



Lions

£2 The Pride of Peterborough

Saturday 6th October 2012

15:00 Kick Off



Midlands Division 1 East

-v- Kettering



Andy Moore - Chairman





Captains Corner

Everyone is very disappointed about the result last week. In truth, the game should never have come down to the last seconds. Rugby is an 80 minute game and we aren't yet playing 80 minutes and we've been

punished for it. It says so much about the team's character and spirit, to fight back from 19-3, and take it to the last play for the result to be decided. We will become a stronger, better team because of the experience.

This time last year, we had just lost to Lutterworth and came back to demolish rivals Market Harborough, 54-8, the next in the most complete rugby performance I have ever been a part of.

We aim to bounce back today against Kettering, yet another new team to come to the Lion's Den with hopefully the same result.

After the game there is a club social for everyone to let their hair down and enjoy all the hard work that has gone in over the last 2 months by players and committee alike, where everyone is welcome. Thanks go to Chris, Suzanne and AK for organizing everything. I hope everyone has a great day (hopefully) watching some expansive rugby and an even better night!

Saad



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Paviors 39 – Lions 34

Peterborough Lions lost a game in the final seconds, that they looked to have won with 10 minutes to go. In truth, the game was lost in the first 20 minutes after Lions gave Paviors a soft 19-3 lead. The game started at a frantic pace with both teams looking to play an expansive game and it wasn't long before the Paviors winger went over in the corner for a 5-0 lead. From kick off, Lions regained the ball and had the opportunity to get on the scoreboard after Paviors were penalised for hands in the ruck, but the kick was missed. It didn't take long for the home team to fight back though, and after a period of sustained pressure and several missed tackles, Paviors again scored in the corner to take a 12-0 lead. Paviors continued their spoiling tactics, with men not rolling away and hands in the ruck and Lions eventually got on the board with a Jaco Steenberg penalty from in front. Paviors though, were in a confident mood and moved the ball wide with ease to take advantage of some slack defending, before scoring under the posts for a 19-3 lead with just 20 minutes gone.

Lions showed their typical character though and finally started retaining some possession and put considerable pressure on the Paviors defence. From a left hand scrum, the ball was intentionally knocked down by a Paviors player before JC Sagoe picked up the loose ball and burst through the line to score from 20m out. The conversion was kicked and Lions were back in the game at 19-10. Paviors carried on giving away penalties and it wasn't long before they were down to 14 men. Shortly after, a smart blindside move involving Manny Van Niekerk and Jacques Vorster looked to have put Chris Humphrey in at the corner, although it was ruled out for being touch. Lions though, kept the pressure on and were now dominant in the scrum. A 5m scrum saw an impressive drive allowing for No8 Saad Sait to dot down and bring the score back to 19-17.

Buoyed by this, Lions continued pressing and an excellent turnover at scrum saw captain Sait pick up again and drive through tacklers, to score again from short range. The try was ruled out as held up though picture evidence suggested otherwise. The whistle was then blown for half time and while behind the on the scoreboard, Lions had finally arrived.

The second half started in much the same fashion, with Lions dominating possession and making ground at every contact. It was scrum half Laurent Ross who produced a bit of individual skill to take the Lions in to the lead. Sniping round a ruck, he wriggled free of the tackler and rounded the full back to score from 20m. The conversion was kicked by Steenberg to take the lead, 24-19, for the first time in the match. Lions then took their foot off the gas and some sloppy play, along with indiscipline, allowed Paviors an easy shot a goal to make it 24-22 with 20 minutes remaining.

Lions hit back soon after with some fantastic phase play. Off a lineout, the ball was spread wide to Guseinov who made yards down the left. The ball was then played to Sait who gave a short ball to Humphrey, slicing through the line. He was well supported and fell short.

Quick ball saw Mark Rossouw throw a miss pass to Sait to score his second of the game. Again Steenberg converted to lead 31-22 with 12 minutes remaining,

Thinking they had the game won and the bonus point in the bag Lions lost concentration, and mistakes and penalties in 3 consecutive phases of play saw Paviors 50 metres down the pitch, They then took a quick crossfield quick from a penalty and it was 31-29. Lions again failed to react when Paviors played wide and quickly conceded another penalty. The Paviors fly half stepped up and slotted a fantastic kick to take the lead 32-31 with just 5 minutes remaining.

There was still plenty of drama to come, and from kick off, Lions won the ball back and retained possession until the penalty was conceded. Steenberg stepped up and slotted a great kick from 40m out and with 2 minutes remaining Lions took the lead 34-32. There was still more drama to come.. From the kick off, Paviors chased hard and won the ball back. A

speculative kick through bounced just inside the corner flag. In a moment of madness Steenberg took a long quick throw to Sagoe, who not expecting it, dropped the ball right into the path of a chasing Paviors player who fell on the ball to score and take the win in the last play. Final score 39-34



Photos by
Picture This
Photography

Peterborough Lions 2012 –13

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Chris Humphrey



Oli Story



Ian Underwood



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Saad Sait



Jaco Steenberg



Mark Rossouw




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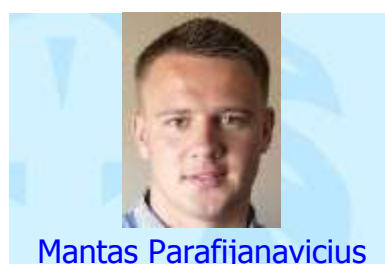
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Laurent Ross

Peterborough Lions 2012 –13



Midlands One East

Team	P	W	D	L	F	A	Diff	B Pts	Pts
Ilkeston	5	4	0	1	208	67	141	5	21
Peterborough Lions	5	4	0	1	190	135	55	5	21
Bedford Athletic	5	4	0	1	218	80	138	4	20
Old Northamptonians	5	4	0	1	159	122	37	4	20
Towcestrians	5	3	0	2	144	107	37	4	16
Newark	5	3	1	1	105	75	30	1	15
Market Rasen & Louth	5	3	0	2	117	105	12	3	15
Paviors	5	3	0	2	137	139	-2	3	15
Market Bosworth	5	2	1	2	127	141	-14	3	13
Matlock	5	2	0	3	119	135	-16	2	10
Peterborough	5	2	0	3	144	134	10	1	9
Kettering	5	0	0	5	56	106	-50	2	2
Loughborough	5	0	0	5	46	218	-172	1	1
Spalding	5	0	0	5	51	257	-206	0	0



Lions 27 – Towcester 20

Peterborough Lions continued their unbeaten start to the season but were given by far their sternest test and on many occasions rode their luck in a 27-20 win against a Towcesterians side that in previous seasons had embarrassed them.

In what is fast becoming a trademark Peterborough shot out of the blocks and strong carrying from the forwards lead to a penalty being conceded and Jaco Steenberg, in his more familiar role of fly half, kicked the points from 40m out to lead 3-0. Minutes later lock Dan Page made a half break and quick ball allowed centre Mark Rossouw to cut inside his man and power over for the try under the posts. At 10-0 up and 10 minutes Lions were looking good but every time Towcesterians had the ball, in particular the full back they looked dangerous. Eventually the pressure told and after keeping hold of the ball for several phases the ball was spun wide for one of Towcester's outside back to run in. The conversion was missed and this was to become a familiar site. Straight from the kick off though Peterborough regained possession after good work from Oli Storey, the ball was passed to captain Saad Sait who ghosted between 2 defenders down the blind side before offloading to Manny Van Nierkerk who in turn feed scrum half Laurent Ross, making his starting debut to score in the corner. Steenberg converted from out wide to take the lead to 17-5. Lions continued to pressure and after a missed penalty opportunity they struck. Manny Van Nierkerk received the 22 drop out and surged towards the 22. From the ruck the ball was worked to JC Sagoe who went straight outside his man and beat 2 defenders in the 5m channel to score in the corner and complete a fantastic solo effort. Peterborough Lions went in to the break 22-5 and looking strong.

The second half started much the same way after smart work by Chris Humphrey breaking down the blinding, offloading to centre Jacques Vorster to pop off to returning winger Mantas Padarajinvac to run in. Out of nowhere though a Towcester defender appeared and dislodged the ball to spoil end the danger. Buoyed by this Towcester started spreading the ball and fly half Chrissie George was soon putting his team into space. It was a break by fly half Chrissie George which lead to Ben Roe going over. This was quickly followed by 2 tries by centre David Williams. All conversions were missed however leaving the score at 22-20 to Peterborough Lions.

Lions were on the ropes and after another penalty was conceded, Lions were relieved to see it sail just wide of the uprights. Towcesterians though continued to attack and again it was JC Sagoe who came up with a vital interception from an attack and sprinted in from half way. Steenberg missed the conversion to leave it 27-20. The score however dampened Towcester's spirit and the last 10 minutes were seen out rather more comfortably than the previous 30. Peterborough Lions remain unbeaten but will need to start playing for 80 minutes and keep concentrating if they wish to stay that way.



Photos by
Picture This
Photography



Peterborough Lions - from

Joe Roberts

Manny Van Niekerk

Mark Carter

Raimondas Vinksna

Tom Laws

Marius Andrijauskas

Dan Page

Alan O'Connor

Rob Shingles

Oli Story

Chris Humphrey

Saad Sait (captain)

Jaco Steenberg

Laurent Ross

Mark Rossouw

Mantas Parafijanavicius

Jacques Vorster

Gedis Marcisauskas

JC Sagoe

Max Guseinov



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Kettering



Referee: Matt Rozier

darke:

Player Profile : *Oli Story*

Nickname: Oli

Position: Hooker, Blindside flanker, openside flanker, loosehead prop, tight head prop, second row , no.8, wing, in that order

Age: 25

Height: 5ft 11ins Weight: 90 kg

Favourite Film: GI Jane

Favourite Food and Drink: Coors and a Lamb Roast

Favourite Music:

Anything sung by Robb Shingles

Which 4 people would you invite for dinner?

Keith Lemon , Joey Essex , Kelly Brook , Kim Kardashian

What 4 things would you take on a desert island:

mates , beers , music ,suncream





Favourite party place:

Newcastle

Highest playing honour:

Peterborough Lions

Who's your biggest influence in rugby:

Lewis Moody / Shalk Britz

Who is your hero outside rugby:

Keith Lemon

Sum up in a sentence how you live your life:

I try to get the highest possible reward for doing the least amount of work possible.





Fixtures

October

6th H P'boro Lions 1's -v- Kettering 3 pm Kick Off
 A Ampthill 3's-v- P'Boro Lions 2's 3 pm Kick Off

13th A Spalding -v- P'boro Lions 1's 3 pm Kick Off



H P'Boro Lions 2's -v- Nthptn. Casuals 3 pm Kick Off

Results

Saturday, 29 September 2012

<i>Kettering</i>	<i>15 - 20</i>	<i>Old Northamptonians</i>	
<i>Loughborough</i>	<i>6 - 11</i>	<i>Newark</i>	
<i>Market Bosworth</i>	<i>29 - 19</i>	<i>Market Rasen & Louth</i>	
<i>Paviors</i>	<i>39 - 34</i>	<i>Peterborough Lions</i>	
<i>Peterborough</i>	<i>20 - 39</i>	<i>Bedford Athletic</i>	
<i>Spalding</i>	<i>13 - 33</i>	<i>Matlock</i>	
<i>Towcestrians</i>	<i>14 - 12</i>	<i>Ilkeston</i>	

Saturday, 22 September 2012

<i>Bedford Athletic</i>	<i>99 - 7</i>	<i>Spalding</i>	
<i>Ilkeston</i>	<i>78 - 6</i>	<i>Loughborough</i>	
<i>Market Rasen & Louth</i>	<i>32 - 24</i>	<i>Peterborough</i>	
<i>Matlock</i>	<i>22 - 10</i>	<i>Kettering</i>	
<i>Newark</i>	<i>26 - 26</i>	<i>Market Bosworth</i>	
<i>Old Northamptonians</i>	<i>44 - 10</i>	<i>Paviors</i>	
<i>Peterborough Lions</i>	<i>27 - 20</i>	<i>Towcestrians</i>	



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Peterborough Lions are proud to be fundraising for Little Miracles this season. Please use the collection box on the bar for your loose change.



Wish Peterborough Lions good luck for the season.

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10th October

7.30 onwards

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Tonight

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or see AK, Chris or Suzanne

Coaching Team:

Lee Adamson

Stefan Arlow

Fred Sagoe



Head Injuries and Concussion

Rugby Union is a very physical game which requires strength, speed, ball handling and kicking skills. Approximately half of all injuries occur in the tackle or tackling phase of a game. Head injuries account for **over 20%** of all Rugby Union injuries ranging from superficial facial and scalp lacerations, to broken noses and severe concussions.



Research shows that injuries occur most often during matches rather than training and in the second half, when lactic acid levels are high causing a slack in technique and performance. Hookers and flankers are reported to sustain the most injuries, with forwards being frequently more injured than the backs because of their involvement in physical collisions and tackles. Therefore it is vital that players use the correct technique during a tackle.

Concussion is caused by a blow or fall which has shaken the brain within the skull leading to a temporary impairment of brain function. The evaluation and management of a player with concussion needs to be addressed quickly as there are serious adverse consequences if not addressed immediately and correctly. There are many symptoms of concussion from dizziness, nausea, headaches, blurred vision, lack of balance and loss of memory. Loss of memory is the most commonly associated symptom with dizziness, but a player needs to only show one sign to cause concern. Therefore it is vital when being asked questions on the pitch players answer questions directed to them rapidly showing no hesitation. Concussion is a serious injury, and can swiftly change to a critical issue.

Research suggests that wearing head gear will protect a player from soft tissue injuries but it is still under strong scrutiny as to how much protection they provide to the player.

Injury prevention

- Try to remain on your feet at the breakdown
- Introduce tackling progressively for new players and make sure you receive regular skills training to ensure the player doesn't fall into bad habits
- Follow the correct techniques for de-powering the scrum at all times
- If the technique is still not perfected correctly for any skills go back to basics



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- **Entry into the draw for International Tickets**
 - **A Peterborough Lion's VP Tie**

All for just £20 for the season.

(there will be a nominal charge for the meals).

Please contact Phil Prosser if you want are interested

tel: 07824709232

Or email : pprosser.tsf@gmail.com



Peterborough Lions Committee - Contact Details

Andy Moore - Chairman

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M: 07710 205015

Mike Majoram - Hon Secretary

E: mike_marjoram@hotmail.com

M: 07736 895168



Diary Event

2012

6 th October	V.P. Luncheon
6 th October	Cowboy & Indian Curry Night - TONIGHT
20 th October	V.P. Luncheon
2 nd November	Fireworks Extravaganza
24 th November	Sponsor's Luncheon
15 th December	V.P. Christmas Luncheon
15 th December	Christmas Party

2013

2 nd February	Ladies Day for Little Miracles
2 nd March	V.P. Luncheon
23 rd March	V.P. Luncheon
13 th April	V.P. Luncheon

If you would like to
place an advert in our programme,
have a banner around the pitch,
be a match day sponsor,
or sponsor a player,
please contact
Alisdair MacDonald
tel: 07979 560003
or
email: alimacdonald@tiscali.co.uk



Peterborough Lions Fixtures

2012-13



	1xv			2xv				
	Midlands 1 East			Friendlies				
01-Sep	Bedford Athletic	(h)	W 20-19	Kettering 3	(a)	W 24-19		
08-Sep	Matlock	(a)	W 44-27	Northampton BBOB 2	(a)	W 24-19		
15-Sep	Old Northamptonians	(h)	W 65-30					
22-Sep	Towcestrians	(h)	W 27-20	Northampton Mens Own	(a)	W 45-25		
29-Sep	Pavours	(a)	L 39-34					
06-Oct	Kettering	(h)	L	Amphill 3	(a)			
13-Oct	Spalding	(a)	L	Northampton Casuals	(h)			
20-Oct	Peterborough	(h)	L	Peterborough 2nds	(h)			
27-Oct	Market Bosworth	(a)	L					
03-Nov	Loughborough	(h)	L	Wellingborough 2	(a)			
10-Nov				St Neots	(h)	H&P Cup	Eng v Fiji	
17-Nov	Ilkeston	(a)	L	Amphill 3	(h)		Eng v Aus	
24-Nov	Newark	(h)	L	Northampton Casuals	(a)		Eng v SA	
01-Dec							Eng v NZ	
08-Dec	Market Rasen & Louth	(a)	L	Kettering 3	(h)			
15-Dec	Matlock	(h)	L	Bedford Athletic	(a)			
22-Dec	Old Northamptonians	(a)	L	Old Northamptonians 2	(h)			
29-Dec								
05-Jan	Towcestrians	(a)	L	Amphill 4	(h)			
12-Jan	Pavours	(h)	L	Stockwood Park 2	(a)			
19-Jan								
26-Jan	Kettering	(a)	L	Northampton BBOB 2	(h)			
02-Feb	Spalding	(h)	L	Towcestrians 2	(a)		Eng v Scot	
09-Feb						Sun	Ire v Eng	
16-Feb	Peterborough	(a)	L	Peterborough 2	(a)			
23-Feb							Eng v Fra	
02-Mar	Market Bosworth	(h)	L	Bedford Athletic	(h)			
09-Mar	Loughborough	(a)	L			Sun	Eng v Ita	
16-Mar							Wa v Eng	
23-Mar	Ilkeston	(h)	L	Old Northamptonians	(a)			
30-Mar								
06-Apr	Newark	(a)	L					
13-Apr	Market Rasen & Louth	(h)	L	Northampton Mens Own 2	(a)			
20-Apr	Bedford Athletic	(a)	L					
27-Apr								
	L = East Midlands League Games							
	L / C = Combined League & East Midlands Cup game							



FIREWORK



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