



LICHFIELD

v DERBY

SATURDAY 3RD SEPTEMBER | 3PM



@LichfieldRugby



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RUGBY GEAR



WELCOME **FROM THE PRESIDENT**

WELCOME to the players, officials and supporters of both sides today. I hope we witness a game played in the true spirit of Rugby Football. We welcome back to Cooke Fields to the sides we played at Level 5 a couple of years ago and we look forward to renewing old rugby friendships as well as meeting new opponents Oundle. It is important that we all, from both sides, respect the referee please – without them we do not get a game!!

We also welcome any new players and hope they enjoy being part of the Lichfield 'family'. Those who have moved from the Colts to Senior Rugby for this season have helped boost numbers in a very competitive squad. Good luck to all our teams and I hope the great progress made by the 1st XV last season is continued.

There are games on a Sunday for the Ladies this season and it is always a day full of action, along with Didi rugby, Rugger Rats, minis, juniors and colts all either training or playing fixtures/tournaments. Come down and watch if able and watch the future players/stars of the club. As a club we put on many really good social events and when Autumn Internationals or Six Nations matches take place we show them on our big screen. So please support any or all of these with friends and family – to enjoy the atmosphere in the Lichfield Rugby Club.

Thank you to all who have supported me as President of the club which has been a great honour over the years. Particularly to those, past and present, who give up so much of their spare time to ensure Lichfield Rugby functions and develops so well – THANK YOU.

Enjoy your time at Cooke Fields and safe journey to you all. See you in the bar to review the game and share memories for the future

Barry Broad – Club President.

KEY CONTACTS

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Hon. Treasurer – Iain Eadie: iaineadie@outlook.com, 07916 139 803

A FEW WORDS FROM THE CHAIRMAN



Welcome to Cooke Fields – the home of Lichfield Rugby Club. I really hope you enjoy the game and get to see some exciting and entertaining rugby.

We started last season, after a long period of inactivity, not really knowing what to expect, and it's fair to say that we were very pleasantly surprised by how all of our teams resumed playing with a great deal of style and a lot of success. A great credit to all of the coaching teams and the commitment of the players who kept the fitness and skill levels going throughout all of the lockdowns.

This time around things are a bit more 'normal' and we certainly know a bit more about what to expect for the Men's First team – as we step up to resume competition with many of the teams we battled with a few years ago. A much bigger challenge for sure, but one which the squad are eagerly anticipating.

Across our other senior Men's teams, the new season is harder to predict. One of the very few disappointments from last season was the much lower number of games that the 2s and the 3s had. This was largely through no fault of their own as we had fixtures agreed, and teams ready and very keen to play. But opposition cry-offs (and at times referee shortages), meant far too many games didn't happen, and as a result, very disjointed seasons for both teams. This underlying shortage of adult men now playing rugby regularly is a problem everywhere and is creating a major challenge for all clubs – both in maintaining playing standards and remaining financially viable. Let's hope the new season sees an improvement for everyone.

On the Ladies side, whilst playing numbers generally are on the increase, we now face our first season after 'losing' a significant number of our more senior players to the newly founded Leicester Tigers Women's team. This was always factored into our plans as part of the partnership with Tigers, and we now have a new second team entered into NC2 Midlands (West), but nevertheless (and for different reasons to the men) early season playing numbers may still be challenge.

There are always different challenges, but our focus remains on enabling as many players as possible to participate and enjoy the game. Obviously, we are immensely proud of our playing successes, but our pride really comes from seeing the numbers and the skills of the players on view and the fact that most of them have developed those skills through the junior sections of our club. And then very importantly that we proudly remain a community amateur club, and that players are playing here because they enjoy the challenge, the camaraderie and the resources and experiences that we can provide. And not because of any financial incentives they have been offered or could enjoy elsewhere. If you like what you see and would like to get involved in playing here (at whatever standard), please visit our club website (www.lichfieldrugby.co.uk), or pop into the clubhouse and ask for more details.

The role for myself and the others involved in the management of the club is 'simply' to provide the facilities and the environment to attract and support the players and coaches and in doing so, also provide an asset to the local community that many other people can enjoy. I'm glad to report that after a very challenging few years for us all, the club is still extremely buoyant, and well-placed to continue our development – both on and off the field.

So, in conclusion, many thanks to those of you who help us do this. In particular to our generous sponsors who support us in providing these facilities, and our members and volunteers who all contribute to make our club such a success.

Paul Massey – Club Chairman 2022-23

LADIES DAY AUCTION

SATURDAY 17TH SEPTEMBER



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REGIONAL I MIDLANDS

SEPTEMBER

Saturday, 3 September
Saturday, 10 September
Saturday, 17 September
Saturday, 24 September

Lichfield v Derby
Dudley Kingswinford v Lichfield
Lichfield v Kenilworth
Lichfield v Syston

OCTOBER

Saturday, 1 October
Saturday, 15 October
Saturday, 22 October
Saturday, 29 October

Nuneaton v Lichfield
Lichfield v Oundle
Stoke on Trent v Lichfield
Lichfield v Bridgnorth

NOVEMBER

Saturday, 5 November
Saturday, 12 November
Saturday, 26 November

Broadstreet v Lichfield
Lichfield v Bromsgrove
Burton v Lichfield

DECEMBER

Saturday, 3 December
Saturday, 10 December
Saturday, 17 December

Lichfield v Dudley Kingswinford
Kenilworth v Lichfield
Syston v Lichfield

JANUARY

Saturday, 7 January
Saturday, 14 January
Saturday, 21 January
Saturday, 28 January

Lichfield v Nuneaton
Oundle v Lichfield
Lichfield v Stoke on Trent
Bridgnorth v Lichfield

FEBRUARY

Saturday, 11 February
Saturday, 18 February

Lichfield v Broadstreet
Bromsgrove v Lichfield

MARCH

Saturday, 4 March
Saturday, 11 March

Lichfield v Burton
Derby v Lichfield





MATCH PREVIEW

The 22/23 season effectively starts today with this fixture against Derby, who, like us, Kenilworth (here in 2 weeks' time) and Stoke have been promoted back to Level 5 league status. The whole league structure has been revamped this season and the changes include clubs being able to put their lower sides into the league programme – although we have adopted a different approach (see below).

We are very much as we were the last campaign with the same coaching team, Charlie Milner remains as captain (although he has been one of the walking wounded as of late – heat and hard grounds have affected many players throughout the country apparently) – and we have the men's 2s and 3s ready to go into local reserve team merit tables. The colts remain in the North Midlands Colts Division 1 (playing on Sundays) with a fair amount of travelling involved. All fixtures are now on the website, including for the mini/juniors. Their season officially starts tomorrow but they are having a "Family Fun Day" here today – consisting of both rugby and non-rugby events pre and post-match. For the record, the 2s are off to Sutton today for their first competitive game.

The women's Red and Green teams have dropped down one and two levels respectively – to reflect the movement of players to Leicester Tigers under our new partnership agreement, which is intended to provide a proven pathway for player development for women and girls at youth level. The women's league games start on 25 September. Touch Rugby (mixed and for all ages) is back on Monday evenings.

There is a risk that the 1st XV may be slightly undercooked for today's match having played no warm up games, after Wilmslow cried off following a raft of injuries from their previous outing. It may be that owing to the summer we've had, clubs have had to concentrate more on fitness than individual/collective skills. But we are all in the same boat if that is the case. It is definitely pleasing to note that last year's successful colts side have already started to make good inroads in the senior game. Something that the RFU are trying to encourage throughout the country, with player numbers down following the covid break.

Derby finished last season in 3rd position in the equivalent East Midlands league as the one we won, and were at one stage being lined up to join a league with plenty of sides in Yorkshire and even Northumberland. However, West Bridgford eventually drew the short straw on that one. They have managed a couple of warm up victories over the past 3 weeks and after very similar experiences to ours in recent seasons are hopeful of being competitive in this league.

Well done to Dave Lote for his charity exploits last weekend, run completed and £s target achieved.

We hope that everyone visiting Cooke Fields today enjoys their various experiences and will find time throughout the season to return to watch and support our many teams and the club in general.

[illegible]



COACH'S CORNER

DAN HEMINGWAY



**DAN
HEMINGWAY**



**JON
PERKS**



**HUW
MARSDEN**

Good afternoon and welcome back to Cooke Fields as we embark on the 2022/23 season.

As a coaching staff we will remain the same with myself continuing in the role of Director of Rugby, Jon Perks as Senior Coach, Huw Marsden now embedded as Senior Assistant Coach and Ian Turner as Medical. For the 2nd XV we now have Simon Haber in the role of Team Manager, taking over the role from Callum Shields who did a fantastic job for a number of years. Working with the senior coaching staff, Simon will be supported by Justin Boxall and Dave Wedgwood. Dorian Tranter will once again lead the 3rd Team as their manager.

Last year was a fantastic season coming out of Covid and an enjoyable one to be part of. The group of players created some great memories and wrote their own chapter in the story of this great rugby club. This year, we look forward to a new challenge, and we know it will be that. The games each week will be great contests and it is something we look forward to, knowing it will make us a stronger unit and better players. Crucially, we will continue to do it in the 'Lichfield Way'.

Today's game promises to start in this manner with the visit of Derby. A club with very similar values to our own who we have shared a strong relationship with in the last few seasons, including a number of pre-season sessions. Welcome, and we look forward to hosting you this afternoon.

As we set out on the season, thank you once again for your support, and thank you to all at the club who make this happen. Finally, thank you to the players for their commitment through pre-season and over the next few months.

Hemo

REGIONAL 1 MIDLANDS

SATURDAY 3RD SEPTEMBER | 3PM

LICHFIELD

V

DERBY

Jack Dace	1	G Bowley
Jack Fielding	2	J Bates
Rory Davis	3	J Harvey
Tom Gibbs	4	T Antrobus
Matt Cowley	5	C Barker
Jack Hurst	6	S Pittman
Owen Boxall	7	C Jones
Rich Burton (C)	8	J Barker
Sam Benson	9	J Tizard
Adam Spinner	10	J Bingham
Ben Meads	11	L Hancock
Oscar van der Venter	12	R Colrein
Paul Maxwell-Keys	13	J Roome
David Mott	14	K Webb
Tom Day	15	V McGrath
Josh Machin	16	P Burke
Jake Turley	17	R Stabana
Oliver Green	18	M Johns

The referee today is William Richards. He is from the Leicestershire Refereeing Society. We wish him an enjoyable time at Lichfield RUFC.

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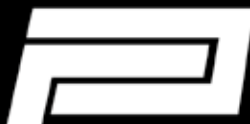
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SATURDAY 17TH SEPTEMBER



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Ian Turner is a Health and Fitness Professional with over 25 years experience as an Army Physical Training Corps Instructor and Rehabilitation Specialist. A Sports Therapist with Lichfield RUFC and the England Women's Rugby team. Ian has also worked with other sports men and women in Athletics, Running, Cycling, Hockey, Football, Cricket, Water Skiing and the Britains Strongest Man Circuit

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LICHFIELD

U7s – U12s

FIXTURES: 2022-2023



OCT 02 BURTON – H

OCT 16 BROMSGROVE – A

NOV 13 SUTTON COLDFIELD – H

DEC 04 BARKERS BUTTS – A

JAN 08 OLD LEAMINGTONIANS – A

FEB 05 NUNEATON – A

MAR 05 LICHFIELD MJ FESTIVAL: U7s – U9s

MAR 26 TRENTHAM – A

APR 16 LICHFIELD MJ FESTIVAL: U10s – U12s

APR 30 NEWPORT SALOP – H



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