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| **Form Guide (based on percentage over last seven matches)**  |
| Exeter Saracens **W**(h) **L**(a) **L**(h) **L**(a) **W**(h) **L**(a) **L**(h)St Ives (SW)WWWWWWWW100% |
| St Ives **W**(h) **W**(a) **W**(h) **L**(a) **W(**a) **W**(h) **W**(a) CreditonLDDWLDWL22.5% |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Pos** | **Team** | **Pd** | **W** | **D** | **L** | **F** | **A** | **Diff** | **Pts** |
| 1 | Withycombe | 12 | 10 | 0 | 2 | 427 | 126 | 301 | 50 |
| 2 | Bude | 12 | 9 | 1 | 2 | 424 | 142 | 282 | 48 |
| **3** | **St Ives (SW)** | **12** | **10** | **0** | **2** | **419** | **146** | **273** | **45** |
| 4 | Plymstock Albion Oaks | 12 | 8 | 1 | 3 | 358 | 143 | 215 | 41 |
| 5 | Falmouth | 12 | 9 | 1 | 2 | 231 | 232 | -1 | 41 |
| 6 | Pirates Amateurs | 11 | 7 | 0 | 4 | 315 | 201 | 114 | 34 |
| 7 | Paignton | 11 | 7 | 1 | 3 | 205 | 180 | 25 | 34 |
| 8 | Plymouth Argaum | 12 | 6 | 0 | 6 | 233 | 180 | 53 | 31 |
| 9 | Bodmin | 12 | 4 | 0 | 8 | 172 | 287 | -115 | 20 |
| 10 | Exeter Saracens | 12 | 3 | 0 | 9 | 249 | 512 | -263 | 17 |
| 11 | Tavistock | 12 | 3 | 0 | 9 | 161 | 387 | -226 | 16 |
| 12 | Hayle | 12 | 3 | 0 | 9 | 159 | 341 | -182 | 15 |
| 13 | Honiton | 12 | 2 | 0 | 10 | 167 | 286 | -119 | 12 |
| 14 | Newquay Hornets | 12 | 0 | 0 | 11 | 101 | 458 | -357 | -2 |
| **Next Fixtures****Saturday 2nd January** Paignton v St Ives**Saturday 9th January**St Ives v Honiton**Result**St Ives Reserves played the full cup winning Culdrose team last Wednesday, with boys from university home for Christmas to make a very youthful side. St Ives Reserves 7 : 35 Culdrose**Follow us online:** There is **a new website**. We are no longer using Pitchero.Facebook: StIves RfcWebsite: www.stivesswrfc.co.uk   |  |  | **After the match****Christmas Jumper Party** Mince Pies, Mulled Cider Christmas Carols, Games Prizes for best jumpers!C:\Users\Alan\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\N1AG0MID\Christmas-ribbon[1].pngC:\Users\Alan\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\N1AG0MID\Christmas-ribbon[1].pngC:\Users\Alan\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\N1AG0MID\Christmas-ribbon[1].pngC:\Users\Alan\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\N1AG0MID\Christmas-ribbon[1].png**Tomorrow****Saskia's famous Christmas Dinner**£15 adults, £10 OAP's, £5 U10's Please book in the clubhouse. |

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 Welcome to St Ives Rugby Football Club for the final week of the Tribute Cornwall & Devon League before the well-earned Christmas break. The players and officials appreciate your support and look forward to an entertaining match this afternoon.

 Our visitors today have made the long trip from Exeter. The Saracens (Sarries) were formed in 1953. When the league system began they played in the C&D league. Some seasons saw them in Devon One, but in 2012-13 they finished 8th in Western Counties West after promotion. This season they have gained three victories, their latest match being against high flying Bude away. The sides last met in the 2011-12 season and shared the honours, each winning at home, the Sarries more convincingly.

 It was a privilege to be able to watch The Hakes perform so well last weekend. The win against league leaders Withycombe was good; the performance and commitment excellent! Match reports on Facebook and the website are worth a visit. Head coach, Paul Thirlby, will want to round off the first half of a successful season with another fitting display of ball retention, bold attacking and relentless defending.

 Our match official today is Mr. Dave Saunter. We trust he has an enjoyable afternoon. Please join us in the clubhouse after the match.

*Alan Thomas*

**St Ives Hakes v Exeter Saracens**

Saturday 19th December

KO 2:30p.m.

at

St Ives Recreation Ground

**Player news**

 A number of players are unavailable for today’s match. Fortunately the squad is large enough for the Hakes to field another good side. Our Culdrose contingent, so important to last week’s notable victory, are on leave for Christmas**. Sam Carter**, (Workington), is replaced by **John Trewhella**, **Paul Thirlby** returns, with brother, **Grant**, moving to centre for **Greg Loydall**, (Rugby) and **Tom Murray** starts on the wing for **Bobby Conroy-Smith**, (Worthing).

 **Jess Tompsett** is rested after playing every match so far this season. Recent signing, **Todd Prisk**, is alongside brother **Jamie**, the latter’s seventh 2nd row partner. **Joel Stevens** is in the squad, having waited patiently for the opportunity since Paignton on 12th September.

 **Talking point:** Name the players who have figured in every game this season, including today.

**Full name** – **John Trewhella**

**Age** – 40 years

**Height** – 1.80m (5’11”)

**Weight** – 101.5kgs (16st)

**Favourite food** - Chinese

**Favourite drink** - Disaronno

**Favourite film** – Snatch

**Honours** – Cornwall U16 – U21s

**Playing position** – Scrum half

**Player Profiles**

**Full Name** – **Jamie Treve Prisk**
**Age** – 22 years
**Height** – 2.0m (6’7”)

**Weight** – 110kgs (17st 5lbs)
**Favourite food** – Everything!

**Favourite drink** – Cider
**Favourite film** – Top Gun

**Honours** – Captain of Cornish Rebels Rugby League side, Cornwall U18 & U20s

**Playing position** – Second row

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| **St Ives Hakes** | **v** | **Exeter Saracens** |
|  |  | **(possible selection)** |
| Tony Stevens | 1 | Dave Lawry |
| Ben Taylor (Capt) | 2 | William Travers |
| Ben Jenkins | 3 | Gareth Walker |
| Jamie Prisk | 4 | Alex Moore (Capt) |
| Todd Prisk | 5 | Dave Walter |
| Sean Stevens | 6 | Joe Burden |
| Cameron Bone | 7 | Matt Davies |
| Martyn Lawrance | 8 | Dave Loman |
|  |  |  |
| John Trewhella | 9 | Tom Crook |
| Paul Thirlby | 10 | James Boult |
| Tom Murray | 11 | Darren Light |
|  | Grant Thirlby Thirlby | 12 | Ben Croft |
| Tom Nicholas | 13 | Sam Gooch |
| Peter Mabbott | 14 | Dan Dimoline |
| Lewis Thomas | 15 | Tom Rushton |
|  |  |  |
| Replacements |
| Ryan Bishop | 16 | Ben Williams |
| Joel Stevens | 17 | Ben Cowley |
| Sam Heath | 18 |  |
| N.B. It may be necessary to have uncontested scrums. |
| Referee: Dave Saunter (CRRS) |
| **Defibrillator**The club are raising funds for this potentially lifesaving piece of equipment for club and community use. Please make a donation through a club official OR online at **https://www.justgiving.com/defibforuplong** |