

GOSFORD RUGBY CLUB 2019 YEARBOOK

2019 SPONSORS

Gosford Rugby Club would like to thank and acknowledge the sponsors of 2019. Without the ongoing support of our sponsors, we would not be able to afford the day to day costs associated with managing a rugby club. In 2019 our sponsorship funds were used for new apparel and kit for our junior teams; connecting electricity and gas to the clubhouse; new fridges for the canteen; an undercover BBQ area for players and supporters to enjoy; and, general upkeep and upgrading of the areas surrounding the rugby field to ensure safety. We really can't thank you enough!

































PRESIDENT'S REPORT

We have now reached the end of another season - it's time to recharge yourself and enjoy the sunny months. Before you know it, we will be back at it, preparing for another season of rugby in 2020.

This year offered a lot of challenges and opportunities. We had Adam Beavis take over the coaching helm after a disappointing year in 2018. He has achieved a lot in one year and I really hope that he stays in this role again, pushing forward and continuing to improve in the future.

The other senior teams had mixed results with two of the three making the finals.

In the juniors it has been another year of slowly rebuilding and Karl has done a great job. Moving into 2020 he will need more help from everyone to continue this growth.

One thing we all need to realise with regards to junior rugby, is that the game is about the kids participating and enjoying themselves - doing what they love. Unfortunately, there has been several people, particularly off the field, who have not let the kids be kids and just have fun. I think moving forward, parents and supporters need to check their egos at the door and just enjoy the kids having fun and promote a positive environment for them.

Thanks go to the helpers who silently go about doing those crucial jobs that keep the club operating day to day. Particularly mentioning Jess Sullivan and the great job she does. We all need to do a little bit around the club and any help is appreciated.

The last thank you goes to the sponsors. Without their fantastic support the club, quite simply, would not exist. We have some great sponsors and we appreciate everything they do to support our club.

I would like to give a special mention to the Elanora Hotel, Vodafone and Grays Caravan Repairs and Storage, without their significant and long term support our task would be so much more difficult.

In conclusion, thank you to all involved in our fantastic club in whatever role you have played in 2019.

Be safe and see you all in 2020.

Yours in Rugby,

Andrew Ellem, President Gosford Rugby Club



JUNIOR VP REPORT

Well, what a year! Our U12s made yet another grand final. An unfortunate loss at the big dance, but they should hold their heads high and be proud of what they achieved this year. Our mighty U9s had another very strong year, having only their second defeat in as many years. Watching these kids is quite an experience, sheer determination and pure raw talent, they will be an absolute force to be reckoned with in a few years.

This year also saw a few of our youngest take on their first games of contact rugby, and they nailed it! Our U8s were probably the greenest U8s team on the coast, but ended up toppling some great sides, like Central Coast Grammar and Warnervale. The U10s continue to give it their all. If they keep their spirits high and maintain their dedication to training, I believe 2020 will see the fruits of their labour.

This was my first year as VP and I really didn't know what I was in for. It has been a real eye opener, as with any role, taking the good with the bad is paramount. Whilst there have been a few challenges, I have found the role to be very rewarding, and I look forward to hopefully doing it again next year.

I really couldn't have gotten through the year without the support and encouragement from all of our volunteer coaches, managers and parents. I would like to say a massive thank you to everyone who got involved. You are all valued members of our club, we are all volunteers, and all the help received in any form is always welcomed and appreciated. So once again thank you! I hope to see you all again in 2020.

UP THE DEVILS!!

- Karl Verhoef, Gosford Juniors Vice President





UNDER 7 & 8'S

This year I took on the challenge of coaching both these sides. Thankfully almost all the kids had been with us last year and knew what was expected. This year gave us the opportunity to have the U8s side, and the kids took it by the horns! I really cannot describe how proud I am of all these kids!

We started the year off working on our defensive line, the titans wall, and It didn't take them long to get into the groove. They were that good at it that during a lot of our U7's games we spent most of the time defending, but the real test was with contact in U8s.

It took a few rounds for the kids to get used to it all, as not only is there tackling to learn but line outs, scrums and penalties. It's a big change from the simple game of U7s. They took it all in their stride and got some great wins with some fantastic footy. There is so much individual talent in this group of kids, but they also work together so well as a team. I really hope to see them return year after year; they are such a great bunch of kids. All the parents should be proud! I am really looking forward to seeing how they develop in the 2020 season. Bring it on! UP THE DEVILS!

- Karl Verhoef, U7 & U8's Coach, Jnr VP

























GOSFORD RUGBY CLUB 2019 UNDER 7'S & 8'S



Back Row: (L-R) Karl Verhoef (Coach), Sophie Willis, William Jarvis, Saint Leave, Jack Foster, Kayden Watson, Hunter Fitch, Stuart Jarvis (manager). Front Row: Eddie O'Shea, Amelia Lauti, Xavier Mosman, Zoe Spiros, Tyler Booth. Absent: Teifi Goforth

UNDER 9'S

I am very proud to give a report on behalf of the Coaches & Management of the Gosford Rugby Club Under 9's team. 2019 was a very successful year for the team for many reasons.

On field, the results were outstanding, the team played as one with everyone building on their skills and abilities throughout a season that featured some great rugby and also terrific sportsmanship. The little Devils helped out numerous teams that were short on numbers and when they did, they gave their all - on most occasions being among the best players in the opposition team. They always looked very happy to get back to their team though!

Off field, the team and our supporters did our club proud. In all facets, our players and their entourage showed respect, courtesy and humility. The junior competition was impacted with some unfavourable incidents, but I am very proud of the behaviour and attitude of all involved with this team. They are a credit to Gosford Rugby, their families and themselves.

A huge thanks as always to the Sponsors of the club, the committee - especially Karl in his first year as Junior President - and all those that make this club operate. Our team looked fantastic kitted out in the same gear as the rest of the club.

Our players were in a word - awesome - our Devils were fast, strong, skilful, dynamic and keen. When trying to select awards it was virtually impossible to separate any player from 4 or 5 others. Brilliant runners like Nat, Ethan N, Jack, Ethan B & Charli - powerhouses such as Jayden, Noa, Timoci, Jake & Lincoln - Ball playing genii Tyrone, Saint, Aiden & Mike; all showcased their skills week in and out.

Our award winners demonstrate the diversity of talents whether it is the Player of the year, our huge dominant ball runner and ferocious tackler, Jayden, who was able to temper his tackling style to suit smaller opponents and occasionally dabbled in ball playing; or The Coaches Award winner Tyrone who fine tuned his game to be one of the team's most dominant figures with his sublime ball skills, insightful and elusive running and scythe like cover tackles; capped off with the Most Improved winner Timoci who transformed from quiet achiever to vital linchpin who was absolutely tenacious with or without the ball, able to cut down the quickest or biggest with equal aplomb - they are all terrific young rugby players and were ably supported by a cast of superstars & friends!

Lastly a huge thank you to an incredible bunch of people who put in tirelessly, the Coaching Conglomerate - Luke, Shane, Shanon & John - along with all the other parents & supporters who eagerly assisted whenever required. Whether it was carpool pick ups or drop offs, mums on tackle bags or dads taking over the dreaded refs whistle (Shanon must have been close to a World Cup call up!) everyone chipped in to help and you wouldn't find a better group of people.

Thanks for the opportunity.

- Anthony "Tatts" Willis, U9's Coach





GOSFORD RUGBY CLUB 2019 UNDER 9'S



Sitting Row: (L – R) Jayden Stupnikar, Michael Hawkins, Ethan Baxendale, Nat O'Shea, Tyrone Hardgrave & Aiden Meagher. Standing back row: Jack Reynell, Lincoln Maloney, Ethan Nisbet, Saint Levae, Timoci Radovu, Manoa Latu-Silk, Jake Willis & Charli Hardgrave. Standing Adults: Shayne Reynell, Luke O'Shea, Anthony "Tatts" Willis (Coaches) and Johnny Meagher (manager). Absent: Shannon Hardgrave (coach and referee of the year).

UNDER 10'S

2019 saw many minor law changes from under 9s to the under 10s. These included 6 person contested scrums and playing on a full-length field that was short five metres on both sidelines. As a result of the bigger field, double the size of the previous year, one of the biggest challenges became stamina. Although they may not know it, the many 'to the posts and back' during training increased their fitness over the season. This particularly showed towards the end of the season! I am so proud of the team this year as they put it all out on the field and kept going until the very end of every game.

There were a lot of other changes this year which included the arrival of a new future red Devil, Charlotte Finn. Having the support from the team and particularly the U10s management team is greatly appreciated. Thanks John Finn, Jess Fitch, Evan and Tanya Spiros for being part of the u10s management team this year.

Thomas "TJ" Finn, U10's Coach







GOSFORD RUGBY CLUB 2019 UNDER 10'S



Back row: (L-R) Jessica Fitch (Manager), Blake Nisbet, Carter Bush, Jake Lawrence, Malcolm Hawkins, Levi Sanders, Thomas TJ' Finn (Coach). Front row: Ziva Tappouras, Jacob Jackson, Joel Martin, Joshua Spiros, Bree Jackson, Noah Manuao Absent: Players; William Booth, Charli Hardgrave. Management team; John Finn (Assistant Coach), Evan Spiros (Manager), Tanya Spiros

(Assistant Manager)

UNDER 12'S

The under 12's capped of another impressive season making their second successive grand final in a row and although the result didn't go our way I think it is fair to say the boys improved again on last season and provide the Gosford Rugby Club a solid base for the future of our great club along with the other junior teams coming through.

This year saw our numbers grow from 15 boys last season to 23 boys this season which is fantastic and shows that GRC is a club that people want to be at and we look forward to improving on these numbers again in 2020. Although a large group is often hard to manage game time it is a fantastic problem to have.

This season we had roughly 12 boys' trial for the under 12 representative team with Dylan Alaalatoa, Lucas Stupniker, Sam Tracey and Jacob Grayson — Hill gaining selection for the country championships and State Cup. Dylan Alaalatoa, Isaac Fotu Moala and Tanner Mahon gaining selection in the Sydney North Schools rugby team with Tanner Mahon being selected for the NSW team.

I would like to thank the parents for your commitment to your boys, the Gosford Rugby Club and Nick and I. I would also like to thank all the boys for their commitment to your team mates and Nick and I.

I would like to thank Brian Hardgrave, Brendon Montgomery, Sam Underwood, Adam Carlisle, Henry Baker and all the senior players that gave up their time to help the boys throughout the season. It is wonderful to have the senior boys come along to training and start building club spirit and the connection between juniors and seniors.

A big thank you to Jack Tracey for being our manager and helping organise the team, being our sounding board and often our complaints department.

I would like to also thank Nick Cash, Nick is a wonderful club man and works tirelessly not only for the under 12's but also the whole club. I could not coach without Nick and my gratitude cannot be explained in words, coaching is a tough job and takes a lot of work and I would like to give Nick a massive pat on the back for his dedication and personal support.

I would also like to say a huge thank you to not only Nick but Amy, Zane, Harry, Riley, Pippa, Cooper and Logan as our family members give up a lot for us to coach and support us all the way, thanks for the support guys.

Finally, I would like to thank the GRC committee for their great job they do running our club and a very big thank you to Karl Verhoef our junior VP for the ongoing support.

I look forward to seeing all the boys in pre-season training and look forward to another successful season in 2020.

Yours in Rugby,

- Malcolm Spinks, U12's Coach



























GOSFORD RUGBY CLUB 2019 UNDER 12's



Baker, Bailey Rutherford, Rocco Tappouras, Connor Leary, Jacob Grayson – Hill, Zane Cash, Anton Huntley. Front Row: Lucas Stupniker, Back Row: (L-R) Gwynn Goforth, Isaac Fotu – Moala, Cooper Spinks, Sam Tracey, Losh Hawkins, Jarrod Garland, Dylan Whitcher, Isaia Xander Leech, Logan Spinks, Nate Vaughan, Thomas McArdle, Kye Feltham, Oberon Huntley.



COLTS - UNDER 19'S

As I reflect on the 2019 season for the young Colts, it is best summed up by the quote:

"How we win shows something about our character, how we lose shows everything".

It is fair to say we have had a tough time on the paddock this year. Our injury toll, interference of the HSC, work commitments and young girlfriends, all took a fair toll on our player numbers week to week. What did impress me though, was that the boys kept showing up and bringing along new mates to join the team that was on the bottom of the table. The boys love for the game of Rugby Union, the Club and especially their teammates is truly what makes them a champion team.

The team really enjoy each other's company, both on and off the field. I was privileged to attend many of the 18th birthday parties this year. One thing was very common at them all, the Gosford Ruby Club Team song was always sung..... and sung......and sung some more at every one of them.

This year, our team signed up 30 Colts, many of the newcomers playing their very first game of rugby in 2019.

The Team List for 2019

Liam Vanesses, William Cochrane, Liam Dorfling, Connor Head, Brendan Jansen, Blake Kelly, Ben Harvey, Josh Nicholls, Stirling Young, Luke Brien, Julian Scali, Daniel Andrews, Max Thornton, Nale Fauna, Luke Keiler, Sione Fauna, Liam Etherington, Job Tappouras, Felix Orr, Pat Knight, Jonah Mears, Blake Taylor (Captain), Felix Tappouras (Vice-Captain), Millar Elwin, Dave Harvey, Patrick Goard, Angus Domingeuz, Josh Walker, Sione Vauna, Conor Pakes

Special thanks to Darryn Young (Co-Coach), Darren Head (Manager), Theo Jansen, Tau Fauna and Dave Harvey for their help at training and on game days and of course the parents and supporters throughout the year.

Lastly, it was a great honour to be named "Team of the Year" by the NSW Referees at the 2019 Central Coast Rugby Union Awards night. It is more than fair to say, we are doing a lot of things right.

I look forward to seeing what we will achieve in 2020.

Team Motto: For You, For Me!!!

Steve Keiler, Colts Coach



GOSFORD RUGBY CLUB 2019 COLTS U19'S



Keiler, Sione Fauna, Liam Etherington, Job Tappouras, Stephen Keiler, Tau Fauna. Front Row: Felix Orr, Pat Knight, Jonah Mears, Blake Taylor, Back Row: (L-R) Darryn Young, Darren Head, Liam Vanesses, William Cochrane, Liam Dorfling, Connor Head, Brendan Jansen, Blake Kelly, Ben Harvey, Josh Nicholls, Stirling Young, Theo Jansen. Middle Row: Luke Brien, Julian Scali, Daniel Andrews, Max Thornton, Nale Fauna, Luke Felix Tappouras, Millar Elwin, Dave Harvey. Absent: Patrick Goard , Angus Domingeuz, Josh Walker, Sione Vauna, Conor Pakes

PRESIDENT'S CUP

This year can be summarised as challenging. We had a new coach and just enough players to start the season. But things didn't look that bleak as there were several prospective players that could have assisted and made up the numbers.

But unfortunately, that wasn't to be the case as they chose not to help. We battled on most weekends playing short on numbers. The regular players stuck at it and never gave up the fight.

Andrew Pooley in his first year as coach tried hard but had a difficult task.

Moving forward there are a number of people indicating that they want to play next season and time will tell how that goes.

I hope things turn around and people decide to be part of the changes required to improve in the future.

Yours in Rugby

- Andrew Ellem, President



GOSFORD RUGBY CLUB 2019 PRESIDENT'S CUP



Back Row: (L-R) Martin Grayson, Ryan Gai, Andrew Ellem, Tim Zustovich, William Mahe, Andrew Lock, Adrian Larson, Grant Glaves (Manager). Front Row: Sam Wilkinson, Sione Fanua, Brett Stanton, Luke Keiler, Felix Orr, Millar Elwin, Ben Harvey, Blake Kelly, Liam Etherington, Blair Roach-Frost

PREMIER 2

Second grade started the season well beating Woy Woy at home 20-0 and winning 3 out of 4 to put us in a strong position. As the season progressed injuries, work and age all had a detrimental effect. Training numbers started to drop off and with this so did the results. There was a great core group of guys that trained week in week out and hopefully this group can increase in numbers next year. Towards the back end of the season we struggled to get a full team on the field and were helped out by Macca, Jacko, Al Lock and others which saw us limp into the finals. Unfortunately, our finals campaign only lasted one week after being beaten by the eventual winners. It was still a huge achievement for the club to have 3 out of 4 senior teams make the finals.

Our vision for second grade this year was to bring the colts through and have them get some grade experience while we still had a lot of experienced guys still running around. Round 1 saw Tappas make his grade debut off the bench and he was awesome. He came on after 20 minutes at openside and was everywhere. He picked up the 2 points on debut and was one of the first players picked every week after that. Throughout the year Nale, Sione and Blake all showed that they are up to playing grade. These 4 guys along with the other Colts players that had a taste of second grade this year was the highlight of our season as these guys are the future of the club.

I would like to thank our manager Mal. He would do all the work behind the scenes for us and not only give up his Saturday afternoons for second grade but also his Saturday mornings coaching the U12's. Thanks for the year Mal!

Thanks

- Nick Cash, Premier 2 Coach



GOSFORD RUGBY CLUB 2019 PREMIER 2



Back Row: (L-R, William Sharpe, Bede Scott, Richie Cully, Josh McGlynn, Isaac Steinbeck, James Martin, Nick Cash, Jackson Steinbeck, Al Lock. Front Row: Jordon Lace, Karl Verhoef, Danny Glaves, Nale Fanua, Adrian Larson, Wes Bull.

PREMIER 1

The 2019 season started in February where we won the Central Coast Sevens by the Sea at the Lakes oval. This competition was extremely tough and was contested by Central Coasts clubs, Hunter clubs and teams from the Sydney Suburban competition. It was our first time winning this competition and the team played an exciting style of Rugby led by our new recruit, Lepani Nabuliwaqa, whose experience was invaluable.

As we headed into the season proper expectation were we would be in for a competitive season. At the end of the first round we were in 3rd place and a big gap opening up behind us. Some new players to the club had started to shine in Lenny Vandervelde and Alec Cochran, and a new front row combination in Jonah Manuao and Jordy Franklin realising some potential in new positions. The team was led throughout the season by Captain Jackson Steinbeck and supported by veterans in Adam Carlile and Damien Montgomery, who both achieved huge game milestones during the season. Adam in particular playing over 300 first grade games and managing to win the first grade Best and fairest award at the age of 43, without having him in our side we wouldn't have finished in the position we did this year.

We manage to finish the season in third place behind Terrigal and Ourimbah and had booked ourselves a place in the Semi-final for the first time since 2013. I guess others felt that this team had overachieve to make the semi-finals, but the boys weren't finished there. We won our minor semi against a tough opposition in The Lakes club and had progressed to the final against our biggest rivals in Ourimbah who we had not beaten in 6 seasons.

This team saved its best Rugby for this game and played our best game of the season winning 6 tries to 3. But the most impressive part was it was without our skipper Jacko and Vince Stewart our ever-consistent hooker. We had booked a place in the Grand Final for the first time since 2011.

Having the depth of players we had in second grade really contributed to this team reaching the grand final. A core of 25-30 players were all part of the first grade campaign and is really vital in having any success at all, so I would like to acknowledge everyone who played a part in First Grade this season.

The Grand final didn't go to plan for the Red men and it was disappointing to loose, Terrigal were and exceptional side and the benchmark for this competition, but as I said to the players in the sheds after the game this is just the start for us. We need to continue to develop and improve and this team is going to achieve major success. The club needs to continue going in the right direction and build from having 3 teams playing semi-final rugby. But what we need is the commitment and buy in from ALL of our players, nothing is given to us. I appreciate all the hard work that every player from all of our grades has put into this team this year, it shows what this club is capable of.

Thank you to all the coaching staff and everyone involved in this fine club, your efforts are really appreciated by me. Sometimes you do question why you put all the time and effort in? But eventually our rewards do come. Let's all get behind this club in 2020!

I am so proud to have been in charge of this team in 2019 and hope that season 2020 is even better.

- Adam Beavis, Premier 1 Coach



GOSFORD RUGBY CLUB 2019 PREMIER 1



Back Row: (L-R) Karl Verhoef, Lenny Van Der Veld, Sammy Underwood, Drew Neist, Alec Corcoran, Josh McGlynn, Chris Heap, Cullum Simpson, Shay Neist, Jonah Manauo, Ryan Conaghan, Grant Sullivan, Ben Eccles, CJ Fonoti. Front Row: Josh Reid, Michael Jones, Damien Montgomery, Sean Anlezark, Adam Carlisle, Lepani Nabuliwaqa, Danny Glaves, Mitch Cornwell

CAPTAIN'S REPORT

Gosford rugby club had a memorable 2019 and one that will go down in Central Coast Rugby Union history forever. After collecting the wooden spoon in 2018 no one would have expected first grade to be playing in the 2019 Grand Final however that is exactly what happened. Gosford were in the top three for the entirety of the season. There was a huge gap between them and the next highest rank team who were the Lakes. The most impressive thing about this remarkable achievement was that the core group was the same as the core group of players in 2018. This shows an unbelievable amount of grit, loyalty and integrity from these players and this club. Gosford also picked up some fantastic additions in 2019, there were some new recruits, some local juniors who returned and some veterans who rediscovered their passion to play first grade.

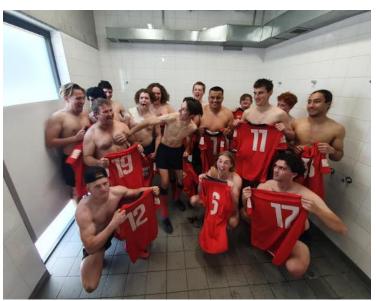
Second grade also had a fantastic season. They made the semi-finals in an extremely tight competition and were bundled out by the Wamberal Savers who went on to win the competition. Gosford were one of very few teams who actually beat the premiers during the home and away season. Considering the number of players that were in and out throughout the season this team came together remarkably well and had a season to be proud of.

An outstanding season from a great group of guys. Onwards and upwards in 2020! #upthedevils

Jackson Steinbeck















Devils rise to challenge Trojans



Trojans star Acana Taumata.

Emma Herd

GOSPORD is one win away from completing the ulti-mate basement to penthouse story in Saturday's Central Coast Rugby Union Premier 1 grand final.

I grand final.

The Red Devils finished the 2011 season in bot position and, while they had urend thisse around this season, they still surprised many with their 35-25 win ower competition beavy-weights Ourimbalt in lost

weekend's preliminary

weekend's preliminary final.
"I think everyone as-sumed it would be Terrigal Ourimbah but we believed we could reases a shake-up and we did," Gosford coach Adam Beavis said.
"Whatever the years!! on

"Whatever the result on Saturday, we've turned the club around." Gosford has no shortage of

big match experience, in cluding the likes of Damien Montgomery and Adam Carlisle who both played for

the Red Devils against a Ter-rigal side in the 2006 decider.
"For them to still be play-ing at this level, is pestly in-credible," Beavis said.
Terrigal coach Mureay Cox conceded they would be playing a different opponent in the grand final is when they

had expected.

But Terrigal's higgest con-cern won't be their oppo-sition; it will be the fact that they won't have played a match in four weeks come gameday.

"It certainly will have an effect but we've done what we can to keep the boys as fit and focused as possible,

and focused as possible,"
Cox said.

The Premier I grand final is at 3gm at Woy Woy Ovalon
Saturday. The action starts with the under 19 clash between Kariong and Avoca,
followed by Prestdonts Cupbetween Ourinshah and
Avoca Beach, Premier 2 between Ourinshah and The
ween Ourinshah and The tween Ourimbah and The Lakes, and Women's 7s be-tween Terrigal and Avoca.



























Central Coast Junior Rugby Union May 12 · @

What is better than the Jackson 5, the Tappers 5!!

Today all 5 children of the Tappouras Family took to a rugby field on the central coast, playing for both Gosford and Ourimbah Rugby Clubs (two playing their very first rugby games).

No one was more proud than their mum and dad, who travelled to 4 fields to watch them all play.

































































JUNIOR AWARDS

UNDER 7's

Player of the Year: Tyler Booth

Coaches Award: William Jarvis

Most Improved: Zoe Spiros

UNDER 8's

Player of the Year: Eddie O'Shea

Coaches Award: Amelia Lauti

Most Improved: Hunter Fitch

UNDER 9's:

Player of the Year: Jayden Stupniker

Coaches Award: Tyrone Hardgrave

Most Improved: Timoci Radovu

UNDER 10's:

Player of the Year: Jake Lawrence

Coaches Award: Carter Bush

Most Improved: Malcolm Hawkins

UNDER 12's:

Player of the Year: Connor Leary

Coaches Award: Nate Vaughan

Most Improved: Cooper Spinks

JUNIOR CLUB PERSON: Karl Verhoef

SENIOR AWARDS

PREMIER 1:

Best & Fairest: Adam Carlisle

Coaches Award: Alec Cochran

Player's Player: Josh McGlynn

PREMIER 2:

Best & Fairest: Wes Bull & Felix Tappourus

Coaches Award: James Martin

PRESIDENT'S CUP:

Best & Fairest: Brett Stanton

COLTS:

Best & Fairest: Sione Fanua

Best Back: Liam Etherington

JOE PACE: Josh McGlynn & Cullum Simpson

SENIOR CLUB PERSON: Jess Sullivan



MILESTONES







Gosford Rugby Club

July 15 · 🕢

"You must expect great things of yourself before you can do them" - Michael Jordan.

This week a Gosford and Central Coast Rugby legend reaches a milestone that no one else on the Coast has achieved. 300 first grade games for Gosford Rugby Club, with only a handful of matches until he achieves 450 club games. This player started out as a junior with the club and has been both player and coach at various stages with the Red Devils.

For people that have played first grade, they know the level of difficulty it is to play week to week and for those that put in the hard yards are rewarded if they achieve 100 first grade games. This individual will be a third time Centurion on Saturday which is an unbelievable accomplishment!

There aren't many people capable of reaching this level, let alone achieving it and still being on top of their game by getting the three points in first grade for the current season.

Adam Carlisle, you are a club legend, a superstar and something that we probably won't see again in our lifetime. Well done and thank you for your contribution to Rugby on the Central Coast $\ensuremath{\heartsuit}$



300 FIRST GRADE

ADAM CARLISLE











MATCH | NBN News



450 CLUB GAMES ADAM CARLISLE



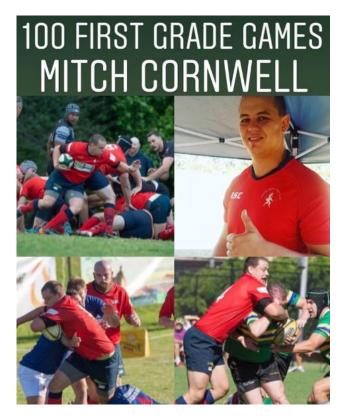


Amongst the hype of yesterday's events we unfortunately missed our social media milestone post celebrating and showing our appreciation for Damien Montgomery and the dedication he has put into Gosford Rugby Club. Yesterday saw Damo play his 350th game in which is a huge milestone for any player to reach. Thank you for your contribution to Gosford Red Devils! @damienmont #rugbymilestones #upthedevils













Gosford Rugby Club

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It's a big week for celebrations at GRC this weekend.

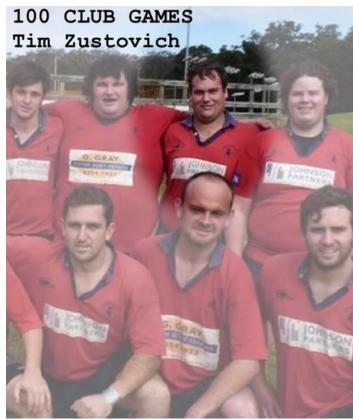
On top of the list is congratulations to Nick Cash. 200 games in the red and blue and the latest Centurion!

By his own admission its taken him 25 years to achieve this feat. His first outing was against Avoca at Leagues club park in 1994. (we don't have a photo of that day). Well done Cashy and thanks mate.









100 CLUB GAMES BRETT STANTON



