



Cumbria Rugby Union Newsletter

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MORE PLAYERS - MORE TEAMS - MORE GAMES

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Allerdale Young Officials after recent training hosted at Netherhall School.

Allerdale Developing Young Officials

9 Yr 10 male and female students from Netherhall and Cockermouth Schools completed the Old Mutual Wealth – Kids First Young Referees Course recently. This is part of the Cumbria RU Development Team's commitment to developing more Young Officials and offering them the opportunity to develop their skills by supporting the local delivery programme with an array of festivals. The Young Officials will start with a local Primary school event, then look to progress to club and school fixtures. For those showing promise there is the option to develop into a Young Whistler, which is a great pathway to support internal club and external CB activity in Cumbria. Many graduates are now looking to support the Cumbria RU Referees Society after starting on this very introduction.



Lakes College host Girls Rugby Festival

As part of the ongoing development of the Women's and Girls Game in Cumbria, Lakes College recently held an U15 pitch up and play event for girls from; Beacon Hill, Keswick, Netherhall, Solway & Workington Academy. Teams worked together on a cold day to maximise activity and provide playing experience for all. The next event is coming up at Penrith RUFC on the 21st February and is for U13 teams. For U15 teams in Cumbria there is an event coming up on the Tuesday 27th Feb at Netherhall RUFC.

Walking Rugby a hit at Kendal RU

Age UK South Lakeland, Kendal RUFC and the RFU have partnered up to offer a new variation of Rugby. The programme has been set up to allow older people to get involved in the game allowing them to keep fit and healthy, as well as it being a great opportunity to reduce social isolation with the use of the club facilities in the lounge bar after each session. Walking Rugby is a simplified version of the game and is suitable for all abilities and genders, for ex Rugby players and those interested in Rugby without any experience. The programme has just finished a 4 week trial period and due to the success of the trial will now be offered as a regular weekly opportunity every Wednesday afternoon from 2-3pm. For more information on the sessions, please contact Age UK South Lakeland on 01539 728118 or visit the Kendal RU Website - <http://www.kendalrugby.co.uk/news/over-50s-walking-rugby-every-wednesday-2pm-3pm-2165820.html>



Players from the Egremont U11/12's Squad @ Falcons

Egremont U11/12's @ Falcons

Egremont RUFC U11/12 squad had a fantastic day out at the Newcastle Falcons v Exeter chiefs premiership rugby game. At half time the large crowd at Kingston Park saw 24 young players from Egremont RUFC on the main pitch for a "practice" game between themselves. It was an awesome experience for all the players and one they will never forget! To add to the occasion the Falcons also turned over the Premiership Champions in an outstanding performance with a team containing quite a few Cumbrian's. Hopefully the display will inspire many more young players to follow their footsteps into professional rugby.

Cumbria's International Rugby Stars

It's a proud time for Cumbrian rugby at the moment with players starting to come through our systems. This month we see;

- Chris Harris included in the Scotland 6 Nations squad.
- Gary Graham included in the England 6 Nations squad.
- Abbie Scott included in the England Women's 6 Nations squad.
- Mike Ellery included in the England 7's Squad.
- Guy Graham included in the Scotland U20's squad.
- Lee Brumpton & Angus Fulton (Carlisle) and David Hanabury (Wigton) included in the England police squad.
- Hannah Sherlock (Carlisle Cougars) included in the British police Women's squad.

We also have Catherine O'Donnell pushing for England Women and a numbers of other Junior Internationals working their way through the ranks.



A wealth of talent in Cumbria!

News

- Allerdale Develop Young Officials
- Lakes College host Girls Festival
- Over 50 Walking Rugby @ Kendal
- Egremont U11/12's @ Falcons
- Cumbrian Internationals Star

For more events, news & Info –

<http://cumbriarfu.pitchero.com/>

Interested in running a course at your club???

If you are interested in running a course at your own club we now have a certain amount of flexibility through our club centric approach. If we have a critical mass of numbers we can support this and open up to other local clubs to deliver to your needs.

Do you have some news? Don't forget to let us know and we will feature you in the Newsletter!

Upcoming Events in Cumbria

- 12th Feb – CRU Team Meeting @ Lakes College – 10am-1pm
- 13th Feb – CRU Management Mtg @ Penrith – 7-9pm
- 18th Feb – Girls Development Day @ Penrith RU – 1-3pm
- 19th Feb – CRU Team Mtg @ LCWC – 10am-1pm
- 21st Feb – Play it Safe Course @ Silloth – 6:30-9pm
- 18th Mar – Girls Development Day @ Netherhall – 1-3pm
- 31st Mar – Cumbria RU Cup Final – Venue & Date TBC
- Monday's – LCWC (7-8) & Kendal (6:30-8) – Pitch up and Play Touch Rugby.

Pictures of Activity in Cumbria are on our Facebook Group 'Cumbria Rugby Union Pictures'!

Don't forget to send us your news!



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