

COLCHESTER 67 – RUISLIP 7

Colchester rediscovered running rugby in a ten try rampage to rout Ruislip in this rousing display to stay second in the league. Ruislip showed flashes of attacking rugby but could not contain the fifteen man attacking rugby Colchester maintained throughout the game.

The Colchester team responded positively to coach Tim Grimsey's criticism of their performance in their defeat at Eton Manor, raising their game to entertain the large Mill Road crowd in an exciting fast paced display of attacking rugby repeated from all parts of the field.

Flanker Dan Whiteman gave a man of the match display, both tackling and attacking, scoring one try, assisting in others and having two tries disallowed for feet in touch. Lock Elliot Castle gave his best display of the season before injury forced him from the field. Colchester welcomed back from injury James Mitchell to strengthen the front row plus scrumhalf Brett Cutbush who came on for a lively second half.

Ruislip started strongly, fast back moves twice threatening the Colchester line but knock-ons denied them any score. Colchester showed them how with their first attack, skipper Calum Irvine quickly taking and running a penalty, finding Whiteman who drew defenders before releasing wing Paul Summerson to run in a try from 30 metres.



Colchester returned the restart kick and drove into the Ruislip half, Summerson again going close before scrumhalf Lewis Groves spotted a gap and zipped through to score under the posts, flyhalf Damien Brambley adding the first of his seven conversions as part of his strong all round display of running and kicking rugby.

On the back foot, Ruislip managed to rob Colchester ball in their twenty-two but a hasty pass for a clearance kick went to ground. Quickest to react was Colchester prop James Balfour who dived on the loose ball to touchdown for an opportunist try. A high tackle on Colchester centre Adam Cook was punished with a yellow card for Ruislip flanker Flynn and three points from Brambley's boot.

At twenty two nil up, Colchester lost concentration and fourteen man Ruislip showed their mettle with a quick attack culminating with a solo run by centre Grehan to dummy and sidestep and score a try converted by Greyling



The response was swift as Colchester built another series of attacks, Balfour turning provider with a deft overhead pass to Summerson who dragged defenders over the line for his second and Colchester's fourth bonus point earning try. A training ground move saw No. 8 Ollie Pickett feed Groves from a scrum to link with Brambley on a loop that flat footed the Ruislip defence for Groves' second try under the posts.

Colchester's led 34 – 7 at halftime.



Colchester maintained pressure from the restart. Irvine's break setting up position, a lineout catch and drive drawing in Ruislip defenders as flanker Carl Jeffs tore through a gap for his first try.

A Brambley kick into space was retrieved by the busy Cook who linked with Ollie Pickett to set up a series of forward drives that ended with hooker Matt Adamson burrowing over for a try. Dan Whiteman ended another series of attacks to run in his deserved try before replacement prop Pat Duffy showed fine handling skills to draw two defenders to release Jeffs for his second try.

Ruislip's restart kick failed to cross the ten metre line and from the resulting halfway scrum Colchester attacked, Cook and Whiteman linking to release replacement lock Gareth Jones to crash over for the final try, Brambley's touchline conversion bisecting the posts and ending the game.