



Competition Wrap-Up

11th February 2017

Hosted by Southern Lions RUFC

Major Sponsor City of Cockburn

Supported by RugbyWA



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TOURNAMENT REVIEW

2017 was the 5th edition of the City of Cockburn 7s. The competition was held at Southern Lions RUFC www.southernlionsruffc.com with 3 playing Fields and Clubrooms.



The Major Sponsor was again the City of Cockburn. Many Thanks for your very generous donation. This was the 4th year that the City of Cockburn have gotten behind our great event. The generous donation ensures the successful event year in and year out.



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MEN'S CUP WINNERS PALMYRA RUGBY CLUB



MEN'S CUP FINAL (after Golden Point ET) Palmyra Rugby Club 22 Malaysia National 7s 17

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Men's Competition

There were TWO Pools in the Men's Open competition.

Men's Red Group							
Team Name	Played	For	Against	%F/A	Tries For	Tries Against	Pts
Nedlands	5	158	32	494%	21	6	25
Palmyra	5	132	22	600%	21	4	21
Wanneroo	5	113	100	113%	19	16	17
Pacifica Tribes	5	52	147	35%	8	18	13
Geraldton Sharks White	5	60	82	73%	10	13	9
Perth Irish White	5	26	158	16%	4	26	5

Men's White Group							
Team Name	Played	For	Against	%F/A	Tries For	Tries Against	Pts
West Coast Drifters	4	141	27	522%	21	5	20
Malaysian 7s	4	128	24	533%	20	4	16
Southern Lions	4	86	76	113%	13	12	12
Perth Irish Green	4	42	130	32%	8	19	8
Geraldton Sharks Blue	4	17	157	11%	3	25	4

The teams played each other once in the Group stages.

The Top 2 in each group progressed to the Cup Semi-Finals. Nedlands played Malaysian 7s and Palmyra played West Coast Drifters. Malaysian 7s won 24-17 and Palmyra won 19-7.

The Cup Final was then between Palmyra and Malaysia 7s with Palmyra winning 22-17 in Golden Point extra time.

West Coast Drifters played Nedlands in the Plate Final with West Coast Drifters winning 17-5.

The 3rd and 4th place in each group progressed to the Bowl Semi-Finals. Wanneroo played Perth Irish Green and Southern Lions played Pacifica Tribes. Perth Irish Green won 21-20. Southern Lions won 26-0.

The Bowl Final was then between Southern Lions and Perth Irish Green with Southern Lions winning 28-17.



WOMEN'S CUP WINNERS COTTELSONE RUGBY CLUB



WOMEN'S CUP FINAL Cottesloe Rugby Club 22 Southern Lionesses 5

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Women's Competition

There was ONE Pool in the Women's Open competition.

Women's Purple Group							
Team Name	Played	For	Against	%F/A	Tries For	Tries Against	Pts
Cott Shegulls	4	121	42	288%	21	8	20
Southern Lionesses	4	107	37	289%	19	7	16
Nedlands	4	109	58	188%	19	10	12
Palmyra Phoenix	4	72	82	88%	14	14	8
Geraldton Sharks	4	0	190	1%	0	34	4

The teams played each other once in the Group stages.

The Top 4 progressed to the Cup Semi-Finals. Cott Shegulls played Palmyra Phoenix and Southern Lionesses played Nedlands. Cott Shegulls won 24-17 and Southern Lionesses won 19-7.

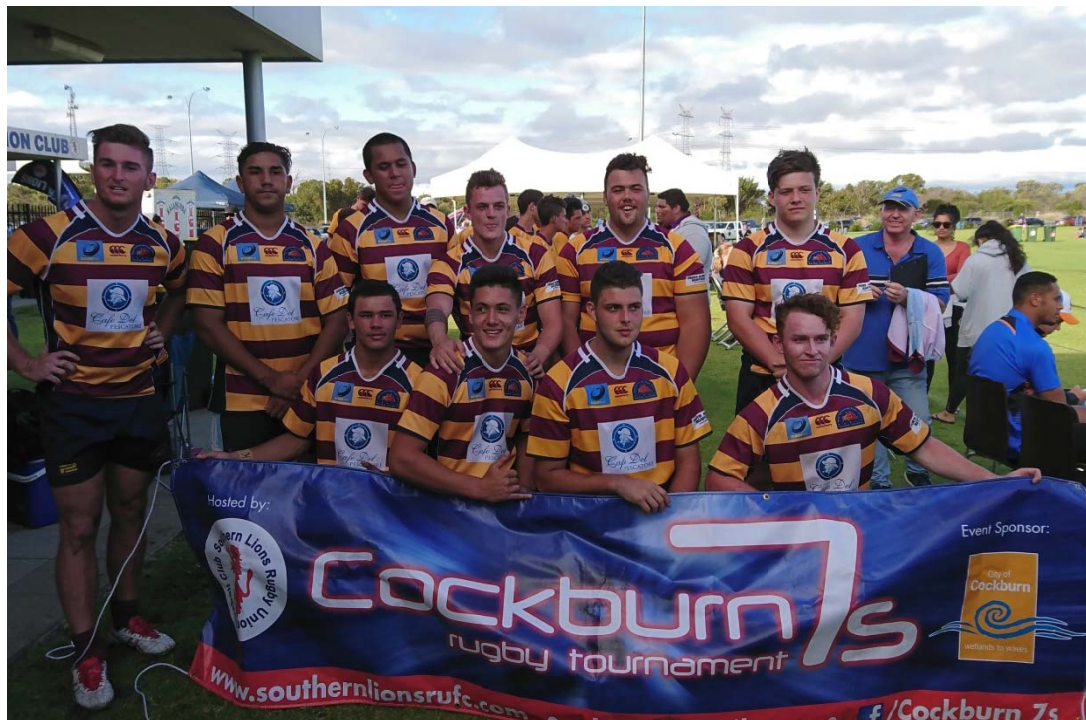
The Cup Final was then between Cott Shegulls and Southern Lionesses with Cott Shegulls winning 22-5 in Golden Point extra time.

Nedlands played Palmyra Phoenix in the Plate Final with Nedlands winning 25-0.



U20's CUP WINNERS

WESTS SCARBOROUGH RUGBY CLUB



U20's CUP FINAL (after Golden Point ET)

Wests Scarborough Rugby Club 17

Rockingham Rugby Club 12

U20's Competition

There was ONE Pool in the U20's competition.

U20's Green Group							
Team Name	Played	For	Against	%F/A	Tries For	Tries Against	Pts
Wests Colts	4	112	31	361%	18	5	20
Rockingham	4	59	77	77%	9	13	8
Southern Lions Colts	4	48	111	43%	8	17	8

The teams played each other twice in the Group stages.

The Top 2 progressed to the Cup Final. Rockingham qualifying over Southern Lions on %F/A.

The Cup Final was then between Wests Colts and Rockingham with Wests Colts winning 17-12.

Fixtures / Results

Field 1															
Game	Time	Rd	Competition	Pool	Team	Score	Tries	Pts	MR	v	Team	Score	Tries	Pts	MR
1	10:00	1	Mens	Red	Nedlands	34	6	5	1	v	Wanneroo	15	3	1	1
3	10:20	1	Mens	White	Southern Lions	36	5	5	1	v	Perth Irish Green	12	2	1	1
6	10:40	1	Womens	Purple	Cott Shegulls	17	3	5	1	v	Nedlands (W)	15	3	1	1
8	11:00	2	Mens	Red	Geraldton Sharks White	0	0	1	1	v	Nedlands	31	5	5	1
11	11:20	2	Mens	White	Geraldton Sharks Blue	5	1	1	1	v	Malaysian 7s	40	6	5	1
14	11:40	2	Womens	Purple	Nedlands (W)	10	2	1	1	v	Southern Lionesses	29	5	5	1
16	12:00	3	Mens	Red	Perth Irish White	0	0	1	1	v	Geraldton Sharks White	22	4	5	1
19	12:20	3	Mens	White	Perth Irish Green	25	5	5	1	v	Geraldton Sharks Blue	7	1	1	1
22	12:40	3	Womens	Purple	Palmyra Phoenix	45	9	5	1	v	Geraldton Sharks (W)	0	0	1	1
	13:00		Drop Kick Comp (\$50 Prize) and Kite Display												
	13:20		100m Sprint (\$50 Prize) and Kite Display												
24	13:40	4	Mens	Red	Wanneroo	38	6	5	1	v	Perth Irish White	7	1	1	1
27	14:00	4	Mens	White	West Coast Drifters	42	6	5	1	v	Perth Irish Green	5	1	1	1
30	14:20	4	Womens	Purple	Geraldton Sharks (W)	0	0	1	1	v	Southern Lionesses	44	8	5	1
32	14:40	5	Mens	Red	Nedlands	43	7	5	1	v	Perth Irish White	7	1	1	1
35	15:00	5	Mens	White	Malaysian 7s	45	7	5	1	v	Perth Irish Green	0	0	1	1
38	15:20	5	Womens	Purple	Cott Shegulls	29	5	5	1	v	Palmyra Phoenix	10	2	1	1
FINALS															
40	15:40	SF	Mens	Cup SF1	Nedlands	17			1	v	Malaysian 7s	24			1
43	16:00	SF	Mens	Bowl SF1	Wanneroo	20			1	v	Perth Irish Green	21			1
46	16:20	SF	Womens	Cup SF1	Cott Shegulls	42			1	v	Palmyra Phoenix	10			1
48	16:40	F	20s	CUP F	West's Colts	17			1	v	Rockingham	12			1
49	17:00	F	Mens	PLATE F	Nedlands	5				v	West Coast Drifters	17			
51	17:20	F	Mens	CUP F	Malaysian 7s	17				v	Pamlyra	22	GP		
53	17:40	F	Womens	Cup F	Cott Shegulls	22				v	Southern Lionesses	5			

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Field 2															
Game	Time	Rd	Competition	Pool	Team	Score	Tries	Pts	MR	v	Team	Score	Tries	Pts	MR
2	10:00	1	Mens	Red	Pacifica Tribes	14	2	5	1	v	Perth Irish White	12	2	1	1
4	10:20	1	Mens	White	Malaysian 7s	17	3	1	1	v	West Coast Drifters	19	3	5	1
7	10:40	1	Womens	Purple	Southern Lionesses	17	3	5	1	v	Palmyra Phoenix	5	1	1	1
9	11:00	2	Mens	Red	Wanneroo	36	6	5	1	v	Pacifica Tribes	7	1	1	1
12	11:20	2	Mens	White	West Coast Drifters	33	5	5	1	v	Southern Lions	5	1	1	1
15	11:40	2	Womens	Purple	Geraldton Sharks (W)	0	0	1	1	v	Cott Shegulls	53	9	5	1
17	12:00	3	Mens	Red	Nedlands	33	0	5	1	v	Pacifica Tribes	0	0	1	1
20	12:20	3	Mens	White	Malaysian 7s	26	4	5	1	v	Southern Lions	0	0	1	1
23	12:40	3	Womens	Purple	Cott Shegulls	22	4	5	1	v	Southern Lionesses	17	3	1	1
	13:00		Lunch Break - No Match												
	13:20		Lunch Break - No Match												
25	13:40	4	Mens	Red	Geraldton Sharks White	19	3	1	1	v	Pacifica Tribes	26	4	5	1
28	14:00	4	Mens	White	Geraldton Sharks Blue	5	1	1	1	v	Southern Lions	45	7	5	1
31	14:20	4	Womens	Purple	Nedlands (W)	36	6	5	1	v	Palmyra Phoenix	12	2	1	1
33	14:40	5	Mens	Red	Geraldton Sharks White	19	3	1	1	v	Wanneroo	24	4	5	1
36	15:00	5	Mens	White	Geraldton Sharks Blue	0	0	1	1	v	West Coast Drifters	47	7	5	1
39	15:20	5	Womens	Purple	Geraldton Sharks (W)	0	0	1	1	v	Nedlands (W)	48	8	5	1
FINALS															
41	15:40	SF	Mens	Cup SF2	West Coast Drifters	7			1	v	Palmyra	19			1
44	16:00	SF	Mens	Bowl SF2	Southern Lions	26			1	v	Pacifica Tribes	0			1
47	16:20	SF	Womens	Cup SF2	Southern Lioness	26			1	v	Nedlands (W)	12			1
	16:40		No Match												
50	17:00	F	Mens	Bowl F	Southern Lions	28			1	v	Perth Irish Green	17			1
52	17:20	F	Womens	Plate F	Nedlands	25				v	Palmyra	0			
	17:40		No Match												

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Field 3															
Game	Time	Rd	Competition	Pool	Team	Score	Tries	Pts	MR	v	Team	Score	Tries	Pts	MR
	10:00		No Match												
5	10:20	1	20s	Green	Southern Lions Colts	17	3	5	1	v	Rockingham	12	2	1	1
	10:40		No Match												
10	11:00	2	Mens	Red	Perth Irish White	0	0	1	1	v	Palmyra	41	7	5	1
13	11:20	2	20s	Green	Southern Lions Colts	12	2	1	1	v	West's Colts	38	6	5	1
	11:40		No Match												
18	12:00	3	Mens	Red	Wanneroo	0	0	1	1	v	Palmyra	33	5	5	1
21	12:20	3	20s	Green	Rockingham	7	1	1	1	v	West's Colts	26	4	5	1
24	12:40	2	Mens	Red	Palmyra	1	0	5	1	v	Geraldton Sharks White	0	0	1	1
	13:00		Lunch Break - No Match												
	13:20		Lunch Break - No Match												
26	13:40	4	Mens	Red	Nedlands	17	3	5	1	v	Palmyra	10	2	1	1
29	14:00	4	20s	Green	Southern Lions Colts	12	2	1	1	v	Rockingham	35	5	5	1
	14:20		No Match												
34	14:40	5	20s	Green	Southern Lions Colts	7	1	1	1	v	West's Colts	26	4	5	1
37	15:00	5	Mens	Red	Pacifica Tribes	5	1	1	1	v	Palmyra	47	7	5	1
	15:20		No Match												
42	15:40	6	20s	Green	Rockingham	5	1	1	1	v	West's Colts	22	4	5	1
45	16:00	F	Mens	Jug F	Red 5th	-				v	White 5th	-			
	16:20		No Match												
	16:40		No Match												
	17:00		No Match												
	17:20		No Match												
	17:40		No Match												

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Photos



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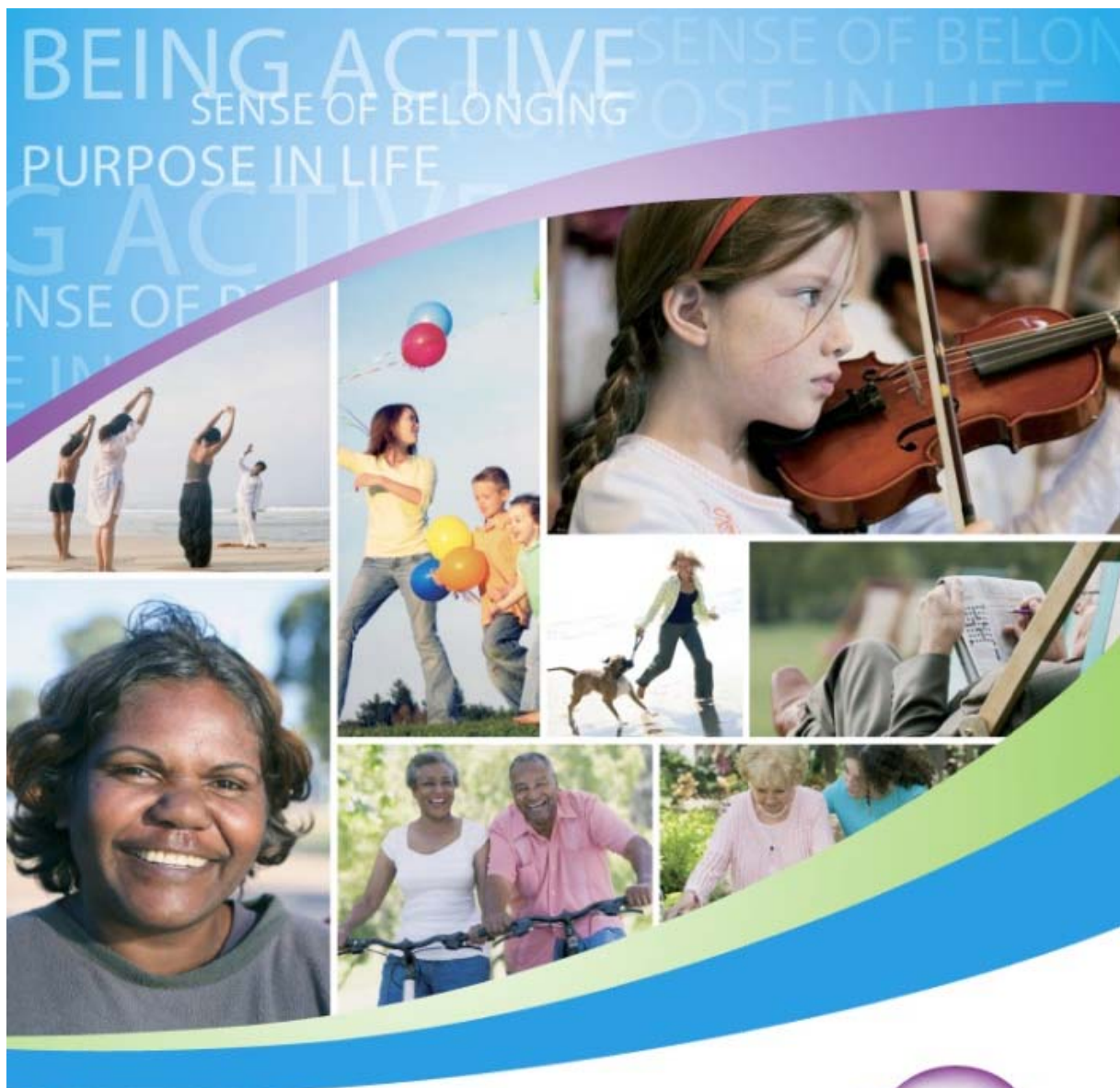


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Being active, having a sense of belonging and having a purpose in life are all good for our mental health and wellbeing. We not only feel happier, we also cope better with problems and stress.

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