



# The SIN BIN!

This newsletter is a vehicle to cover all news, information, rumours and banter that is not directly related to activities on the pitch. It has been designed as an electronic document to fit a computer screen and not necessarily for printing as a physical document. If you have anything that you wish to see in The Sin Bin!, please feel free to submit it to sam@kvgd.com where it will be assessed, ignored or used at the editors discretion.

Welcome to edition two of The SIN BIN! The Renegades RUFC information newsletter.

## Renegades baby boom

### **Congratulations to Rob and Katie Bevington for the birth of Connie.**

Here is announcement in his own words!

"Gentlemen, Fathers and Children, lend me your ears (mine were torn off during labour!)

Only real men produce girls, I am that sure of my masculinity!

We entered the hospital at 9.15 last night and Katie produced a beautiful little girl at 11.05! 1hour 50 mins must be close to a record!



Connie Bevington



... or maybe Connie Copping

To sum little Connie up, she has...

Ren's size and DNA  
Sam's speed over 10 yards  
Beaky's legs  
Glove's aggression  
Psycho's temper  
Owain's brain  
BillBob's hair...facially  
Paperboy's "look"  
Rik's pleather waistcoat  
Darey's feet  
Martin's reliability (one appearance)  
Alex's lingual skills (sounds more French than English)  
Priceless' shoulders (Slopy)  
Shannon's neck  
Ritz's ankles  
Nick's hat  
Rich's stretch  
JB's ability to move in a straight line  
Jay's sense of humour  
Fabio's power  
Flora's smile  
Ant's hands  
Col's energy  
Irish Tom's Cravat  
Tom's knees  
Will's gloves (actually they're mitts)  
Ben's "guns"  
Roger's singing voice  
Lloyd's tenacity  
Zigzag's education

....and of course my love!

See you all Saturday for rugby and DNA tests for all!"

### **Congratulations also to Psycho and Simone on the birth of a future back rower, Dylan James Edwards, 8lb 12oz at 09.59 on Friday 22/1/10.**



Dad and son, favouring the same hair style!



### **Further congratulations to Priceless and Vicki on the birth of their son, Ethan. Here in his own words:**

"Were are just all fantastic this end, we are "all" in birmingham doing the new baby thing to the family.....ethan matthew was born saturday 30th at 12.45am weighing in at an acceptable 7lb 3oz after a two day labour !!!! Nice,,,,,,he is fighting fit, vic is good and getting back to normality, sienna kisses him every 7 seconds and his dad is frequently wetting his head with gods gravy.....missing the banter with you guys and the e mail is still shagged so working blind somewhat, i cant wait to get back to normal."



Future lock, Ethan Matthew Price.

### **Colin gets married**

A report from our wedding correspondant, Shannon Neyland



"Colin and Karen Cairns got married at an idyllic ocean front resort in the Whitsundays called the Choral Sea Resort. The wedding was on the shore front next to the sea, set in palm trees and had a true Aussies flavor with the groom and best men all wearing thongs (Aussie for flip-flops). The highlight of the wedding was the bride affirming her wedding vows with a heart felt "bloody oath". Then everyone got on the piss.



## Caption Competition Results

Only one entry from last issue and that's from Bev who had two captions to share.



**“Local Man shatters the myth that Line-Dancing is good for the waistline!”**

**“Beaky has had to grow 2 extra legs to carry his expanding gut!”**

## Renegades End-of-Season party!

April  
24th  
2010

Put this date in your diary because it's going to be a good one this year.

## Renegades AGM!

This year the AGM will be on Wednesday May 12th, 2010. The location will be the Waggon & Horses. Time to be announced closer to the date.

## Wednesday night fitness is back!

The all weather pitch has been booked for the 3rd, 10th 17th and 24th and 31st of March. Time will be from 9-10pm and the cost to members £2 a session. There will be fitness and stamina training as well as learning some more dazzling moves with which to stun the opposition. Beaky urges all members to try and attend, although can't guarantee being there himself.



## Return of the caption competition

Again, no prize except for the kudos of getting Bev out of the next issue!



Good luck to Beaky and Tish! Beaky is looking forward to the birth of their second child at or around Tour time. That's going to be fun, watching Beaky trying to sober up before driving home from Cardiff!

## Happy Birthday Fabio!

Saturday was a good night!  
Sunday bad!



## Rugby Positions

Here is a 2 part article provided by our Groin correspondent, Rob Bevington on what he believes are the roles of the players on the pitch.



Rugby players all have specialized positions. On each side there are eight players called forwards who push, charge, wrestle, barge and very occasionally go forwards carrying the ball under one arm. Sometimes, they move in a knotted group, hiding the ball, and this is very clever. The other seven players are called backs, so called because they run sideways, throwing the ball backward to each other. Sometimes, they manage to run right across the field and this is very clever. Most of the time, the backs drop the ball, run after it, stumble and fall over. When this happens the other side picks it up and runs the other way. The player who dropped the ball must now think of an excuse, it was the sun, the wind (sometimes their own) the moon, I wonder what's for dinner, I pulled a muscle, it was a bad pass, etc. etc. Thinking up an excuse is usually the cleverest move a Vintage Whine can make.

The Fullback  
The Winger  
The Centers  
The Fly Half  
The Scrum Half  
The Front Row  
The Second Row  
The Loose Forwards  
The Referee

### The Fullback...

The last line of defense who is always blamed when the opposition score. Vintage Whine fullbacks however, position themselves with care to avoid being near attacking players or under high kicks. This is known as reading the game well. They also make great cheerleaders and will cheer everyone else on while clamoring about trying to keep up. They often gasp and wheeze while looking to the sideline for the nearest water bottle or opportunities to be included in the best photographs.

### The Wingers...

There is one of these on each side of the field, left and right. They are known for having a marked reluctance to take responsibility and a tendency to panic under pressure. They are always the first to pull a muscle. On the Vintage Whines, rather than allowing any true wings to pull up lame before the match, forwards, especially slow and exhausted front row types, are usually deployed to confuse the opposition, resulting in opposition players avoiding the stench and odor of our outer flanks.

### The Center...

Two again, one inside the other outside. When attacking, they are the ones who run quickly toward the nearest opponent and collapse into their arms. When they try to kick the ball it is always an adventure. Center's traditionally have high sperm counts but on the Vintage Whines we use forwards as center's so this tradition is threatened. Center's are usually known for speed

and Vintage Whine center's are no exception. They often sprint off the field to the toilet or to the bar to reload. They have an uncanny knack of tripping over themselves or being flattened by opposition players whom they were trying to run through.

### The Fly Half...

In Golden Oldies rugby this is the big laugh position reserved for aging trendies who think they can still cut the mustard. They act tough by striking various poses, snarling, blowing snot, hoiking boogers, and wearing velcro inside their jockstraps. If someone comes near them they usually do one of three things. (1) kick the ball anywhere (2) run anywhere (3) assume the fetal position. On the Vintage Whines, the Fly Half position is reserved for those able to consume two pints of beer and a double cheeseburger 10 minutes prior to the game

### The Scrum Half...

A small knotty type person who usually does exercises on the day of the match. Spends the whole game trying to keep out of the reach of opposing forwards. Usually becomes cocky in the last fifteen minutes and gets battered. On the Vintage Whines, the scrum half traditionally talks to the referee, the forwards of both teams, backs of both teams, supporters and other teams playing close by. The current Vintage Whines scrum half has been known to keep talking in a style similar to shorthand dictation even after the match and right up until close to 1 AM the following morning.

Part 2 will follow next issue ...