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- 2009 The Collective
- 2010 Esher RFC
- 2011 Wanstead RFC
- 2012 Kamikaze RFC
- 2013 Phallus Warriors
- 2014 Team Apollo
- 2015 Phallus Warriors
- 2016 Team ALF

TOURNAMENT DETAILS

Sponsorship and advertising:
Patric Redding & Jonathan Fozard

Graphics & Design: Ryan Brown

Club Liaison: Chris Whiston

Tournament Organisers:
Chris Whiston, Andrew Bakonyvari,
Patric Redding, Peter Evans,
Lewis Harvey, Simon Jones,
Darren Chapman, Michael Pitt,
Jonathan Fozard, the Lewis Family.

Programme Editor:
Andrew Bakonyvari

Bar Management:
The Dangerous Dining Club

Printed by:



T-Shirt sponsor:



CHARITY DETAILS

Registered charity address:
The Aaron Lewis Foundation
37 Rectory Avenue, Rochford,
Essex, SS4 3AW

Registered charity number:
1151539

Trustees:
Lt. Col. Steve Fraser MBE,
Helen Lewis, Simon Jones

aaronlewisfoundation.org.uk

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AARON LEWIS FOUNDATION

MANIFESTO

On December 15 2008, Lt Aaron Lewis of 29 Commando Unit was killed in action in Afghanistan. He was aged just 26 - it was his first deployment.

Aaron wanted to make a difference to the world, bringing help and hope to those in need. It was that belief which gave him the courage, hope and enthusiasm to deploy with 29 Commando to Afghanistan in September 2008 – he was killed just three months later, nine days after his 26th birthday.

Aaron's loss has been deeply felt worldwide but his passion for 'making a difference' is continuing - fervently. In 2009 alone, family and friends raised a combined £100,000 for a variety of charities ranging from the Army Benevolent Fund to MSF and The Plymouth Citadel Memorial Fund in memory of Aaron and fellow fallen troops, via marathons, sponsored cycles and annual rugby tournaments.

Two years after his death, the Aaron Lewis Foundation has been created by family and friends to continue to make a difference.

Based around "unity" and "teamwork", friends and family can now come together to combine their charitable efforts in order to make a far more significant contribution to some of the causes close to Aaron's heart, and to continue his legacy.

In Aaron's honour, the Aaron Lewis Foundation is dedicated to supporting local causes and charities, as well as a variety of soldier's charities, and helping to transform lives through sport and community.

AARONLEWISFOUNDATION.ORG.UK

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Registered Charity Number 1151539

WELCOME

BY LT COL (RETD) STEVE FRASER MBE TRUSTEE



I have been affected by a mental health condition for some years now and although it came about as a result of my service in the Army, I am fairly confident that it was not caused by the shock of seeing Aaron in a floral dress at a wine tasting evening (although...).

In all seriousness, as a sufferer of a hidden and often 'taboo' illness, I am relieved to see the emerging focus on mental health in society, and I was particularly moved by the BBC documentary in April "Mind over Marathon". If you did not catch it (please do), the programme followed 10 strangers as they battled to overcome a variety of mental health conditions in order to complete the 2017 London Marathon. Not all of

them made it to the start line, but they all helped each other along the way and the journey for each runner was an inspiration that I believe every one of us could connect with.

This year, as well as delivering a number of incredible 'tangible' projects, The Aaron Lewis Foundation has also indirectly been able to help a number of veterans, young people and their families, to deal with the unseen impacts of illnesses and/or circumstance. The Foundation is not established to provide mental health support (a very specialist area) but, by being able to listen, offer hope, enable access to sport and wellbeing and help people overcome their many difficulties, a few hidden wounds have also been soothed. There is

more The Foundation can do, and the veteran's boat restoration project, announced last year as a place for fellowship and skill building, has still not really taken off, and the Trustees are keen to offer this to anyone from the local and/or wider veteran's community, so please come to the Foundation tent and ask for details about this or anything else The Aaron Lewis Foundation might be able to do for you or someone you know.

As always, the work of The Foundation is only made possible by people who have overcome a multitude of challenges (including a few marathons) for the good of others. As time moves on and it achieves more and more in Aaron's name, we must not forget what it was that brought us all together – a young man who overcame his own battles and challenges to serve his country and who paid the ultimate price doing so. We must also never forget the many people who loved him and now carry hidden wounds of their own as a result. During the BBC marathon documentary, Prince William was asked by one of the female runners how he (as a child) had dealt with the loss of his mother and whether her own children would be alright. The Prince, clearly moved by the question, simply told her "the loss never leaves you but with a mum like you, they will be just fine". I believe the same about The Aaron Lewis Foundation; with his inspirational family, the continued care and support of his friends and strangers and the amazing things we are able to do because of him, we will never get over his loss but I think we are going to be 'just fine'.

AS TIME MOVES ON AND THE ALF ACHIEVES MORE AND MORE IN AARON'S NAME, WE MUST NOT FORGET WHAT IT WAS THAT BROUGHT US ALL TOGETHER - A YOUNG MAN WHO OVERCAME HIS OWN BATTLES AND CHALLENGES TO SERVE HIS COUNTRY AND WHO PAID THE ULTIMATE PRICE DOING SO.



THE LEWIS FAMILY



So yet again another year has passed and the Aaron Lewis Foundation has gone from strength to strength. When the foundation was set up in memory of Aaron our major aim was to be able to enrich the life of others in ways that they may not have been able to do themselves. Although this goal seems easy to achieve, it isn't always the case.

Without the support of all of the generous people that donate directly to the foundation or the people that participate in sport and charity events to raise money for ALF, none of this would be possible. Again, even

though the foundation receives the kind donations, without the dedicated team of people that help to run the foundation, we would never be able to keep the wheels turning that allow us to help those less fortunate than ourselves. Aaron was one of the few people that selflessly worked to help others and he achieved this in whatever he did whether it be personal training or by joining the armed forces. Aaron would be so very thankful to those that support the charity in all ways and we would like to thank you on his behalf. The Aaron Lewis Foundation has helped so many in the time it has been running and we

been sponsoring children in part for them to undertake voluntary work and as many of you will know this was something that Aaron also participated in and believed in wholeheartedly.

The soldiers that have helped our country to stay safe are very often affected by what they have to do and have experienced. The Aaron Lewis Foundation have been trying to help those with PTSD by helping them to gain confidence through activities such as boat restoration and providing courses that help to obtain skills that can help them back into work as civilians. We are pleased to be able to help in all ways and hope that we are able to expand this to help more and more armed services personnel over the next few years.

The Aaron Lewis Foundation are always looking for new projects that we can be involved with and would love to hear the suggestions from the supporters of the foundation. We would also like to hear from you if you would like to be involved in the charity in some way.

The Lewis family would like to thank all of people that continue to support the charity and all of those that tirelessly work in the background to keep the charity running. We can't tell you enough how much it means to us as a family to be able to perform this work in Aaron's name and keep his memory alive in the hearts and minds of those that knew him and those that we have been able to help. We hope you enjoy this year's rugby tournament and look forward to continuing the work already achieved in the years ahead..

THE AARON LEWIS FOUNDATION HAS HELPED SO MANY IN THE TIME IT HAS BEEN RUNNING AND WE HOPE TO BE ABLE TO CONTINUE THAT WORK TO HELP MANY MORE.



hope to be able to continue that work to help many more.

It is always amazing to see how the charity can enrich lives of children and adults alike that otherwise may struggle to get the help they need to allow them to carry on doing things that most of us consider normal everyday activities. Being able to provide hand cycles to children that have lost the ability to ride a normal bike has been something that the foundation has been able to assist with this year. We are so honoured to be able to see the difference this can make to those children and keeps us motivated to work harder to do this for even more people in the future. The foundation has also

COMPETE IN STYLE



Show your support for the Aaron Lewis Foundation with our exclusive range of running, rugby and cycling tops.

Email us at info@aaronlewisfoundation.org.uk to find out more

TODAY'S FIXTURES

GROUP STAGES

POOL 1 // PITCH 3

TEAMS

ALF
WESTON RFC
BABA'S
32 RGT (THE BULLS)
EAST LONDON

FIXTURES

11:30	ALF	<input type="checkbox"/> v <input type="checkbox"/>	Weston RFC
11:55	BaBa's	<input type="checkbox"/> v <input type="checkbox"/>	32 Rgt (The Bulls)
12:20	East London	<input type="checkbox"/> v <input type="checkbox"/>	ALF
12:45	Weston RFC	<input type="checkbox"/> v <input type="checkbox"/>	BaBa's
13:10	32 Rgt (The Bulls)	<input type="checkbox"/> v <input type="checkbox"/>	East London
13:35	ALF	<input type="checkbox"/> v <input type="checkbox"/>	BaBa's
14:00	East London	<input type="checkbox"/> v <input type="checkbox"/>	Weston RFC
14:25	ALF	<input type="checkbox"/> v <input type="checkbox"/>	32 Rgt (The Bulls)
14:50	BaBa's	<input type="checkbox"/> v <input type="checkbox"/>	East London
15:15	Weston RFC	<input type="checkbox"/> v <input type="checkbox"/>	32 Rgt (The Bulls)

POOL 2 // PITCH 2

TEAMS

CANCER CRUSADERS
BULLDOGS/RHINOS
STEAM
CATS
PHALLUS WARRIORS

FIXTURES

11:30	Cancer Crusaders	<input type="checkbox"/> v <input type="checkbox"/>	Bulldogs/Rhinos
11:55	STEAM	<input type="checkbox"/> v <input type="checkbox"/>	CATS
12:20	Phallus Warriors	<input type="checkbox"/> v <input type="checkbox"/>	Cancer Crusaders
12:45	Bulldogs/Rhinos	<input type="checkbox"/> v <input type="checkbox"/>	STEAM
13:10	CATS	<input type="checkbox"/> v <input type="checkbox"/>	Phallus Warriors
13:35	Cancer Crusaders	<input type="checkbox"/> v <input type="checkbox"/>	STEAM
14:00	Phallus Warriors	<input type="checkbox"/> v <input type="checkbox"/>	Bulldogs/Rhinos
14:25	Cancer Crusaders	<input type="checkbox"/> v <input type="checkbox"/>	CATS
14:50	STEAM	<input type="checkbox"/> v <input type="checkbox"/>	Phallus Warriors
15:15	Bulldogs/Rhinos	<input type="checkbox"/> v <input type="checkbox"/>	CATS

POOL 3 // PITCH 1

TEAMS

LEDBURY RAIDERS
JACK'S JOURNEYMEN
ROCHFORD
29 COMMANDO
RACING GREYHOUNDS

FIXTURES

11:30	Ledbury Raiders	<input type="checkbox"/> v <input type="checkbox"/>	Jack's Journeymen
11:55	Rochford	<input type="checkbox"/> v <input type="checkbox"/>	29 Commando
12:20	Racing Greyhounds	<input type="checkbox"/> v <input type="checkbox"/>	Ledbury Raiders
12:45	Jack's Journeymen	<input type="checkbox"/> v <input type="checkbox"/>	Rochford
13:10	29 Commando	<input type="checkbox"/> v <input type="checkbox"/>	Racing Greyhounds
13:35	Ledbury Raiders	<input type="checkbox"/> v <input type="checkbox"/>	Rochford
14:00	Racing Greyhounds	<input type="checkbox"/> v <input type="checkbox"/>	Jack's Journeymen
14:25	Ledbury Raiders	<input type="checkbox"/> v <input type="checkbox"/>	29 Commando
14:50	Rochford	<input type="checkbox"/> v <input type="checkbox"/>	Racing Greyhounds
15:15	Jack's Journeymen	<input type="checkbox"/> v <input type="checkbox"/>	29 Commando

**TODAY'S
MATCHBALL SPONSOR**



PROUDLY SUPPORTING THE AARON LEWIS FOUNDATION

TODAY'S FIXTURES

KNOCKOUT STAGES

BOWL COMPETITION

BOWL SEMI FINAL 1

16:00 // PITCH 1

_____ v _____

AUTO-QUALIFICATION

BEST 5TH PLACED TEAM

_____ v _____

BOWL FINAL

16:50 // PITCH 1

_____ v _____

PLATE COMPETITION

PLATE SEMI FINAL 1

16:25 // PITCH 2

_____ v _____

PLATE SEMI FINAL 2

16:25 // PITCH 1

_____ v _____

PLATE FINAL

17:40 // PITCH 3

_____ v _____

BEER CUP COMPETITION

BEER CUP SEMI FINAL 1

16:00 // PITCH 3

_____ v _____

BEER CUP SEMI FINAL 2

16:00 // PITCH 2

_____ v _____

BEER CUP FINAL

17:15 // PITCH 3

_____ v _____

CUP COMPETITION

CUP SEMI FINAL 1

16:25 // PITCH 3

_____ v _____

CUP SEMI FINAL 2

16:50 // PITCH 2

_____ v _____

CUP FINAL

18:05 // PITCH 3

_____ v _____

THE AARON LEWIS AWARD

BY ANDREW BAKONYVARI

THE Aaron Lewis Award was established in 2012 to offer financial support to local students aged 16-19 undertaking volunteer trips abroad. Two students per year receive financial support of up to £1,500 each following a successful application and interview process conducted by the Foundation's officials.

The Aaron Lewis Award was inspired by a self-funded trip Aaron took to Borneo and Malaysia when he was 22 – just before he left for Sandhurst. The aim of his trip was to help build a school in an economically deprived area; it was a period of his life that Aaron often spoke of with fondness for both the experiences he had and the people he met while away.

HAVING NOW HELPED SIX AWARDEES EMBARK ON THE ADVENTURE OF A LIFETIME, WE ARE PROUD TO SAY THAT THE 2016 APPLICATION PROCESS WAS THE MOST POPULAR YET.



Now in its fourth cycle of running, and having helped six awardees embark on the adventure of a lifetime, we are proud to say that the 2016 application process was the most popular yet. Four students from Belfairs Academy in Leigh-On-Sea were shortlisted for interview to discuss their trip proposals. Due to the exceptional nature of the candidates and the fact that their trips were planned for the summer of 2018, it was decided to grant the Aaron Lewis Award to all four of them. Their adventures will take them to Kenya with Camps International where they will be volunteering to help work with local children and build housing in poor areas of the country.

Our six previous winners have all had similarly amazing experiences to Aaron and have been extremely appreciative of the support provided to them by the Foundation:

- In the summer of 2014, Daniella went to Sri Lanka to support and teach local underprivileged children.
- In 2015, Lynette and Rachel travelled to Malawi in Africa on teaching and medical placements respectively. Both were able to greatly help the local community with their voluntary work, and were deeply shocked by how the locals were treated and the living conditions they witnessed.
- Also in 2015, Hollie carried out a medical placement in Cambodia, providing support in some of the most deprived parts of a country that would otherwise suffer further without the support of the voluntary missions.
- In 2016, Luci travelled to Cape Town, South Africa, to support local children with sports, activities and teaching.
- This year Alice will be embarking on a trip with Go Make a Difference to Tanzania; we can't wait to hear about her journey..

You can read more information about the Award, including a blog from each of our awardees on their adventures, and how to apply on our website: aaronlewisfoundation.org.uk/initiative/alf-award/

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REMEMBERING AARON

BY ANDREW BAKONYVARI

The brain child of the Whiston family (who else?), the 'Pike & Arrow' bar has been the scene of some of my fondest (drink related) memories. A lot of them largely involve myself and others being assaulted in some way; but let's be honest at the time, it always seems so funny and the bruises usually don't come out until the morning. At school, fortunately this can typically be explained to enquiring young students as "just a rugby injury". If only they knew how eagerly I avoid any physical contact on the pitch. I think only my group of friends could turn a game of boules into a contact sport and heads or tails into something which is to be utterly dreaded.

The Pike & Arrow in its earliest form is essentially the most impressive and awe-inspiring man-cave you've ever seen; beer on tap, fridge full of more beer if the barrel runs dry, spirits hung up in optics to look fancy, Sky Sports on the TV, dart board, old sofa and owners that demand a lock-in every night.

The night however, that I will speak of here, is my most treasured memory; although due to the nature of these sorts of

soirees, memory could be loosely construed in this instance as some flashes of recollection, a jigsaw of collected memories shared over a Woody's Café hunger buster and photos no one realised were taken. It was the night that Aaron came home from his training and one of the last nights we had out before he went away on duty in Afghanistan.

"Send in Big Pete". This is the usual response when offered any sort of drinking competition or

THE ARMY HAD CHANGED HIM. HE WAS PHYSICALLY IN THE BEST SHAPE OF HIS LIFE, HE STOOD UP STRAIGHTER, HE WAS COMPLETELY PROUD OF WHO HE WAS AND WHY HE WAS DOING IT... ESSENTIALLY HE WAS THE BEST OF US.



game by prospective and foolish challengers. We also had Chris Whiston and myself amongst others, who at the time were not shy of the odd tittle (debate rages as to whether my current alcohol limit is somewhere between half a pint of watered down Orangeboom and a

was and why he was doing it - he was exactly the sort of person you would want leading our British troops abroad, facing armed enemies, so that people he didn't know and living half the world away could have the freedom of living without fear. Essentially he was the best of us.

THE ARMY MAKES YOU THE MOST ELITE VERSION OF YOURSELF... DRINKING INCLUDED

can of non-alcoholic ginger beer). But Aaron Lewis turned up and changed the rules of the game we thought ourselves masters of.

The army had changed him. He was physically in the best shape of his life, he stood up straighter, he was completely proud of who he

up his nose Later we were all speechless. He then continued to show us everything he had learnt at Sandhurst outside the classroom and training field and to say we went on to have a great night is an understatement. That will always live in my memory; Aaron sharing beers with his best friends in the Pike & Arrow, Pete Evans afraid, and luckily, the photos to prove it.

Lest We Forget.
Baky

One shot of vodka snorted

TEAM ALF

CHRIS WHISTON

The ALF Rugby team started life from the ashes of the Collective rugby team as a team that entered the ALFios Tournament each year. The original Collective rugby team comprised mainly Aaron's friends and old teammates and, as we got older, we started to realise that if we asked some of the younger lads to play we could drink more beer and watch them run around rather than us! We soon realised that people had a lot of interest in representing this great charity rugby side and so we started to enter some other charity rugby events around the country.

Two years ago this was taken a step further, with an ALF Rugby team being established and making regular appearances at 7s and 10s Tournaments being held around the country. This has served as a recruitment drive for our own tournament and built a wide-spread profile for the Aaron Lewis Foundation.

The ALF Rugby team has developed to such a standard that it has won honours in various tournaments. This includes a Plate

victory in the Whiting & Hammonds 7's and a Runners-Up spot in the Leamington Spa Rugby4Heroes tournament where our team was beaten by Akuma Sports Agents, an invitational 7's side that participates in professional competitions all over the country. That particular season culminated in winning the cup trophy at the Find Rugby Now tournament, beating a Wasps amateur team in the final with some excellent team work and passion.

Last year however will mark our

LAST YEAR HOWEVER WILL MARK OUR PROUDEST ACHIEVEMENT TO DATE, WITH THE ALF RUGBY TEAM LIFTING THE ALFIOS CUP TROPHY FOR THE FIRST TIME.



proudest achievement to date, with the ALF Rugby team lifting the ALFios cup trophy for the first time. The players were exceptional throughout the tournament and beat off some extremely stiff competition, including the Phallus Warriors – two time winners of the tournament.

A big thank you of course goes to all the players who have played for the ALF team, and who will continue to play for the ALF team - it means a lot to myself and to all of Aaron's friends and family that you guys are willing to go out there and play for this team that represents the Aaron Lewis Foundation, and that you all do it with such pride and passion. I cannot thank you all enough.

Buster Reynolds shall be leading the team out in today's tournament (hopefully to victory!), so if you are arriving without affiliation to a particular team, make sure you cheer on our boys to support them making a double tournament win!

All that leaves me to do now is to say to any players that are interested in playing for the ALF team please do not be shy, get involved and feel free to contact me by adding me on Facebook or e-mailing the email address of alfios@outlook.com.

Yours in rugby as always



TEAM ALF SQUAD 2017

Management

Chris Whiston
Nick Sigwart

Today's matchday squad

1. Buster Reynolds
2. Andrew Roskams
3. Ross Merrick
4. Jon Sigwart
5. Lewis Cross
6. Ricky Gould
7. Jordan Lowe
8. Charlie Jobbling
9. Finlay Macintyre
10. George Maloney
11. Chris Marsh
12. Callum Bartlett
13. Harrison King
14. Scott Griffin
15. Jack Hopkins

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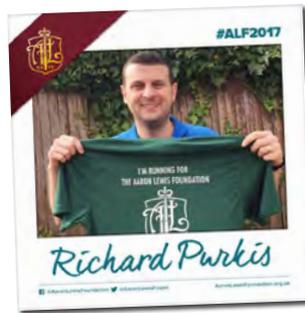
LAST YEAR'S TOURNAMENT



ALF IN 2017

Since its inception in 2009, The ALF has raised large sums of money for a variety of charitable causes. Please read below to find out more about our most recent endeavours as well as some information on those that have raised money for The ALF this year. Should you be interested in any of our fantastic previous efforts, please go to The Aaron Lewis Foundation gazebo today and speak to Barry and Helen Lewis or visit our website aaronlewisfoundation.org.uk.

OUR 2017 FUNDRAISERS



RICHARD PURKISS

Richard Purkiss took part in the Brentwood half-marathon last month and raised almost £300 for the Aaron Lewis Foundation.

The dad-of-two, 32, completed the course in 1hr 59mins and exceeded his fundraising target.

He said: "It was a bit slower than my previous times unfortunately, but I was still pleased to come in under two hours."



PAUL VICKERS

Paul Vickers, 62, took on the Vitality Reading Half Marathon, with the route finishing at Reading FC's Madejski Stadium.

Dad-of-two and grandad-of-four Paul, from Newbury, Berkshire, donned his running shoes and raised money for the Aaron Lewis Foundation.

He said: "I initially set out to do this just as a personal challenge. But then I thought that if I'm going to run, then I should at least raise something for ALF."

"Aaron was a very close friend of my youngest son and was due to have been Best Man at his wedding."



DAVID BLAINEY

DAVID Blainey took part in the Brighton Marathon earlier in the month and raised £650 for the Aaron Lewis Foundation in the process.

He completed the race in 4hrs 1min, and said: "It was bittersweet as I was pleased to have completed it, but a little annoyed as I thought four hours was realistic."

"The predicted race temperature of 14C actually turned out to be more like 23C, which meant I hit the wall earlier than predicted."

However, David was still happy to finish in the top 3,000 out of around 20,000 runners taking part in the event.

He added: "I really enjoyed the day and I am pleased to have done a little bit to support the ALF. I'd like to thank everyone who cheered, supported and sponsored me."

"I REALLY ENJOYED THE DAY AND I AM PLEASED TO HAVE DONE A LITTLE BIT TO SUPPORT THE ALF. I'D LIKE TO THANK EVERYONE WHO CHEERED, SUPPORTED AND SPONSORED ME."

OUR 2017 CAUSES

Representatives from ALF visited The Bentley Model Railway Club last weekend to unveil a stairlift and plaque funded by the charity.

David Baker, a service amputee, had asked ALF for help because the club in Calne, Wiltshire, has a number of elderly and disabled members.

The Railway Club had provided the framework and ALF funded the lift itself, which will improve accessibility to the upper floor of its new premises.

ALF trustee Lt Col (Retd) Steve Fraser MBE was accompanied to the unveiling by Aaron Lewis' parents, Barry and Helen. He said: "We are delighted to be involved with this project. Not only will it help existing members, but it will enable the club to invite other groups to use the facilities as they now have much improved access to the upstairs modelling area."

FORMER Royal Marine Jez Scarratt is wheely happy – after getting some help from the Aaron Lewis Foundation.

The charity recently provided the married dad of two with a set of carbon wheels for his road bike, which will help him to take part in the Pyrenean Raid race.

Jez, 58, served in the Marines from 1975 to 1990, including in Northern Ireland in 77, 78 and 81. He is also Arctic trained with three trips to Norway under his belt.

However, he lost his lower right leg in an RTA in 1982 and was medically discharged in 1990.

Since then he has worked as an estate agent, nursing home manager, a detention officer within the police service and embraced his love of bikes in a cycle shop.



Jez had been aiming to take part in the 3,000-mile Race Across America team, but was unsuccessful. He said: "RAAM is an annual event which I was training for in conjunction with Help for Heroes. Not qualifying was a bit of a blow, but considering the lads who beat me to it were 20 to 30 years my junior, sort of shows I'm not doing too bad for an old guy."

His focus has now switched to the Pyrenean Raid, organised by the charity 65 Degrees North, which is

biking has been my thing ever since.

"These new Hunt Wheels from the Aaron Lewis Foundation are amazing. The roll and ride beautifully – anything to help at my age is appreciated."

Jez, from Taunton, Somerset, is not one for the quiet life. Away from work and cycling he takes on extra roles in TV and film with appearances in Sherlock and was a contestant in the Channel 4 show Hunted. He also appeared in Brad Pitt war movie Fury.

THESE NEW HUNT WHEELS FROM THE AARON LEWIS FOUNDATION ARE AMAZING. THEY ROLL AND RIDE BEAUTIFULLY – ANYTHING TO HELP AT MY AGE IS APPRECIATED.

headed by former Royal Marine Brig Jonathan Thompson.

Jez added: "It's a multi-stage race traversing the length of these stunning mountains. I'll be joining a group of disabled servicemen. Some will be on upright and others in hand cycles."

"The ride will be paced purely to the slowest rider and we aim to do the ride in seven days."

"I've been a cyclist since the late 90s, being the only amputee on the 24-hour solo scene for many years. Endurance road and mountain

And he has another challenge on the horizon – a world record attempt to go non-stop around the world in a powerboat as part of Team Britannia.

He added: "That is a big challenge. The current record, I believe, stands at 45 days so this will be a hard ask."

"Other WIS (wounded, injured, sick) veterans will be helping around the world with logistics and refuelling, and will be joining us on legs of the trip. The start date is set for early October."

ROYAL Marine Jimmy Hill has raced round the track at Silverstone earlier this month – with a little help from the Aaron Lewis Foundation.

Jimmy, 34, is competing in the Fun Cup endurance championship as part of Team Brit, which is made up of wounded service personnel.

He is also the proud owner of a bespoke racing suit provided by the Aaron Lewis Foundation

The dad of two said: "If it wasn't for the ALF, I would not have been able to fund the cost of kit and equipment. [ALF trustee Lt Col (Rtd)] Steve Fraser was the person who introduced me to the ALF and I plan to get a few of them down to a Fun Cup race as they have given me great support.

Cpl Hill served in Afghan and Gulf Commando/Fleet protection group. It was while in Afghanistan in December 2013 that he was hit by machine gun fire.

He explained: "We got into a firefight and I was hit by a PKM four

times in the legs, one on the helmet and another two leaving me with flesh wounds.

"I was removed from the fight and treated by one of our medics. Forty minutes later, the American Pedro was airborne with me and another colleague in it."

Jimmy was left with a fractured femur, damaged calf and damaged sciatic nerve due to the gunshot wounds.

He added: "American surgeons decided to operate to insert a femoral nail as they were worried the femur neck may not make the trip home due to blood loss."

Married Jimmy returned from Camp Bastion to Queen Elizabeth Hospital on Christmas Eve 2013. He is now doing well in rehab at Headley Court and is looking forward to a career away from the military later this year.

Before that, he has the matter of the Fun Cup with Team Brit, whose other members include Warren McKinlay, 35, (former L/Cpl

Recovery Mechanic Royal Electrical and Mechanical Engineers), Tony Williams, 32, (former Cpl Queen Alexandra Royal Army Nursing Corps), and Andy Searle, 24, (former Rifleman in the Rifles Regiment).

Jimmy and Tony teamed up in car 158 for the first round at Silverstone earlier this month and finished their first ever competitive race in 22nd.

He said: "I'm really enjoying myself and my times were improving throughout the whole session. I can't wait to get back out on track."

Jimmy, who is married to Irene and has kids Nikita, 17, and Alexandra, two, won't have long to wait with the next round taking place at Oulton Park, Cheshire, on May 6th.

Of the support from the ALF, he said: "I am so grateful that words just aren't enough. I hope that I will be able to help the Foundation in any way I can in the near future."

You can find out more about Team Brit at teambrit.co.uk and the Fun Cup at funcup.co.uk

THE Aaron Lewis Foundation is delighted to have contributed towards the physiotherapy costs of a young boy with cerebral palsy in the hope it will contribute to him one day being able to walk.

Two-year-old Lennon Coody and twin sister Layla were born at 28 weeks gestation in July 2014 and are both delayed in all aspects of their development.

Parents Joel and Zara, both serving police officers, have since been fundraising hard for life-changing treatment for their children.

The ALF is unable to donate funds directly to another charity, and so has instead paid almost £1,500 for an initial assessment and a course of 18 physiotherapy sessions for Lennon.

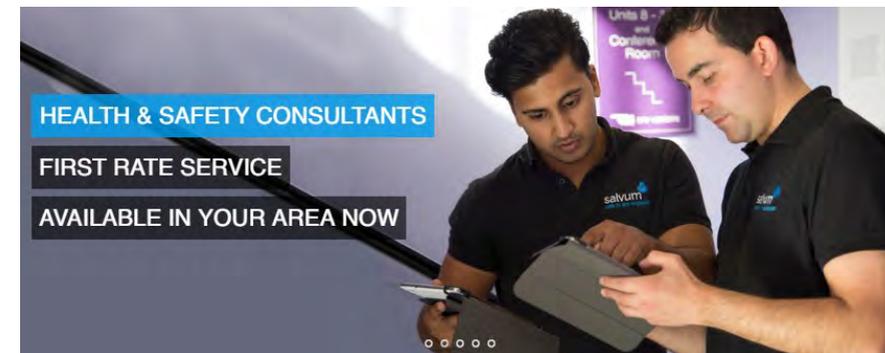
The toddler needs the physio, which is not available on the NHS,

I AM SO GRATEFUL THAT WORDS JUST AREN'T ENOUGH. I HOPE THAT I WILL BE ABLE TO HELP THE FOUNDATION IN ANY WAY I CAN IN THE NEAR FUTURE.



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before he can have selective dorsal rhizotomy (SDR) surgery in the US – an operation that could see him start walking.

Zara, 33, said: "The arrival of our twins wasn't the joyous occasion most families experience with their first children; it was the start of an emotional rollercoaster and where our babies' fight for survival would begin."

The twins weighed 2.1lb and 3lb when they were born and remained in the neo-natal intensive care unit at Basildon Hospital for five weeks. Lennon would stay in hospital for two more weeks and Layla another five due to her experiencing severe feeding and breathing difficulties.

Met Police detective Zara added: "Both had regular scans and we were advised quite early on that both Lennon and Layla had developed bleeds to their brains. We were told this was a common feature of premature births and that the effects would not be shown until further down the line."

Since their birth, the twins have been regular hospital visitors for scans, physio, development assessments, neurodisability assessments, audiology and orthotics.

IT IS TERRIBLY SAD THAT THIS FAMILY HAVE TO SEEK PRIVATE TREATMENT FOR THEIR CHILDREN. OUR CONTRIBUTION WAS THOUGHT TO BE THE BEST WAY THE ALF COULD HELP THEM AT THIS TIME AND WE ARE DELIGHTED TO DO SO.

Layla has been diagnosed with global development delay and an MRI confirmed she has periventricular leukomalacia (PVL) – damage to the white matter in her brain. She is also suspected to have mild cerebral palsy affecting the left side of her body. She is able to sit, crawl and pull to stand up, but is unable to walk or stand independently.

Lennon's consultant has stated



that he has cerebral palsy affecting his lower limbs – spastic diplegia. He is able to take steps on a flat surface and in a controlled environment, either at home or at nursery. But experts at Great Ormond Street have said he may benefit from botox injections to his legs along with intensive physiotherapy with the aim of removing the spasticity from his legs.

GOSH doctors also recommended the SDR operation, which will see the nerves in Lennon's spine severed to release the muscles in his legs. The

operation, which costs around £30,000, is not available or funded by the NHS. Lennon would also need daily physio for at least six months, costing a minimum of £30,000.

Zara added: "The operation and therapy both before and after will aim to increase his mobility, to see him walk independently outside, up and down stairs and most importantly to remove pain of the

muscle contractures caused by the spasticity.

She and Joel believe the best option is to travel to America to have the operation as soon as possible, rather than waiting for it to become available in the UK. Layla is not a suitable candidate for the operation, but her parents hope with her own therapy and treatment programme, she will be able to walk one day.

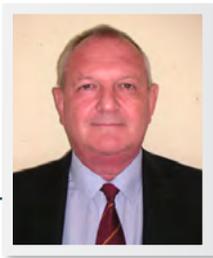
The family live in Benfleet, Essex, and attend many of the twins' NHS therapy appointments at the Lighthouse children's development centre in Eastwood.

Yorkshire-born Joel, 37, a sergeant in The Met, added: "It has been very difficult and challenging. But the one thing that has come through from all this is how nice people can be. Some of those who have helped don't know us and just saw our campaign on social media. It's fantastic."

Aaron Lewis Foundation trustee Helen Lewis said: "It is terribly sad that this family have to seek private treatment for their children. Our contribution was thought to be the best way the ALF could help them at this time and we are delighted to do so."

You can find out more about Joel and Zara's fundraising campaign at [facebook.com/littlelegscoady](https://www.facebook.com/littlelegscoady)

WELCOME FROM WRFC



BY JOHN PACEY, PRESEIDENT, WESTCLIFF RFC

On behalf of Westcliff RFC we welcome all the teams and supporters to the 9th ALF 10s tournament.

This competition and the Aaron Lewis Foundation continue to grow stronger with each year's passing. When you see the level of support

from family and friends, this is hardly surprising. The event has become an essential feature of the WRFC Summer Calendar with a great mix of social and competitive rugby and, of course, the winner's cup.

The Aaron Lewis Trophy has become a much-valued prize. Aaron's

parents, Barry and Helen will, as is customary, present the Trophy.

Westcliff RFC is proud to be involved in staging this event. Our thanks go to all those involved in making the day the success that we know it will be.

We hope that you have a magnificent day, hopefully made all the better by a British & Irish Lions win earlier in the day!

As usual, we ask you to spare a thought for our forces personnel - especially our club members past and present - to whom we send our best wishes.

THE EVENT HAS BECOME AN ESSENTIAL FEATURE OF THE WRFC SUMMER CALENDAR WITH A GREAT MIX OF SOCIAL AND COMPETITIVE RUGBY AND, OF COURSE, THE WINNER'S CUP.



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May bank holidays: 07.00-19.30



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TODAY'S MUSIC

A massive thanks to Paul Finch of Seacroft Studios Live & Unsigned who's organised today's music. Seacroft Studios Live & Unsigned is a Podcast set in a working recording studio Bands come and chat and play some tunes... seacroftstudios.podomatic.com



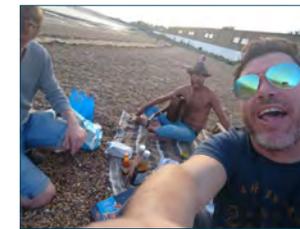
EMILY FRITH

18 year old country-pop singer and songwriter influenced by artists such as Taylor Swift and Kelsea Ballerini.



CAITLIN KING

Caitlin King is an acoustic performer who has written original songs since the age of 12, based on life experiences and the world around her. She has a wide range of influences including jazz, soul and folk music.



THE HONKIES

Formed only recently, The Honkies are made up of Chris Senner and Dave Livings from previous outfit, Hot Milk, and Joe Garner of Rettena. Their sound of two acoustic and one bass guitars blend with their 3-part harmonies to give a unique style. Prepare yourselves to witness and hear the self-titled 'Purveyors of Funktry Music'.



BILLY COLLINS BAND

Billy Collins is a guy whose vocals and guitar skills belong to a rock and roll bygone era, however he brings the sound back to the present with his own skilfully executed material. Billy Collins has now gathered a band around him for a sound which will have you off your seat and rocking.



WOODMANS

New to the scene, Woodmans is a two piece girl band from Southend-On-Sea. Their stripped-back sound has an indie vibe, demonstrating influences from Catfish and the Bottlemen and The 1975. Please find their recently released EP, Lovesick, on iTunes and Spotify.



DAVEY HAL & THE BIG BOW WOW

Lunch. Schmooze. Play. Repeat. #helptomspencefindagirlfriend

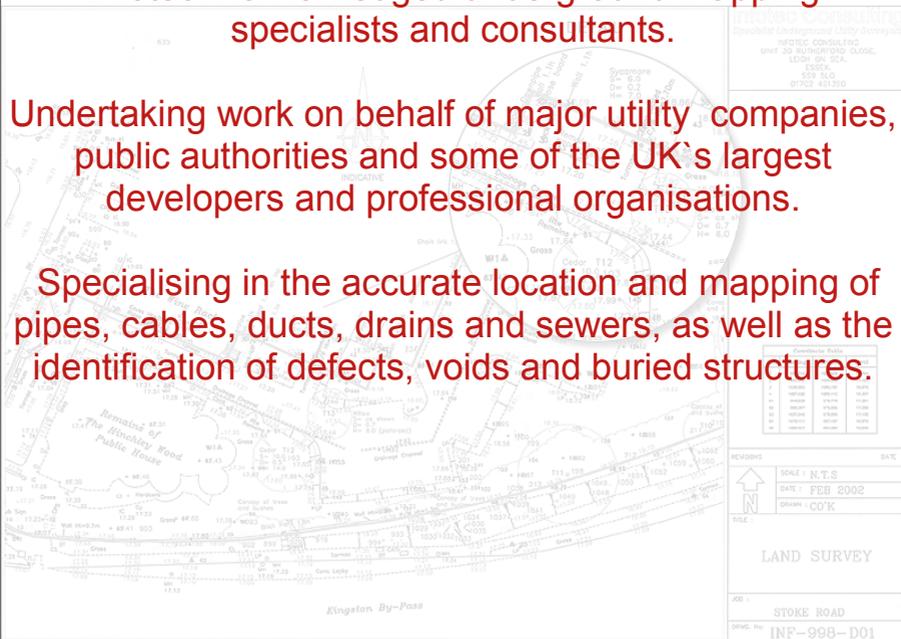


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ROYAL ARTILLERY ASSOCIATION



SHOEBURYNESS AND SOUTH ESSEX BRANCH

Artillery formations, serving the British crown, have been around since the time of Henry VIII, but it was in 1716 that the first two permanent Companies were brought together under the command of Colonel Borgard. Today our Captain General is Her Majesty The Queen and our single Battle Honour 'Ubique' meaning 'Everywhere' rightfully represents our service throughout the world in every single military campaign since our formation 300 years ago.

Royal Regiment of Artillery has been central to the history and heritage of Shoeburyness in Essex. The Ranges here have been in operation since the reign of a young Queen Victoria and are still used today for the proof and testing of ammunition. The first ever School of Gunnery was located here and a large military Garrison remained in operation up until the end of the Cold War, with many Gunners settling in the area during and after their military service.

There has been a Branch of the Royal Artillery Association in

is to foster comradeship amongst serving and former Gunners and their families and to assist with their well being. Our Branch is thriving, with over 50 veterans and family members representing military service and sacrifice in WW2, Korea, Malaysia, Borneo, Northern Ireland, BAOR, UN Peacekeeping operations, the Falklands War and Afghanistan.

We are very fortunate that we own two WW2 25 pounder guns painstakingly restored by our members. They are used throughout the year to support military events and organisations, promote our Branch and the wider Royal Artillery family, to fire salutes at important occasions such as Remembrance Sunday and to give our fallen their last ride.

We meet on the first Tuesday of every month at the Naval and Military Club in Southend-on-Sea. New members are always very welcome. Please contact 07704502269 or e-mail hadjicostas@msn.com if you require any information or assistance.

David Hadjicostas
MBE BA MCMIMIInstLM MIAAI
Secretary

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SCHEDULE

MONDAY

Leigh - 7.30pm
Colchester - 7.30pm

TUESDAY

Brentwood - 7.30pm

WEDNESDAY

Leigh (Beach) - 5.30am
Hadleigh Park - 7.30pm

THURSDAY

Leigh - 7.30pm
Brentwood - 7.30pm

SATURDAY

Brentwood - 8.30am
Leigh - 9.00am
Colchester - 9.00am



Brownes Boot Camp run boot camp sessions as well as hiring out mobile assault courses and have kindly come down to support the ALF10s, having pledged to donate a share of their profits from today to the Aaron Lewis Foundation.

Please speak to Managing Director and Head Personal Trainer, Angus Browne, who will be running one of his mobile assault courses in the Fun Zone for more information.

BROWNESBOOTCAMP.CO.UK

TODAY'S CATERING SUPPLIER



Lothian Meats have been providing high quality meats and provisions to the public, schools, restaurants and hotels throughout Essex for over 30 years. Over this period of time we have built an enviable reputation for outstanding quality, value and service.

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THANK YOU TO OUR PARTNERS

Over the last seven years we have been fortunate enough to have several businesses and individuals support us consistently. We take this opportunity to express our heartfelt thanks to our partners who help to facilitate events like today's ALF 10s and to continue to build such a fitting legacy for Aaron.



WESTCLIFFRFC.CO.UK



EC2I.BIZ



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The ALF are always open to exploring new opportunities to help us grow, so if you'd like to find out more about becoming an official partner of the ALF, please contact Patric Redding on patricredding@hotmail.com

THANK YOU

There are many people that help keep The Aaron Lewis Foundation ticking over throughout the year in addition to our trustees' fantastic contributions. We'd like to take this opportunity to share our thanks to those that have made donations and offered services for free in 2017. Please accept our apologies if you feel we have missed someone out – we really do appreciate each and every one of you.

- All those who have supported the ALF by taking part in challenges and fundraising endeavours in 2017.
- Cllr Lesley Butcher, *Rochford District Council*
- Western Front Association
- Royal Bank of Scotland
- Southend T Shirt Company
- Old Southendian Lodge
- Lothian Butchers
- Fran & Peter Theobald, *The Living Memorial*
- Eczi Ltd
- Westcliff Rugby Club
- Southend & South East Essex Royal Artillery Association
- Kursaal Plant Hire
- Bill Cresswell & Family
- S & A Supplies
- Howdens Joinery
- Kenbro Carpets
- Kursaal Tool Hire
- Clive at Southend Sports Trophies
- Debbie – you know who you are!
- Shilen Patel and Longmead Capital
- Marcus Baum Solicitors
- Duncan Richardson
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ALF10s RULES

- 1** All team representatives must report to the Control Tent upon arrival and by no later than 11am on the day of the tournament.
- 2** Matches will start at 12:00 noon with the firing of the artillery gun after a 1 minute silence at 11:59am signalled by the referees whistle.
 - a. Please ensure your team is ready to play 5 minutes before the firing of the artillery gun and subsequently for every kick off your team has.*
- 3** The rules of the RFU will be adhered to unless stated below.
 - a. The duration of the match will be 10 minutes (5 minutes each way) with a 1 minute break for half time.*
 - b. Scrumms will consist of five players – Front Row and second Row*
 - c. The ball is deemed to be in the scrum whilst in control of either Second Row. The opposing scrum-half may advance beyond the tunnel whilst the ball is in the scrum as per normal IRB rules.*
 - d. Any Player receiving a Yellow Card will be sin binned for 2 minutes. A Second Yellow and therefore a Red will mean no part in that game, and the offending player will miss the next game. A Straight 'Red Card' and consequently a sending off will mean the offending player will take no further part in the tournament.*
 - e. Minimum of 2 Players, maximum of 4 players in the lineout.*
- 4** For all Pool Games, 3 Points will be awarded for a win, 2 Points for a draw and 1 for a loss. In the event of equal Group points, positions will be decided by points difference (points actually scored less points against), following by tries scored, Tries conceded and then points scored.
- 5** In the event of any Semi Final or Final being level on scores at full time, the teams will change ends and continue to play on until one team scores a try – "Golden Try". Upon the scoring of that try, the match will end and the team which has scored will be the winner.

- 6** In the event of a dispute the tournament organiser will be the judge.
- 7** Points can be scored by tries, penalties or drop goals. There will be no conversions after a try. You can drop kick for the posts on a penalty (No place kicking is allowed). 5 points awarded for a try and 3 points for a drop goal or penalty scored.
- 8** When a team scores that team will restart the game with a kick off. Kick offs must go 10m. If not a free kick will be awarded to the other team. The same will happen if the ball goes straight out into touch from a kick off.

- 9** There will be no more than 10 players on the pitch for each team. Rolling substitutes are allowed, but a player must be off the pitch before a substitute comes on. A penalty will be awarded to the other team, should there be more than 10 players on the pitch for any team at any time.
- 10** No abusing of match officials will be tolerated. Any reports of this will be dealt with on an individual basis and could lead to a team being expelled from the competition.
- 11** No players may play for 2 teams. Once a player has been registered to a team he may not play for

another team in the competition whether his team is still involved or out.

- 12** If due to injuries your team is short you will report to the control tent, where some players will be found for you to use, if available and will then be allowed to play only for that team for the remainder of the tournament.





ALF10s 2018

10TH ANNIVERSARY TOURNAMENT

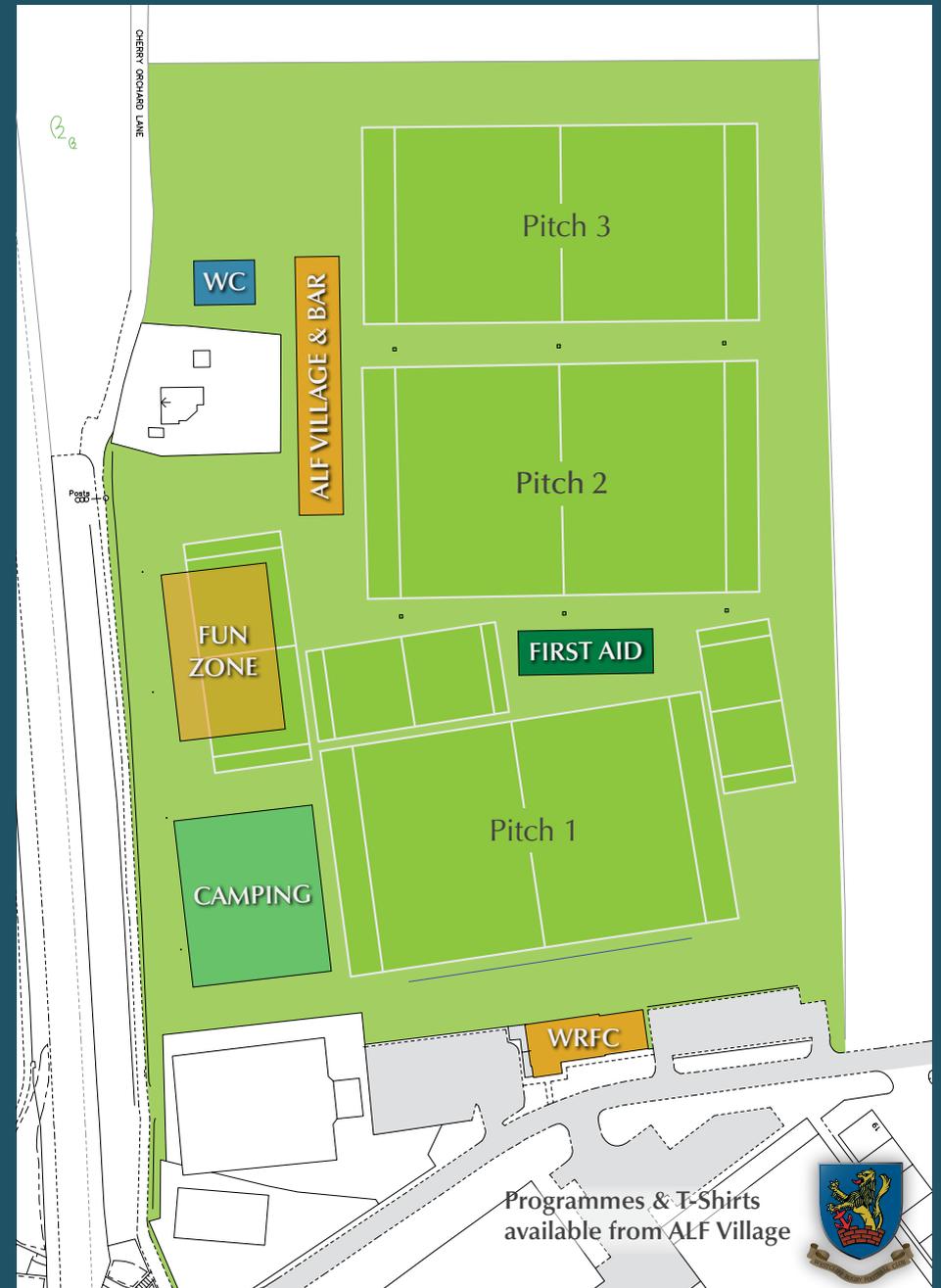
SATURDAY 7 JULY 2018

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CONTACT CHRIS WHISTON:
07970 125 782 OR ALF10S@OUTLOOK.COM

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PITCH MAP



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