

RUCKING GOOD NEWS



The AKRFC Monthly Newsletter: September 2010:

Introduction.

Welcome to the latest issue of RGN for season 2010/11. Contributions to RGN in the way of articles, photos, gossip or rumour are always welcome and should be forwarded to dave.elliott29@ntlworld.com

AK Development Matters

The AK Development committee (Team leaders) are due to meet again on 7th Sept, and will be looking to do a full presentation, including recommendations to the full AK Committee at the October Committee Meeting. RGN will keep you updated with progress in that respect in due course.

Utility Warehouse

In conjunction with Development matters, please remember the benefits of the above for you and AK. Details are on the AK Website and by calling FREEPHONE 0800 131 3000 to find out how much you could save. Please quote Scheme number: C50193 - Altrincham Kersal RFC

Pre season at AK

Senior Training/ Trial games

Training has continued under the supervision of coaches Dylan O'Grady, Andy Daldry and Brian Collier, with good numbers in attendance, and some new faces down at AK (see later on that one). Unfortunately Bowdon cried off from the trial game arranged for 14th Aug. However Eccles did come down the following week and AK had a good opportunity to build on their training sessions in a game situation. All four sessions of the trial game were comfortably won, putting AK in good shape for the Cheshire Vase game the following week at Wirral.

Cheshire Vase

AK played Wirral away in the 1st round of this competition. Last season Wirral finished top of South Lancs and Cheshire Division 1, and thus will now be in the North One West with AK.

Although Wirral won the toss and played with the strong wind in the first period, the AK took command from the kick-off with their forwards driving the Wirral eight back at the set pieces and in the loose. Although AK ran in five tries, dropped passes at crucial moments, meant that at least three scoring opportunities were lost. Three of AK's tries came from the pack, with new boys Rich Hutchinson and Tristram Laga both scoring together with Dan Smith. The Edwards brothers, Paul and Simon scored the other two tries for AK. Wirral's scores came from a well taken penalty goal and two late tries which their kicker was unable to convert.

Other Cheshire Vase 1st Round Results were:

Sale FC 0 v Wilmslow 73, Wirral 13 v Altrincham Kersal 33, Sandbach 13 v New Brighton 10, Anselmians 20 v Bowdon 17. The semi-finals are due to be played on Saturday, 6th November 2010.

AK Vets had a pre season warm up against Sale Vets, which they comfortably won 24 – 0. This must be the first ever warm up an AK Vets team has undertaken, other than meeting in the Kings Ransom of course!

New faces at AK

James Conville has resigned for AK after a successful part season at Wilmslow RUFC. Richard Hutchison (on the right in the photo below) has also returned to AK after completing his degree at Sheffield University. Tristan Laga (left in photo) son of ex-AK first XV player Trevor Laga has also signed for AK. All three played in the successful Cheshire Vase winning team at Wirral.



Also new to the club are Matthew Warner, Tom Reid, Ben Davies and James Niederbuhl

4th Team Captain

And most importantly, the good news is that Phil Cooper has agreed to take on the captaincy of AK 4ths, with Gaz Norbury as his vice (captain that is!). I am sure everyone at AK will wish Coops and Gaz all the best and give them their full support in the coming season

What is happening at AK in September

Men's Senior Rugby

AK 1st team kick off their season in North 1 West where they left off last season, with a home game on the 4th against Liverpool St Helens. It is understood that LSH have done quite a lot of recruiting in the close season, so this should be quite a contest. Fixtures against Leigh (away), Northwich (home) and Sandbach (away) then follow in September.

AK 2nd team have a tough start away to Fylde, followed by an even tougher home fixture against Caldby.

AK 3rd & 4th teams kick off with local fixtures respectively against Trafford MV (away) and Carrington (home)

The AK Committee would like to take this opportunity to remind all players (and Social members) that subscriptions for the new season are now due. Liz Foster and Mike Meaney will be around on the coming Saturdays to take payments, so don't forget your wallets! Payment can be by cash, cheque or card.

Women's Rugby

The Women's team remain in Championship North 1 and will therefore remain as the AK 'Satnav' team, with fixtures in Norwich, Carlisle, Newcastle, Northampton, Birmingham, Leeds and Liverpool. They will be captained by Lauren 'Bendy' Worthington for the forthcoming season, and have already been down training with the guys on Tuesdays and Thursdays. Unfortunately the girls have lost their Sale Sharks coaching duo from last season and are therefore looking for replacements. If you know of anyone who may be interested please contact Rhino (Lee-Ann Cardus) on 07753 685168.

Their first fixture of the season isn't until October, which is against Olney in Northampton

Mini / Junior Rugby

The AK Senior Colts will be playing in the Raging Bull League A this season, with the Junior Colts in the respective Raging Bull League B. Both are in early action on the 5th Sept against Macclesfield (home ko 14.00) and Anselmians (away).

The U14s are starting their season in style with a coach trip and mini tour to Wrexham, who they are playing on Sunday in a friendly game – friendly game against the Welsh??? Obviously a good opportunity for some team building before the serious rugby starts

The other Junior and all the Mini teams will be training from Sunday 5th Sept. It is also Junior registration day this and the following two Sundays.

Other news

New AK Website

Thanks to the efforts of Mark ‘Berty’ Weeden, Graham Makepeace-Warne and Dos O’Sullivan, AK now have a new much improved website based on the Pitchero format used by many other UK rugby clubs. To fully access and make best use of the site you will need to register your details. Just visit www.pitchero.com/clubs/altrinchamkersalrfc/ to do this. This will give / allow you to

- Free, quick and easy access to the full site information and content
- Message other club members
- Receive email news letters (this is how RGN will be distributed in future)
- Post forum topics and reply to threads
- Upload and share videos and photos

So don’t delay, get registered asap, as Berty is keen to get AK’s site top of the league on number of hits.

Dates for your diary

Sponsored lunch for Mini and Junior coaches:

Following the success and last year’s event, all mini and junior coaches plus their better halves, will be invited to a sponsored lunch on Saturday 16th October, prior to the first team game against Wilmslow. This as a thank you for your efforts and the great work you are doing with the kids at AK. Formal invites will be sent out in due course

AK Ex Players Reunion:

This is scheduled for Saturday 13 November, prior to 1st Team game against Broughton Park. Usual format with lunch, a few ‘lemonades’ and something on the lines of ‘the older I get the better I was’ - rugby wise that is, being talked for most of the afternoon and evening! Formal invites will be sent out nearer the time

AK Firework display:

This will take place on Saturday 6th November. Those who attended last year will no doubt agree it was the best display yet, so we will be looking to at least emulate that performance again – weather permitting of course. As usual volunteers will be required on the Friday before to help set things up, on the Saturday to man the gates and stalls, plus security and stewarding, and finally on the Sunday to clear up. Remember this is potentially AK’s biggest money spinner of the season, but it can only happen with plenty of support from club members. Further details will be available nearer the date, but in the meantime if you need further info please speak to Mike Wildgoose or Dave Elliott.

AK Sportsman Dinner:

This will take place on Friday 28th January at the Cresta Court Hotel. This promises to be great event, as the guest speaker will be Dean Richards (ex Leicester, Harlequins and England), who should have some very interesting tales to tell methinks! To book a table please speak to Berty on 07971 870591

Caption Competition

This month's competition is a photo taken after the Christies 'Yorkshire 3 Peaks' Charity walk in 2008. This was undertaken by several AK members, including a certain Mr Darren 'suntanned' Jeffries, infamous AK No 8, that is when he could wrestle the shirt off Fordy!



Best caption suggestion will receive some free drinks at the AK bar. All responses (that are at least printable!), will be shown in the following month's RGN, and the winner announced. Caption suggestions (please keep them reasonably clean) should be sent to dave.elliott29@ntlworld.com Likewise if anyone has any suitable photos for this section (again cleanish ones only), please email them to the same address.

Last month's competition



There were several entries on the lines of conjoined/Siamese twins (obviously great minds think alike!) ie
'The Conjoined Twins enjoyed a Game of Sevens but found it difficult playing for opposite teams' - Mike Morgan

'The conjoined twins rugby career came to an abrupt end when one of them transferred to another club' - Andy Gardner

'Siamese twins find playing for different teams a bit of a challenge' - Kieron Charleston

Denis Mallileau came up with *'AKRFC's dyslexics doing a training session for the Okey Cokey'*. Before our time for most of us on that one Denis!

But the winning entry came from Dos O'Sullivan with *'Chaos at the Bowdon 7's as touchline supporter plays "YMCA" at full volume'*.

I will see you in the bar for a beer or three Dos.

Future editions of RGN

The next edition of RGN will be coming out in the w/c 27th September. Whilst I would like to keep this a fairly concise (but obviously informative and amusing) publication, articles and photos relating to AK matters and members (the funnier the better) are very welcome. Please email them to dave.elliott29@ntlworld.com
Future editions will also be available via the News section of the new website.

So trust that you have enjoyed reading this second edition of RGN for 2010/11, and here's looking forward to a successful new season, both on and off the field!!!!

