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DUWRFC MID-SEASON NEWSLETTER

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DUWRFC has had one of the best starts to the season we could have hoped for in these continuously complicated times. We are proud to say that every team is currently at the top of their respective leagues with half a season still to come.

1XV

The Durham Women's 1XV started the season with a bang following a win of 45-0 against Cardiff Met Women's 1XV. This intensity was maintained throughout the five fixtures that followed with the girls seeing only one narrow 10-7 defeat away in Loughborough. A fantastic response from the girls saw the 1XV travelling north to Edinburgh and making a comeback to win in the final play of what was a very exciting game. At the time Edinburgh were the team to beat, sitting at the top of the league having not yet lost a game, making this Durham win a particularly significant statement.



Following this, Durham's second encounter with Hartpury 1XV was live streamed by BUCS Super Rugby and saw the girls come away with a dominant win on the road, wearing their rainbow laces in support of inclusion across sport for Rainbow Laces

Day. This win saw the 1XV finish the first half of the season sitting at the top of the Women's National League, a perfect way to enter the second half!

*Sunshine and smiles
with our new tackle
bags from Newlands
Sports*



2XV & 3XV

The 2XV are following in these footsteps and are leading the Women's Northern Tier 2 league having played and won 4 games, conceding only 12 points and scoring 228 points before Christmas. Our 3XV have come on in leaps and bounds and despite many players having never picked up a rugby ball before this season, they have had some impressive results including a 53-5 win against Sheffield University Women's 2XV. The 3XV currently stand at the top of the table in the Women's Northern Tier 4.



EVENTS & OTHER NEWS

As always, DUWRFC are going out of their way to raise money for charity and last term the 1XV hosted their first ever Charity Game. The girls raised £375 for *Rewriting*

£375 raised for Rewriting Extinction



Extinction by selling tickets to their game against Northumbria University 1XV. The evening was so successful that we are planning to host another charity game on the 16th of February for the 1XV clash against rivals Loughborough who currently sit just below Durham in the league; any support would be very warmly welcomed at the game!

Behind closed doors, the girls are continuing to push themselves in all aspects of the game, from the gym to the pitch to rest and recovery at home. One significant improvement on the pitch this season has been shaped by incorporating training time with some of the DU Men's rugby players, particularly in our set piece training and run throughs. This adds a different by dynamic element to training which has been great for the team's development. We have also been lucky enough to have a workshop hosted by former Durham student and England Rugby vice-captain, Will Greenwood, which involved many of the players from both the men's and women's teams. It was a fantastic afternoon that enabled the girls to improve their skills and gameplay through some excellent experienced coaching!

This term holds a lot of potential for all the DUWRFC teams. The volume of training has been increased with an extra strength and conditioning session introduced and more availability for the Development squad to access the gym as well. The 2XV and 3XV are hosting the first games of the season at home on Wednesday 19th January, the 2XV against Liverpool John Moore's 1XV and the 3XV against Sunderland 1XV. Our 1XV resume their fight for the title on Friday 4th February when they take on Northumbria 1XV at the home ground of Newcastle Falcons, Kingston Park. This match will be live streamed by BUCS Super Rugby on the BUCS YouTube Channel so tune in to watch the action!



All teams and players are looking forward to getting some big scores in this season and most importantly, to have an enjoyable term. The 1XV have their eyes on a place in the final of the Women's National League at Sixways Stadium, which would be a huge and exciting achievement for the team. The girls have returned to Durham after Christmas reenergized and are putting their all into every training session to ensure the standard of the team only gets better from here and that the hard work pays off.

Stay tuned on our socials, Facebook, Instagram, and Twitter to follow all our teams' progress throughout the rest of the season, and an enormous thank you to all of our

sponsors for your support in helping us so far this season. It is the collective actions of not only the players but everyone who is involved with DUWRFC that are the foundations of our success so far this season.



@duwrfc

Durham University Women's Rugby

BUCS Live Stream Durham VS Hartpury:

<https://www.youtube.com/watch?v=Ona8ZZfbNoQ>