



Season reaches climax!

Suffolk Plate

Southwold play Ipswich YM on 16th April in the final of the Plate. As this was the only date they could fit in they have both generously dropped out of the Cup.



Chadacre Cup rounds started on March 19th when Stowmarket beat Sudbury 34 - 25. Our giant killers now move on to the semis.

Other Quarter final:

Colchester v. Bury on Tues 5th April KO 7.30.

Since Ipswich have withdrawn from the competition the winner goes through to the final

Semi on 2nd

Mersea v. Stowmarket

Final on 30th April

Colch / Bury v. Mersea / Stow

Looking at Structured Season for next season it looks as though the RFU are dropping their Cups! So will Counties or EC fill these gaps?

Thorpeness held their **Harling Cup** last weekend with the hosts losing narrowly to Ipswich YM 21 - 29. A great day was had by all with money being raised for Help the Heroes and Lifeboats.

Mistley have their President's Day on 30th April. Always a brilliant occasion.

Woodbridge are having a lunch on April 2nd followed by the Amazons playing Portsmouth Valkyries. A Saturday afternoon of women's rugby.

9th April Tracy will be marrying Dave Alford of Felixstowe. Will their honeymoon be on a bicycle made for two?

Youth Cup Matches

These have now almost come to a conclusion after the League system has run it's course. The results are:

U16 Colchester & Ipswich share Cup with same points

U15 Colchester

U14 Waiting on Colchester to play Bury.

U13 Ipswich

The **'Emerging Schools Competition'** has taken place with a wonderful finale at Ipswich RFC. Having seen the statistics there are a lot of boys (and girls - their final is in May) playing in the schools. Clubs need to tap into them.

Development Festivals

U14's at Sudbury and

U13's at Stowmarket were a tremendous success. Thanks to Ross and all those involved. This is an ideal way to get small Clubs involved and get them up and running. Well done. Thanks to host Clubs too!

Girls Rugby

We haven't set dates for U15 & U18 trials yet but we will contact coaches direct. It is planned to have a triangular competition between the three Counties on May 1st. Watch this space.

Coaching

3 April - **Ruck and Maul** (Mini & Youth) - Ipswich RFC

18 April - CPD - **Defence in Phase Play** - Colchester RFC

3, 8 & 15 May - **Level 1** -

Colchester VI Form

7, 8, 15 & 21 May - **Level 2** -

Waterbeach Barracks

22 May - **ECRU Coaching**

Conference - Kings School, Ely

29 June & 3, 10 July 2011 - **Level**

1 - Colchester VIth Form College

Contact John Winders for info

County Trials

Very few turned up for first one.

Let's hope more turn out tomorrow!

April 13th Jon Williams Memorial match at Colchester

Suffolk v. Select side

April 20th Cambridgeshire v. Suffolk at Ely KO 7.30

May 5th Suffolk v. Norfolk at Sudbury KO 7.30. This will be

preceded by a pre-match dinner at 6.30.

Contact Peacock to book



Mixed season for Suffolk Clubs

London N1 - Colchester & Bury safe.

London NE2 - Ipswich lie 5th.

Sudbury had a good win on Sat. which may save them from relegation.

London NE3. Sadly Mersea are heading for relegation

EC1 Stowmarket have had a storming season and will go up!

EC2 Ipswich YM have had an incredible season too winning this League with their Hawks winning Suffolk League 2.

Wattisham won Suffolk League 1

Full review of the season at the Annual Dinner.

Safeguarding Officers Course at Cambridge on 15th May 1.00pm



Summer Touch

Launch this at your Club this summer to recruit more members and get your Club used in the close season. More info to come out from Lee Adamson. Training Day on May 8th.

Annual Dinner on May 20th at Southwold in their beautiful new Clubhouse. Start planning now!

Minibuses will be running from some Clubs. Guest speaker and free beer from Adnams. Find out who wins Fair Play & President's Cup