



# Lions

**£2      The Pride of Peterborough**

**Saturday 22<sup>nd</sup> September 2012      15:00 Kick Off**



**Midlands Division 1 East**

**-v- Towcestrians**



Welcome back everyone for the second week running, I'm still recovering from last week's 10 try burst against Old Northamptonians. If this keeps up, I won't see out the season, alcohol poisoning will have me by Christmas! To make it even better, our 2<sup>nd</sup> team played Stewart & Lloyds and won 27-19. A great weekend of rugby for the club. At the time of writing, Mike Marjoram and I have just sold our souls to purchase a lawn mower, so if we can score 65 points when the grass is overgrown .....well, we shall see! This brings me nicely onto welcoming our opposition Towcestrians today. Our last encounter here at the Lion's Den saw them running out 26-42 winners, so we have a score to settle, which means we're in for another exciting game. Let's get behind the Lions and ROAR them to victory.

*Andy Moore* - Chairman



## Captains Corner

I'm delighted to be 3 wins from 3 and the league's top point's scorers.... it is beyond everyone's wildest expectations!

Everything I've seen and the attitude from the players is the same though... 'We're only getting started, there is more to come'.

There is a great spirit at the Den and we are determined to keep working hard and scoring tries, the backs especially look so dangerous every time they get the ball. Congratulations also goes to the 2's today, as they Stewart & Lloyds beat 27-19.

We know though, there are aspects of the game that aren't good enough and if we stop working hard, things can change pretty quickly.

It's especially satisfying to see young local players come, play with confidence and make a real impact. I hope they feel welcome here and I'm looking forward to the club Cowboy and Indian social, to get together with the boys and their partners, have a few drinks and really make them feel at home.

The club is in great shape with the new clubhouse (slowly) taking shape, lots of guys training regularly and a cup semi final to look forward to now.

*Saad*



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## Peterborough Lions 65 – 30 Old Northamptonians

Peterborough Lions gave a scintillating display of attacking rugby in their 65-30 demolition of Old Northamptonians and sent out a statement of intent to the rest of the league, that



there is more to come. The game was just two minutes old, when prop Manny Van Nierkerk barged over for a try from short range, after powerful carrying from the forwards. Steenberg converted and it was 7-0 to the home team. Just minutes later, centre Jacques Vorster; who is a welcome return after a season out, picked up a bobbling ball, carved through the middle to offload to Gedis Marcisaukas, who crossed for his first of

five tries. ONs had no answer to the pace, power and handling skills of the Peterborough Lions forwards or backs. It was not long before Marcisaukas was crossing again. Good work by the forwards lead to the ball being spread wide to JC Sagoe, who is growing every game, combining with Saad Sait (in his less favoured position of prop), to allow the centre to run in for his second try. ON's though, were gaining more possession, hit back with a penalty. Dan Page, in just his 3rd game for the club, was next to cross from a powerful rolling maul, to go into a 26-3 lead with just 30 minutes on the clock. ON's then



got a foothold in the game when Mark Rossouw was yellow carded, after deliberate foul play. After a while the pressure eventually told and the ON's winger crossed in the corner, and 2 penalties were converted. This seemed to inspire Lions to score arguably, the try of the game. Max Guseinov attacking from deep in his own 22, beat 2 men, chipped the defensive line to re-gather. He then sent another kick over for debutant Robb Shingles to cross. ON's had the last say in the first half though, crossing again to reduce the deficit to 38-20.



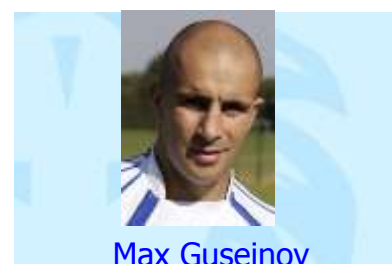
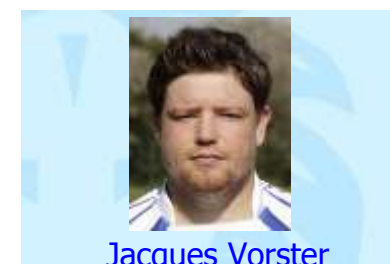
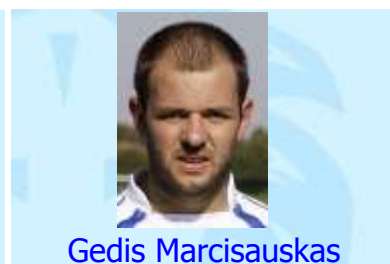
The second half was a slightly scrappier affair, with both sides crossing at regular intervals. The pick of them was substitute Laurent Ross breaking from his own half, past 3 defenders, before being tackled. Quick hands saw Vorster slice through and score under the posts. Gedis Marcisaukas was named man of the match after his 5 tries.

Captain Saad Sait said 'The guys looked so dangerous in attack today, you'd be hard pushed to find anyone who didn't play well. We all know there are still things to work on but we are really enjoying this and there's a great buzz around at the minute. Next week they will look to gain revenge for defeats in previous seasons from Towcestrians in another home clash and everyone is excited to see what they can do next.'

Photos by  
Picture This  
Photography



Peterborough Lions 2012 –13  
All players are available for Sponsorship





## Peterborough Lions 2012 –13



**All players are available for Sponsorship**  
**£250 for the season**



### Midland One East

Team	Pd	W	D	L	F	A	Diff	4T	LB	Pts	Adj
Ilkeston	3	3	0	0	118	47	71	3	0	15	3
<b>Peterborough Lions</b>	<b>3</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>129</b>	<b>76</b>	<b>53</b>	<b>2</b>	<b>0</b>	<b>14</b>	<b>2</b>
Old Northamptonians	3	2	0	1	95	97	-2	3	0	11	3
Towcestrians	3	2	0	1	110	68	42	2	0	10	2
Paviors	3	2	0	1	88	61	27	2	0	10	2
Bedford Athletic	3	2	0	1	80	53	27	1	1	10	2
Market Rasen & Louth	3	2	0	1	66	52	14	2	0	10	2
Peterborough	3	2	0	1	100	63	37	1	0	9	1
Newark	3	2	0	1	68	43	25	1	0	9	1
Market Bosworth	3	1	0	2	72	96	-24	2	0	6	2
Kettering	3	0	0	3	31	64	-33	0	1	1	1
Matlock	3	0	0	3	64	112	-48	0	0	0	0
Spalding	3	0	0	3	31	125	-94	0	0	0	0
Loughborough	3	0	0	3	34	129	-95	0	0	0	0



# Peterborough Lions

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. Laurent Ross
10. Jaco Steenberg
11. JC Sagoe
12. Mark Rossouw
13. Jacques Vorster
14. Mantas Vilimavicius
15. Max Guseinov
- Bench
16. Mark Carter
17. Ian Underwood
18. Mantas Praijanavicius



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# Towcestrians



1. Joe Chambers
2. Fen Gallagher
3. John Causebrook
4. Sam Smith
5. Zac Osborne
6. Gareth Collins
7. Liam Wilkinson (C)
8. Joe Threlfall
9. Dave Stocks
10. Chrissie George
11. Pepe Nanci
12. Dave Williams
13. Martyn Harvey
14. Adam Wilkinson
15. Matt Yuill

## Bench

16. Matt Bodily
17. Luke Rust
18. Ben Roe

**Referee: Nicola Reynolds**

Player Profile : **Mark Rossouw**

Nickname: Markie  
Position: backline  
Age: 28  
Height: 1.85 Weight: 107



Favourite Film: Old School

Favourite Food and Drink: fish, lobster, prawn, ribeye steak, smirnoff ice and coke

Favourite Music: Cat Stevens and The Eagles and Kurt Darren

Which 4 people would you invite for dinner? My wife, mum and dad, and our baby that will be born on the 22/3/13

What 4 things would you take on a desert island: food, water, my wife, Swiss army knife

Favourite party place: our place

Highest playing honour:  
Peterborough Lions

Who's your biggest influence in rugby: Danie Gerber

Who is your hero outside rugby:  
Grandad

Sum up in a sentence how you live your life: if the lift of success is out of order you will have to use the stairs.



## Fixtures

### September

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

3 pm Kick Off



H **P'Boro 2's-v- Wellingborough 2**

3 pm Kick Off

### October

6<sup>th</sup> H **P'boro Lions 1's –v- Kettering**

3 pm Kick Off

A **Amphill 3's-v- P'Boro Lions 2's**

3 pm Kick Off

13<sup>th</sup> 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

### Last Weeks Results - 15<sup>th</sup> September 2012

Sat 15th	Kettering	9	vs	23	Bedford Athletic
Sat 15th	Market Bosworth	22	vs	31	Ilkeston
Sat 15th	Paviors	39	vs	18	Matlock
Sat 15th	Peterborough	25	vs	8	Newark
Sat 15th	Peterborough Lions	65	vs	30	Old Northamptonians
Sat 15th	Spalding	13	vs	35	Market Rasen & Louth
Sat 15th	Towcestrians	43	vs	10	Loughborough



**CLUB  
MARK**



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fundraising for Little Miracles this  
season

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for the season.



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

# 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

## Coaching Team:

Lee Adamson

Stefan Arlow

Fred Sagoe





## PLEASE WARM UP CHAPS

Before starting any exercise sessions, it is essential to warm up. There are two main reasons for this:

first, warming-up can make sports injuries less likely in certain circumstances; second the body works more efficiently when warm and sports performance may actually improve.

A good warm up will have physiological, mechanical and psychological effects.

A warm up will allow the body tissues to work more efficiently. Normally, while relaxed, the muscles receive only about 15 per cent of the total blood flow. The rest goes to the body organs such as the brain liver and intestines. During vigorous exercise, because the muscles need far more fuel to provide energy, their requirement for blood increases and they need 80 per cent of the total blood flow. It takes time to re-route this blood by opening some blood vessels and closing others, and if the muscles are required to perform maximally before the blood flow has changed, they will work inefficiently.

Incidentally, this process of alteration in regional blood flow is the reason why you should not exercise within an hour of eating a heavy meal. After eating, we need the blood to stay in the region of the stomach and intestines to effectively absorb the digestion foodstuffs. If we start to exercise during this period, much of the blood will move away from the digestive organs and into the working muscles. The result can be digestive upsets and stomach cramps.

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## **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**

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**(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)**

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

Andy Moore - Chairman

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M: 07710 205015

Mike Majoram - Hon Secretary

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

M: 07736 895168



## 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
2 <sup>nd</sup> November	<b>Fireworks Extravaganza</b>
24 <sup>th</sup> November	Sponsor's Luncheon
15 <sup>th</sup> December	V.P. Christmas Luncheon
15 <sup>th</sup> December	<b>Christmas Party</b>

### 2013

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

If you would like to  
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have a banner around the pitch,  
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or sponsor a player,  
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Alisdair MacDonald  
tel: 07979 560003  
or  
email: [alimacdonald@tiscali.co.uk](mailto:alimacdonald@tiscali.co.uk)



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