



Warrior Camp

- Since England Rugby launched the Inner Warrior campaign in January 2017 - with 100 Warrior Camps - the number of sessions has steadily risen, showing the growing interest and demand from budding female players, clubs and teams;
- The Meet Your Inner Warrior campaign has given hundreds of new players the opportunity to try rugby through Warrior Camps, introducing them to the basics of the game;
- Last year, around 50% of these new rugby players joined local clubs since the camps began, helping to form 41 new adult women's teams;
- As part of the 2017-21 funding agreement with Sport England, the RFU are looking to significantly expand the number of women and girls participating in grassroots rugby across England and the Warrior Camps are instrumental in supporting this growth;
- Women interested in attending a Warrior Camp can visit englandrugby.com/InnerWarrior to find their local event.

PICTURES BY GRAHAME LARTER WK180709



The wrecked remnants of the car in which Hannah Chandler almost lose her life



health so it was a no-brainer," she says.

Two years ago she set up on her own as a sports massage therapist but had the misfortune of damaging her thumb in an accident and was unable to continue.

She now works for an IT company in Weybridge.

But it took her a good seventh months to return to the game she loves.

"I had severe anxiety and couldn't set foot in a gym," she says. "I was drinking and overweight. It was psychological. I couldn't face it."

"A friend of mine, Amy

McMinn, then persuaded me to go to the gym for a session with her. Just a one-on-one as I couldn't deal with a group. A week later I saw another friend, Caroline Bull, who played rugby 10 years before and had given up. We made a pact that we would go down to rugby together. So we did.

"We haven't looked back. The people at the club have been so helpful. They have adapted the game for me to join in their sessions as I don't do contact of any kind."

"I wear a bib, which is frustrating because I want

to do everything. But I can run with the ball and pass, just not tackle. The doctor comes down of his own free time to see me.

"Our coach, Alex, is so good in adapting the sessions so I can be included. And I am healthy, happy and gaining fitness."

"I feel very lucky to be alive and enjoying life. And very grateful I didn't die that night. If my story means one person gets off the sofa and goes to play sport again, then that's what I would love. I want to inspire people."

Hannah Chandler is certainly doing that.