

CARLISLE RFC

PRO FORMA FOR REPORTING MATCH DETAILS  
TO CLUB WEBSITE VIA EMAIL TO: [admin@carlislerugby.co.uk](mailto:admin@carlislerugby.co.uk)

PLEASE COMPLETE AFTER EACH MATCH AND SEND TO ABOVE ADDRESS

Team: Cougars (ie. 1<sup>st</sup>, 2<sup>nd</sup> etc)

Date: 25.01.09

Kick off time: 14.15

Match: York R.I. v Cougars

Venue: Away

Won / drawn / lost: W

Result: 12 v 29

Half time score: v 0

Carlisle scores by:

SCORER	TRIES	CONS	DROPS	PENS
Belinda Lloyd	1			
Lucy Meadley	3			
Jenny Postlethwite	1			
Lisa Ritchie		2		

**BRIEF REPORT OUTLINING HIGHLIGHTS OF THE GAME AND OTHER NEWSWORTHY COMMENTS:**

Another convincing win from the Cougars bolstered their confidence ahead of a long wait until their next fixture. Coaching from Cocker mouth coach Jonny Taylor has clearly had an impact on the side, who put in a more organised and measured performance.

The visitors took the game straight to the Yorkshire side with a storming attack that locked play in their own 22 and applied unremitting pressure on the home team. In the first quarter inside centre Katie Mariner picked her way through the York defensive line feeding the ball back to break Captain Lucy Meadley who ploughed through and scored left of the posts to put the first points on the board for the visitors.

At the restart, a minor lapse of concentration from the Carlisle outfit allowed York the space and time to retaliate by shipping quick ball down the line to their speedy outside centre who touched down on the far right.

Jolted back into gear, Carlisle came back harder and faster. Forward phases sucked the opposition numbers in, leaving the backs time to get set and work their magic. Mariner, partnered with outside centre Jenny Postlethwaite picked their way through the gaps all day long, running sharp lines and making some fantastic dummy runs. After a couple of

forward phases up the right midfield, Postlethwaite, cut back inside side stepping and offsetting the York defence with ease and ran the second try home on the far left. Stand-off Lisa Ritchie added the conversion points.

Carlisle exploited the gaps they created to best effect by Meadley who scored on the end of a magnificent run up half the pitch and inched over the try line after a failed attempt to stop her.

Just before the break Lloyd finished off a gruelling series of rucks that finally yielded a gap for the flanker to pop through and touchdown on the far right of the pitch before Ritchie added the extra points.

Carlisle continued to keep the work rate up after the second half and again pushed and kept play in the opposition territory. A disallowed try went to a five-meter scrum that gave Meadley the chance to claim her first hat trick of the season. Scrum half Phillipa Bell orchestrated the attacking scrums masterfully, and read the game well. The match ended with a final onslaught of the York defence that only just denied Postlethwaite her second and closing try.

As deserving as the win was, Carlisle know the difference should have been greater and they will be looking to work on this in the oncoming months.

Report sent in by: Sarah Elsy  
Date: 28.01.09