Rugby player Serena plays for Lancashire U18 team

A PLACE in the England team could be a step closer for rugby union player, Serena Cape.

She has been picked to play for the Lancashire U18 team after gruelling trials in Preston where 89 hopefuls were bidding for a place.

Serena, 16, said: “Although I have been playing for the Lancashire Rugby Football Union U15 team, that does not guarantee a place in the U18 squad and some of the team did not get in.

“There were lots of stations we had to go round to show our different skills and at the end there was a large game in which players were switched regularly so they could see how everyone got on.

“There were a lot of people my age in for the trials and also a large group of year 11 students, but not so many aged 17 and 18. I was really happy to get a place.”

Since September, Serena has had been in the England Development Squad and is on the Elite Performance Pathway, which could see her playing for her country. The squad meet twice a month for practice.

Serena also plays for Rochdale RFU U18 team and was asked to play for West Park St Helens in the U18 Cup Final. Unfortunately, the team lost by a try and a conversion.

She said: “I have already played for Lancashire against Yorkshire and Cheshire in an inter-county competition held in Doncaster. We beat Cheshire but lost to Yorkshire by one try.

“There is a further round in Cheshire and then the Lancashire one will be in Stockport.

“I play position 8 or a flanker; I am a back row forward.”

Before taking up rugby union, she used to enjoy judo but said she prefers being involved in a team sport.