



## Bracebridge Heath Walking Rugby Group

### The Idea:

It all started when I read an article in Touchline about Walking Rugby (published 1 August 2022). I needed something to get me moving more and decided that I would quite like a slice of the action. Having been involved in rugby, in and around Lincolnshire since the late 70s, I knew a lot of 'older' rugby players who I thought might like the idea, so I took a punt.....

### Original Post – 9 August 2022:

Do you like rugby? Did you used to play rugby? Think you are too old?

Please read the article below, it's about walking rugby. I'm trying to see if there is enough interest to give it a go in Bracebridge Heath, Lincoln (people not living on the Heath would be welcome too).

I stress, it is about walking rugby, with only touch contact. NO SCRUMS, NO LINEOUT, NO TACKLING, NO RUCKS AND NO MAULS.

The idea is for it to be open to anyone OVER 50 and I do mean anyone, who fancies giving it a go. I stress, this is not serious rugby, it is just for fun and a touch of gentle fitness.

I'm a qualified Coach, so if you have never picked up a rugby ball before, don't worry, I can have you playing in just a couple of minutes.

To start, it would need a minimum of 10 people (including me) to have an initial session on the Recreation Ground. No equipment required, I've got everything needed, just yourself, some trainers, some trackies or shorts and a t-shirt.

If interested, please comment on the post and I'll follow-up with a message.

[https://www.englandrugby.com/news/article/auld-greys-walking-the-walk?spMailingID=20772964&spUserID=Nzg3NTAyMTc2NzkzS0&spJobID=2051976902&spRepo rtId=MjA1MTk3NjkwMgS2&fbclid=IwAR18iWgLyVpW49I\\_4vTQCAI33WqhApC\\_NnW2RVoSqrmaq6YKcLgy7dZLJ75Y](https://www.englandrugby.com/news/article/auld-greys-walking-the-walk?spMailingID=20772964&spUserID=Nzg3NTAyMTc2NzkzS0&spJobID=2051976902&spRepo rtId=MjA1MTk3NjkwMgS2&fbclid=IwAR18iWgLyVpW49I_4vTQCAI33WqhApC_NnW2RVoSqrmaq6YKcLgy7dZLJ75Y)

### Follow-up 15 August:

I think there's been enough interest shown in Walking Rugby to give it a go, to see if folks will actually turn up.

First Session: This Thursday, 18 August, 7pm at the Rec, off Norwich Drive, Bracebridge Heath. I'll set up near the Pavilion and I'll be there from 6:45pm. If nobody turns up, or not enough - need at least 10 - then I'll knock it on the head at 7:15pm. If there's enough, the session will finish at 8pm, with an option for a drink afterwards at the Blacksmith's Arms.

Second Session: Whatever happens I'll give it a second go however, it will have to be Tuesday, 23 August, again 7pm at the Rec.

What you need: Other than you – some sort of sport footwear (not football or rugby boots) and suitable clothing to move around in – just plenty of water. There's a copy of the rules attached, most are negotiable, except the walking.

If there isn't enough for either session, that will be that, a short-lived idea.

### First Session – 18 August 2022

Thank-you to everyone that turned up and to those that let me know they couldn't make it. I haven't enjoyed myself as much in ages and I hope you did too!

#### Bracebridge Heath Walking Rugby – First Session – 18 August 2022

Left – Right: Martin Cox, Trev Forsythe, John Summerson, Bev Shotton, Chris Weston, Snowy Shotton, Adrian France, Dave Soutar, Steve, Beaumont, Chris Hodgson, Del Traynor, Kenny Beaumont, Tony Bellis, Nigel Carlisle.



We weren't very fast and we weren't very fit (well some of us weren't) but we did a lot of laughing and had a ball! The rest, as they say, is history. However, time was ticking as it was getting cold and wet. I realised that if we were to continue, we needed an inside space for winter, as the cold and the wet really didn't appeal anymore.

After an extensive search, we acquired a slot at Rustons Sports & Social Club on Newark Road. The numbers remained good, the camaraderie grew and the laughter continued. We went back outside to, 'The Heath', in May 2023 and such was the demand that we moved to 2 sessions a week.

Now in our second year, we have 58 people in the Facebook group, we've had 34 players attend overall, with a single session high of 17 and an average of 12, with around 20 regulars ranging from 51 to 68.

We've managed to acquire second session at Rustons (thank you), so will go through this winter playing twice a week. While not the biggest space, there's enough space for 4-a-side and we can easily accommodate 12 per session, with a 2 game on, 1 game off rotation.

Everyone's fitness has got better and consequently the pace has increased, to the extent that we have to referee to ensure walking. Our ball skills have improved significantly and people work hard on both sides of the ball and we certainly get a significant 'dab-on' during the session. Most importantly, we're spending two hours a week in the company of friends and having lots of fun and the craic is great!

We're all now looking forward to our first 'Away Game' against Sutton Seadogs on Saturday, 14 October. Watch this space, there's more to come.....



**Wednesday Crew, Rustons, 4 October 2023**  
**Back Row L – R:** Dave Soutar, Richie Marklew, John Summerson,  
Adrian 'Frenchie' France, Bill Homley, Colin Stanley  
**Front Row L – R:** Steve Jones, Paul Rowlands, John Beeston, Tony Bellis