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COORS**  
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company



# **WELCOME TO LLANISHEN RFC**

**LLANISHEN RFC V LLANHARAN RFC**  
**4TH OCTOBER 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*



  
**MANOR PARC**  
COUNTRY HOTEL & RESTAURANT



**ISLA-ALEXANDER**



**DSV**

**SAS**  
International





# 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  
LLANHARAN RFC**



**SAT 4 OCT | 14:30 KO  
HOME | ISLA ALEXANDER 3G  
WRU DIV 1 EAST CENTRAL**

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

- 9 KIERAN FEREDAY**
- 10 JACK DONALD**
- 11 TOMMY BARCLAY**
- 12 TOM HANNAH-VERNASCHI**
- 13 ALEX KINSEY**
- 14 MYLO GROPETIS**
- 15 LLOYD IVINS**

- 16 LEE SWINDLEHURST**
- 17 TYLER FERREIRA**
- 18 LEWIS MARSHALL**
- 19 CHRIS BOND**
- 20 CHARLIE BEST**

**#WRUDiv1EC**



**SPONSOR OF THE WEEK**



# ***LLANHARAN RFC***

## ***1ST XV LINE UP***

***1 CHRIS OSBOURNE***  
***2 GETHIN CASHMORE***  
***3 JACK DAUNCEY***  
***4 OWAIN HOWE***  
***5 KIERAN MARTIN***  
***6 HARRISON PRITCHARD***  
***7 JOSH WALSH***  
***8 LLOYD GREGORY***

***9 LEWIS COGBILL***  
***10 SCOTT JONES***  
***11 RYAN RUSSELL***  
***12 JACK BROOKS***  
***13 RYAN GRIFFITH***  
***14 CIARAN SIBLEY***  
***15 DAN PALIN***



### ***REPLACEMENTS***

***16 TOM JENKINS***  
***17 TROY JOHNSON***  
***18 KIERAN THOMAS***  
***19 JOE BUCKLE***  
***20 AJAY LEWIS***



**LLANISHEN RFC ATHLETIC XV  
VS  
LLANDAFF ATHLETIC RFC**



**SAT 4 OCT | 12:00 KO  
HOME | ISLA ALEXANDER 3G  
ED - PREMIER DIVISION**

- 1 OWEN JENKINS**
- 2 SAMSON LOIZOS**
- 3 LIAM ROSE (VC)**
- 4 DYLAN PRICE**
- 5 HARRI MORGAN**
- 6 SPENCER ROGERS**
- 7 EVAN JOHNSON**
- 8 MIKE ROSE**
- 9 ZAC AFZAL**
- 10 ASTON ROSE (C)**
- 11 CHRISTOPHER SAGE**
- 12 EUAN PHILLIPS**
- 13 NATHAN LLEWELLYN**
- 14 TOM JONES**
- 15 LUCIUS MCERLAIN**

- 16 ALEXANDER OSUHOR**
- 17 PAUL DOLAN**
- 18 SAM GREENAWAY**
- 19 IGGY JACOBS**

**#UpTheAth**



**SPONSOR OF THE WEEK**



## Just Like That

With players dropping like non-elasticated pants the team mustered for the start of what proved to be a difficult game. No truth in the rumour Captain, George Ivins, prior to kick off, invoked Henry Vth speech before Agincourt- "We few, we happy few, we band of brothers." (Actually, more likely to be a Star Wars quote!)

So, dear readers, to kick off and the early indications were that Caerphilly possessed a powerful scum and a sharp backline. After five minutes a penalty to the corner gave the opposition a 5 metres lineout.

The lineout was taken and a driving maul set up. It was well controlled, and the opening try scored.

*(At this point I digress. One of Caerphilly's favourite sons is Tommy Cooper and so, interspersed amongst the match report will be some of Tommy's material. Feel free to ignore and they will be in italics, so easy to skip)*

The resulting kick off was dropped and Llanishen pressed hard and were rewarded with a penalty. The line out that followed was penalised, for blocking, and the ball cleared into Llanishen's half.

After multiple fez's Caerphilly were awarded a penalty, in front of the posts, which was duly kicked, despite the swirling wind.

*So, I went to the doctors the other day and said," Have you got anything for wind?" so he gave me a kite.*

Fifteen minutes gone and, whilst behind, The Lions were showing positive intentions and displaying good skills. A superb kick chase tackle set up a good attacking platform but, despite moving the ball wide and punching holes the Lions couldn't score.

*So he said 'I'm going to chop off the bottom of one of your trouser legs and put it in a library.' I thought 'That's a turn-up for the books.'*

On twenty-five minutes a conceded penalty was kicked deep into Llanishen's 22. The driving maul that followed looked to have given Caerphilly a second try. However, the referee awarded Llanishen a penalty for a truck and trailer offence. The respite was brief as Caerphilly's impressive backline moved the ball wide and scored out wide. A superb conversion took their score to 15.



## Just Like That Continued

*I haven't spoken to my wife in years. I didn't want to interrupt her.*

Back to the action and again Llanishen in Caerphilly's 22. A catch at the lineout was driven forward but, unfortunately, a knock on allowed Caerphilly to clear to the halfway line.

A break and chip ahead looked sure to provide the away side a third try only for Ewan to track back and stop the attack. A conceded penalty and lineout set up a great attacking platform. A delightful pop pass and angled run gave them a third try under the posts.

The kick off was dropped but errors from both sides saw the first half completed.

Half Time Llanishen 0 Caerphilly 22

*So Deja Moo Time: the feeling you have when you've read this bull\*\*\*\* before*

Who should walk past me? Lewis – congratulations, and all our love to, his girlfriend, Sophie, and new baby, Amelia

Time for the second half and a great start by the Lions. Newcomer, Charlie Best made a couple of great breaks and with Ellis punching holes the home crowd were suitably lifted.

*Two Eskimos sitting in a kayak were chilly; but when they lit a fire in the craft, it sank, proving once and for all that you can't have your kayak and heat it too.*

A fantastic catch, by Lloyd, from an aerial bomb set up another wave of attacks and penalties gave opportunities to put penalties in touch, close to the try line. A planned move almost brought Harry Sewell a try, but he was brought down a metre short.

A conceded penalty allowed Caerphilly to clear and, shortly afterwards, almost score through a scintillating break by their left winger.

*I went to find some camouflage trousers the other day but I couldn't find any.*

A mad five minutes, more typical of a Cooper skit, then brought three, yes count them, Yellow Cards. The first for dragging a maul down near the Caerphilly line. The lineout that followed was spun across the line and a tip tackle and deliberate knock-on the other two. Bonkers!

A chance and after a few minutes of phase work Ellis broke through under the posts. Jack converted and game on.

It certainly looked like it for the next ten minutes. A great break by George almost led to a score and then a tremendous burst by Ewan game to nothing.

*Two fish in a tank, one says to the other, "You drive and I'll man the guns."*



## **Just Like That Continued II**

After 30 minutes of the second half and with the return of the yellow carded players Caerphilly started to exert increased pressure and from a dominant they executed a great back move to score a try under the posts.

*Doctor I can't pronounce my F's, T's and H's and he replied, "Well you can't say fairer than that."*

At this point the Rugby Gods abandoned Llanishen and a chipped through ball bounced around like a demented gnu. It ended up in a Caerphilly hand and a hack ahead gave them two tries in three minutes.

In the final minute Caerphilly were entrenched on the Llanishen line (think Somme but without the mud) and from a scrum their Number 8 picked up and scored.

Full Time Llanishen 7 Caerphilly 43

The score might not say it but many more positives than last week.

The forwards stuck to their task and in Ewan, Sollie and, for me personally MOM Ellis were combative and willing runners.

In the backs Kieran's service was good and Jack, Aston, Charlie, Al Sams and Tommy defended well and along with Lloyd played well looking to counterattack at every opportunity.

This is a work of fiction, but obviously based on today's events, a 'faction' if you will (2/3s as you asked), the thoughts and opinions are either products of the author's mind (if found please return to Llanishen RFC) or are based on recall and the speed of writing to paper.

*Finally I leave you with: I had a meal last night. I ordered everything in French, surprised everybody. It was a Chinese restaurant. I said to the Chinese waiter, "Look this chicken I got here is cold." He said, "It should be, its been dead two weeks."*

Not seen Tommy Cooper. You Tube him – look at going to a fancy dress party in his Y-Front joke among others

Tommy Cooper born in Caerphilly 1921 Died 1984. R.I.P. Thanks for making me laugh





4 October 2025

Abercwmboi	v	Barry
Cambrian Welfare	v	Abercynon
Llanishen	v	Llanharan
Penarth	v	St Albans

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





**Admiral**

**NATIONAL  
LEAGUES**



**DIV 1 CUP – ROUND 1**

**27 September 2025**

**Round 1**

Aberavon Green Stars	<b>31</b>	<b>19</b>	Felinfoel
Abercwmboi	<b>14</b>	<b>45</b>	Penarth
Abergavenny	<b>16</b>	<b>25</b>	St Albans
Blackwood	<b>27</b>	<b>15</b>	Llanharan
Blaenavon	<b>5</b>	<b>41</b>	Dowlais
Blaina	<b>27</b>	<b>21</b>	Brynmawr
Caernarfon	<b>32</b>	<b>24</b>	Ruthin
Colwyn Bay	<b>21</b>	<b>34</b>	Bethesda
Heol y Cyw	<b>45</b>	<b>7</b>	Maesteg Quins
Kidwelly	<b>31</b>	<b>14</b>	Skewen
Laugharne	<b>17</b>	<b>20</b>	Abercrave
Llangefni	<b>22</b>	<b>19</b>	Bala
Llanishen	<b>7</b>	<b>43</b>	Caerphilly
Nantyffyllon	<b>11</b>	<b>19</b>	Yr Hendy
Nelson	<b>22</b>	<b>12</b>	Newport HSOB
Pwllheli	<b>13</b>	<b>6</b>	Nant Conwy
Rhydyfelin	<b>21</b>	<b>0</b>	Bedlinog
<b>Match abandoned 65 mins.</b>			
Swansea Uplands	<b>29</b>	<b>33</b>	Tenby United
Vardre	<b>10</b>	<b>17</b>	Waunarlwydd
Ystradgynlais	<b>26</b>	<b>41</b>	St Clears



# East District Premier Division

4 October 2025

Llanharan Spaniels	v	Glamorgan Wands Ath
Llanishen Athletic	v	Llandaff Athletic
St Josephs II	v	Cardiff Met Ath II

Teams	P	W	D	L	Pts
St Josephs II	3	3	0	0	14
Llandaff Athletic	3	3	0	0	14
Cardiff Met Ath II	3	2	0	1	11
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](http://www.llanishenrugbyclub.co.uk)







# SPECTATORS CODE OF CONDUCT

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- 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](mailto: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](mailto: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 <b>247 KCAL</b>	➔	 Chicken Breast <b>128 KCAL</b>
 Bacon <b>180 KCAL</b>	➔	 Turkey Bacon <b>81 KCAL</b>
 Pork Sausages <b>301 KCAL</b>	➔	 Chicken Sausages <b>106 KCAL</b>
 Ribeye Steak <b>253 KCAL</b>	➔	 Sirloin Steak <b>201 KCAL</b>
 Beef Meatballs <b>257 KCAL</b>	➔	 Turkey Meatballs <b>187 KCAL</b>
 20% Fat Beef Mince <b>253 KCAL</b>	➔	 5% Fat Beef Mince <b>124 KCAL</b>

### DRINKS

per drink

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

### CARB ALTERNATIVES

per 100g

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

### TREATS

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



**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](mailto: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](mailto:NATHAN@LLANISHENRUGBY.CO.UK) - CALL: 07388 927551**

**LLANISHEN RFC CLUBHOUSE - CF14 5DX**





# LOTTERY

29.09.2025



04

11

20

22

**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

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## KEY MESSAGES

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- 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**

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

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CLUBHOUSE - LLANISHEN RFC, TY-GLAS AVENUE, CF14 5DX