



In Touch

IPSWICH RUGBY FOOTBALL CLUB

Welcome!

Welcome to the fourth issue of In Touch the newsletter from Ipswich Rugby Club. This edition features match reports on our first win of the season against Mersea Island and last weekend's match against Braintree. Also featured this week is the club captain Alex Primmer and a profile of the club's Director of Bar and Catering Richard Young.



Richard first started playing rugby whilst studying engineering at Leicester De Montfort University; however he had to give up when at the early age of 21 he was diagnosed with cancer. His involvement with Ipswich Rugby Club began when at the age of 34, encouraged by his brother the first team hooker, he started playing again. Richard played

in the second row for the Magpies, 3rd's and Ipswich Barbarians. In fact Richard used to play alongside the chairman of the Youth and Juniors Dave Edwards when Stu Hudson our resident expert was referee.

Through his son, Richard became involved in coaching youth sides at the club, starting when Thomas joined at 5 1/2 years and continuing to the present day with the U15's. During this time Richard attained all the relevant coaching certificates.

Richard enjoys the social side of rugby which may explain why he became the club's Director of Bar and Catering. Because of his relationship with Mark Greetham the club Secretary - Mark is Richard's godfather - Richard first started looking after the club on a Sunday morning, culminating with him becoming the licensee holder earlier this year.

The entire Young family are heavily involved with club, his wife Alison aided by daughter Hannah run the club shop at the weekends. Alison has been instrumental this season in setting up the online shop; this has proved to be very successful. Not content in running the shop Alison is also the Team co-ordinator for the U15's side.

Richard is very excited about the prospects for the club both on and off the pitch. He enjoys the fact that a number of players who first started playing rugby with the juniors are now in the first XV. He is also enthusiastic about innovations introduced this season such as In Touch, the online shop and the revamped website, all of which are positive steps forward for the club.

Away from the club Richard runs his own haulage company based at Martlesham, R.J.Young Logistics. This involves a lot of early mornings and nights away from home. Every year during the closed season Richard provides the diggers and works to clear and level the club's car park, as featured in issue 3 of In Touch.

Kate Hughes



First win of the season

10th October
Ipswich 13
Mersea Island 10

Ipswich ground out a well deserved win against Mersea Island in front of an ecstatic home crowd.

First XV news

Match Report 10th October 2009

Ipswich 13 Mersea Island 10 by David Broughton

At last Ipswich ground out a win in front of a large home crowd, but didn't have everything their own way in this bottom of the table tussle.

Prior to the game starting there was a minutes silence in memory of the Keith Harris who passed away suddenly on 25th September, a former player and secretary of the club.

The game kicked off with Ipswich making good use of the strong breeze pinning Mersea deep into their own half. Within the first minute of play Ipswich had crossed the try line but for the try to be ruled out when it was deemed that the Ipswich wing had clipped the touchline. After eleven minutes of pressure, Ipswich was awarded a penalty on the edge of the 22 metre line for hands in the ruck, no.10 Sam Corston kicked the 3 points. (3-0).

Straight from the restart Ipswich went on the attack with wing Travis Kenny and fullback Ryan Potkins linking well down the right wing. The ball was kicked forward for Ryan Potkins to chase and ground just right of the uprights. Sam Corston converted for the extra 2 points. (10-0).

Mersea Island started to settle after the early pressure and enjoyed some good position thanks to their much heavier forwards, from a 5 metre lineout the ball was gathered for a driving maul which the home forwards could not halt, allowing an easy try in the far right corner. The try went unconverted. (10-5).



Within four minutes of the restart Ipswich extended the lead, applying pressure and forcing the visitors to give away penalties

within easy range of goal kicker Sam Corston. On this occasion the visitors were caught infringing at the side of the ruck from 26 metres out. (13-5).

The second half kicked off with Mersea kicking long into the Ipswich half applying pressure, only resolute tackling kept the visitors at bay. After eighteen minutes of play Mersea reduced the deficit with a try, again the forwards winning good ball before passing out for the big replacement centre to score in the left corner. The conversion was missed. (13-10).

The remainder of the game seemed to be panic rugby with both sides kicking away hard earned possession. With only eight minutes of play left Ipswich had the opportunity to stretch the lead with a penalty 25 metres out on the right side of the field, on this occasion Sam Corston was just wide of the uprights. Final whistle went and Ipswich had won their first game of the season.

Head coach Aaron Brown said after the match that he was happy to at last get a win, but at the same time disappointed that the game plan was thrown out of the window in the second half. Had we



stuck to the game plan the win would have been much easier. The defence was good and solid for most of the match; we must build from here and go forward. Man of the Match was awarded to prop forward Dean Woodgate for his play in the out field in defence and ruck ball.

Braintree 15 Ipswich 12

On Saturday 17th October Ipswich played away to Braintree. A full match report can be found on the website www.ipswichrugby.com

Next First XV Match

24th October **Sudbury**, Humber Doucy Lane, 3pm kick-off.

Magpies win again!

17th October, **Magpies 37 Wattisham Warriors 5** at Humber Doucy Lane, making 3 out of 3 wins in total.

League Table - London 2 North East

	P	W	D	L	PF	PA	PD	Pts
Thurrock	5	5	0	0	234	28	186	10
Colchester	5	4	0	1	193	5	117	8
Braintree	5	4	0	1	115	7	3	8
Sudbury	5	3	1	1	119	22	38	7
Romford & Gidea Park	5	3	0	2	113	12	-8	6
Saffron Walden	5	3	0	2	114	12	-9	6
Norwich	5	2	1	2	117	16	31	5
Chelmsford	5	2	0	3	107	19	5	4
Harlow	5	2	0	3	91	39	-33	4
Ipswich	5	1	0	4	54	32	-79	2
Enfield Ignatians	5	0	0	5	46	34	-94	0
Mersea Island	5	0	0	5	42	42	-157	0



Interview with Alex Primmer

Over the coming months we will be featuring an interview with a member of the First XV squad. This week In Touch was pleased to meet Alex Primmer the Club Captain.

This season is Alex's first as Club Captain. Alex is an Ipswich lad through and through. He first started playing rugby for the club with the U10's, and has come up through the different youth teams to the First XV side where he plays in the second row. As he told In Touch he is "a one club man".

In fact Alex is not the only senior player to have come through from the Youth and Juniors section. There are currently eleven members of the squad who have started playing rugby with the juniors; players such as Ben Goodall, Ryan Potkins, Louis Pentelow and Mark Broughton. The current First XV is a young squad and Alex is excited about the potential of the team.

Although Ipswich has had a tough start to the season due to a number of key players being injured, Alex is very optimistic about the rest of the season. With a number of players returning from injury this weekend, he sees no reason why Ipswich shouldn't aim for promotion.

The position of Club Captain is a great honour; this involves being a leader on the pitch and setting an example during training. Being in the First XV takes up a significant amount of Alex's time, training twice, sometimes three times a week and playing on a Saturday. Earlier this year Alex managed to find the time to get married, and he and his wife Claire are expecting their first baby in March. Outside of rugby Alex works with the ex-director of rugby Mike Hancock selling woodworking tools.

Come and watch Alex and the rest of team play arch rivals Sudbury at home on 24th October.

New Club Procedure

Due to a recent incident when an Ipswich youth player was sent off during a match, the club's Director of Rugby David Broughton has issued the following procedure that must be followed in the event of a **player being sent off**:

Notify IRFC Director of Rugby David Broughton via text message or email on the day of sending off. Contact details can be found in the Club Handbook. Remember to give the players name, date of birth and RFU Registration number (If known), in addition to the reason for the dismissal.

DO NOT as a Player or Coach approach the referee with regard to any sending off offence.

Make notes of what happened and get names and contact details of any witnesses to the incident.

Coach / Team Managers must notify the player concerned to make themselves available for a Club Disciplinary Panel Meeting within the week.

In the event of an Ipswich player being sin-binned:

Coach / Team Managers please notify the club via email of any player being sin-binned during any game representing IRFC:
club@ipswich-rugby.co.uk

Youth & Juniors news

Match Report

Under 13's, Lowestoft 12 Ipswich 27

From the first kick-off the Ipswich Wasps were down Lowestoft's throat, and stayed there for forty minutes. Constant rapid closing and extremely good use of the width of the pitch by passing the ball out to the wings, had the Wasps swarming through the very ragged Lowestoft back line, and within five minutes of the start of the game Ryan crossed the try line to open the scoring touching down just outside the posts to give Dominic his first chance to convert the score to an early 0-7 lead.

More well drilled ball in hand passing and using the speed merchants on the wings saw Rob Leggett scoring in the corner to increase the first quarter score to 0-12, unfortunately too far out for Dominic's kicking range, but giving an end to the first quarter of a very convincing 0-12 lead.

Lowestoft started to introduce a few "taller" players but with the wind behind them the Wasps were in no mood to slacken and the second quarter developed into a closer forwards game with many good pick-up and runs from

Tui & Matt, supported by the entire pack the Wasps pitched camp in Lowestoft's half with only the occasional need to cross back into their own half to maintain the solid defence. Through the constant pressure the forwards were eventually rewarded by a score through Matt who again grounded the ball giving Dom too much to do to add the extra 2 points.

In the dying seconds of the half a break away run by one of the larger Lowestoft players was magnificently held up causing them to perform an illegal double movement of the ball seen by the ever present referee who disallowed the attempted score, the half closed out at 0-17.

Once Lowestoft returned to the field they were again quickly put under the cosh and never looked like breaking the Ipswich defence. Back to the expansive wide game the ball passing from hand to hand as the continual drills through training demands, again providing the reward with Willo getting the only score of the 3rd quarter to increase the points to 0-22.

Lowestoft now tired of the one way traffic introduced the last of their larger players, so now with 4 under 14 players on the field the Wasps again applied the pressure and Alex using all his height reached across the try line for the 5th try within minutes of the restart. 0-27.

Finally the extra size and speed of the Lowestoft "big guns" told and with a break through the middle of the field brushing away the tacklers, Lowestoft finally breached the defence for their first score 5-27.

A failed conversion attempt was soon followed by another tackle breaking run with the rewarded of the 2nd Lowestoft score this time converted, but with the final whistle following the extra 2 points a fantastic Wasp performance resulted in a formidable 12-27 final score with all the opposition points being scored by the under 14 players in the Lowestoft team I think we can forgive them not keeping the door totally shut.

Source: Martin Taylor

Bury St Edmunds Festival

A great time was had by all in glorious sunny weather at the Bury St Edmunds festival on Sunday 18th October. There was plenty of really competitive rugby at this well organised event and a great showing from the Ipswich teams, three of which got through to their finals and two to their plate finals.



U7's receiving their plate

Under 7's

Pool B winners and runners up in the final.

Ipswich 8 - Sudbury 5
Ipswich 7 - Shelford 6
Ipswich 6 - Bury Saints 2
Ipswich 4 - Woodbridge 1

A great day for the Under 7's at their very first festival, not only winning their group convincingly but going on to play really well in a tough final. The result of the final was Ipswich 5 - Bury Wolves 7, with Ipswich 4-4 at half time. This was a huge achievement for the Ipswich team which included several youngsters who

had not played in competitive matches until the festival because they have only just turned six.

Well done to the U7's and also many congratulations to Henry McLeod Scott who won 'Player of the Tournament' award.

Youth & Juniors news continued

Under 8's

Pool B runners up and winners of the plate final.

Ipswich 5 – Sudbury 3
Shelford 6 – Ipswich 3
Bury Saints 1 – Ipswich 7
Ipswich 6 – Woodbridge 4



Player of the tournament Archie Wallace receiving the U8's plate

The Under 8's enjoyed some competitive and fast-paced games in a strong group. The first game against Sudbury set the tone with last season's nemesis being overcome in a very even match. Alexander Williamson stood out with some crucial tries but this was a true team effort with slick passing and movement making the difference between the sides in the closing minutes.

Ipswich faced a fast and well organised Shelford side and went behind early on in the game failing to get back into it. The remaining two games were more clear-cut victories with plenty of pace and excellent tagging on display from Ipswich.

The plate final saw Ipswich facing a strong Newmarket side. Ipswich put on a determined front! Excellent running from Archie Wallace, our player of the tournament, led to the winning try. Well done U8's!

Under 9's

Pool B winners and runners up in the final.

Ipswich 3 – Sudbury 1
Shelford 2 – Ipswich 3
Bury Saints 2 – Ipswich 3
Ipswich 4 – Woodbridge 1



A great performance from the Under 9's earning themselves a place in the final at their first festival playing contact rugby. The final against Diss was competitive and ended 1-0 to Diss. There were courageous performances from the team, notably Charles Wareham who injured his knee during the game. It was great to see the Under 9's do so well this early in the season.

Under 10's

Pool B winners and runners up in the final.

Ipswich 2 – Sudbury 1
Shelford 2 – Ipswich 3
Bury Saints 1 – Ipswich 6
Ipswich 3 – Woodbridge 1

I have to say that I came away from BSE emotionally drained from the day, but smiling and proud of all the individuals who took part. It was a great day of fun and a major showpiece of U10 rugby by many teams, but in particular Ipswich.

Every single player stepped up to the plate and worked very hard to the point that from five matches we had only 90 seconds of rugby where we were not on top. Sadly this was at the end of a compelling final against Diss RFC where the game changed from being 2 tries to 1 up with seconds remaining, only to concede an equaliser in the last play of the match followed by an early "golden try" in extra time.

Diss is a fine rugby club, often supplying county players especially up front, and it was here that they had bigger players and a little more luck. This was all that separated us from winning in style and coming second.

I thought some players went beyond the call of duty yesterday. In particular Dan Clarke, Charlie Pearse and AJ Clement who played a huge amount of rugby, Felix Sheppard and Kalib Muller who each made some brave and monumental tackles, and James Vickers who played every minute of every game and never dropped his head, always used his brain and speed from the base of the scrum and allowed our backs to really be involved. Well done everyone – we will be back!!

Report: Coach Simon Ruffles

Under 11's

Ipswich 0 – Sudbury 2
Shelford 1 – Ipswich 1
Bury Saints 2 – Ipswich 1
Ipswich 0 – Woodbridge 1

Under 12's

Pool B runners up and [waiting confirmation of plate final result]

Ipswich 3 – Sudbury 0
Shelford 0 – Ipswich 0
Braintree 0 – Ipswich 0
Ipswich 2 – Woodbridge 0



For all of the Youth & Juniors full match day reports see the website:
www.ipswichrugby.com

Forthcoming Events

Pre-Match Lunch

If you would like to attend the pre-match lunch on Saturday 24th October please contact the club on 01473 724072 or email club@ipswich-rugby.co.uk

Club Shop

The Club Shop is open on Sundays for the sale of sportswear including replica shirts, club shorts, socks, studs and leisurewear. The club office is manned Monday to Thursday 9am - 5pm for enquiries. Alternatively telephone the club office on **01473 724072** and leave a message or email club@ipswich-rugby.co.uk

Online Shop

Alternatively you can purchase kit from the new online club shop not only do we offer our familiar Black and Gold kit, but also additional rugby items, plus selected clothing for the ladies as well! We continue to stock Gum shields, socks, studs, ties etc in the club shop plus a small selection of other items for immediate purchase or to view.

Visit www.ipswichrugby.com and follow the link to the online shop.

Ref's Corner

Here our resident referee Stu Hudson aka "Blind as a Bat" continues his explanation of Law 11.

11.1 Offside in general play

(a) A player who is in an offside position is liable to penalty only if the player does one of three things:

- Interferes with play or,
- Moves forward, towards the ball or
- Fails to comply with the 10-Metre Law (Law 11.4).

A player who is in an offside position is not automatically penalised. A player who receives an unintentional throw forward is not offside. A player can be offside in the in-goal.

(b) Offside and interfering with play. A player who is offside must not take part in the game. This means the player must not play the ball or obstruct an opponent.

(c) Offside and moving forward. When a team-mate of an offside player has kicked ahead, the offside player must not move towards opponents who are waiting to play the ball, or move towards the place where the ball lands, until the player has been put outside.

11.2 Being put on side by the action of a team mate.

In general play, there are four ways by which an offside player can be put outside by actions of that player or of team mates;

(a) Action by the player. When the offside player runs behind the team-mate who last kicked, touched or carried the ball, the player is put outside.

(b) Action by the ball carrier. When a team-mate carrying the ball runs in front of the offside player, that player is put outside.

(c) Action by the kicker or other onside player. When the kicker, or team-mate who was level with or behind the kicker when (or after) the ball was kicked, runs in front of the offside player, the player is put outside.

(d) When running forward, the team-mate may be in touch or in touch-in-goal, but that teammate must return to the playing area to put the other player onside.

Stu Hudson

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Contact: If you have any questions or comments regarding the content of this newsletter or wish to contribute please contact Kate Hughes on 07740 554418 or email: kate.a.hughes@btconnect.com