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# OUR VISION & MISSION STATEMENT

## Our Vision

To be an excellent independent sustainable amateur Rugby Union Club and a leading provider of sports facilities in the Orrell area, recognised as a valued contributor to the local community.

## Mission Statement

To be a high quality, well run club, offering opportunities for all ages, genders and levels of ability; embracing the RFU core values by creating an environment and culture that promotes teamwork, discipline, respect and enjoyment- whilst maintaining respect for the club's history and retaining our links with the past; incorporating changes in society, new ideas and new technologies.

## Values & Conduct

- To behave with integrity and in a manner, that is consistent with the principles of good teamwork, discipline, and respect for others.
- To promote the club and the sport of Rugby Union to those outside the club
- To demonstrate individual commitment in all activities and roles undertaken on behalf of the club
- To contribute in a positive manner to team activities and show respect to other team members
- To nurture and develop the skills of individuals
- To promote wider member participation in the Club and the community
- To carry out our duties or tasks for Orrell Rugby Union Club with pride and respect for the club values

## The Club also follows the RFU Code of Rugby:

Everyone involved in rugby in England, whether as a player, coach, referee, administrator, parent or spectator is expected to uphold the core values of our sport

## Teamwork | Respect | Enjoyment | Discipline | Sportsmanship

- Play to win – but not at all cost
- Win with dignity – lose with grace
- Observe the laws and regulations of the game
- Respect opponents, referees and participants
- Reject cheating, racism violence and drugs
- Value volunteers and paid officials alike
- Enjoy the game

# ORRELL RUFC

## CONTACTS



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# WELCOME FROM BILL LYON PRESIDENT ORRELL RUFC



A new season begins in earnest with our opening league fixture. A very warm welcome to our visitors-players, officials and supporters. As ever we look forward to an afternoon of good, competitive rugby.

Preparations for the senior players began in mid-July and the numbers involved have been encouragingly high. When considering the competition for places both of our senior teams seem to be in a healthy condition in readiness for their demanding league programmes.

The Mini and Junior section continues to prosper and with the growth of so many teams inevitably more and more help is needed, especially regarding coaches-every volunteer is invaluable! In twelve months time we should hopefully see an Orrell Colts team take the field for the first time in four years. The flow of colts into the senior ranks has been the lifeblood of the club and it is important to acknowledge the importance to the club.

The Touch Rugby section is developing steadily with new players always welcome to the Friday training group. A number of tournaments have been successfully entered by a squad that contains three internationals.

Inevitably our focus this season is not only on the field of play but also on the continued efforts of executive, fund raising committees and volunteers regarding the joint venture. Various events are planned and every bit of support is valuable. It is of course important to acknowledge all of our sponsors and how vital their contributions are (not forgetting our FOPS) - a genuine thank you to all concerned.

The very best of luck to all our players, coaches, supporters, volunteers, sponsors and anyone I have omitted. Please continue your excellent work and help to take us forward to achieve our goal.

Regards.

## ORRELL RUFC 200 CLUB

This is an excellent opportunity to support your Rugby Club and win cash prizes by being entered in to the monthly prize draw. The prizes are issued pro-rata, based on the number of participants in the draw. Entry is by completion of a standing order form for either monthly or annual payment. Except for the prize money, all funds (less any administration costs) will be used to support the club and its objectives. 40% of the income is issued in prize money. 30% for first prize and 10% for second. The draw is held monthly throughout the year.

The cost is £5.00 per month or £60.00 per year.

Interested?

Contact David Robinson and complete the standing order form



# CHAIRMAN'S MESSAGE

## TONY HAVLIN

Welcome to today's game our final home march of the season and once again, thank you for your efforts and support over the past season. We do however have 2 local derbies coming up against Wigan and Aspull on consecutive Saturdays at the end of the month so we will hopefully see many of you at both of those games.

As we continue our fundraising efforts it is worth reminding ourselves of the spirit and values that helped to make the club so successful for 40 years starting in the 1960's. Much of that club spirit came from the social aspects of the game. Since losing Edge Hall Road we have been limited in our ability to meet regularly and to generate that feeling of togetherness. That is why the project to build our own facilities is so important.

I will not repeat all I said in past programme but I would like to remind you that we need to raise £200,000 ourselves over the next 2 years towards the cost of phase 1 of the project in order to access grants for the remainder of the costs to level, drain and sow the pitches. The lead time for the pitches to mature means that we would like to start the first phase as soon as we can **so we need your help now.**

At the risk of sounding like a broken record **we need more members or sponsors to come forward.** We have a

total of 98 individual donors. A list of all donors (founder members) were published in our newsletter and is reproduced in today's programme. The list will be added to over the next year and will be carried forward into a more permanent recognition once we occupy our new ground. We are open to suggestions on what type of recognition you think would be appropriate.

I will not put any further figures here save to say that donations have slowed to a trickle In the 6 months since we sent appeal letters to all members and former members. We will be sending out further letters to members At the end of the season

If you want to ask any questions about how our plans are going then why not come to the AGM which is at 7.30pm on the 30th of May at St Luke's Parish Hall.

**At last count we had some 270 adult members so there are many more that haven't donated than those that have so let's see if we can double the number of 98 donors by this summer.**

Tony Havlin  
Chairman

## CAPTAINS CORNER DAN HUXLEY

Hello and welcome back St John Rigby college, the home of Orrell R.U.F.C 1st XV. And the new season!

With a change up in the leagues we are now in a new league with a combination of new teams and familiar ones. Still having one of our local derbies. But also new challenges with unknown opposition. It promises to be a great year and with big expectations from everyone in the club the lads are working hard to deliver the results. And we are looking forward to getting back playing and most importantly, winning.

With a good pre season behind us we feel fit and ready to make a good start here today in our first league game. Our first pre season with our new coaching team has not disappointed and has prepared us for the challenges ahead its up to us now to put it to use. Thank you to everyone who helped with pre season and also all the lads for getting down in big numbers week after week.

Now to today's game, welcome to Congleton R.U.F.C one of the familiar faces from last season and also a team that beat us home and away last year so a good opposition but we need to make sure that wont happen again this year.

Our season starts today and we thank you again for your support. With big changes on and off the field and more to come, your support is needed as always. Our club is on the rise.

Enjoy the game.



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# SPONSORSHIP AND ADVERTISING OPPORTUNITIES 2018/2019

Match Day	1XV	2XV	Programme Adverts		
Match Game	£150.00	£100.00	Full Page	125x185mm	£400
Match Ball	£50.00	£50.00	Half Page	125x90mm	£250
Match Referee	£25.00	£25.00	Quarter Page	60x90mm	£175
			Small Advert	60x60mm	£125
			Small Advert	25x60mm	£55
<b>Shirt Number Sponsor</b>					
Numbers 1-15	£100.00 per number				

## New This Season: Pitch Side Banner Advertising

1250x900mm	£250.00	Banner & Print Cost	£90.00
2500x900mm	£350.00	Banner & Print Cost	£110.00
3000x900mm	£450.00	Banner & Print Cost	£125.00

## Open Age Training Kit

Following on from the success in sponsorship for the open age playing kit there are now opportunities to advertise your company on the open age training kit starting at £150 + £30 disc set up charge. For further details please contact the Commercial and Sponsorship Manager.

## Fundraising & Events

There are also the following events that have numerous sponsorship opportunities:

- 20/21 October | Beer, Gin & Prosecco Festival
- 4 November | Bonfire Night at Holland Hall
- 17 November | Annual Dinner Dance
- December | Christmas Carol Concert
- 22 March 2019 | Sportsman's Dinner
- May 2019 | Open Age Presentation Evening 2019
- 14 June 2019 | Orrell RUFC Golf Day
- 20 June 2019 | Orrell RUFC Ascot Ladies Day

To discuss any of these opportunities or sponsorship in general, please contact the Commercial and Sponsorship Manager via our contacts page or by emailing [d.hewlett.orrellrugby@gmail.com](mailto:d.hewlett.orrellrugby@gmail.com).

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# LANCASHIRE RFU PLATE COMPETITION

## ORRELL VS ECCLES

### Match Report: A Tale of Two Halves

#### Result 19 - 38

This was the first competitive game for ORUFC to play after two successful pre-season outings beating Wigan RFC and drawing against Tarleton. The Lancashire Plate/ Cup Competition game is the first game of the new season and Eccles RFC were the visitors to a sunny St John Rigby College. The sunny weather brought out a decent crowd of home supporters and supporters from Eccles.

Orrell started slow and Eccles with a big strong park put Orrell on the back foot from the start with Orrell struggling to find any structure or cohesion in play. Eccles on the other hand settled very quickly scoring 3 tries and 2 conversions from good forward and back play and with 20' minutes gone had built a 0 -19 lead.

The break for Orrell came after 20' minutes with up and under from James Ratcliffe, Eccles knock ball forward. Wilbur Harris drives the ball forward and offloads to Josh Grant who scores near the posts. Craig Thomas conversion and the score started to look more respectable for Orrell. Unfortunately, Eccles bounced straight back with 2 more converted tries in the last ten minutes and the first half ended with the score line 7 – 31.

The second half started at pace by Orrell and fly half James Ratcliffe started to dictate play, Eccles ran the ball and resultant knock on allowed Kieran Herbert to scoop up ball and release James Ratcliffe to run full length of field, a further conversion by Craig Thomas. 14 -31. Orrell started to take control of the game with some fine handling and set-up play from forwards but just lacked that killer touch, Eccles on the other hand pounced at every opportunity, scoring again after 52' minutes making the score line 14 -38 and putting the game out of Orrell's reach.

Carrol made a number of changes in the warm sun bringing on Brad Garner, Andy Scott and Kyle Herbert for Max Huxley, John Presho and Mark Williams. Jack Granby moved from the forwards into the back line

with Eccles forwards starting to tire. The last try of the game try of the game came from last season's highest points scorer winger Craig Thomas, the ball passed through the Orrell back line Chris Owen released winger Craig Thomas to score in the corner, with the conversion missed the referee called time.

#### The final score 19 to 38

#### Team

1. Lloyd Davies
2. Wilbur Harris
3. Mark Williams
4. Jack Granby
5. Josh Grant
6. Max Huxley
7. Dan Huxley (Captain)
8. Jack Johnson
9. Kieron Herbert
10. James Ratcliffe
11. Craig Thomas (Goal Kicker)
12. Tom Hallsall
13. John Presho
14. Matty Johnson
15. Chris Owen

#### Subs

16. Jordan Watts
17. Brad Garner
18. Kyle Herbert
19. Andy Kelly
20. Andy Stott

**Next Match:** Congleton - South Lancashire/Cheshire 2 League

**Date:** Saturday 1st September 2018

**Venue:** St John Rigby College Kick off time 2:30



# ORRELL RUFC 1XV

## RESULTS, TABLE AND FIXTURES



### Lancashire/Cheshire Division Two Fixtures

#### Saturday 1st September

Dukinfield	v	Birchfield
Garstang	v	Eccles
Marple	v	New Brighton
Orrell	v	Congleton
Oswestry	v	Aspull

### Lancashire/Cheshire Division Two League Table

Teams	Games	Results			Points Scored			Total	
	Pl	W	D	L	F	A	Diff	Pts	Adj
Aspull	0	0	0	0	0	0	0	0	0
Birchfield	0	0	0	0	0	0	0	0	0
Congleton	0	0	0	0	0	0	0	0	0
Dukinfield	0	0	0	0	0	0	0	0	0
Eccles	0	0	0	0	0	0	0	0	0
Garstang	0	0	0	0	0	0	0	0	0
Marple	0	0	0	0	0	0	0	0	0
New Brighton	0	0	0	0	0	0	0	0	0
Orrell	0	0	0	0	0	0	0	0	0
Oswestry	0	0	0	0	0	0	0	0	0
Port Sunlight	0	0	0	0	0	0	0	0	0

### Lancashire/Cheshire Division Two Fixtures

#### Saturday 8th September

Aspull	v	Marple
Birchfield	v	Orrell
Congleton	v	Oswestry
Eccles	v	Port Sunlight
New Brighton	v	Garstang



# WELCOME TO THE FIRST MATCH OF THE SEASON FROM FOPS

FOPS Former Orrell Players Society is today's sponsors of the match. It has become a tradition that they sponsor the first game of the season to wish the first team and the club success over the next year.

If you are a FOP (especially younger ex-players) we would welcome you to our annual dinner at the end of November. Bring a table of friends and replay all those glory moments. Our members include the famous and infamous, ex first team and those who have experienced the radiator below 4A.

The club would also welcome all FOPS to Winstanley Tennis club after the game.

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Dr Jonathon Seabrook, Chair  
& Peter Mather, Treasurer

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# COMMERCIAL & SPONSORSHIP

## DAVE HEWLETT

Here we go the start of a new rugby season with all the ups and downs that go with it. Let's hope there are plenty of up's this season.

The new kit represents the traditional black and amber of Orrell but with an updated twist. Hopefully in the dark dismal days of winter the amber will stand out and assist passes going to the right hands!!

The Club is extremely fortunate to have such generous sponsors and gratitude is, once again, extended to **BROOKHOUSE CONTRACTING** as our headline sponsor. Dr John Morgan with his new company **DRIVE** and **R BANKS & SON** who are continuing their unwavering support for Orrell alongside **AJL DANCE** and **TIMES ENGINEERING**.

New sponsors have added their names to the kit **AIDS4MOBILITY**, **ABH SOLICITORS**, **WK BRADLEY & SONS**, **SHERARDIZE**, **WILLIAM JAMES RECRUITMENT**, **HEPWORTH & HALL**, **CJM DOORS**. Welcome and thank you.

The nominated charity for Orrell RUFC for the next two seasons is **EDs** which provides help for ex servicemen and is managed by Jason Lloyd.

Today's match sponsor is **FOPS**, our very own former players association. Many thanks to the **FOPS** for their continuing match day support and their sponsorship of shirt number 13.



I usually bang on about the need for sponsors and helpers, and this is still the case. The Club needs funds and equally it needs people to help. I could make a long list, but I doubt if it would be read but all I can say is that if you can help in anyway please get in touch.

Several events are being organised this season which are listed in the events page in this programme. These events are put on not only to help raise some money but for the enjoyment of members and friends. Support them, bring friends show them what Orrell is all about and at the same time help your Club financially.

Here's to a great season for our teams!

Dave Hewlett  
07764 576278  
dhewlett.orrellrugfc@gmail.com



# HOW GOOD DOES OUR NEW KIT LOOK?



After some great wear and tear and games, our old kit was replaced by a brand new one, which had its first run out on Saturday in a pre-season friendly against Wigan RUFC. We are delighted that our new kit has been sponsored by our old friends and club sponsors Brookhouse Contracting, R Banks & Sons, Times Engineering; WK Bradley & Sons, AJL Dance and CJM Doors.

Of course, everyone knows Dr John Morgan and his long-term support and previous sponsorship of Orrell RUFC via his business Bucket and Sponge Medical Services; and we are also delighted that our new kit is now also sponsored by Dr John's other business- Dr1ve Medicals.

New kit sponsors this season include: Alker Ball Healds; William James Recruitment; Aids4Mobility; Sheradize UK and Hepworth and Hall.

We will be introducing each of our new sponsors individually over the next few weeks; so make sure you keep in touch with all things Orrell via our web site [www.orrellrugbyunion.com](http://www.orrellrugbyunion.com); Facebook; Twitter; LinkedIn and coming soon... our very own YouTube channel.



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WIGAN BOROUGH



# ORRELL RUFC SUPPORTING LOCAL WIGAN BASED ORGANISATION EDS



You may have noticed several new logos on our kit for this season; one of which is for the Wigan based Charity EDS.

EDs is a local, Wigan based organisation set up to support our veterans and families. The organisation has the privilege to help the people who now require assistance, who had signed up to serve Queen and country.

With our drop-in facility centre, based on Library street, Wigan we can provide numerous additional support elements. Housing provision, EDs has housed numerous homeless veterans in considered quality supported residence, plus provided them with help and resources to gain confidence and readiness for employment. We do not wish to see our veterans homeless. Our support centre has a communal feel good factor that is used daily by veterans and families, if not just for a brew and a catch up with colleagues, an opportunity to join many of EDs volunteering or educational programmes.

EDs have been successfully working with our clients, providing numerous opportunities within the borough to utilise their skills, some of which learned whilst serving in the forces. This has led to some great partnerships, locally and nationally. At EDs, we are proud to be part of Orrell Rugby Union Football club, we see this as a great family club and wish them every success for this season and their future.

**Website:** [www.edshomes.org.uk](http://www.edshomes.org.uk) | **Tel:** 01942 318046

*Orrell RUFC is delighted to support EDS*



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# WHAT IS EXERCISE TEACHING OUR CHILDREN?

As a new feature for the programme I have been asked by the editor to do a piece on a regular basis recounting some of my experience in Sports and Exercise Medicine. Overcoming issues, a variety of topics will be discussed but for this issue, I was asked to do a piece on physical activity and its impact on obesity in children. Suffice to say, physical activity, in combination with a healthy balanced diet has a significantly positive effect in reducing the obesity levels in all of us. But we all already know that, and I will say no more on that specific matter.

I'm a huge advocate for kids being active. I encourage children to take part in all manner of exercise, from family walks through to formal sports coaching. I understand the thriving junior section of our club provides a fantastic resource for this. At the same time, as specialist in the benefits of exercise for health in all stages of life, I tip my hat to the parents and guardians of our minis and juniors. You must spend a huge amount of time and energy ferrying your kids around the county and beyond for their matches. Is it worth it you might ask? Can't they just run about in the local park? I've thought long and hard about this. What are Orrell's minis and juniors really learning? As far as the children are concerned, they're just doing something they enjoy, which is enough, but as a Sports Doctor, over the years I've realised that there is so much more that their sessions at Orrell have to offer them than just helping them reach the recommended guidelines for exercise. So, what are they learning and why should we as a club and the parents of our youngsters be happy to invest?

**Exercise is fun.** Moving your body feels great

and it's fun but it's not just about the actual doing of the exercise. Visiting new places, giggling in the changing room with your friends, mucking about on the team coach, making a little photo album of your favourite moments. These are all part of it. Children can see that without exercise as a hobby, life wouldn't be as much fun. They associate exercise with having a good time which I'm sure will give them healthy habits for life and help them see it as a pleasure and never a chore.

**Teamwork.** Really getting to experience how wonderful it is to take on a challenge with others at your side is so important. Similarly, learning to be a team player, to rely on others, to give and take and to show sportsmanship are qualities that I know will serve them well in life. Self-control, discipline when its needed, encouraging others and getting to celebrate with them too. Being good in a team is an essential life skill.

**How to lose.** Getting to grips with the fact that if you want to get better at something, then you must work hard. You must practice a lot. You won't always win. You might never win. I'm so proud of the way kids in a losing team deal with this and it never seems to put them off; they still enjoy what they do.

**Organisation.** I encourage parents to allow their children to pack their own kit bags. Ask them if they've got everything, maybe even have a sneaky check. Sometimes they'll forget things, but they remember them next time. There are match dates, training times, tour schedules...

**CONTINUED ON PAGE 29.**



## ORRELL RUFC & WINSTANLEY PARK CRICKET CLUB BRING YOU THE ORRELL & WINSTANLEY OCTOBERFEST 2018 AKA THE BEER, GIN & PROSECCO FESTIVAL

***We certainly don't do things "lightly" here at our Joint Venture partnership between Orrell RUFC and Winstanley Park Cricket Club.***

Do you know that the Oktoberfest was originally created to celebrate the marriage of Crown Prince Ludwig of Germany to Princess Therese of Saxony-Hildburghausen on 12th October 1810. The citizens of Munich were invited to attend the festivities held on the fields in front of the city gates to celebrate the happy royal event.

Today, the Oktoberfest is the largest festival in the world, with some 6 million visitors from all around the world converge on the Oktoberfest in Munich each year.

Not wishing to outdo the Crown Prince or anything but we are celebrating our partnership with Winstanley Park Cricket Club and our first inaugural event as OWCS for the community; we are holding the festivities in front of the gates of the newly upgraded Holland Hall and we are inviting the "citizens" of Orrell, Upholland, Winstanley and beyond...

**The dates for your diary are Saturday 21 October and Sunday 22 October.**

Thanks to Prospect Brewery and Wily Fox there will be over 40 different types of ales to try, together with who knows how many different types of gin and prosecco. There will be a hog roast to soak up all the beer, gin and prosecco or if you fancy something a little different, the restaurant at Holland Hall will also be providing meals and refreshment.

Children are welcome (although not buying beer) and there will be a bouncy castle and other activities to keep our little people occupied.

Music... well where to start, playing throughout the weekend will be:

- Skelmersdale Brass Band
- One Hand Clapping
- Roger Cartwright
- Rik Jones
- Andy Mack
- Plus, the Holland Hall resident DJ will be playing some "tunes"



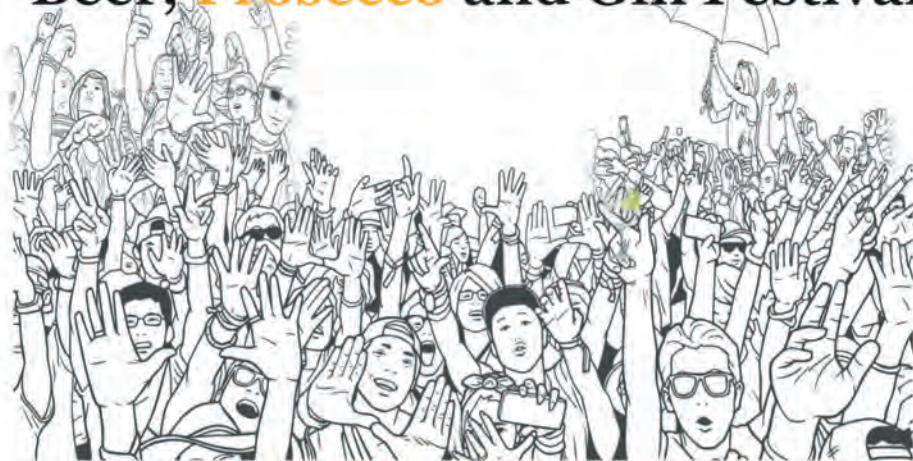
Entry on the day is £12 per person, including commemorative glass and 6 tokens. Children (U12s) are welcome and free of charge. There will be a bouncy castle and other activities for our little visitors.

**No need to book tickets, just put the dates in your diary for our very own "Orrell and Winstanley Oktoberfest 2018".**



# Orrell RUFC & Winstanley Park Cricket Club

## Beer, Prosecco and Gin Festival



(in support of our **Orrell & Winstanley Community Sports Club Joint Venture**)

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# OCTOBER

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**Andy Mack, One Hand Clapping,**

**Skelmersdale Brass Band (Saturday)**

**Rik Jones, Roger Cartwright, One Hand Clapping (Sunday)**



Admission on the day £12 includes commemorative glass and 6 drink tokens  
More information [www.orrellrugbyunion.com](http://www.orrellrugbyunion.com)

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or follow us on  OrrellRUFC or  OrrellRUFC



# IT'S THAT TIME OF YEAR AGAIN MEMBERSHIP RENEWAL TIME

**We've also got a new Membership Category for this year and you can renew your membership on line via our website!**

Welcome to the 2018/ 19 season at Orrell RUFC and, once again, we are gearing up for the season ahead with renewed expectation and boundless energy & spirit which binds the Orrell RUFC family together! We are very much looking forward to the new season, building on the success on the pitch from last season and furthering the development of the club and securing its future with the project to build our own clubhouse and pitches. A lot has been happening since the end of last season and we hope you are keeping up to date with all the news and information via our website [www.orrellrugbyunion.com](http://www.orrellrugbyunion.com) and our social media channels Facebook, Twitter & LinkedIn. We are also in the process of creating our new digital footprint with our very own YouTube Channel.

However, the backbone of any club is you, it's supporters and club members. There is so much going at the Club and there are exciting times ahead and we very much hope that you will be a part of those exciting times. The dream of our own clubhouse and pitches is drawing ever nearer and we are delighted to tell you that we have a new membership category – launched this season.

Our new **Membership for Life** category (single and couple) gives you membership of our great club from the start of the 2018-2019 season for life, including membership of our new clubhouse and its associated facilities when it is ready to be enjoyed!

If you do not fancy being a Member for Life of the club, there is still the normal annual membership fee; which will still give you membership of our club plus access to other opportunities such as International Tickets, Sale Sharks Tickets and advance tickets for our fantastic Events Calendar not to mention membership voting rights.

The membership form for the forthcoming season are available at the bottom of this article or via the link on the webpage "Membership 2018-2019". Please just complete your details and tick the relevant membership category box. Return addresses are on the form if you wish to use a hard copy.

Good news for this season too - you can now renew your membership on line, via our website: [www.orrellrugbyunion.com](http://www.orrellrugbyunion.com).

All you need is your debit card; fill in a few questions; tick the membership category box and that's it – membership renewed for another season (or for life if you choose that category)! Please note, you will need to join/log in to the website before you can log in to renew your membership.

We are always very grateful for your continued support, friendship and membership of our great club. We hope that you will continue to support us over the coming season at both matches, our social events and fundraising events.

## THE FUTURE IS BLACK AND AMBER

# ORRELL RUFC 2XV

## RESULTS, TABLE AND FIXTURES



### Division 3 North

#### Saturday 1st September 2018

Chorley 1	v	Littleborough 3
Eccles 2	v	De La Salle (Salford) 2
Leyland Warriors 1	v	Vale of Lune 3
Oldham 2	v	Orrell 2
Rossendale 3	v	Crosby St Mary's 1
TBA	v	Upper Eden 2 (Boars)
Trafford MV 2	v	Broughton 1

**NO LEAGUE TABLE AVAILABLE AT TIME OF PRINTING**

### Division 3 North

#### Saturday 8 September 2018

De La Salle (Salford) 2	v	Trafford MV 2
Littleborough 3	v	Crosby St Mary's 1
Orrell 2	v	Leyland Warriors 1
Rossendale 3	v	Eccles 2
TBA	v	Oldham 2
Upper Eden 2 (Boars)	v	Broughton 1
Vale of Lune 3	v	Chorley 1



# WE MAY NOT HAVE A HOME OF OUR OWN... BUT THE GOOD NEWS IS THAT WE'VE GOT A TEMPORARY HOME UNTIL WE DO!

For the 2018-2019 season, Winstanley Tennis Club will become our temporary clubhouse for post-match refreshments for our Open Age Squads

As everyone is aware, despite leading a nomadic existence, the decade since leaving Edge Hall Road has seen player and coaching staff numbers grow and the reintroduction of a thriving mini and junior section. It has also seen our ambitions for a new home bring planning permission for two rugby pitches and a cricket pitch next to Winstanley College.

The new development will be a joint venture for Orrell RUFC and Winstanley Park Cricket Club, known as Orrell and Winstanley Community Sports Club and whilst this is still some way off; we are fundraising and working in the background to achieve our ambitions by 2021.

As part of those ambitious plans to build our own clubhouse, we have been looking at ways of how we can bring our squads, members and supporters together and create the atmosphere and feeling of having our own clubhouse ... until we do. So, starting this Saturday (after the 1XV Lancashire Plate first round vs Eccles); both open age squads will meet at Winstanley Tennis Club for post-match refreshments and a few beers and probably a few post-match discussions!

We are very grateful to the team at Winstanley Tennis Club for giving us the opportunity not only to use their facilities but also their help and support of our plans to create our own pitches and clubhouse just across the road!

We hope that all players, members, supporters, family and friends will also all join in and support our new "home" and come and join us for some refreshments and a few drinks after the home games.

## THE FUTURE IS BLACK AND AMBER

### The Tennis Club address is:

Winstanley Tennis Club, Hall Lane, Billinge, Wigan WN5 7XN

### St John Rigby College

Gathurst Rd, Orrell, Wigan WN5 0LJ

Head south on Gathurst Rd towards B5206

Turn left onto Gathurst Rd/B5206

Continue to follow B5206

At the roundabout, take the 2nd exit onto Moor Rd/B5206

Turn left onto Church St

Continue onto Winstanley Rd

Turn left onto Hall Lane

Destination will be on the right

**Winstanley Tennis Club**

**Orrell, Wigan WN5 7XN**



Keep up to date with all the latest club news at [www.orrellrugbyunion.com](http://www.orrellrugbyunion.com)

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**CONTINUED FROM PAGE 23.**

letters to bring home to parents etc etc. Encourage your kids to start writing stuff on the calendars on the wall in their bedrooms. It's a lovely way for them to start learning about getting organised in life.

**Confidence.** This is a hugely important one for me. To be able to run on that pitch in front of scores of people and get ready to catch that high ball, take that all important penalty kick, provide that match winning try-scoring pass, to have the poise and hold your head up high are all skills that will make interviews and events when you are in the limelight so much easier in the future. Our children are learning what being nervous feels like and how to deal with nerves and those fluttery butterflies that make you want to run in the opposite direction. To have the self-belief that you will take that catch, kick that goal and nail that pass is a great way to learn to trust yourself and have confidence in your abilities.

**How to look after themselves.** You tend to feel invincible as a child, don't you? But when your sons or daughters voluntarily say they're having an early night because they want to do well in the match the next day, you begin to realise that they are starting to understand how to pace themselves. They are beginning to get to grips with the fact that our bodies need respect and to be cared for. They also know if they are feeling grumpy or sad then they'll feel much better after some fun exercise which to me is an essential part of looking after their mental health.

**Nutrition.** We all love our food, don't we? I never diet or talk about food in relation to my weight. I discourage parents to do this around their children also. I do however encourage discussion of which foods might give them the most energy or help to make them healthy. Why

it's a good idea to have a big bowl of porridge or scrambled eggs for breakfast when you have a busy day ahead of you. Why taking some cheese chunks or nuts to nibble on as great energy snacks and why a bowl of chicken soup is perfect when you finally get home after a long day of activities. I think, I hope, they are learning that what you put into your body determines how you feel and perform.

**How amazing their bodies are?** We all know that we each aren't blessed with the same physical attributes. I really believe that as a team sport, Rugby Union allows our children to start to appreciate all the amazing things their bodies can do. Some will run faster than others, some will pass or kick better than others, some will be stronger than others. Watching our Minis and Juniors, they aren't afraid to give things a go, they trust their strength and ability. They are discovering for themselves the joy that being active can bring. How it feels to be strong and healthy and the endless possibilities that gives them for the future. So, when as parents you think about the weekday evenings you spend driving around in the car picking up and dropping off, the weekends you can't go anywhere because of sporting commitments. The hours standing in the cold on the touchline and the washing of soggy, muddy kit. Honestly don't wish to change a thing. Don't resent the time, energy or money it costs you. Sport has so much to teach children, in fact, to teach us all and I'm very grateful to all those coaches, teachers and volunteers who make it possible for our mini and junior players to flourish and develop such wonderful qualities and have a whole load of fun while they do it.

**Dr John Morgan**  
**Clinical Director**  
**Bucket and Sponge Medical Services**



# WINNERS ARE GRINNERS

**Winners are definitely grinners... what a great day of rugby for Orrell RUFC - this club is certainly grinning!**

They only went and won their first ever 7s tournament – Orrell RUFC U15/16s take home the trophy from the Wallasey 7s

The Orrell RUFC U15/U16s Lions certainly did the club proud yesterday by winning the Wallasey 7s trophy in their first ever 7s tournament!

According to the coach & supporters who attended the tournament, the boys played an absolutely fantastic game of rugby in the final; tapping into inner strengths to more than match their opponents; who, by all accounts, were extremely strong!

Sadly, the Lions went down to 6 men in the second half, but this did not stop them putting in a huge effort and pressure on their opponents and after two tries, the Lions were victorious!

Orrell has a long tradition of playing 7s rugby and regularly entered the Glengarth 7s which became a popular 7s tournament from the late 60s to 1990s. Many famous teams and players entered the Glengarth Sevens. Players like David Watkins, Andy Irvine, Les Cusworth, Phil Bennett, Peter Winterbottom, Steve Smith, Fran Cotton.

Orrell, who won the competition 8 times between 1971 and 1985 it's great to see our U15/U16 Lions continuing this great tradition.



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# ORRELL RUFC JUNIORS SELECTED TO REPRESENT THE NORTH WEST AT THE **ENGLAND TOUCH NATIONALS**



The England Touch Nationals is a regional competition and the showpiece event of the year. This year's competition will be held on 15 & 16 September in Oxford.

Congratulations to all the Orrell RUFC Players who have been selected to represent the North West at the England Touch Nationals. The competition is the main stepping stone to international representation and players cannot be considered for the England High Performance Training Squads without having played for their region.

So, a huge Orrell RUFC well done to:

- India Halsall
- Alex Dixon
- Jake Hattersley
- Taz Corcoran
- Charlie Wood
- Georgia Hampson
- Abbie Mae
- Ellis Povey
- Tom Campbell



This is great representation from the Club to add to Aaron Povall, Niall Povall and Taz Corcoran who represented England at the JTC recently.

Congratulations to all!



## THE FUTURE IS BLACK AND **AMBER**

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# ORRELL RUFC SENIOR LEAGUE FIXTURES 2018-19

## HOME GAMES KICK OFF AT 2.30PM

2018/ 2019	Orrell		Orrell 2	
Date		1XV		2XV
01-Sep-18	H	Congleton	A	Oldham 2
08-Sep-18	A	Birchfield	H	Leyland Warrior 1
15-Sep-18			A	Chorley 1
22-Sep-18	H	Dukinfield	H	Crosby St Marys 1
29-Sep-18			A	Eccles 2
06-Oct-18				Cup 1
13-Oct-18	A	Oswestry	H	Trafford MV 2
20-Oct-18	H	Marple	A	Broughton 1
27-Oct-18	A	Garstang	H	De La Salle (Salford) 2
03-Nov-18	H	Port Sunlight	A	Rossendale 3
10-Nov-18		Cup 2		
17-Nov-18	A	Eccles	H	Littleborough 3
24-Nov-18			A	Vale of Lune 3
01-Dec-18	H	New Brighton	A	Upper Eden 2
08-Dec-18	A	Aspull		Weather Week
15-Dec-18	H	Birchfield	A	Leyland Warriors 1
22-Dec-18		Xmas Break		Xmas Break
29-Dec-18		New Year		New Year
05-Jan-19	A	Dukinfield	H	Chorley 1
12-Jan-19		Weather Week	A	Crosby St Marys 1
19-Jan-19			H	Eccles 2
26-Jan-19	H	Oswestry	A	Trafford MV 2
02-Feb-19				Cup QF
09-Feb-19	A	Marple	H	Broughton 1
16-Feb-19	H	Garstang	A	De La Salle (Salford) 2
23-Feb-19				
02-Mar-19	A	Port Sunlight	H	Rossendale 3
09-Mar-19	H	Eccles	A	Littleborough 3
16-Mar-19				Cup SF
23-Mar-19	A	New Brighton		Vale of Lune 3
30-Mar-19				Upper Eden 2
06-Apr-19	H	Aspull		Weather Week
13-Apr-19	A	Congleton		Oldham 2
20-Apr-19		Easter		Easter
27-Apr-19				
04-May-19		Cup F		Cup F



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## TODAY'S TEAMS

### ORRELL 1XV

TBA



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### CONGLETON RUFC

1. J Lea
2. G Gilman
3. T Fowler
4. N James
5. T Smith
6. Z Bainbridge
7. M Wright
8. K Keenan
9. A Fray
10. J J Kanauros
11. D Posmore
12. A Jones
13. E Williams
14. S Somerfield
15. L Denney
16. R Somers
17. G Wood
18. J Kenyon
19. M J Beresford
20. R Burkard

