



Fairford RFC Newsletter

February 2021



With more than a month of lockdown under our belts and the vaccine roll out going well, hopefully only a few more weeks before at least some restrictions can be lifted.

Times may feel tough but the good news is the days are getting longer, flowers are popping and there's warmth in that sun.... when we see it. Lets hope 2021 is finally on the up and we can get some rugby played and watched very soon.

Meanwhile, your Club Newsletter is back to hopefully put a smile on your face. This issue includes updates on Lockdown challenges, announces the winners of a great 6-Nations 'offer' and has a new section, providing an update on the proposed new Clubhouse.

Return to rugby roadmap – update

England Rugby
RETURN TO RUGBY ROAD MAP: COMMUNITY GAME

PHASED RETURN

STAGE	ACTIVITY	RISKS	MITIGATION STRATEGIES
A	INDIVIDUAL TRAINING WITH ONE OTHER PERSON	Exercise with one other person: fitness training or physical development. Maintain social distance. No equipment sharing.	Individuals allowed to exercise with someone from another household. 2M distance.
B	SMALL GROUP TRAINING	Exercise within a small group (Up to 6) & maintain social distance. No face to face (F2F) /close contact. Equipment sharing kept to a minimum.	Expansion in numbers allowed to meet together. Equipment sharing allowed if supported by hand hygiene. 6 max.
C	LARGER GROUP TRAINING: LIMITED F2F /CLOSE CONTACT	Exercise with a larger group. Social distancing potentially not required at all times. Limited F2F & close contact exposure could now be permitted.	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.
D	WHOLE TEAM TRAINING: INCREASED F2F /CLOSE CONTACT	Exercise with a larger group. Social distancing potentially not required at all times. Increase in level of F2F & close contact exposure could be permitted.	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.
E	WHOLE TEAM TRAINING: IN PREPARATION FOR MATCHES	Social distancing could no longer be required. Unrestricted F2F & close contact exposure could be permitted. Rugby contact could be permitted.	Removal of social distancing. Risk of F2F & close contact exposure low enough to allow progression to unrestricted F2F & close contact training activities.
F	RETURN TO MATCH PLAY	Competitive rugby can recommence. Could include some form of adapted activity dependent on COVID-19 mitigation.	Social distancing removed completely. Risk of F2F & close contact exposure low enough to allow unrestricted F2F & close contact match activities.

WHAT IT COULD LOOK LIKE

STRONG HAND HYGIENE TO BE ADHERED TO AT ALL STAGES

LIKELY TOGGER TO MOVE TO THIS STAGE

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

Sadly, but not surprisingly, there is no change to the position for local rugby on the RFU's Return to Rugby Roadmap. The RFU has officially extended the 2020/21 season to end of May, but it's not clear yet what impact, if any, that will have on the local game, time will tell. Continue to look out for updates on the Club's social media channels.



Legends in your Living Room

The 6-Nations is obviously different this year for players and fans alike, but the rugby competition will still be awesome, right? (Well, apart from England's opening performance, perhaps! Talking of which, below are a few FRFC family pictures from that historic day, for you to enjoy. Congratulations to the Scots on winning the Calcutta Cup).



To enhance the fans' 6-Nations experience, Rugby Bash and Rugby Tours have teamed up to offer 'Legends in your living room' during the competition. Go to www.rugbytours.co.uk to learn more about what's on offer. Here's a page extract:

Welcome legends of the game into your living room with an incredible watch-along experience brought to you by Rugby Bash and The Rugby Tour Specialists. Set up your phone, tablet or computer alongside your TV and enjoy incredible insight from those who have been to the top of the game. Ask questions, interact, enter competitions and enjoy the craic unique to a Six Nations matchday.

What's more, we'll send you out a box of goodies before the game to enhance your matchday experience. Drinks, Snacks, Gifts & Merchandise that will go along way to taking your 'at-home' Six Nations day to something closer to the real thing.

As you'd expect, your Club got in on the action and secured a few 'Legend in your living room' experiences for its members. These were then awarded to some lucky juniors, selected at random. Listed below are the 'winners' together with the matches chosen::

Ashleigh Jones u5/6 – Wales v England

Thomas Shipman u7 - TBC

Ethan James u8 – Wales v England

William Ransom u9 – Ireland v England

Gabriel Beary u10 – England v France

William Collier u11/12 – Wales v England

David James u13/14 – Wales v England

We're sure it will be a fun experience for them and their families. Perhaps they will send us stories or fun facts from the day which we can feature in next month's issue.



Fairford RFC Challenges – update



2020 Fundraising

In previous issues, we promised an update on final distribution of the monies raised in last year's summer Challenges, so here it is:

Total Raised: £4158

Mind: £1100

Shine Bright: £1100

Hadgie's Bench: £1428, incl. installation and VAT

Remainder: £530 (which is proposed to be used for a plaque and a portable bench for use at matches etc)

Thanks once again to everyone who contributed, in any way and special thanks again to Danny Briggs, for organising the whole thing.

Lockdown 3 – January 2021 Challenge

As we reported last month, Club 'Challenge Master', Danny Briggs, set up and managed another exercise event, to keep minds and bodies in good shape through January.

Unlike previous challenges, there were no teams involved this time, just an opportunity for folk to say they were taking part, set their own walking/running or cycling targets, then strive to meet them, at a pace to suit themselves.

Expecting a winter lockdown to be a difficult and dull time, Danny hoped sharing goals and achievements would give us all that much needed motivation to keep active and keep in touch. Well, Danny, it worked (again)!

In total, 66 people set themselves a target, ranging from 25 miles to 500miles for the month. Over the course of January, collectively, the group covered an absolutely amazing total of 7662 miles on bike or foot. Just because.

We think Steve Keating's words at the end of the month sum the challenge up nicely: *"We set our targets, We wrote them down. Shared them. That kept us honest. We chased them down.....together. Doesn't matter if we reached our target or exceeded it. It matters that we attempted something.....collectively. I kept going because you kept going. We continue to inspire each other with our own efforts and words of encouragement. Thanks all and especially Danny, for all your efforts."*

Well said Steve, we couldn't have put it better!

Lockdown 3 – February 2021 Challenge



With us all having to continue to lock ourselves away from each other for a while longer, the 2021 January Challenge became the 2021 February Challenge.....please, the participants can be heard shouting, when will this end?!? Haha.

This time those taking part had the choice of joining a team event (where you earn a certain number of points for miles walked/run and/or cycled, plus extra bonus points for completing sets of burpees/squats/press ups/sit ups each day) or continuing the 'go solo' format from January.

In all, 60 people are taking part this month. There are 4 teams (Fire, Rage, Force and Carnage) competing for the honour of most points scored in the month, plus a group of 23 individuals (the Bravehearts) who continue to strive to beat their own personal goals.

Although some of those taking part might have days they wish they weren't, when Danny asked on Facebook *'The thing I love about taking part in the FRFC Challenge is.....'* the answers reminded us all why its such a great thing to be involved in. Here's a few examples:

"I've moved house many many times over the years. The FRFC challenges make me feel like I've found a home in a place where I plan to stay permanently" – Andy Stopka

"A drink at night" – Daniel Pugh

"The feeling of being part of a truly amazing club....." – Fay Butler

"Never ever did I think I'd get up for a run/jog before work...." – Andy Marklove

“ I’m no longer a lard arse...” – Jim Keir

“ The way it helps you feel connected – to a great bunch of people, the outdoors, family, myself.....one of the lasting memories of lockdown” – Lucie Surway

At the 17th February, the group had collectively completed 6396 miles on bike and foot, average of 376 miles per day. Staggering effort from everyone. As at this date, Team Fire was leading the competitive challenge, but all teams still very much in the race.

What’s your guess for final mileage tally come the 28th? Which team will be victorious? All will be revealed next month.

‘Spotlight’

When Newsletter launched this new section towards the end of 2020, it was Club President, Scott Cohoon who suggested that, as well as featuring players from all sections of the Club, it should perhaps also include those in the background, who help to keep the wheels turning week in, week out.

It seems fair, then, that he should feature early on, don’t you think? Newsletter caught up with Scott, to find out a little bit about his Club history, so here goes:

Name	Scott Cohoon
Which Team/section do/did you play for	Scott didn’t play for FRFC (gasp!!). He played when he lived in Coventry though and tells us he gained County Honours in 1986 (aged 16) for Warwickshire Colts, then played for 2 seasons for Coventry Youth Team ('87 & '88), before suffering a knee injury.
Preferred Position(s)	2 nd Row
How long at Club	Scott has been involved with the Club since 2005, when he took his son, Ben, to his first training session at the age of 6.
Current position at Club	Honorary President
From Parent to President, how’s that?	<p><i>Here’s what Scott had to say:</i></p> <p><i>The Juniors were then training at Coln House School playing fields. When we arrived for Ben’s first session, Huw Rees was the Youth Chairman, he said to me, if you just wait over there I’ll be with you in a minute. Whilst waiting I picked up a ball and started passing it between 5 or 6 Under 6 year old’s. Huw then came over and said, perfect do you fancy being the new coach of the Under 6’s!!!</i></p> <p><i>I looked after the lads for a couple of season’s and then Huw decided that he wanted to pass the Youth Chairman’s role on to someone else and made a bee line for me!! I think in 2008.</i></p>

	<p><i>The junior unit moved back to Farmors School to continue it's training programme from 2008. From this time up until 2014 we increased our junior membership to over 100 members, an achievement that the club became very proud of.</i></p> <p><i>During 2008 I started negotiations with Ernest Cook Trust to acquire the currant land that the Juniors now call home It actually took me 7 years to conclude the arrangement, no wonder I'm losing my hair!!! However I was very proud of our achievement and I love watching all the Juniors now enjoy themselves.</i></p> <p><i>I concluded my Youth Chairmanship in 2017 when I managed to get a very good friend of mine, Billy Twelvetrees, to officially open our Junior pitches at Leafield Road. This was also the year that I watched the transfer of 5 players from Youth to Senior Rugby, all of whom I had the privilege to look after since they began their Rugby career at just 6 years old.</i></p> <p><i>Having resigned as Junior Chair, I thought I could just enjoy myself watching the seniors from then on, but George Ellis had other ideas!! Scotty "you're not going anywhere" were the words of our Club Founder. So here I am in 2021, trying to do the best for everyone involved in such an unbelievable FRFC Family."</i></p>
<p>Best memory of the Club</p>	<p>Best: Beating Cirencester away, January 2020.</p> <p><i>Scott says: "I had more than my fair share of 'beveraginos' before we left Ciren and had no idea that we were heading back to the Cricket Club to celebrate both my 50th and Ben Goodey's 30th birthdays. OMG we know how to party."</i></p> <p><i>Scott would also like to earn himself and Ben some public brownie points by taking the opportunity to thank 'our wonderful partners' Ali and Leanne (and families of course) for keeping this amazing event a top secret.</i></p> <p><i>Points duly earned, spend them wisely Gents!</i></p> <p><i>(In 4 months of Spotlight, the win against Ciren has been reported as the best memory 3 times so it must have been pretty special!)</i></p>
<p>Worst memory of the Club</p>	<p><i>Watching the RWC final 2019 with all the FRFC family and losing. Sad times indeed Scott, but as you said, everyone had a few more beers, in the true spirit of this wonderful game and Club.</i></p>
<p>Fun Fact</p>	<p><i>I shared a bunk bed with George Ellis on Tour in Dendermont.....thanks goodness I was on top.</i></p>

Ladies and Gents, boys and girls, a big hand for Scott for his dedication and commitment to the Club. We salute you sir. (We assume this picture was pre 'beveraginos')



Clubhouse

We thought it would be helpful to start to include a monthly update on progress of establishing a permanent home for the Club. Below is the first of these updates from our President:

Dear All, as you may or may not know, your committee along with other volunteers, have been looking at options to try and find FRFC a home.

We'd just like to let everyone know, that a dedicated Team are, at present, compiling some important information with regards to where we are.

In next month's news letter we should be in a position to share with you all, the four potential options.

We are in the process of preparing a document that would show you a number of details, associated with each possible option. This document will include, for example:

Estimated Cost to facilitate each option

Estimated Time Frame to when each option would be in place

Current facilities available at each option

Facilities that would need to be sourced for each option

Whether planning permission would need to be obtained or if permission is already granted

Etc Etc

As you can see, work is in train and more detail to follow next issue, watch this space...!

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 .

Volunteers

Remember to get in touch with our volunteer co-ordinator (and volunteer herself!)

Katharine Buchanan: familybuchanan@outlook.com, if you think you can spare even an hour a week to help the Club.

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. Staying in touch helps.

Trying to alleviate some of the stress and boredom was Danny's motivation was setting up the fitness 'challenges' 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 February 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?

As we have said before, this is your Newsletter so should contain the stuff you want to see. If you have any ideas for content - funny stories (rugby or otherwise), appeals for help, upcoming local events, people in the community you would like to see featured – whatever it is, if you think it would be relevant for the FRFC community then just get in touch (Karen at kspour@sky.com) in the first instance).

Sponsors' Page – Apology

It was pointed out by Jonathan 'Beamer' Chambers that the logo for one of the Club's key sponsors, The Railway Inn, was missing from previous issues. This is corrected below. The author takes full responsibility (must brush up on my 'copy and paste' skills!). To express our sincere apologies, we add a little 'plug' for 'The Railway'. Perhaps you could support them in return for their sponsorship, by popping in, once they are allowed to re-open:

The Railway Inn Fairford

A family run pub and restaurant situated in the lovely Cotswold town of Fairford. The pub first opened over 250 years ago and has been serving the community since.

With an extensive range of traditional cask ales and personally selected wines to go alongside the fresh and locally sourced food menu, the dog and child friendly Railway Inn with its log fires and sun-trap terrace is the perfect place to relax with family and friends at any time of year.

<http://www.railwayinn-fairford.co.uk/>



Thank-you to all our sponsors for their continued support:



