

CARLISLE RFC

PRO FORMA FOR REPORTING MATCH DETAILS
TO CLUB WEBSITE VIA EMAIL TO: admin@carlislerugby.co.uk

PLEASE COMPLETE AFTER EACH MATCH AND SEND TO ABOVE ADDRESS

Team: Cougars (ie. 1st, 2nd 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			
Philippa Bell	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 Cockermouth's Jonny Taylor has clearly had an impact on the side, who put in a more organised and measured performance.

This was the first meeting between these 2 sides and the visitors took the game straight to the Yorkshire side with great pressure from the kick off forcing errors in an attacking position. Cougars broke the deadlock with a clever pick-up and dive from Scrum half Philippa Bell at the back of a York scrum. 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.

Strong running by the Carlisle forwards especially players player of the match Sarah Elsy and coaches player Laura Cunningham, sucked the opposition numbers in, leaving the backs time to get set and work their magic. Katie Marinner, 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, off-loaded out of a tackle to put Captain Lucy Meadley free on the left side to score her 1st of the game.

This strong running and excellent support play was present all game for the Cougars and resulted in the Cougars 3rd try from flanker Belinda Lloyd who scored in the right corner after sustained pressure from the Cougars. Carlisle continued to exploit the gaps they created- to the 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.

Carlisle continued to keep the work rate up in the second half and again pushed and kept play in the opposition territory. Cougars had many chances which went unconverted and this is something they intend to work on before our next league game in 3 weeks time which is the return game with York. A penalty 10 metres out gave Meadley the chance to claim her first hat trick of the season with a drive through the defensive line. The match ended with a final onslaught of the York defence that only just denied Postlethwaite a 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