

**LIVE AMERICAN FOOTBALL**



**EXILES**



**FREE ENTRY,  
BBQ,  
DRINKS  
& FUN!**

**COLCHESTER vs GLADIATORS**  
**KENT EXILES**

**22nd MAY - K.O 2.30pm - COLCHESTER RUGBY CLUB,  
BACK FIELD, MILL ROAD, CO4 5JF**

**[WWW.COLCHESTERGLADIATORS.COM](http://WWW.COLCHESTERGLADIATORS.COM)**

**[facebook.com/colchestergladiators](https://facebook.com/colchestergladiators)**

**[twitter.com/colgladiators](https://twitter.com/colgladiators)**



# Message from the **CHAIRWOMAN** Julie Greenland



Hello and welcome to the Gladiators first home game of the season. The 2016 season began with a complete change to the committee.

Chairwoman – Julie Greenland  
Treasurer – Karl Bourke  
Secretary – Garry Shuttleworth

At our initial meeting it was decided that it would be beneficial to the Club to increase the committee.

Vice Chair – Mark Gilbranch  
Website/IT Manager – Charles Greig  
Kit Manager – Paul Brunsdon  
Special Projects Officer – Tom Burrige  
Welfare Officer – David Crane  
Bookings Manager – Kayleigh Clarke  
Social Officers – David Crane/Andrew Cairns

At the end of 2015 Mark Gilbranch organised a number of 'come and try' sessions in key areas in the local area. This saw a fantastic response and led to a large swelling of numbers in our Senior and Youth teams.

Our annual weekend camp held at Felsted school for the last two years was arranged for the Easter break in April. Unfortunately, this had to be cancelled due to conflicts with pitch availability and the 2016 fixtures.

The social events calendar kicked off this year with our Rookie and Legends night, sponsored by Colne Classics. A great success.

Our next social event is Clubmans night at Tenpin Bowling in Colchester incorporating our youth and senior teams. Our next social event is Quiz Night at The Officers Club in Colchester hosted by Karl and Lesley Bourke. This event will be advertised shortly on our website and we hope these events are well supported.

Half-time entertainment today will be provided by the Phoenix Allstar Twirlers, a locally dance troupe based in Weeley. Phoenix Allstar Twirlers comprise some talent and a unique set of boys and girls who have a strong passion to

perform and entertain. The troupe today have only been dancing together for two weeks, so we ask that you show them a warm Gladiator welcome.

Food this year at all our home games will be operated by Hannah Cabanas Kitchen, who will be providing a variety of BBQed meats, snacks, hot and cold drinks. If you have any special requests, do go and speak to Hannah and discuss your needs.

Chain crew for today is being supported by our youth team. If you would like to be part of the youth team or support the Gladiators in any other way, please don't hesitate to contact us. Due to Health and Safety requirements all game day volunteers must be aged 14 and over.

## **PHOENIX ALLSTAR TWIRLERS 2016**



### **HALFTIME**

Today's halftime entertainment is provided by the Phoenix Allstar Twirlers

For more information check out  
[https://www.facebook.com/  
phoenixallstartwirlers/](https://www.facebook.com/phoenixallstartwirlers/)

*Message from the*  
**HEAD COACH**  
*Karl Bourke*



This is the first home game of the season, one that sees us playing the Kent Exiles for the second time this season, its fair to say that that game didn't go entirely to plan with us not executing as we can and ultimately losing. Our second game saw us travel to Solent Thrashers, we were struggling for numbers due to injury and personal commitments, this proved telling with us coming from behind to lead for periods but ultimately falling short as yet more injuries and stamina become to take their toll resulting in us chasing the game and ending with a score that perhaps did not reflect the closeness of the competition and us on the wrong side of the result once more.

Back to this game however and we are looking forward to righting some of the wrongs from the opening day and showing our home crowd what we can do. We looked much improved in the Solent game and if we can improve further into this game, I think we stand a good chance of getting our first win of the season.

I would also like to use this opportunity to appeal to any of you, our fans and supporters, who might be interested in joining us, with particular focus on anyone interested in coaching. Do you have a good knowledge of the game? Do you want to be part of the Gladiators but playing isn't an option for some reason? We are always recruiting and would really encourage you to contact us if you think you have something you could offer in this regard. ([team@colchestergladiators.com](mailto:team@colchestergladiators.com))

Lastly, I hope you enjoy yourself today and the game provides you with an excellent Sunday afternoon, grab some food and a drink, get behind the team and hopefully we can deliver you what all the hours on the training ground have been working towards, a win.

*Visitors*  
**KENT EXILES**



1 Gabriel Quartey	RB	57 Karl Waite	LB
2 Matthew Sharod	LB	58 Umair Saleem	DL
4 Zac Ritchie	QB	59 John Gadbury	LB
5 Ash Faiers	K	60 Joe Mulvihill	OL
6 Adam Lillis	WR	61 Billy Robertson	OL
7 Yazid Garba	WR	62 Paul Pester	OL
8 Sebastian Pettitt	DB	63 Nico Hoff	OL
9 Callum Mair	QB	64 Lewis Whitcombe	DL
11 Dayne Robinson	WR	65 Chris Mitchell	DL
12 Daniel Exell	RB	70 Joseph Edwards	OL
15 Lee Morgan	LB	72 Joe Collins	OL
17 Colin Chislett	WR	74 Dean Phillips	DL
18 Paris Parchment	WR	75 Emeka Anyaegbu	DL
20 Richard Matkins	DB	76 Joe Beardwell	DL
21 Sophie Weaver	DB	78 James Webb	DL
22 Amarbeer Singh Gill	DB	79 Joel Boyes	OL
23 Nick Clifford	DB	80 James Seale	WR
24 Carl Cahoon	DB	81 James Bertram-Smith	TE
25 Joseph Selenkay	DB	82 Sam Leale-Green	WR
26 George Eghator	RB	83 Ben Griffin	TE
27 Tai Tokes	DB	84 Daniel Burke	WR
28 Charles Mulvihill	LB	86 James Sharp	WR
30 Aaron Patterson	DB	87 Sam Johnson	WR
32 Chris Price	DB	88 Alex Clifford	WR
33 Nick Mayer	DB	89 Danny Whitfield	WR
34 Tom Fancett	RB	90 Mark Lawrence	DL
35 Daniel Steward	DB	92 Daniel Rolt	DL
36 Danny Tinker	DB	95 Phil Dewhurst	DL
38 Tom Exell	LB	96 Ennis Alhashimi	LB
40 Jay Henderson	DB	97 Ashley Gordon	DL
44 Ryan Heath	LB	98 Joe Jebb	DL
45 Aaron Khan	LB	99 Robert Mitchell	LB
46 Tobi Makinde	RB		
47 Gareth Rees	LB	John Moore - Head Coach / OC	
51 Adam Pearson	OL	Jason Pearson - DC	
52 Robert Osbourn	OL	Peter Cook - WR Coach	
55 Idris Bwala	LB	Earl Perkins - DB Coach	
56 Joe Alexis	LB	Manny Oyewole - DB Coach	



# *Colchester Gladiators vs Solent Thrashers*

## **GAME REPORT**

*By Nick Foxley*



© John Singer 2016

The Colchester Gladiators dropped to 0-2 on the season as a depleted squad travelled to Southampton to take on the tough Solent Thrashers.

With some players having to play both ways, it was a big ask, particularly on the back of a 3½ hour coach trip and the fresher Thrashers out-last-ed the Gladiators, shutting them out in the second half to claim an ultimately comfortable win.

The Thrashers were first to score, midway through the first quarter and the extra point was kicked to give them the lead. However, the Gladiators hit right back when QB Curtis Bourke, regaining some form after a poor first game, found wide receiver Byron Smith open and the sure-handed receiver completed a 32 yard pass play for six points. Nathan Brown slotted the point after to tie the score at 7.

Bourke threw his second touchdown pass minutes later when Andrew Cairns held on to a dart before shrugging off three would-be tacklers, and racing all the way to the endzone for a 70 yard play. Brown's kick was again good to give the Gladiators the lead

at 14-7 as the second quarter began.

The Thrashers were mixing up their offence well and responded with another scoring drive to tie the score at 14, but the visitors claimed back the lead when Bourke threw his third touchdown pass, this time a 45 yard completion to Tom Clarke who sprinted down the sideline for the score. Brown's extra point was good and the Gladiators led 21-14.

The shoot-out continued as half time approached with the Thrashers tying the game again with a long pass from QB Dayle Greenfield to WR Joe Pascoe but the Gladiators hit right back with Chris Jackson getting on the end of a Bourke pass and rumbling in to the endzone to give Colchester a 27-21 half time lead.



John Singer 2016



The Thrashers came out fighting in the third quarter, taking just five plays to tie the game on a short run. The two point attempt failed but it was all to play for at 27-27.

Unfortunately, from then on, it was all Thrashers as the Gladiators could not get their running game going in the absence of Casey Campbell despite the best efforts of new signing Eddie Collison and some promising drives came up short on fourth down attempts.

The Thrashers however, were finding great success with their short passing game and almost abandoned the run, save for some crucial scrambles by their mobile QB. As the Colchester defence tired, they padded the score in the fourth quarter with three unanswered touchdowns to give the score a lopsided look by the end.

Head Coach Karl Bourke praised his players for the effort they put in saying: "We knew it was going to be a tough game against a tough opponent and I don't want to make excuses for the result. The players played hard throughout with limited resources but we need to regroup, heal, get some players back and train hard this week before we try to get back to winning ways against the Kent Exiles."

The Exiles will be travelling to Colchester on Sunday and the Gladiators will be looking for revenge after an opening day defeat to the division's new boys. The game will be at Colchester Rugby Club, Mill Road, kick off 2.30pm, free admission with half time entertainment provided by Phoenix Allstar Twirlers, and Hannah Cabanas Kitchen providing wings, burgers, sausages, hot and cold drinks and other snacks.









# GLADIATORS YOUTH

## UPDATE by Michael Biggs HC



Despite only having a few experienced players return due to age restrictions, numbers for the youth team have been overwhelming. In just a few weeks I've already seen great improvements from each and every player. The returning players and rookies have gelled well together and mentored them as leaders of the team. Their eagerness to learn has been incredible.

Gradually the team are beginning to function better, with the plan to be ready to start competing in local tournaments within the next couple of months. Hopefully every youth player will retain the commitment and enthusiasm to go on and play for a junior team in the future. Coaching has been encouraging too. I'm in my first season coaching the team. We've gone from me coaching on my own in week 1,

to now having 3 knowledgeable coaches and former Gladiator players alongside me.

The effort and commitment from the players in training has started to pay off as they got their first win of the season at the weekend. For most of the team that was the first ever home tournament, so despite the lack of experience, the entire team have shown that the occasion hasn't phased them at all.

The plan is to hopefully build up the youth team in a way that they can smoothly move up to the junior squad next year.



Your

# COLCHESTER GLADIATORS



1	Andy Clarke	DB	67	Thomas Burrige	OL
2	Tommy Clarke	WR	70	James Birch	LB
7	Nathan Brown	Kicker	71	James Robson	OL
8	Tom Jones	OLB	75	Matt Richardson	OL
10	Logan Sword	FB	76	Rob Wizik	OL
11	Curtis Bourke	QB	77	Paul Bovingdon	OL
14	Joe Parsons	DB	79	David Crane	OL
15	Vic Williams	WR	82	Oli Ackland-Snow	WR
16	Taylor Thorpe	WR	85	George Louch	WR
19	Alex Wright	DB	87	Nick Foxley	DB
20	Jim Gilchrist	DB	88	Mark Gilbranch	LB
21	Ram Lingayo	RB	90	Ishmal James	LB
23	Joe Stickings	DB	95	Charles Greig	WR
25	Chris Jackson	FB	96	Dan Jones	DL
27	Byron Smith	WR	97	Matt Styles	DL
28	Eddie Collison	RB	98	Nik Phillips	DL
29	Andy Cairns	RB	99	Garry Shuttleworth	DL
31	Matt Duffy	LB			
32	Dan Whiteman	LB		Karl Bourke	Head Coach
34	Lewis Taylor	WR		Julie Greenland	
36	Frank Soltado	RB		John Singer	
39	Andi Xheka	WR			
43/44	Casey Campbell	RB			
45	Jake Hawkins	OLB			
49	Brendan Bignell	LB			
50	Paul Brunsden	OL			
51	Philip Moreton	OL			
52	Matt Thompson	LB			
53	Adam Dickens	CB			
54	Dave Walton	DL			
57	Joe Wilson	LB			
58	Andi King	DL			
64	Ian Digby	LB			



**COLCHESTER GLADIATORS** would like to thank our partners :



Game Day Skins

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GAME DAY SKINZ

MuscleFood (use the below link, or go to <http://bit.ly/muscleFood> )

**musclefood**

Premium nutrition for peak performance

If you are interested in sponsoring the Colchester Gladiators, please do not hesitate in contacting us, we are eager to work with you and, whilst we have plenty of programs available, are open to exploring new opportunities that may be mutually beneficial. Email [Secretary@ColchesterGladiators.com](mailto:Secretary@ColchesterGladiators.com) for more information or to discuss your requirements / ideas.

**INTERESTING...**

***Tom Burridge, long time Gladiators hero, made an appearance on TalkSport's All American Show to chat with Nat Coombs about football. Download it HERE***





# PARTNER UPDATE:



For those of you that don't know, the Colchester Gladiators have a partnership with Myprotein (as part of their national grass roots programme) what this means is that our club is provided with regular exclusive discount codes to use on their products and we also receive commission on any purchases used when using this link <http://bit.ly/GladsMyProtein> to get to Myprotein.

So please check out these deals below but make sure you use the link above so that the club gets the commission on your purchase!! Feel free to share the link and info with any family and friends who may be interested.

## AFFILIATE EXCLUSIVES

25% off our Latest Innovations

Code: NEWINMAY

How: Add products to basket and use code

Expiry: midnight 31st May

Offer: 30% off Superfood Blends

Code: SUPERFOODS

How: Add products to basket and use code

Expiry: midnight 31st May

Offer: COELIAC AWARENESS MONTH - 25% OFF  
Gluten Free Products!

Code: FFGLUTEN

How: Add products from the Gluten Free or Vegan  
categories to basket and use code

Expiry: midnight 31st May

Offer: FREE Coconut Oil when you spend £50

Code: COCONUTS

How: Add £50 of products to basket and use code  
– gift automatically added

Expiry: midnight 31st May

## FLAVOUR OF THE MONTH

Offer: 25% off Summer Fruit Flavours!

Code: FRUITS

How: Add products to basket in any of the selected  
flavours

Expiry: Midnight 31st May



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This Program was hastily put together by Charles Greig. The excellent Photography is courtesy of John Singer. The game reports / previews are as always the result of the writing skills of Nick Foxley. If you have any comments feel free to send them to me on Webmaster@ColchesterGladiators.com