



# Fairford RFC Newsletter

January 2021



We hope you all had a lovely (albeit quiet) Christmas and we wish you all a Happy and Healthy New Year. Like all of you, we can't wait for enough vaccine to be rolled out and restrictions lifted so we can get back to a bit of Rugby. Not long now, we hope, so meanwhile be good and stay safe.

This issue confirms what we probably already know about the position on the Rugby Road Map and gives an update on new challenges to keep Club members taking part fit, physically and mentally, while we wait for rugby (and normal life) to resume.

## Return to rugby roadmap – update

**RETURN TO RUGBY ROAD MAP: COMMUNITY GAME**

**CURRENT STATUS**

PHASED RETURN	A	B	C	D	E	F
<b>WHAT IT COULD LOOK LIKE</b>	<p><b>INDIVIDUAL TRAINING WITH ONE OTHER PERSON</b></p> <p>Exercise with one other person: fitness training or physical development</p> <p>Maintain social distance</p> <p>No equipment sharing</p>	<p><b>SMALL GROUP TRAINING</b></p> <p>Exercise within a small group (Up to 6) &amp; maintain social distance</p> <p>No face to face (F2F) / close contact</p> <p>Equipment sharing kept to a minimum</p>	<p><b>LARGER GROUP TRAINING: LIMITED F2F / CLOSE CONTACT</b></p> <p>Exercise with a larger group</p> <p>Social distancing potentially not required at all times</p> <p>Limited F2F &amp; close contact exposure could now be permitted</p>	<p><b>WHOLE TEAM TRAINING: INCREASED F2F / CLOSE CONTACT</b></p> <p>Exercise with a larger group</p> <p>Social distancing potentially not required at all times</p> <p>Increase in level of F2F &amp; close contact exposure could be permitted</p>	<p><b>WHOLE TEAM TRAINING: IN PREPARATION FOR MATCHES</b></p> <p>Social distancing could no longer be required</p> <p>Unrestricted F2F &amp; close contact exposure could be permitted</p> <p>Rugby contact could be permitted</p>	<p><b>RETURN TO MATCH PLAY</b></p> <p>Competitive rugby can recommence</p> <p>Could include some form of adapted activity dependent on COVID-19 mitigation</p>
<b>LIKELY TRIGGER TO MOVE TO THIS STAGE</b>	Individuals allowed to exercise with someone from another household	Expansion in numbers allowed to meet together Equipment sharing allowed if supported by hand hygiene	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	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	Removal of social distancing Risk of F2F & close contact exposure low enough to allow progression to unrestricted F2F & close contact training activities	Social distancing removed completely Risk of F2F & close contact exposure low enough to allow unrestricted F2F & close contact match activities

**STRONG HAND HYGIENE TO BE ADHERED TO AT ALL STAGES**

TIMESCALES TO ALLOW PROGRESSION BETWEEN STAGES WILL BE CAREFULLY MANAGED AND DETERMINED BY INTERNAL & GOVERNMENT ADVICE. REGULAR UPDATES WILL BE ISSUED BY THE RFU ALONG WITH DETAILED GUIDANCE AS LINE PROGRESSION TAKES PLACE

Sadly, after reporting progress to Stage E in the last issue in December, the current position with the pandemic means that the RFU has had to return all local rugby back to Stage A. Of course this is disappointing but, for everyone's wellbeing, it is of course right that training and matches are temporarily halted.

We will let you know as soon as anything changes, so keep in touch through our social media channels and Newsletters.



## Fairford RFC Challenges – update



### Hadgie's bench

We are delighted to report that the long awaited memorial bench for Hadgie was installed by the council's contractor on 11<sup>th</sup> December, money for which came from the fund raising fitness challenges that took place in 2020.

Pictures of the bench, including with Hadgie's family visiting and celebrating it, are included for you below.

Georgia-Mai Hadgkiss posted this on Facebook on the 11<sup>th</sup>: *"Sam and I went to sit on the new bench in memory of our Dad. He'd absolutely love this. Thank you to everyone who helped raise money with FRFC but an especially big thank you to Danny Briggs, you are the most wonderful man and have certainly put a smile on our faces and brought a tear to our eyes!! This is very special."*

Then, on Boxing Day, Sam posted the following: *"First family Christmas morning at the new bench, glass of champagne, sun was shining. A great place for us to share good memories and make more! Thank you again Danny Briggs and FRFC! The small things really do matter."*



*Sam and Georgia-Mai 11/12/20*

*Left to right: Georgia-Mai, Netti, Sam and Corey 25/12/20*

The Club is rightly proud to have been able to install this memorial to a much loved friend and reinforce the forever bond between Club and the lovely Hadgkiss family. We hope you will all manage to take the weight off your feet at the bench some time soon.

*(The Club is still waiting for the council to confirm installation costs, so we will update you on final distribution of fundraising monies as soon as we have it!)*

### **Christmas Boxes for local Children**

As reported in the December issue, we used monies raised in the Autumn/Lockdown 2 challenge (£1420 in total) to buy and wrap presents to deliver to local under-privileged children.

In all, 64 boxes were delivered by super organiser Danny Briggs to children in Lechlade, Carterton and Fairford on 15<sup>th</sup> December. See below picture of what Danny had to fit into his sleigh!



Danny said when he dropped the boxes at local schools, the Heads and other staff couldn't quite believe it....'to say they were speechless is an understatement', he said.

In addition, we shopped and wrapped £100 worth of gifts, to contribute to a similar scheme run by the Rotary Club for children in Swindon and a further £100 was given to local charity Shine Bright towards Christmas boxes for children it supports.

Everybody involved in the previous challenges, whether that's taking part or contributing in any other way, should feel very proud. As a Club we helped to make Christmas that little bit special for a significant number of kiddies.

### **Lockdown 3 Challenge – yes, we are at it again!**

On 19<sup>th</sup> December, following the government's announcement of changes to 'Christmas Bubbles', restricting still further who we were able to mix with and for how long, our 'Challenge Master', Danny Briggs, put the feelers out for interest in a new exercise challenge in January, a month which already looked set to be severely restricted.

There was immediate interest from across the FRFC community and January's 'Lockdown 3 Challenge' was born.

Danny was keen to keep the challenge simple this time. It has a non charity, non team approach, allowing individuals to set their own goals and just focus on getting through what was likely to be a pretty tricky month, keeping their physical and mental health in good shape.

The challenge started on 1<sup>st</sup> January and (initially!?) runs for 31 days. In all, 66 guys and girls are taking part, setting their own personal mileage goals for walking/running or cycling (or in many cases both).

There is no pressure or competition. Individuals have set 'per discipline' goals ranging from 20 to 200 miles for the month, which they can do as quickly or slowly as they like. The simple aim is to motivate themselves and others to achieve those goals, encourage each other and have a bit of fun along the way.

Amazingly, despite the cold and wet weather we've had to start the year, as at halfway (16<sup>th</sup> January), participants have collectively completed just over 4658 miles. Many of these miles may not have been done, had it not been for the challenge, so another Danny brainwave hits the mark.

Below is a selection of pictures, already shared on Facebook, of the efforts so far:



*'Banana Man' Danny Briggs*



*The lovely Keir/Stopka gang*



*Gareth 'taking it very seriously' Bowman*



*Madeleine Butler up close with nature*



*Sabrina's go faster feet not to be missed*



*Theodore, not happy with a short walk*



*Steve 'the penguin' Keating who recommends a fancy dress run to give folk around town a bit of a laugh (at you or with you, eh Steve?) and Chris Jackson (CJ) out walking with his much loved dog Solo.*



10 days into the challenge, CJ posted on Facebook that while out with Solo, he'd met and had a socially distanced chat with an old gent, out with his 13 year old dog. The guy told CJ the old dog couldn't really walk as he used to but the good thing was, while the dog was still there, he made his master get out of bed every day to go for a stroll. CJ said he realised then that distance didn't matter one jot, it's just about doing *something*. He said: *'we're all unbelievably lucky to be able to be out there doing what we can, as so many others can't'*. Spot on CJ, sums up the whole ethos of this current challenge.

So, well done to all taking part (and any loved ones at home encouraging them to get out the house too!).....keep it up and we will have Lockdown 3 behind us before you know it!

### **Juniors Challenge**

To keep Juniors practicing their key skills during Lockdown, Supermarine challenged FRFC Juniors to a virtual challenge, on Sunday 17<sup>th</sup> January. (There was a planned match against Supermarine on that date which had to be cancelled). We managed to get 14 of our juniors to take part, Supermarine had 83!

It seemed the result would be inevitable.....and it was, the FRFC crew absolutely smashed the challenge activities and won the day. What a brilliant effort boys and girls, showing the opposition that this Club is made of strong stuff.



The image is a blue poster for a virtual workout challenge. At the top left is the Supermarine Rugby logo, featuring a yellow and blue shield with a soccer ball and the word 'RUGBY' below it. At the top right is the F.R.F.C. logo, a green and blue shield with a red cross. The main title is 'Challenge 3' in large black letters, with '17/01/21' and 'Virtual Workout' below it. The poster lists the following details:

- 1st Half - 1 Round = Burpees - Squat Jumps - Mountain Climbers.**
- 2nd Half - 1 Round = Bear Knee Taps - Sit-ups - Press-ups.**
- Length of halves = Age Grade Rules.**
- Number of repetitions = Players age.**
- How many rounds can each player complete?**
- BONUS POINTS - Last man standing - How many sit-ups can you do?**

See below for some pictures shared on the day ([Arthur Buchanan](#); [Ben Rees-Jones](#); [Bill Elliot](#); [Callum Thurlow](#); [Luke and Dave Jackson](#); [Hadi Goymer](#); [Monty Dors](#); [Oscar and Rowan O'Brien](#); [Poppy Whittingham](#); [Thomas Dawson](#)).



The smiles (and the techniques!) on show say it all really, brilliant effort everyone!

## 'Spotlight'

We've decided to widen the net of 'victims' to be featured in this section, so as well as players of all squads, we will also include others who play their part in the FRFC Club 'machine'. So, to kick off the 2021 spotlight section, we have asked the Club's key man, when it comes to keeping us all fed and watered, to share a little bit of his FRFC history.



<b>Name</b>	<b>George Ellis</b>
<b>Which Team/section do/did you play for</b>	Seniors, apparently 'Captain Hornblower' in his day
<b>Preferred Position(s)</b>	No 9, Scrum Half  But, George says he played every position. <i>'If the team could get 15 together on a Saturday for a match, you played where the Club needed you to play!'</i>
<b>How long at Club</b>	More or less, since FRFC Day 1, played his first FRFC match April 1994.  George recalls it was a Tuesday evening against Minety and he had to borrow his kit from the opposition (or 'enemy' as George refers to them!)
<b>Best/worst memory of the Club</b>	(Worst) FRFC's first ever Saturday match against Cirencester Thirds, at Ciren, which the Green and Blacks lost 44-12.  George says he got a lot of stick for a long time afterwards (though he doesn't say why so you'll have to ask him next time you see him!). He says that's why.....  (Best) is FRFC doing the double over Cirencester FIRST team, in the 2019/20 season ( <i>'the sweetest of karma'</i> according to Captain Hornblower!)
<b>Fun Fact</b>	A young(er) George had a pint of ale with Adele (yes, that's right THE Adele!) at the Sugar Hill festival, though regretfully he didn't get her number!
<b>Current position at Club</b>	Facilities Manager  George says you can make of that what you will, he will basically do whatever he can to keep the wheels turning at the Club, including of course encouraging sideline support at Men's Seniors games with his GREEN AAAARMY. Oh how we miss hearing this booming out of the Butty Van.
<b>Oh yes, the Butty Van (BV)! How did that come about?</b>	George clarifies that the BV is not linked to his own 'Outsidelnn Company' business but is, in fact, owned by the Club. The Club bought it off a friend of George's in 2010, for £3500, which George says was a cracking financial investment, as it has more than paid for itself.  Apparently, each season that familiar sight on the sidelines at junior's training on Sunday mornings, Senior Home matches on a Saturday and countless other events brings into the Club around £1000 profit, to help cover essential bills.  So, please make sure you carry on supporting by buying that hot coffee and sausage bap when the icy cold fingers are dropping off, or those cold beers to celebrate a Saturday try!



## FRFC 'Housekeeping' Content

### *FRFC Kit*

Whilst Club rugby activity is on hold, you can still access junior Club kit by emailing our brilliant volunteer kit co-ordinator Debbie Rees-Jones on [dbracewell72@googlemail.com](mailto:dbracewell72@googlemail.com) .

A change is coming regarding supply and management of Senior kit; keep your eyes peeled for details here and on our Social Media outlets.

### *Volunteers*

Shout outs for more volunteers to support the Club will resume once the rugby wheels start turning again. But now, whilst things are quiet, is a great time to say if you're interested in getting involved, so we can make sure any necessary forms the Club needs can be sorted and you can 'hit the ground running' when we re-start.

The Butty Van would be an example of where the Club is always looking for more help. If you can spare even an hour a week, then please contact our volunteer co-ordinator (and volunteer herself!) Katharine Buchanan: [familybuchanan@outlook.com](mailto:familybuchanan@outlook.com).

### *Keeping in touch*

This, our 3rd, national Lockdown is tough on everyone. The longer, chillier days make it feel worse and we have had restrictions in place for a long time.

Trying to alleviate some of the stress and boredom was Danny's motivation was setting up the January fitness 'challenge' and even though it's working to get people active, everyone is finding motivation that little bit harder.

Whether you are directly involved in the challenge or not, the Club is here to support everyone in the community, young and not so young, whether your links to the Club are through juniors, seniors or ladies squads. We are ONE CLUB and we will do whatever we can to make this tricky time a little easier for anyone who is finding the situation a little overwhelming or just needs a bit of cheering up.

Don't sit and ponder, just get in touch through your normal links to the Club; shout it out and someone will try to help.

If you're not already following the Club's Social Media, it's a great way to keep in touch with what members of the Club are up to, engage in the 'banter' and we hope some of the pictures and love being shared will put a smile on your face:

<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)

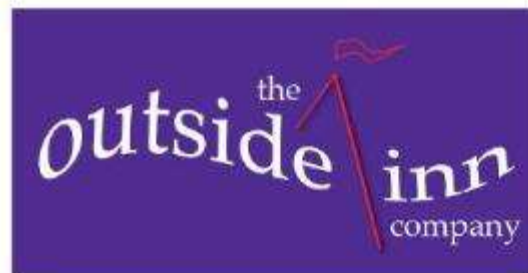
## *What else would you like to see from FRFC?*

When we were chatting to George for the above Spotlight article, he was saying there is so much Club history in his head, that we ought to record for everyone's information and enjoyment. So, we said as soon as we are allowed, we will meet up and try to capture some of this to share in future Newsletters.

If you would be interested in this or anything else Club related, or have anything you think it would be good to share with the community here, please let me, the author, know (Karen at [kspour@sky.com](mailto:kspour@sky.com)) in the first instance.

Meanwhile, if you receive this newsletter but no longer wish to, have any feedback (on content, frequency etc) or have any contribution for a future issue, please email Karen.

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