

# Rugby Club



## Activities ...

### Match Day

Saturday is match day home or away with kick off time at 2.30pm.

### Training

Training is every Tuesday and Thursday at 7pm prompt. Meet at 6.30pm at the Rec Club. We have two coaches who do skills and fitness training.

Our 1st team play in London div 3 North West.  
Our 2nd team play in East Midlands merit division 5A.  
We also run a Vets side for the over 35's and a Ladies team.

## Cost ...

£10 a month via standing order.  
This includes Rec Club membership and match fees.

## About us ...

Vauxhall Motors Rugby Club was founded in 1926 and is one of the oldest works teams in the country, sadly it is now one of the last. Regular and fierce contests against Ford are now a thing of the past. We are proud to have kept going all that time particularly during the dark days of the mid 1970's when Vauxhall itself was in serious trouble and the workforce reduced from 33,000 to its current 7,000. As part of Vauxhall Motors we enjoy fantastic facilities at the Vauxhall Recreation Club (Brache) and boast the best pitch for miles around. However we are self funding and enjoy our after match gathering as much as the match itself.



## Contacts ...

Darren Hardiman - Club Captain - 07935233046

John Brown - Head Coach - 07935 233061

Tasha - Ladies Captain - 07824 701802