



PENRITH RUGBY UNION  
FOOTBALL CLUB

# GIRLS RUGBY COACHING

Girls rugby returns with guest coach  
ex-England 7s star **MEGAN ELLERY**  
New players welcome!

**FRI 28 AUG 20**  
**4PM - 5.30PM**

(ARRIVE AT 3.40PM FOR REGISTRATION)

- Girls Y7 to Y10 in Sept 2020.
- No experience required!
- Pre-booking essential.
- Contact Nigel on 07793121104 or email [n.beaty@sky.com](mailto:n.beaty@sky.com) for info.



**MEGAN ELLERY**  
GUEST COACH!