

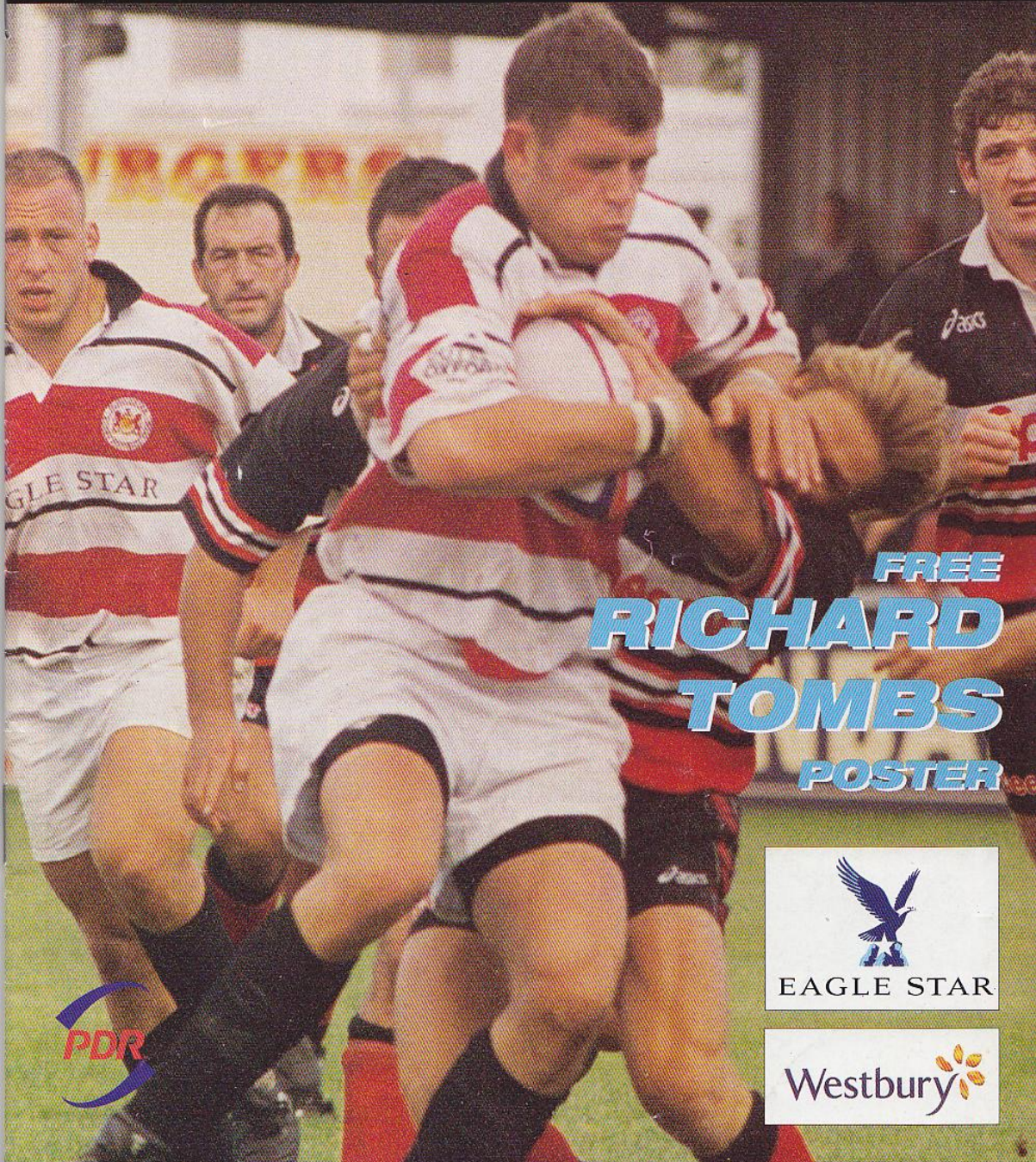
GLOUCESTER

The Cherry and Whites

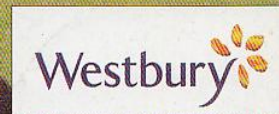


GLOUCESTER V BÉZIERS

4th October 1997 KO 3pm Vol 2/4



**FREE
RICHARD
TOMBS
POSTER**



FOUNDED 1873

Saturday 4th October 1997

Kick-off 3.00pm

GLOUCESTER
Cherry & White

BEZIERS

15	CHRIS CATLING	Full Back	JULIEN LAHARAGUE	15
14	RAPHAEL SAINT-ANDRE	Right Wing	MICHEL MAILHÉ	14
13	TERRY FANOLUA (I)	Centre	JEAN PHILIPPE VIVARD	13
12	RICHARD TOMBS (I)	Centre	NICOLAS CARLI	12
11	PHILIPPE SAINT ANDRE (I)	Left Wing	PHILIPPE BUFFEVANT	11
10	MARK MAPLETOFT (I)	Outside Half	CHRISTOPHE GRATIEN	10
9	IAN SANDERS	Scrum Half	PIERRE MIGONI	9
1	TONY WINDO	Prop	CEDRIC SOULETTE	1
2	NEIL McCARTHY	Hooker	CHRISTIAN GARGIA	2
3	PHIL VICKERY	Prop	GILLES BELZONS	3
4	ROB FIDLER	Lock	JEAN FRANÇOIS PEDESSEAU	4
5	MARK CORNWELL	Lock	CHRISTOPHE SAINT MARTIN	5
6	PETE GLANVILLE*	Flanker	THIERREY GRAS	6
7	NATHAN CARTER	Flanker	MOUMAD OUEMBAEV	7
8	ED PEARCE	No. 8	FREDERIC LALUQUE	8
16	CRAIG EMMERSON	Replacements	LAURENT BALUE	16
17	NICK OSMAN		LUDOVIC MERCIER	17
18	LAURIE BECK		GUILLOUME TAUSSAC	18
19	PHIL GREENING		ZAGO	19
20	TREVOR WOODMAN		YANNICK BOCQUENET	20
21	ANDY DEACON		RICHARD LAUTIER	21
22	DAVE SIMS		SEBASTIEN BRUNO	22

Referee

B Stirling
(IRL)

(I) International
* Captain

Reserve Touch Judge

B Mullis (ENG)

Touch Judges

D Courtney (IRL)
G Foreman (IRL)

Chapter

Two...



**"Beziers et Rugby sont deux noms inseperables.
Le ballon ovale est, en effet, le roi dans cette region."**

You don't have to be a linguist to work out from that that they do like their rugby in Beziers. Fiercely, proudly and without being willing to take any old codswallop from anyone. Just like us, really.

I found those words of Gallic wisdom while twiddling through the Internet in the search for information about the home town of today's welcome and respected visitors. I discovered that there is an awful lot of such gen available through that medium, but it's all in French, which never was my strong subject. As far as I could tell, there is a lot of history involving one of the Crusades, which reportedly kicked off from just outside the mediaeval city of Beziers. Well - it's another sort of crusade entirely today for them. Having lost to us on their own patch, they'll want to restore the balance.

I may not know much French, but I am a devout and practising student of the products of the grain and the grape. I was, therefore, interested to note that Beziers is a centre for wines from the Dordogne region, including one which is described as '*vin liqueur aphrodisiaque*', of which the local burghers appear

to be extremely proud. I won't presume to comment in what is, after all, a family publication, except to speculate whether this particular potation is the reason why Bezier's young backs appear to whip around the field at such an indecently high rate of knots.

Another feature of the fine old town is their rugby ground. It accommodates well over 20,000 people, in very modern facilities, and has an athletics track running around the pitch, in the same style as the Cheltenham set-up. However, to compare the Stade Mediterranee with the Prince of Wales Stadium is to liken a top-of-the-range Peugeot with a Ford Escort. It is undoubtedly one of the finest grounds in France, and has, I believe, staged Internationals afore now.

But that arrangement does mean that the spectators are a long way from the action. Furthermore, watching the snippets of the Gloucester game which appeared on Central South Television, there did seem to be vast acreages of wide-open space around the terraces.

They won't find things the same here. Our supporters are much closer to the pitch, and I

doubt very much whether there will be very many empty areas around today, either. That makes for a very different situation to the one which obtained at the earlier fixture.

You don't need telling that this afternoon's game is very important to both sides. I'm writing this before last weekend's Gloucester-Toulon and Beziers-Padova games, but at this point, it doesn't seem likely that the side which loses today will progress to the quarter-finals of the European Conference. So there's a lot to play for.

Whoever wins, however, it's always good to see a top French side at Kingsholm. It hasn't happened all that often in the history of the old ground. So we offer a traditional welcome to everyone from Beziers here this afternoon. We hope everybody enjoys their stay - on and off the field.

Bienvenu, mes amis !

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Gloucester v Béziers, 4th October 1997

Behind the

with Phil

What is your role at Gloucester Rugby Football Club?

My Job is to help the players perform to their individual peak during each game. The fitness programme aims to maximise the players' ability for power, strength and speed.

How did you become a fitness trainer?

Long story really, it has been a gradual process which has developed out of my career and family background.

My father played semi professional football and cricket and all my family were interested in sport. I was also lucky enough to go to a school with a good tradition of sport. All of these influences together helped develop my interest for sports which continued when I joined the airforce.

Whilst in the airforce, and because of my interest in sport, I found myself involved in a great deal of sport. Fairly early on I realised that I very much

enjoyed both the athletics side and playing rugby and cricket. Not concentrating on any one aspect exclusively meant it was unlikely that I would reach any great heights in any one of these sports. However, the ability to sprint and being quite powerful made me suited to the power and speed required for the Bobsleigh. As can often happen, fate took a turn and I was headhunted by Tom DelaHunty to train for the British Olympic Bobsleigh team

How did you come to work for Gloucester Rugby Football Club?

An arduous couple of seasons (1993-94 and 94-95) training six days a week for five months for the Bobsleigh in France, Norway and Germany eventually took its toll and I sustained a number of injuries which forced me to consider an alternative future.

Many people had been asking me to give them personal training during my time with the British Olympic team and finally

the break from the gruelling training schedule provided an opportunity to begin working on private training programmes for individuals.

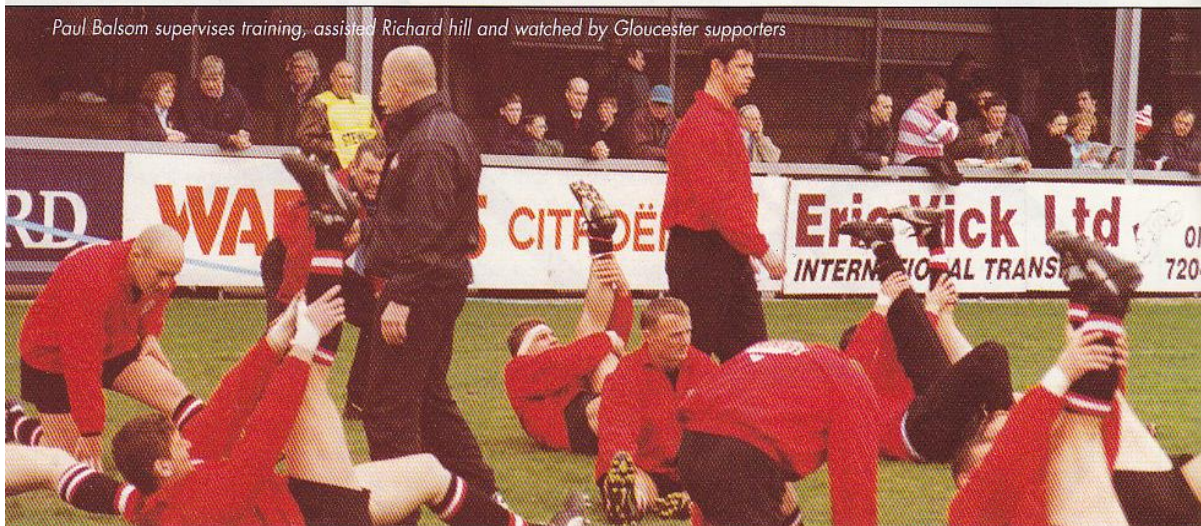
A business contact, aware of my work, introduced me to Gloucester Rugby Football Club and the rest, as they say, is history.

Fitness training in rugby is something of a new phenomenon, how do the players react to your fitness advice?

There is still something of a pie and pint attitude by players in rugby generally fitness advice in some ways goes against the players normal behaviour but I believe that as they begin to see the results they are changing the way that they do things to maximize their potential in the game.

Fitness advice is gaining ground within rugby, Jim Blair has joined Bath as fitness advisor from New Zealand, where they are a few years ahead in terms of

Paul Balsom supervises training, assisted Richard Hill and watched by Gloucester supporters



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Scenes

Balsom

fitness training, having been professional longer than the UK. The publicity surrounding his arrival and also surrounding a teams success on the field backed up by a strong fitness programme will undoubtedly help turn the tide in favour of fitness as the norm rather as the exception.

Fitness advice tends to alter, how can you be sure you have got it right?

A lot of the fitness programmes have developed from athletics which has been using the basic principles which we have followed for around 40-50 years. They have made great progress and helped establish the validity for many of the techniques used.

How do you measure your success?

Obviously we aim to win games but there are a number of measurements which we can use which help us assess how well each player is developing their own individual potential, these fitness tests look at;

- Speed
- Power
- Strength
- VO2max (maximum oxygen intake)
- Endurance
- Co-ordination

As a relative newcomer to GRFC, what do think of the atmosphere at Kingsholm?

Really great, the players enjoy good humoured banter and mickey taking.

It's a really great leveller and I enjoy working here.

What do you look for on Match Day?



I watch out for each player, how they use their speed, how powerful they are in the tackle and in possession. I watch out for how each player covers the ground, how they recover from different situations. Basically I keep a mental picture of each game which I can use to develop the fitness programme.

What advice would you give to the young hoping to become rugby players of the future?

Rugby skills are really the most important aspect to concentrate on, without these you don't stand a chance of developing a career in rugby. In terms of fitness getting involved in athletics would be of great benefit. The ability to sprint for example would be a great advantage. It is interesting to note that in the States, good sprinters are encouraged to play American Football, where as in the UK sprinters are steered away from rugby generally due to the fear of injuries. This is a pity and means that a lot of talent is lost from rugby at an early stage.

What advice would you give to aspiring fitness coaches of the future?

As with all forms of coaching it is far better to have plenty of practical experience of something before you teach.

What useful sources of information would you recommend for the people interested in fitness training?

- Peak Performance - the specialist magazine for fitness training
- Take every opportunity to add to your pool of knowledge by talking to other fitness instructors and sports coaches.

Who do you most admire within fitness training?

Nutrition: Micheal Colgan,
Linford Christie's coach
Training: Ron Rodden Cogen,
a sprint coach

What is your biggest problem?

Time is the biggest limitation. For every game we aim to create a fitness programme which allows the player to play at their peak for every match.

What is your main goal?

I have various options but to be honest I'm happy here at Gloucester Rugby Football Club at the moment and I don't want to change.

So where do we stand?

Things are getting a bit fraught in the European Conference, quarterfinalwise. Here's how our group looks after last weekend's games.

	P	W	D	L	F	A	Pts
TOULON	4	3	0	1	104	58	6
GLOUCESTER	4	3	0	1	103	68	6
BEZIERS	4	1	1	2	107	97	3
PADOVA	4	0	1	3	72	163	1

Interesting, isn't it? It's those extra 10 points 'scored against' which look a bit nasty as far as Gloucester is concerned. If everything goes according to form, then the quarter-final side from this pool could well be decided on points difference, in which case we have some ground to make up. In fact, we need as many points as we can deliver from today's game and our visit to Padova next week.

What's more, we need to win both of them, and win handsomely at that.

Neither can we assume that Padova are going to roll over and play dead for us next week. Although those 163 points conceded by the Italians make them look like whipping boys, it was significant that today's visitors could only draw with them last weekend, so we can't assume anything.

Of course, neither can Toulon. They are fierce old rivals of Beziers, a fairly local derby, rather like Gloucester and Bristol, so the side which beat us by 3 points last Sunday won't be taking their final game of the series at all lightly.

Most of the other Conference pools are scarcely less complex, so we shall have to await events.

C'mon Glaws!



Mark Mapletoft about to pass the ball - Gloucester v Toulon 13th September 1997

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Well done Phil



Phil greening

I suppose the most depressing thing many of us saw over the summer months was the melancholy sight of Phil Greening wandering off the pitch almost at the start of England's second Test against Argentina. A closer shot a few minutes later, during Channel Five's rather eccentric screening of the event made it fairly obvious that the normally ebullient Philip didn't know what time of day it was, and was patently concussed.



Not a nice thing to happen at any time, but little short of tragic when the occasion is a player's first start at International level.

It's accordingly very gratifying to record that Phil Greening has retained his spot in the England reckoning, and is named as one of only two hookers in Clive Woodward's first squad as the man in charge.

Phil deserves the honour, and with it the congratulations and good wishes of all of us.

With four Internationals between now and Christmas, three of them versus South Africa, Australia and New Zealand, it's a daunting prospect, and I

imagine the chances are that Phil will get a start in at least one of the games. Daunting, certainly, although as Jeremy Guscott said on TV the other evening, it's the sort of schedule players have to face during World Cup competitions, so I suppose it's the way things are going to go. All of us, players included, are going to have to get used to it.

I also found the Emerging England strand of call-ups to the Squad interesting. One can only hope that injuries to Chris Catling, Scott Benton, and above all, Dave Sims, precluded their selection at this point in the season. Time will tell.

Let's now wait until the 'A' squads are announced. That will be interesting, too.

Parking

If you can't get into the car park, or don't particularly want to for some reasons of your own, I'm asked to tell you that there are alternatives. You could, for example, leave your vehicle at the King's School, which is only a stroll away, or at Kingsholm Primary School in Alvin Street. The relevant

authorities at both establishments are only too happy to provide such facilities, and incidentally, make a little contribution to school funds by so doing.

If, however, you are forced by circumstances into parking on one of the streets around the ground, do please be a little careful

about it. How, for example, would you feel if your car was blocked in just when you wanted to leave to come to Kingsholm ?

It doesn't do any harm to think of others at such times, and we do need to remain on good terms with our neighbours.

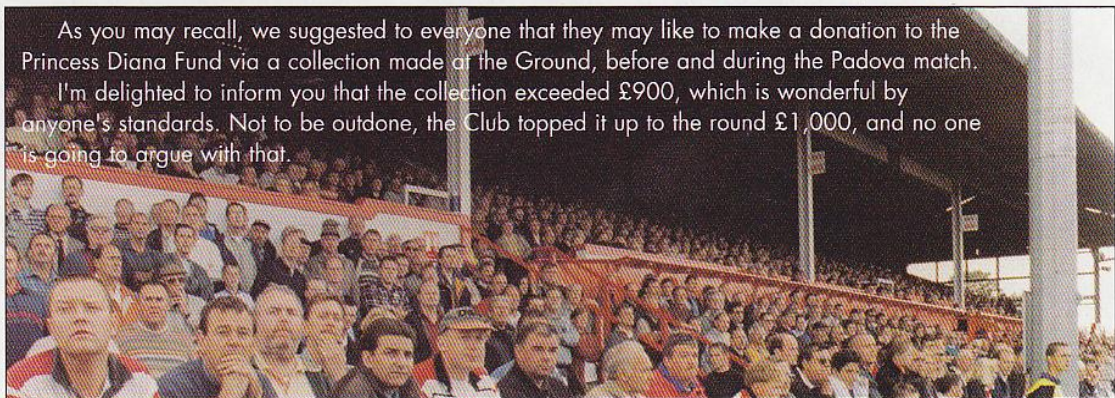
Gangway

While on that sort of subject, it's time I made my periodic plea to everyone not to stand in gangways or on steps to watch the game. This is an edict from the Fire Officer, and no one in their right mind argues with him.

Well done all!

As you may recall, we suggested to everyone that they may like to make a donation to the Princess Diana Fund via a collection made at the Ground, before and during the Padova match.

I'm delighted to inform you that the collection exceeded £900, which is wonderful by anyone's standards. Not to be outdone, the Club topped it up to the round £1,000, and no one is going to argue with that.



Catching 'em Young



For some reason I've not been able to work out, the Match Mascot details were not printed in the Toulon game programme. Can't have that, can we? Here's what I intended should have been published on that day.

Our Match Mascot for Toulon was young Mister Thomas Davis, who was 10 on September 18th, so it was a nice Birthday present. He attends Rodborough County Primary School, and according to his Dad, Brian, is a "Gloucester fanatic", having attended just about every home game since he was 3.

He plays mini rugby for Stroud U10's, and is apparently extremely versatile, having had a go at just about every position on the field,

although his preferred spot is at centre. Brian tells me that his style is somewhere between Mike Teague and Jonah Lomu, which makes the mind boggle a bit.

In fact, Thomas enjoys most sports, including soccer, where he supports Arsenal, which means that his long-suffering parents don't have to buy two sets of strips. He plays badminton and pool, and also enjoys cycling, reading and 'making things'.

His pet hate is homework, for which he is always too busy. He has a sister, Laura, who is 5, described as a 'trainee fanatic'. She is smitten by Richard Tombs, who she met at the recent Open Day.

Thomas's ambition is to be a professional rugby player for Gloucester, turn out for the British Lions, and "buy Mummy and Daddy a house."

Not much wrong with that lad, is there?



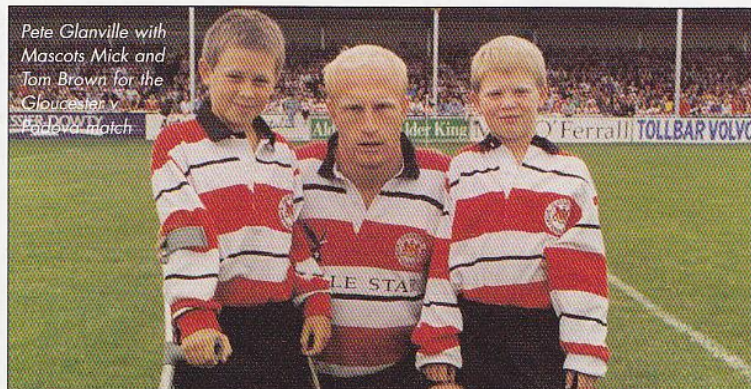
Pete Glanville with Thomas Davis

Catching 'em Young 2

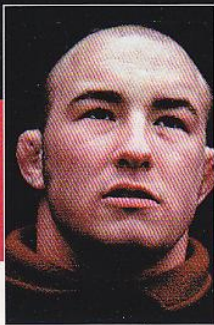
Today's Match Mascot is a young lady called Kylie Hill. I don't have a great deal of information about her, except that she lives in Tuffley and attends Tuffley Primary School. She's nine years old, and has a younger sister of seven, who must give her valuable support against her elderly brother, Lee, who is all of thirteen.

When not watching rugby at Kingsholm, she likes to swim and plays a mean game of netball. I'm told she also loves horse riding, but I expect she'll be on her own two feet today.

Thanks for doing us the honour, Kylie.



Pete Glanville with Mascots Mick and Tom Brown for the Gloucester v Béziers match



Player

There are two reasons why I thought it might not be a bad idea to feature Phil in this spot this week. The first is obvious, in that it's a way of further marking his selection for the England squad announced last week. As a matter of fact, that was the second honour Phil has received recently. The other one was the decision by the management of the new City Farm in St.James Street to name a Gloucester Old Spot pig after him.

Phil

he can't identify.

Personally, I don't believe a word of it. He simply wouldn't have had the time over the past season or two. Let's face it - quite apart from his training schedules, and all the rest, here at Kingsholm, he has represented England at every age group from Under 16 on up. That record includes three Caps, and one of those was away in Argentina.

To complete the vital statistics, Phil Greening is exactly six feet tall, and weighs in at 106kg. He tells me he rejoices in the nickname of 'Gazza'.

In Phil's book, the best thing about playing for Gloucester is "the crowd and the crack", and he identifies the worst as "Having to talk to Dave Sims and Rob Fid", which is a sentiment which defeats me somewhat.

Philip's most admired player is Sean Fitzpatrick, which comes as little surprise, and partially explains his own rumbustious style. He quotes his favourite grounds, apart from Kingsholm, as Eden Park, and, surprisingly, Bath - or is he being funny again?

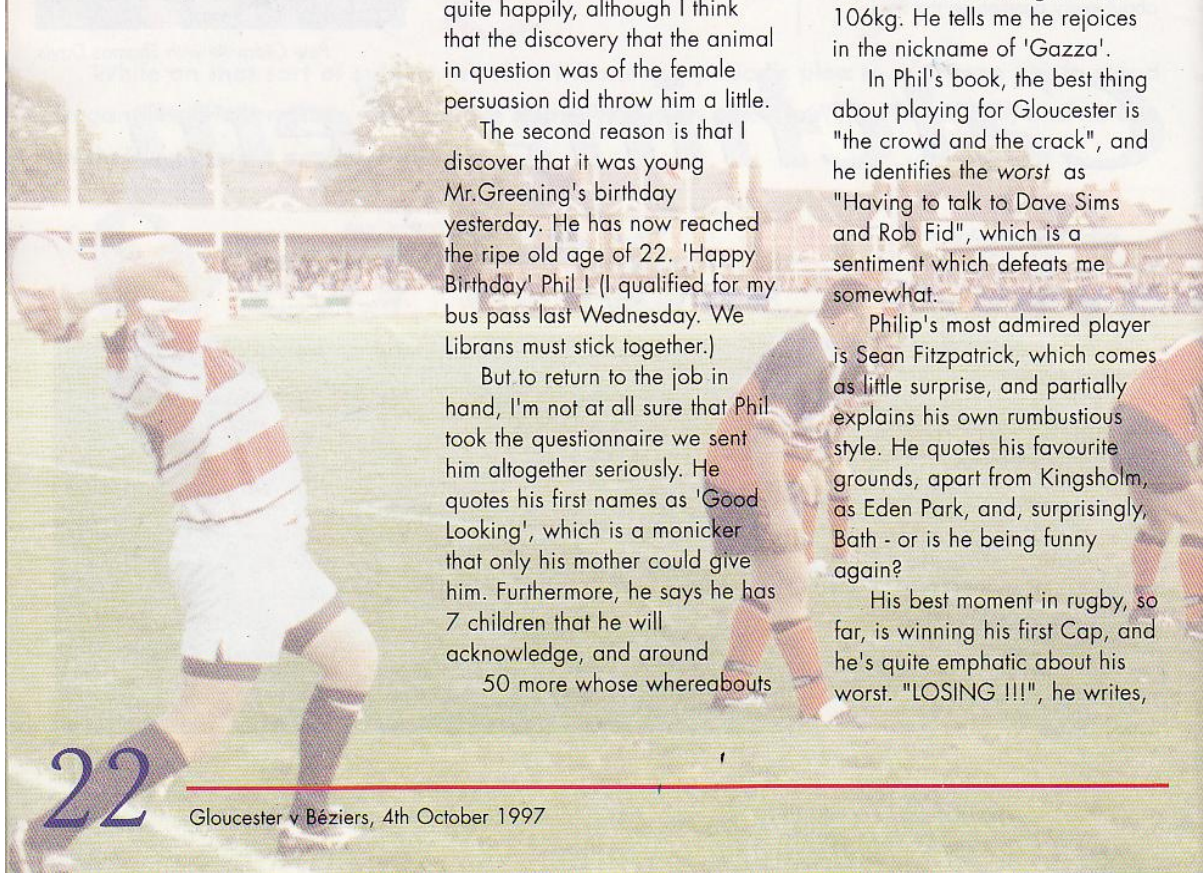
His best moment in rugby, so far, is winning his first Cap, and he's quite emphatic about his worst. "LOSING !!!", he writes,

Phil acceded to that request quite happily, although I think that the discovery that the animal in question was of the female persuasion did throw him a little.

The second reason is that I discover that it was young Mr.Greening's birthday yesterday. He has now reached the ripe old age of 22. 'Happy Birthday' Phil ! (I qualified for my bus pass last Wednesday. We Librans must stick together.)

But to return to the job in hand, I'm not at all sure that Phil took the questionnaire we sent him altogether seriously. He quotes his first names as 'Good Looking', which is a monicker that only his mother could give him. Furthermore, he says he has 7 children that he will acknowledge, and around

50 more whose whereabouts





Profile

and the capitals and exclamations are all his. Why are we not surprised about that ?

Phil is a bit ambivalent about his most memorable game, finding it a little difficult to choose between that memorable win over Bath a couple of seasons ago, and his efforts

during the England v. Wales game at Cardiff last season. He believes he put in his best performances on those occasions.

His eventual ambition in the game is simply "to go as far as I can", and this season he wants to help Gloucester to a top-four position in the Premiership, and

to win some more Caps.

When he's not playing rugby he likes to relax (probably at the 'Deans') with friends.

And he's got a lot of those.



Phil Greening, bulldozing his way through during a past match

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Condolences

It is sad to have to record the death of Mr. D. Hayward, who collapsed on the ground during the Toulon game a couple of weeks ago. A policeman on duty did his best, as did the paramedics who attended promptly, but Mr. Hayward passed away later in hospital.

I don't suppose it's much consolation, but Mr. Hayward was an ardent supporter of the cherry-and-whites, and loved Kingsholm dearly. So, at least he was in happy circumstances when he lost consciousness.

Our sincere sympathy goes to his family and friends.

Bob's on the Mend

On a slightly happier note, I have to report that Bob Barge, famous for his organisation of the club coaches to away games, is recovering well after a potentially serious illness.

The severity of the situation may be judged by the fact that he was rushed from Cheltenham General to

Frenchay Hospital for emergency surgery. However, he's now back in Cheltenham and well and truly on the mend, which is a great relief to everyone.

Hurry back Bob! We miss you. And there's a coach to Saracens to think about before all that long.

A letter



from the Skipper



I received the following missive from our respected Captain, the one and only Pete Glanville. I don't think any of us can fail to be impressed by the way he has set about one of the toughest jobs that rugby has to offer, and we admire him for it.

We always knew that Pete gives 100% on the field, and he treats captaincy the same way. If ever a man led by example, it's Pete. Thanks, Skipper, for finding time to write to everyone.

Dear Peter,

With your co-operation, I think this would be a good time for me to write to all our marvellous supporters, on behalf of all the players. We would like to assure everyone that the backing we get from all parts of the ground does make a difference when you're out there doing the business. A great roar of "Glawster !" does wonders when the legs are getting tired.

It's been an interesting few weeks, with travels far and wide in the European Conference, but in a couple of weeks time we get down to business again when we meet London Irish in the Premiership. Our aim this season is to reach a top-four spot, and your continued, and noisy, support will be greatly appreciated by all of us.

The same thing applies to away matches. The more people who travel to roar us on, the better we like it. There have been several occasions, over the past couple of seasons, when our travelling supporters have outshouted the home crowd, and we would be delighted to see that happen again.

Thanks for your support so far. We're counting on you to keep it going.

Yours sincerely,

PETE GLANVILLE

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Here come the Irish

Our next home First XV match brings us back from our French and Italian fare to good old meat-and-potatoes Allied Dunbar Premiership action. The opposition will be London Irish, and the game is scheduled for SUNDAY (note that) October 19th.

I'm not sure about the kick-off time, because it's down for coverage on Sky, and I've seen the game quoted in various places as 1.00pm, 2.15pm and 3.15pm as part of a double-

header, so you pays your money and you takes your choice. All I can do is suggest you watch the press.

London Irish are down in all the wiseacre books as certainties for the drop this season. But then, they were saying that about us this time last year, weren't they? In fact, the Irish have some highly talented players, and must not be taken at all lightly.

Should be a good game.

Tail Piece

You'll remember the scene. We were all still revelling in Philippe St. Andre's scorching brace of tries against Bristol, when the forthright Tony Windo crashed over for a try of his own. After Graham Spring had made his loudspeaker announcement of the fact, there came a voice from the Shed.

"Windo? Windo? That don't sound like no French name!"

I dunno. 'Windeaux'?
'Antoine Windeaux'?

Perhaps not.

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