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Practice Makes Perfect as Perthshire Pummelled

Sometimes the score line doesn't reflect the story of the match, however, this was not the case for the Accies this week. They completely dominated in what can only be described as a complete performance, in which they did not even allow their opponents to score a try! Free flowing in attack and dominant in defence. "Having worked hard in the off-season, it was great to see the boys show that they have developed well and taken on board feedback during training, putting into practice some of the key areas we have been working on. In particular our defence and ruck play has been excellent," remarked Coach Rory Couper, clearly beaming with pride with how his side performed. Stand out performances were not hard to come by this time around with Stuart Lewis stepping up and making five out of seven kicks and scoring a superb try from a beautifully weighted chip over the top. Bruce Hunter caused problems for Perthshire all afternoon and has made an admirable transition into the scrum half position. Another player making a transition this season is young Finlay Cairns, who is playing his first full season in senior rugby. He finished his try wonderfully and is clearly using his Glasgow u20 program experience well. This really could be a wonderful season for the young forwards. The player of the match was never really in question with hat-trick hero Andrew Duncan taking the accolade, despite playing with what we'll describe as a foot and a half! Hopefully this momentum can be carried on and the big blue machine can keep on rolling into the next match!

Point Scorers: Duncan (15), Lewis (13), Hunter, Cairns & Thompson (5)

Full-time result – Accies 43-3 Perthshire

Accies 1st XV RFC Vs Caithness RFC (Away), Sat 8th Sept

New Look Seconds put in First Class Performance

With a new blend of youth and experience making up the squad it would be fair to say that no one really knew what to expect from the Accies in this match, however, every player stood up to be counted. They put in an impressive and spirited display, particularly in attack, which is a quality the 2's have always possessed in abundance. With players being pushed out of their comfort zone and playing in new positions this game easily could have been viewed as a write off. At one point it looked like a realistic possibility that a full 15 players may not be available but that is not the Accies way and everyone pulled together and played Clydebank off the park. The only negative from the game appears to be the lack of fitness in the latter stages of the match, which was the only time Clydebank were ever really any threat! As the season progresses and players continue to train and work hard together, the only way will be up for this exciting, more youthful side!

Point Scorers: Grant (18), Finnigan (10), Macdonald, Walton, Armstrong, MacDougall & McLaughlin(5) **Or Kirkwood (53) if his version of events are to be believed**

Full-time result – Accies 53-26 Clydebank



Accies 2nd XV Vs Greenock Wanderers 2nd XV (Away), Sat 8th Sept

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ACCIES RUGBY CLUB NEWSLETTER

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Strong Season Opener for Ever Improving Ladies

Accies Ladies put in one of their strongest performances to date in their season opener against Grangemouth Stagettes. They played some wonderful rugby throughout the match, free flowing in attack they took the lead in the early stages and working tirelessly in defence doing all they could to prevent their opponents from overpowering them. In the end the Accies were undone by a superb outside centre in the opposition team, despite scoring some more tries of their own. Congratulations to debutantes Rona and Diane, Accies player of the match Annie Hallam and opponent's player of the match Stephanie Murray. The player of pre-season was also awarded to Amanda Stevenson.

It's great to see so many players getting involved and enjoying their rugby, let's hope this continues and brings our ladies another successful season!

Full-time result – Accies 17-52 Grangemouth



Accies Ladies XV RFC Vs Lismore RFC, (Away) Sun 9th Sept

Loss for young Accies as Loch Lomond triumph

Accies u13's and 14's hosted Loch Lomond with a strong squad despite missing a few key players for what was their last game of pre-season. The young guns played some excellent attacking rugby, in spells, and turnovers were aplenty, much to the delight of Coaches Craig Miller and Stephen Leitch, who say the team have been working hard on exactly this in training. In the end, the u14's were edged in terms of the final result as Loch Lomond's experience together as a team showed. However, they can head into the upcoming season full of confidence that it can be one to remember, including the opportunity to get their own back when they again face Loch Lomond in their final league game of the season.



Rugby is the Winner as Accies is Hotspot for Vibrant Weekend

All our sponsors were welcomed at the club on Saturday and were treated to a free bar and a fantastic lunch, which was splendidly prepared by a wonderful group of hardworking ladies. Adding to the experience was the outstanding rugby on display out of the clubhouse windows! An enjoyable day all round and we cannot thank our sponsors enough as they help towards making our club as successful as it can be.

The club also opened its doors to everyone and anyone on Sunday afternoon as tester rugby sessions were held for all age groups, from mini and micros right up to u16's. Our kit sponsors PSL were also in attendance and were busy all day taking fresh orders – so not only have we gained a lot of new lovers of chasing the egg.

they will be doing it in the famous colours of the Accies!

