

Play-offs: latest news

First XV Training update

Veteran Irish import Angus O'Henderson (39) of no fixed abode, made massive strides towards his goal of being fit for the play-offs at training last night by completing his first full session since his injury against Nyon 3 months ago. He was able to take part in all of the exercises and seemed to be back to his old self, joking and chirping with his team mates.



Coach Murphy then decided to finish the session with a game, but full contact, obviously taking into account the fragile nature of McHenderson's knee, so nobody was allowed to tackle him. This didn't go down well with a few of the fat boys who were looking forward to smashing anyone. Amongst the things that were heard: Josh - Just take the piss once Gus, and I will kill you. Schelte - I will breke yu ma bru. Justin - I'll f**king kill ya, you f**king leprechaun. (Editors note, Justin was on Angus's team) which all helped Angus through this difficult period of rehab.

Yves Kissenpfennig passes to O'Henderson during training on Tuesday

After the training McO'Henderson was heard saying that he enjoyed the session and was glad to be back amongst boys again. Although he didn't totally agree with the coach's decision to protect him in the game as in his opinion most of our fowards can't tackle and hit anyway and the gold shorts do not suit his complexion and image at all. He left in a huff and said he was going home to ice his knee!!!!!!

Scrummaging Practice

Swiss internationalists Josh B Joranson & Yves Kissenpfennig have agreed to pass on all their scrummaging knowledge during training on Saturday.

Forwards are advised to bring their boots and be prepared to learn from the best.



Josh B Joranson supports tight head Kissenpfennig during a scrum