



PENGUIN INTERNATIONAL
RUGBY FOOTBALL CLUB

Rugby Football Union | Kent County RFU

SUMMER NEWSLETTER 2015



PENGUINS OH-SO-CLOSE AT THE SINGAPORE CC SEVENS



Also in this issue:

- + Coaching in Rwanda, Gibraltar, Brunei Darussalam, Indonesia & Malaysia
- + PIRFC at Cambridge and Oxford Universities
- + Alan Wright's award from the RFU
- + The Capital Club Dinner
- + Coaching Penguins - the film!



Welcome to the PIRFC Summer Newsletter for 2015

Since the publication of last Summer's Newsletter the Penguin International Coaching Academy and the King Penguins have run several highly successful and enjoyable sessions in Rwanda, Gibraltar, Brunei Darussalam and Indonesia/Malaysia.

On the playing front the King Penguins have toured Rwanda, whilst the Penguin International RFC have taken part in the Singapore Cricket Club International 7s and also played their annual fixtures against Cambridge and Oxford Universities. You can read all about these tours and matches within these pages.

Further on we have the latest news on an exciting new film about the Club called 'Coaching Penguins'. It features the story of our February coaching tour to Cape Town. Production will be completed in the Summer. Read more on page 22.

The Club also reached the semi-finals of the Hong Kong FC 10s at the end of March. We've not had time to prepare a feature about the tournament in time for this newsletter, so look out for a full report plus pictures in the next!

Coming coaching activities, fixtures and tours

- ◆ Playing Tour to Germany - Penguins v German Development Team. (6th June - see page 24 for more details)
- ◆ tba HSBC Penguin Coaching Academy - Grass roots and player & coach development - India
- ◆ 1st - 5th June - HSBC Penguin Coaching Academy - World Rugby Coaches Level 2 Course - Kuala Lumpur, Malaysia
- ◆ 1st - 9th August - HSBC Penguin Coaching Academy - Grass roots player development, 7s & coach development - Philippines
- ◆ 21st - 23rd August - King Penguins Tour - John Zimnoch's Home Coming Tour - York, UK
- ◆ 31st October - 15th November - HSBC Penguin Coaching Academy - Grass roots and player & coach education - Malaysia and Indonesia

If you'd like to join the Penguins on any trips please contact **Craig Brown** - craigbrown@penguinrugby.com

◆ Cambridge University RUFC at Grange Road, Cambridge. Date tba, 2016.

◆ Oxford University RFC at Iffley Road, Oxford. Date tba, 2016.

If you'd like to join the Penguins at the Varsity matches please contact **Steve Hill** - steve8hill@googlemail.com

◆ **The St James, Caledonian and Penguin International Golfing Society Fixtures** (contact **Tony Carpenter** - tony@douglas-grove.co.uk for more information). 26 June 2015 at The Berkshire Golf Club (the tournament is always played on the last Friday of June each year).

Please keep an eye on the Club website for up-to-date news as and when it happens: www.penguinrugby.com

Grove Industries and Tsunami - our sponsors

We are sure all members will join with us once again in expressing our thanks to Grove Industries and Tsunami for their continued support, interest and sponsorship of the Penguin International RFC.

HSBC Sponsorship News

HSBC has expressed a wish to continue its support by sponsoring the Club's coaching activities. It is expected that an agreement will be signed shortly and the HSBC Penguins Coaching Academy will be busy in the coming years supporting HSBC's grass roots development programme around the world with a focus on Asia in 2015.

Grove Industries founded in 1983, operates apparel sourcing and manufacturing operations on an international scale. Its products are manufactured in China, Hong Kong and Macau. Other locations include Philippines, Indonesia, Mauritius, India and Sri Lanka.

www.groveind.com



A concept since 1998 and born in 2003, Tsunami Sport was established with the objective of providing a range of international quality sports apparel to athletes at club level in a variety of sports.

www.tsunami-sports.com



PENGUIN INTERNATIONAL COACHING ACADEMY AND KING PENGUIN COACHING NEWS

King Penguin coaching support to Rwanda Rugby, June, 2014

Following their win over Rwanda in the 2011 Hong Kong Kowloon 10s, the King Penguins fulfilled their pledge for a rematch with an outstanding tour of Rwanda in June 2014. As with all tours, the anticipation and expectation was huge, and in this case expectation was exceeded on all fronts.



Craig Brown coaching in Rwanda

After at least a gallon apiece, with Marty and Gings already ahead after a fun stop in Jo'burg, and some large bellies filled, the bill for all of this of \$120, including tips, set the tone for some welcome prices after the excesses of Australia last year.

The Captain's Run on the Thursday night was another fine affair, as the team assembled from around the globe, fuelled by free food and beer from the hotel as an apology for a horrendous bookings mix up. By the time the last King Penguin, Coach McKittrick/McKitty, arrived minus luggage at midnight the cat was truly out of the bag.

Friday morning saw the collation of all the kit we had brought for donation, which amounted to well in excess of 1500 items, including 150 coaching booklets/videos, 75 balls, 12 full sets of strips, 10 pumps (to prevent trips to garages!), and eight first-aid kits. It was a fantastic effort by all concerned, making many people happy. The same morning, many of the tour party took the opportunity to visit the Genocide Memorial, which was an incredibly moving experience and a timely reminder of the tragic history of this magnificent country.

On the Friday afternoon the KPs split into two groups, the first going to the Rwanda Orphans Project (www.rwandanorphansproject.org). Our host at the orphanage was Kamanda who is one of the Friends of Rwandan Rugby (www.friendsofrwandanrugby.com) coaches. The KPs were blown away by the happiness of the kids, and by the devotion of Sean and his staff who have answered the call to run the orphanage. The yells of joy when we handed out a set of Harlequins jerseys, and the fun when going through a lineout lifting routine will stay with us forever. It was great to see the hope and opportunity being provided here, and to witness the kids' love of the oval ball.

The tour began early on Monday morning with a snifter at Edinburgh Airport for the advanced party of Keith Wallace and our mascot KP, off on his third tour in in his third Continent. In true Penguin tradition others began arriving over the next few days from Scotland, England, Wales (Duncan our closet Welshman from New Plymouth), New Zealand and Australia whilst especially shipped in for the match were five young Ugandan, to provide the much needed gas.

The first yahoo was at a local hostelry, named Carwash, where the initial contingent quaffed ale in the company of our Rwandan hosts, and indulged in a bountiful BBQ including the first encounter with two Rwandan staples, potatoes and BBQ'd goat. The former superb, the latter often good jaw training.

The yells of joy when we handed out a set of Harlequins jerseys will stay with us forever





The second group went to St John Don Bosco School in Kigali to coach around 200 youths aged from eight years to 18 years, some of whom were complete beginners but others possessed no little ability. The U16 and U18 players in particular, looked to have some very talented kids. Four groups were split out by age with Coach Harris taking the 12 years and under group, Coach McKittrick taking the U14s, Coach Brown the U16s and Coach Patel the U18s.

The sessions proved a great success and lasted several hours despite the 30°C heat. Plenty of water breaks were the order of the day – especially for the coaches! It is said, that as a coach, one is constantly learning, a maxim to which Coach McKittrick will surely subscribe! Even he, with all his vast experience of coaching at the very highest levels of the game, was confronted in Kigali with a situation new and perplexing, and one not covered in any coaching manual. Having exhausted his repertoire of drills with his U14s, Coach McKittrick moved the session to the 'divide two teams for a game of touch' routine. After a bit of jostling and organising he was confronted by two equal teams, in mixed attire but of no obvious pattern or similarity. As he delved the depth of his experience, and having quickly scanned the kids in front of him to confirm that they were all shaven-headed young men he came up with the normal solution that one team would play in skins. Compliant and happy to the last, the U14 group duly whipped off their shirts only to draw a gasp from McKitty. His composure having quickly disappeared, our confused coach managed a spluttering and stuttering rearrangement of his charges by instructing the (now) topless shaven-headed girl to hastily don her shirt and join the 'shirted' team. Which, completely unfazed although a little nonplussed, she duly did! Crisis averted, but new nickname earned for coach T McKitty for the remainder of the tour!



Coach McKittrick suddenly becomes known as 'T McKitty' at the St. John Don Bosco School!

Upon the arrival of the group who visited the orphanage at St John Don Bosco School, the squad engaged in a very brief run out at dusk, in preparation for the test match the following day. The practise session was aimed at sorting out some line-outs, crafty back moves and plays in certain field positions, whilst trying to conserve as much energy as possible. It was a half-hearted effort in truth, as fatigue had more than taken over by that point and re-hydrating beers were long overdue. Eventually we returned to the hotel for a swim and tidy up, and then the KP's retired to an excellent local restaurant with their hosts.

Suffice to say an afternoon of exertion in the fierce sun and the anticipation (some might say trepidation) of a big game the next afternoon, saw a pleasant but extremely quiet dinner taken, and an early night, the exceptions being T McKitty who made up for lost time, and an injury struck Uncle Buck.





Penguin International Coaching Academy Session in Gibraltar. 28th - 31st August, 2014

Three Penguin Coach Educators, Gary Henderson, Rob Clilverd and Lynn Evans, visited Gibraltar during the last few days of August to deliver the IRB Level One Coaching Course at the Victoria Stadium to 22 coaches from the local rugby community.

The local coaches' experience covered a range of responsibilities from coaching young children, teenagers and adult teams from the Gibraltar Super 4 Competition. The course introduced coaches on how to coach effectively, through games and safely led activities, to developing a deeper understanding of rugby techniques. The local coaches also completed their Rugby Ready and Laws assessments as well as passing their IRB Level One course.

The feedback from the coaches was effusive, and it is hoped that the Penguins will support the return of Coach Educators to deliver a Level Two in the very near future.



Coaches on the IRB Level One course, working alongside Gibraltar Airport, with coach Lynn Evans



Group leader Gary Henderson working with his group under the backdrop of the famous Rock of Gibraltar



Penguin International Coaching Academy to Brunei/Darussalam, 25th October, 2014

The Penguins visited Brunei for the first time in October 2014 and ran a session for the local Bandar Vixens ladies team. Penguin CEO Craig Brown made the visit as part of the Club's tour to Singapore to play in the SCC 7s.

Local rugby enthusiast Ainol Razman Ghazaly organised everything and is the current coach of the Vixens. Ainol explained that the ladies' team is new to Brunei and they have not played a lot of matches yet, but they are all very keen to develop their game. The aim in Brunei is to set up more ladies teams, with the objective to form a league in the near future.

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Fourteen ladies turned out for the ninety minute session, on a slightly soggy field at the Royal Brunei Recreation Club. The experience of the ladies ranged from a few years to a few months.

The session concentrated on handling skills and creating space. In addition, all were taken through the basics of the half back pass.

After the session Craig commented that the enthusiasm levels were huge, and although there was still some work required, the skill levels were good given the amount of time the ladies had been playing. The Penguins very much look forward to returning again one day.



Penguin International Coaching Academy to Indonesia and Malaysia, 24th October - 8th November, 2014



Coaching Numbers

Indonesia:

The Academy facilitated the achievement of World Rugby Level 1 Coaches' qualification for 46 participants, and World Rugby Level 1 Officials' qualification for 36 participants. Additionally, 95 players aged 8-18 years, and 34 of whom were girls, were coached.

Malaysia:

The academy coached in 23 primary schools (266 players in the under 12s age group), and developed the coaching skills of 25 teachers, and in 34 secondary schools (636 players aged 13-17 years) and developed the coaching skills of 39 teachers.

Grand totals for Penguins Coaching during the two week tour

- ◆ 1007 players coached
- ◆ 64 teachers assisted with rugby development
 - ◆ 46 newly qualified level 1 coaches
 - ◆ 36 newly qualified level 1 match officials
 - ◆ 2 club sessions
- ◆ 36 schools worked with
- ◆ 1 university coached

Introduction

An integral part of the Penguin remit is to help grow and develop the sport of rugby around the world, and this is the speciality of the Penguin Coaching Academy. The Academy organises structured rugby coaching programmes and coach-tutoring courses for coaches and young people in countries where that expertise is not available locally. This helps young people improve their knowledge of rugby, and their rugby skills. It also encourages participation in the game of rugby. This, in turn, promotes sportsmanship, teamwork, camaraderie and traditional rugby values, for all of which, the Penguins are renowned.

This coaching trip began in Jakarta on the 24 October and was delivered by coaches from New Zealand, England, Scotland, and Australia.

Penguin International Academy Coaches:

Lee Adamson - England
Rob Drinkwater - Australia
Sheldon Coffin - Hong Kong/New Zealand
Alex Edmonstone - Scotland
Ian Fowler - Australia



Jakarta

On the first two days of this trip, Rob and Alex delivered two level I IRB coaching courses and one IRB level one refereeing course to 82 enthusiastic rugby volunteers from the Jakarta area. These comprised two full days of activity that were well received, and will go on to provide a real boost to the development of rugby and game management in the coming months. Lee arrived with Sheldon on the Sunday evening, only to find that both Rob and Alex had retired early, following two full-on days of coaching.



Monday morning began with an early breakfast and a trip to the Mama Sayang Orphanage. The Penguin coaches spent most of the day with the 125 children. With coaching finished, time was spent talking to all the young people before Sheldon ran a "how to do the Haka" masterclass. Type in this link to see the Haka: <https://www.youtube.com/watch?v=pZIdKjC05YQ&feature=youtu.be>

On Monday evening a session was run for the Jakarta Banteng's RFC.

The coaches split on Tuesday to maximise the number of players coached. Rob and Alex went to the University, and Sheldon and Lee went to a local school. In the evening Sheldon and Lee were able to fit in a club session for the Komodo Juniors at local facilities.

Wednesday morning was spent with Karina, the Indonesian Rugby Development Officer, discussing ways to improve the development of rugby in Indonesia. The group brain-surfed different ways of tackling the challenges of rugby development for young people. Karina left with some new ideas to explore during the coming months.

Bali

The Penguin coaches headed to Bali on Wednesday evening. Greeted by host, Kurt Lovell, the driving force behind rugby development in the busy beach resort, we found Bali in mid-recovery following their annual rugby extravaganza the - Bali Tens.

An IRB Level I course started on Thursday morning for local coaches. This took most of the day leaving us just enough time to get back to the hotel and down to the beach for the weekly touch rugby session. The next day the Penguin coaches travelled two hours up the coast with Kurt, to meet a keen rugby supporter at Pondok Pitaya. As the young people we were scheduled to coach failed to appear, we were able to relax for the day and enjoy the great rugby hospitality provided by Darius Sadell manager at the Surfing and Yoga retreat hotel. It was a day to remember!

Friday morning saw the Penguins fly to Singapore to catch up with the Penguins 7s team, spending a whistle stop 24 hours watching the 7s before heading off to Malaysia on Sunday evening.

Kuala Terengganu

At Kuala Terengganu's airport in the north-east of Malaysia, the group was met by local rugby enthusiasts and taken to the hotel to settle in. Monday was the beginning of four days of continuous coaching and traveling.

The Penguins visited a mixture of primary and senior schools across the province, delivering two sessions per day and covering hundreds of miles. The Penguin coaches were enthusiastically supported by teachers who had achieved their coaching level I through the Cobra Rugby programme (in association with the Penguins).

The schools sent their young rugby players in their hundreds! Lee Adamson commented he had never met so many polite and committed young men, all of whom capitalised on every opportunity to play the game of rugby.



Kuala Lumpur

The Penguins sadly departed Kuala Terengganu on Thursday, although with many fantastic new, rugby memories, and flew to Kuala Lumpur.

Friday was a relatively quiet day. The morning was taken up by coaching a school at the Cobra Club, and we finishing our sessions with a visit to St John's School in the centre of KL – again, well-grounded players with a real love for the game. As the practical session was rained off, we delivered a theory session in a classroom, followed by a Q&A with all the players and staff.

Example session plans from coaching delivery to young players

Session 1

Time: 1 hour

Session Aim: To develop an attacking playing style and promote rugby values

Coaching Objectives:

- ◆ To understand the activities that create "Go Forward "
 - ◆ Demonstrate those activities in a game situation;
 - ◆ Increase the players' ability to catch and pass a ball
- ◆ Understand and demonstrate activities that promote effective teamwork in attack

Session 2

Time: 1 hour

Session Aim: To develop an effective defence structure built on discipline and respect

Coaching Objectives:

- ◆ Understand the key components of a team defence
- ◆ Demonstrate activities essential to an effective defence system in a game situation
 - ◆ Enhance players' abilities to complete an effective tackle
- ◆ Understand and demonstrate behaviours that promote effective discipline and respect for the laws and values of the game





The Penguin International Coaching Academy is extremely proud to have subsequently received a letter (reproduced below) from the Persatuan Rugby Union, Indonesia with regard to the Indonesia and Malaysia tour.

As Stephan Barber mentions in the letter, the Penguin Coaching Academy are always in need of additional sponsors and donors to help us spread the rugby message around the world - so if you think you can help in any way don't hesitate to contact Craig Brown at: craigbrown@penguinrugby.com



PERSATUAN RUGBY UNION INDONESIA

C/- Kinara Building,
Jl. Kemang Raya No.788, Jakarta 12730, Indonesia

Tuesday November 25, 2014

To Whom It May Concern,

I would like to endorse the 'Penguin International Coaching Academy' for its fantastic efforts to promote the growth and development of Rugby here in Indonesia by carrying out World Rugby (formerly IRB) Training and Education courses over the past few years. These courses have assisted Indonesian Rugby greatly by increasing the number of qualified national and expatriate coaches and referees within the Jakarta and Bali regions.

One of the most encouraging features of the Penguin visits over the past two years has been their willingness to travel out to Jonggol, south of Jakarta and do some wonderful 'Community Rugby' with the children from the Mama Sayang Orphanage. I coach some of the young ladies from the orphanage on a regular basis and I know how highly they and all the children at Mama Sayang's speak of the Penguin Coaches. I also know how much the Penguin Coaches themselves enjoy getting out to the orphanage when they visit Indonesia. This is a very worthy experience for all those involved and may the joy of the Rugby exchange continue in the future.

I would very much encourage sponsors and donors to get behind the 'Penguin International Coaching Academy' so that they can return to Indonesia in 2015 and beyond.

Kind regards,

Stephen Barber
Head of International Affairs
Life Member
PERSATUAN RUGBY UNION INDONESIA
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<http://indonesiarugbyunion.pitchero.com>



PENGUIN INTERNATIONAL PLAYING NEWS

King Penguins Rwanda Tour and match, Amahoro National Stadium, Rwanda. June 2014

Matchday: To the delight of the KPs, dawn broke and the sun did not shine, since the prospect of a hard pitch and young, fast Rwandans was already causing palpitations in a land where agoraphobia tablets are hard to come by.

The match was held in the impressive 35,000 capacity Amahoro National Stadium, and the warm up was marked by the KPs appearing on the big screen, with a steward's inquiry revealing, alas, that it was not a wide one. The serious stuff started with a short sharp team talk from Captain Tony 'TP' Penn, reminding us of our duty to the jersey.

In a fitting gesture, Keith Wallace sung the Rwandan national anthem for our hosts. Camera man Uncle Buck shot some great video of the King Penguin team line up during the anthem. Five lung-bursting minutes later, to the delight/relief of several KPs, Rwanda opened the scoring.

Already it was clear that the big pitch suited the pacy Rwandans, and the KPs realised that a long hard afternoon was on the cards. However the competitive spirit never dies and the KPs answered the call. 'We thought you guys would collapse after 20 minutes, but you were still fighting to the end, amazing', was the comment from one of the opposition.

There were some great efforts for the cause with a long chase back and last ditch tap tackle by Raeburn the pick of the bunch. Meanwhile the oldie threesome (in chronological order) of Cockburn, Harris and Wallace may have felt like they had clicked the wrong button on the SAGA Holiday website, but they put their bodies on the line with Cobie's knees replacement timescale having a couple of years shaved off, Wallace's finger pointing in one direction and Harris's nose in the other. All this was buoyed by 60 screaming supporters from the Orphanage cheering every Penguin move.

The serious stuff started with a short sharp team talk from Captain Tony Penn reminding us of our duty to the jersey



In a great game with a many a clash of styles highlights to note include: the KP's pack admiring the rapid support play of the Rwandans from afar; but having their moments when stuffing it up the jumper; Sam, Howard, JK and the young Ugandans keeping the wheels on the bus, just; our defence gave Brown plenty of practice in chasing kick-offs; meanwhile the rapier sharpness of the Rwandan backs was countered by the barrelling directness of TP and Gings; whilst Yuill 'call me Andy' Irvine, came on late for his third successive international appearance, taking his career games to four; and did an amazing Yuri Geller-inspired hard stare on the ball to ensure that it bent away from him safely to touch.



It was the oldies who finally took the lead 19-17, with two minutes to go, and it seemed that experience would triumph over youth, but the Rwandans fought back and deservedly scored to triumph 22-19, thus levelling the series. Scorers for the KPs were Sam Patel, Duncan Hughes and David Harris, with two conversions by Joel Kimuli.



The scenes after the game were amazing, with the kids from the orphanage on the pitch and kit of all sorts being given away. An exhausted but happy group of KPs soaked in a great experience.

After a wash up and rehydrate, the evening was spent with an after match dinner, with all the right ingredients. Food (including goat, no less), beer, boat races, speeches, presentations, a summary court for the departing Raeburn (with charges for his heinous crime read in Rwandan by Judge Wallace, and a virtuoso display of Japanese by Cobie on his 61st Birthday). Rugby Fellowship at its finest, then off to the nightclub, with the Rwandans managing to declare undefeated at lunch-time the next day, long after the KPs had gone home for cocoa, although Marty ran them close.

Rugby was the winner:

The scenes after the game were amazing...



Above left: Scrum action. Above right: Judge Keith Wallace supports a supporter!

Gorillas Sunday. We awoke to some sore bodies as we broke camp at the Hôtel des Mille Collines, who had recovered strongly from a bad start and served us well. It should be noted at this point that the best phaff of the tour occurred in sorting out our bus. Imagine 16 KPs with luggage squeezing into a 12 seater minibus!

The long bus journey to the mountains, the home of the gorillas, was tempered by a break at a small village where a wedding was going on and Cobie and Gings joined in the dancing, in their inimitable styles. The BBQ's spuds at 15p were a huge success, and more BBQ'd goat was partaken. Here we saw what a lush, fertile and beautiful country the mountainous Rwanda is. Crop farming was a significant industry with fields upon fields of vegetables growing, even on the steep slopes.

Reaching our mountain lodge late (Mountain View Lodge, Volcanoes National Park), it was food and bed for some, but JK chose this for his break out night, which certainly showed the next morning where showing a clean pair of heels to a snail was beyond him. The excitement was growing as we set off at 5.30am to see the Silverbacks. Once there we were in two groups, one on the Susa trail, who were rewarded by a six-hour hike as if bit part players in the old Tarzan movies; some amazing gorilla footage; the rare sight of the TP 'The Naki Bogan' not taking up a challenge, albeit at 210kg his opponent was mighty; and getting a gorilla named after Cobie (who was clearly one in the previous life, some say early in this one); the other group went on a short route saw the gorillas (top travel tip - the short route is the best!!). Harris and Gings almost had a baby gorilla come up and join them, but a watchful Mum reached out her long arm and pulled the wee fella back when he was a couple of inches away.

The early group were back at the mountain lodge by 11:30, had a relaxing lunch and then headed off to the next stop at Paradise Malahide, Gisenyi, on the shore of Lake Kuvi, and had four hours of sundowners looking over the lake to DR Congo and watching the locals go about their business.

As a result, through diverging routes, it was some very tired, weary and emotional KPs who gathered around the campfire at the lakeside for a last supper, but not before a short, sharp court presided by Judge Wallace for the most heinous of crimes, as perpetrated by Howard, TP, Cobey and Buck. Gings as chief prosecutor handed out some fine punishments, and for a while several thought they had taken hallucinatory drugs as two Naki Bogans worked in tandem.



Further charges were pressed against Harris whose Japanese defence lawyer came up short, and T McKitty for... well, you know what for! This time it was Sam's turn to be Uncle Bucked, albeit breakfast by the lake as the locals brought in their catch singing, was a great restorer.

With a bus trip back to Dave Hughes', our great host's house, the tour ended with fond farewells as we all went our separate ways.



The Fellowship of Rugby Football

Whilst great fun was had by all on and off the field the KPs, in addition to their donations, also found time to give more help by:

- 1** Funding studs for the National Team, first aid kits, a bag to carry supplementary gear and one year of essential injury cover for the National Team.
- 2** Paying for the orphanage kids to have a day out supporting us at the National Stadium bringing us all a fantastic experience and resulting in a delightful note from Sean at the Orphanage
- 3** Raising money for an injured National Team player; funding his healthcare for three years. Also, T McKitty pledged to see if his New Zealand contact might be able to arrange for the player's treatment there (in NZ). His flight from Rwanda to NZ for treatment will be funded by several King Penguins. Hopefully any treatment will allow him to eventually get back to work and to support his family.

Keith Wallace was also out on behalf of the Penguins International Rugby Football Trust (PIRFT); The Friends of Rwandan Rugby and Inspire Worldwide <http://inspire-worldwide.com/>, who together are funding a full-time CEO for Rwandan Rugby for three years and the building of a club and pitch as a home for Rwandan Rugby. We are pleased to report that progress was outstanding with the appointment of Djuma (Rwandan Captain in Hong Kong, and one of our hosts on the tour) as CEO after an excellent interview process; and the identification of an area of land with a planning application due in shortly.

We will be seeking eight teams to come out next year to help build the Clubhouse, so all Penguins are welcome to come forward. As King Penguins, it is great to be at a stage of our lives when we can put something back into our great game, with the pleasure clearly in the giving.

We will be seeking eight teams to come out next year to help build the clubhouse, so all Penguins are welcome to come forward...



Thanks!

A big thanks to Messrs Brown and Harris on the organisational front; to all KPs for their contributions; to our hosts at the Rwanda Rugby federation especially Djuma and Kamanda as our tour guides; to David Hughes for setting up the fixture and also being a great host and to Rwanda for such a great welcome. This is a country of great beauty with a hope and a unity of purpose from which we can all learn. Until next time...



Penguin International RFC at the Société Générale Singapore Cricket Club 7s 27th October - 3rd November 2014

Singapore Arrival and Business as Usual!

The Team was fully assembled on Tuesday morning, 27 October, and set about preparing for the week. First up was the team introduction meeting, followed by a bus ride to Dempsey fields for the first training run. Coach O'Connor gently eased the squad through the warm-up to minimise any jet lag affects, and started the crucial job of introducing the defensive system that would be used during the week. At the team meeting it was agreed that defence wins these tournaments, so communication and an understanding of what all players are doing is key. The remaining training sessions concentrated on some first phase; building of the defensive strategy; an individual gym session, and one scratch game against Cottesloe from Perth, Western Australia.



Penguin International RFC squad, Singapore 7s, 2014

Back Row: Sue Olovsson (Masseur), Tony Hanks (Coach for Waikato, Wasps, Sale & Blues), Sam Blanchet (Exeter, England 7s), Alex Gibbon (Southern Districts, NSW Country, Australia 7s), Alex Northam (Manly, Australia U20), Aderito Esteves (Direito, Portugal XV's & 7s), Ruairidh McConnochie (Hartpury College, England 7s), Laussi Taliuli (GPS, Australia Schools & 7s), Jenny Graham (Physio), Michael O'Connor (Coach to Australia 7s), Craig Brown (Penguin International CEO and Squad Manager).

Front Row: Muzzy (Liaison Officer), Harry Bergelin (Manly, Australia 7s - Captain), Johnny Gbenda-Charles (Marist St Pats, Hong Kong XV's & 7s), Allan Fa'alava'au (Endeavour Hills, Australia Schools, U20 & 7s), Sam Stanley (Saracens, England 7s), Paul Asquith (Southern Districts, Combined States, Australia 7s), Jeff Williams (Varsity Old Boys, England 7s - Vice Captain).

The Tournament

31/10/14 - day one. 19:18 hours, game one, Palmyra from Perth, W.A. After meeting only 4 days earlier, the Team was ready to play by Friday! Coaches O'Connor and Hanks, and skipper Harry Bergelin, provided final instructions and inspiration, and we were off into the PIRFC's 7th SCC 7s. In warm, humid, but dry conditions, the team got off to a winning start. A good performance, yet plenty of room for improvement! Palmyra did play proficiently at times during the game. They held on to the ball well, and fought back to a score of 12-10 at one stage. We must mention Jeff Williams and Sam Stanley, who played their first games after lengthy injury layoffs.



The draw meant a later kick-off for games two and three on Saturday, with a French double-header on the cards: 14:20 against Grenoble University, and the French Development 7 at 18:40. The coaches rotated the team so all 12 players had a start after 2 games, with Jeff Williams taking over the captaincy from Harry.

The Grenoble men were big, but, to be honest, not the finest exponents of 7s rugby! Nevertheless, they knew how to play. Their direct style meant the Penguins had to be accurate in the tackle and make every hit count.



Action from the Grenoble match

Winning two from two, the Penguins qualified for the last 16, as did our last opponents of the day, France Development. To secure a better draw for the knock out phase, we needed that first place position in Pool A. The match against France Development team had a lot riding on it for both sides. It was a close game. However, the Penguins ran out 14-7 winners in a match that featured great defence from both sides.



Penguins' busy medics Jenny and Sue

Penguin skipper, Harry Bergelin, comments: 'It was great to play against some of the French 7s players and see what they had to offer. The match highlight was when, after the French had made a clear break and looked to be about to score under the posts to take the lead, a sniper had taken aim and shot down the Frenchman at the 22 metre line, Estaves was quick to dive on him and create a turn over.'

Coach O'Connor's view: 'The 14 -7 French Development win was a hard-fought, tactical game, marked by desperate defence on both sides. Ruaridh's sideline, try-saving tackle typified the Team's effort.'

So to the last 16! The first match, early on Sunday morning against East Arnhem from Australia's Northern Territory, saw the Penguins get stuck into the first half with blistering pace, running in 33 unanswered points. After the break, the East Arnhem team put in their best performance of the weekend. Credit to them, they held onto the ball for long periods, tackled well, and competed at the breakdown more than during the first half. A good game to start the final day, which gave the Penguins momentum moving into day three and our quarter final showdown.

The quarter final was against Sunnybank from Brisbane, who were our semi-final opponents 12 months earlier. The 41-0 victory saw some of our best teamwork/execution of the weekend. Aggressive defence, great tackle turnover and decision-making, and electric attack, turned this game into a one-sided affair.

Captain Bergelin's views: 'Undoubtedly the best we had played all weekend, our use of the split kick off paid dividends. I don't think Sunnybank had a touch of the ball before we had scored two tries. We kept up a press defence and showed the class of the players in the team. A goal for our competition was to be strong defenders, and keeping Sunnybank to a nil score was a great achievement for the team.'

I don't think Sunnybank had a touch of the ball before we had scored two tries!





A keenly anticipated semi-final match against the Borneo Eagles, from Sandakan in Malaysia, followed. Borneo, on paper, had the strongest team at the competition (with a number of NZ 7s representatives), but the Penguins were keen to show they could match them. A great start saw the Penguins score first. However, the continuation of the press defence led to mistakes and turnovers. Unlucky not to score again, the team held out to Borneo until the final stages of the first half, when Borneo scored on the last play. Just after the restart Borneo scored, and kept the Penguins on the back foot. Finally getting the ball, the Penguins showed great patience in the build-up to score, and level, the match.

Unfortunately Borneo, who had been competing well at the breakdown all tournament, continued to do so; taking control of possession, field position, and scoring again. Now fighting for the ball to play with, the Penguins had a last chance at making it to the final. Borneo's kick-off! Their '10 foot tall' forward latched on to their kick-off ball and dashed to the try line, making them the deserved winners on the day.

Apart from the two defensive errors that led to Borneo's tries, the match was evenly contested, and resulted in a game that was probably worthy of a final.

The match was evenly contested and resulted in a game that was probably worthy of a final



Unlike last year, the weather for the duration of the Singapore week, was kind to most, with minimal rain affecting the tournament. However, this did lead to some very warm temperatures.



Above left: The squad talk tactics. Above right: Alex Gibbon on the charge against the Eagles

Results

Pool A - Penguins 22 - 10 Palmyra (Aus); Penguins 35 - 10 Grenoble University (FRA); Penguins 14 - 7 France Dev. Last 16 - Penguins 38 - 7 East Arnhem (AUS). Quarter-final - Penguins 41 - 0 Sunnybank (AUS). Semi-final - Penguins 12 - 24 Borneo Eagles (MAS).

Functions



Bill Calcraft (far right) with Penguins VPs and supporters

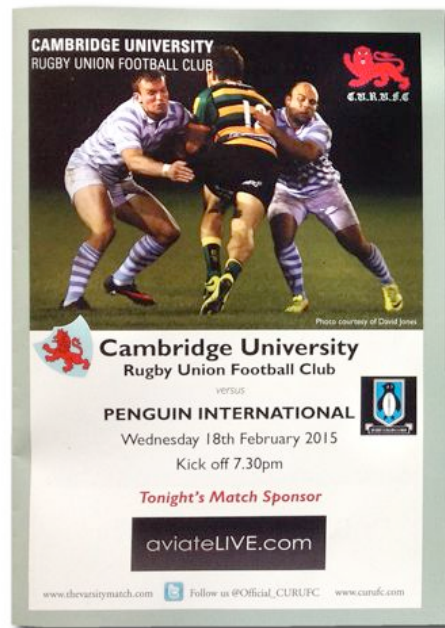
Thanks to Kenny Moyes, Iain McLeod and Brad Ridge for hosting the team and supporters at the Polo Club for another successful Tigt 5 Dinner, on Wednesday night (28th October). The team was grateful to use the facilities of the Club, including the pool. It was great to catch up with many friends from Singapore, and Penguin supporters who rolled in during the course of the evening.

Thursday's highlight included a visit to the Plessis house for dinner. A number of Penguin friends attended. Will and Hugo were particularly impressed to have a bedroom full of international rugby players, all competing to win X-Box, table tennis, and other games! Thanks to Brendan and Alexy for being fantastic hosts, again.

Thanks also to Bill Calcraft for hosting some of the management and supporters on the odd occasion. Room 101 is now a firm favourite on the Penguin calendar!



Cambridge University RUFC v Penguin International RFC 18th February, 2015



Penguin International kept the spirit of representative rugby alive as 80 minutes of breathless running rugby yielded a 57-13 victory over Cambridge University at Grange Road (**writes George Perry**).

There was a sense of feverish impatience in the visitor's performance, every player treating the game as an audition and desperate to cram as much attacking rugby into one phase of possession as possible. Perhaps unsurprisingly the spectacle perpetually swung between scintillating brilliance and wastefulness, but, in the first half at least, it was predominantly the former.

Penguins burst out of the blocks and were ahead after one minute when an orthodox overlap manufactured by centre Chris Elder put James Love in acres of space. Charlie Dockery pummelled the ball over from the touchline. Cambridge responded almost immediately. A sharp break through a host Penguins forwards by Harry Peck won a subsequent penalty which Michael Mortimore slotted over.

For their part Cambridge University, despite their frailties in defence, displayed patience and coordination in attack, the absence of the handling errors that have marred previous performances enabled them to stitch phases together and force the Penguins to concede more penalties.

However, a brace of tries fashioned by the influential Elder and finished by Zandy Macdonald and Martin Nutt made the score 3-21 after 12 minutes. And not long after Elder himself was on the score-sheet, soaring passed the first defender before relying on elusive footwork to beat the last.

Seeking to attack from every corner of the pitch, the Penguins offered their hosts absolutely no respite from the relentless onslaught. Their sprightly scrum-half quick-tapped every penalty while a delicate chip over the Blues' back-line was the closest they came all game to clearing their line.

A similar approach was applied to set-pieces. Not content to stand around and wait for the forwards to form a straight line, the Penguins backs worked a quick lineout as the Blues gathered themselves and intricate handling in the 5 metre channel put Love away for his second try.

Conversely, Cambridge made steady inroads into the opposition 22. Hooker Max Montgomery made effective carries from wide of the ruck but the Penguins were as mean in defence as they were adventurous in attack and conceded only another Mortimore penalty in the opening 40 minutes.

*Seeking to attack from every corner
of the pitch, Penguins offered
their hosts absolutely no respite
from the relentless onslaught*





Above and below: Match action

The Penguins put the result beyond all doubt in the final minutes of the half as they combined width and directness to ruthlessly exploit holes in the Cambridge defence. Elder notched his second score after Jimmy Litchfield trotted over the line unopposed. The referee signalled for half-time with the score preponderantly in Penguins' favour at 6-45.

The audacity and ambition with which the Penguins played in the first half was of such a high calibre that it would have taken something extraordinary to surpass it and while they maintained the high tempo, a host of substitutions in the backs disjoined their attack to such an extent that mistakes ultimately outweighed execution. Thus a scoreless 20 minutes ensued.

Seemingly in a quest to achieve parity, Cambridge began to attack with more freedom and frequently sprayed the ball wide off first phase to unleash replacement wing John Wylde. Their persistence paid off after 65 minutes when Wylde scooped a pass up from the ground and slalomed his way to the try line. George Williams added the conversion.

The Penguins remained a constant threat but could not emulate their earlier efficiency and convert territory into points. That said, their wild passes and improbable offloads eventually stuck and they ran in two further scores courtesy of replacement Mike Doneghan.



Penguin support in the Grange Road clubhouse - Penguin Coaching Academy Coach Lee Adamson and PIRFC Info Secretary Dick Tyson (for more about Lee's coaching adventures in Indonesia and Malaysia, see pages 7 - 10)

Penguins Squad: 15 James Love (Ealing Trailfinders), 14 Martin Nutt (Chinnor), 13 Dante Mama (Rosslyn Park), 12 Chris Elder (London Welsh), 11 Rhys Crane (London Welsh), 10 Howard Graham (Harlequins), 9 Tom Whiteley (Saracens), 1 Lovejoy Chawatama (London Scottish), 2 Pat Crossley* (Barnes), 3 Jimmy Litchfield (London Welsh), 4 Steve Pape (Ealing Trailfinders), 5 Jack Tredrea (Esher), 6 Jessie Liston (London Welsh) 7 Zandy Macdonald* (Oxford University RFC), 8 Alex Brown (London Scottish).

Replacements: 16 Tom Crozier (Bishops Stortford), 17 Stewart Maguire (London Scottish), 18 Alex Waddingham* (Chinnor), 19 Alex Bradley (Ealing Trailfinders), 20 Ben Calder (London Scottish), 21 Nicholas Galtier (Toulouse), 22 Chris Lewis* (Barnes), 23 Charlie Dockery (London Scottish), 24 Mike Doneghan (London Scottish), 25 Warren Abraham (Harlequins), 26 Nick Luxmoore (Richmond).

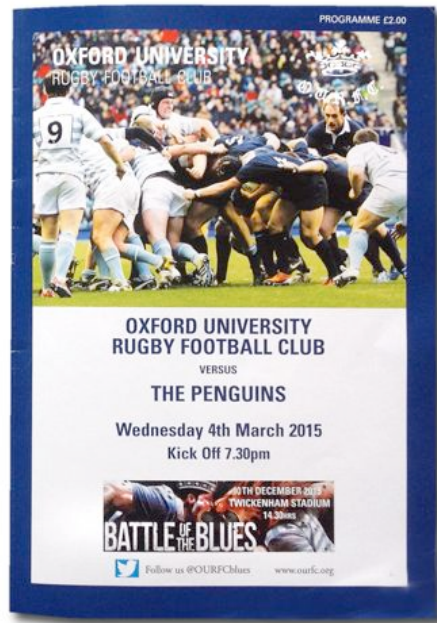
*Denotes Oxbridge Blue #Denotes International



Penguins' Head Coach Steve Hill writes:
Having lost to Cambridge in 2014 we managed to put together a pretty strong squad. Unfortunately, our two selected fly halves never made it to the ground due to the M25 being closed. However with James Love at 10 and Chris Elder at 12 we had by far the two best players of the night in key positions. Elder was virtually unstoppable and the young London Welsh centre certainly must have a bright future. The pack provided good quality possession from the off and with great playing conditions the Penguins produced a near-perfect first 40 minutes, securing 46 points in the process. Cambridge's pride shone brightly in the second half when they proved significantly more resilient.



Oxford University RFC v Penguin International RFC 4th March, 2015



Oxford University bowed out from Iffley Road for this season with a brilliant 29-10 victory against the Penguins to lift the Alan Wright Trophy for the first time ([writes OURFC.org](http://www.ourfc.org)). Captain George Messum was proud of his side's impressive comeback which saw the Blues rack up five tries courtesy of Nick Gardner, Jacob Taylor, Ed David, Zandy MacDonald and Lewis Anderson.

In the annual charity match against the invitational side, the Blues wore bespoke white jerseys to celebrate the start of their charity partnership with 'Winston's Wish'. However it took some time for Oxford to warm up on the cold March evening. Within 20 minutes they allowed the Penguins to score two straight-forward tries. On both occasions the Penguins swift passing carved open the Oxford back-line which allowed number eight Daniel Browne and centre Mike Doneghan to power home down the wing. After a small lull in the game, the home faithful were eventually woken up in the 34th minute when hooker Nick Gardner sprinted home for Oxford's first try. The St Anne's student latched on to a brilliant chip kick from fly-half Jacob Taylor which unlocked the Penguins defence. Taylor turned from provider to scorer just five minutes later as his clever jinking run fooled the Penguins and he quickly capitalised to level the scores. With the last kick of the half the former Oxford captain converted his own try to give Oxford a narrow two point advantage.





The Blues enjoyed the majority of territory at the start of the second half, and in the 57th minute Oxford's perseverance paid off when winger Ed David pounced on to a loose ball. After some consideration the referee deemed David's effort was a try and he was awarded his first try for the Blues, Taylor was unable to convert from a tight angle. With the wind behind their sails the Blues added a fourth try as Zandy MacDonald raced past the Penguins back-line to extend the lead to 12 points. Again it was Jacob Taylor who pulled the strings with a beautiful weighted kick that released MacDonald for the try. Although the game was billed as a charity match, Oxford certainly didn't offer any hand-outs as they dictated the proceedings in the second half. The Blues party was in full swing when in the 72nd minute prop Lewis Anderson bundled over from close range. In the final five minutes the Oxford back-line was put under heavy pressure after both Zandy MacDonald and Henry Lamont were sin-binned for technical offences. Nonetheless Oxford held on through valiant defending that summed up Oxford's all-round performance.

Although the game was billed as a charity match, Oxford certainly didn't offer any handouts as they dictated proceedings...



After the game OURFC Captain George Messum expressed his delight in the comeback. 'In the second half we showed a bit more self-belief and started to put them under pressure,' Messum told OURFC.org. 'I'm really delighted with the performance from the team today and if we play like that next season we can do some serious damage. It's not just the 23 players that get on to the pitch, it's the huge amount of support from the backroom and the fans which make this club really special. We look forward to repaying them next season'.



Penguins' Secretary Vincent Bramhall presents the Alan Wright Cup to OURFC skipper George Messum

Penguins Squad: 15 Charlie Dockery (London Scottish), 14 Martin Nutt (Chinnor), 13 Mike Doneghan (London Scottish), 12 Nicholas Galtier (Toulouse), 11 Jonathan Svensson (Pingvins, Sweden), 10 Howard Graham (Harlequins), 9 Sam Edgerley (Richmond), 1 Lovejoy Chawatama (London Scottish), 2 Pat Crossley* (Barnes), 3 Jimmy Litchfield (London Welsh), 4 Tai Tuisamo# (London Scottish), 5 Cornelios Keogh {London Irish Amateurs), 6 Daniel Browne (London Welsh) 7 Darren Waters {London Welsh), 8 Chris Hala'ufia# (London Welsh).

Replacements: 16 Johan Virus (Pingvins, Sweden), 17 Peter Boulton (Oxford Harlequins), 18 Pablo Jazbec (Curupayti RC, Argentina) 19 Alex Waddingham* (Chinnor), 20 Ben Calder (London Scottish), 21 Ross Jones-Davies (Richmond), 22 Nick Marshall (Oxford Harlequins), 23 Tom Vaughan-Edwards (Richmond), 24 Nick Luxmoore (Richmond).

*Denotes Oxbridge Blue #Denotes International

Penguins' Head Coach Steve Hill writes:

Unfortunately nine cry-offs from the original selection meant we travelled to Oxford with not as much firepower as at Cambridge. A bright start was made and two good tries were scored. However it soon became clear why Oxford have dominated recent Varsity matches. Their record-breaking loosehead Lewis Anderson began to dominate at scrum time and their backs soon began to make strong inroads. In true Penguins tradition we made nine changes at half time whilst Oxford kept their strongest team on for virtually the whole game. Both sides scored some excellent tries but in the end Oxford were worthy winners - for the first time in six years. The Alan Wright Cup was presented to newly-elected Oxford Captain George Messum. We will be determined to regain it in February, 2016. An excellent after match function was held in the OURFC Pavilion followed by several 'Pinkies and Perkys' in Vincents - do we never learn!



PENGUIN INTERNATIONAL RFC NEWS

Penguin International RFC hold an informal dinner on Friday, 28th November at The Oriental Room of the London Capital Club

The Penguins held a special informal dinner at The London Capital Club (which was founded in 1844 and is situated close to the Bank of England and the Royal Exchange) on Friday, 28th November, 2014. The Club proved to be an ideal location for this event.

The evening was a perfect opportunity for Penguin members and their guests to catch up over a very enjoyable dinner - and for some of them to get themselves well prepared for the following day's match at Twickenham, where England subsequently triumphed over Australia in the fourth of the Autumn Internationals.



Penguin VP Keith Wallace was MC and he got proceedings started with a game of 'heads and tails'. The ladies proved masters (or mistresses) of the event, winning both first and second prizes of rather fine bottles of malt scotch.

The guests were treated to speeches from Penguins' President Richard Bennett on the Penguin International RFC and its goals and by Keith Wallace on the recent Rwanda initiative (for more information see pages 8, 9 & 10 in this issue). Keith backed up his speech by showing some fantastic photos recording all the the hard work put in by the team in creating - and then playing on - the first proper rugby pitch in Rwanda.

The final speech was made by Sean Lineen, ex-Boroughmuir and Scotland (and Penguins, both as a player and coach) who entertained the audience with some great stories about various matches and some of the wonderful players he played with and against during a hugely successful career. The guests clearly enjoyed hearing about triumphs and close misses that the Club has achieved over the years and all were most appreciative of Sean coming down to London to participate.

The attendance at the dinner certainly benefitted from Penguin members who are not based in or around London having congregated for the match the following day at Twickenham - and it is the intention that in future this type of event can be arranged on a regular basis (and not necessarily only in London) so that Penguin members have the opportunity to get together more frequently.

A wonderful time was had by all who attended, and special thanks must go to Penguin VP **Jonathan Clelland** for putting together such a very well organised and successful evening.



Coaching Penguins - A new film coming soon to a television near you

For the past year or so, the Penguins have been involved in producing a film about the club called 'Coaching Penguins'. At the end of February Penguins coaches Steve Hill and Flo Rossigneux travelled to South Africa to coach children from the townships.

Steve takes up the story:

'We spent five days coaching players and coaches on behalf of the Penguins in the townships just outside Cape Town. The coaches were part of the Good Sports Trust Charity which take individuals from the townships and give them the skills and knowledge to lead sports projects within their own communities. Our first afternoon we coached nearly 80 children on a clearing - the main use of which is the local rubbish tip. The ground was littered with rocks, broken glass, wood and plastic bags. A few of the children wore flip-flops, most were barefoot. For 90 minutes we showed them warm up techniques, played conditioned games and ran skill drills - all in 32 degree heat. The enthusiasm and work rate of the children, both boys and girls - was amazing. There was not a parent in sight - they are all off working on the nearby farms - yet the attention and concentration levels of the children were fantastic. That afternoon and the whole week was a truly humbling experience and yet again showed what a fantastic sport we are all involved in.'



Post production of the film is due to be finished in the Summer. Keep abreast of the release date by visiting www.coachingpenguins.com or the Penguins website at www.penguinrugby.com



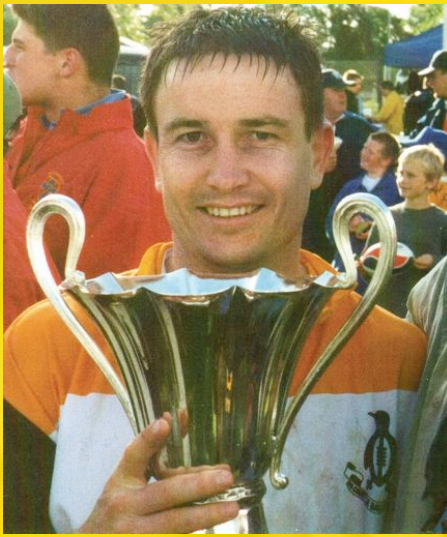
Special award made by the RFU to Penguins' Life President Alan Wright

Last Summer Bob Reeves, President of the Rugby Football Union, made a special presentation to Penguin Co-Founder and Life President Alan Wright at Penguins' 55th Anniversary Dinner at the Dorchester in London. It came in the form of a plaque awarded to recognise and celebrate Alan's massive contribution to English Rugby. As we Penguins have no clubhouse, we thought it only right that it should appear here for you all to see. Well done, Alan!

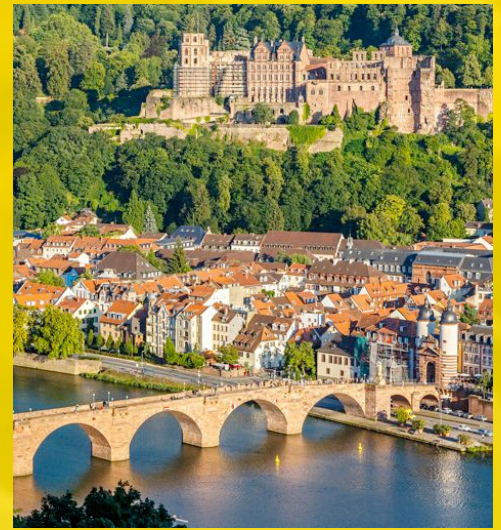
The inscription reads -

**Presented to Alan Wright by Bob Reeves, RFU President
In recognition of his lifelong contribution to English Rugby, May 2014**





CALLING ALL PENGUIN FANS!



Above:

Mike Friday with the
Grand Prix trophy.

Top right:
Heidelberg

Right:

Richard Kinsey
(in red) 7s Coach,
Bill Calcraft (in white)
squad manager with
7s players Matt Oliver
and Dan Quaqua.



ON COURT LE BALLON A LA MAIN

SUPPORT YOUR CLUB IN GERMANY!
PENGUINS versus
GERMAN Dev. XV



Tour: 3rd to 7th June **Destination:** Heidelberg (closest airport Frankfurt)

Match: Penguins v German Development Team on 6th June

The last time Penguins were in Heidelberg was in 2001 when we played the German National Team as well as playing in the Grand Prix of Europe 7s on the same field. Mike Friday was captain of the Penguins 7s squad and Andre Fox captain of the Penguins XV's.

Email Craig Brown if you'd like to join the Penguins on this trip -
craigbrown@penguinrugby.com

WHAT THEY'VE SAID ABOUT THE HISTORY OF THE PENGUINS

Book of the Month!

Rugby World Magazine

"Beautifully produced"

TouchLines Magazine

"A splendid book"

Bob Reeves - RFU President

"A magnificent contribution to our game"

Willie John McBride -

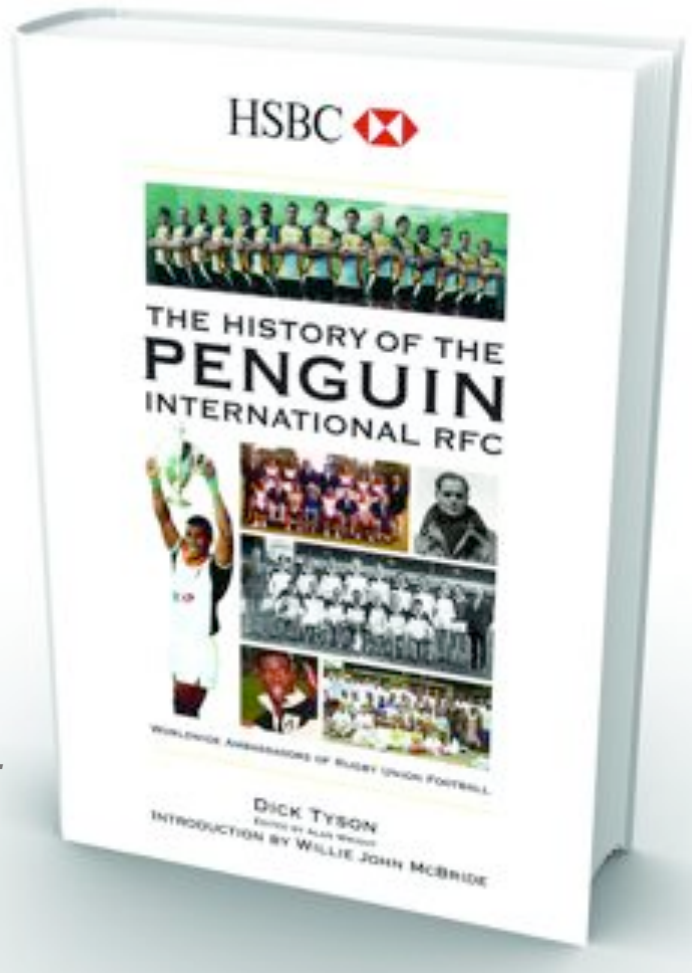
Ulster, Ireland and the British & Irish Lions

"The Penguin book is awesome!!!"

Reece Robinson - Waikato Chiefs & New Zealand Maori

"Excellence, sportsmanship and fun - it is an ethos that comes through on every page of this book"

Hong Kong Football Club Magazine



The History of the Penguin International RFC is a beautifully produced, A4 sized full-colour hardback that runs to nearly 400 pages in length. As well as being an indispensable addition to your own rugby library, this volume would also make an outstanding present for all of your rugby-loving friends and relatives.

The book costs £40 (plus £6 P&P - total £46) - but remember, it can also be collected post-free from the Club's headquarters at Little St. James's House, 11 Little St. James's Street, London SW1A 1DP.

To order, or for more information, please contact the author at: dicktysonrugby@gmail.com or call: 01992 730 823.

Cheques should be made out in favour of **Penguin International RFC** and sent to:

Dick Tyson, 148 Stanstead Road, Hoddesdon, Herts EN11 0RW.

Let Dick know if you'd like your copy to be signed and dedicated by the author - he'll be more than happy to oblige.

In the case of overseas orders, Dick will provide information about how payment can be made and the cost of overseas postage.

The Penguin International RFC is, of course, an amateur club, and proceeds from this book will be used for playing and coaching rugby football.

DON'T DELAY - BUY YOUR COPY TODAY!



And finally...

It's become something of a tradition to include in these Newsletters a rugby-related story, song or a poem. Here's another - this time probably the most famous rugby song of all time. Never let it be forgotten!



If I Were the Marrying Kind (a.k.a The Rugby Song)

If I were the marrying kind, and thank the lord I'm not, sir,
the kind of man that I would wed would be a rugby full-back.
And he'd find touch and I'd find touch, we'd both touch together,
we'd be all right in the middle of the night finding touch together.

If I were the marrying kind, which thank the lord I'm not, sir,
the kind of man that I would wed would be a wing three-quarter.
And he'd go hard and I'd go hard, we'd both go hard together,
we'd be all right in the middle of the night going hard together.

If I were the marrying kind, which thank the lord I'm not, sir,
the kind of man that I would wed would be a centre three-quarter.
And he'd pass it out and I'd pass it out. we'd both pass it out together,
we'd be all right in the middle of the night passing it out together.

If I were the marrying kind, which thank the lord I'm not, sir,
the kind of man that I would wed would be a rugby fly-half.
He'd whip it out and I'd whip it out, we'd both whip it out together.
we'd be all right in the middle of the night whipping it out together.

If I were the marrying kind, which thank the lord I'm not, sir,
the kind of man that I would wed would be a rugby scrum-half.
And he'd put it in and I'd put it in, we'd both put it in together,
we'd be all all right in the middle of the night putting it in together.

If I were the marrying kind, which thank the lord I'm not, sir,
the kind of man that I would wed would be a rugby hooker.
And he'd strike hard and I'd strike hard, we'd both strike hard together,
we'd be all right in the middle of the night striking hard together.

If I were the marrying kind, which thank the lord I'm not, sir,
the kind of man that I would wed would be a big prop-forward.
And he'd bind tight and I'd bind tight. we'd both bind tight together,
we'd be all right in the middle of the night binding tight together.

If I were the marrying kind, which thank the lord I'm not, sir,
the kind of man that I would wed would be a referee.
He would blow and I would blow we'd both blow together,
we'd be all right in the middle of the night blowing hard together.



Penguin International Rugby Football Club Membership Information Update Form

Please use this form to update your personal details so that we can remain in contact with you.

Name:	Membership no. (if known):
Address:	
Home Phone:	
Mobile Phone:	
Work Phone:	
Email:	
Alternative Email:	
Contact preference - email or post:	

Signed:

Date:

Please email to:

membership@penguinrugby.com

Alternatively you can go online at the Club's website and fill out the on line form.



Penguin International Rugby Football Club Nomination Form For New Member

Please use this form to nominate new club members. The information requested is used to update the membership database so we can remain in contact with all members.

Any club member can nominate new members and will need the support of one General Committee Member. Any General Committee Member can nominate any new member outright.

If you complete this form by hand, please write clearly in capitals.

When the form is completed it should be sent to the Club Secretary who will process the nomination. Members of the Club are automatically designated as Vice Presidents.

Name:		
Address:		
Email:		
Phone Numbers:		
Date of Birth:	Country: <small>Choose which country you would prefer to be listed under. This can be your country of origin, country of residence or other - your choice</small>	
Brief Professional CV:		
Brief Rugby CV:		
Contact Preference (tick one):	EMAIL	POST
Name and Signed Proposer:		Date:
Name and Signed Seconder:		Date: