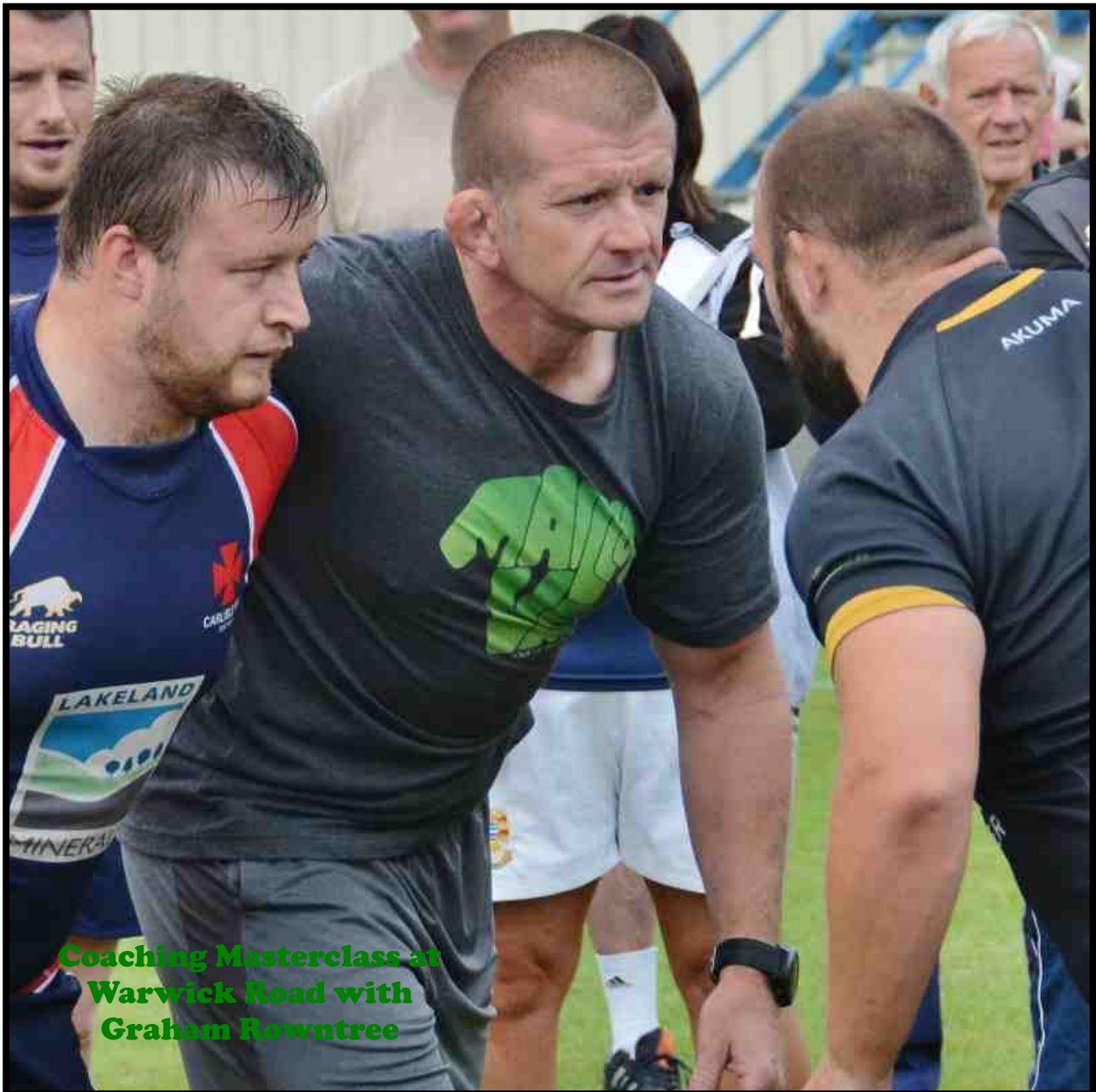


CARLISLE RFC

RFU North West 1 League 2018/2019

v PENRITH

Saturday, 8th September 2018 @ 3.00 pm



Admission by Programme

£5

CLUB INFORMATION

Carlisle RFC Ltd
The Rugby Club, Warwick Road, Carlisle, CA1 1LW
01228 521300



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.



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MESSAGE FROM YOUR CLUB PRESIDENT



MARTIN PLUMMER

Welcome to Carlisle Rugby Club and season 2018 / 2019 at level 6; I am truly honoured to represent your club President for a second year.

Rugby at our level can be very bitter sweet with players who have been nurtured, and significantly invested in from six years old, and then leaving us at various stages to play at a higher level. This we know is inevitable and part of the stepping stone process for those involved to achieve their ambitions.

In recent years I have had these very discussions with exceptionally talented rugby players like Joe Graham, Matt Charters, Chris Harris, and Gary Graham to mention but a few. All of these lads will tell you our message was very clear; take every opportunity that comes your way, go with our full support and blessing and achieve everything you possibly can. I do however always ask these Carlisle developed rugby gems not to be strangers, to return in one form or another and pass on their knowledge and skill base attained at the higher levels of the game to their playing colleagues at Carlisle RFC.

I was delighted to welcome back Max Connon as a player coach last season and this season to welcome back Matt Shields as our new head coach and Max's brother Grant, along with Chris Auld, all having played their age grade rugby at Carlisle. They will bring a refreshing professional element to our amateur environment in which all involved will benefit from greatly.

I must also thank those players that have had the opportunity to play at the afore mentioned higher level but have remained playing with our club, last season's club captain, Tom Graham turned down requests from other clubs to move to the higher level, but stayed to captain our senior XV; his sacrifice, commitment and loyalty and that of others is very much appreciated.

There is a real positive buzz at training and around the club in anticipation of the new season with players, coaches and supporters excited about the campaign ahead.

Our ladies are training hard and their section continues to build, increasing their numbers and going from strength to strength. Long may this continue and the club is 100% behind all their efforts.

The volunteers, both coaches and administrative staff within our various age grade groups continue to perform at a staggering level of commitment and enthusiasm. Their time and effort continues to build and strengthen the rugby foundations of our great club and ensure they are as solid and strong as they have ever been. Without those volunteers our young players would not get the very best start to their rugby careers. There are not enough words of thanks I can express to all those involved that appropriately convey my, and the clubs appreciation, for everything they do for our young boys and girls. Thank you so, so much.

Our aim is to ensure rugby is played by everyone who wants to be involved at every level. We aim to help all players achieve the very best they can. We would like to sustain rugby for the communities of Carlisle and the surrounding areas in a safe enjoyable environment. Thank you all for supporting your club, taking the time to visit and enjoy with us all what will be an enjoyable and successful season.

Finally, I regret that I won't be able to make all our matches; I still have work demands, and I do a spot of refereeing. I hope you will understand, but there is a severe shortage of those taking up refereeing— so if there is anyone else out there who feel they make a valuable contribution in that area of the game, you know what to do! **MARTIN PLUMMER.**

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**RUGBY
FOR THE
WEEK
AHEAD**

This week:

**SATURDAY 8 SEPTEMBER
1st XV v PENRITH**

Crusaders at
Workington

Colts at Peebles

Sunday 9 September
Cougars at Brough-
ton Park

Following weekend:

SATURDAY 15 September
1st XV at
Douglas (IOM)

Crusaders v
BAINBRIDGE (Tour)

Colts v GALA

Sunday 16 September
Cougars v
PRESTON GH

**Today's
Matchday
Sponsors**



v PENRITH

RFU NORTH ONE WEST

MATCH PROGRAMME

8 SEPTEMBER 2018

Chairmans Crack for Today.....



Chair—David Stout

A warm welcome from all at Warwick road to our guests from Penrith RFC for today's second league match of the season.

It's good to have another Cumbrian team back in our league after their level transfer back from East to West and the relegation of St Benedict's last season.

It will be interesting to hear the Penrith boy's views on how the two league's compare going forward.

Our boys will be buoyed

by last week's result down in Salford and no doubt Penrith will be keen to avenge a home loss to Stockport which added to the local bragging rights should lead to an entertaining afternoon. My thanks to this afternoon's sponsors SBS Cumbria.

A Broader View from the Chair.....

As we kick off our first home game of the 2018/19 season it provides an opportunity to look back on all that has happened during the close season and the positive feelings that now run through the club. Much has happened in that time. On a personal note I am delighted to have been asked to "take the chair" and redirect my attentions from the pitch to the boardroom.

My focus will be on improving the Club as a business whilst raising our profile within the local business community.

We have recruited well

not only with my successor and new coach Matty Shields but also bringing Grant Connon and Chris Auld back home to where it all began.

Much of this has been down to Jimmy Goode's hard work behind the scenes so well done him!

I wish them all and the great squad of players that I had the pleasure of coaching all the best.

Of equal significance is the move by Barry Earl from Chairman to new role of Sponsorship co-ordinator which is proving to be a huge success. Barry has already introduced a wide range of

new sponsorship initiatives with many new businesses and individuals becoming involved which is great for all concerned. Please look Barry out if you would like to find out more. Your help is vital to the club's ambitions.

We are shortly to appoint a new, full time, club house manager to take forward the running of the clubhouse after the extraordinary and greatly appreciated efforts of Barry Israel in getting the club back on its feet after the floods.

Shieldsy speaks.....

I've been thoroughly impressed with the attitude and commitment that the players have shown throughout pre-season. There has been a clear hunger to learn, improve and build on the solid foundations that David put in place during his time as Head Coach.



Head Coach—
Matt Shields

It was clear from the games I watched last season that the general skill level was good across the board. We needed, in my opinion, to add some structures and systems to enable us to play to our full potential.

On the coaching side, Myself and Max have put in a lot of time on the planning and delivery of the pre-season programme. We want to create a brand of rugby that's exciting to play, and watch. Hopefully you will see this come to fruition this afternoon against a strong Penrith outfit.

Last weekend against De La Salle we were comfortable winners, scoring 50 points in the process. It's worth noting that's its game 1 of 26- and no one at Warwick Road is getting ahead of themselves. It's going to be a long season and there's still plenty to work on. We played some quality rugby in patches last week, but we are hoping for more consistency as we keep building.

Enjoy the game

Around the Club

A REMINDER TO
SUPPORTERS THAT
THEY SHOULD
PLEASE REMAIN
BEHIND THE
BARRIERS WHILE
WATCHING THE
GAME!

Following changes in the boardroom and on the coaching staff for 2018/19 we are pleased to announce a further change. This time it's within our Clubhouse team, Katie Johnston will be joining us as Bar Manager from mid September. Katie has a wealth of bar management experience and is currently working her notice at the University of Cumbria's Student Union. The women's section continues to go from strength to strength with numbers increasing again this year. Sam Meakin has taken on the role as head coach for the ladies and they look to have a very useful squad for the coming season. Good luck ladies we're all behind you. The club's youth registration day took place last Sunday and by all accounts was a great success, if you missed this and would like details on how to sign your child up please contact John Hope, Sheena Bleasdale or ask our DoR Jim Goode for details. Plans for introducing better kitchen facilities at the club are underway and it is expected that these will be in place for November 2018, We'll keep you up to date on this as progress is made.

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PLASTIC GLASSES IF
DRINKING ON THE
TOUCHLINES.
GLASS CAUSES
INJURY!

Around the county

The Cumbria / Lancashire re-shuffle at Level 7 took us all by surprise this summer and despite the Cumbrian clubs strongly objecting to this proposal the two counties were segregated at Level 7 and below. The issue this creates for many Cumbrian clubs is that they have lost their exposure to rugby outside the county which in many peoples opinion reduces the competitiveness at Level 7. The aspect which is now lost for many who have been involved in the game since the Cumbria and North Lancs league has been in existence is the loss of the traditional rugby club away day over the border.

The upshot of this is that our 2nd XV are now playing in a Level 8 league which many at the club will fancy them for given the strength in depth which we are seeing at senior squad training sessions. Good luck today lads and hopefully you'll be playing Level 7 rugby next year.

A big thank you to all our PLAYER SPONSORS for the 2017-18 season. There are still one or two available if you would like to support the Club this season!



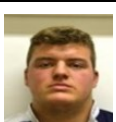




	First name	Surname	Player Bio	Sponsor
	Greg	Baines	Centre/Wing A Colt last season who made his 1st XV debut last season showing great pace and ability	KJW Property Maintenance
	Max	Connon	Fly Half/Full Back Returned to Carlisle last season after a number of years at Darlington MP. Assistant player coach who was an outstanding youth product	
	Harrison	Edgar	Back Row Last seasons Colts captain made his 1st XV debut last season and brings enthusiasm and physicality to the party. Fearless.	Apex Electrical Ltd
	Ewan	Foster	Centre Ewan is a pacy centre who runs great support lines and certainly has an eye for the try line.	DPD Ltd
	Jack	Freshwater	Lock/Prop Former Youth player who returned to Carlisle last season after University in Leeds. Great game knowledge and a real physical presence in the pack	
	Angus	Fulton	Prop Youth player who gained scholarship to Gosforth Academy returned to Carlisle last season with work after two seasons with Tynedale	
	Henry	Furbank	Prop Has become a fixture in the squad since moving to the the area. Solid scrummager with excellent all round game	Rachael Bell Wealth Management
	Grant	Connon	Full Back/Wing Back in Carlisle after a number of years playing for DMP. Grant adds quality and experience to our backline.	
	Tom	Graham	Hooker His fourth season as Club Captain and key squad member. Played all his Youth rugby at Carlisle and always looks to showcase his deft handling skills!	
	Josh	Holmes	No 8/Flanker Determined, obstinate, powerful. Brings attitude to the pack in bucketloads. Been at club since moving to Carlisle in his teens	
	Dan	Holmes	Centre/Wing Hard running and aggressive centre or wing who knows where the try line is. Been at club since moving to Carlisle in his teens	

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Follow all our teams at www.pitchero.com/clubs/carlislerugby/

A big thank you to all our **PLAYER SPONSORS for the 2017-18 season. There are still one or two available if you would like to support the Club this season!**

	First name	Surname	Player Bio	Sponsor
	Jason	Israel	Fly Half/Centre Since coming through the Youth and Colts ranks has made steady progress and now appears ready to make a real impact at 1st XV level	B&C Builders
	Alexander	Neil	Prop May be small in stature but you underestimate him at your peril. A man of few words; he lets his scrummaging do the talking. Another product of the Youth ranks	Stan Sherlock
	Rory	Parish	Lock Since graduating from the Colts has become a cornerstone of the pack. Physicality and commitment are his watchwords.	PFK
	Ben	Purdham	Centre/Wing A versatile back who has become one of the first names in the team sheet in recent years. Great pace and an excellent rugby awareness	Donaldson's Furnishers
	Matt	Shields	No 8/Prop Returning to his home town club, where he was an outstanding Youth player, as Player Coach. Wealth of professional experience from Harlequins and Edinburgh will ensure a	Carlisle Scaffolding
	John	Short	Prop Came through Youth section to earn a Gosforth Academy scholarship. Strong scrummager who will be looking to make a mark this season	Story
	James	Telford	Scrum Half/Fly Half Has established himself as a first choice since graduating from Colts. Quickfire and sharp half back who has an eye for gap.	CAES LTD
	Henry	Wainwright	Flanker Key squad member since moving up from the Colts. Very quick around the park and often at the heart of the action.	Helen Arthur Consultancy
	Christian	White	Prop/Lock Returns to Carlisle this season after a spell across the border at Annan. Another product of our Youth section	David White Electricals
	Chris	Auld	Centre Chris joins us from DMP, after a number of years playing at Level 3 Chris has developed an eye for the line and will add some killer instinct to our backline this year.	Hayward Tod
	Nicky	Yielder	Prop / Hooker Nicky has graduated through our youth ranks and is shaping up to be a formidable front row member for the future.	Lloyd Motor Group

With plenty of players left to gain sponsorship for the season please speak to Barry Earl for more information on what this involves.

Follow all our teams at www.pitchero.com/clubs/carlislerugby/

PLAYING THIS AFTERNOON - 8th SEPTEMBER 2018

CARLISLE	Player	PENRITH
Alex Neal	1	Ali Berryman
Tom Graham (c)	2	Sol Neild
Henry Furbank	3	Alex Faupel
Rory Parish	4	Steve Richardson (c)
Angus Fulton	5	Chris Loughlin
Josh Holmes	6	Jon Bishop
Henry Wainwright (Capt)	7	Micah Dyos
Matt Shields	8	Andrew Frost
James Telford (VC)	9	Callum Yates
Max Connon	10	Matt Tully
Ben Purdham	11	Jon Coulson
Chris Auld	12	Calum Robinson
Dan Holmes	13	Sam Moncur
Greg Baines	14	J P Singleton
Grant Connon	15	Matt Geiger
Phil Coulthard	16	Jack Gallimore
Harrison Reay	17	John Dodd
Greg Graham	18	Doug Whyley

THE REFEREE TODAY FROM CUMBRIA SOCIETY— tbc

RESPECT THE REFEREE

We all want to enjoy our rugby whether we are a player, coach, official or a spectator. Well the referee and on occasions other match officials, look forward to enjoying their afternoon too. Like a player, a referee can, and will, make mistakes, but that should not be a signal for any form of abuse to directed in his / her direction.

PLEASE DO NOT DIRECT ANY FORM OF ABUSE AT THE REFEREE AND EXTEND THAT COURTESY TO BOTH TEAMS AND THEIR OFFICIALS. THANK YOU.

MANY THANKS THIS AFTERNOONS MATCHDAY SPONSORS



WE HOPE THEY GUESTS AND THEIR GUESTS HAVE A GREAT AFTERNOON
Your support is very much appreciated!

LATEST RESULTS AND TABLES

Results from 1/9/18			
Anselmians	13	Northwich	21
Birkenhead PK	15	Warrington	19
De La Salle	19	Carlisle	50
Douglas (IOM)	10	Blackburn	3
F Waterloo	31	Manchester	20
Penrith	36	Stockport	50
Broughton Park	18	Burnage	13

This Weeks League Fixtures		
Blackburn	Vs	Broughton Park
Burnage	Vs	Anselmians
Carlisle	Vs	Penrith
F Waterloo	Vs	Birkenhead Pk
Manchester	Vs	De La Salle
Northwich	Vs	Warrington
Stockport	Vs	Douglas (IOM)

NORTH ONE—WEST										
After games of 1 September 2018										
Pos	Team	P	W	D	L	PF	PA	+/-	B	Pts
1	Carlisle	1	1	0	0	50	19	31	1	5
2	Stockport	1	1	0	0	50	36	14	1	5
3	F Waterloo	1	1	0	0	31	20	11	1	5
4	Northwich	1	1	0	0	21	13	8	0	4
5	Douglas	1	1	0	0	10	3	7	0	4
6	Broughton Park	1	1	0	0	18	13	5	0	4
7	Warrington	1	1	0	0	19	15	4	0	4
8	Birkenhead	1	0	0	1	15	19	-4	0	0
9	Burnage	1	0	0	1	13	18	-5	0	0
10	Blackburn	1	0	0	1	3	10	-7	0	0
11	Penrith	1	0	0	1	36	50	-14	0	0
12	Anselmians	1	0	0	1	13	21	-7	0	0
13	Manchester	1	0	0	1	20	31	-11	0	0
14	De La Salle	1	0	0	1	19	50	-31	0	0

CUMBRIA 2 LEAGUE										
After games of 1 September 2018										
Pos	Team	P	W	D	L	PF	PA	+/-	B	Pts
1	Silloth	1	1	0	0	24	0	24	1	5
2	Furness	1	1	0	0	37	21	16	1	5
3	Moresby	1	1	0	0	24	19	5	1	5
4	Aspatria E	1	1	0	0	47	12	35	0	4
5	Carlisle C	1	1	0	0	15	5	10	0	4
6	Wigton W	1	0	0	1	19	24	-5	0	0
7	Creighton	1	0	0	1	5	15	-10	0	0
8	Egremont	1	0	0	1	21	37	-16	0	0
9	Workington	1	0	0	1	0	24	-24	0	0
10	Windermere	1	0	0	1	12	47	-35	0	0

Results from 1/9/18			
Furness	37	Egremont	21
Aspatria Eagles	47	Windermere	12
Carlisle C	15	Creighton	5
Moresby	24	Wigton W	19
Silloth	24	Workington	0

This Weeks League Fixtures		
Aspatia Eagles		Furness
Creighton		Egremont
Millom		Silloth
Windermere		Moresby
Workington		Carlisle C

Results from 2/9/18			

This Weeks League Fixtures		
Kendal Wasps	Vs	Crewe & Nant
Leigh	Vs	Preston GH
Broughton Park	Vs	Carlisle

[illegible]

[illegible][illegible]



is in the fortunate possession of having a youth section the envy of many Cumbrian clubs. A special thanks must go to all of the



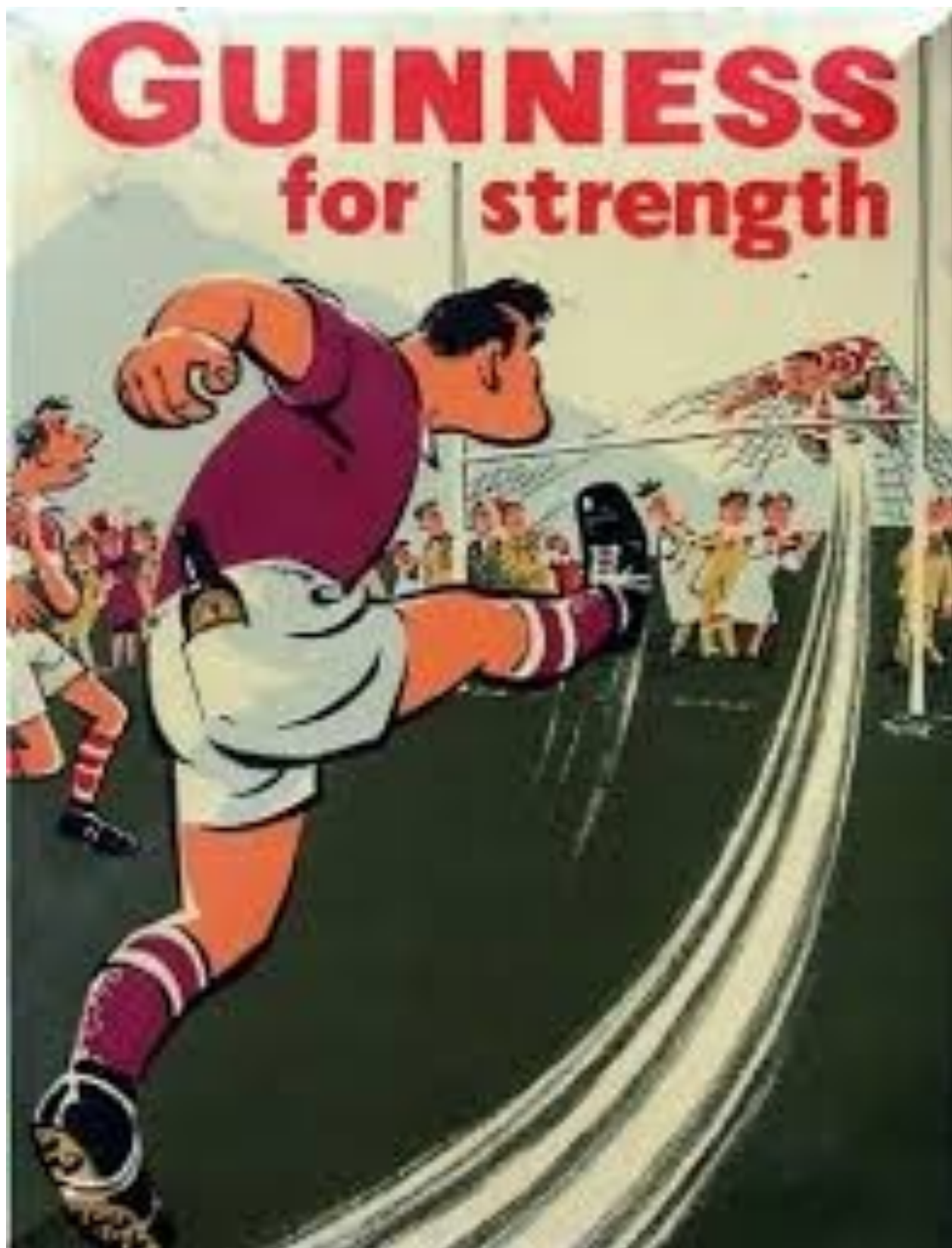
The club tries to run a Sunday kitchen for the youth section but is very short of volunteers for bacon and sausage duty. If this is something you could help with please speak to Barry Israel who will be most grateful .

This is sure to be an exciting season as we travel across the border it play in the Borders semi Jnr league. Pre-season has grown steadily, and the lads have really enjoyed getting to grips with the new playing patterns set out for the club by Matty. This season also sees a new coaching set up with the colts with Graham Kidd taking over as head coach and being assisted by Collin Jackson, Mike Lomas, Paul Kasiera and Damian Burns with Phil Healy as team manager.

Last week saw the colts start off the season with a solid performance, beating Tynedale 47-21. Trys- Euan Forlow 4, Johny Park 2, Jake Whittaker 1, Mason Steel 1, Conversions - Harry Heatherington 7.

Graham Kidd

[illegible]



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RESPECT FOR THE REFEREE & MATCH OFFICIALS

Without the referee and other match officials we would not be able to enjoy our day at the match. Please afford them due respect at all times. Like the players, they will make mistakes but that should not be a signal for verbal or other abuse to be directed at them. For the main part, they too are volunteers hoping to have an enjoyable game officiating in the Game we all love.

We will deal severely with anyone who breaches the Code of Respect.