

F.R.F.C



Fairford RFC Newsletter

December 2020



Here's the final 2020 Newsletter from Fairford RFC. Highlights: exciting update on the rugby roadmap and more fundraising support from the Club for the wider community.

Return to rugby roadmap – update

England Rugby

RETURN TO RUGBY ROAD MAP: COMMUNITY GAME

| | | CURRENT STATUS | | | | | |
|--|--|---|--|--|--|--|--|
| PHASED RETURN | A ✓ | B ✓ | C ✓ | D ✓ | E ✓ | F ✓ | |
| | INDIVIDUAL TRAINING WITH ONE OTHER PERSON | SMALL GROUP TRAINING | LARGER GROUP TRAINING: LIMITED F2F/ CLOSE CONTACT | WHOLE TEAM TRAINING: INCREASED F2F/ CLOSE CONTACT | RETURN OF ADAPTED CONTACT TRAINING AND FIXTURES | RETURN TO MATCH PLAY | |
| WHAT IT COULD LOOK LIKE | <ul style="list-style-type: none"> Exercise with one other person: fitness training or physical development Maintain social distance No equipment sharing | <ul style="list-style-type: none"> Exercise within a small group (Up to 6) & maintain social distance No face to face (F2F) /close contact Equipment sharing kept to a minimum | <ul style="list-style-type: none"> Exercise with a larger group Social distancing potentially not required at all times Limited F2F & close contact exposure could now be permitted | <ul style="list-style-type: none"> Exercise with a larger group Social distancing potentially not required at all times Increase in level of F2F & close contact exposure could be permitted | <ul style="list-style-type: none"> Increased contact training permitted Contact fixtures under law variations permitted from 18th December 2020 | <ul style="list-style-type: none"> Competitive rugby can recommence. Could include some form of adapted activity dependent on COVID-19 mitigation | |
| STRONG HAND HYGIENE TO BE ADHERED TO AT ALL STAGES | | | | | | | |
| LIKELY TRIGGER TO MOVE TO THIS STAGE | <ul style="list-style-type: none"> Individuals allowed to exercise with someone from another household | <ul style="list-style-type: none"> Expansion in numbers allowed to meet together Equipment sharing allowed if supported by hand hygiene | <ul style="list-style-type: none"> Further expansion of group size rules & relaxation of social distancing Risk of rugby training F2F & close contact exposure deemed low enough to allow limited introduction to some traditional training activities | <ul style="list-style-type: none"> Further easing of group size rules & social distancing Risk of rugby training F2F & close contact exposure deemed low enough to allow increased participation in more traditional training activities | <ul style="list-style-type: none"> Relaxations of restrictions on outdoor contact sports Law variations reduce risk of F2F & close contact exposure low enough to allow progression to adapted contact matches and training activities | <ul style="list-style-type: none"> Social distancing removed completely Risk of F2F & close contact exposure low enough to allow unrestricted F2F & close contact match activities | |
| TIMESCALES TO ALLOW PROGRESSION BETWEEN STAGES WILL BE CAREFULLY MANAGED AND DETERMINED BY MEDICAL & GOVERNMENT ADVICE. REGULAR UPDATES WILL BE ISSUED BY THE RFU ALONG WITH DETAILED GUIDANCE AS EACH PROGRESSION | | | | | | | |

It was fantastic to learn at the end of November that the Government had given its approval for the community game to return with adaptations (stage E). Clubs were able to

begin adapted training from 2nd December, with local friendly fixtures able to start from 18th December.

The men's players were straight into a touch rugby training session on the 3rd and normal training sessions apply to all groups from week commencing 7th December. Coaches will have advised details separately.



Fairford RFC Challenges – update



Hadgie's bench

We reported in the last issue that the bench would be installed in November. Unfortunately, this has not yet happened. Danny Briggs has been chasing the council; the latest from them apologises for the delay and says that as soon the bench is back from the powder coaters they will arrange a date with the installation contractor.

So, a little more patience required but hopefully not too far away. Until we have a cost for installation confirmed, we don't know how much money will be left to distribute elsewhere. We will keep you posted. Thanks to Danny for keeping at it.

New Lockdown Challenge – Beavers v Badgers



The fundraising challenge, kicked off by first team coach Danny Briggs, to raise funds to deliver Christmas boxes to local disadvantaged children, was a massive success. Here's what Danny had to say once it was all over....

"As Boris announced Lockdown No 2 – the club came together, on mass once again, and The Badgers (Male) v The Beavers (Female) Race to the North Pole was born. With 46 members on each team the initial challenge was simply to race the 2650 miles to the North Pole on foot or bike. With the competition fierce, the banter began the day before we set off; this was as close as the Badgers got to the Beavers who absolutely dominated from the very start. With the Beavers reaching the North Pole within 8 days the challenge was extended and the race back to Fairford began.... And was soon over when the Beavers, led by the inspirational captains of Wendy Button and Davina Hedges, rallied even more than before and pulled further in front, returning to Fairford on the 15th day of the challenge. Again, due to the determination of all competitors, the competition was extended to 25 days and a challenge of completing the most distance in total was set.

The Badgers, led by team captains and all round good guys Rob Brown and Chris Tanner, rallied and started to put a little pressure on the Beavers with a few big mileage days. Once again the Beavers responded and literally left the opposition in the distance. Day 25 came and without any hope of Badgers catching Beavers, both teams enjoyed their final day with some excellent mileage covered.

The Beavers covered 10,613.3 miles and finished 933.55 miles ahead of a spirited Badger Team who covered 9679.55 miles in the 25 days. There were so many outstanding individual performances, too many to name them, but team work and the excellent club ethos resulted in over 20,000 miles covered as a collective. Just phenomenal.

From the very beginning the Beavers were the very deserved winners showing grit, determination, humour, togetherness and most importantly a sense of fun. Massive well done ladies.

Each and every competitor put in all they had to give and I would personally like to thank them all for their efforts. As a club we raised £1420 after JustGiving fees. We will be providing Christmas present boxes to

64 local children, including children from Farmors School, Fairford Primary, Lechlade Primary, Carterton Schools. We will also be donating £100 to Shine Bright Support and £100 to the Swindon Rotary Club, who are arranging Christmas boxes for moer Swindon based children. Your efforts are truly appreciated and will make a difference.

Fairford RFC would also like to thank all of those people and companies who have sponsored us once again, we can not achieve what we do without you. Until the next challenge, Merry Christmas, stay safe and have fun.”

Well said Danny (who, by the way, competed for the Badgers as well as managing the whole counting/reporting/rewards process on a daily basis). Here are a few words from the respective Captains....

From the Beavers' joint captain Wendy Button...” *Well, what a team of amazing girls the Beavers were! From day 1, they pushed and pushed those Badgers to the limit and came out victorious. The commitment and consistency of miles the girls gave the team every day never ceased to amaze me. The amount of cake eaten through café stops also never ceased to amaze me! I was so proud of each and every one of them, we deserved the win for all the hard work that they put in. Yes Beavers.....we only went and won...WINNERS ‘upthebeavers’!*

Rob Brown, Badger's co-captain alongside Chris Tanner, commented...” *Congratulations to the Beavers. Unquestionably, deserved winners from day 1. Thanks to everyone who laced up their running/walking shoes or got on their bike. And, of course, thanks to the phenomenon that is Danny Briggs. Colin (Moley) Bullock was our Athlete of the Month and other category winners were Colin Spour, Martin Bond, Michael Passmore and Daniel Pugh. Overall, it was a great challenge by a great Club.”*

So, as Danny said.....until the next challenge.....!

‘Spotlight’

This issue turns focus to a couple of our junior members.

Firstly, Edith (Edie) Francis. Edie was selected for this month's Spotlight by the Under 5/6 coaches Dan/Lorna Pugh and Josh Wills saying: “Edie turns up every week and gives it her all, with very little fuss. She always plays with a smile on her face and enjoys the warm up as well as the games.”

Edie's mum, Laura, was happy she was featured and adds: “Edie is 4. Her favourite things are diggers and aliens and stars and flowers. She loves going to school and loves being a rugby girl. Her favourite colour is green.”

Below is a little picture of Edie - she sounds like she's a perfect member of this Club, maybe soon her favourite colours will be green and black!

The other Junior chosen for this month's article by his Dad and coach, Jim, is from the Under 12s – see below:

| | |
|--------------------------------------|---|
| Name | Ollie Huish |
| Which Team/section | U12s |
| Preferred Position(s) | Back Row Scavenger! |
| How long at Club | Since 2015, so 5 years |
| Best/worst memory of the Club | (Best): Tewkesbury Tournament June 2017, also last season's winning streak prior to COVID-19 (Worst): Getting a head injury against Cricklade at home and having to go to Cirencester hospital for suspected concussion. |
| Fun/Interesting Fact | He has a unique array of likes and dislikes, loving the values that rugby brings, disliking the ill-discipline that detracts from training or the game. |

Here's a rugby picture of a much younger Ollie (2nd left, in that pic)and one to remind us all what summer holidays used to be like!



FRFC Support for Movember

Whether or not the facial hair is still there, the challenge is finished.

In the end, two longstanding members of FRFC took part in the fundraising efforts and helped raise over £5000 for the men's health charity, Movember. What a great effort.

Steve Keating headed up a team of ten Voyager 'Whole Force' personnel covering over 1000kms and raising just over £3000 for Movember. Steve himself covered 216kms and helped the team treble their original £1000 fundraising target.

Movember's Sports Ambassador Chris Tanner, in his 12th year of supporting the charity, spearheaded a team of work colleagues, raising just over £2300.

Since 2003, Movember has funded more than 1250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach out to and support men.

Big hand for the boys, everyone. Congratulations guys.....now go and have a shave!

FRFC 'Housekeeping' Content

FRFC Kit

With the reintroduction of training, the cabin is now open again on a Sunday morning, so you can pop along there if you have Christmas orders to collect or if you want any last minute stocking fillers....there are plenty of oddball hats, mouth guards, socks and boot bags, plus look out on FRFC social media links as we are also taking delivery of some facemasks and snoods, before Christmas. Can you also please pop along to the cabin if you have ordered sliders but are still to collect them.

The booty van will also be on site on a Sunday selling hot food and drinks, so well worth popping down.

If you can't get to the cabin but want to get your hands on something, you can still access Club kit by emailing our brilliant volunteer kit co-ordinator Debbie Rees-Jones on dbracewell72@googlemail.com .

More Volunteers Needed

MASSIVE THANK YOU to the ongoing support from existing volunteers. Always need more, so another reminder that if you're interested in supporting this great Club with some of your time contact our volunteer co-ordinator Katharine Buchanan familybuchanan@outlook.com.

Keeping in touch via Social Media

Don't forget to give our Club Facebook pages a follow, so you can get real time updates,

between Newsletters: <https://www.facebook.com/fairfordrfc/>

<https://www.facebook.com/frfcjuniors/>

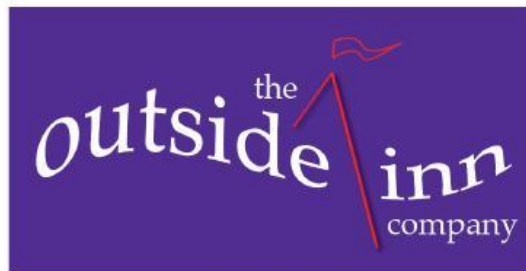
<https://www.facebook.com/FairfordLRFC/>

(Note - we do also use email to update in-between newsletters for non-Facebook users)

Feedback is a gift

If you are receiving this newsletter but no longer wish to, have any feedback (on content, frequency etc) or have a contribution for a future issue, please email Karen at kspour@sky.com in the first instance.

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