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# **Southern Lions**

## **Junior 7s**

**20th October 2018**

### **COMPETITION WRAP-UP**

**Hosted by Southern Lions RUFC**

Supported by RugbyWA



## **TOURNAMENT REVIEW**

2018 was the 4<sup>th</sup> edition of the Southern Lions Junior 7s.

The competition was held at Southern Lions RUFC across 4 playing Fields.



Many Thanks to the 28 Junior teams that made the event so much fun and run so smoothly.

In addition, the 3<sup>rd</sup> leg of the Senior Spring 7s Series was held throughout the day, adding another 20 teams to the venue.

All that attended must be commended on their exceptional behaviour and sportmanship.

Congratulations to all the competition winners, and to all teams for a great day of community rugby.

Southern Lions is proud to host events that showcase all that is great about rugby in WA.

In addition, Southern Lions is blessed with many outstanding volunteers, and they all stood up again for the event to prepare, setup, run the day, un-dress the fields and tidy up the whole reserve.

The event could not happen without the generous donation of your time and hard work.

THANK YOU ALL.

Here's to another exciting event in 2019.

We hope to see the Senior teams again at the City of Cockburn 10s on the 16<sup>th</sup> February 2019.

*Ronan O'Shea*

Club President

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*Sandra Leef*

Juniors Vice-President

0407 840 140

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Seniors Vice-President

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## **U9 CUP WINNERS**

### **ROCKINGHAM RUGBY CLUB and FRESH 7s**



## **U9 CUP FINAL**

### **Rockingham Rugby Club 15**

### **Fresh 15**

## U9'S COMPETITION

There was one Pool in the U9's competition. The teams played each other once in the Group stages.

In the Semi-Finals, 1<sup>st</sup> place played 4<sup>th</sup> place, and 2<sup>nd</sup> place played 3<sup>rd</sup> place.

Rocky Rivals played Southern Lions, and Fresh played Kalamunda Red.

Rocky Rivals won 30-10, and Fresh won 20-5.

The Cup Final was then between Rocky Rivals and Fresh, with the teams not being able to be separated, finishing 15-15. The teams were awarded joint winners.

## FINAL POOL

Position	Team Name	Played	For	Against	%F/A	Tries For	Tries Against	Pts
1	Rocky Rivals	3	95	15	633%	19	3	18
2	Fresh	3	35	45	78%	7	9	9
3	Kalamunda Red	3	30	60	50%	6	12	7
4	Southern Lions	3	25	65	38%	5	13	5

## MATCH RESULTS

TIME	RD	GRADE	TEAM	SCORE	TRIES	PTS		TEAM	SCORE	TRIES	PTS
8:00	1	U9	Southern Lions	15	3	3	v	Kalamunda Red	15	3	3
8:20	1	U9	Rocky Rivals	25	5	6	v	Fresh	10	2	1
9:40	2	U9	Southern Lions	0	0	1	v	Rocky Rivals	35	7	6
10:00	2	U9	Kalamunda Red	10	2	3	v	Fresh	10	2	3
11:20	3	U9	Southern Lions	10	2	1	v	Fresh	15	3	5
11:40	3	U9	Kalamunda Red	5	1	1	v	Rocky Rivals	35	7	6
13:00	SF1	U9	Rocky Rivals	30	6		v	Southern Lions	10	2	
13:20	SF2	U9	Kalamunda Red	5	1		v	Fresh	20	4	
14:40	CF	U9	Rocky Rivals	15	3		v	Fresh	15	3	



## U10 CUP WINNERS - ALBANY RUGBY CLUB



## U10 CUP FINAL Albany Rugby Club 15 Nedlands Rugby Club 5

## U10'S COMPETITION

There were two Pools in the U10's competition. The teams played each other once in the Group stages.

The finals consisted of Cup and Plate competitions.

1<sup>st</sup> and 2<sup>nd</sup> places from each group played in the Cup Semi-Finals. 1<sup>st</sup> from Group 1 played 2<sup>nd</sup> from Group 2, and 1<sup>st</sup> from Group 2 played 2<sup>nd</sup> from Group 1.

Due to the uneven numbers, 3rd from Group 1 progressed directly to the Plate Final. The Plate Semi-Final was between 3rd from Group 2 and 4th from Group 1.

In the Cup Semi-Finals, Albany Storm played Rockingham Titans, and Nedlands played Kalamunda Red.

Albany Storm won 20-10, and Nedlands won 25-5.

The Cup Final was then between Albany Storm and Nedlands, with the Albany Storm taking out the win, 15-5.

In the Plate Semi-Final, Wanneroo White played Wanneroo Green, with Wanneroo Green taking out the win, 15-5.

The Plate Final was between Fresh and Wanneroo Green, with the Fresh taking out the win, 30-10.

## FINAL POOLS

U10 Group 1								
Position	Team Name	Played	For	Against	%F/A	Tries For	Tries Against	Pts
1	Albany Storm	3	65	15	433%	13	3	16
2	Kalamunda	3	80	15	533%	16	3	13
3	Fresh	3	25	55	45%	5	11	7
4	Wanneroo Green	3	20	105	19%	4	21	3

U10 Group 2								
Position	Team Name	Played	For	Against	%F/A	Tries For	Tries Against	Pts
1	Nedlands	3	85	15	567%	12	2	12
2	Rockingham Titans	3	50	50	100%	6	6	7
3	Wanneroo White	3	10	70	14%	1	11	2



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## MATCH RESULTS

TIME	RD	GRADE	TEAM	SCORE	TRIES	PTS		TEAM	SCORE	TRIES	PTS
8:40	1	U10	Fresh	5	1	1	v	Albany Storm	15	3	5
9:00	1	U10	Wanneroo Green	5	1	1	v	Kalamunda	45	9	6
9:20	1	U10	Nedlands	30	6	6	v	Rockingham Titans	5	1	1
10:20	2	U10	Fresh	20	4	5	v	Wanneroo Green	10	2	1
10:40	2	U10	Albany Storm	10	2	5	v	Kalamunda	5	1	1
11:00	2	U10	Nedlands	30	6	6	v	Wanneroo White	5	1	1
12:00	3	U10	Fresh	0	0	1	v	Kalamunda	30	6	6
12:20	3	U10	Albany Storm	40	8	6	v	Wanneroo Green	5	1	1
12:40	3	U10	Rockingham Titans	25	5	6	v	Wanneroo White	0	0	1
13:40	PSF	U10	Wanneroo Green	15	3		1	Wanneroo White	5	1	
14:00	CSF1	U10	Albany Storm	20	4		v	Rockingham Titans	10	2	
14:20	CSF2	U10	Kalamunda	5	1		v	Nedlands	25	5	
15:00	PF	U10	Fresh	30	6		v	Wanneroo Green	10	2	
15:20	CF	U10	Albany Storm	15	3		v	Nedlands	5	1	



## **U12 CUP WINNERS – ARKS RUGBY CLUB**



## **U12 CUP FINAL ARKS Rugby Club 27 Kalamunda Rugby Club 0**



## U12'S COMPETITION

There was one Pool in the U12's competition. The teams played each other once in the Group stages.

1<sup>st</sup> place played 4<sup>th</sup> place, and 2<sup>nd</sup> place played 3<sup>rd</sup> place, in the Semi-Finals.

Arks played Fresh, and Southern Lions Red played Kalamunda.

Arks won 30-10, and Kalamunda won 20-5.

The Cup Final was then between Arks and Kalamunda, with the Arks taking out the win, 27-0.

## FINAL POOL

Position	Team Name	Played	For	Against	%F/A	Tries For	Tries Against	Pts
1	Arks	4	127	24	529%	23	8	23
2	Kalamunda	4	89	60	148%	15	26	18
3	Southern Lions Red	4	88	80	110%	14	14	14
4	Fresh	4	74	97	76%	12	17	9
5	Southern Lions Blue	4	24	141	17%	4	23	4

## MATCH RESULTS

TIME	RD	GRADE	TEAM	SCORE	TRIES	PTS		TEAM	SCORE	TRIES	PTS
8:00	1	U12	Fresh	19	3	1	v	Kalamunda	20	4	5
8:00	1	U12	Arks	30	6	6	v	Southern Lions Red	0	0	1
8:20	2	U12	Southern Lions Blue	7	1	1	v	Fresh	38	6	6
8:40	2	U12	Kalamunda	19	3	1	v	Arks	29	5	5
9:20	3	U12	Southern Lions Red	52	8	6	v	Southern Lions Blue	12	2	1
9:40	3	U12	Fresh	5	1	1	v	Arks	41	7	6
10:40	4	U12	Kalamunda	26	4	6	v	Southern Lions Red	7	1	1
11:00	4	U12	Southern Lions Blue	0	0	1	v	Arks	27	5	6
12:40	5	U12	Southern Lions Blue	5	1	1	v	Kalamunda	24	4	6
12:40	5	U12	Fresh	12	2	1	v	Southern Lions Red	29	5	6
14:40	SF1	U12	Arks	37	7		v	Fresh	0	0	
14:40	SF2	U12	Kalamunda	24	4		v	Southern Lions Red	19	3	
16:20	CF	U12	Arks	27	5		v	Kalamunda	0	0	

## U14 CUP WINNERS - WANNEROO RUGBY CLUB



**U14 CUP FINAL**  
**Wanneroo Rugby Club 37**  
**Fresh 7s 10**

## U14'S COMPETITION

There was one Pool in the U14's competition. The teams played each other once in the Group stages.

1<sup>st</sup> place played 4<sup>th</sup> place, and 2<sup>nd</sup> place played 3<sup>rd</sup> place, in the Semi-Finals.

Wanneroo played Uni Tigers, and Fresh played Southern Lions.

Wanneroo won 39-0, and Fresh won 22-10.

The Cup Final was then between Wanneroo and Fresh, with the Wanneroo taking out the win, 37-10.

## FINAL POOL

Position	Team Name	Played	For	Against	%F/A	Tries For	Tries Against	Pts
1	Wanneroo	3	95	19	500%	17	9	17
2	Southern Lions	3	50	46	109%	8	24	12
3	Fresh	3	64	48	133%	16	8	8
4	Uni Tigers	3	0	96	1%	0	30	3

## MATCH RESULTS

TIME	RD	GRADE	TEAM	SCORE	TRIES	PTS		TEAM	SCORE	TRIES	PTS
8:00	1	U14	Fresh	7	7	1	v	Wanneroo	27	5	5
8:20	1	U14	Southern Lions	17	3	6	v	Uni Tigers	0	0	1
9:00	2	U14	Fresh	19	3	1	v	Southern Lions	21	3	5
9:00	2	U14	Wanneroo	41	7	6	v	Uni Tigers	0	0	1
11:00	3	U14	Fresh	38	6	6	v	Uni Tigers	0	0	1
11:00	3	U14	Wanneroo	27	5	6	v	Southern Lions	12	2	1
13:00	SF1	U14	Wanneroo	39	7		v	Uni Tigers	0	0	
13:00	SF2	U14	Southern Lions	10	2		v	Fresh	22	4	
15:00	CF	U14	Wanneroo	37	7		v	Fresh	10	2	



## **U16 CUP WINNERS – PERTH BAYSWATER (BLACK) RUGBY CLUB**



**U16 CUP FINAL**  
**Perth Bayswater (Black) Rugby Club 31**  
**Perth Bayswater (White) Rugby Club 19**

## U16'S COMPETITION

There were two Pools in the U16's competition. The teams played each other once in the Group stages.

The finals consisted of Cup and Plate competitions.

1<sup>st</sup> and 2<sup>nd</sup> places from each group played in the Cup Semi-Finals. 1<sup>st</sup> from Group 1 played 2<sup>nd</sup> from Group 2, and 1<sup>st</sup> from Group 2 played 2<sup>nd</sup> from Group 1.

Due to the uneven numbers, 3rd from Group 1 progressed directly to the Plate Final. The Plate Semi-Final was between 3rd from Group 2 and 4th from Group 2.

In the Cup Semi-Finals, Perth Bayswater - Black played Rockingham, and Perth Bayswater - White played Joondalup.

Perth Bayswater - Black won 28-22, and Perth Bayswater - White won 26-12.

The Cup Final was then between Perth Bayswater - Black and Perth Bayswater - White, with the Perth Bayswater - Black taking out the win, 31-19.

In the Plate Semi-Final, Island Time played Southern Lions, with Island Time taking out the win, 36-12.

The Plate Final was between Fresh and Island Time, with the Fresh taking out the win, 30-29.

## FINAL POOLS

U16 Boys Group 1								
Position	Team Name	Played	For	Against	%F/A	Tries For	Tries Against	Pts
1	Perth Bayswater - Black	3	86	54	159%	14	8	16
2	Joondalup	3	90	71	127%	10	9	11
3	Fresh	3	90	57	158%	14	9	8
4	Southern Lions	3	31	101	31%	5	77	3

U16 Boys Group 2								
Position	Team Name	Played	For	Against	%F/A	Tries For	Tries Against	Pts
1	Perth Bayswater - White	2	34	17	200%	6	3	10
2	Rockingham	2	24	24	100%	4	4	6
3	Island Time	2	24	41	59%	4	25	2



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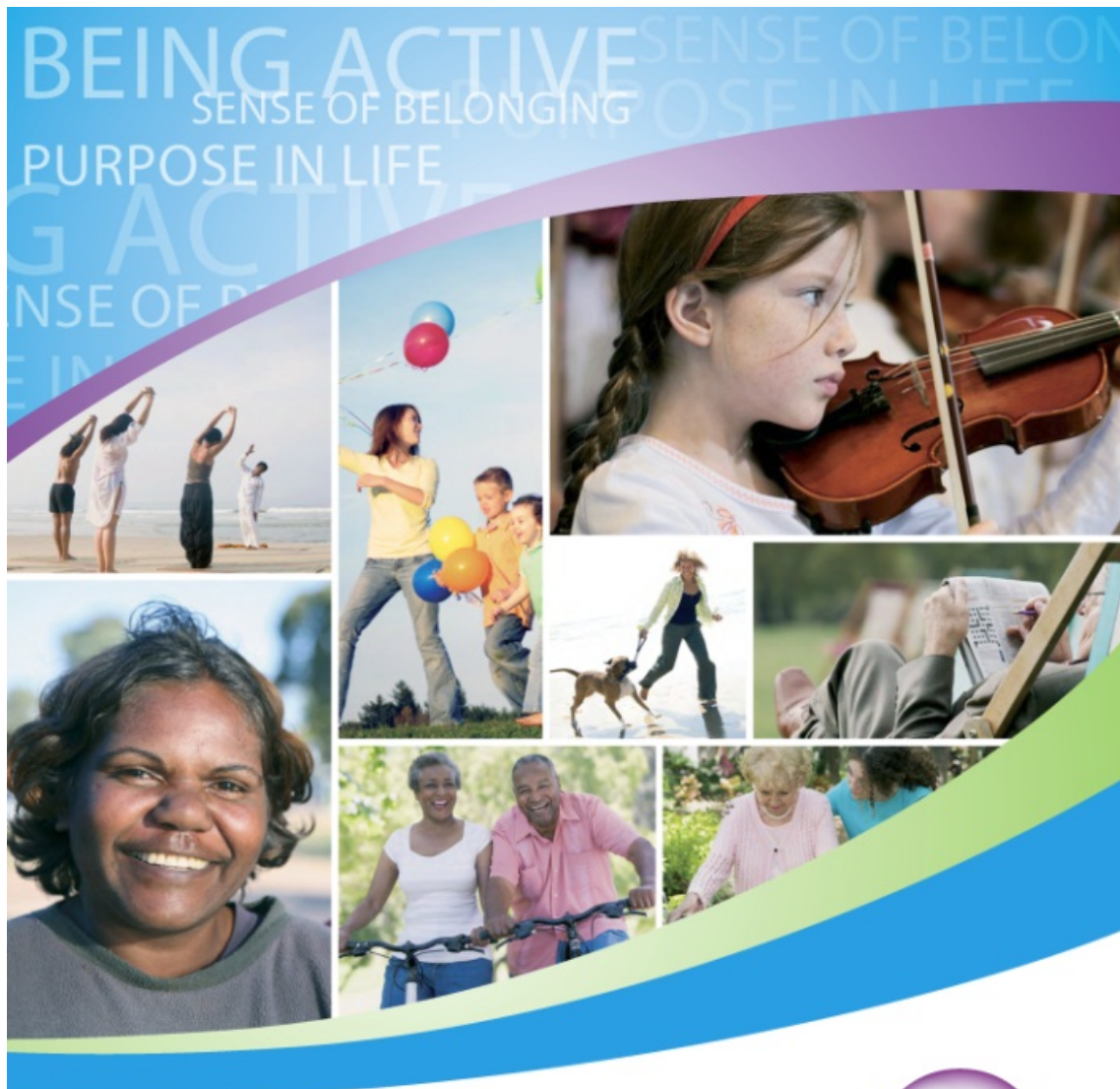
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## MATCH RESULTS

TIME	RD	GRADE	TEAM	SCORE	TRIES	PTS		TEAM	SCORE	TRIES	PTS
8:20	1	U16 G1	Fresh	14	2	1	v	Joondalup	21	3	5
8:20	1	U16 G1	Perth Bayswater - Black	29	5	6	v	Southern Lions	7	1	1
8:40	1	U16 G2	Perth Bayswater - White	22	4	5	v	Island Time	12	2	1
9:00	2	U16 G2	Perth Bayswater - White	12	2	5	v	Rockingham	5	1	1
9:00	2	U16 G1	Fresh	26	4	1	v	Perth Bayswater - Black	31	5	5
9:20	2	U16 G1	Joondalup	22	4	5	v	Southern Lions	19	3	1
11:20	3	U16 G1	Fresh	50	8	6	v	Southern Lions	5	1	1
11:20	3	U16 G2	Island Time	12	2	1	v	Rockingham	19	3	5
11:20	3	U16 G1	Joondalup	21	3	1	v	Perth Bayswater - Black	26	4	5
13:00	PSF	U16	Island Time	36	6		v	Southern Lions	12	2	
13:20	CSF1	U16	Rockingham	22	4		v	Perth Bayswater - Black	28	4	
13:20	CSF2	U16	Joondalup	12	2		v	Perth Bayswater White	26	4	
14:00	PF	U16	Fresh	30	5		v	Island Time	29	5	
15:20	CF	U16	Perth Bayswater - Black	31	5		v	Perth Bayswater - White	19	3	





Being active, having a sense of belonging and having a purpose in life are all good for our mental health and wellbeing. We not only feel happier, we also cope better with problems and stress.

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