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WELCOME TO LLANISHEN RFC

LLANISHEN RFC V CAERPHILLY RFC
27TH SEPTEMBER 2025 - 14:30 KO

Welcome to the Isla Alexander 3G
The home of the Llanishen Lions



ISLA-ALEXANDER

MOVE WITH MASTERY

<https://www.isla-alexander.com/>

THANK YOU TO ALL OUR CLUB SPONSORS



**WORLEY'S
HARDWARE**
all under one roof



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WELCOME TO LLANISHEN RUGBY CLUB

A Brief History

As we gather here today, it's worth reflecting on the journey that has brought us to this moment. Founded in 1962, Llanishen Rugby Club has grown from humble beginnings to become a thriving part of our community. From our early days playing on the Llangrannog Road playing fields, to our fortress home at Usk Road and now to the state of the art facility here at Llanishen High School. We've witnessed countless victories, defeats, and the unwavering spirit of our players, supporters, and volunteers.

A Club for All

Llanishen Rugby Club is more than just a team; it's a family. Our commitment to providing a welcoming and inclusive environment for all is at the heart of everything we do. Whether you're a seasoned player, a passionate supporter, or simply curious about our club, you're always welcome to join us.

Looking Ahead

As we embark on this new season, we're excited to see what the future holds. With a strong team, dedicated supporters, and a commitment to excellence, we're confident that we can achieve great things.

Let's come together to cheer on our team, celebrate our heritage, and create new memories that will last a lifetime.

Welcome to Llanishen Rugby Club from the Management Committee



THANK YOU TO ALL OUR CLUB SPONSORS



NATUZZI



EASTMAN





LYNCH CAFE



DRINKS

Latte	£2.20
Cappuccino	£2.20
Tea	£1.30
Black Coffee	£1.50
Instant Coffee	£1.50
Hot Chocolate	£1.70
Delux Hot Chocolate (Cream and Marshmallows)	£2.20
Red Bull Can	£1.95
Coke Zero Can	£1.10
Pepsi Max Can	£1.10
Tango Can	£1.10
7up Free Can	£1.10
Diet Coke Can	£1.10
Irn Bru Can	£1.10
Dr Pepper Can	£1.10
Coca Cola Original	£1.20
Bottled Water	£0.80
Lucozade Sport	£1.80
Fruit shoot	£0.70



Chocolate Bars	£1.00
Chupa Chup Lollies	£0.50
Haribo Tangfastics	£1.50
Haribo Starmix	£1.50

HOT FOOD

Chips	£2.50
Cheesy Chips	£3.00
Gravy/Curry Chips	£3.00
Chip Butty	£1.70
Sausage & Chips	£3.50
Nuggets & Chips	£3.50
Sausage Bap	£2.50
Bacon Bap	£2.50
Egg Bap	£2.20
Sausage & Bacon Bap	£3.00
Bacon & Egg Bap	£3.00
Sausage & Egg Bap	£3.00
Breakfast Bap (Sausage, Bacon and Egg)	£3.50
Plain 1/4 Beef Burger	£2.80
1/4 Cheese burger	£3.30
Add Bacon, Sausage, Egg	£0.60
Add an Extra Beef Burger	£1.30

SNACKS



**LLANISHEN RFC 1ST XV
VS
CAERPHILLY RFC**



**SAT 27 SEPT | 14:30 KO
HOME | ISLA ALEXANDER 3G
WRU DIV 1 CUP - ROUND 1**

- 1 MATT DYKE**
- 2 NOKU NIKISI**
- 3 LEE SWINDLEHURST**
- 4 GEORGE IVINS (C)**
- 5 SCOTT GREEN**
- 6 ELLIS RICHARDS**
- 7 SOLLIE SIMON**
- 8 EWAN GREEN**

- 9 KIERAN FEREDAY**
- 10 JACK DONALD**
- 11 TOMMY BARCLAY**
- 12 ASTON ROSE**
- 13 CHARLIE BEST**
- 14 ALEX SAMUELS**
- 15 LLOYD IVINS**

- 16 HARRY SEWELL**
- 17 LIAM ROSE**
- 18 DYLAN PRICE**
- 19 IGGY JACOB**
- 20 ROSS MCKENZIE**

#WRUDiv1Cup



DR KATHRYN
AESTHETICS & SKINCARE

Join the Vip skin club

SPONSOR OF THE WEEK

Buns Beat Lions

Not sure how Aesop would have constructed a fable from the above headline, but the match report will tell of a narrow but deserved victory.

With adzes, saws and awls at the ready the match began in wet conditions, rain drifting on an ever-increasing wind, so handling and ball retention was going to be vital.

St Albans powerful scrum was evident from the start, and they started on the front foot with several penalties taking them deep into Llanishen's half. A pass in the 22 was, however, intercepted by the returning Tom Hannah. 80 metres to go – no problem – kick it! The ball settled over the Buns try line and great pace by Ben Bora trapped the defender over the try line.

Shortly after the Lions won a penalty and, against the run of play, took the lead.

The next ten minutes saw multiple errors in the form of knock-ons and poor passing, but the constant was the superiority of the Buns scrum. A penalty in midfield, from a scrum, allowed the scores to be levelled.

Almost straight from the kick-off a dropped pass allowed St Albans to fly hack the ball into Llanishen's 22. The ball was collected and touched down and the conversion put the Buns 7 ahead.

A kick into the Lions 22 was taken by Lloyd and he regathered his deft kick drawing a penalty at the following breakdown. Unfortunately, the kick was missed but an opportunity from 45 metres was kicked a few minutes later.

Just before half-time the Buns were camped in the 22 and a quick tap, from a given penalty, gave St Albans their second try.

Buns Beat Lions - Continued

Half Time Llanishen 6 St Albans 15

A number of substitutions were made at the break, and the early indications were that they were having a positive impact. The Buns started to concede multiple penalties, and a yellow card was produced by the referee after 10 minutes of the half.

Shortly after multiple attacking phases the ball broke free and a pop pass to Lloyd gave him the opportunity to race in from 50 metres.

With good ball from lineouts being provided and a super 50-22 the Lions drove to great effect. Matt Dyke was stopped short of the line only for Lee Swindlehurst to perfect a superb twirl to score a try. The Lions in front with 15 minutes to go. Could they hang on (I think the headline might give that away).

The resulting kick off was lost and after constant pressure a rolling maul gave St Albans their third try and the conversion put them 6 points clear.

Into the last ten minutes, and Llanishen on the front foot. Multiple attacks were repelled and, despite a late red card for St Albans, the lions couldn't get the winning score.

Final Score Llanishen 16 St Albans 22

Apologies for the shortened second half report, no cheering at the back, as my paper was turning into wet mush.

A bonus point, for being within 7 points, was scant consolation but positives could be found.

The lineouts, marshalled by George (making his 151st appearance), provided a steady stream of good ball, Credit to Noku and Tyler, the conditions for throwing in were extremely difficult.

The defensive effort was good, and the collective commitment couldn't be faulted.

In the end small margins, handling errors, missed kicks and the old heads, playing for the Buns, were the difference.

A South Seas challenge next week as The Lions play Caerphilly in the Division 1 Cup at home.



20 September 2025

Abercwmboi	11	23	Llanharan
Barry	12	11	Abercynon
Cambrian Welfare	7	42	Caerphilly
Llanishen	16	22	St Albans
Penarth	36	7	Rhydyfelin

Teams	P	W	D	L	Pts
Penarth	3	3	0	0	15
Llanharan	3	3	0	0	13
Caerphilly	2	2	0	0	10
St Albans	2	2	0	0	9
Llanishen	2	1	0	1	6
Abercynon	3	1	0	2	6
Barry	3	1	0	2	4
Cambrian Welfare	3	0	0	3	4
Rhydyfelin	2	0	0	2	2
Abercwmboi	3	0	0	3	1

27 September 2025

Round 1

Aberavon Green Stars	v	Felinfoel
Abercwmboi	v	Penarth
Abergavenny	v	St Albans
Blackwood	v	Llanharan
Blaenavon	v	Dowlais
Blaina	v	Brynmaur
Caernarfon	v	Ruthin
Colwyn Bay	v	Bethesda
Heol y Cyw	v	Maesteg Quins
Kidwelly	v	Skewen
Laugharne	v	Abercrave
Llangefni	v	Bala
Llanishen	v	Caerphilly
Nant-y-fyllon	v	Yr Hendy
Nelson	v	Newport HSOB
Pwllheli	v	Nant Conwy
Rhydyfelin	v	Bedlinog
Swansea Uplands	v	Tenby United
Vardre	v	Waunarlwydd
Ystradgynlais	v	St Clears



Admiral

**NATIONAL
LEAGUES**



DIV 1 CUP – ROUND 1

East District Premier Division

20 September 2025

Glamorgan Wands Ath	20	38	Penarth II
Pentyrch Rams	14	24	Llandaff Athletic
St Josephs II	w/o	v	Llanishen Athletic

Teams	P	W	D	L	Pts
St Josephs II	3	3	0	0	14
Llandaff Athletic	2	2	0	0	9
Cardiff Met Ath II	2	2	0	0	9
Penarth II	2	1	0	1	7
Cymry Caerdydd 67	2	1	0	1	5
Pentyrch Rams	3	1	0	2	5
* Llanishen Athletic	2	1	0	1	2
Llanharan Spaniels	2	0	0	2	0
* Glamorgan Wands Ath	3	0	0	3	-2

* - Denotes points deducted



Llanishen Rugby Football Club :



HEAD COACH

STUART LOCK

"I am really excited going into the season with the first team squad getting promoted to Division One and the rebranding of our Athletic team.

This is such a young talented group of players, I am looking forward to see how they adapt now playing in this Division.

This league will be a more physical and less forgiving."



SOCIALS

FOLLOW ALL OUR
SOCIALS TO KEEP UP
TO DATE ON ALL
EVENTS!

FOLLOW NOW



www.llanishenrugbyclub.co.uk





SPECTATORS CODE OF CONDUCT



- Spectators must uphold the values of both the Club / School and the WRU and at all times exhibit the highest standards of good behaviour.
- Spectators must not enter the field of play immediately before, during or immediately after a match.
- Spectators must not at any time throw objects onto the field of play.
- Spectators must not engage in or tolerate offensive, insulting or abusive language or behaviour, or physical abuse or behaviour towards the match officials, Players, coaches, team managers, officials and other spectators.
- Spectators must not engage in any behaviour that is likely to intimidate, offend, insult, humiliate or discriminate against any other Person on the grounds of age, disability, gender reassignment, race (including colour, nationality, ethnic or national origins), religion or belief, sex, sexual orientation.
- Spectators must not verbally or physically abuse Referees or other match officials before, during or after a match. The Referee's and other match officials' contribution to a contribution to a matches is vital. Without referees there can be no match.
- After a match, spectators must respect the Players and officials of both teams and must not under any circumstances approach them in anything other than a sporting and friendly manner.
- Spectators must not approach a referee or any other match official after the match to discuss the events of the match.



LLANISHEN RUGBY FOOTBALL CLUB



WE'RE LOOKING FOR A NEW TREASURER!

Do you have financial skills and want to make a difference at your local rugby club?

We're looking for someone to step into the role of Treasurer.

This is a remunerated role to recognise the time and expertise required

Join our leadership team

Llanishen Rugby Club is seeking a committed and capable individual to take on the role of Treasurer. This is a key Executive Committee position, working closely with the Club Chairman, Secretary, and wider Committee to guide the financial health of the club.

Key responsibilities

- Manage the club's finances and oversee cash flow
- Monitor financial performance against targets
- Carry out bookkeeping duties and maintain accurate records
- Support decision-making at Executive Committee level

What we're looking for

- Trained accountant or experienced financial professional
- Strong understanding of financial management and reporting
- Commitment to supporting the long-term success of the club
- Knowledge of Llanishen Rugby Club is preferable but not essential

Why get involved?

- Play a vital role in shaping the future of Llanishen Rugby Club
- Work at the heart of the Committee, influencing decisions and strategy
- Contribute to the growth of a proud community club both on and off the field

INTERESTED? TO APPLY OR FIND OUT MORE, PLEASE CONTACT:

Mark Francis, Club Secretary – mark@llanishenrugby.co.uk



LLANISHEN RUGBY FOOTBALL CLUB PRESENTS



BAND NIGHT

PALM
TREE
ANTICS



LLANISHEN RFC CLUBHOUSE - CF14 5DX
SUNDAY 5TH OCTOBER 2025 - 3PM TIL 7PM
PALM TREE ANTICS START 3PM

£5



BAR AND EVENTS VENUE HIRE CARDIFF

OUR EXPERIENCED EVENTS TEAM LOVE NOTHING MORE THAN WORKING WITH YOU TO ENSURE THAT YOUR DREAMS OF THE PERFECT DAY ARE FULFILLED. IF YOU ARE LOOKING FOR A WEDDING VENUE OR A FUNCTION ROOM FOR A PRIVATE PARTY, THE USK ROOM IS THE PERFECT PLACE, WITH ITS CONTEMPORARY DESIGN AND BI-FOLDING DOORS OPENING OUT ONTO THE PRIVATE DECKING AND GARDEN AREA.

WORKING WITH YOU ON THE PLANNING PROCESS, WE CAN OFFER ADVICE BASED ON OUR YEARS OF EXPERIENCE ON WHAT WORKS BEST, WHAT OFFERS THE BEST VALUE FOR MONEY AND WHAT GUESTS REALLY ENJOY. IF YOU NEED HELP WITH ROOM DESIGN, FOOD AND DRINK OPTIONS, OR EVEN SUGGESTIONS ON RECOMMENDED LOCAL SUPPLIERS, WE ARE THERE FOR YOU.

OUR HIGH QUALITY OF SERVICE AND OVERALL VALUE FOR MONEY GUARANTEES THAT YOU AND YOUR GUESTS WILL ENJOY A DAY TO REMEMBER. FROM THE MOMENT YOU ARRIVE, OUR FRIENDLY PROFESSIONAL STAFF WILL BE ON HAND TO PROVIDE A TAILORED AND PERSONAL SERVICE, ENSURING EVERYTHING RUNS SMOOTHLY.

GET IN TOUCH TO DISCUSS FUNCTION ROOM HIRE.

MARK@LLANISHENRUGBY.CO.UK

***Volunteer Opportunities at
Llanishen Rugby Football Club!***

If you have a passion for rugby and football and want to get involved, Llanishen Rugby Football Club has a range of exciting volunteering opportunities available! Whether you're looking to support the team behind the scenes or engage with the community on match days, there's a role for everyone.

No experience is needed – just bring your enthusiasm and love for the game! This is a great way to connect with fellow rugby and football fans, give back to your local club, and be part of the match day excitement.

For more information drop a message to Paul - 07701319061

Join the Llanishen family and make a difference on and off the field!



I WANT YOU
FOR MATCH-DAY SUPPORT

LLANISHEN RFC CLUBHOUSE

OPENING TIMES

MONDAY	4PM - 11PM
TUESDAY	4PM - 11PM
WEDNESDAY	CLOSED
THURSDAY	CLOSED
FRIDAY	3PM - 12AM
SATURDAY	2PM - 12AM
SUNDAY	11AM - 9PM

*Child Friendly Garden - Large TV
Screens - Pool Table - Darts &
Poker Nights - Drinks Offers
Non-members Welcome*





Stay Active!















Community Home Training Suggestions
FOR AGES 17+

Calorie Swap

EASY WAYS TO MAKE HEALTHIER CHOICES

MEATS

per 100g

 Chicken Thighs 247 KCAL	➔	 Chicken Breast 128 KCAL
 Bacon 180 KCAL	➔	 Turkey Bacon 81 KCAL
 Pork Sausages 301 KCAL	➔	 Chicken Sausages 106 KCAL
 Ribeye Steak 253 KCAL	➔	 Sirloin Steak 201 KCAL
 Beef Meatballs 257 KCAL	➔	 Turkey Meatballs 187 KCAL
 20% Fat Beef Mince 253 KCAL	➔	 5% Fat Beef Mince 124 KCAL



DRINKS

per drink

 Fizzy Drinks 140 KCAL	➔	 Diet Versions 0 KCAL
 Pumpkin Spice Latte 380 KCAL	➔	 Skinny Latte & Sugar Free Syrup 108 KCAL
 Hot Chocolate & Toppings 300-600 KCAL	➔	 'Options' Instant Hot Chocolate 38 KCAL
 Long Island Iced Tea 700 KCAL	➔	 Rum or Vodka & Fizzy Drink 60-72 KCAL
 Margarita 600-700 KCAL	➔	 Gin & Tonic 72-100 KCAL

CARB ALTERNATIVES

per 100g

 White Rice 354 KCAL	➔	 Cauliflower Rice 20 KCAL
 Pasta 340 KCAL	➔	 Courgette Spirals 17 KCAL
 Sweet Potato 86 KCAL	➔	 Butternut Squash 37 KCAL

TREATS

 Ben & Jerry's 1220 KCAL	➔	 Halo Top 280 KCAL
 Nutella 340 KCAL	➔	 Sweet Freedom 14 KCAL
 Crisps 184 KCAL	➔	 Popchips 130 KCAL
	➔	 Popcorn 129 KCAL

ARE YOU THINKING ABOUT YOUR
CHRISTMAS PARTY

BOOKINGS NOW OPEN
AT LLANISHEN RFC

WE'RE TAKING BOOKINGS NOW FOR 2025

CONTACT US TO DISCUSS HOW WE CAN MAKE
YOUR PARTY EXTRA SPECIAL THIS YEAR

ALL SIZE GROUPS ACCOMMODATED
FOOD AND DRINKS PACKAGES
ENTERTAINMENT OPTIONS



EMAIL: NATHAN@LLANISHENRUGBY.CO.UK | CALL: 07388 927551
LLANISHEN RFC CLUBHOUSE - CF14 5DX



LLANISHEN RFC

ADVERTISING/SPONSORSHIP OPPORTUNITY

**PITCH-SIDE ADVERTISING BOARDS
NOW AVAILABLE!**

**DISPLAYED AT OUR HOME GROUND
LLANISHEN 3G PITCH,
LLANISHEN HIGH SCHOOL, HEOL HIR, CARDIFF CF14 5YL**

**CONTACT RHYS FOR MORE DETAILS
RHYS@LLANISHENRUGBY.CO.UK
07590244935**

PLAYER SPONSORSHIP

2024/25 SEASON

Benefit from:

-  **Social media exposure**
-  **Inclusion in the digital matchday programme**
-  **Strengthening ties in the local community**
-  **Access to sponsors' events**
-  **Discounted further opportunities**

CAPTION COMPETITION



Photo by Andy Gale
andygalephotography

Tweet @llanishenrfc1 with your best



LLANISHEN RUGBY FOOTBALL CLUB PRESENTS



NIYE 2025

**CELEBRATE THIS YEAR IN STYLE WITH US
WELCOME DRINK - LIVE SINGER - DISCO**

3 COURSE MEAL OPTION - £55 - SEATED AT 6PM

PARTY ONLY OPTION - £15 - ARRIVE FOR 8PM



EMAIL: NATHAN@LLANISHENRUGBY.CO.UK - CALL: 07388 927551

LLANISHEN RFC CLUBHOUSE - CF14 5DX



LOTTERY

22.09.2025



06

16

17

19

NEXT WEEK'S JACKPOT

£4,600.00

Anyone can play via Clubforce. [Click here](#) to enter our next draw

LLANISHEN FOOTBALL RECRUITMENT

#UPTHELIONS



WE WANT **YOU** TO
COME & JOIN OUR
FOOTBALL TEAM

- MODERN FACILITIES
- EXCELLENT COACHING

FRIENDSHIPS

RESPECT

TEAMWORK

#THELIONS

IF INTERESTED PLEASE EMAIL THE BELOW ADDRESS
LIAM@LLANISHENRUGBY.CO.UK



LLANISHENRUGBYCLUB.CO.UK



@LLANISHENFC



@LLANISHENFC

CAR BOOT SALE



Llanishen Rugby Club
Llanishen CF14 5DX



EVERY WED + SAT

Sellers from 0630 | Buyers from 0800

No need to book, just turn up!

Follow 'Llanishen RFC & Community Event Hub' on Facebook for updates

CARS £8 VANS £12 LARGE VANS £15



MATCH DAY PROTOCOLS



KEY MESSAGES

- Promote Good Coaching Practice
- Respect Match Officials
- Know your Responsibilities as a Club Official, Coach or Player
- Spectator behaviour reflects upon YOUR Club, Good or Bad
- Training and Match Day
 - Create the Right Environment
- Don't be a BYSTANDER, be a LEADER!

PLAYERS WANTED

NEW TO THE NORTH CARDIFF AREA?

**LEARN HOW TO TRY,
DEVELOP INTO A LION!**

ALL AGES AND ABILITIES WELCOME

NEW PLAYERS OF ALL AGES
ARE ALWAYS WELCOME,
WHETHER NEW TO THE
GAME OR EXPERIENCED.
WE CAN OFFER YOU A
PLACE IN OUR MINI'S,
JUNIORS, YOUTH OR SENIORS
TEAMS...

LLANISHEN IS A FAMILY
CLUB, SO WHY NOT COME
AND GIVE IT A TRY...

COMPLETE WITH TRAINING
FACILITIES THROUGHOUT
THE WEEK. IT'S ACTIVE,
FUN AND A CHANCE TO
MAKE NEW FRIENDS

FANCY A CHANGE OF CLUB?

WANT A FRESH CHALLENGE?

RETURNING TO RUGBY?

**LLANISHEN RFC
IS THE ONLY ANSWER!**

GET IN CONTACT

SENIORS AGE 18+
YOUTH AGE 17 - 18
JUNIORS AGE 13 - 16
MINI'S AGE 6 - 12

LIAM@LLANISHENRUGBY.CO.UK
HENRY.J.EDWARDS@SKY.COM
MATT@LLANISHENRUGBY.CO.UK
MATT@LLANISHENRUGBY.CO.UK

TEL: 02920 761 688
WWW.LLANISHENRUGBYCLUB.CO.UK

PITCH - LLANISHEN HIGH SCHOOL, HEOL HIR, CARDIFF CF14 5Y
CLUBHOUSE - LLANISHEN RFC, TY-GLAS AVENUE, CF14 5DX