

2009 - 2010

SEASON



RFU
NORTH 1
EAST LGE

DARLINGTON
Saturday 26th September 2009



CARLISLE RFC

PROGRAMME & NEWSREEL



Captain and bride

ADMISSION FREE

(A collection will be made before half time—please give generously)



*David Morton
Club Secretary*

*The views
expressed in
these columns
may not be
those of the
Club*



*Reay's
Coaches*

MORT'S MUMBLINGS

As was the case last season we have been making a slow but tentative start to the league programme; although it has to be said there are clear signs of improvement.

A lot of hard work and preparation goes into turning out a side and it is very easy to criticise what happens on the field. All those touchline coaches and administrators seem to have the answers every week when things go wrong but, as ever, when the call comes for them to offer some meaningful help with the running of the Club, where are they? As far as way as possible to avoid putting their words into action, just in case they get their reputation sullied!

No team goes out onto the field to lose; they try their best and we should ALL make every effort to support them. It is early days yet and the lads and the coaching team need as much support and optimism as can be mustered. There is no room for pessimism.

An opening day defeat v Sandal was probably of our own doing; the defeat at Billingham - well just look at their back division and see the points they are racking up. And, last week success against Old Brodleians was a result of a team effort.

Darlington come to Warwick Road today having seen better times, and hey have had a relatively good opening period, but look out for the backlash from their whipping at home by Billingham last week.

FROM THE EDITOR

Whilst really grateful for all the contributions that are sent in for the programme and the website it would be more than helpful if items could be sent in as soon as possible after the event. News tends to lose interest fairly quickly. To get real benefit we need to keep the website up to date and that can only be done if news is sent in quickly. Your co-operation would be welcome.

FIFTEEN TO ONE QUIZ

Today brings a new feature for the programme; for years there has been the changing room banner of - "WHO ARE THE MOST INTELLIGENT". Is it those guys who grunt and groan to provide the ball, or is it those pretty boys who just run around looking nice?

Well now we have the FINAL answer, each week Head Coach Metcalf will select one forward and one back to go head to head in a season long quizathon.

Week One sees a little v. large confrontation. Ben "Lightning" Blain against Biff (That's says it all) Mc Gimpsey. Trinity educated Ben is known for his likes of all things Shakespeare. Currently training hard waiting to join the RAF, Ben is constantly filling his head with facts from Big Will's library of interesting books. Biff hasn't much time for the bard and whilst graduating at Langholm Academy he is now Headman at Network Rail. His favourite book is the menu at Gregg's, but don't let that fool you, his knowledge of trivia is enormous.

LET THE FUN BEGIN!!
(Find the quiz on page 19)

Well there we have it, first blood to the backs. It is a long season and the forwards will have loads of time to pull back. With the likes of Steve Stamper, Aidan Day and Martin Grealish in their ranks it should be a close run thing come April

Season Score: Backs 1 Forwards 0



*Martin
McGimpsey*

*Brawn
versus brain!*



*Ben
Blain*

PHYSIOTHERAPY



*In the
treatment
room*

To ensure that we always have the best possible treatment available there is always a qualified physiotherapist on duty at our games. We are extremely fortunate to have two great girls in Claire Mowbray and Jen McCreddie.

Both well experienced, they share first team duties and with Claire also hosting an injury clinic at the Club during the week.

Claire has recently qualified to do suturing, so with a bit of luck fewer trips to hospital will now be needed. Jen hope gain similar qualifications

HODGSON'S VIEW

After a plea by the editor for programme news, Alan Hodgson writes:

Mort want opinions expressed in this style
Which I imagine could take a while
Mort would be harrassed
For new copy to be passed
But the programme would much more worthwhile

A.Hodgson.

MATCH DAY SPONSOR



*Bill Swarbrick
Club Chairman*



PRESIDENT'S CHAT

Today we welcome Darlington to Warwick Road. If I remember correctly we used to play them regularly at the start of each season before the onset of league rugby. Whatever, a very warm welcome to their President, committee and team today. I hope they they have an enjoyable afternoon, except of course for the result!

Last week I was talking about the old days with Geoff Jackson. We both joined the Border Regiment at The Castle more than 50 years ago after reporting for National Service. In 1958, two years later we ended up on "active service" guarding Hess (not the Crusaders variety) in Spandau Prison (among other duties). The regiment ran a rugby team that played in Bitts Park below the castle walls. There were a good number of volunteers because for the first ten weeks of basic training you were otherwise confined to barracks. One of our players suffered a very badly broken leg which seemed at the time not to be a good way to get invalidated out of the army.

More reminiscences next weeks!

David Burnett.



*David Burnett
President*

CAPTAIN'S CRACK

Well we are off the mark as of last week with a performance that had showed signs of coming in the earlier matches. There was load to be happy with but equally a lot to refine and work on. Still, with 23 games to go we have massive scope to keep on improving and put ourselves at the right end of the table. It is good to see the flexibility we have in certain areas, being able to mix things up positionally, but we all need to work hard to cement our places in certain positions, so that we become familiar with how we all play. We welcome another team to Warwick Road that we know little bout at 1st team level, and I am sure all the lads will make them feel as welcome as Old Brods!! Let's really enjoy using home advantage as much as possible and take a further two points and a further step up the league.....bring it on! Stamps.

ABOUT OUR SPONSOR

Scottish and Newcastle Breweries are long standing supporters of the Club and we thank them for the generous sponsorship of the match this afternoon. Martin Vevers, their local representative, is a regular patron at Warwick Road, and if we are stuck for advice or support, he is always at the front of the queue with advice. We really appreciate that. Thanks. Have a good



*Steve Stamper
Club Captain*



*All the crack
this week*

*The views
expressed in these
columns may not
be the official Club
opinion.*



*Darlington
Rugby Club*

GOSSIP COLUMN

The repairs and resurfacing of the car park is now complete. I am sure you will all agree it is a huge improvement and will last for years (more than I'll see anyway!). It must be an age thing - **BILL SWARBRICK** running around in the early part of the week in a panic with his mobile 'phone adrift. Have you got or seen my 'phone was the call. He was really clutching at straws - it turned up ringing in the foot-well of his car. On a funnier note - Last Saturday night around 7.00 pm, **TOM** and **STU GRAAM** were walking past the Border Rambler on their way for a **QUIET PINT IN** Walkabout when Tom looked into the pub, only to see **BIFF** in a clinch with a young lady and doing what was described as a waltz; one arm round her waist and the other. It has been commented before that Biff has a liking for **Strictly (Come Dancing!** On seeing Tom and Stu, he dropped the girl; ran out of the pub and picked them both up (one under each arm) and carried them into the pub. We can't comment on what he threatened them with if they told anyone of his dancing prowess!! All those senior guys that ordered kit have now been supplied and for those that want to buy now the shop is fully stocked. See the shop window for price list. **CLAIRE MOWBRAY**, one of our physiotherapists has got herself a promotion in her real job. She is moving to the out patients department at Penrith Hospital where the locals can be sure that they will get first class treatment. Well done girl! He may well have missed one game from the opening three, but fly half **GLEN WEIGHTMAN** has quickly made his way into the league stats. He appears third in the top points kickers list and comes in second place for the points scored. Keep it up. **Reminder** - if you haven't renewed your membership yet, please do so as soon as possible or you may lose membership benefits.

ABOUT THE VISITING TEAM

Darlington have had an illustrious past and doubtless they will be trying to restore former glories. Experienced performers at a higher level. They were founded in 1863 and play in red shirts with a black chest band and navy shorts and are based at Blackwell Meadows at Grange Road, Darlington, where President Ian Taylor heads up the administrative team.

MINI & MIDI RUGBY

It's early in the season to make any predictions for youth rugby yet. What can be said however, is that we have returned to Warwick Road for the new season, with as many, if not more players than we usually see. This is fantastic news for the club and is a great indicator as to the health of junior and youth rugby.

Tomorrow is a quiet day at home - 13's and 14's host Percy Park with the 15's and 16's taking the reverse trip. The minis and midis are all off to Penrith. At this stage last year no junior rugby had been played due to the bad weather, but this time round we are off to a flying start.

It will not have escaped the notice of those watching today, that the senior Carlisle side is made up largely of lads who have come up through the youth development programme.

NEIGHBOURS PROGRESS

ASPATRIA suffered another home defeat at the hands of Wilmslow - 27 pts to 36 pts, and a long standing committee man was heard musing afterwards, "if we keep playing like this we will be in the pie and pea league next season". **PENRITH** lost out at Morley by 12 pts to 18 pts and a home win for **WIGTON** by 36 pts to nil v Oldham. **CREIGHTON** overcame Aspatria Eagles well.

TWADDLE FROM TWICKERS

In the aftermath of the troubles brought about by the debacles at both Bath and Harlequins, the Rugby Football Union are consulting widely during their "inquest" into what went wrong. As part of their enquiries they are inviting those with an interest (from across the game) to make a contribution. To this end, and if you want to participate, you are asked to take part in the on line consultative survey. Go to www.rfu.com to take the survey. However, you will need to be quick because the closing date is 29th September.



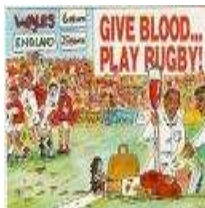
*Enjoying
rugby*

*Got a story or
some crack! Then
contact the Editor
before noon on the
Wednesday before
the next match.*



**ENGLAND
RUGBY**

*Rugby Foot-
ball Union*



The new motto at Harlequins!

CUP RUNNERS UP 2007 –08



NOTICE BOARD

SENIOR TEAMS

QUIZ and CURRY NIGHT
Saturday 24th October

See Stamps for more information

QUIZ AND curry night - see Steve Stamper for more information



Great value

CLUB SHOP / SUPPLIES

The Club Shop is well stocked with current rugby merchandise. Shop opening times are displayed in the window. Please give the shop a visit to make your rugby purchases. As well as kit in varying sizes many goods suitable for those gifts at birthday and Christmas time are available. Only a small profit is made on the cost price - so please give your patronage to the shop.

COMMITTEE NEWS

The main issue taking up the time of the committee at the moment is the proposed incorporation of the club into a limited company. In line with the recommendations of the Rugby Football Union, this is being pursued to protect those on the General Committee from unseen liabilities that may arise and for which the club may not have the financial means to cover. If such unfortunate circumstances were to arise, then individual committee members may be financially liable. As a limited company, with the committee becoming directors, such personal liability would be absolved.

The RFU are strongly recommending such course of action after the committees' of a number of clubs were found wanting when they were unable to meet unforeseen claims due to their being under insured. We will keep you updated.

MEMBERSHIP

Membership of the Rugby Club remains at £20 and is extremely good value for money. But, for the first time, this season we have introduced a playing subscription for all playing members of the Club. The "match tax" has been abolished and the playing subscription has been applied across the board, with appropriate reductions for students and discretionary payments for those out of work. Taking the senior XV as an example, with 26 league games the £100 playing subscription equates to £3.85 per game as opposed to £4 under the "match tax" system. Include any additional fixtures, then the figure per match comes down further.

CLUB FACILITIES

The facilities at Warwick Road are exceptional and the Club is a favourite venue for a variety of functions in varying sizes. We can cater for small conferences, seminars, receptions, funeral teas, christenings, wedding receptions, birthdays and the like.

We are open 7 days a week and the pleasant ambience of our facilities is well worth considering for anything you may be organising in the future,

Hire, bar & catering available all at reasonable charges.



The committee table

*1st XV Team
Manager
wanted -
interested -
contact Martin
Plummer please*



Function Room



CARLISLE v DARLINGTON
Saturday, 5th September 2009
Kick off 3.00 pm

RFU NORTH 1 EAST



*WELCOME TO
THE REFEREE
TODAY*

**Cumbria Referee's
Society**

ALISTAIR JONES

**REMEMBER—RESPECT THE
REFEREE AT ALL TIMES—ON
AND OFF THE FIELD**



**RUGBY FOOTBALL
FOUNDATION**



*Peter and Pauline
Carruthers*

**THANK YOU FOR YOUR
GENEROUS MATCH BALL
SPONSORSHIP**



**THE MATCH
BALL
SPONSOR**

OUR "PHYSIO" TEAM



LEFT
Claire Mowbray

RIGHT
Jen McCreadie



PLAYING TODAY		
NO	CARLISLE RFC	DARLINGTON
15	Max CONNON	M.BALDWIN
14	Barry EARL	D.ANDERSON
13	Chris HARRIS	C.CATTERALL
12	George GRAHAM	D.RICHARDSON
11	Dan HOLMES	S.McCARTNEY
10	Glen WEIGHTMAN	N.BALDWIN
9	Ben BLAIN	S.RICHARDSON
1	Steve STAMPER (C)	A.SPEIGHT
2	Tom GRAHAM	C.ROGERS
3	Martin McGIMPSEY	R.GODDARD
4	Aidan DAY	R.PSRKER
5	Martin GREALISH	S.TAYLOR
6	Gareth WYLIE	J.OSELTON
7	Bobby SHERLOCK	M.STOWE
8	Mark BARRON	B.SMITH
	REPLACEMENTS	REPLACEMENTS
16	John BOWMAN	K.CHAPMAN
17	Matt DAVIS	T.HARGREAVES
18	Kieron LITTLE	T.TAYLOR
19		
20		



*Richard Metcalf
Head Coach*



*Martin Plummer
Chairman of
Rugby*

NORTH 1 EAST TODAY

HOME	versus	AWAY
Billingham	v	Driffield
CARLISLE	v	Darlington
Old Brodleians	v	Morpeth
Old Crossleyans	v	Ilkley
Percy Park	v	Hartlepool Rovers
Pontefract	v	Gateshead
Sandal	v	Durham City



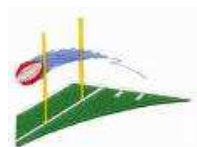
LAST TIME OUT

HOME	versus	AWAY
CARLISLE	41-10	Old Brodleians
Darlington	17-71	Billingham
Driffield	18-24	Sandal
Durham City	28-5	Pontefract
Gateshead	17-9	Percy Park
Hartlepool Rovers	34-19	Old Crossleyans
Ilkley	13-13	Morpeth

The data was believed to be accurate when going to press

STAR MAN v OLD BRODS

MARK BARRON - had a storming game in the middle of the back row against Old Brods last week. After suffering a cruciate knee injury a couple of years ago and is almost back to full fitness. If last week was an example, just wait until he really is fit. Well done Mark - you earned it.





Pete Riddle
Crusaders Manager

Ray Grieve is settling in well as our new groundsman and the fields are great



John Owen
RFU President

CRUSADERS

Early season defeats by Middlesbrough and Darlington MP in the Candy League at Warwick Road were both close run efforts and the lads played with a lot of skill and courage, and although on both occasions the close results went the wrong way, the quality of play served up was heartening, especially given that there re a lot of youngsters getting their first spell of senior rugby.

The following week they entertained Billingham who brought a strong side to the city. With nerve and conviction they overcame their north east guests to let them scratch up their first league points for 2009 - 2010.

Last weekend away the Crusaders off on their travels for the first time, to Westoe, where a hard challenge is always on offer.

With Richard Liddle sidelined and John Bowman making the step up to the 1st XV, Jack Oddie was handed the arm band.

Both sides opened well with the visiting defence coping well until the Westoe backs got into their stride and cause us a few problems..

Both sides served up some attractive rugby and although the outcome was 39 pts to 16 pts for Westoe, there were many pluses from the match with youngsters Graham, Alan, Cullen and Benson making an impression.

Jack Oddie was man of the match with Gary Graham a very closs second.

The Crusaders certainly relish the rematch at Warwick Road where they are confident they can equal things up.

Today the Crusdaers make the trip down the A66 for another Candy League match against Darlington . 'Hess' Liddle will have some tricky selection issues with so many good performances last weeks and the Colts having a match too!

CUMBRIAN CRACK

DISCIPLINE— to date there have been no incidents of indiscipline reported as incurred by clubs throughout the county, so that is welcome news. Let's hope it stays that way. Look west, and it is sad to note that there are a couple of clubs who have yet to fulfil a fixture as we enter the fourth Saturday in the season. It is a worrying development for junior clubs - but don't blame the other clubs!!

HORNETS

The Hornets made a belated start to the season last week when the entertained Millom in the Cumbria Shield League. Thanks to Millom who travelled with 14 men and were bolstered with the recently "retired" Fraser Forlow who guested for them, Millom had a strong side bolstered with a few first teams chaps as their seniors were without a game. It was an exciting game and at the break Hornets were comfortable at 20 pts to 10 pts. After the break, when a maul collapsed, a Millom player had to be taken by ambulance to hospital with a neck injury. Fortunately, it was not as bad as first feared and he is now back home recovering and we all wish him well. Result 46 pts to 10 pts. Because of the vagaries of the Cumbria Shield League system, and have got out of the starting blocks last week, there is no fixture for the Hornets who have to wait for next week's visit by Egremont.



The Hornets are buzzing!

COLTS CORNER

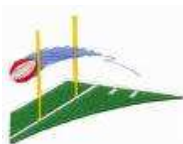
This afternoon the Colts play their first home league match of the season against PERCY PARK. It's great to welcome our visitors from the north east. It is three years since we played them at Colts level; on 23.09.2006 we beat them here by 15 pts to 12 with Tom Lewis and Stephen Higgins scoring tries; Chris Kellock got a conversion with Ben Blain landing a penalty. But it was the game earlier that year that some may recall; April 2006 here at Warwick Road in the Northern U18 Championship Final. That match was widely regarded as one of the finest Colts games seen in these parts for many years. In an open game played in an expansive manner, Carlisle thrillingly came from behind to level the match at 29 all with the last play of the game. Due to the rules at this level that do not allow extra time, the spoils were shared.

Many of the lads from that day now feature in senior rugby at various levels and some can be seen on the 1st XV this afternoon.

The current Colts have played one league game so far this season. Percy Park opened their campaign when they overcame Consett at home by 27 pts to 5 pts last Saturday. The previous week we lost our opening encounter at Billingham in a thrilling match that the home side took by 20 pts to 10 pts. But, it was only during the dying embers of the game that victory was snatched.

Good luck to Mike Howe, Paul Minnett and all the lads today!

Martin Grealish is now the Cumbria Under 18's coach





Ladies Rugby

CARLISLE COUGARS

The Cougars are now preparing for their first home game of the season against the Floppers, an amalgamation of the Preston Grasshoppers and Fleetwood, after the former pulled out of Championship N2 at the start of last season. They have agreed to continue the experiment for this season after promotion in their combined form. Cougars will have a strong squad for their first match but need to get more physical at the ruck situation and improve organisation between the forwards and the backs if they are to realise their potential.

Girls from the under 18 and under 15 groups will shortly be attending the county training sessions for the home and away county games with Durham.. Training is at Durham tomorrow.

This is the second consecutive season Shelley Atkinso has managed the girls county teams for Cumbria, and these games will give them all a step up and hopefully be the gateway to more representative games in the future. Well done to all concerned.

RFUW NORTH 2 TABLE

Team	P	W	D	L	F	A	Diff	B Pts	Pts	Adjust
Altrincham Kersal Ladies	11	9	0	2	424	97	327	6	42	0
Sheffield Ladies	11	8	0	3	335	102	233	7	39	0
CARLISLE COUGARS	9	5	0	4	139	186	-47	4	24	0
Darlington Ladies	9	5	0	4	197	161	36	3	23	0
Scunthorpe Ladies	10	4	0	6	162	217	-55	4	20	0
York RI Ladies	9	2	0	7	78	355	-277	2	10	0
Ormskirk Ladies	9	1	0	8	17	234	-217	0	4	0

*The new seasons
table for the
Cougars will
appear after the
first league games
are played*

CARLISLE JAZZ CLUB

As ever, the Carlisle Jazz Club continues to thrive using Carlisle RFC as its base. Meeting on most Thursday nights throughout the year, there is a convivial atmosphere with jazz for all tastes on offer. Starting from 7.30 pm until late, guests are welcome to join Jazz Club Members on the payment of a nominal admission fee. Keep an eye on the notice board in the Club for events.



*Crazy
Jazz*

VASE FINAL 2008 - 2009



PERSONALITY OF THE WEEK

JOHN TIFFEN a former Club and County President is a former club and county scrum half in his heyday many moons ago. Also had a spell as county chairman. Now tries his hand at a bit of fund raising. Not too good at golf!



Matt Davis going into management with Tesco after his 'A' level results. Well done - and we need Tesco as sponsors!

CLUB CAR PARK

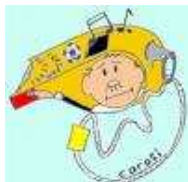
Patrons and members will have noticed the huge improvement to the car park that was completed last week. At a cost of circ a £40K it should last us for many years. Extended eastwards the space is now available for contract parking during the week for £200 pa. Cheapest in town! Recommend the facility to your business friends.





*No red cards
at Carlisle!*

*Take up
refereeing with
the Cumbria
Society
see - Norman*



*Take up the
whistle!*

DID YOU KNOW - LAWS?

PLAYER ON THE GROUND AND NO TACKLE!

TRUE OR FALSE?

1. An opponent of a player on the ground and no tackle has taken place has not to allow that player to play the ball or get to his feet?
2. A player on the ground may tackle an opponent?
3. A player may not fall over a player who is on the ground and no tackle has taken place?

ANSWERS:

1. False - a player on his feet must not prevent the player on the ground from getting to his feet BUT he can place his hands on the ball which **MUST** be released to him. If the player on the ground does not do this, he is liable to penalty.
2. False - a player on the ground is out of the game. Penalty against the player on the ground.
3. True - the game is played on the feet. Penalty against the player leaving his feet.

(The above information courtesy of Cumbria Referees Society via their local man - Norman Laycock

FIFTEEN TO ONE QUIZ

QUESTION	BEN	BIFF
Q1 - Who was the Harlequins sent off in the first round of Premiership games this season?	“Oh err, was it Evans?”	“No idea”.
Q2—Who scored England’s first goal in their World Cup qualifier against Croatia recently?	“Frank Lampard”	!Oh, f%^*£g hell, I know this. Erm erm. No sorry”.
Q3 - Who won the Mercury Music Prize recently?	“Crikey, was it Barry Manilow?”	
Q4 - Which canal joins the Caribbean Sea to the Pacific Ocean?	“Let me think a minutes. Is it the Panama Canal?”	“I’m not going to get any of these am I? Can you give me a clue? This is embarrassing I don’t know”.
Q5 - Whis the lead singer with Coldplay?	“Erm Chris Martin I think”.	“Oh yes at last. It’s Martin. Chris Martin”.
SCORE:	3	1
BACKS 1 FORWARDS 0		



Contact the Editor if you have a story for the programme

CORRECT ANSWERS

1. James Robson
2. Frank Lampard
3. Speech DeBelle
4. Panama
5. Chris Martin



2009 - 2010

SEASON

Carlisle Rugby Football Club
Rugby Ground, Warwick Road, Carlisle, CA1 1LW

01228 521300 www.carlislerugby.co.uk



English
Clubs
Championship

RESPECT FOR THE REFEREE

The referee is an integral part of our game. Simple, no referee, no game! Please treat the referee with respect. Like the rest of us he will make mistakes but such instances should not be a signal to subject him to any form of abuse, verbal or otherwise. *WARNING, anyone found to have engaged in any form of abuse directed at the referee can expect to be subjected to an RFU disciplinary process.*

1st XV FIXTURES / RESULTS

DATE	FIXTURE	SCORE	DATE	FIXTURE	SCORE
05.09	SANDAL	L 20-30	12.12	BILLINGHAM	
12.09	Billingham	L 48-3	19.12	Old Brodlians	
19.09	Old BRODLIEANS	W 41-10	09.01	Darlington	
26.09	DARLINGTON		16.01	DRIFFIELD	
03.10	Driffield		23.01	Durham City	
10.10	DURHAM CITY		30.01	GATESHEAD	
17.10	Gateshead		13.02	Hartlepool R.	
24.10	HARTLEPOOL R.		20.02	ILKLEY	
31.10	Ilkley		06.03	Morpeth	
07.11	MORPETH		13.03	O.CROSSLEYANS	
14.11	O.Crossleyans		20.03	Percy Park	
28.11	PERCY PARK		27.03	PONTEFRACT	
05.12	Pontefract		10.04	Sandal	