

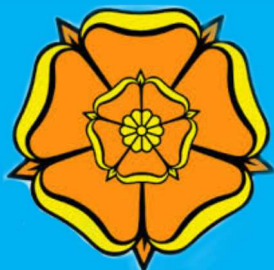
Lancashire County Rugby Football Union



Lancashire U16s

v

East Midlands U16s



Manchester RFC

Kick Off—2:15pm

Sunday 1st March 2020



**Lancashire County RFU
2019-2020**

President: Gill Burns MBE

Senior Vice President:

Brian Stott

Vice Presidents:

CA Baker, JRS Greenwood,

A James, M Nelson.

Chairman: Dave Clarke

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 East Midlands U16s today.

It is a tremendous honour for any rugby player to pull on a county jersey and to play alongside the very best from their locality. 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 Manchester Rugby 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 match referee Tyke Stevenson from MADREFS who I'm sure will be working 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

Managers Word



I would like to welcome all players, families & friends to what will be an exciting game. All players involved should be proud to be

wearing the county shirt.

I would like to thank Manchester Rugby Club for hosting today's game, they have been a big supporter of county rugby for which we are grateful.

Our thanks also go to the Manchester Society for providing today's referee, Mr Tyke Stevenson, have a good game Sir.

The pathway to the county programme started back in October were the Lancashire U16 management and coaching team in partnership with Sale

Sharks Academy delivered 4 sessions as part of the DPP programme, players were continually assessed as were the players not involved in the DPP programme but part of the Sale Development Group (SDG).

I'm sure the game will be a tough, physical encounter but played in the best of spirit and I expect no different today. It just leaves me to wish the players the best of luck, play with pride and confidence but most of all enjoy the experience.

Bill Nichol

Manager U15s & U16s Group

Welcome to Manchester Rugby Club

Grove Lane, Cheadle Hulme, Cheshire. SK8 7NB





Lancashire U16s

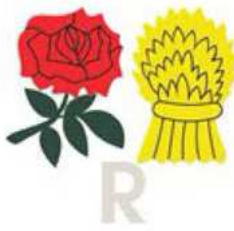
15.	James Causey	Rainford HS	Liverpool St Helens
14.	Anthony Chadaidy	Cheadle Hulme	Manchester
13.	Louis Lord	Mooreside HS	Eccles
12.	Alexander Whitfield	Stoneyhurst College	
11.	Isaac Quarry	Ripley St Thomas	Vale of Lune
10.	Nathan Evans	Hutton GS	Fylde
9.	Kieran Kerr	St Edwards College	Liverpool Collegiate
1.	Adam Milnes	Merchant Taylors	Firwood Waterloo
2.	Regan McShane	Longridge HS	Preston Grasshoppers
3.	Theo Bishop	Hutton GS	Fylde
4.	Toby Merrick	AKS Lytham	Fylde
5.	Ellis Causey	Standish HS	Liverpool St Helens
6.	Eddie Abdelghafar	Carnforth HS	Vale of Lune
7.	Robbie Edginton (C)	St Mary's College	Firwood Waterloo
8.	Ben Holmes	Cheadle Hulme	Manchester
16.	Ben Campbell	Byrchall HS	Leigh
17.	James Bonia	Ripley St Thomas	Vale of Lune
18.	Nathan Bell	Audenshaw	Aldwinians
19.	Alexander Fowler	Hutton GS	Fylde
20.	Rowan Tweedale	Alder Grange HS	Rosendale
21.	Matt Duncan	AKS Lytham	Fylde
22.	Sam Curley	Chorlton HS	Broughton Park
23.	Scott Ballard	Darwen Vale	Fylde
	Head of Rugby	Bill Nichol	
	Coach	Richard Byrne	
	Coach	Elliott Lewis	
	Coach	Mike Smith	
	Coach	Alex Ward	



East Midlands U16s

1. Riley Longmuir	Bedford Junior Blues
2. James Randall	Amphill RUFC
3. Toby Peel	Kettering RUFC
4. Will Fountaine	Olney RUFC
5. Bailey Richards	Amphill RUFC
6. Archie Barrett	Amphill RUFC
7. Issac Young	Northampton Old Scouts RUFC
8. James Bennett	Olney RUFC
9. Will Smears	Old Northamptonans RUFC
10. Tom Woods	Kettering RUFC
11. Jody Divine	Amphill RUFC
12. Haydn Miller	Stewarts and Lloyds RUFC
13. Elliott Passam	Old Northamptonans RUFC
14. Jackson Armstrong	Hitchin RUFC
15. Sonny Rodella	Northampton Old Scouts RUFC
16. Sam Garwood	Amphill RUFC
17. Jordan Ackauku	
18. Tom Donaldson	Oundle RUFC
19. Will Manning	Peterborough RUFC
20. Zane Macleod	Stewarts and Lloyds RUFC
21. Jay Manson	Stewarts and Lloyds RUFC
22. Harvey Sharpe	Kettering RUFC
23. Kai Williamson	Stewarts and Lloyds RUFC
24. Nathan Litchfield	Bedford Blues RUFC

Manager	Toby Horrigan
Head Coach	Matthew Foster
Coach	Dave Maudsley
Coach	Mike Griffith
Coach	Graham Wilson
Coach	Alex Regan



Todays Match Officials

Referee

Mr Tyke Stevenson

MADREFS



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’!



Team	Opposition	Result	Venue
<u>Senior XV Mens</u>			
09 May 2020	Durham (H)		Sedgley Park RUFC
16 May 2020	Eastern Counties (H)		Fylde RFC
23 May 2020	Yorkshire (A)		Wharfedale RUFC
30 May 2020	Final		Twickenham
<u>Senior XV Womens</u>			
25 Apr 2020	Northumberland (H)		
09 May 2020	Durham (A)		
16 May 2020	Yorkshire (H)		Southport RUFC
23 May 2020	Semi Final		
<u>U20s</u>			
26 Jan 2020	Durham (H)	Won 15-13	Tyldesley RUFC
23 Feb 2020	Yorkshire (A)	Won 3-10	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
16 May 2020	Eastern Counties (H)		Fylde RFC
<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>			
22 Feb 2020	Yorkshire	Won 7-19	Pocklington RUFC
22 Feb 2020	Cheshire	Won 5-12	Pocklington RUFC
08 Mar 2020	Cheshire Festival		Sandbach RUFC
22 Mar 2020	Lancashire Festival		Broughton Park FC
<u>U17s Boys</u>			
01 Mar 2020	Yorkshire (A)		Keighley 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 "Blues"	Cheshire Bears (A)	Lost 29-21	Chester RUFC
02 Feb 2020 "Reds"	Cheshire Lions (A)	Won 12-13	Chester RUFC
01 Mar 2020	East Midlands A & B (H)		Manchester RFC
<u>U15s Boys</u>			
15 Mar 2020	Yorkshire (H)		
29 Mar 2020	Cheshire (A)		
<u>U15s Girls</u>			
22 Feb 2020	Yorkshire Festival		Woodhouse Grove School
08 Mar 2020	Cheshire Festival		Sandbach RUFC
22 Mar 2020	Lancashire Festival		Broughton Park FC