

Lancashire County Rugby Football Union
Under 18s Schools Plate Final



Liverpool College

V

St Edwards College



Liverpool St Helens FC

Kick Off—2:15pm

Wednesday 29th January 2020



**Lancashire County RFU
2019-2020**

President: Gill Burns MBE

Senior Vice President:

Brian Stott

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CA Baker, JRS Greenwood,

A James, M Nelson.

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Hon. Sec: Mark Downs

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JRS Greenwood, H Hughes,

JT Hughes, AS Kerboas,

MJ Worsley.

County Champions:

1891, 1935, 1938, 1947,

1948, 1949, 1955, 1969,

1973, 1977, 1980, 1982,

1988, 1990, 1992, 1993,

2003, 2006, 2009, 2010,

2011, 2013, 2014, 2017,

2018.



@lancashirerugby



[Lancashire Rugby](https://www.lancashirerugby.co.uk)

www.lancashirerugby.co.uk

Welcome from the President of Lancashire County RFU

On behalf of Lancashire Rugby Football Union it gives me great pleasure to welcome both Liverpool College and St Edward's College this afternoon.



It is a tremendous honour for any rugby player to play in a prestigious final as this. Congratulations to all the players, on both teams, for deserving this wonderful privilege.

Whether you're a player, coach, manager, match official or supporter I hope you enjoy a convivial welcome and a memorable day.

I would like to thank Liverpool St Helens Football Club for hosting today's fixture as we realise how much hard work goes on behind the scenes to hold a fixture of this kind. To the staff, and much valued volunteers, your support is greatly appreciated.

Sincere thanks must also go to the referee, Damian Hamilton who will work so hard to ensure we all enjoy the game.

I hope you all have an enjoyable afternoon and I would like to send you very best wishes for the rest of the season.

Gill Burns MBE
President

Sustainability.

As a County we print over 6000 programmes per season with a minimum of over 300kg of paper used.

We hope this experimental e-programme will go a small way to offsetting our carbon footprint and may start a revolution.

Mark Downs. Hon-Secretary



Liverpool College

- 1. Sahil Sapkota**
- 2. Luke Townsend**
- 3. Tom Parry**
- 4. Daniel Drakely**
- 5. Michael Colvin**
- 6. Seb Caine (Capt)**
- 7. Paddy Sinnott**
- 8. Issac Caine**

- 9. Cairan Russell**
- 10. Leo Brookman**
- 11. Stephen Rawlings**
- 12. Brendan Russell**
- 13. Chris Field**
- 14. Chris Ravenscroft**
- 15. Max Ellis**

- 16. Ryan Harris**
- 17. Ruari Wilson**
- 18. Zac Belhaouane**
- 19. Luke Ross**
- 20. Jacob Crummey**

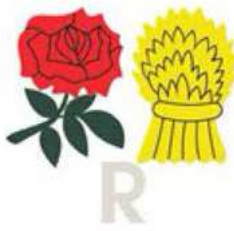


St Edward's College

- 1. George Connolly**
- 2. Matthew Banlin**
- 3. Wilson Luo**
- 4. Matthew Webster**
- 5. Matt Holmes**
- 6. Theo Robinson**
- 7. Chris Burns**
- 8. Tom Poll (Capt)**

- 9. Gabriel Parker**
- 10. Tom Duffy**
- 11. Joshua Ballentine**
- 12. Jack Lewtas**
- 13. Lucas Lloyd**
- 14. Joseph Kearney**
- 15. Jack Nolan**

- 16. Scott Barry**
- 17. Charlie Dunbavin**
- 18. Michael Davey**
- 19. Gabe Parker**
- 20. Jacob Flood**



Today's Match Officials

Referee
Mr Damian Hamilton



Please Respect The Man in the Middle.

"I don't think we've met before, but I'm the referee...

this is not soccer."

Lancashire U18s v Yorkshire U18s



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Cryotherapy Benefits

Reduces inflammation

Increases energy

Lessens muscle soreness and tension

Relieves pain from injuries or joint disorders

Boosts metabolism and contributes to weight loss

Increases collagen production, reducing cellulite and signs of aging

Improves mood via a rise in endorphins

Has an anti-oxide effect, which can slow aging and help prevent osteoporosis

Has also been used to help elevate testosterone levels in men

Supports the treatment of multiple sclerosis

Helps solve insomnia, migraines, gout and asthma

‘Always there to lend a Cauliflower Ear’

*Mental Health & Emotional Wellbeing support campaign
provided by Lancashire County RFU*

Mental health & emotional wellbeing issues affect, directly or indirectly, many people. It is estimated that 1 in 4 people in the UK will experience a mental health problem each year and 1 in 6 people in the past week experienced a common mental problem!!

That’s just over 2 players in your team! Yet, your teammates facing these challenges can face stigmatisation and discrimination leading to a reluctance to reach out for timely support.

The Cauliflower Ear is a rugby club-based campaign, created & funded by Lancashire County RFU, aimed at increasing awareness of mental health & emotional wellbeing issues within clubs and providing support as needed.

Bespoke artwork posters displayed prominently in clubs will provide a focal point to raise consciousness and provoke positive conversations around mental health & emotional wellbeing. The artwork will be changed throughout the season to maintain a freshness and continue the conversation. It carries the contact details for professional support with counsellors put in place & funded by Lancashire County RFU to support the members of its constituent clubs.

Alongside this, the aim is for each club will have a mental health champion specifically trained in mental health awareness and who is knowledgeable of services available so they can signpost people requiring support in the right direction.

You don’t need to be a trained health care professional to care.

You don’t need to be a trained health care professional to have a conversation.

You don’t need to be a trained health care professional to

‘lend a Cauliflower Ear’!



Fixtures 2019-2020

Team	Opposition	Result	Venue
<u>Senior XV Mens</u>			
09 May 2020	Durham (H)		
16 May 2020	Eastern Counties (H)		
23 May 2020	Yorkshire (A)		
21 Jun 2020	Final		Twickenham
<u>Senior XV Womens</u>			
25 Apr 2020	Northumberland (H)		
09 May 2020	Durham (A)		
16 May 2020	Yorkshire (H)		
23 May 2020	Semi Final		
<u>U20s</u>			
26 Jan 2020	Durham (H)	Won 15-13	Tyldesley RUFC
23 Feb 2020	Yorkshire (A)		Yarnbury RUFC
29 Mar 2020	Quarter Final		
12 Apr 2020	Semi Final		
03 May 2020	Final		Twickenham
<u>Royals XV</u>			
28 Dec 2019	Anti Assassins	Won 21-24	Blackburn RUFC
12 Feb 2020	Cheshire Harvesters (H)		
16 May 2020	Eastern Counties (H)		
<u>U18s Boys</u>			
01 Dec 2019	Durham (A)	Won 17-38	Blaydon RFC
15 Dec 2019	Cheshire (A)	Won 31-33	Chester RFC
12 Jan 2020	Yorkshire	Won 29-16	Penrith RUFC
<u>U18s Girls</u>			
<u>U17s Boys</u>			
01 Mar 2020	Yorkshire (A)		Selby RUFC
05 Apr 2020	Cheshire (H)		
26 Apr 2020	Cumbria (H)		
<u>U16s Boys</u>			
19 Jan 2020 "Blues"	Yorkshire Reds (H)	Won 29-24	Burnage RUFC
19 Jan 2020 "Reds"	Yorkshire Blues (H)	Won 33-24	Burnage RUFC
02 Feb 2020	Cheshire A & B (A)		Chester RUFC
01 Mar 2020	East Midlands A & B (H)		
<u>U15s Boys</u>			
15 Mar 2020	Yorkshire (H)		
29 Mar 2020	Cheshire (A)		
<u>U15s Girls</u>			