



Cornwall
Rugby Football Union

www.crfu.co.uk

The Maul

December 2023 Newsletter

Seasons Greetings and welcome to you all...

Special points of interest:

- Women & Girls
- President's Round Up
- Training Courses Booklet

Hello to all our Cornish rugby family and welcome to this second edition.

To begin this newsletter, I would just like to reconfirm our commitment and support to all Cornish clubs, on behalf of the CRFU.

We have lost some of our rugby family recently and clubs have also faced challenging times. If you feel we may be able to help you in anyway please contact us, so we can look at ways to assist you.

We wish you a very Merry Christmas and a Peaceful New Year.



This month our President 'Andy Reed' has been out and about, catching up with as many of you as possible.

Look out for his 'round up' of visits on page 3.

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From our Treasurer to yours...

Reclaiming Course Expenses

It has been the case for some time, that Clubs can request a refund on any accredited course fees that your personnel may complete, be that for First Aid, Coaching, Game Rules, etc.

We have recently approved a new CRFU rule whereby any course fee, up to and including £30, incurred by a club member may be 100% reclaimed from the CRFU. Above £30, it remains as 50% that may be reclaimed.

Please contact (treasurer@crfu.co.uk) with your requests.

Annual Accounts Submissions

CRFU affiliated clubs should forward to the Treasurer (treasurer@crfu.co.uk) a copy of their annual accounts - suitably prepared and/or audited - which conclude during 2023, by the end of this calendar year.

To date, we have received 9 (thank-you for those), knowing also that the majority of clubs have year ends which fall in the period March - June.

This is not only a Rule (18.2) of the CRFU, but also a Regulation of the RFU (5.1.3) that this is completed every year. So could we ask you to forward on your Accounts in line with this request as soon as you can please.



Women & Girls



As we eagerly await the fixtures for the Cornwall Women's Campaign 2024, there is plenty of rugby to keep us entertained in the county.

Our highest ranked team Penryn in NC 1 South West have had a hard start to the season only winning 1 of their 4 games so far but they are building a strong team and have great ambitions for the future, they are growing the girls set up and creating a great pathway for a sustainable future.

In the League below NC 2 South West (West) we have 3 Cornish teams and sitting top of the league and unbeaten in the Women's Junior Cup are Launceston, this team is gunning for the top spot and have yet to find an opponent to challenge them. 4th in the table is Helston, newly promoted to this league they have had some strong results but have struggled with a few injuries and so have only played 3 games so far this season but are looking like they belong in this group, and we are hopeful that they can go into the New Year strong.

Bude are currently bottom of this league but like Helston have been hit with injuries and have only played 3 games so plenty of time to get themselves back up the table, with their last game beating Devonport Services 12-0 the signs are looking good to stay up.

NC 3 South West (West) we have Truro and Camborne sitting 4th and 6th respectively, plenty to play for in this league Truro have had a slow start to the season but their latest result gives us much to look forward too, drawing with Exeter Saracens was a turning point for them winning their last two games convincingly. Camborne have had a tough start to the season but pulled off an impressive 51-15 win over Teignmouth so there is hope they can move forward with confidence.

As the game grows in Cornwall, we are delighted that Falmouth now has a women's set up and are pushing to join the other Cornish clubs in the main leagues, they have few games now with mixed results but a massive step forward to a up and coming club.

Another up and coming women's team after a successful Inner Warrior Day is St Austell, 'Inner Warrior' days are a great taster for women wanting to get involved in rugby no matter what ability. With over 30 women showing an interest we are hoping that this will be something they can grow to add to our growing community.

As we are still growing the game in the county, we have players playing over the Tamar in Ivybridge, playing in Championship Southwest 2, so accessing a higher level of rugby, we are proud that we have the talent to compete in this league and are hoping this will help inspire the county to more success. Leading our players over the water is our Captain Amy Bunt helping us promote the game and inspiring wherever she can. We also have representatives in Devonport Services and Plymstock Albion Oaks to look out for too.

Dates for your diaries, with up and coming Cornish clashes:

Bude vs Launceston 17th December 23

Bude Vs Helston 28th January 24

Penryn Vs Plymstock Albion Oaks 25th February 24

Launceston vs Helston 17th March 24

Truro Vs Camborne 14th April 24

Please keep a look out for all the women's games and support where you can.

Jo Holden

CRFU Women's Lead / County Coach

There are lots of **RESOURCES** and support for the Women's and Girls game.
If you click on this [LINK](#) it will take you to the relevant page on the England Rugby website.



President's Round Up

Merry Christmas to our Cornwall Rugby Family.

Many thanks must go to our Secretary Jane Bell who has instigated and produced this newsletter for the benefit of our fantastic rugby clubs.

Since becoming president I have been mindful of getting to as many clubs as I possibly can during my tenure. My first outing was to the much anticipated derby match at Camborne when they hosted Redruth for the first league game between the two in 32 years. Camborne put on fantastic hospitality and invited many former players and members from both teams. It was pretty warm inside the marquee on a glorious sunny day but old rivalries were forgotten and memories shared with former team mates and opponents. Camborne came out on top in a thoroughly enjoyable game but no doubt Redruth are eagerly awaiting the chance for revenge when they host their neighbours on 16th December.

I saw my home club Bodmin get heavily beaten by a fast, mobile and talented Perranporth side but was delighted to see my predecessor Mr Sumnall in attendance and have a chat. Things look a bit tough for Bodmin at the moment but hopefully they can consolidate and get stronger. Having seen Perranporth play their fixture at home to fellow high flyers Saltash in counties 2 caught my attention. Another glorious day suited the style of both teams and the 1st half was tight before Saltash pulled clear in the second. Both teams produced quality rugby in a great match.

My next match took me further afield to see St Ives take on Penryn. It was another fixture that promised to be close and both sides played attacking rugby from the outset. Penryn would have been disappointed to leave without a bonus point having had the opportunities to get something from the game, if not win it. It was lovely to meet up with my former Bath team mate Ian Sanders and Cornwall team mates from the 1991 final Billy Peters and Tommy Basset. Between Billy, Tommy and me who is the odd one out? No prizes but Jane will let you know who and why in the next newsletter.

Next trip was a short one to Lankelly Fowey to see them take on Wadebridge 2's. It was great to see some familiar faces from both sides playing, however Wadebridge proved too strong as was expected given their 1st teams form. Lankelly Fowey were better than the scoreline suggests and it was an enjoyable match despite the deteriorating conditions.

The following week I got to see Camels 1st's down at Truro. The expectation was for then top of the league Wadebridge to win but Truro belied their lowly league position to produce a fantastic performance to overcome the Camels. This has to be one of the most topsy turvy and entertaining ends to a game in a long while, with the lead changing hands 3 times in as many minutes, exciting and exasperating a good crowd!

This first weekend of December has been a bit of a rugby fest for me. I called into Liskeard to watch the Lions take on Perranporth, welcomed with a lovely cuppa made by fellow CRFU committee member Tony Knightsbridge. Again this was a very competitive game despite the final scoreline. Liskeard Looe led midway through the first half but Perranporth's running, off loading and support play saw them home with a bit of comfort. On the Sunday I went to Falmouth to watch their u15's take on Newquay. Falmouth had been rocked by the sudden death on the Saturday of club stalwart Chris Sanders. Our sincerest condolences go to his family, friends, team mates & colleagues at this sad time. The players, coaches and supporters observed a minutes applause prior to the game which went ahead despite the tragic events the previous day. I didn't know Chris personally but was told he wouldn't have had it any other way. The game saw Newquay win comfortably but I was delighted to see the quality on show from both sides. Falmouth can take positives from scoring the best try of the match and finishing strongly against a very strong and talented Newquay team.

Whilst mentioning Newquay I would like to mention and congratulate Newquay Tretheras School u15's on making it to the quarter finals of the national u15's Cup. They had notable wins on the way, beating Redruth, Wellington & Blundells before losing at a very strong Millfield School.

Following this game I went on down to Penzance to see how the pros do it. Unfortunately Pirates came unstuck against a very determined and physical Doncaster Knights team, but showed real spirit to at least clinch a bonus point with 2 late tries as conditions deteriorated. On reflection The Pirates won't have been happy with the errors and penalty count. One thing from this game I didn't enjoy is players whooping and clapping every mistake made by their opponents. I may be biased but it sounded to me like Doncaster were adept at it in this match! I know they're not the only side that do it but I do not think it is in the spirit of the game and sets a poor example to our youngsters.

So that's my round up of where I've been and the games I've seen. I am extremely grateful to have been made very welcome everywhere. It has been great to catch up with some old faces, see exciting talent (both young and not so) and some great rugby. Long may it continue and to all clubs keep up the good work.

All the best for the New Year and see you soon.

England Rugby Page

Training Courses

What Training Course is Right for Me?

The England Rugby Course Booklet provides you with all the information required to ensure the course you choose is correct for your needs.

[Training Booklet 23/24](#)



Income Generation Resource

Please use this [link](#), to an Income Generation resource that has been created by the RFU.

To help your club maximise its potential, the guide provides information and ideas for:

- generating revenue
- brand awareness
- engaging the community
- attracting sponsors

CORE VALUES (TREDS)

Rugby's values of Teamwork, Respect, Enjoyment, Discipline and Sportsmanship are what makes the game special for those who enjoy the environment and culture they create. They define the game and define England Rugby.

TEAMWORK

Teamwork is essential to our sport.

RESPECT

Mutual respect forms the basis of our sport.

ENJOYMENT

Enjoyment is the reason we play and support rugby union.

DISCIPLINE

Strong discipline underpins our sport.

SPORTSMANSHIP

Sportsmanship is the foundation upon which rugby union is built.

If you would like to submit an article or club event to our bi-monthly newsletter, we would love to hear from you.

Email: janebellcornishrugby@gmail.com

Newsletter schedule:

October, December, February, April, June, August

