



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 four of The SIN BIN! The Renegades RUFC information newsletter.

Renegades Halloween Party

A selection of photos from the family event. Thanks to the Social Committee for organising and putting in the hours to make a great party.



Renegades Curry Nights

EVERY last Wednesday of EVERY month will now officially be Renegades Curry Night!

It is an open invite to players AND partners (Girlfriends/Wives for most of us, Boyfriends for Ren and Paperboy!)

The 1st occasion was on Wednesday 29th September at the Curry House in Cottenham, a splendid Michelin Starred establishment!

Subsequent curry nights have been well attended by players and partners. Not only have we used the Cottenham Curry house, we have also been to Histon and Willingham. Truly cosmopolitan dining experiences. Its also a great laugh, so if you have never been on a curry night, why not! ChickenTarka-likeaChickenTikkabutalittleOtterlove!



Beaky enjoying his own company



Bevington, not drinking so having to endure Beaky's jokes sober!



Katie, heavily pregnant and the reason for Bevington not drinking. Also enduring Beaky's jokes



Psycho, not going to put up with Beaky for 1 more minute!!



Sue, taking Beaky's jokes with a certain air or serenity



Fabio, well used to Beaky has decided that drink will dull the pain!



Sally can't take the pain any more



Simone, pretending to laugh at Beaky, a large glass of wine is helping.



Psycho i s ready to kill



Tish and Frances. Tish has heard it all before.



Holdsy, still hasn't fixed my coving ...!



... probably because Jo is taking his mind off his work!!



Bev, Ben and Jeff, enjoying the night.

Renegades Christmas party

Saturday Decmber the 4th was the Official Renegades Christmas Party. A large contingent of Gades and partners arrived at Café Rouge in Cambridge, taking over the entire room. During the evening we played Irish bingo, the winner, Glove, receiving a comically large stuffed tiger!

There was also a raffle and a paperplane chucking competition (unofficial).

The food was lovely and the banter was awesome.

Thanks to Beaky, Sarah, Sally and Simone for THE best Renegades Christmas do yet.

What a fantastic club!

Manlovetoyouall...

includingtheteacherslove

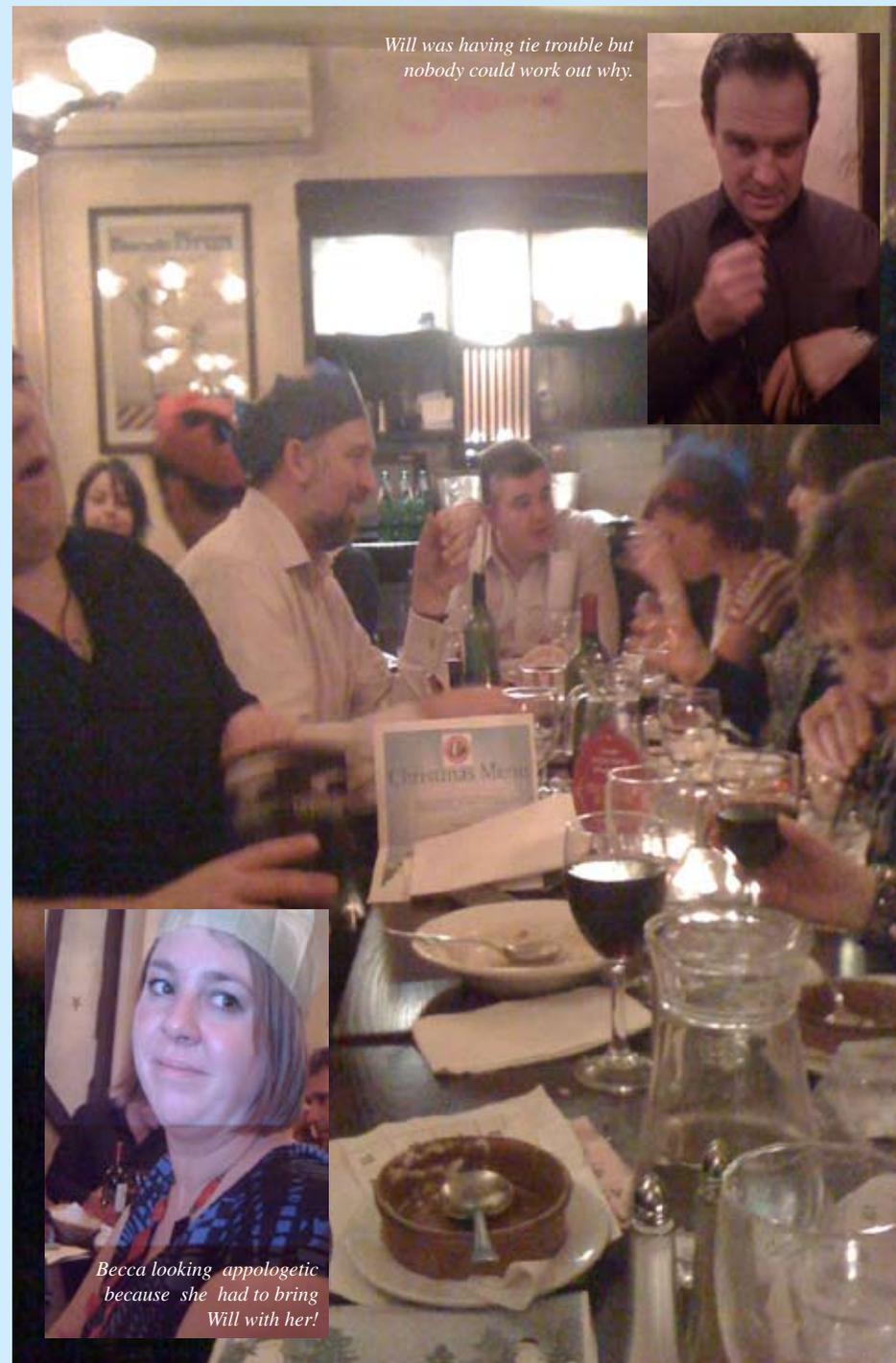
Will Cleare



A rare photo of Medic and Mrs Medic together.



Darey and Nicola enjoying a night out without the children.



Will was having tie trouble but nobody could work out why.



Becca looking appologetic because she had to bring Will with her!

Wednesday night training continues!

The touch rugby/training sessions continue on a Wednesday night under the floodlights at the College. 6.30 start for all those who can meake it.

Training is an ideal opportunity to practice and fine tune the game plan so every Renegades needs to make an effort to atend and our League position shows that the training we have already done is paying dividens.

Renegades replica shirts for sale

We have a supply of match shirts available at a competative £35 each. See Richard Cowley for size and numbers available.

Shirts and hats for sale

If anybody requires a spare club polo shirt in green, sizes available include 4XL, 2XL and lots of Large size shirts. There is a quantity of Ladies polo shirts available in sizes small, medium and large. Prices for non members are £10. Prices for members are £6. We also have this years Official Renegades beani hat at £5.



Caption competition entries.

Renegades take up virtual campanology. Or Training routines courtesy of Cottenham Bellringers – Bill Agg

...and if Priceless had a vindaloo last night he should climb to 500 feet – Billy-Bob

X.X. Super Deuxieme Nord Merit Table

Team	P	W	L	D	NR	NP	ng	F	A	DIFF	POINTS
1 Renegades	13	12	1	0	0	2	0	370	75	295	49
2 Cambridge Exiles	12	11	0	1	0	3	0	473	60	413	46
3 Cantabrigians 2	12	9	3	0	0	3	0	282	94	188	39
4 Cambourne Exiles	13	8	5	0	0	1	0	313	230	83	37
5 St Neots 2	12	7	4	1	0	3	0	291	108	183	34
6 Ely Development	10	5	5	0	0	2	0	231	132	99	25
7 Newmarket 3	12	4	8	0	0	2	0	138	290	-152	24
8 St Ives 2	10	4	6	0	0	3	0	144	270	-126	22
9 March Bears	9	2	7	0	0	4	0	104	307	-203	15
10 Ely 3	8	2	6	0	0	6	0	93	308	-215	13
11 Sawston 2	11	1	10	0	0	3	0	100	442	-342	13
12 Shelford 5	12	1	11	0	0	0	0	58	281	-223	7

Rugby Positions

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



The Front Row...

The vice ring of the scrum. In Golden Oldies rugby they play a separate game with the opposing front three. Often their game is played in one part of the field, without the ball, while the rest proceed elsewhere. After 15 minutes they are always completely shagged and, like all alcoholics, vow this is the last time. Multi colored belly button lint is a prerequisite. On the Vintage Whines, all of the above is true, but the same qualifies one for a position on wing or at center. Vintage Whine front rowers are reluctant to move any body part at all. However, some have been seen to give a small jump or squirm as those in the second row grasp and clutch between their legs feeling for something to grip firmly on.

The Second Row...

This is the most restful position. To be able to rest one's head between two well cushioned thighs, clutching on to each others love handles can put some second rowers to sleep. They are known to enjoy the comfort of being comfortably tucked up at the bottom of a pile of players. An experienced second row can go through a complete game without making any contact with the ball

whatsoever. Usually distinguished by a magnificent pair of ears and a nose the shape of South America. Second rows types have an uncanny ability to sustain regular breathing amidst putrefied, nauseating odors. They love scrums and the mysteries associated with slipping ones arms through the legs of the front row. The art of this simple act has usually been passed down from father to son or mother to daughter. Second rowers have been known to run in circles and blow kisses to the supporters when they are in fact meant to be playing.

The Loose Forwards...

Golden Oldies loose forwards are basically nasty people who have never grown up. They have learned however, to get younger colleagues to do the actual tackling. The number eight loose forwards usually believe they could have played one more season in the competitive grade and always get conned by the other flankers into doing dirty work. The main goal of the loose forwards is to complete the game with their hair still in place, and be in the front row of exotic dance establishments. They are also apt to remember plays in which they were involved, even though no one else who played in the same game has the faintest recollection of their participation. Some are known to shave their legs and the soles of their feet.

The Referee...

Easily identifiable because they are always forty yards behind the ball, even at the kick off. Usually played in the lowest team in the lowest division before moving on to Golden Oldies. Most retire from playing Golden Oldies with a minor injury and are known to drink a glass of wine after the match. Referees recently petitioned the International Rugby Union to have the inside of the ball lined with tin. Pebbles would then be placed inside the tin and the ensuring rattle would enable them to at least be aware of the general direction of the play. The tradition of having separate changing rooms and showers for the referees does not exist in Golden Oldies rugby. This sometimes makes for exciting scenes in the showers should the referee be a woman.

