



**VERULAMIANS
RUGBY
FOOTBALL CLUB
CLUB HANDBOOK**

2023-24



FOUNDED 1948



Old Verulamian Rugby Football Club Limited
Playing as Verulamians

(Registered under the Co-operative & Community
Benefit Societies Act 2014)

Registered number 28466R
CASC number 01531

REGISTERED OFFICE

12 Richard Stagg Close
St Albans
Hertfordshire AL1 5AT

Affiliated to the RFU, Hertfordshire RFU
and the Hertfordshire Society of Rugby Football Union Referees.
Associated to the Middlesex RFU.

PRESIDENT



John White Esq.

CLUB INFORMATION


EST. 1948

Cotlandswick, London Colney
Near St Albans
Hertfordshire AL2 1DW

Telephone 01727 822929
www.verulamiansrfc.club

 [@thevees](#)

 [@verulamiansrfc](#)

 [@verulamiansrfc](#)

CLUB COLOURS



SPONSORS



OMNI FINANCIAL
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MANAGEMENT



hannaford



B HEALTHY

WELCOME FROM THE CHAIRS

To those members returning back to the club again, and to the new members who will join us during this season:

WELCOME TO THE VEES!

We pride ourselves on being a warm, friendly, and welcoming community, with opportunities open to all, to play rugby or join us all for a social event in our clubhouse.

We are a club on an upwards trajectory, with a growing Mens, Ladies, Youth, Mini and Touch Rugby sections. We are targeting to start walking rugby and mixed ability rugby in the near future, creating further opportunities for all to be included and play the sport we love.

Our senior squad continued a rebuilding process last year, led by our former Vee Chris Monaghan, culminating in a Herts Plate final, and a respectable 4th position in the league. We also saw the return of a second XV and a Vets team, all playing last season. This year we have appointed a new head coach in Grant Keeler, and we have a great mix of experience and youth in our former Colts coming up through to the senior teams.

All of our youth teams challenged at the top of their divisions, and numerous cup finals, culminating in our Under 15's becoming Herts Plate Winners.

The future is bright at the Vees.

Our ladies have been established for a year now, as has our touch section and last season, we appointed our first ever ladies captains in the history of the club.

In addition to this, there has been a greatly enhanced social programme, and more initiatives to come involving benefits for our members, so next season promises to be great for the Vees. Talking of the social programme lookout for the events this year to celebrate that the club is 75 years old this year, an achievement worth us all celebrating!

Finally, due to the ongoing economic pressures we are all facing, the club has had to put forward a small increase in membership fees to ensure we are an ongoing concern. If this is an issue for any of our members, we encourage you to reach out to either your coach, or to anyone on the committee to discuss options. We pride ourselves on inclusion, providing rugby opportunities for all, and first and foremost we want you, our members to be looked after and continue to be part of our community.

COME ON YOU VEES!

Ian Graham
(Chair)

John Penn
(Mini and Youth Co Chairs)

Dean David

Colin Gentleman
(Ladies Chair)

HONORARY LIFE MEMBERS*

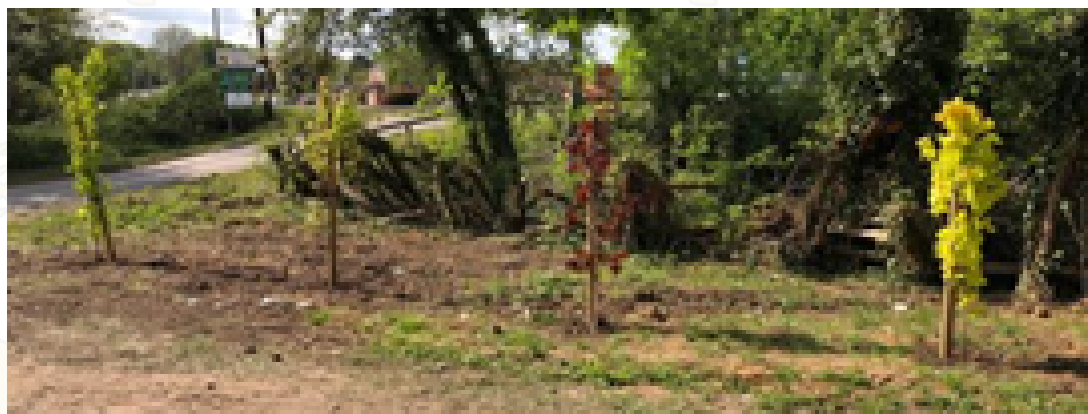
Mr I Archibald
Mr T Atkinson
Mr A B Charlwood
Mr P Field
Mr I R Graham
Mr H E Grey
Mr P Halford
Mrs V Halford
Mr J Hatchett

Mr D V Hobbs
Mr R Lines
Mr Murfet
Mr N Nicolls
Mr M C D Schroeder
Mrs A Thompson
Mr A Towle
Mr T Turner Boutle
Mr R Winder

LIFE MEMBERS

Mr J Bligh
Mr A Clifford
Mr P Cooper
Mr E R Deamer
Mr M Dorrington
Mr N Gaskell
Mr J R Hall
Mr D Henley
Mr K L Luckhurst
Mr N L Mathew
Mr D Matthews
Mrs K McGoohan

Mr P McGoohan
Mr T Munnien
Mr J Presence
Mr R Scranage
Mr C Shenton
Mr K Shepherd
Mr R A Sinclair
Mr J Stock
Mr G Swinnerton
Mr G Williams
Mr N Wood
Mr P Wood



VICE PRESIDENTS SENIOR SECTION

Mr B Ball
Mr D Ball
Mr E Bandy
Mr R Bradley
Mr P Bugbear
Mr P Burgess
Mr J Butcher
Mr J A Clark
Mr R Clark
Mr S Clark
Mr P Clifford
Mr A Charlwood
Mr E Charlwood
Mrs L Charlwood
Lt Col N Charlwood
Mr V Clough
Mr P Dawes
Mr I Devlin
Mrs N Diplock
Mr K Dunn
Mr N Dunn
Mr D Eastwell
Mr D Evershed
Mr A Fraser
Mr A French

Mr S French
Mr P Gerrard
Mr N Gillard
Mr A Graham
Mr R Graham
Mr P Grzonka
Mr N Gull
Mr R Harding
Mr M J Harris
Mr M Harvey
Mrs S Hayes
Mr W Hegarty
Mr R Holdaway
Mr R Hoyte
Mrs R Hughes
Mr B Izzard
Mr O Jackson
Mr J James
Mr D Jefferies
Mr G Jurgens
Mr C Leigh
Mr NF Leming
Mr F Mackenzie
Mr T Maile
Mr T Marsh

Mr G Martin
Mr N Mason
Mr S Mather
Mr I Minto
Mr P Moore
Mr A Mower
Mr P Oldfield
Mr A Radford
Mr M Radford
Mr S Rickard
Mr I Russell
Mrs R Hughes
Mr M Ryan
Mr T Ryan
Mr P Shadbolt
Mr D Stacey
Mr P Stevenson
Mr J Street
Mr P Teuton
Mr G Thompson
Mr K Tomlin
Mr J Trounce
Mr J Ward
Mr J Welchman
Mr J White

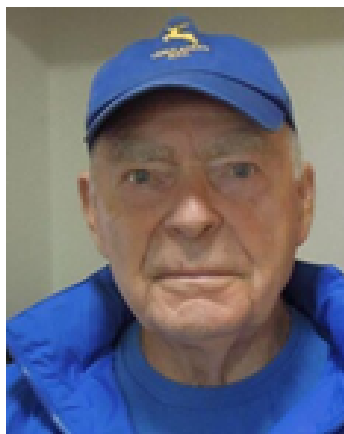
VICE PRESIDENTS: JUNIOR SECTION

All Mini and Junior Parents become Vice Presidents on joining the Club.

In 2020 the Committee decided to end the distinction between Vice Presidents and Non-Playing members. Vice Presidents of the Club are members who have joined the Club but did not attend either St Albans County Grammar School or Verulam School (its successor). Non-Playing members were members who had attended the school.

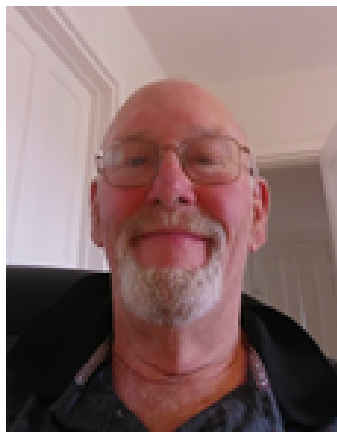
VERULAMIANS RFC COMMITTEE 2023/24

PRESIDENT



JOHN WHITE
01707 875589
PRESIDENT.VEES@GMAIL.COM

CHAIRMAN



IAN GRAHAM
01582 620985 / 07803 677213
CHAIRMAN.VEES@GMAIL.COM

SECRETARY



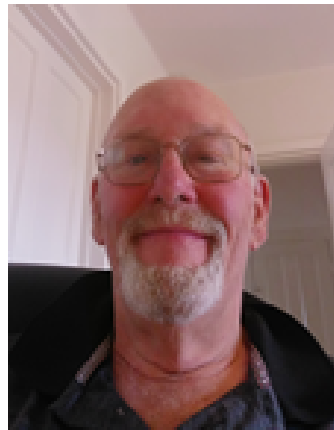
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TREASURER



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ACTING PAVILLION SECRETARY



IAN GRAHAM
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CHAIRMAN.VEES@GMAIL.COM

VERULAMIANS RFC COMMITTEE 2023/24

COACHING DIRECTOR



GRANT KEELER
COACH.VEES@GMAIL.COM

MINI/YOUTH COACHING CO-ORDINATOR



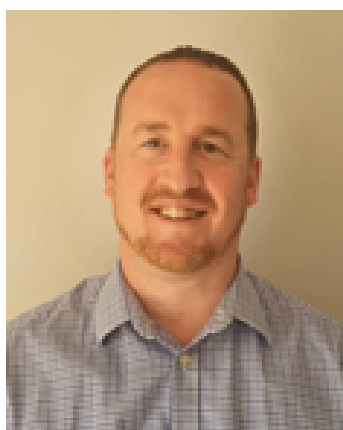
BRUCE WILSON
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CCC.VEES@GMAIL.COM

MINI RUGBY CHAIR



DEAN DAVID
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YOUTH RUGBY CHAIR



JOHN PENN
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MINICHAIRS.VEES@GMAIL.COM

LADIES CHAIR



COLIN GENTLEMAN
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HONORARY CLUB POSITIONS

FIXTURES SECRETARY

HAMISH JERAM
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REGISTRATION SECRETARY

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MEMBERSHIP SECRETARY

TBC

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ASSISTANT TREASURER

NICOLA DIPLOCK
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NICOLADIPLOCK24@GMAIL.COM

HIRE & EVENTS, BOOKINGS SECRETARY

IAN GRAHAM
01582 620985 / 07803 677213
CHAIRMAN.VEES@GMAIL.COM

GROUNDS MANAGEMENT

TBC

WEBSITE AND SOCIAL MEDIA

JACK HEGARTY
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TEAM MANAGER (1ST XV)

ROSS GRAHAM
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ROSS@ROSSGRAHAM.CO.UK



Herts Rugby COUNTY REPRESENTATIVES

JOHN WHITE

IAN GRAHAM

GEORGE SEATON

SUB-COMMITTEE STRUCTURE & CHAIRS

Sub-committees are organised on a functional basis and will meet regularly and report to the Committee at each of its meetings and will be responsible for their own budget as approved by the Committee.

Senior/Selection

Ross Graham & Grant Keeler

Mini/Youth

Dean David & John Penn

Finance

Phil Gerrard, Colin Gentleman & Nicola Diplock

Youth and Mini's Membership

Juliette Warren & Nicola Diplock

Bar & Kitchen

Ian Graham

Pavilion

Ian Graham

Social Event coordinators:

Seniors

Hamish Jeram

Mini/Youth

Helen Rennie

FundRaising & Appeals

George Seaton, John Penn, Adam Rees, Guy Swinnerton, Ian Graham & John White

KEY CLUB MEETING DATES

COMMITTEE MEETINGS

Set out below are the dates of the Committee meetings scheduled for the 2023/2024 Season, held at (approximately) six weekly intervals.

All are welcome to attend as observers and may be invited to speak by the Chairman.

The meetings are usually held in the Clubhouse at Cotlandswick or on Zoom:

2023

Wednesday 23rd August
Wednesday 18th October
Wednesday 13th December

2024

Wednesday 7th February
Wednesday 6th March
Wednesday 15th May

SUB-COMMITEE MEETINGS

Sub-committees meet as required, dates/times to be notified by the relevant Chairman.

PLAYERS' MEETINGS

It is proposed to hold regular players' meetings on a quarterly basis. The dates for which will be fixed by the 1st XV Captain.

AGM

The AGM will be held on Thursday 20th June 2024 at 8.00pm

CAPTAINS

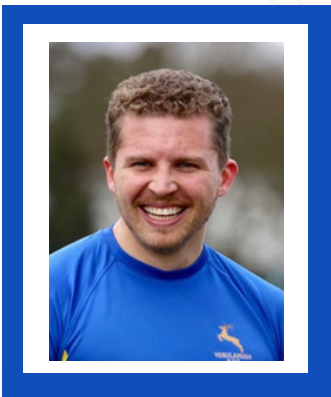


Club Captain– Darren Westhead

07852 152846

1st XV Captain– Callum Porter

1st XV Vice Captain - Joe Breeze



2nd XV Captain– James Ryan

2nd XV Vice Captain –Ciaran Hennessy



Ladies 'Warriors' Captains –Chantal Ridings & Emily Hydes



SENIOR MEN'S FIXTURES

1ST TEAM FIXTURE LIST

Date	Competition/Event	Level	Home team	Away team
16/09/2023	Counties 3 Herts/Middx 2023-24	9	Stevenage Townen	Verulamiums
23/09/2023	Counties 3 Herts/Middx 2023-24	9	Verulamians	Royston
30/09/2023	Counties 3 Herts/Middx 2023-24	9	Watford	Verulamiums
07/10/2023	BYE WEEK			
14/10/2023	Counties 3 Herts/Middx 2023-24	9	Verulamians	Thamesians
21/10/2023	Counties 3 Herts/Middx 2023-24	9	UCSOB's	Verulamiums
28/10/2023	BYE WEEK			
04/11/2023	Counties 3 Herts/Middx 2023-24	9	Verulamians	Actonians
11/11/2023	Counties 3 Herts/Middx 2023-24	9	Finsbury Park	Verulamiums
18/11/2023	Counties 3 Herts/Middx 2023-24	9	Verulamiums	Uxbridge
25/11/2023	JOINT BYE WEEK			
02/12/2023	Counties 3 Herts/Middx 2023-24	9	Kilburn Cosmos	Verulamiums
09/12/2023	Counties 3 Herts/Middx 2023-24	9	Verulamians	Bank Lane
16/12/2023	Counties 3 Herts/Middx 2023-24	9	Berkhamsted	Verulamiums
23/12/2023	XMAX PERIOD			
30/12/2023	XMAX PERIOD			
06/01/2024	Counties 3 Herts/Middx 2023-24	9	Verulamiums	Chess Valley
13/01/2024	BYE WEEK			
20/01/2024	BYE WEEK			
27/01/2024	Counties 3 Herts/Middx 2023-24	9	Verulamiums	Watford
03/02/2024	Counties 3 Herts/Middx 2023-24	9	Verulamiums	Stevenage Town
10/02/2024	JOINT BYE WEEK			
17/02/2024	Counties 3 Herts/Middx 2023-24	9	Chess Valley	Verulamiums
24/02/2024	BYE WEEK			
02/03/2024	Counties 3 Herts/Middx 2023-24	9	Verulamiums	Berkhamsted
09/03/2024	JOINT BYE WEEK			
16/03/2024	JOINT BYE WEEK			
23/03/2024	Counties 3 Herts/Middx 2023-24	9	Royston	Verulamiums

2ND TEAM FIXTURE LIST

Date	Competition/Event	Level	Home team	Away team
16/09/2023	Herts/Middx South West 2023-24	12	Verulamians 2	St Albans 2
23/09/2023	Herts/Middx South West 2023-24	12	Fullerians 3	Verulamians 2
30/09/2023	Herts/Middx South West 2023-24	12	Verulamians 2	The Mount
07/10/2023	Herts/Middx South West 2023-24	12	Harpenden 3	Verulamians 2
14/10/2023	Herts - GMS Manual Fixture 2023-24	12	Verulamians 2	Chess Valley 2
21/10/2023				
28/10/2023	Herts/Middx South West 2023-24	12	Verulamians 2	Hemel Hempstead 2
04/11/2023	Herts/Middx South West 2023-24	12	Dunstablians 2nd	Verulamians 2
11/11/2023	Herts/Middx South West 2023-24	12	Verulamians 2	Old Albanians 4 (Grizzlies)
18/11/2023	BYE WEEK			
25/11/2023	JOINT BYE WEEK			
02/12/2023	Herts/Middx South West 2023-24	12	Cuffley	Verulamians 2
09/12/2023	BYE WEEK			
16/12/2023	Herts - GMS Manual Fixture 2023-24	12	Chess Valley 2	Verulamians 2
16/12/2023	Herts/Middx South West 2023-24	12	St Albans 2	Verulamians 2
23/12/2023	XMAX PERIOD			
30/12/2023	XMAX PERIOD			
06/01/2024	XMAX PERIOD			
13/01/2024	Herts/Middx South West 2023-24	12	Verulamians 2	Fullerians 3
20/01/2024	Herts/Middx South West 2023-24	12	The Mount	Verulamians 2
27/01/2024	Herts/Middx South West 2023-24	12	Verulamians 2	Harpenden 3
03/02/2024	Herts/Middx South West 2023-24	12	Hemel Hempstead 2	Verulamians 2
10/02/2024	BYE WEEK			
17/02/2024	Herts/Middx South West 2023-24	12	Verulamians 2	Dunstablians 2nd
24/02/2024	Herts/Middx South West 2023-24	12	Old Albanians 4 (Grizzlies)	Verulamians 2
02/03/2024	Herts/Middx South West 2023-24	12	Verulamians 2	Cuffley

NOTE FOR SENIOR PLAYERS

1. If you are selected but are unable to play you must notify your team captain at once.
2. If you have not been notified of selection you should contact the Team Secretary.
3. It is your duty and responsibility to notify the Selection Committee when you are unavailable for selection on any particular Saturday. Advise your team captain as early as possible and **AT LATEST BY 6 PM THE PRECEDING MONDAY.**
4. Remember to give your team captain your **MATCH FEE AT EACH GAME.** A proportion of this goes towards the beer kitty and the remainder to cover Club expenses.
5. Arrive punctually at all games and allow ample margin of time for travelling. You must always be at the ground **AT LEAST 45 MINUTES BEFORE KICK OFF.** If you intend to travel independently to away matches, advise your team captain upon selection.
6. The Club insurance for players under the R.F.U. scheme covers only loss of limb or death. Players requiring further cover are advised to take out a separate injury policy. Please see Club Treasurer, Phil Gerrard for further information.
7. Players must **TURN OUT IN CLEAN KIT** and in the Club colours - Royal Blue Shirt with Gold 'V', Blue Shorts and Blue Stockings with Gold Tops.
8. Coaching and training sessions are held on **TUESDAYS** and **THURSDAYS** until the end of October then on Thursdays only, venue as arranged. Players must attend whenever possible.

NOTE FOR SENIOR PLAYERS

9. The Selection Committee will take into consideration attendance at training, punctuality and turn out together with ability when selecting teams.

10. All Club Members are expected to assist in the entertainment of visiting teams. The Club wishes its members to maintain its traditionally high standard of entertainment and hospitality.

11. If you believe your match may be cancelled due to very adverse weather conditions it is your responsibility to contact your team captain or the team secretary. A decision on whether or not matches are to be cancelled will be made at latest 11.00 a.m. on Saturday Morning.

12. Your ANNUAL SUBSCRIPTION must be paid by 31st October at the very latest.

13 The Club relies on the enthusiasm of its members and you are expected to carry out any tasks asked of you by your team captain or duty Committee member when required. If everyone does a little the burden will not fall upon the few. The Officers of the Club are working hard to give you an opportunity to play and enjoy our rugby. Many give up a great deal of time on your behalf and it is YOUR DUTY as a Club Member to support them as best you can.

THE CLUB IS RUN BY VOLUNTEERS, SO WHETHER IT IS FOR A FIRST TEAM EVENT, OR MINI AND YOUTH RUGBY ON SUNDAY MORNINGS. IT IS VITAL THAT YOU VOLUNTEER SO THE CLUB CAN CONTINUE TO RUN THROUGHOUT THE SEASON AND EVERYONE CAN ENJOY THE CLUB.

MINI & YOUTH RUGBY SUB-COMMITEE

MINI CHAIRMAN

DEAN DAVID (AS MAIN)

07795 403241

MINICHAIRS.VEES@GMAIL.COM

YOUTH CHAIRMAN

JOHN PENN (AS MAIN)

07557 910780

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FINANCE SECRETARY

PHIL GERRARD (AS MAIN)

07703 108963

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FIXTURE SECRETARY

ROB YOUNG

07572 669026

RDO CONTACT

ROB LINES

07788 145697

SAFEGUARDING AND CHILD PROTECTION

PAUL MCGOOHAN (AS MAIN)

07711 803345

CLUBSEC.VEES@GMAIL.COM

COACHING CO-ORDINATOR

BRUCE WILSON (AS MAIN)

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REFEREE CO-ORDINATOR

ANDT TOWLE

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ANDREW TOWLE43@GMAIL.COM

SCHOOLS LIAISON OFFICER

JOHN PENN (AS MAIN)

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REGISTRATION SECRETARY

JULIETTE WARREN

07956 654730

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FIRST-AID CO-ORDINATOR

LINDSAY DIGWEED

07731 444144

LDIGWEED@GOOGLEMAIL.COM

VOLUNTEER CO-ORDINATOR

JULIETTE WARREN

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JULIETTE.VEESRUGBY@GMAIL.COM



SHOP MANAGER

NICOLA DIPLOCK

07752 366917

NICOLADIPLOCK24@GMAIL.COM



The Team Duty Rota will be posted weekly on the website to fit with fixtures and tournaments.

YOUTH TEAMS (YRS 8 - 13)

COLTS (YRS 12 & 13)



LEAD COACH

MARK FARGE-BENNETT

07940 407949

MARK.FB@GMAIL.COM

ASSISTANT COACHES

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ALAN FLETCHER (FA)

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ALAN.FLETCHER@TELEFONICA.COM

SIMON AMESS

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GARETH MORSE

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OAKLEY RENNIE - SIVELL

07951 635039

GEORGE SEATON

07812 148227

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TEAM MANAGER

ADRIAN BAKER

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ADRIANBAKER1000@AOL.COM

FIXTURES SECRETARY

MATT WOODWARD

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U16s (YR 11)

LEAD COACH

ADAM REES

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ASSISTANT COACH

NATHAN STEWART

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TEAM MANAGER

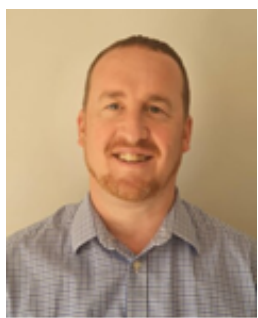
PHIL CLARK (FA)

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U15s (YR 10)



LEAD COACH

JOHN PENN
07557 910708
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TEAM MANAGER

ANDREW RIDINGS
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ASSISTANT COACHES

ALI TAYLOR
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ALUN DORRINGTON
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MIKE NISBET (FA)
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U14s (YR 9)



LEAD COACH & TEAM MANAGER

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ASSISTANT COACHES

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JAMES ANDREWS
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U13s (YR 8)



LEAD COACH

CHRIS PEARMAN
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TEAM MANAGER

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CHUNG
07957 132986
MRFRANCISCHEANG@GMAIL.COM

MINI TEAMS (YRS 1 - 7)

U12s (YR 7)



LEAD COACH

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ASSISTANT COACHES

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IAN DREW

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WILL CRITCHLOW

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U11s (YR 6)



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ASSISTANT COACHES

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TEAM MANAGER

ELESHA WEBB

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DAN LANGTON

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DANIEL.LANGTON@GMAIL.COM

U10s (YR 5)



LEAD COACH

ROB LINES (FA)

07788 145697

ASSISTANT COACH

ROB YOUNG

07572 669026

U9s (YR 4)



LEAD COACH
ANDY ROBERTSON (FA)
07748 796744
VEES@R7N.UK

U8s (YR 3)



LEAD COACH
MATT BORRELL (FA)
07305 390698

U7s + U6s (YR 2 & 1)



COACH
HELEN SMALL (FA)
07900 251612



COACH
SHANE RICHES
07977 097874



COACH
BEN MORALEE
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TOUCH RUGBY

WARRIORS (YR 8 - SENIOR)



LEAD COACH

CHUNG

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JOHN PENN

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MIXED TOUCH

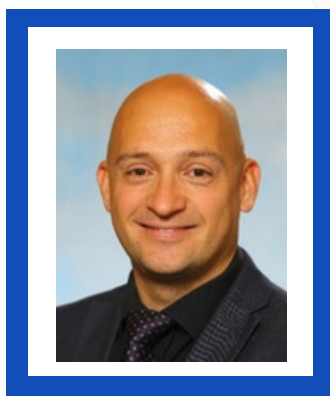


COACH

GEORGE SEATON

07812 148227

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COACH

COLIN GENTLEMAN (FA)

07940 238603

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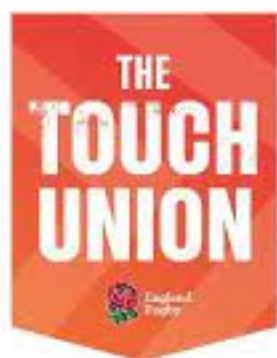


COACH

JOHN PENN

07557 910708

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Mixed Touch Rugby is on every Friday night 1900-2030. Yr8+

VEESTOUCHRUGBY@GMAIL.COM

MINI FIXTURES (U6s - U9s)

Home match	Away match
TBC	Training

		Date		Under 6	U7	U8	U9
SEPT		03-Sep-23	NO MINIS GAMES	Training	Training	Training	Training
		10-Sep-23		Training	Training	Training	Training
		17-Sep-23		Training	Training	Training	Training
		24-Sep-23		Training	Training	Training	Training
OCT		01-Oct-23		Training	Camelot RFC - (A)	Camelot RFC - (A)	Camelot RFC - (A)
		08-Oct-23		Training	OA's & St Albans - (A) at ST ALBANS	OA's & St Albans - (A) at OA's	OA's & St Albans - (A) at ST ALBANS
		15-Oct-23		Training	Tabard - (H)	Tabard - (H)	Tabard - (H)
		22-Oct-23	HALF TERM	Training	Training	Training	Training
		29-Oct-23	HALF TERM	Training	Training	Training	Stevenage - (A)
NOV		05-Nov-22		Training	Training	Training	Training
		12-Nov-23		Training	Dunstable - (H)	Dunstable - (H)	Dunstable - (H)
		19-Nov-22		Training	Stockwood Park - (H)	Stockwood Park - (H)	Stockwood Park - (H)
		26-Nov-22		Training	Pinner (H)	Pinner (H)	Pinner (H)
DEC		03-Dec-22		Training	Barnet (A)	Barnet (A)	Barnet (A)
		10-Dec-22		Training	Training	Training	Training
		17-Dec-22		No Rugby	Harpenden - (H)	Harpenden - (H)	Harpenden - (H)
		24-Dec-23	CHRISTMAS BREAK	CHRISTMAS BREAK			
		31-Dec-23	CHRISTMAS BREAK	CHRISTMAS BREAK			

		Date		Under 6	U7	U8	U9
JAN		07-Jan-24		Training	Training	Training	Training
		14-Jan-24		Training	Tring (A) - TBC	Tring (A) - TBC	Tring (A) - TBC
		21-Jan-24		Training	Training	Training	Training
		28-Jan-24		Training	Welwyn (A)	Welwyn (A)	Welwyn (A)
FEB		04-Feb-24		Training	Harrow - (H)	Harrow - (H)	Harrow - (H)
		11-Feb-24		Training	Training	Training	Training
		18-Feb-24	HALF TERM	Training	Training	Training	Training
		25-Feb-24	HALF TERM	Training	Dunstable (A)	Dunstable (A)	Dunstable (A)
MAR		03-Mar-24		Training	Training	Training	Training
		10-Mar-24		Training	Training	Training	Herts Festival Hertford RFC
		17-Mar-24		Training	Camelot (H)	Camelot (H)	Camelot (H)
		24-Mar-24		Training	Herts Festival Harpenden RFC	Herts Festival Harpenden RFC	Pinner (A)
		31-Mar-24	EASTER	EASTER SUNDAY			
APR		07-Apr-24	EASTER	Training	Training	Training	Training
		14-Apr-24	EASTER	Training	Welwyn (H)	Welwyn (H)	Welwyn (H)
		21-Apr-24		Training	Tring Festival	Tring Festival	Tring Festival
		28-Apr-24		Training	Barnet (H)	Barnet (H)	Barnet (H)
MAY		03-May-24	BANK HOLIDAY	  VEES 2024 RUGBY TOUR  			
		04-May-24					
		05-May-24					
		12-May-24					
		19-May-24		PRESENTATION DAY (TBC)			

MINI FIXTURES (U10s - U12s)

Home match	Away match
TBC	Training

		Date		U10	U11	U12	
SEPT		03-Sep-23	NO MINS GAMES	Training	Training	Training	
		10-Sep-23		Training	Training	Training	
		17-Sep-23		Training	Training	Training	
		24-Sep-23		Training	Training	Training	
OCT		01-Oct-23		Camelot RFC - (A)	Camelot RFC - (A)	Camelot RFC - (A)	
		08-Oct-23		OA's & St Albans - (A) at OA's	OA's & St Albans - (A) at ST ALBANS	OA's & St Albans - (A) at OA's	
		15-Oct-23		Tabard - (H)	Tabard - (H)	Tabard - (H)	
		22-Oct-23	HALF TERM	Training	Training	Training	
		29-Oct-23	HALF TERM	Training	Stevenage - (A)	Training	
NOV		05-Nov-22		Training	Training	Training	
		12-Nov-23		Dunstable - (H)	Dunstable - (H)	Dunstable - (H)	
		19-Nov-22		Stockwood Park - (H)	Stockwood Park - (H)	Stockwood Park - (H)	
		26-Nov-22		Pinner (H)	Pinner (H)	Pinner (H)	
DEC		03-Dec-22		Barnet (A)	Barnet (A)	Barnet (A)	
		10-Dec-22		Training	Training	Training	
		17-Dec-22		Harpenden - (H)	Harpenden - (H)	Harpenden - (H)	
		24-Dec-23	CHRISTMAS BREAK				
		31-Dec-23					
Date							
JAN		07-Jan-24		Training	Training	Training	
		14-Jan-24		Tring (A) - TBC	Tring (A) - TBC	Tring (A) - TBC	
		21-Jan-24		Training	Training	Training	
		28-Jan-24		Welwyn (A)	Welwyn (A)	Welwyn (A)	
FEB		04-Feb-24		Harrow - (H)	Harrow - (H)	Harrow - (H)	
		11-Feb-24		Training	Training	Training	
		18-Feb-24	HALF TERM	Training	Training	Training	
		25-Feb-24	HALF TERM	Dunstable (A)	Dunstable (A)	Dunstable (A)	
MAR		03-Mar-24		Training	Training	Training	
		10-Mar-24		Herts Festival Hertford RFC	Training	Training	
		17-Mar-24		Camelot (H)	Camelot (H)	Camelot (H)	
		24-Mar-24		Pinner (A)	Pinner (A)	Pinner (A)	
		31-Mar-24	EASTER				
APR		07-Apr-24	EASTER	Training	Training	Training	
		14-Apr-24	EASTER	Welwyn (H)	Welwyn (H)	Welwyn (H)	
		21-Apr-24		Tring Festival	Tring Festival	Tring Festival	
		28-Apr-24		Barnet (H)	Herts Festival Barnet RFC	Herts Festival Barnet RFC	
MAY		03-May-24	BANK HOLIDAY	VEES 2024 RUGBY TOUR			
		04-May-24					
		05-May-24					
		12-May-24					
		19-May-24					

JUNIOR FIXTURES (U13s - U15s)

Home match	Away match
TBC	Training

	Date		U13	U14	U15
SEPT	03-Sep-23	NO MINIS GAMES	Training	Training	Training
	10-Sep-23		Training	Training	Training
	17-Sep-23		Training	Fullerians (A)	Barnet (A)
	24-Sep-23		Fullerians (A)	Training	Grasshoppers (A)
OCT	01-Oct-23		Nomads (A) - LEAGUE	Training	Cheshunt (H)
	08-Oct-23		Nomads (A)	Training	Barnet (H) - LEAGUE
	15-Oct-23		Training	Olney (H)	Enfield (H)
	22-Oct-23	HALF TERM	Stevenage (A) - LEAGUE	Biggleswade (H) - LEAGUE	Letchworth (H) - LEAGUE
	29-Oct-23	HALF TERM	Training	Training	Stockwood Park (H)
NOV	05-Nov-22		Training	Weston (A)	Training
	12-Nov-23		Royston (H) - LEAGUE	Hampstead (A) - LEAGUE	Chiswick (A) - LEAGUE
	19-Nov-22		Luton (H)	Barnet (H)	Cheshunt (A)
	26-Nov-22		Letchworth (H)	Training	Hemel Camelot (H) - LEAGUE
DEC	03-Dec-22		Training	Harrow (H)	Datchworth (H)
	10-Dec-22		Enfield Ignatians (H) - LEAGUE	Welwyn (A) - LEAGUE	Bishops Stortford (A)
	17-Dec-22		Stockwood Park (A)	Training	Enfield (A)
	24-Dec-23	CHRISTMAS			
	31-Dec-23	BREAK			

	Date		U13	U14	U15
JAN	07-Jan-24		Training	Training	Training
	14-Jan-24		Barnet (A)	Chess Valley (A)	Letchworth (A)
	21-Jan-24		Letchworth (A) - LEAGUE	Barnet (H) - LEAGUE	Ealing (A) - LEAGUE
	28-Jan-24		Nomads (H)	Hemel Camelot (A)	Herts Plate QF
FEB	04-Feb-24		Training	Fixture TBC	Wasps (A)
	11-Feb-24		Harrow (A)	Welwyn (H)	Chess Valley (H) - LEAGUE
	18-Feb-24	HALF TERM	Training	Harrow (H)	Training
	25-Feb-24	HALF TERM	Training	Training	Training
MAR	03-Mar-24		Stockwood Park (H) - LEAGUE	Harpenden (A) - LEAGUE	Herts Plate SF
	10-Mar-24		Training	Training	Barnet (H)
	17-Mar-24		Herts County Festival	Fixture TBC	Datchworth (A) - LEAGUE
	24-Mar-24		tbc	Training	Herts Plate SF
	31-Mar-24	EASTER			
APR	07-Apr-24	EASTER	tbc	Hemel Camelot (A)	Training
	14-Apr-24	EASTER	tbc	Harlow (A)	Harlow (A)
	21-Apr-24		Barnet (H)	Training	Herts Plate Final
	28-Apr-24		tbc	Hemel Camelot (H) - LEAGUE	Letchworth (H)
MAY	03-May-24	BANK HOLIDAY	VEES 2024 RUGBY TOUR		
	04-May-24				
	05-May-24				
	12-May-24				
	19-May-24				

JUNIOR FIXTURES (U16s & COLTS)

		Date		Home match		Away match		
		Date		TBC		Training		
		Date		U16		COLTS		
SEPT		03-Sep-23	NO MINIS GAMES	Training	Training	Training	Training	
		10-Sep-23		Training	Training	Training	Training	
		17-Sep-23		OAs (A)	Rosslyn Park (H)	OAs (A)	Rosslyn Park (H)	
		24-Sep-23		Training	Cheshunt (A)	Training	Cheshunt (A)	
OCT		01-Oct-23		Chess Valley (A)	Old Grammarians (H)	Chess Valley (A)	Old Grammarians (H)	
		08-Oct-23		Stockwood Park (H) - LEAGUE	Leighton Buzzard (A) - LEAGUE	Stockwood Park (H) - LEAGUE	Leighton Buzzard (A) - LEAGUE	
		15-Oct-23		Training	Finchley (H) (U17 only)	Training	Finchley (H) (U17 only)	
		22-Oct-23	HALF TERM	Biggleswade (A) - LEAGUE	Old Grammarians (A) - LEAGUE	Biggleswade (A) - LEAGUE	Old Grammarians (A) - LEAGUE	
		29-Oct-23	HALF TERM	Training	Barnet (H)	Training	Barnet (H)	
NOV		05-Nov-22		Training	Datchworth (A)	Training	Datchworth (A)	
		12-Nov-23		Ruislip (H) - LEAGUE	Hertford (H) - LEAGUE	Ruislip (H) - LEAGUE	Hertford (H) - LEAGUE	
		19-Nov-22		Training	Chess Valley (H)	Training	Chess Valley (H)	
		26-Nov-22		Welwyn (H) - LEAGUE	Regents Park (A) - LEAGUE	Welwyn (H) - LEAGUE	Regents Park (A) - LEAGUE	
DEC		03-Dec-22		Barnet (H)	Hemel Camelot (H)	Barnet (H)	Hemel Camelot (H)	
		10-Dec-22		Hemel Camelot (A)	OAs (A)	Hemel Camelot (A)	OAs (A)	
		17-Dec-22		Training	Bracknell (H)	Training	Bracknell (H)	
		24-Dec-23	CHRISTMAS BREAK					
		31-Dec-23						
JAN		07-Jan-24		Training	Fixture TBC	Training	Fixture TBC	
		14-Jan-24		Old Grammarians (H)	Wasps (tbc)	Old Grammarians (H)	Wasps (tbc)	
		21-Jan-24		Dunstablians (A) - LEAGUE	OAs (H) - LEAGUE	Dunstablians (A) - LEAGUE	OAs (H) - LEAGUE	
		28-Jan-24		Herts Plate QF	Herts Plate QF	Herts Plate QF	Herts Plate QF	
FEB		04-Feb-24		Training	Twickenham (H)	Training	Twickenham (H)	
		11-Feb-24		Hitchin (H) - LEAGUE	Cheshunt (A) - LEAGUE	Hitchin (H) - LEAGUE	Cheshunt (A) - LEAGUE	
		18-Feb-24	HALF TERM	Training	Hemel Camelot (A)	Training	Hemel Camelot (A)	
		25-Feb-24	HALF TERM	Training	Fixture TBC	Training	Fixture TBC	
MAR		03-Mar-24		Herts Plate SF	Herts Plate SF	Herts Plate SF	Herts Plate SF	
		10-Mar-24		Training	Hitchin (A)	Training	Hitchin (A)	
		17-Mar-24		Grasshoppers (A) - LEAGUE	Ealing Trailfinders (H) - LEAGUE	Grasshoppers (A) - LEAGUE	Ealing Trailfinders (H) - LEAGUE	
		24-Mar-24		Tonbridge Judians (A) (unless Herts Plate SF)	Herts Plate SF	Tonbridge Judians (A) (unless Herts Plate SF)	Herts Plate SF	
		31-Mar-24	EASTER					
APR		07-Apr-24	EASTER	Training	Ealing Trailfinders (A)	Training	Ealing Trailfinders (A)	
		14-Apr-24	EASTER	Training	Fixture TBC	Training	Fixture TBC	
		21-Apr-24		Herts Plate Final	Herts Plate Final	Herts Plate Final	Herts Plate Final	
		28-Apr-24		Training	Tour	Training	Tour	
MAY		03-May-24	BANK HOLIDAY					
		04-May-24						
		05-May-24						
		12-May-24						
		19-May-24						

Bancroft (H)



VERULAMIANS R.F.C

CLUB TRAINING

MINIS (RECEPTION-YR7)

U6-8 SUN 9.30-10.30AM

U9 SUN 9.30-10.30AM
WED 6.00-7.00PM

U10 SUN 9.30-11AM
TUE 7.00-8.00PM

U11 SUN 9.30-11AM
THU 6.30-7.30PM

U12 SUN 9.30-11AM
WED 7-8PM

JUNIORS (YR8 -11)

U13 SUN 11.30AM-1PM
THU 7.15-8.30PM

U14 SUN 11.30AM-1PM
WED 7-8PM

U15 SUN 11.30AM-1PM
WED 7-8.30PM

U16 SUN 11.30AM-1PM
WED 7.30-9PM

COLTS (YR12-13)

TUE 6.45-7.45PM
THU 6.45-7.45PM

MENS

TUE 7.30-9PM
THU 7.30-9PM

LADIES (TOUCH)

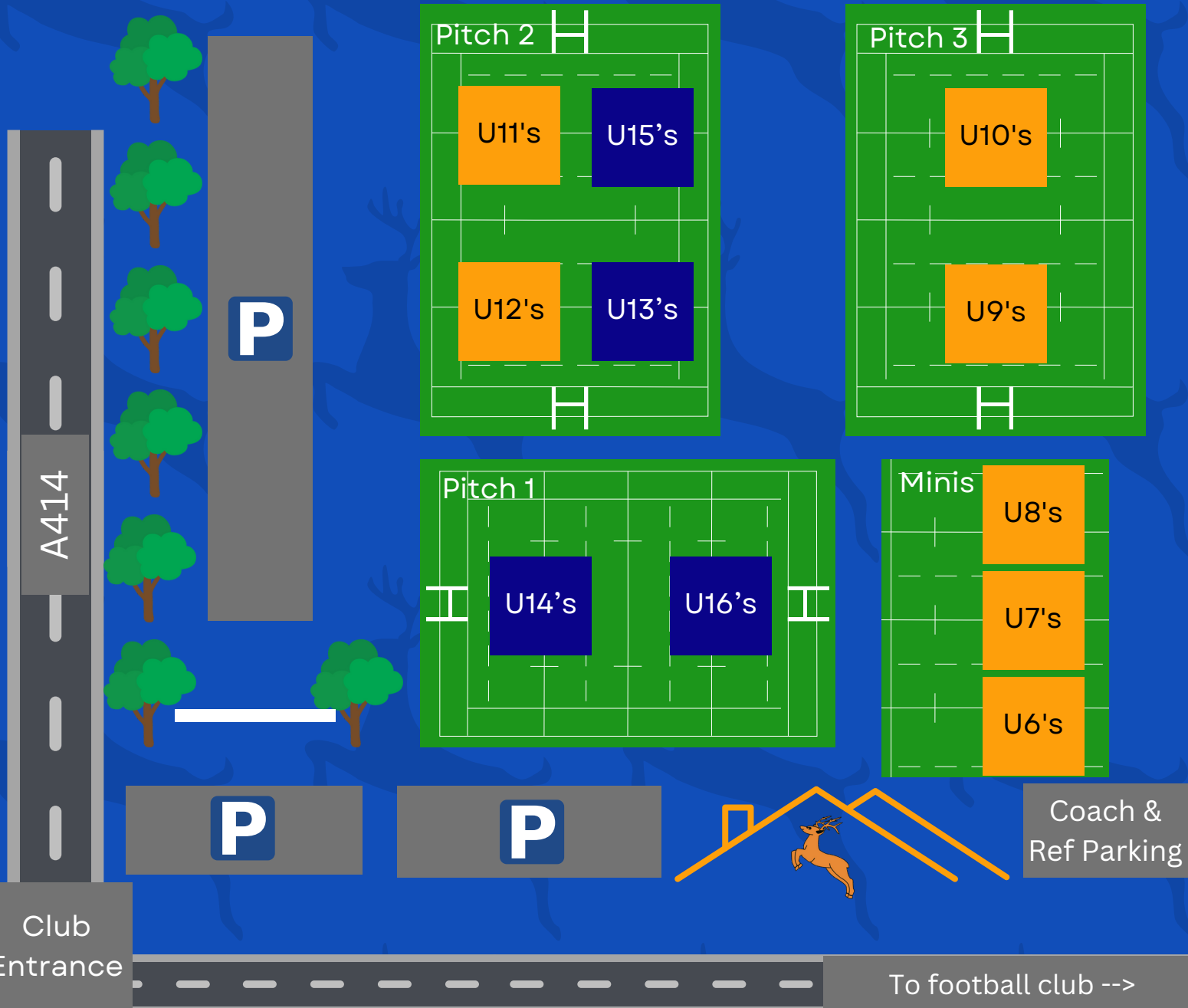
WED 7.15-8.30PM

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#UPTHEVEES #ONECLUB





Minis & Juniors Sunday Training Pitch Allocation



To Hemel
↓

Minis: 0930-1100
Juniors: 1130-1300

Irish Club Parking & Clubhouse



HIRE THE CLUB



PARTIES

WEDDINGS

FUNCTIONS

CONFERENCES

DAYTIME ACTIVITIES

DINNERS

MARQUEES FOR HIRE

BAND NIGHTS



CONTACT: IAN GRAHAM

07803 677213

CHAIRMAN.VEES@GMAIL.CO.UK

VERULAMIANS SOCIAL CALENDAR 23/24

2023

Sunday 3rd September Mini & Junior Registration

Friday 22nd September Social Evening

Saturday 14th October League Lunch

Friday 27th October Social Evening

Friday 24th November Social Evening

Saturday 9th December Christmas League Lunch

+There will be no Friday Social Evening in December because of Christmas

- Please check website for World Cup Screenings at the club

2024

Friday 26th January Social Evening

Friday 23rd February Social Evening

Friday 22nd March Social Evening

Friday 26th April Social Evening

Friday 3rd May - Monday 6th May Mini & Youth Tour

Sunday 12th May Junior & Minis Presentation Day.

Thursday 20th June Club AGM @ 8.00pm

* Annual Quiz Night, Afternoon Tea, & Karaoke Night to be added to social calendar

*Social Programme subject to change. See the Club website for updates.



VERULAMIANS RUGBY FOOTBALL CLUB CLUB POLICIES

2023-24



FOUNDED 1948

OLD VERULAMIANS RFC LIMITED

(PLAYING AS VERULAMIANS)

EQUITY POLICY

The Old Verulamian RFC Limited (playing as Verulamians) is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following Sport England definition of sports equity.

Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.

The Club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.

The Club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.

All Club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.

The Club will deal with any incident of discriminatory behaviour seriously, according to the Club's disciplinary procedures.

PARENTS AND SPECTATORS CODE

Foster enthusiastic participation; do not force an unwilling child to participate in rugby union.

Educate your child to always play by the Laws of the Game.

Instil in children an understanding and enjoyment of the value of coaching.

Acknowledge the value and importance of volunteer coaches and referees. They give freely of their time and resources to help our children.

Recognise that children play rugby for their own fun. They are not there to entertain you and are not miniature internationals.

Emphasise respect for referees by not publicly questioning the referee's honesty and decision-making.

Encourage a child who has made a mistake during a game or training—never ridicule. Applaud good play by your team and by members of the opposing team—children learn best by example and from what they observe.

Teach children that honest effort is as important as victory, so that defeat is accepted without disappointment.

Condemn bad behaviour and language.

Try not to shout continually and “at” children—shout occasionally and “for” them.

Remember—It's only a game.

COACHES CODE

Be reasonable in your demands on young players' time, energy and enthusiasm. Remember they do have other interests.

Teach your players the Laws of the game are mutual agreements which shouldn't be broken.

Avoid over playing talented players. All players need and deserve equal time.

Remember that children play for fun and enjoyment, and that winning is only a part of it. Never ridicule or yell at children for making mistakes or losing a game.

Ensure that equipment and facilities are safe and appropriate to the age and ability of the players.

Develop team respect for the ability of the opponents as well as for judgement of officials and opposing coaches.

Follow the advice of a doctor in determining when an injured player is ready to play again. Gain respect by being generous with your praise when it is deserved, and set a good example in every way.

Improve your players through coaching—frequent match play or long practice sessions do not guarantee development.

Make a personal commitment to keep yourself informed on sound coaching principles, and the principles of growth and development of children.

REFEREES CODE

Behave and dress at all times in a manner becoming your responsibility. Know the Laws and regulations, apply them to match the skill level of players.

Vary the tone of your whistle to seek control with enjoyment, rather than domination with ill humour.

Play advantage wherever possible in order to let the game flow.

Ensure that you are fit, even a seven year old can run fast, keep up with play where possible. Be in the right place, at the right time to make the right decision.

Explain your decisions– be consistent, objective, courteous and fair.

Penalise deliberate foul play, as being unsportsmanlike, thus retaining the players respect for fair play.

Compliment players on good play whenever praise is deserved .

Always compliment both teams at the end of the match.

Keep yourself informed of all Law changes affecting Mini/Midi/Junior rugby.

Join your county's referees' society and become a qualified referee. The more refereeing that you do, the easier it becomes.

SEASON SUBSCRIPTIONS 2023/24

- Life Members £500 in 2023/2024
- Players £130 due by 31st October or £13 per month if paid by DD.
- Mini-Youth For one adult per family to become a club member £40; Plus for first child £95; Plus per additional child £50 each
- Vice Presidents £40 (minimum) a further Gift Aided contribution would be welcome.

Cheques made payable to O.V.R.F.C. or cash should be handed to the Membership Secretary or Playing Membership Secretary. They will also require you to complete either a new membership or renewal of membership form giving your current address and telephone number, email etc.

Bank Transfers to:

Old Verulamian Rugby Football Club Limited

Sort Code: 60-18-11

Account: 24470139

Old Verulamian Rugby Football Club Limited

Registered Number 28466R

(playing as Verulamians RFC)

CASC number 01531

The Rules of the Old Verulamian Rugby Football Club Limited (playing as Verulamians RFC), registered under the provisions of the Co-operative & Community Benefits Societies Act 2014, are available for inspection by all members and are kept behind the bar in the Clubhouse, or a copy may be obtained on application to the Club Secretary.

Additionally, the Rules are available for inspection on the Club's website

WWW.VERULAMIANSRFC.CLUB



2023-24

**WE HOPE YOU ENJOY
THE SEASON WITH
US!**



FOUNDED 1948



OMNI FINANCIAL LIMITED

Based in St. Albans, Hertfordshire, our team of independent financial advisers (IFA's) have a wealth of experience, and know how to help you make sense of your money, providing answers to your financial questions, whatever they may be.

Our aim is to take away your uncertainties and put you in control of your financial future by finding the best solution for your needs. It starts with understanding everything we need to know about you. During our first meeting we'll discuss you, your needs and your situation. We'll chat through any questions you may have and what it is you want to achieve. From there we'll be able to give you a clear outline of the advice we can offer, the associated costs and ways of paying, so that you can make a decision about your next steps.

Why choose Omni Financial, Independent Financial Advisers?

We believe the way we work sets us apart. Every client is unique so we think it's important that every client receives professional advice with a personal approach.

We understand that this isn't just about the here and now. We're here to support you over the years to come to make sure that you stay on track.

All of our advisers are qualified and have the experience to ensure that the best solution is put in place for every client.

If you would like to find out how our independent financial advisers can help you, please get in touch. Call us on 01727 223251

SPONSORS



Oakwood VETERINARY SURGERY

Our aim at Oakwood Veterinary Surgery is to combine a friendly convenient and professional service, and to ensure a very high standard of clinical work for you and your pets. Our status as a Tier 2 – Small Animal Accredited Practice (approved under the RCVS Practice Standards Scheme) reflects our commitment to animal care and as a centre of excellence.

We see a variety of small animal and exotic patients at Oakwood and our team of veterinary surgeons, nurses and reception staff have an extensive range of knowledge and experience. Consultations are Monday to Saturday by appointment.

We have a large client parking area, right in front of the surgery, which helps make your visit to the vet a little easier. When you arrive you will be welcomed by one of our friendly reception team. Your vet will then examine your pet in one of our well-equipped consulting rooms.

The surgery consists of a large bright reception area, consulting room, accommodation for inpatients and an operating theatre. Our operating theatre is equipped with a full range of anaesthetic and operating equipment and we use modern monitoring equipment (as in operating theatres for humans) to further ensure the safety of your pet. A separate dental area is equipped with air driven high speed instruments similar to those used by your own dentist.

Our veterinary surgeons can perform a wide variety of operations including neutering, dental treatments, x-rays and emergency procedures at the Oakwood surgery. In addition, we are also fortunate to be able to call upon the full facilities of our main hospital as backup for more complex problems or those who need overnight care. Our animal ambulance can assist clients with transport of their pets to the hospital if necessary.

We have an on-site laboratory allowing us to provide same-day blood and urine tests as well as examining samples from the skin and hair. Again, more complex tests may be sent to Wood Street Veterinary Hospital or to an external laboratory.

SPONSORS



Oakwood VETERINARY SURGERY

All of our vets work at our main hospital for part of their week, which means that even when your pets need to be referred to the main hospital for more complex investigations or tests, you and your pet can still deal with a vet you know.

Out of hours emergencies at night or weekends are seen at Wood Street Veterinary Hospital by prior arrangement. For your convenience, our phone line gets automatically diverted to the Hospital when we are closed so you do not have to find another phone number to call. As our computer systems are linked, the duty vet and nurse at the Hospital always have access to your pet's medical records, to help ensure the best advice and treatment.

The close links our practice has with the RSPCA has always been a source of great pride for us. Helping charities care for animals in need provides us with a real sense of achievement. Links with Wood Green animal centre, the Cats Protection League and the C4 cat neutering scheme, means that this charity work is part of the everyday work in our surgeries

SPONSORS



Established in 1963, we are a firm of Independent Financial Advisers based in St Albans, Hertfordshire.

We provide advice to both individuals and companies on all aspects of financial planning, through a long term approach of fully understanding our clients' needs, wants and aspirations and then prioritising objectives.

As fully independent advisers, our clients benefit from our being able to offer advice on the broadest range of products and services. Whether it be for investment advice, retirement planning, inheritance tax planning or simply reducing costs, we have many years of experience in finding the most suitable solution for our clients' needs.

We provide advice and help following a personal / business financial review which can take place at a convenient time and place.

Usually a review will start with a very broad discussion of your concerns and aspirations, before moving on to a thorough financial review.

Following your initial review, we will take time to consider your situation, needs and priorities before writing a detailed financial report. We will discuss this face to face in a follow up meeting in which we'll fully explain our recommendations and agree affordable priorities to assist you in achieving your objectives.

Our charges can be paid in several ways. Some of our clients are more comfortable paying our fees personally, whilst others prefer the payment of our charges to be facilitated by the product provider. Either way will result in us fully disclosing our fees in an open and transparent manner.



hannaford

Our mission is to deliver unparalleled construction, project management, bespoke joinery and refurbishment services, with sustainability at our core. We pride ourselves on our fast turn around service with ultimate attention to detail and understanding the clients' needs.

Hannaford are proud to work across the following industries: Heritage and Conservation, Residential, Healthcare, Retail, Commercial, Hospitality and Education.

Hannaford offers an array of construction, joinery, fit out and refurbishment solutions incorporating complete project management, design and CAD services.

Having worked with the Royal Household since 2003 on heritage conservation projects within Royal Palace properties, Hannaford was granted the Royal Warrant in 2018.

A Royal Warrant of Appointment is a mark of recognition of those who have supplied goods or services to the Households of HM The Queen or HRH The Prince of Wales for at least five years, and who have an ongoing trading arrangement. All Warrant holders are united by a commitment to the highest standards of service, quality and excellence. To maintain warrant status, a company must comply with a set of rigorous standards around charity work, sustainability and the environment. We are honoured to have a Royal Warrant and will continue to operate at the high standards expected of us.



We are proud to introduce B Healthy as the inaugural sponsors of the Verulamian Warriors Ladies team.

B Healthy are based in the Marshalswick Quadrant, supplying supplements and natural products in the aim of promoting a holistic approach to self care and well being.

Rob and his team are passionate about the importance of community in promoting wellbeing in their local area and are always on hand to talk through any concerns you might have. They are such enthusiastic supporters of our new Warriors Ladies team and the opportunity it provides to young people and women in sport and we are so excited about this partnership!