

PARK UNDERGO ORDEAL BY SPEED

Welcome to Parknews. The faithful few who made the journey to Hartpury last Saturday saw Park concede 10 tries, scoring two themselves. Hartpury were quite open about the fact that they wanted the fixture because Park had tested them most severely of all the teams they had met on their way to promotion from National 1 last season. The fact that Park could not produce as close a result this time probably had more to do with how much the hosts have strengthened their side for Championship Rugby than any particular deficiency on Park's part. The hosts played with a speed of hand and foot, and a cohesion, that Park simply could not match.



Adam Frampton gets a try for Park at Hartpury last Saturday

The way you play in these matches is more important than the final score, and with a squad of 27 on the day – all to be given a run out - our Coaches are still looking at combinations. Although Hartpury also fielded a large squad the fact that they train together most days does make a big difference in these early matches. The final score of 66-12 shouldn't have anyone reaching for panic buttons.

Friday night is Rugby night

This weekend the focus shifts to Friday evening, when there is the last first XV practice match at the Rock, with the very much up-and-coming London Irish Wild Geese providing the opposition. It should be a really entertaining match with some familiar former Park favourites in the Irish ranks including Messrs Hodgkinson, Rowland and Starling. Perhaps best of all, admission is free for all and the Clubhouse will be open for those coming directly from work for the 7:45 kick off. It should be a really great start to the weekend, and if the weather treats us kindly it should be a fine evening to enjoy a few alfresco refreshments – so please bring your friends down and show them what Park has to offer.

There is rugby at the Rock on the next two Fridays, because the following week, the night before the first League match, on Friday September 1, please do come along and enjoy a Friday evening's rugby while supporting a worthwhile cause in support of the family of Shawnton De Four, who collapsed and died during a match against our Nomads last season, leaving a wife and young children. The Nomads play against Old Emanuel for the 'Shawnton Cup'. It will be a 7:45 KO, there will be a BBQ and various fund raising, though we believe admission to the ground will be free. The Clubsides are expecting a decent turnout, but we hope that supporters from all sections of Rosslyn Park will get behind the match.

First League match

On Saturday 02 September we open our League season away to Old Albanian, which is geographically one of the closer National 1 clubs to ourselves. The team really would appreciate a small army of Park supporters there to shout them on to a successful start to the campaign. OA play at the Woollams Playing Fields, located on the northern outskirts of St Albans, on the main A1081, going north towards Harpenden and Luton. The full address for those with satnav is Woollam's Playing Fields, 160 Harpenden Road, St Albans, HERTS, AL3 6BB.

By train, St Albans City on Thameslink is the nearest station, and there is no price advantage in booking an advance ticket: the cheap day return on the day is the same price. You can get a cab from the station, or it's a short walk up to the main crossroads (Blacksmiths Arms on the corner) where a right turn will put you onto Harpenden Road. From there it's a couple of miles walk along to the ground, but there's a regular (every 20

Next Fixtures

Friday 25 August

1st XV v London Irish Wild Geese

Practice Match
Home 7:45PM
Admission Free

Friday 01 September

Nomads v Old Emanuel

Memorial Match for Shawnton de Four
Home 7:45PM

Saturday 02 September

Old Albanian v 1st XV

National 1
Away KO 3:00PM

Hatters v London Cornish 2

Zoo Sports Shield
Home (4G) KO 2:00PM

Saturday 09 September

FIRST HOME LEAGUE MATCH

1st XV v Blackheath

National 1
Home KO 3:00PM

There will probably be a curtain raiser match at noon.

To book for the pre-match lunch please call David Booth in the Club Office on 020 8876 6044

mins) bus service from the stop diagonally opposite the pub. Look out for the goalposts on the right hand side of the road: the ground is slightly set back from the road.

First home League match

Our first home League fixture is a cracking London Derby against Blackheath on Saturday 09 September, kicking off at 3:00PM. We enjoyed a “double” over our friends and neighbours last season, and they will be thirsting for revenge with a much strengthened squad. Please do make a note of that one in your diaries.

Hartpury 66 Rosslyn Park 12

Practice match

The difference between full-time Championship Rugby and Park’s normal beat in National 1 was stamped through this match.



Park found it difficult to cope with the speed of the home side’s attacks and found themselves three tries in arrears – one of them a penalty try – at 21-0 after only 10 minutes.

Park looked good in possession against a well-drilled defence and got a try back when the forwards drove over out wide for Adam Frampton to score.



However Hartpury came back at them with their speedy backs adding two further tries.



Park had the last say before the interval with Harry Leonard and Jacob Atkins combining well on the right to score and convert for 33-12 at the break.

The visitors were rarely in the match as an attacking force in the second half, giving an outing to everyone in the 27-man squad and Hartpury added five further tries without reply to win by 66-12.

Park’s performance was not anything like as bad as the final score might suggest, but Hartpury’s speed and efficiency were – quite literally – in another league.



Park Head Coach Kieran Power said, “We knew this was our biggest challenge of preseason and with Hartpury starting the game at a breathtaking pace we were down by 4 tries before the half hour mark.

“We took time to adjust to the pace and physicality of the game and then for facets of it we acquitted ourselves well but ultimately the speed of the game took its toll.

“We need to learn our lessons quickly and try to put in a performance this Friday night that we can be buoyant about going into the league season”.

Park: Robinson; Crane, Henderson, Barnes, Marfo; Leonard; Weir;

*Nwakor, Gibson, Gratton; Spivey, Boyle; Frampton, Thomas, Taggart.
Bench: Bellamy, Wade, Spencer, Brand, Atkins, Dudman-Jones, Higgins,
Hudson, Gray, Crow, Smith, Williams, Hutson, Vaughan-Edwards*

Away travel

Cheaper Advance tickets are also now on sale for the visit to Fylde on 30 September. It's the Virgin service out of Euston that you need – book to Ansdell & Fairhaven (change at Preston). The ground is close to the station with an excellent and friendly clubhouse which always serves a decent pint. There are no decent pubs near the ground – if you are travelling early then you could get off the stop before at Lytham St Annes where you are almost certain to encounter some fellow Park supporters. It's about half an hour's walk to the ground but there's also a frequent bus service.

Slingbacks

There's still time, if you are reading this by Wednesday, to direct any potential female recruits towards the Slingbacks Inner Warrior event starting at 7:30pm this Wednesday. It is aimed at getting some new players - fun filled, skills based session open to complete beginners. If you know any sporty young women – even if they have never played the game before – please do encourage them to come along to the event, or indeed to training on any Wednesday evenings, where they can be sure of a warm welcome. For more information they can drop us a message on Facebook or email slingbacks@rosslynpark.co.uk



Can you help Laura?

Slingback Laura Heywood (nee Wilkinson) is again attempting to compete in the World Obstacle Racing Championship and this year also looking to support two really good causes. Let Laura take up the story:

Over the last couple of years I've been upping my game in the world of Obstacle Course Racing (OCR). This is no mean feat considering the fresh competition coming through in the form of exceptionally fast and dedicated, young runners. Adding to the task are the time constraints of working a full-time job firefighting, the commute from Sussex to London, childcare, dogcare, and the financial constraints of not earning a large enough salary to support the race entries, travel expenses, accommodation, childcare, dogcare, physiotherapy, special dietary requirements of being a Coeliac, etc.

Yet, somehow, I'm still hanging on in there and managed to win the silver medal at the UK Championships in November, and have just won the UK Masters' League for the second time in as many years and finished third in the main ladies' league. The World Championships in Ontario are fast approaching (October 13th-15th). It's a time-consuming and costly business trying to compete at the top level of a sport that is not yet professional and therefore receives no funding. I've got flights, accommodation, transfers, race entries all booked and I'm giving it my all training-wise. I am lucky to have Sam Winkworth from Unbreakable Fitness giving me his time and expertise helping with some brutal conditioning protocols, for which I am

very grateful, but I am now in the position where I have no money left for the physio treatment I'm needing to hopefully overcome a couple of injuries in time for the big event.



The trip is likely to cost in the region of £1200. I've managed to save nearly half of that but I am hoping to be able to raise the other half through sponsorship. However, what I REALLY want to do is raise some significant funds for two charities close to my heart in addition to the sum of money that I'll need. The two charities are Coeliac UK and The Firefighters' Charity. Many of you will be aware that I am a Coeliac sufferer and it would be a dream for me, and others struggling to live a normal life with the disease, if the research that is desperately needing more funding, could find a way for us to no longer live in fear of contamination from gluten which our bodies see as a toxin. I've had four reactions in the last three months. Each has gone on for nearly three weeks so they've been pretty much end on end. I've been in pain, ill, suffered from insomnia and malabsorption and, as a result, it has taken its toll on my training. If only there were a cure!

Following the horrific Grenfell Tower fire and the almost incomprehensible psychological trauma that the firefighters attending would have experienced at the time, and many of whom will still be affected by for years to come, I feel compelled to raise funds for the Firefighters' Charity which undoubtedly will be helping many firefighters and their families deal with what these colleagues of mine were not able to leave at the scene of the fire. This is where I need all the help I can get. I am really hoping that those of you who can make a donation, will do so by visiting my crowdfunding page, and if you feel donating is not possible, please would you have a think as to who you might be able to forward this to who might be willing to donate? Perhaps you know a small business or a big company which would consider sponsoring this 42-year old mum who is in defiance of her age! (There may well be some media coverage in the near future) Thank you so much in advance for anything that you may be able to do to help me on my quest.

<https://www.gofundme.com/48dzh0o>

Fixture calendar for phone and computer

There is now a Google calendar that shows all of the Park 1stXV fixtures for the 2017/18 season, which you can download to your manifold devices. It will be automatically updated throughout the season. Even the Editor managed to download it successfully!

The link in iCal format is:

<https://calendar.google.com/calendar/ical/rosslynparkfc%40gmail.com/public/basic.ics>

400 Club

If you'd like to enjoy the chance of winning monthly cash prizes - including a jackpot bonus at the end of the year - while helping your club, then please contact Boothy in the Club office.

Subs due

Membership Subs are now overdue, so if you are a Member, please do check that you've paid. If you don't already pay by direct debit please consider doing so as it considerably reduces admin hassle. If you are not already a Member, please consider becoming one - as well as free admission (or reduced admission depending upon which category you choose) it gives you a say and a vote in how your club is run.

Facilities

Hiring out our facilities, whether the pitch or Clubhouse, is a really useful source of close season income. If you know anyone who might be interested, be it a birthday party, a one-off match or a whole rugby tournament, then please pass on the details to Dom Shabbo in the club office (020 8876 6044).

City Lunch

We've arranged a very special City Lunch on Friday 20 October hosted by Ugo Monye. Our city lunches provide an informal way for members, friends and colleagues to get together and celebrate all that is great about our game. Further information is given in the flyer in this edition.

BOOK NOW

Rosslyn Park RFC City Lunch
with
UGO MONYE

Date: Friday 20th October 2017, 12pm - 5pm
Venue: Brasserie Blanc, 9 Belvedere Road, Southbank, London, SE1 8YP

Tickets: £90 (excl. VAT) each which includes a Cocktail Reception, 3 Course Meal, Venue, Guest Speakers and Celebrity Appearances

Group Bookings Available!
Dress code: Smart / Casual

Contact: dom.shabbo@rosslynpark.co.uk or 07787301691

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National 1 focus

It's often said that in National 1 any team can beat another on their day. In general that has proved to be true, though no one managed it against Hartpury last year. It may also apply less in future as the league splits into those who are resourced to step up to the Championship and those whose first concern is to avoid the drop. Talking to contacts around other clubs, the same three names keep cropping up, and in the same order, as likely champions: Coventry, Plymouth Albion and, as an outsider, Amptill. A good win over Worcester last weekend suggested that Birmingham

Moseley can be added to that list. It is rumoured that promoted Old Elthamians have brought with them a benefactor who is not shy of digging deep into his pockets. Resources come in all forms and while Loughborough have not been splashing the cash their new tie-in with Leicester Tigers could see them "doing a Hartpury" before too long.

Where do Park fit into this picture? It will not be the first time we shall be having a tilt at better-resourced clubs, and we've been pretty good at it in the past. Looking at our squad, we have a good mix of experienced old hands and some extremely promising youngsters who could easily bloom into outstanding players at this level. It won't be easy – but then it wouldn't be so much fun if it was straightforward. If we can get a fair rub of the green with injuries, and with our supporters really getting behind the team, we could still be there or thereabouts when the prizes are given out.

It looks like being a really interesting season.

Friday nights out

Please don't forget that there is Rugby at the Rock the next two Friday evenings. This week the Firsts play London Irish Wild Geese in our final pre-season practice and next week we're raising funds in aid of Shawnton's family. Free admission for both - bring your friends.

First Annual Shawnton Memorial Cup
at Rosslyn Park Rugby Club

Friday 1st September 2017
Rosslyn Park Nomads v Old Emanuel 2nd XV
Kick Off 7:45
Bar and BBQ

Share your stories and raise a glass of rum for your teammate

PosterMyWiz.com

Next Parknews

The next Parknews should appear on the website during next week, appearing by around Wednesday lunchtime. If you would like to receive a 'tweet' immediately it appears then subscribe to the @RPNoseyParker twitterfeed. Letters and other contributions from readers are always welcome: the usual deadline is around noon on Tuesdays.