



GUINNESS

W6N

MEDIA GUIDE



2024



GUINNESS

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OUR MISSION IS TO BROADEN RUGBY'S AUDIENCE, AND CELEBRATE HOW UNIQUE AND SPECIAL RUGBY IS

The Guinness Women's Six Nations is here.

The 2024 Guinness Women's Six Nations will add another chapter to the history of a Championship that has been breaking boundaries and playing a significant role in the meteoric growth of women's sport over recent years. From a personal perspective, it will be a particularly special and proud moment as CEO of Six Nations Rugby when we kick off in Le Mans on Saturday 23rd March to start this next step in our journey.

Last year saw attendance and viewing records broken, and we expect that the 2024 Championship will again be watched and enjoyed by more people than ever before. There are so many storylines coursing through this Championship, both on and off the field, and we look forward to sharing those with you in the coming weeks.

The 2024 Guinness Women's Six Nations will see a range of new innovations in play including shot clock, instrumented mouthguards (iMG), and names on shirts worn for the first time. At Six Nations Rugby, we have a commitment to drive player welfare standards and innovate to improve the game for players and spectators alike. All of which is underpinned by Six Nations Rugby stakeholders, including each union and federation, its broadcast and commercial partners, who all play a part in bringing this famous Championship to life.

We were delighted to announce in December that our partners Guinness would expand their longstanding support of Six Nations Rugby to become title partner of our women's competition. This is a significant moment to partner with a brand which shares our ambition to accelerate the women's game and drive new vibrant audiences from all corners of the world. I would like to also thank our official partners Breitling,

Sage and IHG Hotels & Resorts, for their outstanding support – all of whom share our passion for taking this wonderful game to new heights.

This year's Championship can be enjoyed in many new ways, and which all fans can experience by heading to sixnationsrugby.com or downloading our new App. There is another chance to show off your strategic acumen, with the women's fantasy league now live. Fantasy rugby is a great way to get more involved, allowing fans to follow individual players' progress throughout the Championship.

Speaking of the players, the calibre of talent we will be witnessing in this year's Championship is truly outstanding. We're delighted that several icons of the game will be returning in 2024, and that excitement is further enhanced by the introduction of some thrilling debutantes - many of you will already have witnessed them in action for their clubs and in international age-group competitions.

Our ever-expanding broadcast coverage, which now spans 157 territories, is making a huge difference to ensuring we showcase the Championship to the widest possible global audience. As a consequence of that and all the media coverage the women's game now receives, new fans are learning more about what it takes to reach the pinnacle of their sport. We thank you for your ongoing support.

All the very best of luck to all the teams. Enjoy the Championship!

Thank you,

Tom Harrison, CEO of Six Nations Rugby

GUINNESS SIX NATIONS PARTNERS



GUINNESS

TITLE PARTNER



OFFICIAL INSIGHTS PARTNER



OFFICIAL TIMING PARTNER









OFFICIAL HOTEL PARTNER

GUINNESS
W6NATIONS

FIXTURES 2024

ROUND 1

FRANCE		23/03 14:15 GMT		IRELAND
WALES		23/03 16:45 GMT		SCOTLAND
ITALY		24/03 15:00 GMT		ENGLAND




ROUND 1

ROUND 2

SCOTLAND		30/03 14:15 GMT		FRANCE
ENGLAND		30/03 16:45 GMT		WALES
IRELAND		31/03 15:00 BST		ITALY

ROUND 2

ROUND 3

SCOTLAND		13/04 14:15 BST		ENGLAND
IRELAND		13/04 16:45 BST		WALES
FRANCE		14/04 12:30 BST		ITALY




ROUND 3

ROUND 4

ENGLAND		20/04 14:15 BST		IRELAND
ITALY		20/04 16:45 BST		SCOTLAND
WALES		21/04 15:15 BST		FRANCE

ROUND 4

ROUND 5

WALES		27/04 12:15 BST		ITALY
IRELAND		27/04 14:30 BST		SCOTLAND
FRANCE		27/04 16:45 BST		ENGLAND

ROUND 5



Welcome from Guinness

Bienvenue, Croeso, Benvenuto, Fáilte. Welcome everybody to the first ever launch of the **Guinness Women's Six Nations**, at Frameless, Marble Arch.

This marks a particularly momentous occasion for Guinness, as this year is the first time Guinness has taken the title sponsorship of the **Guinness Women's Six Nations**, alongside its existing title sponsorship of **Guinness Men's Six Nations**. Together, Six Nations and Guinness see this year's Championship as a catalyst for the continued rise of women's rugby. Upon the completion of the men's Championship, there is more outstanding rugby in store and the women's Championship has never had such a prominent role.

This is a significant, sustained, and meaningful commitment that will both transform the profile of rugby and supercharge Six Nations in line with the explosion in consumer passion for women's sport. We are delighted to see our partnership with Six Nations go from strength to strength since we first kicked

off our relationship in 2010 and working together to make the sport more inclusive.

As we continue our support as the Official Responsible Drinking Partner, promoting drinking in moderation to adults around the world who enjoy the **Guinness Six Nations**, we are delighted that **Guinness 0.0** will be more widely available this year for fans to enjoy the great taste of Guinness with none of the alcohol.

We are extremely honoured to be part of the history of this unique Championships, eager for kick-off and what the coming weeks will bring both on and off the pitch. Whatever the outcome may be on the field, we know that fans from all sides will continue the great rugby tradition of toasting the winning team over a post-game pint of the black stuff.

Here's to the next few weeks of fantastic rugby for the **Guinness Women's Six Nations Championships**.

Stephen O'Kelly



ENGLAND RECORDS

SIX NATIONS TEAM RECORDS		
IN A GAME	HOME	AWAY
Highest Score	89-0 v Scotland (Twickenham) 13.3.11	86-3 v Spain (Madrid) 11.2.06
Biggest Win	(89) 89-0 v Scotland (Twickenham) 13.3.11	(83) 86-3 v Spain (Madrid) 11.2.06
Highest Score Conceded	(30) 20-30 v France (Twickenham) 23.2.13	(25) 0-25 v Ireland (Ashbourne) 9.2.13
Worst Loss	(10) 20-30 v France (Twickenham) 23.2.13	(25) 0-25 v Ireland (Ashbourne) 9.2.13
	FOR	AGAINST
Most Tries	15 v Scotland (Twickenham) 13.3.11	5 v France (Twickenham) 23.2.13; 5 v France (Twickenham) 29.4.23
Most Conversions	10 v Scotland (Twickenham) 16.3.19	4 v France (Twickenham) 29.4.23
Most Penalty Goals	4 v France (Twickenham) 4.2.17	3 v France (Twickenham) 21.3.15 3 v Ireland (Twickenham) 27.2.16
Most Drop Goals	1 v France (Tournon) 1.3.02	1 v Scotland (Dunbar) 3.2.02 1 v Italy (Rome) 9.2.08 1 v France (Grenoble) 1.2.14



FRANCE RECORDS

SIX NATIONS TEAM RECORDS		
IN A GAME	HOME	AWAY
Highest Score	76-0 v Scotland (Dijon) 15.3.13	69-0 v Scotland (Lasswade) 9.3.14
Biggest Win	(76) 76-0 v Scotland (Dijon) 15.3.13	(69) 69-0 v Scotland (Lasswade) 9.3.14
Highest Score Conceded	(31) 0-31 v England (Bergerac) 23.2.08	(57) 0-57 v England (Twickenham) 15.2.03
Worst Loss	(31) 0-31 v England (Bergerac) 23.2.08	(57) 0-57 v England (Twickenham) 15.2.03
	FOR	AGAINST
Most Tries	12 v Scotland (Dijon) 15.3.13	9 v England (Twickenham) 15.2.03 9 v England (Twickenham) 15.2.03
Most Conversions	8 v Scotland (Dijon) 15.3.13	9 v England (Twickenham) 15.2.03 6 v England (Old Deer Park) 15.3.09
Most Penalty Goals	4 v Wales (Nanterre) 16.3.01 4 v Scotland (Inverleith) 24.3.02	5 v Scotland (Roubaix) 4.2.05
Most Drop Goals	1 v Scotland (Inverleith) 24.3.02 1 v England (Grenoble) 1.2.14	1 v England (Tournon) 1.3.02



IRELAND RECORDS

SIX NATIONS TEAM RECORDS		
IN A GAME	HOME	AWAY
Highest Score	59-0 v England (Ashbourne) 31.1.14 73-3 v	73-3 v Scotland (Cumbernauld) 22.3.15
Biggest Win	59-0 v England (Ashbourne) 31.1.14 (70)	73-3 v Scotland (Cumbernauld) 22.3.15
Highest Score Conceded	(56) 15-56 v France (Donnybrook) 17.4.21	(79) 0-79 v England (Worcester) 17.2.02
Worst Loss	(53) 0-53 v France (Clontarf) 16.2.01	(79) 0-79 v England (Worcester) 17.2.02
	FOR	AGAINST
Most Tries	11 v Scotland (Ashbourne) 31.1.14 11 v Scotland (Cumbernauld) 22.3.15	13 v England (Worcester) 17.2.02
Most Conversions	Most Conversions 6 v Scotland (Cumbernauld) 22.3.15	7 v England (Worcester) 17.2.02 7 v England (Leicester) 24.4.22
Most Penalty Goals	3 on six occasions	4 v Italy (Rome) 17.3.07; 4 v Wales (St Mary's College) 7.3.08
Most Drop Goals	1 v Italy (Ashbourne) 5.2.10	3 v Spain (Madrid) 5.2.05



ITALY RECORDS

SIX NATIONS TEAM RECORDS		
IN A GAME	HOME	AWAY
Highest Score	45-5 v Scotland (Santa Maria Capua) 23.2.14	41-20 v Scotland (Scotstoun) 17.4.21
Biggest Win	B(40) 45-5 v Scotland (Santa Maria Capua) 23.2.14	(26) 26-0 v Scotland (Meggetland) 20.3.11
Highest Score Conceded	(76) 6-76 v England (Rome) 9.2.08	(69) 13-69 v England (Old Deer Park) 7.2.09
Worst Loss	(74) 0-74 v England (Parma) 3.4.22	(63) 5-68 v England (Esher) 12.2.11
	FOR	AGAINST
Most Tries	7 v Scotland (Scotstoun) 17.4.21	12 v England (Rome) 9.2.08 12 v England (Parma) 3.4.22
Most Conversions	4 v Scotland (Scotstoun) 1.2.19	8 v England (Rome) 9.2.08 8 v England (Padova) 10.4.21
Most Penalty Goals	5 v Wales (Benevento) 24.2.13	3 v France (Benevento) 13.3.11
Most Drop Goals	1 v England (Rome) 9.2.08 1 v Ireland (Ashbourne) 24.2.12	1 v Ireland (Ashbourne) 5.2.10



SCOTLAND RECORDS

SIX NATIONS TEAM RECORDS		
IN A GAME	HOME	AWAY
Highest Score	48-7 v Spain (Meadowbank) 29.3.03	31-3 v Wales (Llanelli) 7.4.02
Biggest Win	(41) 48-7 v Spain (Meadowbank) 29.3.03	(28) 31-3 v Wales (Llanelli) 7.4.02
Highest Score Conceded	(73) 3-73 v Ireland (Cumbernauld) 22.3.15	(89) 0-89 v England (Twickenham) 13.3.11
Worst Loss	(70) 3-73 v Ireland (Cumbernauld) 22.3.15	(89) 0-89 v England (Twickenham) 13.3.11
	FOR	AGAINST
Most Tries	6 v Spain (Meadowbank) 29.3.03	15 v England (Twickenham) 13.3.11
Most Conversions	3 v Wales (Llanelli) 7.4.02	10 v England (Twickenham) 16.3.19
	3 v Spain (Meadowbank) 29.3.03	
	3 v Italy (Boroughmuir) 24.2.07	
Most Penalty Goals	5 v France (Roubaix) 4.2.05	4 v France (Inverleith) 24.3.02 4 v Italy (Mira) 16.3.08 4 v Wales (Lasswade) 8.2.09
Most Drop Goals	1 v England (Dunbar) 3.2.02	1 v France (Inverleith) 24.3.02



WALES RECORDS

SIX NATIONS TEAM RECORDS		
IN A GAME	HOME	AWAY
Highest Score	34-0 v Spain (Cardiff Arms Park) 15.2.03	41-12 v Scotland (Burnbrae) 13.2.11
Biggest Win	(34) 34-0 v Spain (Cardiff Arms Park) 15.2.03	(36) 39-3 v Scotland (Cumbernauld) 14.2.15
Highest Score Conceded	(81) 0-81 v England (Cardiff Arms Park) 4.2.05	(66) 7-66 v England (The Stoop) 7.3.20
Worst Loss	(81) 0-81 v England (Cardiff Arms Park) 4.2.05	(59) 7-66 v England (The Stoop) 7.3.20
	FOR	AGAINST
Most Tries	6 v Scotland (Burnbrae) 13.2.11	13 v England (Cardiff Arms Park) 4.2.05
Most Conversions	4 v Scotland (Bridgend) 14.2.10	8 v England (Cardiff Arms Park) 4.2.05
	4 v Scotland (Cumbernauld) 14.2.15	8 v England (The Stoop) 7.3.20
Most Penalty Goals	4 v Ireland (St Mary's College) 7.3.08	5 v Italy (Benevento) 24.2.13
	4 v Scotland (Lasswade) 8.2.09	
Most Drop Goals	No instance	No instance

Officials

DATE	FIXTURE	VENUE	OFFICIALS
SAT 23 MAR	FRANCE v IRELAND	Stade Marie-Marvingt, Le Mans	Referee: Kat Roche (USAR) Assistant Referee 1: Maria Latos (GER) Assistant Referee 2: Adele Robert (BEL) TMO: Quinton Immelman (SARU)
SAT 23 MAR	WALES v SCOTLAND	Cardiff Arms Park, Cardiff	Referee: Clara Munarini (FIR) Assistant Referee 1: Sara Cox (RFU) Assistant Referee 2: Holly Wood (RFU) TMO: Leo Colgan (IRFU)
SUN 24 MAR	ITALY v ENGLAND	Stadio Sergio Lanfranchi, Parma	Referee: Aurélie Groizeleau (FFR) Assistant Referee 1: Doriane Domenjo (FFR) Assistant Referee 2: Melissa Leboeuf (FFR) TMO: Chris Assmus (RC)
SAT 30 MAR	SCOTLAND v FRANCE	Hive Stadium, Edinburgh	Referee: Sara Cox (RFU) Assistant Referee 1: Precious Pazani (ZIM) Assistant Referee 2: Adele Robert (BEL) TMO: Dan Jones (RFU)
SAT 30 MAR	ENGLAND v WALES	Ashton Gate, Bristol	Referee: Sara Cox (RFU) Assistant Referee 1: Precious Pazani (ZIM) Assistant Referee 2: Adele Robert (BEL) TMO: Dan Jones (RFU)
SUN 31 MAR	IRELAND v ITALY	RDS, Dublin	Referee: Hollie Davidson (SRU) Assistant Referee 1: Maria Heitor (FFR) Assistant Referee 2: Amber Stamp-Dunstan (WRU) TMO: Chris Assmus (RC)
SAT 13 APR	SCOTLAND v ENGLAND	Hive Stadium, Edinburgh	Referee: Clara Munarini (FIR) Assistant Referee 1: Maria Latos (GER) Assistant Referee 2: Adele Robert (BEL) TMO: Matteo Liperini (FIR)
SAT 13 APR	IRELAND v WALES	Musgrave Park, Cork	Referee: Sara Cox (RFU) Assistant Referee 1: Hollie Davidson (SRU) Assistant Referee 2: Chelsea Gillespie (SRU) TMO: Andrew McMenemy (SRU)
SUN 14 APR	FRANCE v ITALY	Stade Jean Bouin, Paris	Referee: Joy Neville (IRFU) Assistant Referee 1: Holly Wood (RFU) Assistant Referee 2: Maria Heitor (POR) TMO: Leo Colgan (IRFU)
SAT 20 APR	ENGLAND v IRELAND	Twickenham Stadium	Referee: Aurélie Groizeleau (FFR) Assistant Referee 1: Doriane Domenjo (FFR) Assistant Referee 2: Adele Robert (BEL) TMO: Rachel Horton (RA)
SAT 20 APR	ITALY v SCOTLAND	Stadio Sergio Lanfranchi, Parma	Referee: Maggie Cogger-Orr (NZR) Assistant Referee 1: Natarsha Ganley (NZR) Assistant Referee 2: Amber Stamp-Dunstan (WRU) TMO: Dan Jones (RFU)
SUN 21 APR	WALES v FRANCE	Cardiff Arms Park, Cardiff	Referee: Hollie Davidson (SRU) Assistant Referee 1: Clara Munarini (FIR) Assistant Referee 2: Maria Latos (GER) TMO: Matteo Liperini (FIR)
SAT 27 APR	WALES v ITALY	Principality Stadium, Cardiff	Referee: Aimee Barnett-Theron (SARU) Assistant Referee 1: Sara Cox (RFU) Assistant Referee 2: Chelsea Gillespie (SRU) TMO: Rachel Horton (RA)
SAT 27 APR	IRELAND v SCOTLAND	Kingspan Stadium, Belfast	Referee: Natarsha Ganley (NZR) Assistant Referee 1: Aurélie Groizeleau (FFR) Assistant Referee 2: Holly Wood (RFU) TMO: Dan Jones (RFU)
SAT 27 APR	FRANCE v ENGLAND	Stade Chaban-Delmas, Bordeaux	Referee: Maggie Cogger-Orr (NZR) Assistant Referee 1: Clara Munarini (FIR) Assistant Referee 2: Maria Heitor (POR) TMO: Andrew McMenemy (SRU)

2023 Player Rankings

TOP W6N MINUTES 2023

Name	Team	Minutes
Holly Aitchison	England	400
Chloe Rollie	Scotland	400
Evie Gallagher	Scotland	400
Gabrielle Vernier	France	400
Lisa Neumann	Wales	400
Courtney Keight	Wales	400
Vittoria Vecchini	Italy	400
Elinor Snowsill	Wales	396
Georgia Evans	Wales	395
Nichola Fryday	Ireland	392

TOP W6N CARRIES 2023

Name	Team	Carries
Marlie Packer	England	71
Deirbhile Nic A Bhaird	Ireland	70
Georgia Evans	Wales	69
Sam Monaghan	Ireland	69
Evie Gallagher	Scotland	64
Abigail Dow	England	61
Alex Callender	Wales	58
Bethan Lewis	Wales	56
Chloe Rollie	Scotland	56
Nichola Fryday	Ireland	55

TOP W6N DEFENDERS BEATEN 2023

Name	Team	Defenders Beaten
Chloe Rollie	Scotland	41
Abigail Dow	England	30
Tatyana Heard	England	22
Aura Muzzo	Italy	22
Claudia MacDonald	England	21
Gabrielle Vernier	France	20
Francesca McGhie	Scotland	20
Marine Menager	France	17
Cyrielle Banet	France	17
Sadia Kabeya	England	16

TOP W6N KICKS IN PLAY 2023

Name	Team	Kicks In Play
Holly Aitchison	England	68
Helen Nelson	Scotland	49
Dannah O'Brien	Ireland	49
Jessy Tremouliere	France	42
Beatrice Rigoni	Italy	36
Elinor Snowsill	Wales	33
Keira Bevan	Wales	21
Veronica Madia	Italy	20
Sofia Stefan	Italy	19

TOP W6N TACKLES MADE 2023

Name	Team	Tackles Made
Neve Jones	Ireland	90
Evie Gallagher	Scotland	81
Giordana Duca	Italy	76
Marlie Packer	England	73
Sara Tounesi	Italy	73
Lana Skeldon	Scotland	73
Charlotte Escudero	France	72
Rachel Malcolm	Scotland	72
Georgia Evans	Wales	69

TOP W6N TURNOVERS WON 2023

Name	Team	Turnovers Won
Marlie Packer	England	9
Alex Callender	Wales	7
Lana Skeldon	Scotland	6
Evie Gallagher	Scotland	6
Michela Sillari	Italy	6
Gwenllian Pyrs	Wales	5
Bethan Lewis	Wales	5
Gabrielle Vernier	France	5

TOP W6N TRY-SCORERS 2023

Name	Team	Tries
Marlie Packer	England	7
Abigail Dow	England	6
Gabrielle Vernier	France	5
Lana Skeldon	Scotland	4
Tatyana Heard	England	4
Sisilia Tuipulotu	Wales	4
Emilie Boulard	France	4
Jess Breach	England	4
Claudia MacDonald	England	4

TOP W6N METRES GAINED 2023

Name	Team	Metres Gained
Abigail Dow	England	580
Chloe Rollie	Scotland	441
Claudia MacDonald	England	395
Courtney Keight	Wales	351
Cyrielle Banet	France	319
Vittoria Ostuni Minuzzi	Italy	308
Lauren Delany	Ireland	298
Aura Muzzo	Italy	298
Jess Breach	England	291
Sarah Bern	England	287

2023 Player Rankings

TOP W6N BREAK ASSISTS 2023

Name	Team	Break Assists
Marine Menager	France	6
Tatyana Heard	England	5
Elinor Snowsill	Wales	5
Emilie Boulard	France	5
Gabrielle Vernier	France	4
Holly Aitchison	England	4
Emma Sing	England	4
Helen Nelson	Scotland	4

TOP W6N KICK METRES 2023

Name	Team	Kick Metres
Holly Aitchison	England	2232
Helen Nelson	Scotland	1627
Dannah O'Brien	Ireland	1546
Jessy Tremouliere	France	1323
Elinor Snowsill	Wales	1035
Beatrice Rigoni	Italy	860
Chloe Rollie	Scotland	538
Keira Bevan	Wales	504
Sofia Stefan	Italy	444
Veronica Madia	Italy	429

TOP W6N TRY ASSISTS 2023

Name	Team	Try Assists
Holly Aitchison	England	6
Pauline Bourdon Sansus	France	5
Jessy Tremouliere	France	4
Abigail Dow	England	3
Tatyana Heard	England	3
Jess Breach	England	3
Claudia MacDonald	England	3
Marine Menager	France	3
Lagi Tuima	England	3
Sarah Bern	England	3

TOP W6N LINE BREAKS 2023

Name	Team	Line Breaks
Abigail Dow	England	11
Claudia MacDonald	England	8
Jess Breach	England	8
Alyssa D'Inca	Italy	8
Chloe Rollie	Scotland	7
Melissande Llorens	France	7
Gabrielle Vernier	France	7
Marine Menager	France	6
Gaelle Hermet	France	6

TOP W6N OFFLOADS 2023

Name	Team	Offloads
Jessy Tremouliere	France	10
Gabrielle Vernier	France	8
Audrey Forlani	France	8
Beatrice Rigoni	Italy	6
Sarah Bern	England	6
Abigail Dow	England	6

TOP W6N HITS 2023

Name	Team	Hits
Marlie Packer	England	157
Georgia Evans	Wales	154
Abbie Fleming	Wales	138
Neve Jones	Ireland	138
Sioned Harries	Wales	135
Alex Callender	Wales	131
Evie Gallagher	Scotland	130
Bethan Lewis	Wales	127
Agathe Sochat	France	119
Giada Franco	Italy	112

TOP W6N TACKLE SUCCESS 2023 *min.20 attempts

Name	Team	Tackle Success %
Mackenzie Carson	England	100.0%
Audrey Forlani	France	98.0%
Neve Jones	Ireland	97.8%
Alex Matthews	England	97.8%
Axelle Berthoumieu	France	97.6%
Giordana Duca	Italy	97.4%
Emeline Gros	France	97.1%
Zoe Aldcroft	England	96.8%
Maelle Picut	France	96.7%
Eilidh Sinclair	Scotland	96.3%

TOP W6N KICKS IN PLAY 2023

Name	Team	Kicks in Play
Holly Aitchison	England	68
Helen Nelson	Scotland	49
Dannah O'Brien	Ireland	49
Jessy Tremouliere	France	42
Beatrice Rigoni	Italy	36
Elinor Snowsill	Wales	33
Keira Bevan	Wales	21
Veronica Madia	Italy	20
Sofia Stefan	Italy	19

2023 Team Rankings

POINTS FOR		
Rank	Team	Points For
1	England	271
2	France	202
3	Wales	118
4	Scotland	94
5	Italy	72
6	Ireland	25

POINTS CONCEDED		
Rank	Team	Points Conceded
1	England	48
2	France	67
3	Wales	135
4	Italy	162
5	Scotland	178
6	Ireland	192

LINEOUT SUCCESS %		
Rank	Team	Lineout Success %
1	France	88%
2	England	86%
3	Scotland	82%
4	Wales	79%
5	Italy	70%
6	Ireland	69%

CARRIES		
Rank	Team	Carries
1	England	786
2	France	680
3	Wales	651
4	Scotland	627
5	Ireland	599
6	Italy	489

METRES MADE		
Rank	Team	Metres Made
1	England	3806
2	France	3122
3	Italy	2227
4	Wales	1999
5	Scotland	1925
6	Ireland	1651

PLACE-KICK SUCCESS %		
Rank	Team	Place-Kick Success %
1	Italy	83%
2	Wales	75%
3	Ireland	75%
4	Scotland	56%
5	France	56%
6	England	50%

DEFENDERS BEATEN		
Rank	Team	Defenders Beaten
1	England	203
2	France	165
3	Italy	97
4	Scotland	118
5	Wales	79
6	Ireland	68

CARRY DOMINANCE %		
Rank	Team	Carry Dominance %
1	England	47%
2	Scotland	45%
3	Italy	44%
4	France	42%
5	Wales	38%
6	Ireland	34%

LINE BREAKS		
Rank	Team	Line Breaks
1	England	57
2	France	53
3	Italy	29
4	Scotland	24
5	Wales	19
6	Ireland	10

GAINLINE SUCCESS %		
Rank	Team	Gainline Success %
1	England	67%
2	Wales	61%
3	France	60%
4	Italy	57%
5	Scotland	48%
6	Ireland	44%

KICKS IN PLAY		
Rank	Team	Kicks In Play
1	France	102
2	England	99
3	Scotland	97
4	Italy	96
5	Ireland	73
6	Wales	70

TACKLE EVASION %		
Rank	Team	Tackle Evasion %
1	England	28%
2	France	28%
3	Italy	24%
4	Scotland	20%
5	Ireland	13%
6	Wales	13%

TACKLE SUCCESS %		
Rank	Team	Tackle Success %
1	France	91%
2	England	90%
3	Italy	89%
4	Scotland	86%
5	Wales	84%
6	Ireland	79%

TURNOVERS WON		
Rank	Team	Turnovers Won
1	Scotland	40
2	England	39
3	Italy	32
4	Wales	30
5	France	26
6	Ireland	24

TACKLES MADE		
Rank	Team	Tackles Made
1	Italy	878
2	Scotland	874
3	France	758
4	England	724
5	Ireland	721
6	Wales	622

Player Appearances

ENGLAND	W6N CAPS	France	W6N CAPS
Abbie Ward	26	Agathe Sochat	24
Abby Dow	17	Alexandra Chambon	10
Alex Matthews	18	Ambre Mwayembe	3
Amy Cokayne	34	Annaelle Deshayes	14
Catherine O'Donnell	13	Assia Khalfaoui	9
Connie Powell	5	Axelle Berthoumieu	8
Ella Wyrwas	3	Caroline Drouin	10
Ellie Kildunne	17	Charlotte Escudero	5
Emily Scarratt	47	Chloe Vauclin	0
Emma Sing	5	Clara Joyeux	18
Hannah Botterman	14	Cyrielle Banet	16
Helena Rowland	11	Elisa Riffonneau	3
Holly Aitchison	9	Emeline Gros	12
Jess Breach	19	Emilie Boulard	12
Kelsey Clifford	2	Gabrielle Vernier	21
Lark Atkin-Davies	26	Gaelle Hermet	29
Lizzie Hanlon	0	Kiara Zago	0
Lucy Packer	8	Lea Champon	0
Mackenzie Carson	5	Lina Queyroi	0
Maddie Feaunati	0	Lina Tuy	0
Marlie Packer	36	Madoussou Fall	10
Maud Muir	8	Manae Feleu	5
Megan Jones	2	Manon Bigot	1
Morwenna Talling	3	Marine Menager	25
Natasha Hunt	25	Morgane Bourgeois	1
Poppy Cleall	34	Nassira Konde	2
Rosie Galligan	6	Oceane Bordes	0
Sadia Kabeya	6	Pauline Bourdon Sansus	22
Sarah Beckett	17	Romane Menager	30
Sophie Bridger	0	Rose Bernadou	7
Sydney Gregson	3	Suliana Sivi	0
Tatyana Heard	7	Teani Feleu	0
Vicky Laffin	0		
Zoe Aldcroft	16		
Zoe Harrison	18		

Player Appearances

IRELAND	W6N CAPS	ITALY	W6N CAPS
Andrea Stock	0	Alessia Pilani	0
Aoibheann Reilly	4	Alice Cassaghi	2
Aoife Dalton	5	Alyssa D'Inca	8
Aoife Wafer	1	Aura Muzzo	23
Beibhinn Parsons	11	Beatrice Capomaggi	6
Brittany Hogan	12	Beatrice Rigoni	47
Chisom Ugwuere	0	Beatrice Veronese	9
Christy Haney	9	Elisa Giordano	40
Claire Boles	3	Emanuela Stecca	5
Clare Gorman	0	Emma Stevanin	4
Dannah O'Brien	5	Francesca Granzotto	1
Dorothy Wall	16	Francesca Sgorbini	10
Edel McMahon	11	Gaia Maris	11
Eimear Corri	0	Giada Franco	19
Enya Breen	11	Giordana Duca	26
Eve Higgins	6	Giulia Cavina	0
Fiona Tuite	0	Ilaria Arrighetti	38
Grace Moore	8	Isabella Locatelli	26
Katie Corrigan	0	Laura Gurioli	2
Katie Heffernan	0	Lucia Gai	59
Katie Whelan	0	Michela Sillari	54
Lauren Delany	15	Micol Cavina	0
Linda Djougang	21	Sara Seye	7
Meabh Deely	5	Sara Tounesi	20
Megan Collis	0	Silvia Turani	14
Molly Scuffil-McCabe	7	Sofia Stefan	52
Natasja Behan	5	Valeria Fedrighi	25
Neve Jones	13	Veronica Madia	26
Niamh O'Dowd	1	Vittoria Ostuni Minuzzi	14
Nicole Fowley	5	Vittoria Vecchini	10
Ruth Campbell	0		
Sadhbh McGrath	5		
Sam Monaghan	9		
Sarah Delaney	0		
Shannon Ikaiahifo	0		

Player Appearances

SCOTLAND	W6N Caps	WALES	W6N CAPS
Alex Stewart	0	Abbey Constable	1
Anne Young	5	Abbie Fleming	6
Beth Blacklock	3	Alex Callender	17
Caity Mattinson	4	Alisha Butchers	29
Chloe Rolie	40	Amelia Tutt	1
Christine Belisle	14	Bethan Lewis	24
Cieron Bell	0	Bryonie King	3
Coreen Grant	6	Carys Cox	0
Elis Martin	0	Carys Phillips	44
Elliann Clarke	4	Catherine Richards	0
Emma Orr	7	Courtney Keight	8
Emma Wassell	40	Donna Rose	8
Eva Donaldson	5	Georgia Evans	12
Evie Gallagher	12	Gwen Crabb	17
Fi McIntosh	0	Gwenllian Pyrs	19
Francesca McGhie	5	Gwennan Hopkins	0
Helen Nelson	33	Hannah Bluck	8
Lana Skeldon	43	Hannah Jones	33
Leah Bartlett	16	Jasmine Joyce	18
Leia Brebner-Holden	0	Jenni Scoble	0
Lisa Cockburn	11	Jenny Hesketh	0
Lisa Thomson	32	Kate Williams	5
Louise McMillan	26	Kayleigh Powell	8
Mairi McDonald	10	Keira Bevan	35
Merryn Gunderson	0	Kelsey Jones	23
Meryl Smith	7	Kerin Lake	35
Molly Wright	8	Lisa Neumann	25
Nicole Flynn	0	Lleucu George	8
Rachel Malcolm	23	Megan Davies	3
Rachel McLachlan	20	Mollie Wilkinson	0
Rhona Lloyd	26	Molly Reardon	0
Sarah Bonar	21	Natalia John	21
Shona Campbell	4	Nel Metcalfe	0
		Niamh Terry	4
		Shona Wakley	33
		Sian Jones	0
		Sisilia Tuipulotu	7



FANTASY RUGBY GEEK

BELOW: Neve Jones is one to watch for Ireland.

FANTASY RUGBY GEEK'S GUIDE TO THE GAME

With Fantasy Rugby now live, it's time to dust off the stats and study the player prices!



W Between now and that opening kick in Le Mans on the 23rd March, it is time to tinker, strategise and start building a fantasy team that will guarantee victory against your friends, family, teammates, work colleagues, and the many other experts taking part from all over the globe. In this guide, we'll provide all the details to help you navigate the 2024 game, whether you're a Fantasy Rugby newbie or a seasoned veteran. Even if you're familiar with the rules, be sure to read on, as there are some important changes to note! A quick overview of the core rules of the game (which will be very familiar if you played the Men's fantasy game): You have a budget of 240 stars to build a squad of 15 starters and 1 player on your bench. You can select any player named in the Guinness Women's Six Nations squads - however, each player has a different price (based on the player's reputation and likely performance in the game), so you need

to manage your budget wisely and work to identify value players. Your team must consist of 3 back-three players, 2 centres, 1 fly-half, 1 scrum-half, 3 back rows, 2 second rows, 2 props, and 1 hooker; while your bench player can be from any position. It is important to note that you can only select a maximum of 4 players from the same country. The auto-pick function is available if you want a quick team before tinkering. For each round, you'll have two bonus chips: Captain and Supersub. The Captain's points are doubled, while the Supersub's points are TREBLED, but you must select a player starting on the bench. If you choose a starter as Supersub, you'll only get half their points. There are strategies around the Supersub selection, which we'll explore later... Points are awarded for a variety of Attacking actions and Defensive actions. From an attacking perspective, points are awarded for Tries (10 pts), Try assists (4 pts), Try conversion (2 pts), Penalty kick (3 pts), Drop goal (5 pts), Defenders beaten (2 pts), Carried



Wales back rower Bethan Lewis is a fine prospect for any fantasy team.

metres (1 pt per 10m made), and 50-22 kicks (7 pts). While on the defensive side, points are awarded for Tackles (1 pt), Breakdown steals (5 pts), and Lineout steals (7 pts). You will also need to be careful if you have players prone to disciplinary issues, as there are points deductions in place for conceded penalties (-1 pt), yellow cards (-3 pts), and red cards (-6 pts). Finally, there is a massive 15 points on offer for the Official Player of the Match, so choose carefully. Two important changes to note from the 2023 game (that again, you will be familiar with if you played the men's version of the game) are that firstly, you will now only have one substitute on your bench, as opposed to the three substitutes previously available for selection. Secondly, when it comes to scoring, there have been some slight alterations, the biggest being the removal of what was known in previous years as 'team' points for the team's victories and draws. These no longer apply so outstanding performers on losing teams will now score on an even level compared to their victorious counterparts. The social aspect is one of the best parts of Fantasy Rugby, and you can play with friends by setting up or joining a league (go to the 'Leagues' tab). Your team in the general league and private leagues will be the same, but you can also create "For Fun" private leagues with personalised budgets and player limits (though these are ineligible for prizes). Some great prizes are on offer for the best players in each round and in the overall ranking by the end of the tournament, so it's crucial that you make a good

start. So, with this in mind, here are five initial tips to help build your team to give you the best shot from the start. Firstly, above all it's key that you hold off finalising your team until all the starting line-ups are announced. It's definitely a good thing to build some drafts before the tournament to familiarise yourself with the player pool and the prices, but don't finalise your team until you know everyone playing. You will know if a player is selected to start or be on the bench for each round, as an icon next to the player will indicate if the player is a starter, a substitute, or not called up in the matches. In addition, occasionally a player will suffer an injury between the announcement and kick-off, so keep a close eye on the team news and be ready for any switches if needed. Next up, don't feel bound to make a limited number of transfers. Six Nations Fantasy Rugby 2024 allows you to completely tear up your team for no points penalty in



BELOW: England's Marlie Packer has been a standout in a team of standouts.

BELOW: Gabrielle Vernier is the mainstay of the French midfield, and produces the points to back it up.



between rounds. This means you can load a fully-optimised team for each round. If you need to make 15+ changes, then don't hold back. Just do it!

Six Nations Fantasy Rugby 2024 is a salary cap game, so how you allocate your budget is key.

One key point to note is that players' values go up and down throughout the tournament based

on their popularity, so you can build your team's maximum value throughout the

Championship. This can be of enormous value come the closing couple of rounds,

so make your transfers wisely, and if you have any players in your side who may

lose value (they could be injured or out of favour with the coaches), then ship

them out ASAP! Play the market: each player's value will evolve, increasing or

decreasing, according to their real performance. This means you'll

make a profit - or a loss - after each round if you decide to

sell a player.

Another top tip is around kickers. Very often in

fantasy rugby games, you are obliged to select one

kicker to gain points from conversions, penalties,

drop goals, etc. Not here, so if you can find kickers

who play outside of the fly-half position (for example,

Michela Sillari, Keira Bevan and Emma Sing), then they are

well worth picking up, as they are guaranteed kicking points.

Finally, have a strategy for your Supersub, which when played well

can be an absolute game-changer. There is often luck involved - for

example, if one of the starting XV needs to go off in the early

stages of the game; but likewise, you could be at the mercy of

a coach who decides to leave their backs on the bench for

the entire 80 minutes, so you have to play the percentages

and consider the risks.

For me, there are three key areas to consider in a

Supersub. Firstly, will they come on, and will they

play a significant period of time? For this, we see Props,

Hookers, and Scrum-Halves tend to come on typically

between the 45- to 60-minute

point, so they usually get some good game time (and often Hookers find themselves on the end of a driving

maul and so bring an added try threat). With Locks and Loose Forwards, it is not rare to see a starting

Lock or Loose Forward play the full 80. That said, Locks and Back Rowers are not typically left on the

bench either. Fly-Halves are a bit more unpredictable: they could come on early if the game plan is not

working, but likewise, sometimes a change is too disruptive and can be left late, and in some cases

not at all. Centres and Back Three are also a bit of a lottery.

Next up, take a look at previous games to see if there are any trends in how the team operates their

replacements. In some cases, past matches can provide a pretty educated insight into how a team will

play their bench.

Finally, is your prospective Supersub the only option on the bench in their position? If a team is

playing a 6-2 split on the bench, then that is probably a good time to select a utility back as they are far more

likely to come on in time to make a decent impact. Good luck: with triple points on offer, a successful

Supersub pick can propel you to the very top!

Taking an initial look at the squads in the game, there is plenty of fantasy rugby talent to be found in

all of them. Starting with the reigning champions England. The first name on many teamsheets will be

the 2023 Championship top try-scorer, Marlie Packer (20 stars). Packer was a top performer in many

areas, not just with 7 tries to her name but 367m carried, 10 defenders beaten, 73 tackles made and 7

breakdown steals. If she continues this form in 2024, she will be unstoppable and will more than justify

the high price tag. Also on 20 stars, but just as much of a points threat, is Abby Dow. Dow returned to the

2023 Women's Six Nations less than 12 months after a serious leg injury and put up some incredible stats,

including a huge 722m carried (over 100m more than her nearest rival). She also chalked up 6 tries and 30

defenders beaten. A lethal attacking threat. For what it is worth, England are a team stacked with world-

class talent throughout, and with a team limit of 4 players, you will need to think carefully about which

4 you will go with.

Last year's runners-up France are another side full of talent. Like England, their players will likely

form the backbone of many a team. While they may now be without their legends Jessie Trémoulière and

Laure Sansus, they still have plenty of big names. One name that will be in many teams is their star Centre,

Gabrielle Vernier (20 stars). Last year, Vernier recorded 5 tries, 2 assists, 332m carried, 20 defenders

beaten and 4 breakdown steals. An outstanding performance. They also have huge talent in their

back row; none more so than in Gaëlle Hermet (17 stars) who last year registered 2 tries, an assist, 244m

carried, 51 tackles made, 5 breakdown steals and 2 lineout steals.



Wales had a strong Championship performance in 2023 and will be looking to break the France-England stronghold of the Top 2 in 2024. One top performer from last year who will be looking to build on her breakthrough tournament is Sisilia Tuipolotu (16 stars). The Prop was in outstanding form in 2023 with 4 tries and 223m carried, and is a true fantasy outlier in the Prop position (especially with Sarah Bern injured this year). Wales are another team blessed with Back Row talent, and one player to highlight is Bethan Lewis (15 stars). Lewis recorded the equal highest number of breakdown steals in 2023 (7 - equal with Marlie Packer) and also added a try, 2 assists, 51 tackles and 2 lineout steals.

Scotland will be out to build on their 4th place finish in 2023, and one player who will no doubt be at the forefront of their attack is their untouchable fullback, Chloe Rollie (18 stars). Rollie is a lethal runner and a consistent high performer at international level and in 2023 carried for a huge 609 metres (second only to Abby Dow) and beat more defenders than any other player in the Championship with 41. Rollie also contributed 3 tries to the cause and is a very safe selection in the Back Three. Elsewhere they have a try machine up front in Lana Skeldon (16 stars). Skeldon dotted down on 4 occasions in 2023 and also contributed 73 tackles and 3 breakdown steals. Skeldon is an excellent option in the Hooker position.

Italy would have been disappointed with their 5th place finish in 2023, which belies the talent they have at their disposal. Italy's top try-scorer in 2023, Alyssa D'Inca (15 stars), will be looking to build on her 2023 performance. A great attacking all-rounder, D'Inca scored 3 tries, carried for 310m and beat 14 defenders in 2023. In addition, we can't talk about Italy without mentioning their magician in Midfield, Beatrice Rigoni (16 stars). Time and again, Rigoni has lit up the Women's Six Nations with her creative talent, and we expect more of the same in 2024.

Finally, Ireland, who ended 2023 in last position for the first time since 2004 and will be looking for better form in 2024. Despite the team's showings, Neve Jones (16 stars) always delivered and recorded the highest number of tackles of any player in the 2023 Championship (90 tackles) and will once again be instrumental to Ireland's performance. Aoife Dalton (10 stars) was another shining light in Ireland's difficult campaign last year, beating more defenders (14) than any other Irish player, and also carrying for 175 metres and winning 2 breakdown steals.

In the lead-up and throughout the tournament, the Fantasy Rugby Geek will be providing tips and insights to help you grow your fantasy scores throughout the tournament, so keep an eye on the Guinness Women's Six Nations website throughout for more news!

ABOVE: Beatrice Rigoni is a creative force for Italy's backline, so expect her to fire on all cylinders.



SPECIAL DELIVERY FROM THE MAXWELL FAMILY

A special moment was witnessed at Principality Stadium moments before kick-off between Wales and France in the Guinness Men's Six Nations.

An epic 780-mile fundraising walk along the stunning Wales Coastal Path drew to a close at the iconic venue when Craig Maxwell, accompanied by his wife and two children, carried the match ball onto the pitch.

In September 2022, Six Nations Rugby Chief Commercial Officer Craig, aged just 40, received earth-shattering news: a diagnosis of incurable and inoperable EGFR lung and bone

cancer. In the face of cruel adversity, Craig – who played a pivotal role at the Welsh Rugby Union prior to joining Six Nations Rugby – and his loved ones have been determined to channel all their energies into making a difference.

In the spirit of turning adversity into advocacy, the Maxwell Family Genomics Fund was founded. Their mission is to enhance, improve and develop the cancer pathway in Wales to make a lasting difference in the lives of cancer patients and their

families in the nation.

Craig's story has touched the hearts of many, rallying support that surpassed all expectations. From the initial goal of £300,000, the generosity and compassion of people from all walks of life have propelled the fundraising beyond a staggering £1 million.

The latest in Craig's many fundraising endeavours was a 26-day challenge along Wales' beautiful coastline, starting on Wednesday 14th February. Twenty-six days were chosen to mirror the QuicDNA project's goal of reducing diagnosis time. The 780 miles represent the 78 days it took Craig to receive his diagnosis from the point of finding his tumour.

The match ball, which had been carried the entire distance of the challenge, symbolises the collective fight against cancer. A host of famous faces from the rugby and media world joined various legs of the walk, while villages along the coastal journey came out in force to support the walkers' endeavours.



There was no more fitting denouement to Craig's fantastic fundraising campaign than the match ball presentation from the Maxwell family at Principality Stadium, the home of Welsh rugby.

Visit maxwell.foundation to find out more, including how to donate to the cause.

An epic 780-mile trek came to an unforgettable end at Principality Stadium in round four

MAXWELL
FAMILY
GENOMICS FUND

Canolfan Ganser Felindre
Velindre Cancer Centre





LES BLEUES PUTTING EVERYTHING ON GREEN

France may be trying to stop England from winning a fifth consecutive title, but **Elisa Riffonneau** says their focus is very much on their opening match of the Guinness Women's Six Nations.

By Jeremy Inson

The cross-Channel rivals meet on the final day and bring the curtain down on the tournament when they meet at Bordeaux's Stade Chaban-Delmas. First though they are aiming to make a winning start to the tournament when they take on Ireland at the Stade Marie-Marvingt in Le Mans on the opening weekend.

Riffonneau was recently part of France's pre-tournament training camp in Toulouse where joint coaches Gaëlle Mignot and David Ortiz laid out their plans for a tournament that also features home matches against Italy at the Stade Jean Bouin in Paris, and away trips to Edinburgh and Cardiff.

"We hadn't seen each other since WXV," Riffonneau said. "We were together for two, three days, so we had a good focus. It was a good atmosphere and good to see everybody."

"We're going step by step and focusing on Ireland. If there's the chance of a big final in Bordeaux then that will be great, but we are going to start at the start, and Ireland."

"It is always exciting to play England. They are our best enemy. We are happy to play them in France and be ready to play them and try to get the Grand Slam."

Riffonneau started at hooker twice and came off the bench once as France won once and lost twice at the WXV1 in New Zealand in October and November.

KIWI VICTORY

They began strongly with an impressive 18-17 win over the Black Ferns, the hosts and reigning world champions. However, they failed to follow up that performance against Australia and Canada. They lost both matches 29-20, though Riffonneau did score a try against Australia, her first for Les Bleues.

It meant they finished fifth, three points ahead of bottom-placed Wales, but they go into this year's Championship after two defeats.

"Even though the results weren't what we would have liked,

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WE ARE PLAYING THREE TIMES IN FRANCE, SO WE ARE EXCITED TO SEE THE SUPPORTERS, AND WE WANT TO PUT A SMILE ON THEIR FACES

we had a good experience together," Riffonneau said. "We knew there were a lot of new players and a lot of young players, so it was something of a test for the team."

"We beat New Zealand and while we lost the next two games, it was something of a process to be ready for the next Six Nations and the start of the next World Cup cycle."

"The results weren't what we wanted, but we are now in a good mindset for the Six Nations. We have learned from the last tournament and are now ready for the Six Nations."

LONDON CALLING

Riffonneau made her France debut in the 2023 Championship, when she came off the bench against Wales, and she added a further two caps as France finished second.

Since then, it has been all change for the 20-year-old from Tours. She left Stade Rennais where she made her name in France's Elite 1 Féminin championship and jumped on a Eurostar to London where she signed for Ealing Trailfinders Women.

With the likes of England winger Abby Dow, Ireland's Shannon Ikaiahifo and Andrea Stock, and Italy's Sara Seye in the Trailfinders' ranks, Riffonneau admits that the rival players have been "laughing a lot about it and are excited to play against each other."

Riffonneau's move to west London came in collaboration with her politics degree which features a year studying abroad and she jumped at the chance to study at Brunel University.

As the Ealing Trailfinders Academy is based at Brunel's campus in Uxbridge, it didn't take long for Trailfinders Women's Director of Rugby Giselle Mather to realise she had a special talent on her doorstep, and she quickly snapped her up.

"They gave me Giselle's contact and after I spoke with her, I was attracted by the project that Giselle set up," Riffonneau said. "I arrived in July, and I really liked the atmosphere around the club. We're new to the league and so I'm happy to be part of the project."

"Giselle is amazing. She tries to get you to give

your all for the team. She wants you to be the best player and the best person that you can be. She's amazing."

"In terms of differences, the rugby in England is more physical, there is more contact. The way they play is different, and also all the players are contracted to clubs, but it is only the international players in France who are contracted."

"It is a high level like France and there are a lot of good players in the English and French leagues."

HOME COMFORTS

France are chasing their first Grand Slam since 2018. In 2019 they finished third behind England and Italy, but in 2020, 2022 and 2023, they finished second having lost the decisive match against England.

While France's men may be out of contention to win their title this year, and having lost to South Africa in the World Cup quarter-finals, Riffonneau realises there may be the feeling that it is now the women's team's responsibility to provide an air of positivity to France's national teams.

"We just want to show that we can do great things," Riffonneau said. "We are in a good mood and want to create something."

"We are playing three times in France, so we are excited to see the supporters, and we want to put a smile on their faces."

BELOW: Riffonneau will be familiar with some England players now she's playing her club rugby in London.





BREACH: FROM COVER MODEL TO ROLE MODEL

Jess Breach's build-up to the 2024 Guinness Women's Six Nations has been far from conventional.

By Jeremy Inson

You could say the England and Saracens player is getting to know Twickenham from a different perspective. Breach and her England teammate Ellie Kildunne are the cover girls for Rugby World's Six Nations preview edition, with the pair striking a pose around England Rugby's headquarters in clothes that are a long way from their usual playing and training gear.

It means that her face will be one of the most familiar in the tournament by the time England kick off away to Italy in Parma on 24 March.

"It was really fun," Breach said. "They approached Ellie to do a piece and she asked me if I could be the model."

"They asked about our friendship and how we've progressed through the Red Roses, and it is really good to see and really nice to have a different twist to something within rugby. It shows Ellie's interests outside rugby, like fashion and it was really cool."

While Breach admits that the day's shoot was a fun way to spend time at England's national rugby stadium, it shows how much the 26-year-old has grown in confidence since establishing herself as a key member of the Red Roses squad.

Breach has spoken in the past how concerns over her body image

affected her ability to play and train to her best. She is proud of how she has overcome those concerns to accept that she needs to have a certain type of physique to play her best rugby.

"[I would have been] shocked that in five, six years that version of Jess was able and confident enough to do that," Breach said. "You definitely grow as a person, and I think we've grown as a team and I've people around me that have given me that confidence."

"I know that I need to look and feel a certain way to do my job. That isn't the way a model is meant to look, but that world or industry has changed, and it is really beneficial to young girls growing up that it doesn't matter what size you are, if you want to be a model, you can be a model."

FRIENDLY RIVALS

Breach and Kildunne are firm friends and regular Red Roses teammates. With Breach on the wing and Kildunne at fullback, the pair are used to linking up as part of the Red Roses' back three.

In the coming seasons though there is a chance that they will become rivals for the number 15 shirt.

After saying goodbye to Kildunne and Harlequins to cross

London and join Saracens in 2022, Breach made the move from wing to fullback midway through her first season, and while she has impressed with the number 15 on her back, she sees her international future on the wing.

"I think I'm not ready yet to play 15 internationally," she said. "I'm really enjoying it a lot at my club, and it is something that benefits my game. When I go into camp for the Six Nations I'll probably be looking to play on the wing as I've done in the first bit of my career."

"I'm not direct competition, though sometimes we joke about it, and I say I'm on her heels and she needs to get better. The more people that can play different positions and push people is really important. We all want to get better as individuals, but also as a team."

WINNING RUN

Breach has been synonymous with scoring tries since she grabbed six on her debut against Canada, and another five on her second appearance.

Her ability to see a gap has been honed since she joined Chichester Rugby Club aged six, while the fact she competed nationally in the sprint hurdles means she has the pace to exploit a gap when it opens.

She can look back on the 2023 Six Nations with pride having started three matches, come off the bench in another and ended the tournament with four tries, three of which came in their final match against Italy.

Later in the year Breach featured in all three of the Red

Roses matches as they won the inaugural WXV against the host nation in Auckland and added another two tries to her international tally.

On the club front though, there was disappointment as Saracens lost their hold on the Premiership Women's Rugby trophy to Gloucester-Hartpury, a tussle that is being repeated with the same two teams at the top of the table.

LEARNING FROM THE BEST

As such there is likely to be a considerable Saracens presence when John Mitchell names his first Red Roses Six Nations squad since he took on the head coach role in October 2023.

Kelsey Clifford, May Campbell, Rosie Galligan, Sharifa Kasolo, Sydney Gregson, Sophie Bridger and Ella Wyrwas joined Breach in a three-day training camp in January, while the 2023 Six Nations Grand Slam, WXV, and World Rugby Player of the Year-winning captain Marlie Packer is likely to reach her century of caps on the opening weekend.

"It helps considerably, it is good we can build partnerships in our club and can take it with us to the international games," Breach said. "We've got a lot of good connections in our backline and that makes it easier."

"Marlie is an amazing human, friend, and teammate, as well as a captain. She has grown in the captaincy. She knows previous captain Sarah [Hunter] really well and it is great that Sarah is still in the system to help."

"She's playing some really good rugby, and it is really exciting to have her as captain to see how great the rugby she plays is."





HIGH EXPECTATIONS FUELLING KEIRA

Keira Bevan doesn't need any convincing of how far she can go in her career.

By Jeremy Inson

But if she did, she wouldn't have far to go to find someone who will tell her that she can make it to the sport's summit.

Dave Ward, the Welsh scrum-half's coach at Bristol Bears, is one who is convinced and isn't shy about telling Bevan so.

In doing so he is helping the 26-year-old - and Wales - establish themselves as the main challengers to England and France at the summit of the Guinness Women's Six Nations.

"She wants to get better as a rugby player," Ward says. "You often have conversations about how she can be the world's best. She's not there yet, but she wants to be, and her ambition is to get there."

For Bevan to bridge the gap, Ward identifies putting in the extras once training is over and working on her tactical decisions as key for her to be spoken about among the world's leading number nines.

Bevan says she enjoys the 'honest' nature of their conversations

ASHTON GATE WILL BE LIKE A HOME FROM HOME. IT'S ALMOST LIKE WE'VE GOT FOUR HOME GAMES THIS YEAR

and acknowledges that she has a good understanding of what the former Harlequins hooker expects of her.

"If I'm not performing how I should be and where he thinks I should be, we'll sit down on a Monday or Tuesday and we'll have a really open and honest conversation about it," says Bevan. "That's really good for me."

"If I have had a bad game, I probably know I'm gonna be told. It's really good for a player and a coach to be able to have those conversations."

FIERCE COMPETITION

If Bevan is under any further doubt over how much work she must put in, then she only needs to look at the two players eyeing her Bristol number nine shirt - fellow Wales international Meg Davies, and England's Lucy Burgess - to know that she can't switch off for a moment. Bevan and Davies are part of a coterie of Welsh internationals at the Bears, that also feature fullback Jasmine Joyce, number 8 Alisha Butchers and centre Megan Webb.

Before the 2023 Championship Bevan was among 25 players who received Welsh Rugby Union (WRU) full-time contracts.

In September 2023 Davies was part of the seven who were added to the group, shortly before Ioan Cunningham's team competed in the inaugural WXV1 in New Zealand.

"I'm not the finished article by any means, so it's really important that Dave pushes me, and I keep learning and growing as well," Bevan explains. "With the competition at Bristol, with Lucy Burgess and Meg Davies, it just keeps pushing me to become better and better."

"I think it's really good because we all get on as well. We challenge each other in the best way possible and we hold each other accountable."

In 2023 Wales finished third behind Grand Slam winners England, and France. Wins over Ireland, Scotland and Italy meant they booked their place in the top group of WXV in New Zealand.

EXPANDED ATTACKING GAME

While Wales ended WXV1 with three defeats, to New Zealand, Canada and Australia, Bevan believes that competing among the world's leading sides will stand them in good stead when the Championship begins in March.

"We fell a little bit short," Bevan said. "It makes it a pretty tough tournament when you put all that effort in and you don't really come away with anything."

"We reviewed it recently and I think we've taken a lot of learnings, and a lot of points were made and if we can action

those situations, I think you'll put us in a pretty good spot."

Bevan identified discipline as one area that the team need to work on, with the need to avoid back-to-back penalties that quickly swing momentum and put the team under pressure.

They will also continue to expand their attacking game and build on the ideas that Shaun Connor has introduced since he was appointed as attacking and kicking coach before the 2023 Six Nations.

Bevan will start the 2024 Six Nations as Wales's first-choice kicker. The Swansea native ended WXV1 with nine points, after finishing the 2023 tournament with 27 points.

FIRST-CHOICE KICKER

This season Wales begin at home to Scotland, then have away trips to face England and Ireland before they host France and Italy in their last two fixtures.

"I think third is probably our minimum standard," Bevan says. "We have quite high expectations of each other now. We have Scotland home first, which is going to be a really tough game. It was quite nip and tuck between us last time and it was quite a fierce game."

Their match against England at Ashton Gate will be especially memorable for Bevan and the other Bristol players in the Wales squad, as it gives them the chance to play test rugby in their adopted home city.

They began their Premiership Women's Rugby campaign there with a 48-5 victory over Sale Sharks, so they know what to expect at the stadium, even if they will head to the away, rather than home, dressing room.

"It will be pretty cool," Bevan smiles. "Ashton Gate is a lovely stadium. We were lucky enough to play our first Prem game against Sale Sharks and the Bristol crowd is amazing."

"It will be like a home from home and it's almost like we've got four home games this year."

Wales close the tournament at home to Italy, a repeat of their final 2023 fixture that they won 36-10 to book their place in WXV1. It will take place in the Principality Stadium, the home of Welsh rugby, rather than next door at Cardiff Arms Park, and Bevan is sure it will be a fitting finale for two teams who have developed a close rivalry in recent seasons.

"It should be really good," she says. "With Italy it's quite nip and tuck between us and it could go either way."

"The stadium, I think that's where every Welsh player wants to play. Hopefully, we can get a really good crowd there to support us in what will kick off what is going to be a really good Super Saturday for the women's game."

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