



The SIN BIN



**League
Champions
Special
Edition!**

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



Greene King Premier League CHAMPIONS! 2011-12



3/9/11 Wendens Ambo away

First friendly game of the season and a chance to work on our game plan. A narrow win but Fabio is encouraged by early signs that the game plan will work. He is also concerned our fitness levels could be an issue.



10/9/11 St Ives II home

St Ives turned up with a young fit team which put Renegades under pressure for long periods. Managed to hang on to a 13-8 lead through great defence.

17/9/11 Newmarket

Development home
Won 25-13.

1/10/11 St Neots II home

St Neots were put to the sword with a 9 try points fest. Harry scoring three and Daray 2 tries. Win, 60-8.

8/10/11 Saffron Walden III home

Match started with Renegades all over the Saffron Walden team, right up to the point that Ant broke his leg and the match was abandoned and re-scheduled for February.



15/10/11 Mildenhall County Cup preliminary round away

Mildenhall were expecting a hard game and that's what they got. Renegades were losing up until the last few minutes and then we scored and broke Mildenhall hearts. Win! Through to the Quarter finals to face Shelford III

22/10/11 Harlow IV home

Hard game with a huge Harlow pack. Fortunately they have no backs so we were able to run in a few tries and beat them 48-24, thus subduing one of our closer rivals.

29/10/11 Ely Development home

Another hard fought game, plenty of defending but came away with a 32-10 win.

5/11/11 Cambourne Exiles home

Yet another hard fought game in this friendly fixture. Bev was impressed by the creativity and resilience of the Renegades team but also concerned with the lack of fitness. Win 30-12.

12/11/11 Biggleswade III away

It was a long trip to Biggleswade. They had some good young backs and some big hard forwards. Renegades turned up looking for an easy win but it wasn't to be. Win 20-0.

19/11/11 Shelford IV home

Best game of the season so far in Fabio's opinion. Powerful scrummaging, great running and support and some awesome defense. Win 32-13.

26/11/11 Shelford IV Premier League CUP Away

We lost, 52-5. Super wide pitch didn't help. Now into the Plate competition Quarter finals against Saffron Walden III.

3/12/11 St Ives II away

A cold but sunny day and Renegades turned up in force with 4 Cowley boys ready to play. St Ives weren't quite as keen to play ... or tackle. An opportunity to work on the game plan as we ran in lots of tries. Win 67-0.



10/12/11

Recovery from the Christmas party. We should probably have played because our scheduled opponents, Newmarket, beat us in the re-scheduled fixture.

17/12/11 Saffron Walden III (Plate QF) away

Walden always put up a strong team and Renegades played well to come away with a 15-10 win. That set up a Plate Semi Final against the tough Harlow IV.

7/1/12 PobleNou Engyneers home

The Spanish team declined to travel and handed us the 15-0 walkover win.

14/1/12 St Neots II away

Game cancelled because of the ice.

**21/1/12 Shelford III Cambs
Junior Cup QF home**

It was always going to be a tough game against Shelford III. And so it proved. Despite good tackling and running, they were too strong for us and we lost 51-0. We also lost Carl with a broken ankle. Great 12 minutes though.



**28/1/12 Saffron
Walden III away**

Back to Walden for a League fixture. Hard game, back and forth. Air ambulance arrived to assist a Walden player who had collapsed. Finished the game with a 15-15 draw.

**4/2/12 Newmarket
Development away**

Game cancelled due to frozen pitch.

11/2/12 St Neots II away

Game cancelled due to frozen pitch.

18/2/12 Harlow IV away

10-0 down after 10 minutes it looked to be a Renegades hammering. Harlows big pack tired easily and Renegades teamwork pulled out a 33-23 win.

**25/2/12 Saffron
Walden III home**

The re-arranged fixture from Ants leg break. A match full of guts and heart with some amazing defense. 25 players available to play. Also our first ever Vice Presidents Lunch and a great advert for the Renegades with a 29-7 win.



**3/3/12 Ely
Development away**

An understrength Renegades team was bolstered by some guys who don't get much game time. Win 38-12.

**10/3/12 Harlow IV Premier
League Plate SF home**

Harlow couldnt make a team and handed us the walkover win to the Plate Final.

17/3/12 St Neots away

This was the stage in the season when things could go wrong. St Neots could easily have inserted some 1st team players into the side. Fortunately, we held on for the 26-24 win.

**24/3/12
Biggleswade III home**

We must give Biggy huge credit as they turned up with only 13 players. It can't have been any fun for them as Renegades beat them 87-10.

**31/3/12
Shelford IV away**

This was the big match. Shelford had beaten our closest league rivals, Saffron Walden, the week before. All we had to do was beat Shelford to win the Premier Merit Table. It was a hard game on a rock hard pitch but we managed to outscore them 27-5 to become CHAMPIONS!



**7/4/12
Newmarket
Development away**

Renegades didn't turn up until the second half. Result was a 22-19 loss!

**14/4/12 PobleNou
Engyneers away**

Tour game. What can you expect? 65-10 loss!

**28/4/12 St Ives II
PLATE final away**

Final game of the season was a crunching 58-0 victory in the Plate Final. Big thanks to St Ives who turned up short of players.

Renegades thoughts on the season.

Apparently we won the league you could start with that !

Ren

My try of the season would be our first against st neots. Great chaos run from Fabio off a neat lineout with a sweet offload to TC who was running straight and hard. Under the posts, great in two ways, it was a lovely set move. But more than that it lifted our spirits and our game to pull off a great victory.

Tom W

There was one game where we had five pairs of brothers on the pitch over the course of the game braces of Pescis, Cowleys, Jarrads, Gingers and Powells.

Billy Bob

There was the game of 4 Toms. Tales of Rolando losing fake tan are always amusing.

Tom W

Presidential address

It was Shakespeare that wrote of Henry V saying something along the lines of:

Old men forget, but what they did won't be forgotten,
Nor will their names. Beaky, Fabio, JB, Pesci, Ren
And so many more will be remembered over a drink.
A good father will teach his sons and a rugby season won't finish
From now until the end of the world that it is remembered
"We few, we happy few, we band of brothers"
Won the chuffing league!!!

Without doubt Renegades is a Band of Brothers, battling on foreign fields and protecting the homeland. Be it the twenty-six at Harlow or the six in a club in Barcelona there is a unity, a common outlook and purpose. More importantly there is support. A good Renegade never leaves a man behind and will always be there.

Looking at us though we are not just brothers but fathers, lovers and friends; normal guys with a shared interest and passion. This has brought so many fantastic moments over the years and this season. The rugby speaks for itself, it's a massive achievement to win the league and to get to the plate final. We may have faltered towards the end, although I think teams were targeting us but that means we have a target for next season, to be undefeated champions. The games at Harlow, Shelford and Saffron Walden were immense in my opinion.

There were other memories though. Four Cowleys on the pitch, some of them even playing rugby! The Christmas Dinner and the awesome eighties dress. Ketchup in shoes and mopping floors for little brothers. Wealeasing Bwyan!

As a club we have developed a lot over the last two years. There has been a lot of hard work done behind the scenes by our committee. Sam has managed fixtures as no one else. Beaky has worked tirelessly both on and off the pitch and we can't forget the efforts and generosity of our skipper, Fabio. If you enjoy the club as much as I think then perhaps now is the time to give a little and share the load. I have been honoured to be your president, after forty years in rugby I have never enjoyed it so much, "Come on the 'Gades!"



Originalmanlove
Flora

Captains report

The end of another season. And what a season! We should all be proud to have achieved what we have this season and as skipper I'm proudest of all!

We started the season brilliantly with good numbers at training, new players and some of our stalwarts showing genuine improvements in skill, fitness and ability.

After a great start with mostly home games we all knew the second half of the season was going to be tough. As we approached that point we also had the appreciation of every other team in the league that we were no longer a village pub team, but a genuine outfit to be respected. For me that point was hit home massively with our away win against Harlow! This came after the loss of Carl Goody and Ant Brown due to broken legs earlier in the season. We were fortunate, however, to have Tom Cowley and Fabio Falter joining us after their Cambridge colts sporadic, short season came to an end, combined with the intermittent use of Dan and Chris Leith, the addition of Tom and Ben Powell, Booe Cracknell and Dave Steward and, after a chance meeting in a pub! Where else? Dan and James Jerred, all of whom made impacts in their own ways and encouraged the existing squad to improve and play for their place in the team. It was great to see how everyone embraced new members and they were integrated into the squad immediately.

We had another cracking tour, to Barcelona, thanks in no small part to the efforts of Beaky and Bev, who, in my opinion, should go into business arranging tours and stag and hen do's! Having already lost to Newmarket, deservedly so, the pressure was off and the emphasis was on having a great time, less on the rugby.

Having secured the league title Poblenu's emphasis was quite the opposite and they taught us why you shouldn't really be out drinking til 7.00am on a match day! Lesson learnt, they then played the perfect hosts and kicked off a great evening! I just hope we get the opportunity to reciprocate next season in Cottenham and Cambridge!

So to the end of it all and a chance of 2 trophies, the plate final at Ely against St. Ives 2's. Quite simply, we played them off the park! A 61-0 victory in a cup final, whatever the circumstances, is huge and so fitting that everyone who turned up played a part in it. St. Ives were extremely generous in allowing us to bring on all our subs, particularly when they had only 3!

It's been a fantastic season! We played some brilliant rugby, our attitude has been spot on with barely a crossed word between players and brilliantly disciplined. To win rugby at any level with these attributes is so satisfying and no one can question what a superb club we are!

Fabio



Chairman's report

Well another season draws to a close and it has ended as arguably the most successful yet. As Chairman all aspects of the club are as important as each other, most people will look to the point that we have won the league and won the plate whilst these are awesome achievements there were also other notable success stories. We have our first qualified referee, we have had a massive influx of young players and although some may leave to try to see if they can make it at a higher level next year which I wish them all the best with they will know how much they have enjoyed their time with us and will be welcome back. We had our first ever VP lunch which was a huge success much more so than myself or Flora could of hoped for. We went abroad to Barcelona on tour with 26 people and 10 virgins giving us yet again great memories and great fun. We moved to the Cottenham Club which was a massive decision as Sam from the Waggon had been such a good host to us but I felt we needed a home and thanks to all at the Cottenham Club I believe a home is now what we have.

It seems such a long time ago I was the big gob who caused a split within the club by saying the club needed to join the league the committee needed to be more transparent and we should leave the Millers.

Well the club voted for change and when that happened I had my own goals to achieve for Renegades. I wanted to show all the players that regardless of age and experience rugby is a sport where if you focus the mind pull together and train you win games as a team. The first season we had a few good players and loads of others with heart and the determination to get better, roll on to this year and we now have no stars just a squad of rugby players who are friends who play their hearts out each week for each other, that guys is rugby that is Renegades.

There is always room for improvement and for that to happen I believe it is time for me to stand down from the club and let new blood into the committee to ensure we stay fresh and current with all members. Sorry guys I still intend to play.....

So time for a few thanks, firstly to Fabio, one of the first things I did was convince Fabs to leave Cantabs to play for us, I knew that with experienced players like Rolando and Holdsy if I could get Fabio to join with his personality and his attitude to sport and drive that into Renegades it would give someone for all to follow on the field but also on the training field as he is a born leader of men not by words but by his actions.

Next to all committee past and present for listening to me waffle on pandering my needs and trying to balance the books with my lack of receipts ideas of grandure and lack of seriousness.

Richard for letting me abuse him on the training field and on the pitch without taking offence.

Sam because everything I have ever asked of him to do for the club he has done professionally efficiently and without asking for accolade if ever Sam steps down from the committee they will be huge shoes to fill.

To all the girls on the social committees over the years for making all the events go so well

Lastly to Flora, thank you quite simply for being you

Graham AKA Beaky

