A Friendly Ear
- Education Seminars

We can provide expert advice from our vast network of experts such as financial, Employment, Substance Abuse, Family Matters and just about anything else you could need.

For a full list of specialists who we can signpost you to contact:

[rochfordhundredrfc@jocarugby.co.uk](mailto:rochfordhundredrfc@jocarugby.co.uk)

**H**  
**TEXT**  
**RUGBY**  
**TO**  
**85258**  
*in partnership with*  
**shout**

**Rochford Hundred Rugby Club – Telephone 01702 544021 – Website [www.rochfordrugby.com](http://www.rochfordrugby.com)**

01268 510 555  
www.d4pmedia.co.uk



MEDIA

DESIGN | PRINT | SIGNS

creative  
branding  
solutions

**pl@n** For All Your Graphic Design Needs  
GRAPHIC DESIGN

**Free  
Quote**

Just Telephone or Email  
Your Requirements

Logos  
Magazines  
Adverts  
Stationery  
Leaflets  
Brochures  
Posters

**Call  
Today**

Fast Response  
& Fast Turnaround

Telephone: **01702 469035**

Email: [plangd@live.com](mailto:plangd@live.com) Web: [www.plangraphicdesign.co.uk](http://www.plangraphicdesign.co.uk)

27 Eros Avenue ■ Southend-on-Sea ■ Essex ■ SS2 4GN  Find us on facebook

**Rochford Hundred Rugby Club - Telephone 01702 544021 - Website [www.rochfordrugby.com](http://www.rochfordrugby.com)**

# *Seetec*

SKILLS



- ✓ Apprenticeships
- ✓ Traineeships
- ✓ Skills development