

PRESS RELEASE: FOR IMMEDIATE RELEASE

Cape Fear 7s Rugby Tournament
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June 14, 2016, Wilmington, N.C.:

The Cape Fear 7s Rugby Club is pleased to announce that the 42nd Annual Cape Fear 7s Rugby Tournament will be held on July 2-3, 2016. More than 700 Men, Women and High School aged boys (60 teams) will play nearly one hundred 7s matches on Saturday, July 2. Finals Day is Sunday, July 3 and play commences at 9:00 a.m. on both days at Ogden Park in Wilmington, North Carolina. The tournament is traditionally held during the July 4th weekend.



Semi Final action at the 2015 Cape Fear 7s, photo C. McGowan

Rookie Rugby at the Cape Fear 7s: During each Tournament we hold a youth clinic to introduce youngsters to the game of rugby. Now that high school and middle school rugby is exploding in growth in the US, our kids have a means of continuing to play rugby after the clinic. USARugby is now promoting Rookie Rugby: flag rugby, as a means of learning the game. Please join us for the Youth Rugby Clinic on Saturday afternoon @ 2:00pm, July 2, at Ogden Park, in the midst of the Cape Fear 7s. The clinic is free of charge and each participant will get a tshirt. On Sunday, July 3, the kids will play a game of touch rugby just prior to the Grand Final (around 3:00pm).

About the Cape Fear Rugby Club

The Cape Fear Rugby Club, founded in 1974, by Dr. Calvin McGowan, in Wilmington, North Carolina, is an amateur sports club, with a mission to promote all things rugby.



The inaugural Cape Fear 7s was held at the Wrightsville Beach Park on July 4th weekend in 1975. To accommodate the tournament's growth, the 7s was moved to UNC-Wilmington fields, where upwards of 80 men's and women's teams battled it out. The tournament moved to its current location at Ogden Park in 2006. Over the years the Cape Fear 7s has hosted teams from Hong Kong, Trinidad and Tobago, Ushuaia, Argentina, many British teams, the Kenyan Exiles, the Pacific Islanders and as far flung US teams from San Diego, Chicago, New Orleans, Cincinnati, New York, Boston and many others. Players from the present men's and women's USA Olympic teams are former Cape Fear 7s participants.

The Cape Fear 7s Rugby Tournament is open to the public and there is no admission charge to spectators. The Cape Fear 7s Tournament Facebook page: [Fear 7s Facebook](#) also is a good source of tournament information. For more information, please visit <http://fear7s.com>.

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