



# Lions

**£2      The Pride of Peterborough**

**Saturday 15<sup>th</sup> September 2012**

**15:00 Kick Off**



**East Midlands Division 1**

**-v- Old Northamptonians RUFC**



Well what an excellent start to the season!  
I'm so proud of our players, fans, volunteers  
and coaches.

We've created quite a buzz and all the feedback  
from our opposition so far, has been positive.

Today, Old Nothamptonians are our opponents,  
who will prove, I've no doubt, to be our strongest  
test yet. They have come down from National  
Division Three (Midlands), and will want to get  
back at the first opportunity.

So let's keep the party going and the  
atmosphere flowing,

encourage the Lions to Roar, to give us more !!

*Andy Moore* - Chairman



## Captains Corner



After two tough physical games, I'm really pleased to get two wins. After some first match nerves against Bedford Athletic RFC, the guys looked a lot more confident against Matlock and played some fantastic attacking rugby. The good thing is that we know within the group, that there is so much more to come, and if we cut out some indiscipline and mistakes, we can be a real force in this league. There is a great spirit in the group and we are constantly pushing each other to improve, and I hope this continues all year.

Today's game assumes extra importance as it is an East Midlands Cup and league double header. It is the first time Peterborough Lions have been in the East Midlands cup, and it shows how far as club we have come in just a few years, and we hope to give a good account of ourselves and get another win.

Already at this higher level are we seeing a higher physicality and the toll it is taking on players, so having the strong squad of 25 or 30 players that we do, is a great asset and the 2nd team had a good win this week too.

It is only now that I appreciate the hard work that goes on behind the scenes to get the teams out for Saturday and so well looked after, so thanks to Stefan, Suzanne, Mike, Andy and everyone else who does their bit, it really is appreciated by all the players!

*Saad*





Lions 20 – v – Bedford Ath. 19  
1<sup>st</sup> September  
Photos by Picture This  
Photography

## Peterborough Lions 20 – Bedford Athletic 19



Peterborough Lions started the new season with a hard fought last minute victory over Bedford Athletic. After 80 minutes of intense physical rugby, it came down to the Lion's scrum half, Jaco Steenberg, to kick the winning penalty.

The first 20 minutes was error strewn with maybe first match nerves playing their part. Peterborough Lion's indiscipline gifted Bedford Athletic two penalty chances, which were both missed, but were punished in the 21st minute, when a penalty to touch resulted in Bedford driving Sheldon Reynecke over. Bedford converted to take a 7-0 lead. Lion's fought straight back from kick off and newly returned centre Jacques Vorster was unlucky to have a try disallowed. From the resulting 5m scrum, No.8 Ian Underwood crashed over from short range, with Steenberg converting. The half wasn't over and with 2 minutes left on the clock Chris Humphrey paid the price for team indiscipline and was yellow carded.

Despite their numerical disadvantage, Lions started the second half strongly, and good counter attacking from the backs lead to new captain Saad Sait scoring, but the try went unconverted. Lack of discipline prevented Lions from keeping control, and some sloppy play saw Luke Levitt turn the ball over and allow James Mortimer to walk under the posts for a converted try for Bedford Ath, to take the lead 14-12. The see saw nature of this contest continued as Lions scrum and forward superiority began to tell as they continued to create chances. Silly penalties and poor execution of final passes prevented them for scoring sooner, but eventually the pressure told and Saad Sait got a second score, to leave the game delicately poised at 17-14 to Peterborough Lions. Bedford Athletic refused to give up and with Lions refusing to learn from earlier, when not dealing with a rolling maul, allowed Ben Middleton a try in the corner. Again the conversion was missed and with 10 minutes remaining, Bedford lead 19-17. Lions, keen to maintain their home record which has not seen them lose in over a year, dominated possession for the final 10 minutes. Bedford refused to give any try scoring opportunities, but repeated infringements allowed Steenberg to kick a penalty to take the score to 20-19. With just 30 seconds remaining, debutant Dan Page claimed the kick off under severe pressure, set the ball up for it to be kicked out of play and the final whistle to be blown.

After the match, captain Saad Sait said 'We are really pleased to get the first win, everyone stood up to the increase in quality. The front row of Tom Laws, Manny van Niekerk and Joe Roberts laid a great platform for the rest of the team. We've seen the increase in physicality and that we will be punished for mistakes and indiscipline unlike last year. Everyone is learning and we build to next week against Matlock'



# fusion

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The Fusion management team is focused on the improvement of processes and technology, alignment of resources where and when the businesses need them, and development of the specific skill base of its people – with the ultimate vision of providing a truly virtual contact centre service.



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Peterborough Lions 2012 –13  
All players are available for Sponsorship



Manny Van Niekerk



Joe Roberts



Tom Laws



Alan O'Connor



Marius Andrijauskas



Chris Humphrey



Oli Story



AK Kachra



Saad Sait



Jaco Steenberg



Mark Rossouw



Joe Sagoe



JC Sagoe



Gedis Marcisauskas



Jacques Vorster



Max Guseinov



Mark Laws



Laurent Ross



Peterborough Lions 2012 –13  
All players are available for Sponsorship



**Midlands 1 East**

Team	P	W	D	L	F	A	Diff	B Pts	Pts	Adjust
Ilkeston	2	2	0	0	87	25	62	2	10	0
Old Northamptonians	2	2	0	0	65	32	33	2	10	0
Newark	2	2	0	0	60	18	42	1	9	0
<b>Peterborough Lions</b>	<b>2</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>64</b>	<b>46</b>	<b>18</b>	<b>1</b>	<b>9</b>	<b>0</b>
Bedford Athletic	2	1	0	1	57	44	13	2	6	0
Peterborough	2	1	0	1	75	55	20	1	5	0
Towcestrians	2	1	0	1	67	58	9	1	5	0
Paviors	2	1	0	1	49	43	6	1	5	0
Market Rasen & Louth	2	1	0	1	31	39	-8	1	5	0
Market Bosworth	2	1	0	1	50	65	-15	1	5	0
Kettering	2	0	0	2	22	41	-19	1	1	0
Matlock	2	0	0	2	46	73	-27	0	0	0
Loughborough	2	0	0	2	24	86	-62	0	0	0
Spalding	2	0	0	2	18	90	-72	0	0	0



The presentation of the Midlands 2 East (South) league winner's trophy for last season, 2011-12.

The presentation was made to last year's captain Chris Humphrey, Lee Adamson and Andy Moore, by East Midland's Chairman, Robert Taylor and East Midland's President Clive Leeke.

**CLUB  
MARK**



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[academy@peterboroughlionsrugby.co.uk](mailto:academy@peterboroughlionsrugby.co.uk)**



**Wish Peterborough Lions  
good luck for the season.**



**KRUSADA Teamwear wish  
Peterborough Lions  
great success in the  
Midlands 1 East**



**For all your  
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01733 234975  
sales@krusada.com**



**Unit 6,  
Orton Enterprise Centre,  
Peterborough,  
PE2 6XU**



**Check out the**

## **'Club Within A Club'**

**Our new look Lion's Den being built!  
Thanks to loads of hard work from  
lots of people.  
Thank you Guys!**

**Photos by [Picture This Photography](#)**



# Peterborough Lions RUFC

1. Manny Van Niekerk
2. Joe Roberts
3. Saad Sait (captain)
4. Marius Andrijauskas
5. Dan Page
6. Rob Singles
7. Oli Story
8. Chris Humphrey
9. Jaco Steenberg
10. Mark Rossouw
11. JC Sagoe
12. Jacques Vorster
13. Gedis Marcisauskas
14. Mantas Vilimavicius
15. Max Guseinov

## Bench

16. Laurent Ross
17. Mark Carter
18. AK Kachra



# Old Northamptonians RUFC



1. Ralph Rainbow
2. Sam Overton
3. Mark Edwards
4. Rhys Hughes (captain)
5. Tom Holliday
6. Matt Mills
7. Ash Fullthorpe
8. Chris McKee
9. Robbie Aitchison
10. Rory Seymour
11. Kieran O'Connor
12. Matt Love
13. Ash Young
14. Lewis Bodily
15. Alex Rose

## Bench

16. Alistair Walls
17. Sam Howes
18. Phil Beaumont

**MSD**

Moore Steel Developments Ltd.

**Referee : Paul Baynes**



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Ady and Vicky's Bit.

## Inter and Intra Muscular Haematoma's (Dead-Leg)

You may wonder why I and Victoria treat you with caution when you take a blow and get a 'dead-leg' during a game. This article will explain the risks of these two very different and yet similar injuries and the importance of getting the treatment spot on.

These injuries are commonly caused by a collision and require quick treatment. It is important you understand the different definitions of the condition,

**Intermuscular haematoma's** involve bleeding between the muscles/fascia.

However **intermuscular** haematomas cause greater loss of function than the intramuscular and are generally more persistent, taking longer to develop; pain reduces normally within the first 24hrs. It isn't unusual for the bruising to travel distally towards gravity. This injury can be treated after the initial stages using massage but NEVER straight away.

**Intramuscular haematomas** are when the blood is unable to escape, clotting within the muscle sheath. **Intramuscular**, can also be caused by muscle strains, tears, or bruising. The swelling is instant and often causes pain as it may press against adjacent nerves. The function of the muscle is impaired, and contractility and extensibility are greatly reduced. Therefore performance and power output will be significantly reduced.

This injury causes greater risk factors and in the very worst case if an **intramuscular** haematoma goes untreated and unrecognised, a limb can be lost due to tissue damage and death within surrounding areas.

It is vital to get these injuries treated as soon as they occur and treat them with caution. So please **get it looked at!**



Cheers Ady and Victoria



Peterborough Lions  
are proud to be  
fundraising for  
'Little Miracles'  
this season.

## Cowboy and Indian Night

6<sup>th</sup> October

6.30pm onwards

£5 per ticket includes an indian...

....curry of course!

Tickets available from behind the bar  
or see AK, Chris or Suzanne

the  
**SOLSTICE**  
entertainment venue



## Fixtures

### September

22<sup>nd</sup> **H** P'boro Lions 1's –v– Towcestrians 3pm kick off  
**A** P'Boro Lions 2's –v- N. Mens Own 3pm kick off

29<sup>th</sup> **A** Paviers –v– P'boro Lions 1's  
The Ron Rossin Ground  
Burnt Stump Hill  
Arnold  
Nottingham, Nottinghamshire, Notts  
NG5 8PQ Tel: 0115 9638527

3pm kick off



**H** P'boro 2's –v- Wellingborough 2 3pm kick off

### October

6<sup>th</sup> **H** P'boro Lions 1's -v- Kettering 3pm kick off  
**A** P'boro Lions 2's –v- Ampthill 3 3pm kick off

13<sup>th</sup> **A** Spalding –v- P'boro Lions 1's 3pm kick off  
**H** P'boro Lions 2's –v- Nthptn. Casuals 3pm kick off

### Coaching Team:

Lee Adamson

Stefan Arlow

Fred Sagoe





## Matlock 27 – Peterborough Lions 44

Peterborough Lions looked as though had no ill-effects from the long journey as they made the perfect start to their clash against Matlock. Strong carrying from the forwards lead to the home team infringing and scrum half Jaco Steenberg, pinning Matlock back deep in their 22. From the resulting lineout, a strong catch and drive saw Oli Story score on debut. The conversion was missed and Lions lead 5-0. With Lions dominating possession, Matlock again conceded the penalty for Lions, for Steenberg to convert.

Minutes later, Steenberg had the chance to push the lead out to 11-0 but the kick was missed. Then a lack of concentration from Peterborough let Matlock regain the 22 drop out, and good supporting play saw them move swiftly up the pitch, to allow the centre to score under the posts. Matlock had no answer to Lions physicality and ability to move the ball. Another penalty allowed Lions a 11-7 lead, then clean lineout ball lead to Mark Rossouw dummying through the defensive line and off loading to Chris Humphrey, to run in under the posts, Steenberg with the conversion again. After controlling all the ball and perfect discipline until this point, Peterborough had a mad 10 minutes before half time. Firstly Steenberg was yellow carded for retaliation after a late tackle, the Matlock fly half kicked to move the score on to 18-10. Minutes later and in a case of mistaken identity repeated infringements saw Marius Andrijauskas also yellow carded to reduce Lions to 13 men temporarily. Another Matlock penalty saw Lions going into half time with an 18-13 lead.

The message from coach Lee Adamson of retaining the possession, cut out the errors and indiscipline seemed to have had an effect, as after several drives from the forwards, Mark Rossouw stepped up and drove over from short range and converted from in front. Lions were beginning to play with the confidence of last year and after breaking up a Matlock attack on their own 22, the ball was spread wide for centre Gedis Marcisaukas to break the line, who fed open side flanker Chris Humphrey, who in turn fed winger Mantautas Vilimavicius, to outpace the defence from 50m out. Steenberg, back on the pitch, converted to take the lead to 32-15 and the attacking bonus point.

Lions made the mistake of losing concentration, thinking they had the match won, and after conceding a couple of penalties, a well worked front peel of a Matlock lineout saw them score from close range. In typical Peterborough Lions style though, they hit back straight away. A quick throw in from Marcisaukas and an exchange of passes with full back Max Guseinov, with good support play from flanker Humphrey, saw him run in for his 2nd try of the day.

A silly trip from Marius on the Matlock scrum half, who stepped inside him, saw him get a second yellow card and left for a frantic final 13 minutes. Matlock who now began to run a lot more ball, broke through to score again and with 10 minutes remaining, the score was 37-27. Lions though showed a lot of character and resolve in hot conditions, from a strong driving maul, the ball was played out to Marcisaukas who topped off a fine performance by breaking a tackle and out pacing the cover defence to score. Again, Steenberg converting to make the final score 44-27.

Man of the match went to Chris Humphrey, for his endless work rate and support play. Peterborough Lions are finding out though, that any mistakes and indiscipline are quickly punished at this new higher level. They now look forward to their first appearance in the East Midlands cup, in a league double header against Old Northamptonians.



Matlock 27 – 44 Lions

Photos by  
Picture This Photography



# Vice President Membership

This season's  
Vice Presidents membership  
will include:

- VP meals before 7 of our home matches with table service
- 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](mailto:pprosser.tsf@gmail.com)





## Diary Event

### 2012

- 6<sup>th</sup> October V.P. Luncheon  
6<sup>th</sup> October Cowboy & Indian Curry  
20<sup>th</sup> October V.P. Luncheon  
4<sup>th</sup> November Fireworks Extravaganza  
24<sup>th</sup> November Sponsor's Luncheon  
15<sup>th</sup> December V.P. Christmas Luncheon  
15<sup>th</sup> December Christmas Party

### 2013

- 2<sup>nd</sup> February Ladies Day for Little Miracles  
2<sup>nd</sup> March V.P. Luncheon  
23<sup>rd</sup> March V.P. Luncheon  
13<sup>th</sup> April V.P. Luncheon

#### **Peterborough Lions Committee - Contact Details**

Andy Moore - Chairman

E: [andy@mooresteeldevelopments.co.uk](mailto:andy@mooresteeldevelopments.co.uk)

M: 07710 205015

Mike Majoram - Hon Secretary

E: [mike\\_marjoram@hotmail.com](mailto:mike_marjoram@hotmail.com)

M: 07736 895168



## Player Profile on: **Max Guseinov**

Nickname Maximus

Position Utility Back

Age 29

Height 179cm

Weight 82kg



Favourite Film:  
Gladiator

Favourite Food and Drink:  
Lithuanian National Food and Drink

Favourite Music:  
Any kind of good music

Which 4 people would you invite for dinner?:  
My wife, then we will have the 4 meals between us

What 4 things would you take on a desert island:  
My wife only, I think



**Favourite party place:**

**Garage.....**

**Who's your biggest influence in rugby:**

**Max Guseinov**

**Who is your hero outside rugby:**

**Chuck Norris**

**Highest playing honour :**

**Peterborough Lions forever!**

**Sum up in a sentence how you live your life**

**Live to enjoy!**





Oundle Tyres would like to wish Peterborough Lions all the best for their season. Call 01832 272150 for all your tyre and exhaust needs.

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please contact  
Alisdair MacDonald

tel: 07979 560003

or

email: [alimacdonald@tiscali.co.uk](mailto:alimacdonald@tiscali.co.uk)



## Peterborough Lions Fixtures

2012-13



### 1xv Midlands 1 East

### 2xv Friendlies

01-Sep	Bedford Athletic	(h) L	Kettering 3	(a)		
08-Sep	Matlock	(a) L	Northampton BBOB 2	(a)		
15-Sep	Old Northamptonians	(h) L / C				
22-Sep	Towcestrians	(h) L	Northampton Mens Own	(a)		
29-Sep	Pavoirs	(a) L	Wellingborough 2	(h)		
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	Pavoirs	(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



# EXTRAVAGANZA

## BRETTON LIONS CLUB

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