



Hertfordshire Rugby Football Union

ABOUT HERTS

Winter Edition 2023-24

hertsrugby.co.uk



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SHARKS RUGBY



Hertfordshire Rugby Football Union
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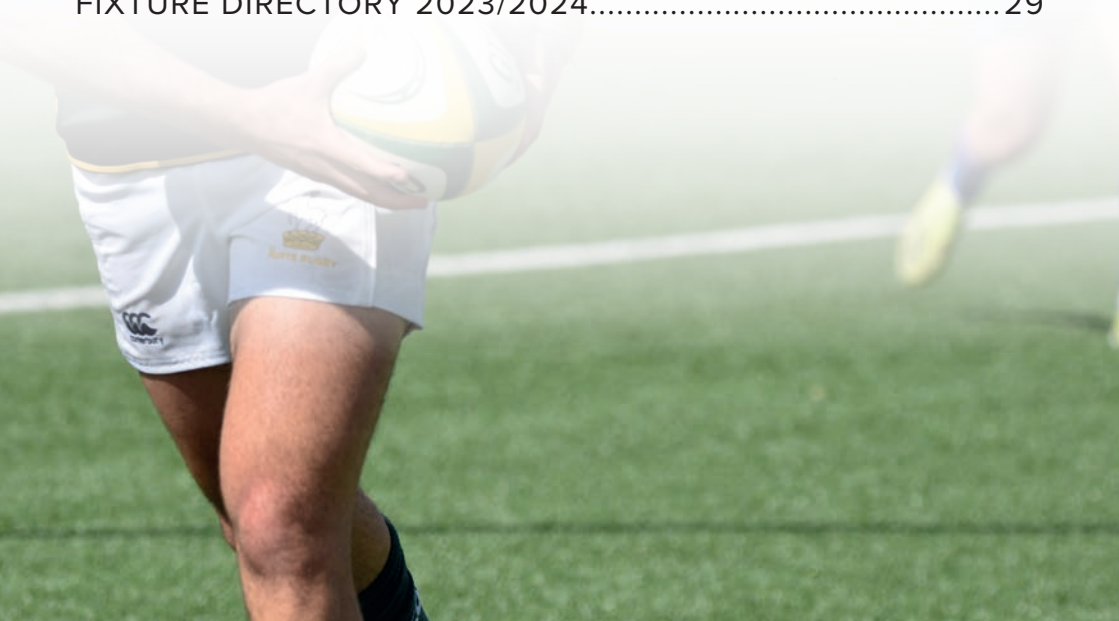
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HERTFORDSHIRE RUGBY FOOTBALL UNION



HERTS RUGBY

BOARD 2023 / 24 SEASON

President - Tim Bonnett

Tel: 07860 538823

president@hertsrugby.co.uk

Secretary – Yvonne Barford

secretary@hertsrugby.co.uk

RFU Council Member – David Roberts

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Tel: 01462 769228 (H) 07734 059295 (M)

RFUCouncilRep@hertsrugby.co.uk

d.roberts837@btinternet.com

Vice President – Adrian Sparks

296 Ware Road, Hertford, Herts, SG13 7EX

Tel: 01992 538453 (H) 07778 436341 (M)

vicepresident@hertsrugby.co.uk

Chair – Simon Embleton

Tel: 07733 266765

chairman@hertsrugby.co.uk

Honorary Treasurer – Brent May

Treasurer@hertsrugby.co.uk

Independent Director – Vacant

Tel: TBD

Independentdirector@hertrugby.co.uk

EXECUTIVE COMMITTEE

The executive committee is comprised of the Board plus the following Directors

Director of Community (Age Grade) Rugby – Phil Aspinall

Tel: 07537 916493

agegrade@hertsrugby.co.uk

Dir. of Coaching and Coach Development – Vacant

Tel: TBD

coaching@hertsrugby.co.uk

Director of Women's Game Development – Laura-Jo Pearce

Tel: 07793 809586

womenandgirls@hertsrugby.co.uk

Director of Communications – Benjamin Furrer

Tel: 07486 683039

comms@hertsrugby.co.uk

Director of Game Development – David Toon

Tel: 07714 510554

gamedev@hertsrugby.co.uk

Director of Rugby (Male Playing and Male Youth Development) – Jamie Green

Tel: 07411 140064

Email: DOR@hertsrugby.co.uk

Director of Club Development – Colin Ashwood

Tel: 07775 792597

clubdev@hertsrugby.co.uk

Director of Marketing – Steve Waller

Tel: 01992302799 (H) 07711071727 (M)

marketing@hertsrugby.co.uk



NON-VOTING ATTENDEES AT EXECUTIVE MEETING

R.F.U. Officer – Adam Cottingham RFU CB Relationships Manager

AdamCottingham@RFU.com

Herts RFU Administrative Assistant – Yvonne Barford

admin@hertsrugby.co.uk

Head of Safeguarding 23/24

CB Safeguarding Manager
safeguarding@hertsrugby.co.uk

EXECUTIVE CLUB LIAISON APPOINTMENTS

Phil Aspinall:
Adrian Sparks:
Benjamin Furrer:
David Toon:
Steve Waller:
Simon Embleton:
Tim Bonnett:
Colin Ashwood:
David Roberts:
Yvonne Barford:
Brent May:
Jamie Green:
Laura-Jo Pearce:

**Barnet Elizabethans, St. Albans
Hertford, Old Albanians, Stevenage
Bishop's Stortford
The Mount, Chess Valley, Watford
Cheshunt, Black Horse, Welwyn
Verulamians
Hitchin, Datchworth
Cuffley, Hemel Hempstead
Letchworth, Tring, Berkhamstead
Harpenden
Hatfield, OA's
Royston, Stevenage, Weston
Tabard, Fullierians**

R.F.U. STUDENT UNION MEMBER CLUBS LIASON

Laura-Jo Pearce

ELECTION OF DISCIPLINARY PANEL 2023-24

Disciplinary Secretary Panel Chairs

Youth Disciplinary Secretary Safeguarding Qualified Panel Members

New Members:

Paul Doyle
Jeremy Gillham (Senior Chair), Adrian Sparks,
John Knighton, Mike Tutty
Jeremy Gillham
Tim Bonnett
Colin Haslam, Melanie Sutton, Jack Sutton,
David Toon, Ian Tottman
Louise Armstrong, Claire Crompton, Tony
Leake, Mark Scrutton, Edward Knighton



REPRESENTATIVE RUGBY PERSONNEL

Category	Head Coach	Manager
Men	Brett McNamee	David Toon - gamedev@hertsrugby.co.uk
Women	Charlie White	Laura-Jo Pearce - Womenandgirls@hertsrugby.co.uk
U20	Ben Creasey	Harry Hicks - harryhicks96@yahoo.co.uk
U18 Girls	Pierre Bleriot	Laura-Jo Pearce - Womenandgirls@hertsrugby.co.uk
17-18 Boys	David Flynn	Sam Townsend (interim) - dor@hertsrugby.co.uk
Girls DPP	Pierre Bleriot	Laura-Jo Pearce - Womenandgirls@hertsrugby.co.uk
Boys DPP	Jamie Green/Mike Hynard - hertsdpp@saracens.net	N/A

MEMBERSHIP SECRETARY AND INTERNATIONAL TICKET SECRETARY

Diane Wyatt

VOLUNTEER CORDINATION, DEVELOPMENT AND RECOGNITION COMMITTEE

Chair and Leadership Academy Coordinator - Colin Ashwood

Volunteer Coordinator - Vacant

MIDDLESEX MERIT TABLE MANAGEMENT

Chairman - David Toon

Representative to London & South East Competitions Organising Committee - Josh Bence RFU

Fixture Exchange Administrator - Chris Wilson (Cuffley)

Game On Player Exchange Administrator - Alex Owen (Hatfield QE)

VETS RUGBY

Administrators/Organisers - Tim Bonnett (Hitchin) & Mick O'Shea

RETURNING STUDENTS FESTIVAL AND EMERGING SCHOOLS CUP COMPETITIONS

Organiser - Benjamin Furrer



MARKETING COMMITTEE

Chair

Members Dinner

Members Supporter Lunch

Committee Members

Annual Golf Day

Members Christmas Lunch

Steve Waller

John Atkinson

Mark Elliott

Colin Haslam

Les Clark

Jon Clapham

BOARD MEETING DATES

Monday 20th November 2023, Monday 8th January 2024, Monday 26th February 2024,
Monday 22nd April 2024

EXECUTIVE COMMITTEE MEETING DATES

Monday 6th November 2023, Monday 27th November 2023, Monday 22nd January 2024,
Monday 4th March 2024, Monday 29th April 2024, Monday 10th June 2024

GENERAL COMMITTEE (FORUM) MEETING DATES

Monday 11th December 2023 at Welwyn RFC at 19:30, Monday 11th March 2024, Monday 17th
June 2024

HERTFORDSHIRE RFU CLUB CHAIRS MEETING DATES

Thursday 23rd November 2023, Thursday 25th January 2024, Thursday 25th April 2024

ANNUAL GENERAL MEETING DATE

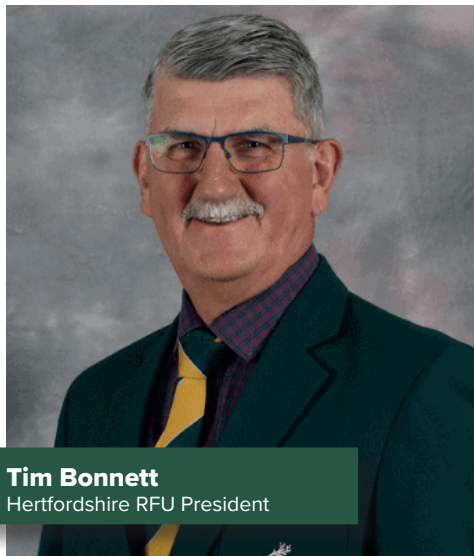
Monday 17th June 2024 at Welwyn RFC at 19:30

SOCIAL DATES

Herts RFU Xmas Lunch Friday 8th December 2023



A MESSAGE FROM OUR PRESIDENT



Tim Bonnett
Hertfordshire RFU President

The rugby season has arrived again with the massive bang of RWC 2023 in France. With all the games on free-to-view TV, rugby has a great opportunity to show what a great game it is. The early games show that there is immense pressure on officiating teams and a lot of second guessing from commentators. Given the significant change to the Law on tackle height in the community game, it is going to be incredibly important that everyone around rugby gives the change time to bed in. Everyone is learning and doing their best to implement the change well and improve player safety.

Hertfordshire RFU are very grateful to the Referees Society for running some excellent sessions in the lead up to the season to educate players and coaches. It was great to see the numbers wanting to learn at the session I attended. We all want the change to work and must support our players, coaches and referees as the new Law becomes

familiar. The CB Discipline Panel has made clear that clubs have a responsibility to ensure that spectators, players and coaches need to respect match officials – we are all learning and, let us be absolutely clear, match official abuse or other spectator misbehaviour will not be tolerated and will be dealt with firmly. We must all be prepared to challenge poor behaviour on the touch line – we do not want it in the game.

As I enter my second year as President, I have already been proud to be at a number of superb events, valuing volunteers (Value the Volunteer lunch at Twickenham), launching player welfare initiatives (Fullerians JOCA launch) and celebrating historic landmarks (Cuffley 50th anniversary of foundation dinner). The RFU event was great but the local events were incredible with the love and commitment of great volunteers showing through in the quality and joy of the evenings. This shows me that Hertfordshire rugby is still in a strong and healthy state. I am also pleased to be part of a great idea picked up from the Harpenden Pub 7s of a series of rugby events for Vets – I put the begging bowl out to the RFU and we have an additional £7,000 to get the great idea rolling and drawing in players who still want to keep their boots on. Check if your club is involved and, if not, get in touch, we are picking up new interest all the time. You don't need a full team as a smaller group of players can be integrated as it is a fun format inclusive for all.

So, another year of rugby starts. Let's begin with hope, enjoy the journey and have fun along the way. Remember what rugby is about – Teamwork, Respect, Discipline, Sportsmanship and, above all, Enjoyment.

Tim Bonnett
Hertfordshire RFU President



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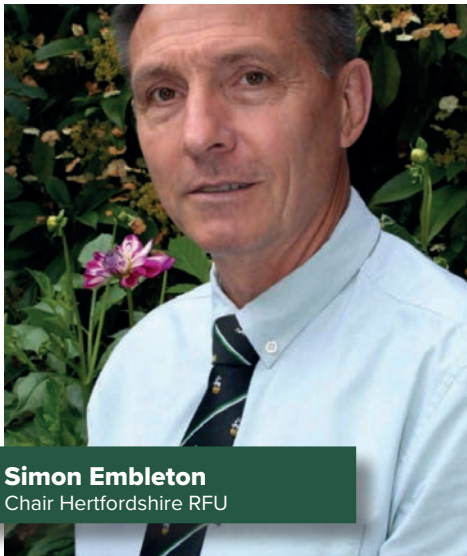
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CHAIRS WELCOME



Simon Embleton
Chair Hertfordshire RFU

We have a new Director of Communications, Benjamin Furrer, who would be delighted to be sent information on the good work going on around the county in our rugby clubs, so he can then publish it for all to enjoy!

Firstly, I would like to thank my predecessor as Chair, Adrian Sparks, who has moved on to become Vice President after four years in the role of Chair. I have moved from Secretary to Chair, with Yvonne Barford taking over the role of Secretary. For correspondence, all the previous email addresses have been passed on, so Yvonne can be contacted on:

secretary@hertsrugby.co.uk and admin@hertsrugby.co.uk

Adrian at vicepresident@hertsrugby.co.uk and myself at chairman@hertsrugby.co.uk

All other emails can be found on the website.

Now that the London and South-East Counties Leagues and the Herts/Middx Merit Ta-

bles have started (16th September), the season is in full swing. However, already we have seen a number of games unplayed, with a high number of walkovers awarded. Last Saturday, 23rd September, saw 12 walkovers in the London and South-East Leagues and up to 50% of our Merit Table games postponed. I write postponed because already we have clubs asking for the points with a win at all costs attitude, when there are plenty of free weekends still available to play the fixture!

The league season has been extended to Saturday 6th April 2024 after many clubs complained that their season had ended in early March. Counties 2 and Counties 3 have been restructured after consultation with the clubs, but not all are happy!

This season has already seen the 50th anniversary celebrations at Cuffley RFC, who did themselves proud with the event held at their Botany Bay headquarters. Cheshunt RFC is due to hold their 70th celebrations on Saturday 14th October.

Can you please ask your club's recipients of the RFU's Community Game Updates to pass on these emails to all involved with your clubs. They are the source of all the information clubs need to keep up to date with what is happening at all levels of our game, from the new Floodlight Regulations, Age Grade Registrations, Tackle Height Hub and all the New Regulations for the 2023-2024 season.

DBS checks can now only begin once the applicant has completed the online safeguarding course.

The annual Club Safeguarding Audit needs to be in by 29th October 2023.

A recent Chairs meeting was only attended by six (seven if you count me as a club member) out of twenty-five clubs in Hertford-



shire. This was disappointing, but the meeting itself was a success because a lot of ideas were shared, and clubs were prepared to exchange knowledge, in order to help each other!

The next Chairs meeting will be held on Thursday 23rd November 2023.

We need to work together as a county to get as many people playing some form of rugby as we can. There has been success at Bishop's Stortford and Hertford rugby clubs introducing girls Touch Rugby. Can other clubs benefit by doing the same? I'm sure they can. The Women need the support from their clubs for their Sunday fixtures. We all need the referees at Society and club levels so let's support them and encourage others to

pick up the whistle! Get as many club coaches as possible to take their qualifications to improve the player experience for all and help the youngsters transition to adult rugby. We have a Player Exchange and Fixture Exchange to help games get played. Do not be afraid to use them (why stop a player from playing a game when your own club cannot put a full side out?).

The Board and Executive Committees are here to help the Hertfordshire clubs, so please contact us if, and when you need us.

Here's to a successful and more importantly, an enjoyable season for all.

Simon Embleton

Chair Hertfordshire RFU

HERTFORDSHIRE RFU SUBSCRIPTIONS 2023/24 SEASON

Unfortunately, there was a problem with our bank and the annual subscriptions' standing orders paid on 1st September were rejected.

If your standing order payment has been returned, could you please repay your subscriptions by making a single payment to the Herts RFU bank account; this should already be set up under 'payments and transfers' on internet banking. If you do not have internet banking, please send a cheque made payable to Herts RFU to the Membership Secretary, Diane Wyatt, 7 Hazeldell, Watton at Stone, Hertford, SG14 3SL.

When making the payment could you also, please check that you are paying the current level of subscriptions: **Single membership - £20.00, Family membership (2 people) - £25.00**

Your cooperation with this is much appreciated.

If you have any problems with arranging this, please contact Diane Wyatt for help (07779 660902, ld_wyatt@hotmail.com).





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MEN AND BOYS 2023 SEASON REPORT

DPP

The DPP is not under Herts control or funding and is managed entirely by Saracens, I sit on the RPPG and attend as many sessions as I can between DPP and PDG, it is pleasing to see more engagement from the Saracens academy staff than in previous years. Of the current England u18 cohort (our current u17's) 5 boys have come via the Herts DPP pathway with Barnet doing exceptionally well, producing three of these players, whilst no other county within the Saracens pathway has produced any England players for this age group.

Mike Hynard has taken charge of this programme within Herts personally and has shown me plans for a great deal of coach education within the Saracens regions of Herts, Essex and Kent as well as a well-structured plan to de-conflict the DPP pathway to avoid clashes with clubs and schools next season on Sundays which is hugely encouraging of his collaborative mindset.

Under 17's

A huge success, despite the short time frame. The program started in late April and concluded in May over 5 sessions, 2 of which were assessments to whittle the squad down to a manageable number. We managed to engage 93 players (57 of which were previously involved in u16 DPP) plus new club nominations.

In total 53 players represented Hertfordshire in games against Kent – we won 27-21, against Essex where we won 24-17 and against Surrey where we won 31-15. We also entered into a festival to help other counties play fixtures as there were a multitude of mix ups (not Herts related) where they didn't get fixtures, the results of this festival were 10-10 vs East Midlands, 5-0 vs Eastern Counties and 20-15 vs Buckinghamshire, all the more impressive as this festival was played at the same time as the Essex fixture so all boys in the squad were involved.



We had boys involved from Old Albanians, Barnet, Hertford, Bishop Stortford, Harpenden, Hemel Hempstead, Chess Valley, Tring, Fullarians, Royston, Verulamians and Watford as well as Haileybury, St Albans, Oaklands, and Berkhamsted colleges.



Under 18's

The programme began in October, having carried the entire squad from the U17 games through from May 2022. We invited 60+ players to attend the assessment days in October at Cheshunt RFC, which consisted of 2 initial trial sessions before focusing on structure and elements of game preparation in the December and January fixtures' block.

Results:

Essex 17 - 36 Herts
Middlesex 22 - 7 Herts
Eastern Counties 19 - 38 Herts

Stats Overview:

Number of training sessions - 5
Number of Games - 3
Number of players used - 31

Clubs / schools represented: 15

- Chess Valley
- Bishops Stortford
- Hertford
- Hitchin
- Royston
- Fullarians
- OA's
- Tabard
- Tring
- Saracens Amateurs
- Camelot
- Oaklands College
- Merchant Taylor's School
- St George's Harpenden School



Under 20's



This championship has been a challenge mainly down to a change in player engagement, where our U20 County programme has changed to Level 5 and below we sadly have more players now ineligible than eligible through their registered club. With, eleven clubs across Hertfordshire being represented and around 35 players used. Many players were from below Level 5.

Players have been hard to contact and clubs not as forthcoming in nominating players. As a result of this we have started the ball rolling with engaging with players earlier in the season and during both the Under 17 & 18 county programme.

The timing of the championships is still an issue if not more of one now, it now sits right in the exam period of university and players have frequently prioritised revision over the County. Player's priorities have changed in general and do not see this changing any time soon.

Our first game versus Essex was a frustrating fixture on the field with Essex coming out on top in a tight fixture. The game was not a fair reflection of our team but that's just rugby. Lessons were learnt from this fixture.

The second game was a battle for the wooden spoon and the team were in a far better state of mind going into this game. Middlesex were a stark contrast from Essex and was a real pleasure to host them. Hertfordshire let loose in a good win and we thank Hertford rugby club who hosted the fixture who were very accommodating.

Although this year has been a frustrating one it has been fantastic to see boys who may not have had chances being given opportunities to play County rugby.

We have contributed to a review of the u20's program lead up by Bob Lawless and we hope to see some positive changes for next seasons u20's championship.



MENS COUNTY XV

Statistics:

- 32 players used for the campaign
- 18 debutants
- 8 Hertfordshire clubs were represented
- 13 of the players have come through the youth representative pathway
- 4 Hertfordshire players played 1st XV at National 1 level (L3)
- 5 Hertfordshire players played 1st XV at National 2 level (L4)
- 14 Hertfordshire players played 1st XV at Regional 1 level (L5)
- 6 Hertfordshire players played 1st XV at Regional 2 level (L6)
- 1 Hertfordshire player played 1st XV at Counties 2 (L9)
- 1 Hertfordshire player played 1st XV for RAF
- 1 Hertfordshire player played 2nd XV for National 1 Club

It is recognised that in order to compete successfully and remain in Division 1 of the county championship we need to encourage more players from our national 1 & national 2 clubs to become involved although I am aware after conversations with multiple counties we are not alone with this issue and a reasonable number of counties are competing with a majority of level 5 players in the championship.

This season has only seen 9 players (out of 32) playing at level 3 & 4 represent the county. Out of these players, 3 of our National 1 players have come through the representative pathway as a youth and wanted to play. None of them play for a Hertfordshire club any more but qualify through residency.

The 4 players from our L4 club showed real enthusiasm and desire to play county rugby. Again 3 of them have come through the youth representative pathway.

The above shows that the hard work and effort of my predecessors in developing that pride, honour and respect of representing

the county is reflected in these guys.

This season has shown that we have a core group of players who have bought into the 'honour & pride' of representing the county and want to continue. We have in place a captain that comes with vast paying experience and more importantly has come through the entire representative pathway for Hertfordshire who has that pride and honour of representing the county and has instilled that in the squad.

A large part of the squad compete successfully at Regional 1 & 2.

We have a young emerging squad and if the aim is for us as a county to be at the top competing successfully against the traditional strong counties like Cornwall, Lancashire, Yorkshire then they need to be supported by all.

In terms of this year's results, we opened the championship with a heavy defeat to Yorkshire, as a first game at this level for a number of players we took a while to adapt to the pace and physicality of Yorkshire and



their opening salvo and finishing flourish made the score a bit more lopsided than the Herts players deserved at 19-70.

Next up were Lancashire, a superb see saw fixture saw both teams hold the lead at different parts of the game with the eventual finalists scoring a last gasp try to win the game 39-44.

Knowing progression was gone we travelled to Cheshire with a gung how attitude, some of the best rugby was reserved for this day and Herts players can hold their heads high coming away with a resounding 24-54 win in Sales stadium.

Jamie Green



WOMEN AND GIRLS 2023 SEASON REPORT



Since I wrote this time last year, I hope many of you have enjoyed watching more women's sport than ever before. Record breaking attendances at the Women's World cup final, only for this to be beaten at Twickenham in April against France with an attendance of 58,498. The hope by the 2025 World Cup (if not before) is that we fill Twickenham. The support for the women's game is moving forward in leaps and bounds but there is still plenty of work to be done.

Women's and Girls teams around the county are receiving better support than in the past, this is appreciated but please let's continue to support and grow the female game. If you have never been to watch your local women's team then make the effort to do so – many are surprised by the rugby on display!

This year was the first year of the Girls DPP programme, all part of improving the female pathway and growing the game. This is an RFU programme run by Herts involving 12 sessions throughout the season. 48 players

were involved, attendance and engagement was very good and we believe the girls enjoyed and gained something from the programme. It culminates in 2 playing opportunities where we had the opportunity to play against other counties in the South East.

After DPP girls are selected to go in to the Centre of Excellence which is a Saracens run programme. This year we have 15 players in the COE, this involves extra training blocks and games against other COE's. The link up with Saracens is very positive and some of the girls get exposed to the women's training environment when they are ready.

Players who aren't in COE are up for selection for County U18s, last season we had 3 fixtures and travelled as far as Gloucester for one of them. This is a great playing opportunity for the girls to come together and play at a higher level often with friends made over the past few seasons from other clubs. It is always great to see girls from all Herts clubs come together!





Three of last year's U18s in the COE have secured contracts with Saracens and we are very proud in Herts of their achievements. Amelia MacDougall (OA's) Joia Bennett (OA's)

Daisy Fitzgerald (Hitchin). Amelia also represented England at U18s in this year's Six Nations. We wish these players the best of luck and hope to see many more from the programme follow in their footsteps.

In May the women took to the field in 3 county matches. A very close first encounter against Warwickshire saw us lose in the last kick of the game. East Midlands and Eastern Counties were next up, both games were lost. We had a very young side out with many coming through from the U18s to have their first taste of senior rugby. We are planning to build on this squad for the coming season and get out to see more fixtures and offer more training opportunities ahead of county selection in April.

If you have any questions about Women and Girls Rugby, please do not hesitate to contact me.

Laura-Jo Pearce



Open daily
from 10am
until 11pm

Kitchen open
from 12:30pm
till 9:30pm

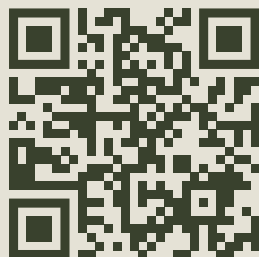
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BISHOP'S STORTFORD INNER WARRIOR

The season has officially started for Bishop's Stortford women and girls' teams. The women are back in full flow with training on Tuesday nights from 7.15pm, and the girls returned to their Sunday sessions on 3 September.

Last weekend Stortford held their first Inner Warrior session of the season for the girls whilst the women trained alongside. The sun was shining and the water sprinkler was out – not quite perfect rugby weather, but perfect for socialising with a BBQ afterwards.

For those who don't know, the Allianz Inner Warrior Camps have been created as an introduction to rugby for all levels of experience. The sessions give the girls, aged 11 to 17, and women, 17+, the opportunity to learn new skills alongside other like-minded females. Rugby isn't traditionally taught in schools for

girls, like it is the boys, so these sessions provide a great opportunity to experience a new sport at any age – it's never too late to try something new!

To make the session even more exciting, Harlequins and Red Rose Emily Scott came down to give our girls some top tips.

Lianna Kearns, Girls' Team Manager says

“Even with the hot weather we had a great turnout of existing and new players, and the use of the sprinkler added to the fun. A huge thank you to all who volunteered on the day, the event wouldn't have been as successful if it wasn't for you. The whole of the girls' section is very excited to welcome all the new players who took the plunge and gave rugby a go!”

Jasmin Bice



HERTS RFU ANNUAL GOLF DAY, 7TH JULY 2023

Hertfordshire rugby enjoyed a return to the annual golf on a splendid afternoon at the majestic East Herts Golf Club in Hamels Park. 13 teams took part in the competition, a four ball in which the best two scores on each hole contributed towards the team score.

We are very grateful to our sponsors for their support at this event, four of them supplying prizes and two taking part. ARG supplied a sleeve of balls to each of the 14 prize winners, London Trophy supplied golf shirts to the winners, Tring Brewery gave a box of beer to the runners up and Tylers supplied Beanie hats to those in third place, Colin Haslam donated a hip flask for the nearest the pin and Herts Rugby supplied the prize for the Longest Drive.

Holder Stevenage RFC maintained their grip on the Trophy, captain Adam Amos returned with a new side, but along with Albie Stafford, Ben Gransby and Franchua Dixon just held top spot by a couple of points. The London Trophy Company, led by Gary Ford finished second and Verulamians took the last spot on the podium.

Kevin Henley from Cheshunt won the nearest the pin and the Longest drive was won by Jake Tibble from Hatfield.

All the presentations were made after the evening meal by Herts rugby Vice President Adrian Sparks.

Stephen Waller



Results:

Winners - Stevenage
Runners up - London Trophy
Jake Tibble - Longest Drive
Kevin Henley - Nearest the pin



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HITCHIN SUMMER

We have been running 'Try Rugby' sessions through the summer to encourage year 6 and 7 boys and girls to come along and give rugby a go – this is following a schools outreach program we have run through June and July where we have delivered 25 hours of free rugby based games lessons in local schools.

GET INVOLVED HITCHIN RUGBY CLUB NEEDS YOU!

Hitchin Rugby Club is growing. 600+ girls and boys playing across 16 age-groups from 7 to 18 years old.

We need volunteers to keep the club moving!

- Can you spare an hour a month to help setup in the mornings or help with one of the many small things that need doing?
- Do you want to earn some money working on the bar a few evenings a month? Pay is between £75 and £180/hour
- Do you run a business in the area that might be interested in sponsoring some part of the club?
- Do you have used sports kit you could donate to the club, or could you spare a few hours to help run the used-sports stall?

We need people to give the club a little bit of time. Don't be a passenger: get involved, take part and be part of a great sports club in your town.

Drop a line to getinvolved@hitchinrugbyclub.co.uk with any offers or questions. <https://www.hitchinrugbyclub.co.uk/a/get-involved-66294.html>

www.hitchinrugbyclub.co.uk
@M19HitchinRugby

Try rugby THIS SUMMER
HITCHIN RUGBY CLUB

Girls & Boys – starting Years 6 and 7 (U11 and U12)

Saturday, 9-45am to 11am

- July 22nd 2023
- August 19th 2023

If you are coming let us know at tryrugby@hitchinrugbyclub.co.uk

King George V Playing Fields
Hitchin SO5 1DL

www.hitchinrugbyclub.co.uk
[@M19HitchinRugby](https://twitter.com/M19HitchinRugby)

Requirements:

- New players: just come along
- Current players: bring a friend
- Only 10 minutes sports and safety kit needed
- Coaching for all abilities

We are running a 'get Involved' promotion in the Hitchin area on social media, direct to all members and through other channels to try and build volunteering within the club – we're seeing overall volunteering levels have not really recovered post-covid and this is an area we are working hard to recover.

We have an event sponsored by Clinique running at the club to encourage girls and ladies to get involved in rugby: **Clinique summer event for all women and girls both current and potential players-** come along to join in the fun and get advice from professionals in a mini festival style event on Wednesday 23rd August. Touch Rugby games from 6pm.

ALL FEMALE AND GIRLS RUGBY PLAYERS ARE INVITED TO,

AN EVENING OF RUGBY WITH CLINIQUE

#gameface

TOUCH RUGBY
SKIN CARE PROFESSIONALS
SPORTS PSYCHOLOGIST
PROFESSIONAL PLAYER
SELFIE WALL
PIZZA VAN FOR PLAYERS
GOODY BAGS
NEW RUGBY KIT
SIGNED RED ROSES SHIRT FOR THE BEST PLAYER

BRING A FRIEND

WEDNESDAY 23RD AUGUST
6-8PM



SHARKS RUGBY



Herts RFU have formed a partnership with Sharks Rugby, coaching to schools and clubs around the County. Run by Head Coach and ex-pro player James Storey the aim of this partnership is to support both boys and girls age grade section's build.

Herts have secured some funding for Sharks coaches to go into schools coaching rugby to pupils in secondary and primary who may never have played the game before but through this coaching go on to join their local clubs. This in turn builds strong community relationships between the schools and the clubs.

It is a very exciting project; we are already seeing positive results. We continue to take on new schools every week. As more schools join the project, we will be arranging fixtures between them and through these games they can see how much they have developed and gained confidence throughout the season.

In March 23 we held our first girls' festival, 10 schools from around the County from years 7 and 8 took part in contact and non-contact games. After the success of this we have more planned throughout the year for both girls and boys.

Together Herts RFU and the Sharks coaching team continue to help and grow the game.

The funding only goes so far, the project is looking for sponsors to get involved and support us going forward. Get in touch if you can help

James Storey



THE 'PRESIDENTS' CUP COMPETITIONS 2023/2024

This season will see the Presidents Cup, Tankard, Trophy & Plate competition continue to follow the 'league within the league' format. This means that the results of the league games against each other throughout the season will be recorded and at the end of the season the teams that are 1st & 2nd in their respective leagues will contest the finals.

- The **President's Cup** will be open to the 1st XV's in Regional 1 (L5). Harpenden, Hertford, Letchworth & Tring
- The **Presidents Tankard** will be open to the following 1st XV's in Counties 1 (L7). Cheshunt, Datchworth, Hitchin & Welwyn
- The **Presidents Trophy** will be open to the following 1st XV's in Counties 2 (L8). Barnet Elizabethans, St Albans & Tabard
- The **Presidents Plate** will be open to the following 1st XV's in Counties 3 (L9). Berkhamsted, Chess Valley, Royston, Stevenage, Verulamians & Watford

PRESIDENTS CUP FIXTURES & TABLE

Home / Away	Harpenden	Hertford	Letchworth	Tring
Harpenden		23 Mar 24	38 - 29	18 Nov 23
Hertford	02 Dec 23		6 - 27	16 Dec 23
Letchworth	16 Dec 23	03 Feb 24		24 - 22
Tring	16 Mar 24	38 - 21	27 Jan 24	

	Team	P	W	D	L	Points For	Points Against	+/- Points	Try Bonus Points	Losing Bonus Points	Total Points
1	Harpenden	1	1	0	0	38	29	+9	1	0	5
2	Hertford	2	0	0	2	27	65	-38	1	0	1
3	Letchworth	3	2	0	1	80	66	+14	3	0	11
4	Tring	2	1	0	1	60	45	+15	2	1	8



PRESIDENTS TANKARD FIXTURES & TABLE

Home / Away	Cheshunt	Datchworth	Hitchin	Welwyn
Cheshunt		16 Mar 24	04 Nov 23	25 - 20
Datchworth	02 Dec 23		16 Dec 23	11 Nov 23
Hitchin	03 Feb 24	30 - 25		20 Jan 24
Welwyn	16 Dec 23	17 Feb 24	22 - 5	

	Team	P	W	D	L	Points For	Points Against	+/- Points	Try Bonus Points	Losing Bonus Points	Total Points
1	Cheshunt	1	1	0	0	25	20	+5	1	0	5
2	Datchworth	1	0	0	1	25	30	-5	0	1	1
3	Hitchin	2	1	0	1	42	47	-5	1	0	5
4	Welwyn	2	1	0	1	42	25	+17	2	1	8

PRESIDENTS TROPHY FIXTURES & TABLE

Home / Away	Barnet	St Albans	Tabard
Barnet		18 Nov 23	13 Jan 24
St Albans	02 Mar 24		23 Mar 24
Tabard	37 - 3	09 Dec 23	

	Team	P	W	D	L	Points For	Points Against	+/- Points	Try Bonus Points	Losing Bonus Points	Total Points
1	Barnet	1	0	0	1	3	37	-34	0	0	0
2	St Albans	0	0	0	0	0	0	0	0	0	0
3	Tabard	1	1	0	0	37	3	+34	1		5

PRESIDENTS PLATE FIXTURES & TABLE

Home / Away	Berkhamsted	Chess Valley	Royston	Stevenage	Verulamians	Watford
Berkhamsted		11 Nov 23	02 Dec 23	23 Mar 24	16 Dec 23	17 Feb 24
Chess Valley	03 Feb 24		02 Mar 24	02 Dec 23	17 Feb 24	16 Dec 23
Royston	27 Jan 24	09 Dec 23		17 Feb 24	23 Mar 24	24 - 14
Stevenage	18 Nov 23	27 Jan 24	16 Dec 23		21 - 47	02 Mar 24
Verulamians	02 Mar 24	06 Jan 24	34 - 15	03 Feb 24		27 Jan 24
Watford	09 Dec 23	23 Mar 24	03 Feb 24	06 Jan 24	28 - 24	

	Team	P	W	D	L	Points For	Points Against	+/- Points	Try Bonus Points	Losing Bonus Points	Total Points
1	Berkhamsted	0									0
2	Chess Valley	0									0
3	Royston	1	1	0	0	24	14	+10	1	0	5
4	Stevenage	1	0	0	1	21	47	-26	0	0	0
5	Verulamians	2	1	0	1	34	15	+19	1	1	7
6	Watford	2	1	0	1	28	24	+4	1	0	5





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FIXTURE DIRECTORY 2023/2024

Saturday, 2 September 2023

Bishop's Stortford	v	Cinderford	N1
Bury St Edmunds	v	Old Albanian	N2E
Colchester	v	Hertford	R1SE
Harpenden	v	Shelford	R1SE
Oundle	v	Tring	R1SE
Westcliff	v	Letchworth	R1SE
Belsize Park	v	Hemel Hempstead	R2T
Fullerians	v	Old Haberdashers	R2T

Saturday, 9 September 2023

Blackheath	v	Bishop's Stortford	N1
Old Albanian	v	Henley	N2E
Herford	v	Oundle	R1SE
Letchworth	v	Bedford Ath	R1SE
Rochford Hundred	v	Tring	R1SE
Sudbury	v	Harpenden	R1SE
Aylesbury	v	Fullerians	R2T
Hemel Hempstead	v	Grasshoppers	R2T

Saturday, 16 September 2023

Bishop's Stortford	v	Plymouth Albion	N1
Sevenoaks	v	Old Albanian	N2E
Harpenden	v	Letchworth	R1SE
Tring	v	Hertford	R1SE
Fullerians	v	Amersham & Chiltern	R2T
Leighton Buzzard	v	Hemel Hempstead	R2T
Chiswick	v	Hitchin	C1HM
Datchworth	v	Ruislip	C1HM
Enfield Ignatians	v	Cheshunt	C1HM
Welwyn	v	Hackney	C1HM
Barnet Elizabethans	v	Harrow	C2HM
Old Millhillians	v	Tabard	C2HM
St Albans	v	Ealing Trailfinders 1871	C2HM
Berkhamsted	v	UCS	C3HM
Chess Valley	v	Thamesians	C3HM
Royston	v	Watford	C3HM
Stevenage Town	v	Verulamians	C3HM
Weston	v	Welwyn II	HMM Ch
Black Horse	v	Cantabrigian III	HMM N
Enfield Ignatians II	v	Hatfield QE II	HMM S
St Albans II	v	The Mount	HMM SW
Verulamians II	v	Cuffley	HMM SW

Saturday, 23 September 2023

Richmond	v	Bishop's Stortford	N1
Old Albanian	v	Tonbridge Juddians	N2E
Letchworth	v	Colchester	R1SE
Old Northamptonian	v	Harpenden	R1SE
Rochford Hundred	v	Hertford	R1SE
Shelford	v	Tring	R1SE
Hemel Hempstead	v	Fullerians	R2T
Cheshunt	v	Welwyn	C1HM

Hitchin	v	Datchworth	C1HM
Tabard	v	Barnet Elizabethans	C2HM
Wasps FC	v	St Albans	C2HM
Actonians	v	Berkhamsted	C3HM
Thamesians	v	Stevenage Town	C3HM
UCS	v	Chess Valley	C3HM
Verulamians	v	Royston	C3HM
Mill Hill	v	Weston	HMM Ch
Dunstablians II	v	Black Horse	HMM N
Watford II	v	Hatfield QE II	HMM S
Cuffley	v	St Albans II	HMM SW
The Mount	v	Fullerians III	HMM SW

Saturday, 30 September 2023

Bishop's Stortford	v	Birmingham Moseley	N1
Esher	v	Old Albanian	N2E
Harpenden	v	Westcliff	R1SE
Hertford	v	Shelford	R1SE
Oundle	v	Letchworth	R1SE
Tring	v	Sudbury	R1SE
Fullerians	v	Old Priorians	R2T
Old Haberdashers	v	Hemel Hempstead	R2T
Datchworth	v	London Scottish Lions	C1HM
Finchley	v	Hitchin	C1HM
Hackney	v	Cheshunt	C1HM
Welwyn	v	Hampstead	C1HM
Barnet Elizabethans	v	Ealing Trailfinders 1871	C2HM
Harrow	v	Tabard	C2HM
St Albans	v	Hendon	C2HM
Berkhamsted	v	Finsbury Park	C3HM
Chess Valley	v	Actonians	C3HM
Royston	v	Thamesians	C3HM
Stevenage Town	v	UCS	C3HM
Watford	v	Verulamians	C3HM
Weston	v	Hitchin II	HMM Ch
Black Horse	v	Hertford IV	HMM N
Hatfield	v	Saracens Crusaders	HMM S
Fullerians III	v	Cuffley	HMM SW
Harpenden III	v	The Mount	HMM SW

Saturday, 7 October 2023

Rams	v	Bishop's Stortford	N1
Old Albanian	v	Wimbledon	N2E
Chiswick	v	Datchworth	C1HM
Hitchin	v	Enfield Ignatians	C1HM
Old Streetonians	v	Cheshunt	C1HM
Ruislip	v	Welwyn	C1HM
Actonians	v	Stevenage Town	C3HM
Finsbury Park	v	Chess Valley	C3HM
Thamesians	v	Watford	C3HM
UCS	v	Royston	C3HM
Biggleswade II	v	Weston	HMM Ch
Bishop's Stortford	v	Black Horse	C3HM
Abbotts			



Saturday, 14 October 2023

Bishop's Stortford	v	Sedgley Park	N1
Worthing	v	Old Albanian	N2E
Bedford Ath	v	Harpenden	R1SE
Letchworth	v	Tring	R1SE
Sudbury	v	Hertford	R1SE
HAC	v	Fullerians	R2T
Hemel Hempstead	v	Aylesbury	R2T
Cheshunt	v	Hampstead	C1HM
Datchworth	v	Old Streetonians	C1HM
Welwyn	v	Hitchin	C1HM
Berkhamsted	v	Kilburn Cosmos	C3HM
Chess Valley	v	Uxbridge	C3HM
Royston	v	Actonians	C3HM
Verulamians	v	Thamesians	C3HM

Saturday, 21 October 2023

Harpenden	v	Rochford Hundred	R1SE
Hertford	v	Letchworth	R1SE
Tring	v	Old Northamptonian	R1SE
Amersham & Chiltern	v	Hemel Hempstead	R2T
Fullerians	v	Marlow	R2T
Datchworth	v	Finchley	C1HM
Hitchin	v	Hackney	C1HM
London Scottish Lions	v	Welwyn	C1HM
Ruislip	v	Cheshunt	C1HM
Brunel University	v	St Albans	C2HM
Saracens Am	v	Tabard	C2HM
Wasps FC	v	Barnet Elizabethans	C2HM
Actonians	v	Watford	C3HM
Bank Lane	v	Berkhamsted	C3HM
Finsbury Park	v	Royston	C3HM
Kilburn Cosmos	v	Chess Valley	C3HM
UCE	v	Verulamians	C3HM
Uxbridge	v	Stevenage Town	C3HM

Saturday, 28 October 2023

Weston	v	Bishop's Stortford	HMM Ch
		Chindits	
Black Horse	v	Royston II	HMM N
Pinner & Grammarians	v	Hatfield QE II	HMM S
Cuffley	v	Harpenden III	HMMSW

Saturday, 4 November 2023

Rosslyn Park	v	Bishop's Stortford	N1
Old Albanian	v	Dorking	N2E
Harpenden	v	Colchester	R1SE
Letchworth	v	Shelford	R1SE
Old Northamptonian	v	Hertford	R1SE
Westcliff	v	Tring	R1SE
Belsize Park	v	Fullerians	R2T
Chobham	v	Hemel Hempstead	R2T
Cheshunt	v	Hitchin	C1HM
Enfield Ignatians	v	Datchworth	C1HM
Welwyn	v	Chiswick	C1HM
Barnet Elizabethans	v	Hendon	C2HM
St Albans	v	Saracens Am	C2HM
Tabard	v	Ealing Trailfinders 1871	C2HM

Chess Valley	v	Bank Lane	C3HM
Royston	v	Uxbridge	C3HM
Stevenage Town	v	Kilburn Cosmos	C3HM
Verulamians	v	Actonians	C3HM
Watford	v	Finsbury Park	C3HM
Cheshunt II	v	Weston	HMM Ch
Datchworth III	v	Black Horse	HMM N
Hendon II	v	Hatfield QE II	HMM S
The Mount	v	Cuffley	HMMSW

Saturday, 11 November 2023

Bishop's Stortford	v	Taunton Tigers	N1
Barnes	v	Old Albanian	N2E
Hertford	v	Westcliff	R1SE
Oundle	v	Harpenden	R1SE
Sudbury	v	Letchworth	R1SE
Tring	v	Bedford Ath	R1SE
Fullerians	v	Grasshoppers	R2T
Hemel Hempstead	v	Old Priorians	R2T
Datchworth	v	Welwyn	C1HM
Hitchin	v	Hampstead	C1HM
London Scottish Lions	v	Cheshunt	C1HM
Brunel University	v	Barnet Elizabethans	C2HM
St Albans	v	Old Millhillians	C2HM
Wasps FC	v	Tabard	C2HM
Bank Lane	v	Stevenage Town	C3HM
Berkhamsted	v	Chess Valley	C3HM
Finsbury Park	v	Verulamians	C3HM
Kilburn Cosmos	v	Royston	C3HM
Uxbridge	v	Watford	C3HM
Hatfield QE II	v	Saracens Crusaders	HMM S
Old Albanian IV	v	The Mount	HMMSW

Saturday, 18 November 2023

Bishop's Stortford	v	Chinnor	N1
Old Albanian	v	Westcombe Park	N2E
Bedford Ath	v	Hertford	R1SE
Harpenden	v	Tring	R1SE
Rochford Hundred	v	Letchworth	R1SE
HAC	v	Hemel Hempstead	R2T
Leighton Buzzard	v	Fullerians	R2T
Cheshunt	v	Chiswick	C1HM
Hackney	v	Datchworth	C1HM
Ruislip	v	Hitchin	C1HM
Welwyn	v	Finchley	C1HM
Barnet Elizabethans	v	St Albans	C2HM
Royston	v	Bank Lane	C3HM
Stevenage Town	v	Berkhamsted	C3HM
Verulamians	v	Uxbridge	C3HM
Watford	v	Kilburn Cosmos	C3HM

Saturday, 25 November 2023

Leicester Lions	v	Bishop's Stortford	N1
Canterbury	v	Old Albanian	N2E

Saturday, 2 December 2023

Bishop's Stortford	v	Darlington MP	N1
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Old Albanian	v	Guernsey	N2E
Hertford	v	Harpenden	R1SE
Letchworth	v	Old Northamptonian	R1SE
Tring	v	Colchester	R1SE
Fullerians	v	Chobham	R2T
Hemel Hempstead	v	Marlow	R2T
Datchworth	v	Cheshunt	C1HM
Enfield Ignatians	v	Welwyn	C1HM
Old Streetonians	v	Hitchin	C1HM
Brunel University	v	Tabard	C2HM
Old Millhillians	v	Barnet Elizabethans	C2HM
St Albans	v	Harrow	C2HM
Bank Lane	v	Watford	C3HM
Berkhamsted	v	Royston	C3HM
Chess Valley	v	Stevenage Town	C3HM
Kilburn Cosmos	v	Verulamians	C3HM
Weston	v	Old Grammarians	HMM Ch
Black Horse	v	Biggleswade III	HMM N
Epping Upper Clapton II	v	Hatfield QE II	HMM S
Cuffley	v	Old Albanian IV	HMMSW
The Mount	v	Verulamians II	HMMSW

Saturday, 9 December 2023

Sale FC	v	Bishop's Stortford	N1
North Walsham	v	Old Albanian	N2E
Bedford Ath	v	Letchworth	R1SE
Harpenden	v	Sudbury	R1SE
Oundle	v	Hertford	R1SE
Tring	v	Rochford Hundred	R1SE
Fullerians	v	Aylesbury	R2T
Grasshoppers	v	Hemel Hempstead	R2T
Cheshunt	v	Finchley	C1HM
Hampstead	v	Datchworth	C1HM
Hitchin	v	London Scottish Lions	C1HM
Welwyn	v	Old Streetonians	C1HM
Barnet Elizabethans	v	Saracens Am	C2HM
Tabard	v	St Albans	C2HM
Royston	v	Chess Valley	C3HM
Verulamians	v	Bank Lane	C3HM
Watford	v	Berkhamsted	C3HM
Hertford III	v	Weston	HMM Ch
Cantabrigian III	v	Black Horse	HMM N
Hatfield QE II	v	Enfield Ignatians II	HMM S
Cuffley	v	Verulamians II	HMMSW
The Mount	v	St Albans II	HMMSW

Saturday, 16 December 2023

Bishop's Stortford	v	Blackheath	N1
Henley	v	Old Albanian	N2E
Hertford	v	Tring	R1SE
Letchworth	v	Harpenden	R1SE
Amersham & Chiltern	v	Fullerians	R2T
Hemel Hempstead	v	Leighton Buzzard	R2T
Datchworth	v	Hitchin	C1HM
Welwyn	v	Cheshunt	C1HM
Berkhamsted	v	Verulamians	C3HM
Chess Valley	v	Watford	C3HM
Stevenage Town	v	Royston	C3HM
Welwyn II	v	Weston	HMM Ch

Saturday, 6 January 2024

Colchester	v	Letchworth	R1SE
Harpenden	v	Old Northamptonian	R1SE
Hertford	v	Rochford Hundred	R1SE
Tring	v	Shelford	R1SE
Fullerians	v	Hemel Hempstead	R2T
Cheshunt	v	Hackney	C1HM
Hampstead	v	Welwyn	C1HM
Hitchin	v	Finchley	C1HM
London Scottish Lions	v	Datchworth	C1HM
Thamesians	v	Berkhamsted	C3HM
Verulamians	v	Chess Valley	C3HM
Watford	v	Stevenage Town	C3HM

Saturday, 13 January 2024

Plymouth Albion	v	Bishop's Stortford	N1
Old Albanian	v	Sevenoaks	N2E
Letchworth	v	Oundle	R1SE
Shelford	v	Hertford	R1SE
Sudbury	v	Tring	R1SE
Westcliff	v	Harpenden	R1SE
Hemel Hempstead	v	Old Haberdashers	R2T
Old Priorians	v	Fullerians	R2T
Cheshunt	v	Old Streetonians	C1HM
Datchworth	v	Chiswick	C1HM
Enfield Ignatians	v	Hitchin	C1HM
Welwyn	v	Ruislip	C1HM
Barnet Elizabethans	v	Tabard	C2HM
St Albans	v	Wasps FC	C2HM
Weston	v	Mill Hill	HMM Ch
Black Horse	v	Dunstablians II	HMM N

Saturday, 20 January 2024

Bishop's Stortford	v	Richmond	N1
Tonbridge Juddians	v	Old Albanian	N2E
Hampstead	v	Cheshunt	C1HM
Hitchin	v	Welwyn	C1HM
Old Streetonians	v	Datchworth	C1HM
Ealing Trailfinders 1871	v	Barnet Elizabethans	C2HM
Hendon	v	St Albans	C2HM
Tabard	v	Harrow	C2HM
Hitchin II	v	Weston	HMM Ch
Hertford IV	v	Black Horse	HMM N
Hatfield QE II	v	Watford II	HMM S
Fullerians II	v	The Mount	HMMSW
St Albans II	v	Cuffley	HMMSW

Saturday, 27 January 2024

Birmingham Moseley	v	Bishop's Stortford	N1
Old Albanian	v	Esher	N2E
Harpenden	v	Bedford Ath	R1SE
Hertford	v	Sudbury	R1SE
Tring	v	Letchworth	R1SE
Aylesbury	v	Hemel Hempstead	R2T
Fullerians	v	HAC	R2T
Cheshunt	v	Ruislip	C1HM
Finchley	v	Datchworth	C1HM
Hackney	v	Hitchin	C1HM



Welwyn	v	London Scottish Lions	C1HM
Barnet Elizabethans	v	Wasps FC	C2HM
St Albans	v	Brunel University	C2HM
Tabard	v	Saracens Am	C2HM
Royston	v	Berkhamsted	C3HM
Stevenage Town	v	Chess Valley	C3HM
Verulamians	v	Watford	C3HM
Weston	v	Biggleswade II	HMM Ch
Black Horse	v	Bishop's Stortford	HMM N
		Abbotts	
Saracens Crusaders	v	Hatfield QE II	HMM S
Cuffley	v	Fullerians II	HMMSW
The Mount	v	Harpenden III	HMMSW

Saturday, 3 February 2024

Letchworth	v	Hertford	R1SE
Old Northamptonian	v	Tring	R1SE
Rochford Hundred	v	Harpenden	R1SE
Hemel Hempstead	v	Amersham & Chiltern	R2T
Marlow	v	Fullerians	R2T
Chiswick	v	Welwyn	C1HM
Datchworth	v	Enfield Ignatians	C1HM
Hitchin	v	Cheshunt	C1HM
Ealing Trailfinders 1871	v	Tabard	C2HM
Hendon	v	Barnet Elizabethans	C2HM
Saracens Am	v	St Albans	C2HM
Chess Valley	v	Berkhamsted	C3HM
Verulamians	v	Stevenage Town	C3HM
Watford	v	Royston	C3HM
Bishop's Stortford			
Chindits	v	Weston	HMM Ch
Royston II	v	Black Horse	HMM N
Hatfield QE II	v	Pinner & Grammarians	HMM S
Harpenden III	v	Cuffley	HMMSW

Saturday, 10 February 2024

Bishop's Stortford	v	Rams	N1
Wimbledon	v	Old Albanian	N2E

Saturday, 17 February 2024

Sedgley Park	v	Bishop's Stortford	N1
Old Albanian	v	Worthing	N2E
Colchester	v	Harpenden	R1SE
Hertford	v	Old Northamptonian	R1SE
Shelford	v	Letchworth	R1SE
Tring	v	Westcliff	R1SE
Fullerians	v	Belsize Park	R2T
Hemel Hempstead	v	Chobham	R2T
Cheshunt	v	London Scottish Lions	C1HM
Hampstead	v	Hitchin	C1HM
Welwyn	v	Datchworth	C1HM
Barnet Elizabethans	v	Brunel University	C2HM
Old Millhillians	v	St Albans	C2HM
Tabard	v	Wasps FC	C2HM
Berkhamsted	v	Watford	C3HM
Chess Valley	v	Verulamians	C3HM
Royston	v	Stevenage Town	C3HM

Saturday, 24 February 2024

Bishop's Stortford	v	Rosslyn Park	N1
Dorking	v	Old Albanian	N2E
Weston	v	Cheshunt II	HMM Ch
Black Horse	v	Datchworth III	HMM N
Hatfield QE II	v	Hendon II	HMM S
Cuffley	v	The Mount	HMMSW

Saturday, 2 March 2024

Bedford Ath	v	Tring	R1SE
Harpenden	v	Oundle	R1SE
Letchworth	v	Sudbury	R1SE
Westcliff	v	Hertford	R1SE
Grasshoppers	v	Fullerians	R2T
Old Priorians	v	Hemel Hempstead	R2T
Chiswick	v	Cheshunt	C1HM
Datchworth	v	Hackney	C1HM
Finchley	v	Welwyn	C1HM
Hitchin	v	Ruislip	C1HM
Hendon	v	Tabard	C2HM
St Albans	v	Barnet Elizabethans	C2HM
Chess Valley	v	Royston	C3HM
Stevenage Town	v	Watford	C3HM
Verulamians	v	Berkhamsted	C3HM
Southgate	v	Hatfield QE II	HMM S
The Mount	v	Old Albanians IV	HMMSW

Saturday, 9 March 2024

Taunton Titans	v	Bishop's Stortford	N1
Old Albanian	v	Barnes	N2E

Saturday, 16 March 2024

Chinnor	v	Bishop's Stortford	N1
Westcombe Park	v	Old Albanian	N2E
Hertford	v	Bedford Ath	R1SE
Letchworth	v	Rochford Hundred	R1SE
Tring	v	Harpenden	R1SE
Fullerians	v	Leighton Buzzard	R2T
Hemel Hempstead	v	HAC	R2T
Cheshunt	v	Datchworth	C1HM
Hitchin	v	Old Streetonians	C1HM
Welwyn	v	Enfield Ignatians	C1HM
Barnet Elizabethans	v	Old Millhillians	C2HM
Harrow	v	St Albans	C2HM
Tabard	v	Brunel University	C2HM
Old Grammarians	v	Weston	HMM Ch
Biggleswade III	v	Black Horse	HMM N
Hatfield QE II	v	Epping Upper Clapton II	HMM S
Old Albanian IV	v	Cuffley	HMMSW
Verulamians II	v	The Mount	HMMSW

Saturday, 23 March 2024

Bishop's Stortford	v	Leicester Lions	N1
Old Albanian	v	Canterbury	N2E
Colchester	v	Tring	R1SE
Harpenden	v	Hertford	R1SE



Old Northamptonian	v	Letchworth	R1SE
Chobham	v	Fullerians	R2T
Marlow	v	Hemel Hempstead	R2T
Datchworth	v	Hampstead	C1HM
Finchley	v	Cheshunt	C1HM
London Scottish			
Lions	v	Hitchin	C1HM
Old Streetonians	v	Welwyn	C1HM
Saracens Am	v	Barnet Elizabethans	C2HM
St Albans	v	Tabard	C2HM
Berkhamsted	v	Stevenage Town	C3HM
Royston	v	Verulamians	C3HM
Watford	v	Chess Valley	C3HM
Weston	v	Hertford III	HMM Ch
Black Horse	v	Letchworth III	HMM N

Saturday, 6 April 2024

Darlington MP	v	Bishop's Stortford	N1
Guernsey	v	Old Albanian	N2E
Hertford	v	Colchester	R1SE
Letchworth	v	Westcliff	R1SE
Shelford	v	Harpenden	R1SE
Tring	v	Oundle	R1SE
Hemel Hempstead	v	Belsize Park	R2T
Old Haberdashers	v	Fullerians	R2T
Cheshunt	v	Enfield Ignatians	C1HM
Hackney	v	Welwyn	C1HM
Hitchin	v	Chiswick	C1HM
Ruislip	v	Datchworth	C1HM
Ealing Trailfinders 1871	v	St Albans	C2HM
Harrow	v	Barnet Elizabethans	C2HM
Tabard	v	Old Millhillians	C2HM

Saturday, 13 April 2024

Bishop's Stortford	v	Sale FC	N1
Old Albanian	v	North Walsham	N2E

Saturday, 27 April 2024

Cinderford	v	Bishop's Stortford	N1
Old Albanian	v	Bury St Edmunds	N2E

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