



CHERRY & WHITES



GLOUCESTER RUGBY v BRISTOL BEARS

GALLAGHER PREMIERSHIP
3 DECEMBER 2021 | 7:45PM

BIGDUG



Gallagher

PREMIERSHIP
RUGBY





GLOUCESTER RUGBY

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LANCE BRADLEY

CEO

GOOD EVENING AND WELCOME TO KINGSHOLM STADIUM FOR OUR WEST COUNTRY DERBY AGAINST BRISTOL BEARS UNDER THE FRIDAY NIGHT LIGHTS. WE'RE EXPECTING THIS TO BE OUR BEST ATTENDED GAME OF THE SEASON SO FAR AND I WANT TO EXTEND A WARM WELCOME TO ALL OUR FANS, AS WELL AS THOSE TRAVELLING UP THE M5 TO SUPPORT BRISTOL.

It's been a successful few weeks for us, as we won our two Premiership Rugby Cup games, including our biggest ever win over Bath. This was then followed up with a great win against Exeter. The Chiefs are rightly lauded for the quality of their Academy, so it was particularly pleasing to see a team featuring so many of our own Academy boys doing so well against them. It's another sign, we believe, that we're heading in the right direction.

Last week we were back in Gallagher Premiership action, at Wasps, and were looking comfortable before letting them back into the game and enduring a somewhat nail-biting finish. But 5 points away from home is always welcome, and gives us great momentum going into this game.

We're up against a strong Bristol side and although they may be down in 11th place in the table, we are not underestimating them as we know they are still a top side.

We hosted a fans' forum last week and it was great to have so many of you in. If you haven't seen it,



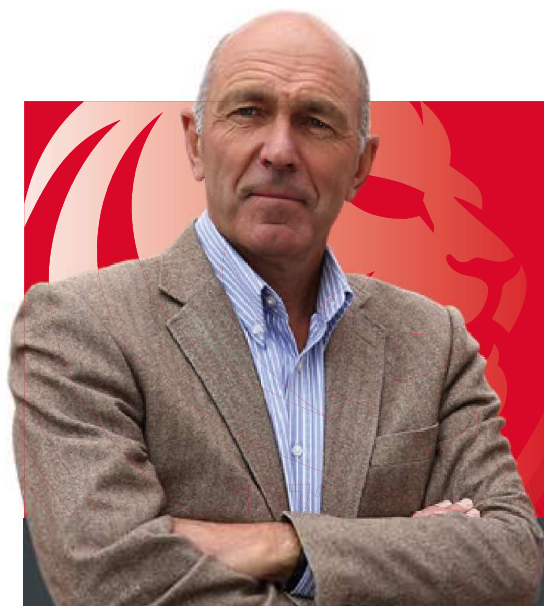
highlights from the evening are available on our **YouTube channel here**.

It's good to be able to host these events in person. We always leave those evenings with lots of ideas and we'll be running more of these sessions both at Kingsholm and online via Facebook in the future so please do join in.

It's great being in touch with so many of you. Together we are a squad of thousands.

**Best wishes
Lance**

**"WE ALWAYS
LEAVE THOSE
EVENINGS WITH
LOTS OF IDEAS AND
WE'LL BE RUNNING
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SESSIONS BOTH
AT KINGSHOLM
AND ONLINE VIA
FACEBOOK IN THE
FUTURE"**



MARTIN ST. QUINTON

CHAIRMAN

GOOD EVENING AND WELCOME TO KINGSHOLM AS WE HOST BRISTOL BEARS IN THE GALLAGHER PREMIERSHIP.

It's been a busy time since my last message with plenty of action both domestically and internationally.

We had two successful games in the Premiership Rugby Cup, and it was brilliant to see so many of our Academy players step up and play at Kingsholm. The future of the Club is bright with young players of that quality coming through.

We also saw the conclusion of the Autumn Nations Series. It was hard to find a fixture across the campaign without Gloucester Rugby representation and to have so many players playing at an international level is a credit to the players and the coaching staff we have here at the Club.

Last Friday night was a close game, a 35-33 win away at Wasps, but to get a bonus point win on the road has really given us some momentum as we host Bristol Bears under the Friday night lights.

As always, thank you for your support.

**I hope you enjoy the game,
Martin**



NEWSNEWSNEWSNEWS



FANS' FORUM

Gloucester Rugby welcomed 170 supporters to Kingsholm last week for the latest Fans' Forum.

A panel comprising of Chief Executive Officer Lance Bradley, Chief Operating Officer Alex Brown, Head Coach George Skivington and Director of Academy and Development Carl Hogg presented to the audience and were on hand to answer questions from the room.

**YOU CAN NOW
VIEW HIGHLIGHTS
OF EVENING
HERE**

BARBARIANS



Natasha 'Mo' Hunt scored two tries as the Barbarians women's team put on a dominant display to defeat South Africa Women's 60-5 in front of a record 29,581 fans at Twickenham Stadium.

Also representing Gloucester-Hartpury was Anna Caplice who had a great game at No.8.

TODAY'S MATCHDAY MASCOT

Today's matchday mascot is **Henry Young**. He plays his rugby at Old Pats rugby club in Cheltenham, where dad Chris is a coach. Henry likes to play out on the wing so he can score tries.

He also plays for his school, Richard Pates, where he has been captain. His favourite club is Gloucester Rugby. His favourite player is Jonny May.





























The Gloucester Rugby Matchday Mascot is kindly sponsored this season by:



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MEN'S SQUAD

<p>RUAN ACKERMANN</p>  <p>BACK ROW</p> <p>CRX</p>	<p>MATIAS ALEMANNO</p>  <p>LOCK</p> <p>AVAILABLE</p>	<p>MARK ATKINSON</p>  <p>CENTRE</p> <p>THE CULLIMORE GROUP OF COMPANIES</p>	<p>FRASER BALMAIN</p>  <p>PROP</p> <p>Electrical Solutions (Glouc) Ltd Dave.winc@live.co.uk 07779 994616</p>	<p>WILL BRITTON</p>  <p>LOCK</p> <p>AVAILABLE</p>	<p>SANTIAGO CARRERAS</p>  <p>FULL BACK</p> <p>Auto Air</p>	<p>CHARLIE CHAPMAN</p>  <p>SCRUM HALF</p> <p>FOKER & EIGHT</p>
<p>FREDDIE CLARKE</p>  <p>BACK ROW</p> <p>AVAILABLE</p>	<p>WIAN CONRADIE</p>  <p>BACK ROW</p> <p>AVAILABLE</p>	<p>ALEX CRAIG</p>  <p>LOCK</p> <p>LEXI YOUNG</p>	<p>ANDREW DAVIDSON</p>  <p>LOCK</p> <p>AVAILABLE</p>	<p>HARRY ELRINGTON</p>  <p>PROP</p> <p>AVAILABLE</p>	<p>LLOYD EVANS</p>  <p>FLY HALF</p> <p>AVAILABLE</p>	<p>JAMAL FORD-ROBINSON</p>  <p>PROP</p> <p>THE CULLIMORE GROUP OF COMPANIES</p>
<p>TODD GLEAVE</p>  <p>HOOVER</p> <p>AVAILABLE</p>	<p>KIRILL GOTOVTSEV</p>  <p>PROP</p> <p>AVAILABLE</p>	<p>CHRIS HARRIS</p>  <p>CENTRE</p> <p>AVAILABLE</p>	<p>ADAM HASTINGS</p>  <p>FLY HALF</p> <p>AVAILABLE</p>	<p>CIARAN KNIGHT</p>  <p>PROP</p> <p>AVAILABLE</p>	<p>GIORGI KVESLADZE</p>  <p>CENTRE</p> <p>AVAILABLE</p>	<p>LEWIS LUDLOW</p>  <p>BACK ROW</p> <p>Auto Air</p>
<p>JONNY MAY</p>  <p>WING</p> <p>MIPERMIT</p>	<p>BEN MEEHAN</p>  <p>SCRUM HALF</p> <p>AVAILABLE</p>	<p>BEN MORGAN</p>  <p>BACK ROW</p> <p>RENISHAW apply innovation™</p>	<p>KYLE MOYLE</p>  <p>FULL BACK</p> <p>AVAILABLE</p>	<p>SEB NAGLE-TAYLOR</p>  <p>BACK ROW</p> <p>AVAILABLE</p>	<p>JAKE POLLEDRI</p>  <p>BACK ROW</p> <p>THE CULLIMORE GROUP OF COMPANIES</p>	<p>VAL RAPAVA-RUSKIN</p>  <p>PROP</p> <p>AVAILABLE</p>



<p>LOUIS REES-ZAMMIT</p> <p>WING</p> <p>AVAILABLE</p>	<p>JORDY REID</p> <p>BACK ROW</p> <p>THE CULLIMORE GROUP OF COMPANIES</p>	<p>TOM SEABROOK</p> <p>CENTRE</p> <p>AVAILABLE</p>	<p>ALEX SEVILLE</p> <p>PROP</p> <p>UK PROCESS VALVES</p>	<p>CHARLIE SHARPLES</p> <p>WING</p> <p>AVAILABLE</p>	<p>JOE SIMPSON</p> <p>SCRUM HALF</p> <p>AVAILABLE</p>	<p>JACK SINGLETON</p> <p>HOOVER</p> <p>mi works</p>
<p>ED SLATER</p> <p>LOCK</p> <p>KB BUILDING SERVICES</p>	<p>SANTIAGO SOCINO</p> <p>HOOVER</p> <p>AVAILABLE</p>	<p>JACK STANLEY</p> <p>PROP</p> <p>AVAILABLE</p>	<p>OLLIE THORLEY</p> <p>WING</p> <p>AVAILABLE</p>	<p>BILLY TWELVETREES</p> <p>CENTRE</p> <p>HAZLEWOODS</p>	<p>HENRY WALKER</p> <p>HOOVER</p> <p>AVAILABLE</p>	<p>JASON WOODWARD</p> <p>FULL BACK</p> <p>AVAILABLE</p>



TO SPONSOR A PLAYER PLEASE CALL
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COACHING
STAFF

<p>GEORGE SKIVINGTON</p> <p>HEAD COACH</p>	<p>ALEX KING</p> <p>ATTACK COACH</p>	<p>DOM WALDOUCK</p> <p>DEFENCE COACH</p>	<p>TREVOR WOODMAN</p> <p>ASSISTANT & ACADEMY FORWARDS TRANSITION COACH</p>	<p>TIM TAYLOR</p> <p>ASSISTANT & ACADEMY BACKS TRANSITION COACH</p>
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BRISTOL BEARS

**BRISTOL BEARS
CURRENTLY FIND
THEMSELVES
11TH IN THE
LEAGUE AFTER
WINNING THREE
OF THEIR EIGHT
PREMIERSHIP
GAMES SO FAR
THIS SEASON.**

The Bears come into this game off the back of a 36-20 loss to Northampton Saints at Ashton Gate and they will be looking to get back to winning ways at Kingsholm.

George Skivington is expecting a tough challenge against the West country side.

"I fully expect Bristol to go on a run and win games and end up back at the top of the table by the end of the season which is when it counts ultimately. I've spoken to Pat numerous times about rugby and he's got my full respect.

"He knows the game inside out and he knows how to build a team and a culture. We know how dangerous they are. We've watched a lot of them as a coaching group and have shown the players what we think they need to see.

"Anyone can beat anyone in this league and that's what makes it a great competition. It makes it exciting and that's what makes us who live and breathe it and watch the other games because it is so exciting to watch. It's a really exciting time to be in the Premiership."

THREE TO WATCH



**CHRIS
VUI**

Samoan captain Chris Vui is one of the Gallagher Premiership's leading forwards and a key cog in the Bristol Bears machine.

The 24-year-old, who can play second row or back row, became the youngest captain in World Rugby when he skippered Samoa in 2017, and has continued to go from strength to strength.



**CHARLES
PIUTAU**

The blockbuster Charles Piutau has strengthened his reputation as one of the most devastating attackers on the planet.

The 16-cap All Black has made more than 1,000 metres with ball in hand in the last three Premiership campaigns and remains one of the league's most potent attacking threat.



**CALLUM
SHEEDY**

Academy graduate Callum Sheedy has been a mainstay at fly half and is now a fully fledged Welsh international.

Previously captain of a Millfield School side that have enjoyed considerable success during his tenure as skipper, Sheedy is one of the most promising young fly-halves in the UK.



DIRECTOR OF RUGBY

PAT LAM

PAT LAM BECAME DIRECTOR OF RUGBY IN 2019 AFTER STEERING BRISTOL TO A HIGHEST TOP FLIGHT FINISH FOR A PROMOTED CLUB IN 12 YEARS.

Since joining the club in 2017, Pat Lam has taken Bristol Bears from the Championship to the top of the English Premiership.

In his first season at the helm, Lam led Bristol to an immediate return to the top flight with an impressive 21 wins out of 22, before leading to Bristol to a highest finish for a promoted club in twelve years.

In 2020, Lam helped the club to a first major silverware since 1983, winning the European Challenge Cup, while also achieving back-to-back semi-finals in the Premiership.

A Samoan international at three Rugby World Cups during his playing days, Lam won the 1997-98 Premiership with Newcastle Falcons and the 2000 Heineken Cup as captain of Northampton Saints. Lam led Connacht to their first ever major trophy in 2016, winning the Pro12 title.





LAST TIME WE MET

A 14-MAN GLOUCESTER RUGBY FRUSTRATED BRISTOL BEARS FOR THE FULL 80 MINUTES BUT THE TOP OF THE LEAGUE SIDE WERE TOO STRONG ON THE NIGHT AND CAME AWAY FROM ASHTON GATE WITH THE 39-7 WIN.

A Santiago Carreras try late in the first half was not enough compared to Bristol's five scores which came through Max Malins, Charles Piutau, Ben Earl, Nathan Hughes and Semi Radradra.

What happened?

Gloucester Rugby stayed in the fight in the first half and showed true grit not to let Bristol dominate.

The home side were first to get the scoreboard through a Callum Sheedy penalty and it was the Welsh fly-half who slotted another penalty to extend the home side's lead to 6-0 not long after.

Bristol struggled to execute and were unable to finish plenty of try scoring opportunities and seemed to be unable to make the final pass stick.

A length of the field effort was chalked off after the TMO ruled that Kyle Sinckler had dropped the ball on his way over the line.

Just as Gloucester Rugby were looking to start hitting back with some attack of their own, Matias Alemanno was red carded for a dangerous tackle.

Going down to 14 men seemed to gel the Cherry and Whites together and Bristol were held up over the line



and stopped from scoring on a few occasions. However, stopping tries came at a cost and Val Rapava-Ruskin was yellow carded for a penalty at the scrum.

Down to 13 men for 10 minutes, the Cherry and Whites couldn't stop the inevitable and Max Malins got over for the Bears with Sheedy's conversion putting the home side 13-0 up.

Santiago Carreras put the Cherry and Whites on the scoreboard just before the break after collecting a perfect pass from Billy Twelvetrees to go over to score. Twelvetrees' conversion made it 13-7 at the break and the two sides were both still very much in the game after 40 minutes.

In the second half, Gloucester Rugby continued to smother Bristol and force knock ons and errors in the Bear's game with the TMO ruling out seven Bristol attempts due to small errors but the flood could only be held back for so long.

Charles Piutau, Ben Earl, Nathan Hughes and Semi Radradra all got over in the second half, securing the bonus point and continuing Bristol's reign at the top of the Gallagher Premiership.

KEY MOMENT

Kyle Moyle

In a true reflection of Gloucester Rugby's character throughout the match, Kyle Moyle made an incredible try saving tackle to knock the ball out of Charles Piutau's hands, stopping a further score from Bristol.

The work rate to run back and make the tackle was symbolic of the effort put in by the full 23-man squad.

GLOUCESTER RUGBY
HERITAGEONE
HUNDRED
YEARS AGO

The Gloucester Club was in fine fettle financially in 1921, and during the summer they invested in various ground improvements. Additional seating was put into the pavilion on the north side, the terracing on the south side was renewed, and new terracing was installed at the Worcester Street end.

On the playing side, Gloucester embarked on the 1921-22 season with a new captain in Sid Smart. Born and bred in Gloucester, he captained the side from Number 8. Before the Great War Sid had played for England throughout two successive Grand Slam triumphs, and at the start of the war he was instrumental in persuading both his teammates and hundreds of supporters to enlist. Twice wounded himself, he picked up his rugby career after the war, earning more representative honours for County and Country. By 1921 he enjoyed legendary status at Kingsholm, and as captain it was reported that he "worked untiringly both on and off the field", and played in 35 games, more than any other player.

Tom Millington, the vice-captain, directed operations from fly-half, and he had a wonderful understanding with his scrum-half, "Father" Dix, and between them they conjured up many sparkling tries. Smart, Millington



Tom Millington and 'Father' Dix



Norman Daniell and Sid Brown

and Dix provided skill and experience down the spine of the team – over their careers the three of them would end up making 689 appearances for the Club.

Most of the kicking duties were given to Millington, who contributed 154 points, which set a new record for points by one player in a season, surpassing the 152 scored by George Romans in 1905-06. Millington's total included 13 tries, and the other leading try scorers were the speedsters on the wings - Norman Daniell with 19 and Sid Brown with 12. Norman passed on his genes to his son, Ken, who had an equally successful career on the wing for Gloucester after World War Two. Sid's career came to a tragic halt in 1926 when he died of injuries suffered whilst playing for the Club at Kingsholm.

However, the strength of the team lay in the pack, where Smart was ably supported by George "Biddy" Halford, a previous captain and international, who captained the County side in 1921-22. Tom Joyce, a permanent fixture in the England side that season, was reckoned to be the most effective forward in the country in both attack and defence, and Frank Ayliffe, Joe Harris and Arthur Hall added lots of experience, power and ability.



Sid Smart, 'Biddy' Halford and Tom Voyce

The season was a moderately successful one for the Club, although the record against English opposition was much better than against the Welsh. Of the 41 games played, 24 were won and 14 lost, ten of those defeats inflicted by Welsh clubs. The overall points difference was favourable, with 500 for and 322 against.

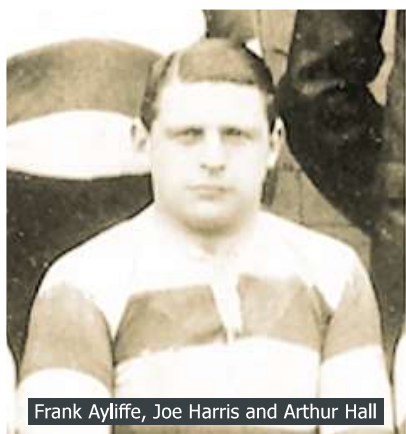
It started well, including "a capital win" 24-8 away at Northampton. In October, Harlequins were seen off, there was "a great win" 14-6 at Bristol, Guy's Hospital, regarded at the time as the strongest side in England, were defeated 13-0, and Cardiff were beaten 5-3 in atrocious weather at Kingsholm. And then there was "an astounding result" at Oxford University, where the students "gave a dazzling display of passing and running" to win 33-3. It was the first defeat of the season, and was soon followed by the first loss at Kingsholm, 0-3 to Pontypool.

A loss at Newport was followed by a narrow win over Llanelli at home, but an up-and-down December was brightened over the holiday period with three good wins in the space of five days against Old Merchant Taylors (28-0), Bath (13-3 away) and Northampton (26-3).

The New Year started well, when a weakened team squeezed a 10-9 victory at Leicester, but a win against Moseley and a draw against Swansea, led into four successive defeats by Guy's Hospital, Swansea, Cardiff, and Newport.

It was a familiar pattern for the rest of the season, with four defeats at the hands of Welsh opposition, but nine victories against English clubs. This included London Welsh, and completing the double over Bristol and Leicester, as well as three wins in four days over Easter against Headingley, Bradford and Lydney.

Some of the setbacks could be attributed to the loss of players called away for representative honours. The Club was heavily represented in a Gloucestershire side, which won their three South West matches, finishing with a 34-3 demolition of Cornwall at Kingsholm, with nine Gloucester players in the team, the second string Club selection losing at Coventry that day. The semi-final was initially drawn against Surrey, but the replay was won 30-0 at Kingsholm, with ten Gloucester players involved on each occasion. It was back to nine Gloucester men in the final against North Midlands at Villa Park, where a comprehensive 19-0 victory saw "Biddy" Halford holding the Champion's trophy aloft.



Frank Ayliffe, Joe Harris and Arthur Hall

GLOUCESTER RUGBY WINGER OLLIE THORLEY ON CHOOSING RUGBY OVER FOOTBALL, EDDIE JONES AND MAKING HIS DEBUT AS A SCHOOLBOY

Words: Loz Stanley



During our interview with Ollie Thorley, one gets the impression he likes things to go as smoothly as possible. Why, you only have to look at the day he made his professional debut for Gloucester aged just 17. "I was still at school at the time," he reflects. "It was a Saturday and we had Saturday school, so I went to lessons in the morning. My preparation was history, geography and maths!

"I think because it was the first time I played I didn't really know how to prepare. That's why I still went to school: to keep things as normal as possible."

After the school day came the work day. The fresh-faced youngster hopped on the team bus to Northampton,

where his side would ultimately lose heavily. "I think I actually played alright on the day, so it seemed to work, even though we didn't win!"

It was his mother who put the emphasis on school work along with playing rugby in the evenings, something in retrospect Thorley's glad he did.

"In sport, you get dragged a lot. You get a lot of pressure put on you that rugby is the most important thing and it is important, but I was very much under the view that rugby was an option," he says.





WILL CARVALHO

SEVERN WYE SMOKERY CURED SALMON IN BEETROOT AND FENNEL WITH POTATO CAKES WITH FISH ROE

INGREDIENTS:

- 1 Side, about 1Kg Severn Wye smokery salmon
- 125g Salt
- 125g Sugar
- 250g Cooked Beetroot
- 1 Tbsp Fennel Seeds
- 350g Cooked Potato
- 50g Butter
- 70g Flour
- 1/2 Tsp Baking Powder
- Sour Cream
- Fish Roe

EAT LIKE A PRO

SALMON & POTATO CAKES



INSTRUCTIONS:

- Combine the beetroot, salt and sugar in a processor. Pour over the salmon and add the seeds. You could also add coriander seed, dill, anything so that it adds another subtle dimension to the curing. Put in a container in the fridge, leave for 24 hours. Turn over leave for another 24 hours. You can eat it after 24 hours, the flavours will be there. I have found though by leaving it another 12-24 hours softens the salmon remarkably.
- For the potato cakes, mash potatoes and butter together. Add flour, baking soda and seasoning. Roll out to 5mm thickness. Either cut into squares or use a round cutter. Heat a pan with a touch of oil, and cook either side for a couple of minutes. It will create a very thin crust on the cake and leave the inside like mashed potato but airy due to the baking soda.
- Once the salmon is ready, wash well in cold running water. Slice off the end bits to try, if you think its too salty, wash again under cold water. To slice the salmon, get as long and sharp a knife as you can. A carving knife is ideal. Slice the side at angle so that you create more surface area per slice. About 3mm thick is what you are looking for. Or just do the best you can.
- Serve with the cakes and sour cream.

ACADEMY SQUAD



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JAKE MORRIS



ON PREMIERSHIP CUP EXPERIENCE AND SCORING TRIES AT KINGSHOLM

Jake Morris took the opportunity to play in the Premiership Cup with both hands and relished the opportunity to score tries in the two games against both Bath and Exeter.

With both games at Kingsholm, it was a great opportunity for the academy winger who is developing really well thanks to the international talent in his position.

"For us young lads, we've had a fair amount of time just training. We've had a limited number of games with the A League and Prem Shield not going ahead. It was a great opportunity for our young lads to go and show what we've been working on over pre-season. All of us young lads gave a very good account of ourselves, and we went into those games with a plan which we executed. We're all very happy with what we were able to show over those two weekends."

There's nothing like getting over the try-line and to do it at Kingsholm in front of a big crowd was really special for Jake.

"It was immense. It's been a very long time, about two years since I've managed to get over and it was great to do it in front of a full stadium. To be able to do it two weeks on the bounce, it was brilliant for me and my confidence. They were walk ins, but it was all moves that we'd been working hard on throughout the year so to be able to get on the end of them and for them to pay off shows that the work we are putting in is paying off."

As an academy winger, Jake relishes the opportunity to get any game time he can as there is no substitute for getting minutes in the legs.

"You can only learn so much about the game just on the training field. There's nothing like actually running out in front of a packed-out Kingsholm and a packed out Shed. There's no re-creating that on the training ground."

"Especially for the lads making their debuts, like Louis Hillman-Cooper, going out there for the first time and wearing the Gloucester Rugby shirt was a massive thing. To be able to learn the game and play with some of the senior players who offered some guidance, it was invaluable."

Game time is valuable but so is training alongside international wingers.

"It's a tough one because you look at the boys that I'm competing against, it's quite literally international standard players. There's Ollie Thorley who has an England cap, there's then seasoned internationals like Jonny May and Louis Rees-Zammit is now a British and Irish Lion! There's Santi Carreras who's been ripping it up for Argentina."



"Skivs says that if you're good enough, you will play. For me, I've got the learn as much as I can. I don't think there's a better club in Premiership rugby where I could learn as much as I'm learning at the moment. For me it's just about learning my trade. Obviously, I do want to play so every time you go and train you're trying and it's just about being ready for that next opportunity because you never really know when it's going to come."

Not only are the wingers at Gloucester Rugby of an international quality, but they all have different strengths to their game. This means that each individual has something different Jake can learn from.

"We've got such a wide style and different boys have different skill sets and different X-Factors. It's brilliant for me to be able to pick and choose little things from all of their games and try and add it to my game. Being able to train against these boys and observe what they do and ask them questions, I think I'm in the best position to do that."

As a sign of how well Jake is doing, the RPA have nominated him as their U23 MVP for the month of November.

"I didn't really expect that one! For my confidence, it's really good. It's nice to see that something is actually working. I'm working really hard at the moment so it's nice to have some recognition. Hopefully we can seal it in the bag! I'm chuffed to bits just to be nominated."



STATS CORNER

- Gloucester Rugby's only defeat in their last eight first team games was 13-16 at home to Exeter in Round 7 of Gallagher Premiership Rugby. The Cherry and Whites only other loss at Kingsholm this season was 26-33 to Leicester Tigers in Round 2.
- Bristol Bears 20-36 reversal at home to Northampton Saints on Friday ended a two-game winning run in Gallagher Premiership Rugby. Bristol won their most recent away game in Premiership Rugby, 45-33 at London Irish, their first away win in the tournament this season.
- Bristol have won their last five Premiership Rugby encounters with Gloucester since Gloucester's 35-13 victory at Kingsholm in September 2018.
- Bristol Bears have won their last five Premiership games against Gloucester, this after the Cherry and Whites had won seven of the previous eight meetings between the sides (L1); Bristol have won their last two away matches against Gloucester, after winning just one of their previous 11 visits there (L10).
- Gloucester have lost their last five matches against Bristol Bears and another loss here would see them match their longest losing sequence against a single opponent in the league (L6 v Wasps 2013-15 & v Leicester Tigers 2015-17).
- Gloucester have already won 10 games in the Premiership in 2021, since the start of 2012 only in one calendar year have they tallied more league wins (W12 in 2017).
- Bristol Bears won their last away game (45-33 at London Irish) after losing their first three games on the road in the Premiership this season; the Bears have already won eight away games in the league in 2021, after never winning more than six in a calendar year.
- Gloucester have scored 79% of their tries following a lineout, the highest such ratio of any team in the Premiership in 2021/22; they have scored an average of 2.4 tries per game in that fashion, a joint-high in the league this term (also Leicester Tigers and Saracens).
- Bristol Bears have run an average of 799 metres per game with the ball, the most of any team in the Premiership in 2021/22; only Exeter Chiefs (134) and London Irish (126) have made more carries per game than the Bears in the league this season (114).
- Bristol Bears have made the second most passes per game in the league this season (177.5), while only Exeter Chiefs have made more than them (178.4); Bears have made the most offloads per game of any team in the league this term (12.3).
- Gloucester duo Lewis Ludlow (120) and Freddie Clarke (117) rank first and second respectively for successful tackles in the Premiership this season; they are two of just four players to have made 100+ tackles this campaign (also Ben Earl – 107 and Tom Willis – 100).
- Harry Thacker (Bristol Bears) has made 19/19 lineout throws in the Premiership this season, the most of any player who is yet to lose one so far in this campaign.
- Bristol Bears' Andy Uren has made three 50-22 kicks in the Premiership this season, more than any other player; in fact only one other player (Louis Lynagh – 2) has made more than one this season.



Andy Uren



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HITZ ACADEMIC ACHIEVEMENT AWARD

LEAH CROMWELL HAS BEEN AWARDED THE HITZ ACADEMIC ACHIEVEMENT AWARD IN RECOGNITION OF THE ACADEMIC PROGRESS SHE HAS MADE SINCE JOINING THE HITZ PROGRAMME.

Leah struggled with her mental health due to a difficult home life which left her in care and excluded from school. Thanks to HITZ, she is now on her way to becoming a health and social care worker after receiving support through the programme and obtaining qualifications that helped her secure a college place.

CLICK HERE TO FIND OUT MORE
ABOUT HOW HITZ HAS HELPED
LEAH IN THIS VIDEO



**"THANKS TO HITZ, SHE
IS NOW ON HER WAY TO
BECOMING A HEALTH AND
SOCIAL CARE WORKER"**

GLOUCESTER-HARTPURY WOMEN SQUAD



1873

**ALICIA
MAUDE**



**AMBER
ROBSON**



1873

**AMY
DALE**



1873

**BIANCA
BLACKBURN**



**BETHAN
LEWIS**



**CERYS
HALE**



1873

**CARA
HOPE**



**CHARLIE
MAI-MANNS**



**CONNIE
POWELL**



**DAISY
FAHEY**



**DAISY
SMITH**



**ELLIE
GILBERT**



**ELLIE
UNDERWOOD**



**EMMA
MUNDY**



**EMMA
SING**



**EVIE
ROACH**



1873

**ERICA
MILLS**



**GABI
SKOV**



**GEORGIA
BROCK**



**GWEN
CRABB**



**HANNAH
JONES**



**KATHRYN
BUGGY**



**KELSEY
JONES**



**KERIN
LAKE**

GLOUCESTER-HARTPURY SQUAD



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KELLY SMITH



LLUECU GEORGE



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MAISIE BURTON



MEGAN ISSAC



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MIA VENNER



NATASHA HUNT



PIP HENDY



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PIPPA ROBINSON



RACHEL LUND



RANNI SAMUDA



ROBYN WILKINS



SHYA PINNOCK



SISILIA TUIPULOTU



SOPHIE TANDY



1873

SIAN WILLIAMS



TABITHA COPSON



TATYANA HEARD



ZOE ALDCROFT





TWELVETREES SCORES A BRACE AS GLOUCESTER RUGBY TAKE FIVE POINTS FROM WASPS

Gloucester Rugby managed to hold off a late Wasps comeback to secure a 35-33 bonus point victory at the CBS Arena on Friday night.

What happened?

It was a freezing cold November evening, but the Cherry and Whites scored four tries and came away from Coventry with the bonus point win.

Jonny May was the first to get over the line after Adam Hastings put in a good chip over the top which set up the attack which saw the England winger score.

The Scottish international was accurate from the tee as well and slotted the conversion as well as two penalties in short succession to open up the scoring nicely.

Despite the strong start, Wasps were still in the game and proved this through a clever move at the lineout which saw Thomas Young dive over to score.

However, Gloucester Rugby were next to land a blow and it was Billy Twelvetrees who collected the short ball from Mark Atkinson and ran all the way to the line to score his first of two tries.

Wasps had the final say of the half and Gabriel Oghre got over for the home side just before the break. Jacob Umaga's conversion put them right back in the game with the score 12-23.

In the second half, Twelvetrees went over for his second try, and Hastings's conversion gave the Cherry and Whites a healthy lead.

Jack Clement also went over from the driving maul to make up for a try that was chalked off in the first half but Wasps were rampant and were on the comeback.

A try from Alfie Barbeary and Jacob Umaga made things really close going into the final few minutes.

With just over a minute on the clock, Umaga scored another great try to set up a tense finish. Nailing the conversion, there were just two points in the game with just seconds left.

Wasps were awarded a penalty but the Gloucester Rugby defence was strong and Wasps were forced to make a knock on. Hastings collected the ball and booted it to touch to end the game much to the relief of the Cherry and White fans in attendance.





KEY MOMENT: BILLY TWELVETREES GETS OVER FOR HIS SECOND

Billy Twelvetrees and Mark Atkinson linked beautifully with each other throughout the game but it was the set up to Billy's second try which was really special. The centre collected the short ball and went over to score!





ZOE ALDCROFT ON ENGLAND'S DOMINATION AND HER CRAZY WEEK!

England Women were totally dominant over the Autumn international campaign and it was Gloucester-Hartpury's Zoe Aldcroft who played a key role in extending the Red Roses' winning streak to 18 games.

The final week of international duty was a crazy one for the forward as she was nominated for World Rugby's Player of the Year, captained England for the first time, scored a try in the same game, and also celebrated her 25th birthday!

"I said to someone the other day, I don't think it all really sank in until I came out of camp and I had time to reflect on it. I was on a massive high that whole entire week. Now, reflecting on it, I think it will definitely be a week that I'm going to remember as one of the best that I've ever had!



"It was a massive whirlwind. I can't even really explain it! If you think about the best time of your life, that was it really. I just had a smile on my face 24/7."

Captaining the side was a real privilege for Zoe but initially she didn't know why head coach Simon Middleton was calling her!

"I was in camp and I got a text from Simon Middleton and he sent me a text asking me to come down and speak to him. I was out at the time and was panicking about why he wanted to talk to me. Then he started ringing me and I was like OMG am I in trouble?!"

"But then he asked me if I would like to be captain! So I got back and sat with him and obviously I said yes."

"I was with Sarah Burn, Hannah Bottaman and Zoe Harrison at the time so I was like 'oh my god girls I'm going to be captain! So they were the first people I told before I told by boyfriend and my mum, dad and my brother."

"I don't think they could believe it either!"

"It was one of the most privileged moments I've had. I didn't expect it at all but I loved every minute of it and I would definitely like to do it again if I ever get the opportunity to."

The results on the field were brilliant and it created a big buzz around the women's game

"It was really good. We weren't expecting to do so well but it was really successful from our point of view."

"We just take each game step by step. Each week we focus on what we need to do to win that game and that process has led us to winning those games in a row. It's also the hard work, dedication and commitment from every single girl in the squad whether they are on the pitch or not. The input into training and the details on and off the pitch."



"It's a massive credit to the girls and that's the reason why we have been so successful."

Over the Autumn, the Women's game grew massively. There were more fans in the seats at the stadiums and the TV viewing figures were higher than they'd ever been before.

"It has been growing over the last few years but this Autumn we've had a massive influx of people coming to the stadiums and it's been really good with the fans. The TV viewings have also increased, and I think that the performances that we were able to put out have really picked up the interest and there were people who

weren't even interested in rugby which has been really good for us. Hopefully we'll keep growing and growing."

England were dominant in all of their victories against New Zealand, Canada and the USA and Zoe hopes that other unions can offer better competition in the future to make the game more of a spectacle.

"Hopefully other unions will invest in their women's teams so that we then have some real competitive matches and games that are really exciting to watch."

"It would also force us as England to excel our performances because we can only get better if we have those teams pushing us."

Zoe is now back with Gloucester-Hartpury and is looking forward to this weekend's game against Loughborough, even if she is getting some of the calls wrong!

"It's great to come back to the girls. I love playing with them. I've just got the switch back to the Gloucester calls! There were a few times I was calling something that we did with England and I'd have to re-tune my brain to being at the club!"





VAL RAPAVA-RUSKIN ON THE DARK ARTS OF THE SCRUM

AS A MEMBER OF THE FRONT ROW, VAL RAPAVA-RUSKIN IS THE PERFECT PERSON TO TALK TO ABOUT THE MYSTERY OF THE SCRUM. THE SCRUM IS RUGBY'S ENIGMA, BUT WE SAT DOWN WITH THE PROP TO TALK US THROUGH THE PROCESS.

"It's a very difficult subject because there are so many elements and components when it comes to the scrum. Everyone plays a key part in it but it also depends on what type of scrum you are. There are scrums who have lightweight packs but they are able to get into positions quicker and they use the speed of engagement as a tactic where they can win an inch and get themselves into a position.

"There are other teams, bigger teams, who rely on pure power and no matter what you do to them..."

Val speaks passionately about the scrum. He loves the straight up battle with his opposite number.

"That's the best thing about the scrum. You can stand there and say that this is the way that we should do it but in the end it's just eight people pushing against eight people and it's all about who can push the other one back.

"When you look at it with that mindset, then you can work around the other elements, about speed of engagement, foot placement, working together and how we should do it. When you have a mindset that it's eight on eight as a pushing contest, that's when everything opens up and everyone sees it clearer."



The scrum is a brutal all-out contest, and it takes a lot of preparation off the field to make sure one is ready for the battle.

"Before a scrum, it's all about pushing power. It all starts in the gym. It's about the strength in the core and how much more dominant are you than your opposition. When you feel good in your body and you're in that sort of shape then everything else opens up.

"Usually before a scrum, I am absolutely dead. But it's almost like a max effort squat, like a one rep max. You've got to get your breathing right, you've got to get your body set and everything.

"I like to slow the game down just to get that extra 10-15 seconds to get my body and mind right. Then we start binding up. My foot placement is always key. My right leg should never move. Once the locks come in, I make sure that they are bound and they are tight. I usually gee them up and tell them that this is the one that we're going for so I make sure everyone gives 100%. They always do give 100% but that little bit extra. Sometimes it just takes that. Then we engage, the ball comes in, and the pushing contest starts."

Is the process the same when we have the put in? Does it change in defence?

"My mindset stays the same. Obviously when it's their ball, you have the ability to attack because when the opposition hooker goes for the ball, their leg is in the air and they are basically scrummaging with one less man. It gives you an opportunity to snap and go straight through them.

"Every opposition is different. Everyone knows what you're about to do and the way that you're about to do it so everyone prepares in a different way. There are hundreds of small little different elements from each player and it's about how it comes together. I like to simplify it and make it all about the push."



The new artificial pitch provides a consistent surface not only for the backs, but also the forwards at the scrum.

"The new pitch is good for scrummaging. You're able to move your legs further back. Your studs stick into the ground and you feel more stable because the surface doesn't move. You can dig your studs in and they won't shift.

"That makes it a very good thing for defensive scrums because you can move your legs further back and you won't slip. On a grass pitch if you did that you run the risk of slipping. I think it will help more defensively because the amount of energy required to shift them, they will be absolutely wrecked and tired from trying to shift them. It's about understanding the opportunities and when to scrum and when to conserve energy.

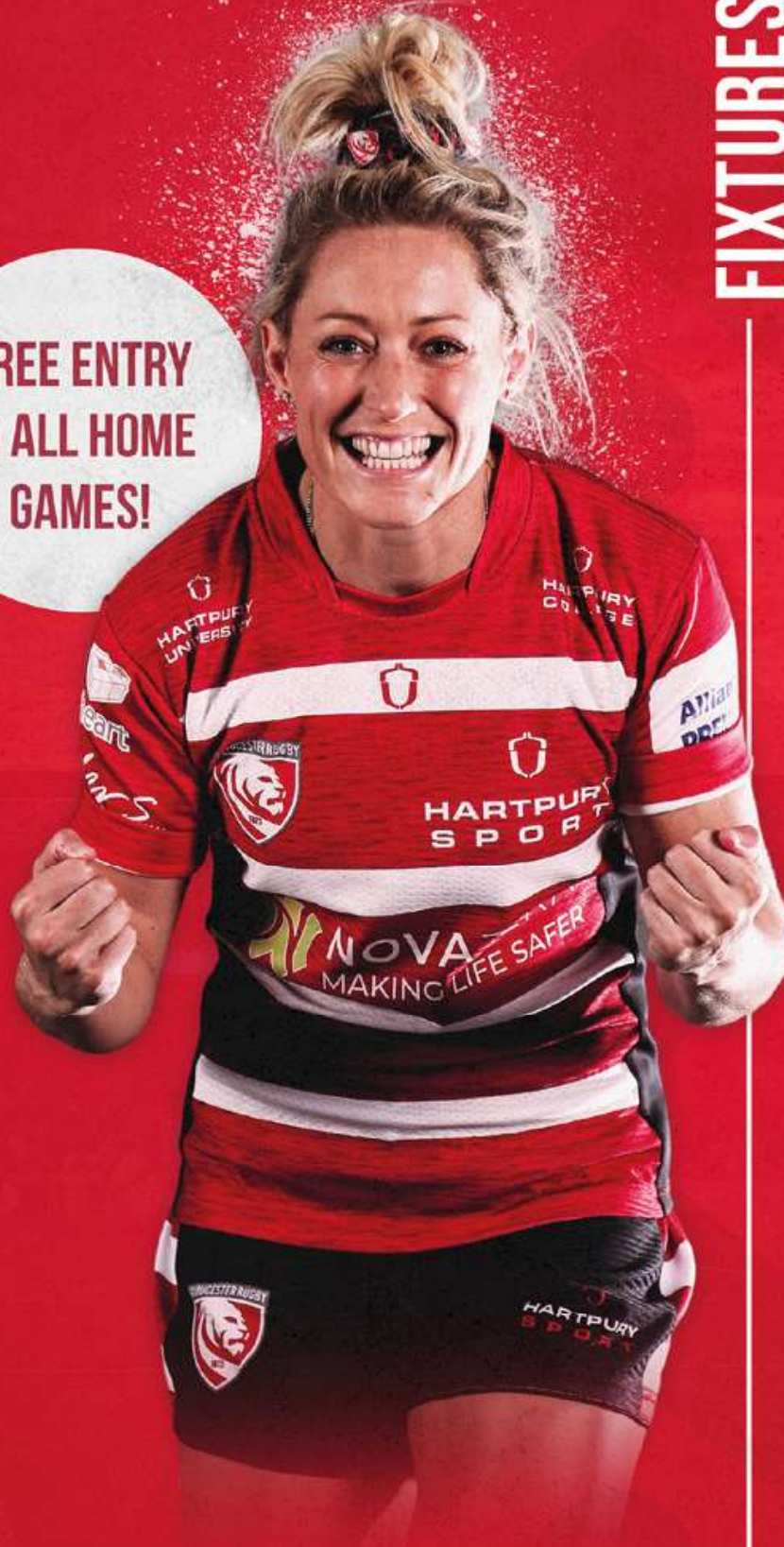
"I want to play at a high pace and put on a show for the spectators."





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FIXTURES

OCTOBER

02	HARLEQUINS WOMEN	H
09	WASPS WOMEN	A
30	BRISTOL BEARS WOMEN	H

NOVEMBER

06	HARLEQUINS WOMEN	A
13	DMP DURHAM SHARKS	H
27	SARACENS WOMEN	H

DECEMBER

04	LOUGHBOROUGH LIGHTNING	H
11	EXETER CHIEFS	A
18	WORCESTER WARRIORS	A

JANUARY

08	BRISTOL BEARS WOMEN	A
15	SALE SHARKS WOMEN	A
29	HARLEQUINS WOMEN	A

FEBRUARY

05	EXETER CHIEFS	KINGSHOLM (TBC)
19	SARACENS WOMEN	A
26	LOUGHBOROUGH LIGHTNING	A

MARCH

05	WORCESTER WARRIORS	KINGSHOLM (TBC)
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APRIL

02	WASPS WOMEN	A
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MAY

07	WASPS WOMEN	H
14	DMP DURHAM SHARKS	A



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THE TEAMS



VS



T P C D

T P C D

				Lloyd EVANS	15	Charles PIUTAU				
				Louis REES-ZAMMIT	14	Toby FRICKER				
				Chris HARRIS	13	Henry PURDY				
				Mark ATKINSON	12	Piers O'CONOR				
				Ollie THORLEY	11	Alapati LEIUA				
				Adam HASTINGS	10	Callum SHEEDY				
				Ben MEEHAN	9	Harry RANDALL				
				Val RAPAVA RUSKIN	1	Jake WOOLMORE				
				Jack SINGLETON	2	Harry THACKER				
				Kirill GOTOVTSEV	3	John AFOA				
				Freddie CLARKE	4	Dave ATTWOOD				
				Matias ALEMANNO	5	Joe JOYCE				
				Ruan ACKERMANN	6	Chris VUI				
				Lewis LUDLOW (C)	7	Dan THOMAS				
				Ben MORGAN	8	Steven LUATUA (C)				

REPLACEMENTS

				Santiago SOCINO	16	Jake KERR				
				Harry ELRINGTON	17	Yann THOMAS				
				Jamal FORD-ROBINSON	18	Ashley CHALLENGER				
				Andrew DAVIDSON	19	Jake HEENAN				
				Jordy REID	20	Fitz HARDING				
				Charlie CHAPMAN	21	Tom WHITELEY				
				Billy TWELEVTTREES	22	Semi RADRADRA				
				Kyle MOYLE	23	Luke MORAHAN				

MATCH OFFICIALS

Referee: Christophe Ridley (49th Premiership game)
Assistant Referees: Anthony Woodthorpe and Dean Richards
TMO: David Rose **Citing Officer:** Grant Seely