Lancashire County Rugby Football Union Under 18s Schools Cup Final



St Mary's Crosby

Lancaster RGS



Fylde RFC Kick Off—7:00pm Wednesday 29th January 2020



Lancashire County RFU 2019-2020

President: Gill Burns MBF

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Brian Stott

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A James, M Nelson.

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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

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 Crosby St Marv's College and Lancaster Royal Grammar School this evening.



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 Fylde 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 referee, Matt Turvey 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



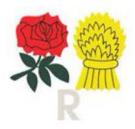
St Mary's College Crosby

- 1. Harry Murphy (capt)
- 2. Anthony Watson
- 3. Conor Chesser
- 4. Josh Perry
- 5. Robbie Edgington
- 6. Harry Blyth
- 7. Alfie Mutch
- 8. Joe McLelland
- 9. Sam Roberts
- 10. George May
- 11. Adam Swift
- 12. Finn Brown
- 13. Ben Skea
- 14. Alfie Shea
- 15. Joe Stuart
- 16. Owen Davies
- 17. Charlie Newton
- 18. Tom Falconer



Lancaster Royal Grammar School

- 1. D Sharma
- 2. D J Cooper
- 3. KA Todd
- 4. CT Smith
- 5. M C Crabtree
- 6. H J Steele
- 7. WFJ Douglas
- 8. A J Hartin
- 9. C D Liddle
- 10. P P Bishop
- 11. C J Murrell
- 12. W C Bowker
- 13. C W Wilkinson
- 14. SI Mercer
- 15. J D Evans
- 16. T O Atherton
- 17. T Keen
- 18. F C Bull
- 19. S M Davies
- 20. F R Pollock



Todays Match Officials



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

| Senior XV Mens O9 May 2020 Durham (H) 16 May 2020 Eastern Counties (H) 23 May 2020 Yorkshire (A) 21 Jun 2020 Final Senior XV Womens 25 Apr 2020 25 Apr 2020 Northumberland (H) 09 May 2020 Durham (A) 16 May 2020 Yorkshire (H) 23 May 2020 Semi Final U20s | Twickenham Tyldesley RUFC Yarnbury RUFC |
|---|--|
| 16 May 2020 Eastern Counties (H) 23 May 2020 Yorkshire (A) 21 Jun 2020 Final Senior XV Womens 25 Apr 2020 Northumberland (H) 09 May 2020 Durham (A) 16 May 2020 Yorkshire (H) 23 May 2020 Semi Final | Tyldesley RUFC |
| 23 May 2020 Yorkshire (A) 21 Jun 2020 Final Senior XV Womens 25 Apr 2020 Northumberland (H) 09 May 2020 Durham (A) 16 May 2020 Yorkshire (H) 23 May 2020 Semi Final | Tyldesley RUFC |
| 21 Jun 2020 Final Senior XV Womens 25 Apr 2020 Northumberland (H) 09 May 2020 Durham (A) 16 May 2020 Yorkshire (H) 23 May 2020 Semi Final | Tyldesley RUFC |
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| 09 May 2020 Durham (A) 16 May 2020 Yorkshire (H) 23 May 2020 Semi Final | |
| 16 May 2020 Yorkshire (H) 23 May 2020 Semi Final | |
| 23 May 2020 Semi Final | |
| | |
| <u>U20s</u> | |
| | |
| 26 Jan 2020 Durham (H) Won 15-13 | Yarnbury RUFC |
| 23 Feb 2020 Yorkshire (A) | |
| 29 Mar 2020 Quarter Final | |
| 12 Apr 2020 Semi Final | |
| 03 May 2020 Final | Twickenham |
| Royals XV | |
| 28 Dec 2019 Anti Assassins Won 21-24 | Blackburn RUFC |
| 12 Feb 2020 Cheshire Harvesters (H) | |
| 16 May 2020 Eastern Counties (H) | |
| U18s Boys | |
| 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 |
| U18s Girls | |
| U17s Boys | |
| 01 Mar 2020 Yorkshire (A) | Selby RUFC |
| 05 Apr 2020 Cheshire (H) | |
| 26 Apr 2020 Cumbria (H) | |
| U16s Boys | |
| 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) | |
| U15s Boys | |
| 15 Mar 2020 Yorkshire (H) | |
| 29 Mar 2020 Cheshire (A) | |
| U15s Girls | |