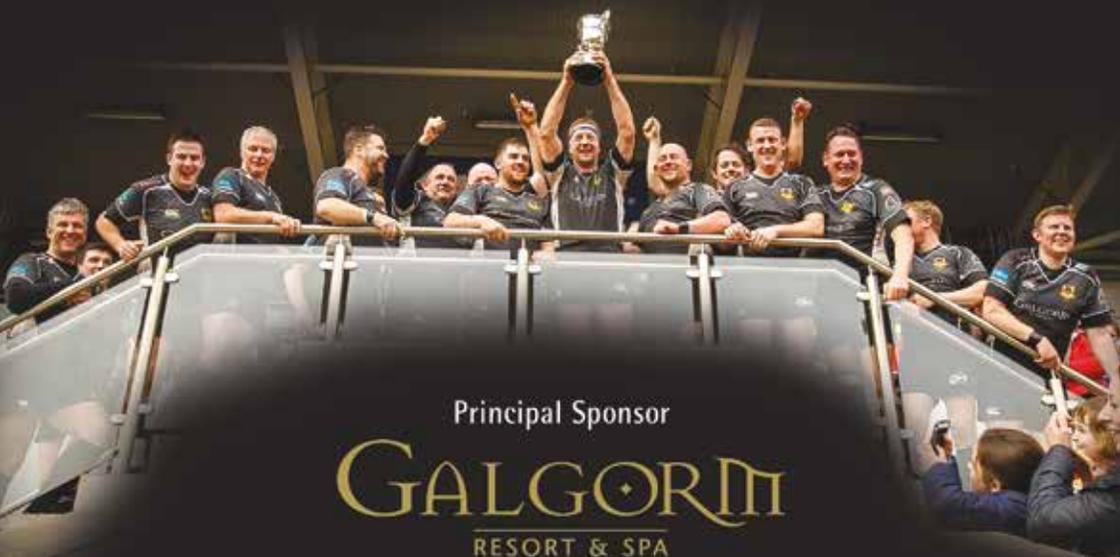


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## Yearbook 2018-19



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## Welcome from Principal Sponsor Galgorm Resort & Spa

We are delighted to once again be principal sponsor of Ballymena Rugby Football Club and extend a very warm welcome to players and spectators alike to Eaton Park for the upcoming season.



For us Ballymena RFC is a great fit with our brand promise which is underpinned by customer service, advocacy and commitment. The club celebrates individual and team talent, rewards success and provides a stage for recognising excellence. The passion and spirit of the club, and its active engagement with local residents, also aligns with our ambition to continually deliver an exceptional experience for our guests and ensure that our hotel becomes an active and integral member of the community.

Special thanks must go to Chairman Peter Crabbe, the Board of Directors and all club members for their continued support with the partnership, their outstanding work and dedication.

We would like to wish all teams throughout the club the very best of luck for the rest of season. Hopefully Ballymena RFC will continue their success, evident at the end of last season and in the words of legendary coach John Wooden, "Winning takes talent; to repeat it takes character". We look forward to being at Eaton Park to support you for the rest of the year.

**Colin Johnston**  
General Manager



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## From the CLUB PRESIDENT – Rodney Cole

It is a great honour for me as President of Ballymena RFC to welcome all our visitors, members and friends to Eaton Park, as we look forward with anticipation to another enjoyable season of rugby.

The past season has certainly been a memorable one for Irish Rugby, with the national team being successful in the 6-Nations and also in the recent test series in Australia. We wish them well with their preparations for the forthcoming World Cup. As a club we were delighted when our past player, Chairman and President Ian McIlrath was elected to the office of President of the IRFU for the season 2018/19 – Ian, we wish you well.



As a club we continue to supply players to the Ulster teams on a regular basis and often to the detriment of our 1st XV. Last season our senior teams all performed well but the highlight of the season must go to our youth sides – U14, U16, U18. Some years ago, our now Secretary Tom Wiggins travelled around the various non rugby playing schools in the area and over a period of time created what is now our youth academy. We now boast strength in depth throughout the club, with our U14's last season winning not only their league but also the U14 Ulster Cup at the Kingspan Stadium. Mini rugby continues to flourish and it was certainly marvellous to see the development of our Ladies rugby team whose numbers improve weekly – we wish them every success.

Ballymena RFC, like all clubs throughout the country, relies heavily on the voluntary support of a large number of people to help both run the club and coach at all levels. To this group I say thank you, without whom we simply could not function.

This season we have many newly elected officials and Directors who, under the chairmanship of Peter Crabbe, require and deserve support and encouragement from all club members.

I would also like to thank the club's main sponsor Galgorm Resort and Spa for their continued generous financial support and wish to thank all of our other sponsors who provide that extra much needed financial help.

Eaton Park has now become a centre of sport for the Ballymena community. Rugby, Cricket, Bowls, Football, Hurling and Gaelic Football are but a few sports that make use of our excellent facilities and they are all very welcome.

In closing, I would like to extend an invitation to everyone who has any association with Ballymena RFC to join us on a Saturday at Eaton Park and support the various teams 'pulling on the black jersey' – from mini and youth rugby in the morning to the adult sides in the afternoon. It's a great place for members and visitors to make and renew old friendships – I'll see you there!





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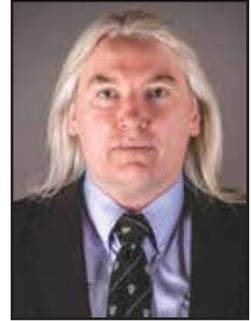
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## From the CLUB CHAIRMAN – Peter Crabbe

In previous years Chairmen have used this opportunity to welcome our visitors, thank our sponsors and wish all our teams well. Important as this is, please take this as a given. I would however, also like to use this opportunity to convey another very simple message. This year I would encourage everyone, 'to have some fun, become involved, and do what you can to assist and support the voluntary contributions that so many people make for the betterment of Ballymena Rugby Football Club.' The rationale for us all having fun and supporting all sections of the Club is outlined below.



There are those who believe that within competitive sport and indeed anything we do in life, that success is a prerequisite of enjoyment. On the contrary, surely fun and enjoyment are prerequisites of success. If we enjoy doing something, and feel that our contribution is valued, we are more likely to commit time to it. Hopefully by doing so, the better we become. This is equally true both on and off the pitch.

History tells us that clubs all over Ireland are finding it more difficult to recruit players, volunteers and sponsors. I would suggest that in order to overcome these common difficulties requires a change of thinking and indeed approach. In the majority of cases, clubs have as their sole purpose, the pursuit of 1st XV success. Little thought or energy is given to making the experience of not only their 1st XV squad, but their wider membership, an enjoyable one. They express surprise, when having such a narrow focus and a lack of emphasis on enjoyment, results in decreasing overall playing numbers, the development of a 'them and us' culture, missing generations of volunteers, and a limited basis for sponsorship opportunities.

The need for a change in thinking is further evidenced by a number of rugby clubs now being classified as Community Amateur Sports Clubs. Given the title, it is somewhat ironic that many clubs are still at a loss, as to how they can ensure their long term sustainability. The clue is obviously in the name, and it is on the four words contained therein, which I also wish to focus.

The importance of being part of and catering for the local 'community' cannot be underestimated. The days of rugby clubs being male dominated and working in isolation are over. Our Club's indoor facilities are regularly used throughout the week by a number of local organisations, but there could and should be so many more. As a rugby club we must be continually looking for ways to open up our facilities to both sporting and non-sporting events and be welcoming to local organisations, businesses, schools and charities. As members we have a collective responsibility to ensure that our visitors, guests, sponsors and indeed all sections of our Club feel welcome and enjoy their time spent at Eaton Park. A little effort from many can make such a huge difference to the experience and enjoyment of all who visit our Club. In whatever capacity you are here today, I extend a warm welcome and trust that you enjoy your time with us.

The word 'amateur' requires no explanation. While there is no doubt that professionalism has enhanced our national and provincial sides, there is equally no doubt that at club level, while it may lead to short term success, it is detrimental to their long term sustainability. Past experiences would also suggest that at club level, it certainly does nothing to enhance players' ability, loyalty, or the potential that they may become volunteers in future years.

continued overleaf ....

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It is interesting that the name refers to 'sports' rather than 'sport'. This again highlights the importance of catering for the whole community and not limiting your facilities to one sport in isolation. For Clubs to survive, members not only need to embrace the different sporting sections within clubs, but also other sports using the clubs' facilities both recreationally and competitively. Many clubs now have more rugby pitches than rugby teams. Would it not make more sense, rather than having pitches lying unused, that they be used competitively by another sport, with their players, supporters etc. using the clubhouse to entertain both themselves and their guests? This would not only increase much needed revenue, but increase the exposure gained from sponsorship packages offered to potential sponsors.

Within Ballymena Rugby Football Club we have a Cricket Section and a Bowls Section. Through the week our outside facilities are currently used by a number of local football clubs and at the weekend a number of GAA Clubs. Could I take this opportunity to wish the Cricket, Bowls and all teams that currently use our facilities an enjoyable and successful season.

Finally, a 'Club' is defined as ... two or more people united by a common interest or goal.' As a Club, our common interest is sport, and obviously primarily rugby, but as already highlighted it cannot be to the exclusion of all others sports. Neither however, should people's interest within the Club be limited solely to a particular rugby team, section, age group or the one sex.

Ballymena Rugby Football Club is a club that currently caters for all ages and abilities. All players, coaches and volunteers, regardless of age or ability, should have the opportunity to enjoy their experience at Eaton Park and to develop a sense of identity, feeling valued as a member representing our Club. As a rule in any organisation, when people feel part of a 'bigger picture', as opposed to isolation, it empowers them to take on roles within that organisation. Our Club is no different.

They say that first impressions matter. It is therefore so important, that in the future as adults, today's 'Rascals' and 'Mini's' look back on their experiences as ones of happy memories, having developed a sense of belonging to Ballymena RFC. In this way, when leaving school at eighteen, those who have gone on to play their rugby at Grammar School, remember the fun that they and their family had at the Club and are much more likely to return to play their rugby at Eaton Park, rather than being enticed elsewhere.

Of course the success of any club is judged by many on the results of their 1st XV and I would like to wish Andy, 'Taggy' and the rest of the 1st XV squad every success this season. Success of any club however, cannot be judged in isolation or be achieved at the highest level by focusing all efforts solely on one team within it. I would therefore also like to extend my best wishes and support for the season to everyone who represents our Club at whatever sport that may be, regardless of level of ability or age.

The immediate success of BRFC may depend upon our 1st XV, but the long term success of our 1st XV and indeed the survival of our Club, depends on the 'community' and the enjoyable experiences as a Club, we can provide for it.

Peter J. Crabbe,  
Chairman, Ballymena RFC.



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## MESSAGE from the MAYOR



As Mayor of Mid and East Antrim, I am delighted to have this opportunity to contribute to Ballymena Rugby Football Club's Yearbook.

On behalf of Mid and East Antrim Borough Council, I extend a warm welcome to all visitors to Eaton Park, Ballymena, and Mid and East Antrim as a whole during the incoming season.

Head Coach Andy Graham, his staff and players will be giving their all again this season and continue to make us all proud of the team.

They are working to build on their finish in the Ulster League last season and will be striving to better their standing in the All-Ireland League Division 1B.

Ballymena boasts an incredible youth set up and last season the under-16s and their club mates in the under-18s continue to blossom.

Those players demonstrate the strength of the youth section and hopefully they will be followed by the several players who made the Ulster Development Squads at under-16 and under-18 levels last season.

The under-14s had a season to remember, winning the Ulster Cup – well done to all!

The Mini Section is growing every year and is now one of the largest in Ulster.

The inspirational Ballymena Bears also continue to ensure the wonderful game is available to all.

The Bears is open to young adults and children with a disability and is a hugely important initiative.

It is hugely heartening to hear of so many members volunteering their time to assist with challenging posts within the Board of Directors and this perfectly captures the spirit of the club and its members.

My congratulations to Guy McCullough for his sterling work as president and best wishes to his successor Rodney Cole for the year ahead.

I know the club are very grateful to Galgorm Resort and Spa for their continued support in striving towards their goals.

Mid and East Antrim Borough Council values the role that sport plays within our community as it helps our young people to not only develop their sporting potential, but also equips them with many skills that will be invaluable as they continue their journey through life.

I feel passionately about encouraging people to become involved in sport and as a Council we consistently promote and develop all types of sporting and fitness activities.

Mid and East Antrim attracts top class sport to the Borough, and in the past year we have hosted the SuperCupNI, the UEFA Under-19 Women's Championship, NI Open and the Stock Rod Championship of the World.

Through our Corporate Plan, Council is committed to supporting building a safer, stronger, healthier community and ensuring the delivery of high-performance facilities in the Borough.

I pay tribute to all the volunteers within Ballymena Rugby Club who give up their time and make such a valuable contribution to the club and the development of our young people within the area.

My appreciation and gratitude go to all involved at Eaton Park for their continued dedication and commitment.

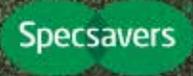
The future is bright and here's to a try-filled season for Ballymena Rugby Club!

*Councillor Lindsay Millar – Mayor of Mid and East Antrim Borough Council*



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## I.R.F.U. PRESIDENT'S MESSAGE

It is my pride and privilege as President of the Irish Rugby Football Union to extend my best wishes to all my fellow members at Ballymena RFC for the 2018-'19 season – and beyond.

I view my Presidency as a shared honour with you all and I am delighted to represent the club as their second ever IRFU President, following in the footsteps of Syd Millar in the 1995-'96 season.

I wish all teams and supporters every enjoyment and success throughout the season and offer special good wishes to the President, Rodney Cole, Chairman Peter Crabbe and all other officials and captains.

I am aware that, as I write, discussions are being held regarding the future of the AIL and it is as yet uncertain what the format will be for 2019/2020.

Since its introduction in 1990/91 it has been the primary inter-club competition in Irish rugby and year on year its significance is evidenced by the substantial number of talented players who progress to Provincial and National sides as a consequence of having showcased their talents on club pitches throughout the campaign.

This recognition of talent, while creating some short term issues for clubs, also creates a pride and a 'feel good' factor within for those who have coached and encouraged these players, often from Mini Rugby days.

Such is in keeping with the wishes of the IRFU who are committed in their resolve to have in place a healthy club and grass roots environment across the Island of Ireland.

I will continue to be an advocate for clubs and for those within them who work tirelessly and largely without recognition, towards the personal and rugby development of young men and women, boys and girls.

On behalf of my Union colleagues I thank all club volunteers for their loyal and much appreciated support.

We are hugely indebted to you.

Enjoy the season.

Best wishes.

Ian McIlrath *President - IRFU.*





Chris Cundell carries ball in Ballymena's victory of Ballynahinch in the semi-final of the Senior Cup.

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Mark Foster breaks free with Johnny McMullan in support, against City of Derry in the Ulster League.

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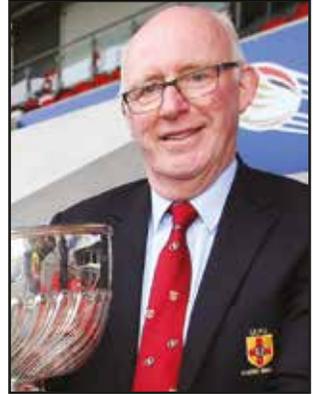
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## MESSAGE from the PRESIDENT of the I.R.F.U. (Ulster Branch)

As President of the Ulster Branch, I am pleased to be able to extend both my own and the Ulster Branch's best wishes to Ballymena Rugby Football Club for the 2018-19 season.

Ballymena RFC is one of the best-known names in club rugby, not only in Ireland but throughout the world, having been made famous by the exploits of its international players, in particular Syd Millar and Willie John McBride. Their contribution to the British and Irish Lions is legendary and Syd went on to reach the very top of World Rugby as an administrator.



Ballymena RFC continue to produce talented players who go on to represent Ulster Rugby, including Luke Marshall, to whom I wish a speedy recovery from injury. I also look forward to the continuing development of the Rea brothers who showed great promise last season.

I congratulate Ian Mellrath on his election as President of the IRFU for the upcoming season and wish him all the best in his presidential year. Ian made a valuable contribution to Ulster Rugby during his years on the Branch Committee, where he is now ably replaced by Matt McCullough, with Jonny Millar representing Ballymena on the Clubs' Committee.

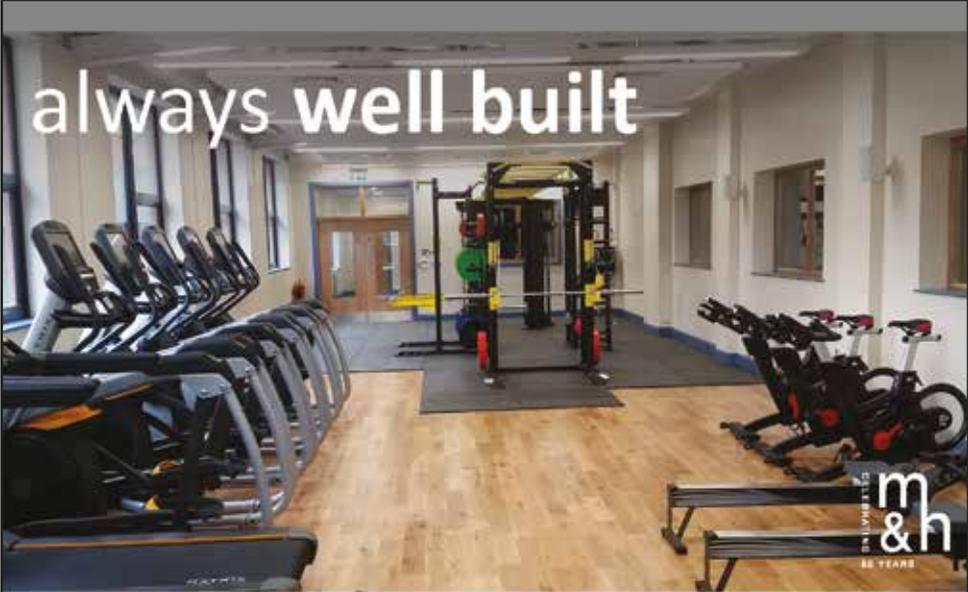
I wish the 1st XV good luck in the UBL this upcoming season, where Ballymena will be involved in several local derbies given the number of Ulster clubs in that section. It is important that our clubs compete at the highest level and I hope that will be the case come the end of this season. Best wishes to all of the teams, including Youth and Minis, together with all of the coaches and volunteers, without whom the club could not function.

I hope to have the opportunity of visiting Ballymena RFC during the course of my Presidency and wish the club a successful and enjoyable season.



**Stephen Elliott**

*President  
IRFU (Ulster Branch)*



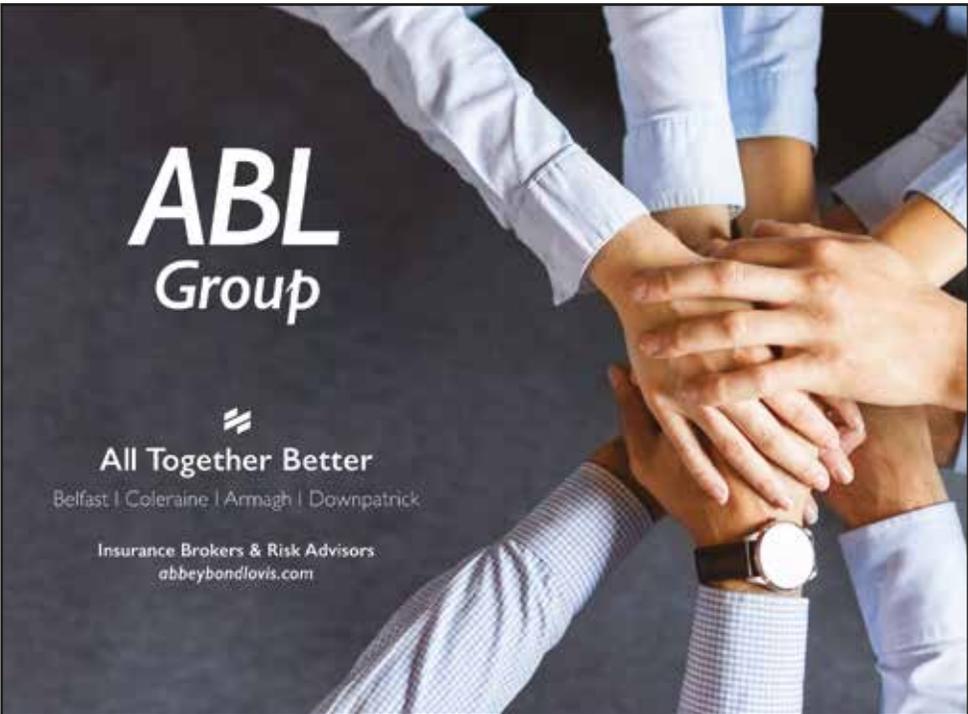
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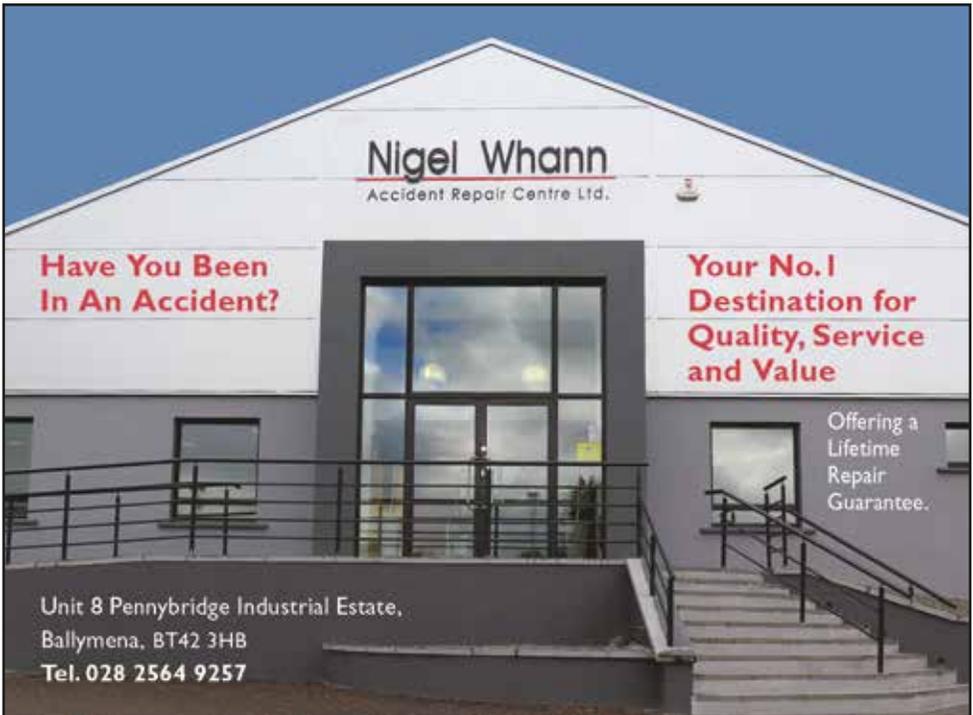
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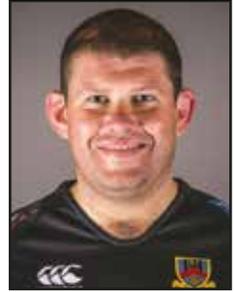
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## From the CLUB CAPTAIN - James Taggart

As Club Captain of Ballymena RFC for 2018-19, I would like to welcome you all to Eaton Park and hope you enjoy the new season with us.

It is an honour to represent the Club after being part of the senior squad for the last 14 years. Taking on this responsibility is a real privilege and I hope I can represent the club to the same level as previous captains, meeting the players' and members' expectations for the season ahead. It is brilliant to see such a calibre of player join the club in recent years, while our junior sections get stronger, producing talented young players to join the senior squad.



Although we had some highs and lows throughout the club last season, all of our players across the different levels and age groups dedicate so much time to training throughout the week and on a Saturday when we play against our rivals. We hope to maintain this standard this season and want to thank the teams for dedicating this time to represent Ballymena RFC. It was great to see the club winning at all levels, from the P7 team in Leicester to the U14 winning the Ulster Cup at Kingspan, not forgetting the 4thXV winning the McCambley Cup.

I also want to acknowledge the coaching staff who give up so much personal time to coach and support our players, from the Mini and Junior teams right through to the senior squads. The level of commitment these coaches provide is second to none and we wouldn't have a successful club without them - thank you.

I would like to make a special mention of the Ballymena Bears who have had another successful season playing and raising over £3500 on their hill climbing expedition.

Without the continued support from our Sponsors and advertisers, we would not be able to continue to play at our present standard, nor provide the facilities we do. From Sponsors taking out packages to those who feature on the signs surrounding the pitches and in the year book - thank you. A special mention must go to Galgorm Resort & Spa, who remain our main sponsor for this season. They have been very generous to the whole club and to the various levels and ages of players throughout.

I also want to personally thank all those behind the scenes working hard to obtain these generous contributions, in addition to the other voluntary positions many have taken up. - Without you the Club could not continue. You bring together the various departments and teams in order to synergise the efforts of the Club. The hard work and commitment you put into these roles, should not go unnoticed.

Finally, thank you to the supporters who follow our teams and join in on the side lines every week for all of our teams. From the parents' of our Mini and Junior squads to the loyal supporters of our Senior squads, all of the players appreciate it. It is an extra boost to the motivation of our teams and helps us to play at our best.

As Club Captain and on behalf of all of our players, I thank you for your continued support throughout. We hope to bring you success and enjoyment throughout the new season.



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## Message from the Director of Senior Rugby

by **Jamie Smith**

After a strong finish to the All Ireland League last season, the 1st XV will look to start where they finished off in what will arguably be the most competitive the league has been in recent years.

On the coaching front, Rab Gregg and John Nicholl join the senior coaching panel, and both will provide a wealth of experience and vital school links. They will assist Head Coach Andy Graham, forwards coach Bryan Young, backs coach Alex McCloy and second fifteen coach Gareth Fisher.

Like every season, we bid farewell to some players, but also welcome new faces. Callum Patterson joins Cornish Pirates in the English Championship. This is a big loss for the club on and off the field, but we wish him all the best and hope to see him back in the near future. Angus Kernohan has received a bursary at Queens University and has chosen to play his rugby there. Congratulations go to both Angus and Marcus Rea, who made their senior debuts for Ulster in a pre-season game against Gloucester. Out-half Timmy Small has re-joined after playing professionally in Italy and most recently in France. Other signings include Scott Willoughby, Jacques Bolger, Jack Fleming, Griffin Phillipson, Jack Lewis, Mark Thompson and Louis McGuckian. Eoin Ritson, Donovan Woulahan, Jack Francis and Jordan Pattison step up from the youth system.

Ulster Academy prospects Azur Allison, Mikey Stronge, Robert Balacoune, Marcus Rea and JJ McKee will be joined by talented out-half Bruce Houston who is a school leaver from Ballymena Academy.

Our Ulster senior allocation includes; Andrew Warwick, John Andrew, Luke Marshall and Matthew Rea, who are all products of the clubs pathway system. They are joined at the club by Clive Ross, Dave Shanahan and Rodney Ah You. We wish these players every success in the upcoming season for Ulster, and from a selfish point of view, hope to see them in a black shirt once or twice!

The club will field five adult sides this year with stalwart James Taggart captaining the first fifteen. The 2nds, 3rds, 4ths and 5ths will be captained by Darrell Montgomery, Rodney Hall, Davy Laughlin and Cormac McCamphill respectively. I would encourage all players and supporters to get behind each team, in what will be an important year for the club on and off the field.

With the future of the AIL uncertain, we will continue to build on our mini and youth systems, along with local schools to ensure that we are producing quality players throughout the club. We often lose several of these players to the provincial set up, which is great to see, but can also have a negative impact on the club. This is something that we have to accept and adapt to. Having been part of both sides of the set up, I can see where the frustration lies, but there are areas which can certainly be worked on to leave no excuses come the end of the season.

On a finishing note, again, I would urge everyone to get behind the coaches and players across the board for the upcoming season. Your support is invaluable.

Thanks  
Jamie



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Angus Kernohan with father, Ian, and Uncle Richard.



Phil Orr hands on the medal of office to Ian McIlrath who will serve as President of the I.R.F.U. for the season 2018/19.

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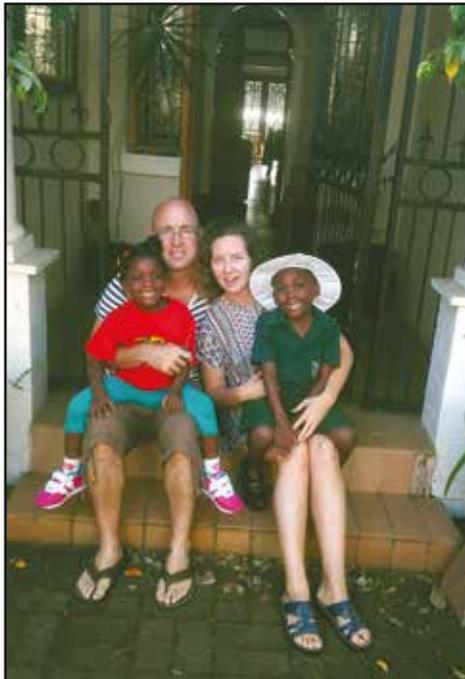
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## Saul Cobbing

Saul Cobbing our ALL winning Strength and Conditioning Coach was a firm favourite amongst the Players... Below, Saul gives a snapshot into his memories of Ballymena and what he has been up to since leaving our shores.

Hi to all our Ballymena friends. Okay, last time I saw most of you was an early-season game in September 2004 when Ballymena thrashed Belfast Harlequins on their home turf. Soon after that game Mandy and I sadly left Northern Ireland and moved to Oxford. We had two very, very happy years in Ballymena after arriving in August 2002 as newly-weds. Mandy worked as a Pharmacist at Boots the Chemist in Ballyclare, at one point helping Willie-John McBride with some ointment for an ill donkey. I was brought over to Ballymena by Tony D'Arcy as the team's Strength and Conditioning coach. Not the most popular job description in a rugby squad, it has to be said. I had come over early in June 2002 to help Tony get the pre-season training programme off the ground. Cue lots of vomiting (boking is what I think you guys call it) around the Eaton Park outer fields. It seemed to do the players some good, as slowly the players got fitter. Early season games were narrowly won and the team then got better and better - eventually culminating in that glorious day at the old Landsdowne Road where Ballymena RFC won their first All-Ireland League trophy. We also won two Senior Cups in my time at Ballymena, mainly on the back of an immense team spirit - forged by long, very social bus trips to all parts of Ireland. I tried (and largely failed) to limit the amount of alcohol that was drunk on these many trips and learned all the words to Fields of Athenry, Wild Rover and other Irish classics. Even though we did not live in Ballymena for much more than two years, it felt like leaving our family when we had to depart.

The reason for the move to Oxford was my enrolling at Oxford Brookes University for a degree in Physiotherapy. Long story short,



I got the degree, Mandy and I then moved back to South Africa - where I started working as a physiotherapist in a public hospital in Durban. I had a brief reunion with some of the Ballymena folk when the U20 side toured the Southern Cape and I joined them as the team physio. The U20s lived up to my memories of the Senior players, winning some great games and causing absolute havoc off the field. (Players going missing, Adam Cupples convincing a massively-harassed Trevor Gillen that he had had his thumb severed by a slamming door and other capers). This madness, together with being tired of working evenings and Saturdays, convinced me that my involvement with sport should be reduced to that of a spectator for the foreseeable future.

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After a few years of working in a hospital, I moved into the academic field, where I now lecture in physiotherapy at the University of KwaZulu-Natal in South Africa. I received my PhD degree (in the field of HIV rehabilitation) last year and am currently the Head of Department, for my sins. Mandy is a research pharmacist at the Medical Research Council by day and an accomplished jazz pianist by night. We have two lovely, crazy children - Daniel (7 years) and Lola (5 years) who keep us on our toes.

We have kept our eyes on Ballymena from afar and are so happy to see the club is still thriving. We have been lucky enough to host Trevor and Barbara Gillen twice at our home in Durban - they have also kept us up to date on things over there. We would absolutely love to come back and visit you all in Ballymena and show our children where we spent some of the happiest times of our life - perhaps in a few years for a 20 year reunion of that title triumph! Come and visit us please if you ever find yourselves on the East Coast of South Africa. Lots of love from Mandy and me.



## ULSTER RUGBY SENIOR CUP FINAL at Kingspan Stadium against Armagh.

James Taggart



Michael Stronge on the attack.



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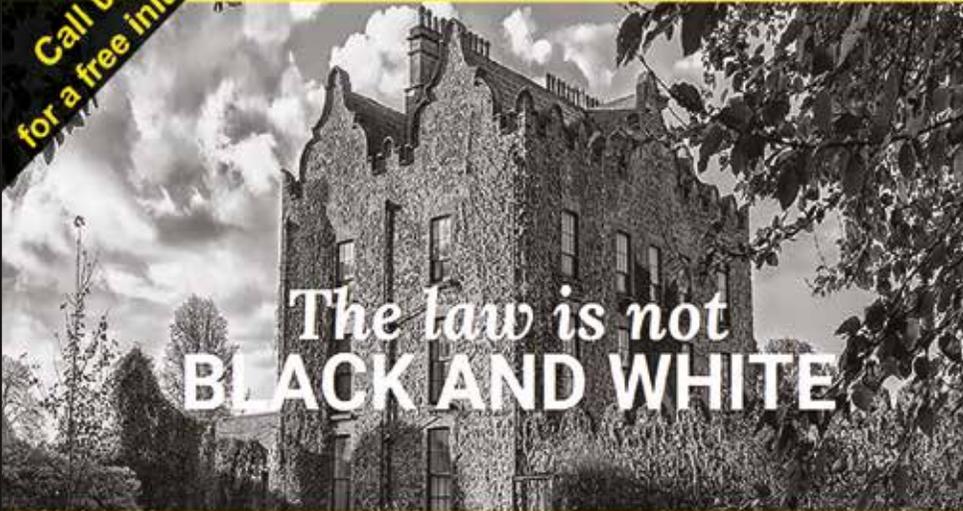
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# Coaching Ballymena

by Tony Darcy

After 3 years away from Rugby, the rugby bug hit me and I accepted a role as the Director of Rugby at Ballymena RFC in Northern Ireland. Ballymena had produced many Irish internationals and Lions players including the Lions legends Willie John McBride and Syd Millar who were both a fantastic source of wisdom and charm.

The interview process went over 3 days where I had lunch, breakfast and dinner with six different groups of people checking me out and in the middle of it was a presentation to the Management Committee of 20 plus people. The Ballymena President that year was Ian McIlrath who was an Irish International. During my presentation on the Friday night I looked over to see the President catching a few Zs at the back of the room, and I thought they were not interested. Ian later apologised and told me that he was tired because of a series of late night meetings.

This exciting overseas rugby adventure got off to a very rocky start with my oldest son Christopher being admitted into hospital just after I had arrived at Ballymena in the advance party with Anthony and Katie. Twelve hours later I headed back on a plane to Brisbane as Christopher was in a critical state. Guy and Isobel McCullough kindly looked after Anthony and Katie while I went back to Brisbane to determine how Christopher was. Unfortunately Guy had to put Anthony and Katie on a plane back to Brisbane a few days later. During our stay at Ballymena Guy and Isobel were very kind

to our children and were pseudo-grandparents for which we will be forever grateful. The climate around us was suffocating in Brisbane with so many people grieving with us and after 4 weeks the family headed off to Ireland. Syd Millar intervened and organised for the Australian Rugby Union to pay for our flights back to Ireland.

I arrived late on the day of our third and final trial and literally went directly from the airport to the game.

We won a couple of local junior games and then started the All Ireland League.

We lost the first three AIL games and the Chinese whispers were gathering momentum, as Ballymena would have been looking at relegation if we kept losing.

What I did not know at the interview was that the previous coach had taken 5 of the starting players with him to Belfast Harlequins.

In Game 4, against Galwegians, we won our first game which was a relief for all.

Eight weeks after I arrived, I approached Syd Millar and Ian McIlrath and raised an unthinkable thought with them... that Ballymena was going to be a Junior Club in three years time if we kept doing what we were currently doing.

I recommended that we convene a special club meeting to discuss the club's current status and then proposed to implement a Strategic Planning Process driven by a series of stakeholder consultation meetings.



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The outcomes were

1. Strategic Plan which was owned by the stakeholders.
2. The Club moved from a Management Committee of 28 to a Board of 8 with working sub-committees driving specific outcomes from strategic plan.

This was a very big and bold move for this very proud Irish Club that was steeped in traditions that had served them well for over 100 years.

At the end of 2002 season we finished 10th and avoided relegation. In the 2003 season we recruited 3 players and won the All Ireland League.

This win would not have taken place without the members' courage to drive the changes detailed above and the amazing coaching team that was made up of:

- Oliver Smyth was the backs coach. Oliver had a great rugby mind. He was a very good coach and always a calm voice in the storm. I bounced a lot of things off Oliver;
- Sam McGreer was the team manager who ran a very organised and tight ship with contingencies for all possible scenarios;
- Peter Millar ensured that Ballymena had the best defensive record in the competition which was a vital element in winning the AIL;
- David Smyth focused on skills development which gave us the flexibility to run with a number of different game plans;
- Saul Cobbing made sure our boys were fit and managed the workload and tapering for the finals which was imperative;
- Craig Whyte and Jim McCormack ran the Second XV and they were able to keep the team winning and wanting to be a member of the First XV;

- Dr Hugo Simpson ran the medical side, keeping the boys on the track along with Clare Darby (physio) David Richardson (chiropractor);
- Ray Buchanan was an unsung hero who quietly and methodically went along his business, identifying talent and recruiting the best for Ballymena.

This coaching team without exception was honest, hard working, consistent, resilient, persistent, collaborative, professional and had a deep desire to see Ballymena be successful. These values rubbed off on the players and set the scene for success.

The Ballymena winning AIL Team was:

1. Stephen McConnell
2. Paul Shiels
3. Bryan Young
4. Mark Blair
5. Gary Longwell
6. Matt McCullough
7. Neil McMillan
8. Russell Nelson
9. Peter Spence
10. Adam Larkin
11. Scott Young
12. Huw Jones
13. Matt Waterhouse
14. James Topping
15. Paddy Wallace
16. Ian Campbell
17. Norman McKernan
18. Andy Graham
19. Darrell O'Kane
20. Derick Topping
21. Andy Monson
22. Andrew Maxwell

Two unsung heroes that helped us get into the final were Dirkie Strydom and Jason Taggart. Dirkie was a big strong attacking fullback with a hugh boot and he was instrumental in helping us win the first three games which gave us the momentum at the start of the season. Unfortunately Dirkie had to go back to South Africa due to Visa issues. Jason was a wonderful open side flanker who was squeezed out of the side because of a returning Ulster player Neil McMillian. Neil was arguably the best emerging open side flanker in Ireland. I knew we could not afford to have two 'fetchers' in the team sheet. This game was going to be determined on the team winning the collisions and was also likely to be played on

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a heavy wet ground. This was the hardest selection I have ever had to make as a coach because Jason as a player had done everything I had asked him to do and more. He had been on every team sheet leading up to the final, he was a true Ballymena Rugby man and we would not have got to the final without him. On the day of the final he was there at Landsdowne

Road with his family cheering us on and celebrating with us after the win.

Lastly, I was privileged to be supported by Syd Millar, Willie-John McBride, Ian McIlrath, Roy Harkness, Guy McCullough, Rodney Cole, Rab Sloan, Thompson McCullough and many other wonderful people from the Ballymena Community who all had a role in this wonderful win.

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Connor Smyth during Ballymena's UBL Div.1B game against Old Wesley.



Referee Joy Neville shows yellow.



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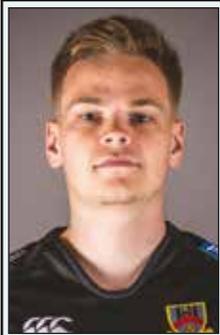
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# Ballymena Rugby Football Club

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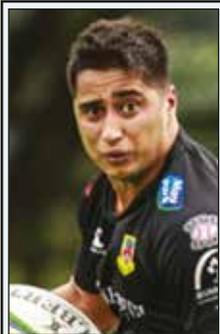
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**GLENN BAILLIE**  
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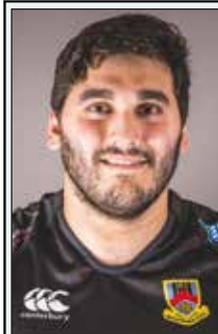
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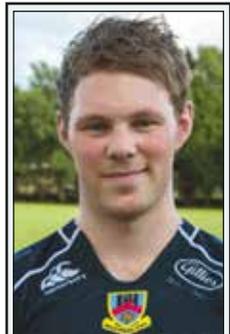
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**MARK FOSTER**  
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**CALVIN GALBRAITH**  
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**DOM GALLAGHER**  
BACK ROW



**JAMES GALLAGHER**  
BACK ROW



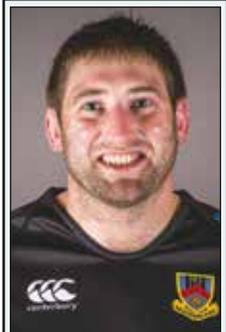
**JACK LEWIS**  
BACK 3



**RODGER McBURNEY**  
FULL BACK



**LEWIS McCLINTON**  
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**WILLIAM MCKAY**  
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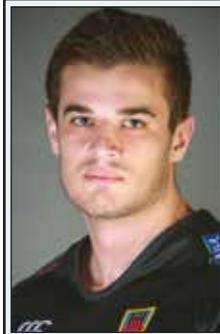
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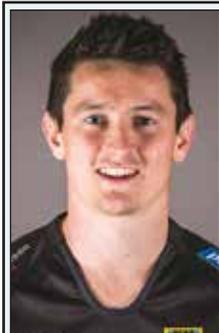
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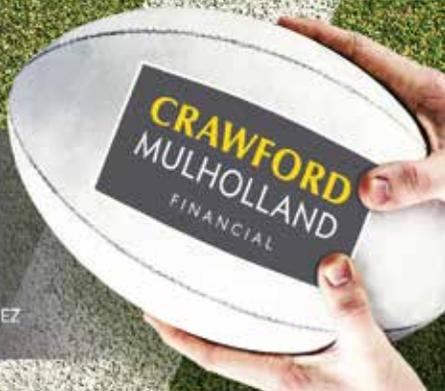
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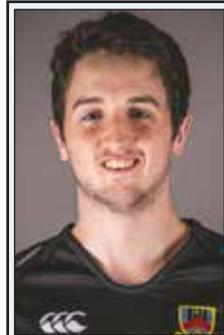
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**SCOTT WILLOUGHBY**  
FULL BACK



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SECOND ROW

**JACQUES BOLGER**  
BACK ROW

**JACK FRANCIS**  
PROP

**SEAN McCORMICK**  
BACK ROW

**SAM MILLAR**  
CENTRE

**JORDAN PATTISON**  
CENTRE

**EOIN RITSON**  
OUT HALF

**TIMMY SMALL**  
OUT HALF

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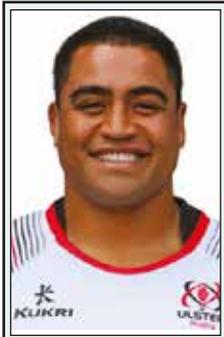
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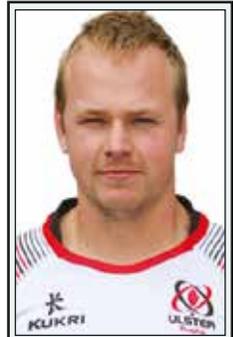
# Our Representative Players



**RODNEY AH YOU**  
PROP



**JOHN ANDREW**  
HOOKER



**LUKE MARSHALL**  
CENTRE



**MATTHEW REA**  
BACK ROW



**CLIVE ROSS**  
BACK ROW



**DAVID SHANAHAN**  
SCRUM HALF



**KIERAN TREADWELL**  
SECOND ROW



**ANDREW WARWICK**  
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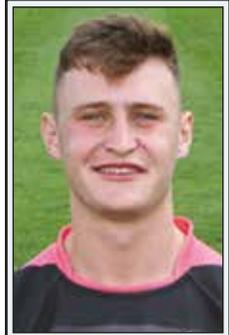
# Our Representative Players



**AZUR ALLISON**  
**BACK ROW**



**ROBERT BALACOUNE**  
**WING**



**BRUCE HOUSTON**  
**OUT HALF**



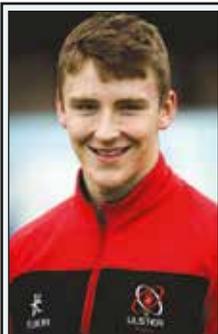
**JJ McKEE**  
**SECOND ROW**



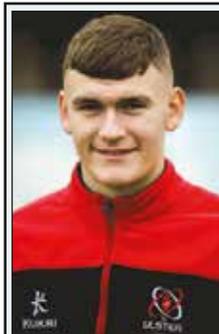
**MARCUS REA**  
**BACK ROW**



**MICHAEL STRONGE**  
**SCRUM HALF**



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Ballymena Rugby Football Club – 1st XV. 2017–18.



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# Ballymena R.F.C. 1st and 2nd XV - Fixtures 2018 / 2019

	1st XV			2nd XV		
Sat 18 AUG.	BALLYNAHINCH		Away			
Sat 25	QUEENS		Away	BALLYMONEY	CL	Home
Sat 1 SEPT.	DUNGANNON - Senior Cup Rd 1		Away	LISBURN	CL	Away
Sat 8	BALLYNAHINCH		Home	PORTADOWN	JC 1	Away
Sat 15	Senior Cup QF MALONE		Home	BANBRIDGE	CL	Away
Sat 22	MALONE		Away	LIMAVADY	CL	Away
Sat 29				Junior Cup Rd 2		
Sat 6 OCT.	MALONE	A.I.L.	Home	UUC	CL	Home
Sat 13	Naas	A.I.L.	Away	OMAGH	CL	Away
Sat 20	St. MARYS	A.I.L.	Home	Junior Cup QF		
Sat 27	BANBRIDGE	A.I.L.	Away	C VALLEY	CL	Home
Sat 3 NOV.	ARMAGH	A.I.L.	Home	MALONE	CL	Away
Sat 10				LARNE	CL	Home
Sat 17						
Sat 24	OLD WESLEY	A.I.L.	Away	Junior Cup SF		
Sat 1 DEC.	OLD BELVEDERE	A.I.L.	Home	ARDS	CL	Away
Sat 8	BALLYNAHINCH	A.I.L.	Home	RANDALSTOWN	CL	Home
Wed 12				JUNIOR CUP FINAL		N
Sat 15	BUCCANEERS	A.I.L.	Away	ACADEMY	CL	Away
Sat 22	ARMAGH	U.C.L.	Away			
Wed 26	DUNGANNON	Kyle Cup	Home			
Sat 29	BANBRIDGE	U.C.L.	Home	LURGAN	CL	Home
Sat 5 JAN.	Senior Cup SF			CITY OF DERRY	TC Rd1	Away
Sat 12	AIL Cup SF			BALLYNAHINCH		Away
Sat 19	BUCCANEERS	A.I.L.	Home			
Sat 26	BALLYNAHINCH	A.I.L.	Away	MALONE		Home
Sat 2 FEB.	- IRE v ENG -			Towns Cup Rnd 2		
Fri 8	Senior Cup Final					
Sat 9	- SCO v IRE -			BANBRIDGE		Home
Sat 16	OLD BELVEDERE	A.I.L.	Away	BALLYNAHINCH		Home
Sat 23	OLD WESLEY	A.I.L.	Home	Towns Cup QF / ARMAGH		Away
Sun 24	- ITA v IRE -					
Sat 2 MAR.	ARMAGH	A.I.L.	Away	ARMAGH		Home
Sat 9	BANBRIDGE	A.I.L.	Home	BANBRIDGE		Away
Sun 10	- IRE v FRA -					
Sat 16	- WAL v IRE -			TOWNS CUP SF / OMAGH		Home
Sat 23	ST. MARYS	A.I.L.	Away			
Sat 30						
Sat 6 APR.	NAAS	A.I.L.	Home	OMAGH		Away
Sat 13	MALONE	A.I.L.	Away	MALONE		Away
Sat 20	AIL CUP FINAL					
Mon 22				Towns Cup Final		
Sat 4 MAY.						



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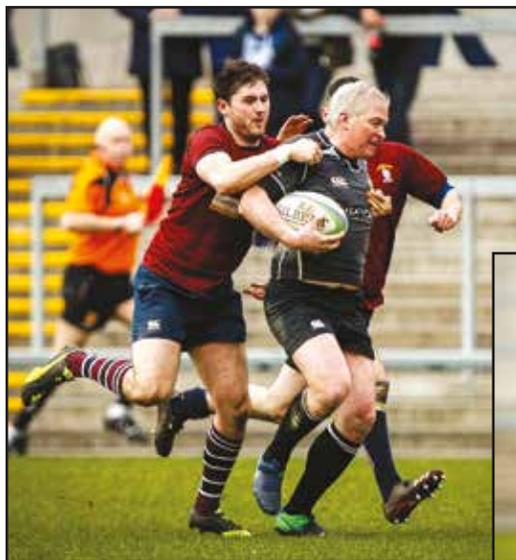
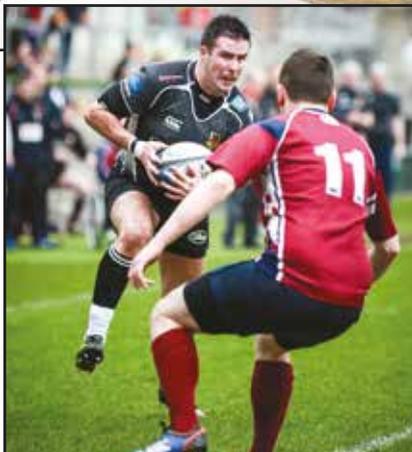
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# McCAMBLEY CUP FINAL

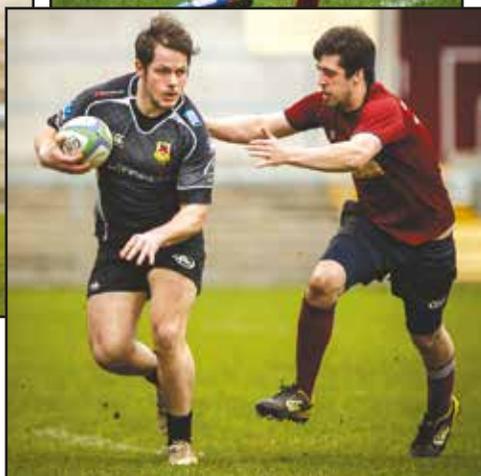


David Laughlin lifts the Cup.

Garrett Bell



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Rory Smith goes round his opposite number.

Photographs - Darrell O'Kane  
ardelinis-photography



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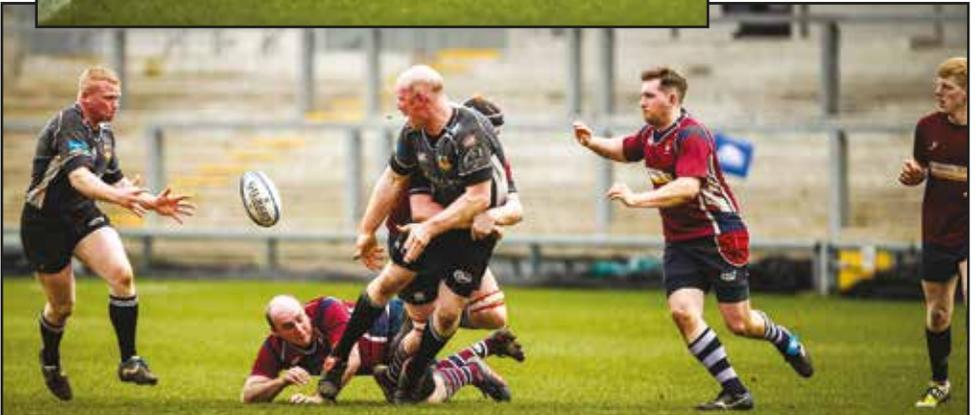


# McCAMBLEY CUP FINAL



Garrett Bell scores to clinch victory.

Ian Caldwell passes to Davy Gaston.



John Nicholl's famous side-step.



Paul McBride on the charge.

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# McCAMBLEY CUP FINAL



Neville Hill, Davy Laughlin  
& Norman McKernan  
(between them 160 years young)

Paul Campbell  
celebrates his try.



Kevin Doherty  
makes a  
tackle.

Photographs -  
Darrell O'Kane  
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Team try!



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## BRFC Ladies Rugby

**Mark Hermin**, our Club Community Rugby Officer, brings us up to date with our new Ladies Rugby team at Ballymena Rugby Football Club.

It was back in November 2017, with the full support of Ulster Rugby, that Ballymena Community Rugby Officer Mark Hermin formed the Ladies Rugby Section. After months of training and preparation the girls welcomed Larne RFC to Eaton Park for an end of season Under 15 match. The game was played in excellent spirit, with some fantastic running and tackling from both squads. The large crowd of supporters were treated to a very high scoring match and it was great to see so many Ballymena girls scoring their first try for the club.

The Ladies Rugby Section is made up of girls from all schools and colleges in the local area. The Committee members and players at Ballymena RFC have all been very supportive of the new venture. The girls kept busy over the summer improving their skills by playing

Tag Rugby every Wednesday evening. The Coaching team organised a Female Fitness Bootcamp with the aim of attracting new players to the club. Pre-Season training commenced in early August and training will continue every Wednesday throughout season at the Club from 7.00-8.30pm.

For season 2018-19 the Club plan to have matches for girls at Under 15 level, Under 18 level and over 18 adult level. We are always looking for new players and helpers for the Ladies Rugby Section. No previous rugby experience is required and all coaching will be delivered by a fully qualified team of coaches. If you are of secondary school age or above, then please come along, keep fit, make friends and have fun. For further information please contact our Community Rugby Officer Mark Hermin on **07818405449** or [mark\\_hermin@hotmail.com](mailto:mark_hermin@hotmail.com)



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# Ladies Rugby at Ballymena RFC.



Don Pattison - Youth Convenor.

Photographs - Darrell O'Kane ardclinis-photography





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## What is the Charitable Trust?

It is a sad fact of everyday life that people suffer personal injuries through accidents in their homes, workplace, on our streets and roads and also in the pursuit of leisure activities and sports. In this regard rugby is no different from any other contact sport and unfortunately player injuries occur from time to time. Such injuries can be of a very serious nature, resulting in permanent disability.

The Irish Rugby Football Union Charitable Trust was formed in 1978 to assist severely injured rugby players in their everyday lives, and help to restore their confidence and independence.

There are currently 34 seriously injured players registered with the Charitable Trust in Ireland, most of whom are wheelchair bound and have some form of permanent paralysis. fourteen of them are in Ulster.

The support provided by the Trust takes many forms and includes financial assistance for medical, nursing and caring expenses, home alterations, education and training costs, provision of wheelchairs and specialised equipment together with motor vehicles and vehicle conversion costs. The Trust also maintains regular contact with each injured player and their families.

Over the past few years the average annual cost of financial support provided by the Trust has been approximately €600,000. This is partly funded by direct grants from the IRFU along with various fundraising campaigns and donations. Fundraising events include sponsored walks every two

years to coincide with Lions tours and the Rugby World Cup, golf tournaments, sports quizzes and gala dinners on the eve of a home Six Nations match along with the Friends of the Charitable Trust scheme.

The Friends scheme is important to the Trust as it provides a regular income from subscriptions with membership currently in excess of 400. A Friends scheme for clubs is also in place with each member club receiving a Friends plaque for display in their clubhouse.

It is fantastic to see Ballymena RFC members supporting the Trust and I would like to draw attention to the efforts made by 5 of the members to raise funds.

### **RUGBY VETS HEAD TO FRANCE ON FUNDRAISER**

Five Ballymena Rugby Club veterans with a total age of 318yrs are off to France this September to cycle that distance in aid of THE IRFU CHARITABLE TRUST.

Their journey in early September starts in the St Emilion wine region in Bordeaux and ends one week later in the historic city of Carcassonne - approximately 318 kilometres south.

The cycle route is known as Le Canal des Deux Mers a Velo which incorporates Le Canal de Garonne and Le Canal du Midi.

Former Ballymena Chairman Trevor Gillen said today;

"As a cycling group we decided to undertake our annual French tour in aid of a charity, and unanimously agreed on the IRFU Charitable Trust. As former rugby players



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from the 70s, 80s and 90s we enjoyed the craic and comradeship we experienced through rugby in the amateur era. We want to give something back and could think of no better way of doing this than through supporting the Charitable Trust which was founded to;

"support seriously injured players in their everyday lives and help restore their confidence and independence."

Incoming President of the IRFU, current Trustee of its Charitable Trust and long-time member of Ballymena RFC Ian Mc Ilrath, commented;

"I am delighted to welcome this fund-raising initiative by this band of current and former Ballymena RFC old codgers.

I am confident that despite their advancing years they will manage to stay on their bikes, and with grit, determination, and expert appreciation of St Emilion, finish the ride. I wish them well"

The party, which is currently in training along the North Coast and around Ballymena, is led by Ronnie Mc Bride and includes Trevor Gillen, Jim Mc Kendry, Bruce Holdstock and John Wallace.

The IRFU monitors the Trust through five Trustees: Ronnie Dawson, Don Crowley, John Hussey, Roly Meates and Ian McIlrath. The day to day affairs of the Trust are administered by a sub-committee currently comprising: John Callaghan (Chairman), Dr. Cliff Beirne, Ollie Campbell, Nicky Comyn, Billy Dawson, John Doherty, Gerry Drennan, Joe Gallagher, Leo Galvin, Stan Huey, Keith Mangan, Pat O'Connor, Dr. Noel O'Mahony, Mick Quinn and Michael Whelan.

The IRFU Charitable Trust is registered as a charity in the Republic of Ireland under Charity Reference CHY6120. In Northern Ireland the charity has a Registered Charity number XR87763 and is registered as the IRFU Charitable Trust (Northern Ireland) to take advantage of Gift Aid tax concessions.

<http://www.irishrugby.ie/irfu/charitable>

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# Welcome to the Mini Section of Ballymena RFC

by **Libby Wilson** - Mini Convenor.

The Mini Section allows children, both boys and girls, from P1 (age 4 or 5) until U12 (age 11 & 12) learn to play and develop their rugby skills. The season begins in September and runs through until the end of April, usually finishing with our own festival at Ballymena. We generally have around 1600 children from all around the province competing and taking part. Also in April or May, the P7 squad have a tour; In 2018 the tour was to the Leicester Tigers. Two squads from Ballymena took part in the Leicester Tigers Challenge. They had to qualify on the Saturday and both teams went on to win their groups on the Sunday! Both teams came home with the trophies for their age groups.

During the season the minis travel around different clubs in Northern Ireland to play friendly matches each Saturday. Each team has their own dedicated team of coaches who give up their time willingly to help develop each child, in the skills needed for the game of rugby. The teams within the mini section are formed from children from schools in the local area. This is great as it also helps the children develop social skills to meet new people and make different friends. If any parents would like to help within the club, either coaching or otherwise, please feel free to get in touch.

This year there has been a new rugby kit obtained for the mini section and we are indebted to our sponsors Castle Kitchen/Bar who have helped make this possible. Registration for this section normally takes place in June for the following season. However, we welcome new players at any time of the season.

In conclusion, I would just like to thank all the coaches and parents for the time and dedication which they each give to the mini section of Ballymena Rugby Club. We look forward to welcoming existing players back, new players and of course future players to Ballymena Rugby Mini Section!!





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## From Ballymena till now

Dion O'Cuinneagain

I was fortunate to play for three great amateur clubs during the dawn of professional rugby - the University of Cape Town, Stellenbosch University and Ballymena Rugby Club.

They all have proud histories and traditions and embody why we all started playing rugby. It was not about money as a professional rugby player but rather friends, camaraderie, fitness and love of the game of rugby.

Ballymena Rugby Club was always a refreshing break for me from professional rugby. We had a mix of professional and amateur players with a common love for the game. Who could forget those cold, rainy training sessions in the dark at Ballymena under the guidance of Andre Bester and Peter Millar. This kind of experience was very different from my sunny sky training sessions in Cape Town. However, great Ballymena Club men like the Topping brothers and Gary Longwell were always able to get the best out of us.

On Saturdays before our games, I was always amazed how rugby greats like Willie John McBride and Syd Millar would come into the changing room before the game to encourage us for our matches, something which I also experienced in Cape Town as a young player with Doctor Cecil Moss and Doctor Danie Craven.

We had a reasonable season in 1999 and reached the semi final of the AIB League. We were fortunate that true Ballymena Club men like Norman McKernan, Andy Graham and Jonny Wells kept the team winning while players were away with Ulster Rugby commitments.

My time at Ballymena Rugby club was one of the happiest of my rugby career. A proud club with great traditions, where we trained hard and played hard, uncompromising rugby while still enjoying each other's company, songs and beers afterwards.

After my time in Ireland and Ballymena, my wife and I returned to Cape Town where we are now settled with our twin daughters. In the year after returning, I completed my medical degree. The pull of rugby was strong however, and once I graduated I was involved for 6 years managing and coaching the SA Sevens Rugby side with Chester Williams and coaching the University of Cape Town with a fellow Irishman, Barry O'Mahoney.

Since then I have been building my very busy medical practice and trying my best to keep up with my teenage daughters. As a family we are passionate about the Bush and try go on safari at least once a year.

Fitness and health have always been a priority for me and these days I have swapped the rugby field for mountain biking. Fortunately the Cape boasts many difficult trails to keep me challenged. I try and compete in about three stage races a year which have included The Trans Alps and The Cape Epic.

Despite a busy work and family life, I keep a very close watch on Irish and Ulster rugby and glean all my Ballymena news from Johnny Millar on his jet setting trips to Africa.

Ballymena Rugby Club still holds a very special place in our hearts, filled with memories of good rugby and hospitable people with a common passion for rugby and great tradition.



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## Youth Rugby

**Tom Wiggins**, Honorary Secretary.

Youth Rugby at Ballymena continues to see considerable year on year improvement. The Club has continued to invest in its youth coaches with all nine youth coaches having attended the required Ulster Branch coaching courses. This investment together with Youth Convenor Don Pattison's organisation of the section, has ensured that the best possible infrastructure is in place to support and nurture the young players' talent. Glen Boyd, as Director of Community Rugby, was always a source of support to Don and the coaches and this all helped to make the Youth Section one of the most successful in Ulster.

Numbers remain very strong with Ballymena fielding teams at each age grade. This season saw the section working hard to improve and develop the basic skills necessary to play the game. All coaches bought into the need to 'get the basics' correct before moving on to some more specialist techniques. This holistic approach paid dividends which was obvious when competitive matches commenced.

2017/18 was without doubt the most successful season enjoyed by our youth teams. The Under 18's won their Regional League and were unlucky to lose the Ulster Cup semi-final to a rather harsh penalty decision in the last minute. The Under 16's, despite battling against injuries to some key players, had a very successful season, finishing second in the Regional League and reaching the Ulster Cup quarter-final.

However, it is hard to overlook the success of the Under 14's. From the first match of the season it was obvious that this was an exceptional group of young players. The 14's won the Regional League, being unbeaten. They then entered the Ulster Cup competition and this culminated in an exciting victory at Kingspan, where they lifted the Cup after defeating a very strong Virginia side.

The hard work of coaches and players was again evident with the number of young players who took part in Ulster Development Squads. At Under 18 level four players represented Ulster Youth sides – Finlay Walker, Donovan Woulahan, Phil Campbell and Ben Moxham. In addition to representing Ulster the quality of these young lads, and many others within the section, augurs well for the future of the Club. Several players made appearances for the 2XV at the completion of the youth season. Jack Francis and Eoin Ritson were selected by Andy Graham to play for the 1st XV in the Club's last competitive fixture against Ballynahinch.

If you know of any young players who would like to get involved in Youth Rugby at the Club, they can make contact with Don Pattison or any of the youth coaches.

The Youth Section are already looking forward to the 2018/19 season which we all trust will be another year to remember at Eaton Park.

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Ballymena Youth Rugby.

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Under 14's



Under 16's



Under 18's



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## Ballymena Youth Rugby.



Coaches: Tom Wiggins, Tony Walker, Colin Craig.  
Ulster Under-18 Players: Ben Moxham, Phil Campbell and Finlay Walker.

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# Ballymena Bears 2017/18 Season

by Gary Donald

Another season has gone for the Bears, with loads of special memories and our section slowly growing from strength to strength.

Fund raising for our tour began with our Christmas Quiz and Snakes and Ladders Challenge, both of which raised fantastic sums and got us on target for Greystones in June 2018.

The number of Bears are still growing and it was brilliant to organise, at the start of the season, two off-site demonstration sessions at Magherafelt and Ballymoney. The Bears turned out in force at each and their efforts were rewarded with the recruitment of 4 new players.

The Bears set themselves a massive challenge this season playing rugby up 6 hills, one in each county of Northern Ireland hence the "FATLAD" 6 Hill Challenge. Over the course of Friday 11th to 13th May a team of 18 comprising of coaches, special needs players and adults travelled over 400 miles, climbed the 6 hills below and raised over £3,700 for rugby's charity "Wooden Spoon":

**Topped Mountain - Co Fermanagh**  
**Slemish - Co Antrim**  
**Mullaghcarn - Co Tyrone**  
**Binevenagh - Co Londonderry**  
**Slieve Gullion - Co Armagh**  
**Slieve Croob - Co Down**



The ultimate highlight of the season for the Bears was our tour to Greystones in County Wicklow, to take part in the Wooden Spoon International Special Needs Tag Rugby Festival. The Bears set off on Friday 8th June with a party of 64 (28 of which were players). After a good night's sleep in the Glenview Hotel, the group left bright and early for Greystones RFC to take part in a day's rugby. The weather was fantastic, and we were blessed with a hot and sunny day, just right for showing off some silky skills. Camp was immediately established, proudly sporting our section banner and team mascot "Rory" the Bear. This provided a welcome base for our day.

The event, which was organised by Greystones RFC with substantial financial backing from the Wooden Spoon charity, saw 30 teams from five nations take part in an all-day tag rugby tournament. As well as rugby played across three pitches, there were stalls and a huge bouncy castle. During the course of the day the craic was mighty and our 4 teams (Cubs, Buddies, Slemish and Braid) all played their black & white hooped socks off with brilliant running and passing.

All good things must come to an end and with our return on Sunday evening via the Sealife Centre at Bray, it signalled the end of another fun and rewarding season for the Bears.

**"We're black, we're white, we're super dynamite, we're the BEARS!"**

Finally a massive word of thanks to all our helpers and coaches and a huge cheer to all our generous sponsors and all who have made donations to the Bears this season especially: Montgomery's Café, Crosskeys Butcher, Capita, Moy Park and The Alternative Medicine Theatre Group. Thanks Guys!



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BRFC Player Award Winners.



Ben Moxham and Phil Campbell after the Ulster 19's impressive victory over Canada 31-3.

**NEW MEMBERS:** Thank you very much for your presence at Eaton Park. If you would like to become a member, you would be most welcome. Application forms are available in the Clubhouse or can be downloaded from the club website:

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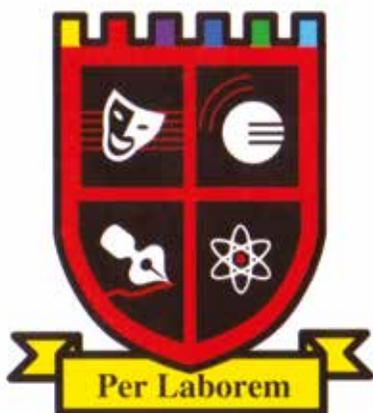
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## BALLYMENA 2nds v DERRY



James Boville weighs up his options.



Darrell Montgomery breaks through several would be tacklers.

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## From the Chairman of the Supporters' Club...

All members of the Supporters Club wish all players and coaches at every level success and good luck for the 2018/19 season. Enjoy your sport.

- Bruce Morrow.

## Yearbook Photography:

Ballymena Rugby Club would especially like to thank the following who have helped provide photographs for this yearbook.

They include:

Cover Photographs, Action Photographs & Squad Photographs  
Darrell O'Kane, ardclinis-photography

Other Photographs - Darren Crawford, Ballymena Guardian

Apologies to anyone we have forgotten to mention.



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	P	W	D	L	F	A	Diff	TB	LB	Pts
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Banbridge	18	12	2	4	429	367	62	7	3	62
Ballynahinch	18	12	1	5	407	299	108	7	2	59
U.C.C.	18	10	1	7	424	399	25	6	5	53
Old Belvedere	18	9	1	8	326	322	24	3	3	44
Naas	18	7	1	10	387	427	-40	6	3	39
<b>Ballymena</b>	<b>18</b>	<b>8</b>	<b>0</b>	<b>10</b>	<b>319</b>	<b>417</b>	<b>-98</b>	<b>4</b>	<b>3</b>	<b>39</b>
Old Wesley	18	4	4	10	348	365	-17	2	8	34
U.L. Bohemians	18	7	0	11	333	360	-27	3	8	34
Dolphin	18	2	1	15	245	462	-217	0	5	15

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## BALLYMENA 1stXV v DOLPHIN



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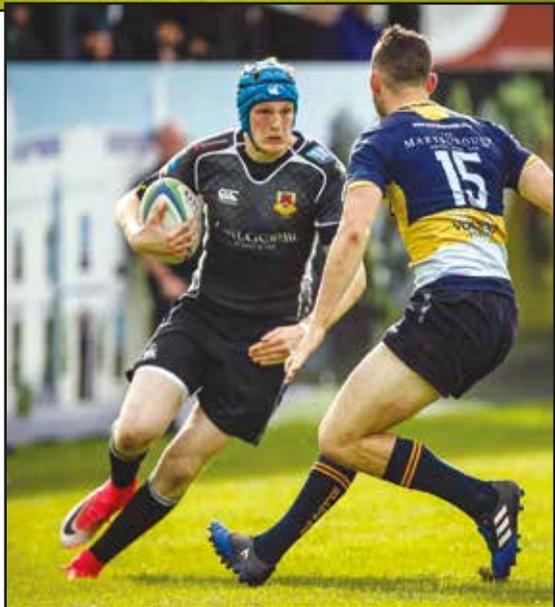
# BALLYMENA 1stXV v DOLPHIN



Glen Baillie  
clears for touch.



Willie McKay on the charge.



Matthew Norris  
steps inside.

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