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WELCOME TO LLANISHEN RFC

LLANISHEN RFC V CAMBRIAN WELFARE RFC
8TH NOVEMBER 2025 - 14:30 KO

When you go home, tell them of us and say,



For your tomorrow, we gave our today.

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



ISLA-ALEXANDER

MOVE WITH MASTERY

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



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THANK YOU TO ALL OUR CLUB SPONSORS



WORLEY'S
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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
CAMBRIAN WELFARE RFC**



**SAT 8 NOV | 14:30 KO
HOME | ISLA ALEXANDER 3G - CF14 5YL
WRU DIV 1 EAST CENTRAL**

- 1 MATT DYKE**
- 2 TYLER FERREIRA**
- 3 ELLIOTT SWINDLEHURST (C)**
- 4 SCOTT BROWN**
- 5 JOE RAYER**
- 6 SOLLIE SIMON**
- 7 EWAN GREEN**
- 8 LEWIS MARSHALL**

- 9 TOMMY BARCLAY**
- 10 LLOYD SAUNDERS**
- 11 ALEX KINSEY**
- 12 HAYDN PALMER**
- 13 MILES ANDERSON**
- 14 CHRIS BOND**
- 15 LLOYD IVINS**

- 16 ROWAN JOHNSON**
- 17 LEE SWINDLEHURST**
- 18 BEN BORA**
- 19 KIERAN FEREDAY**
- 20 ALEX SAMUELS**

#WRUDiv1EC

Premier
Amazing Value Locally

**LLANISHEN RFC ATHLETIC XV
VS
CARDIFF MET ATHLETIC RFC**



**FRI 7 NOV | 19:15 KO
HOME | ISLA ALEXANDER 3G - CF14 5YL
ED PREMIER DIVISION**

- 1 HARRY SEWELL**
- 2 SAMSON LOIZOS**
- 3 OWEN JENKINS**
- 4 HARRI MORGAN**
- 5 DYLAN PRICE**
- 6 SPENCER ROGERS**
- 7 ALEX OSBORNE**
- 8 PAUL DOLAN (C)**

- 9 ZAC AFZAL**
- 10 RHYS THOMAS**
- 11 CHRIS SAGE**
- 12 MATT HILL**
- 13 JOSH KEMBLE**
- 14 TOM JONES**
- 15 ASTON ROSE (VC)**

- 16 HENRY DEW**
- 17 HARRI DUFFY**
- 18 COHEN DAVIES**
- 19 IGGY JACOB**
- 20 GEORGE HOLLAND**
- 21 JAMES PATTERSON**

#EDPremier

Premier
Amazing Value Locally

No Horror Show as Lions Win

Fresh from Halloween festivities, bobbing apples and the like (Happy Days), it was time to see if it was trick or treat time (eyeball rolling and sighing allowed).

Abercwmboui won their last game, away to Cambrian Welfare, and were standing (sitting permitted) two places behind the Lions in the League.

Llanishen, on the other hand (other appendages are available), have suffered two losing bonus points defeats, against Abercynon and Barry.

So, boys and ghouls, no sign of the circling seagulls. A good omen, hopefully, but the sight of three witches and a bubbling cauldron was somewhat disconcerting. So, 'Hubble, Bubble, Toil and Trouble' Time.

A narrow and muddy pitch suggested free flowing rugby was unlikely. So, it was to prove as, from the start of the game, advancing up the pitch was difficult and defences dominated.

The first five minutes were played almost exclusively in the Lion's 22 and only tight defending kept 'The Village' out. The next five minutes saw Llanishen gain a few footholds in the opposition half but without really threatening.

The scrum had held well but on ten minutes they were driven off their own ball and conceded a penalty. It was duly kicked to put the home side ahead.

Llanishen upped their game and after two good runs, by Lewis, and multiple phases a high tackle gave Jack the chance to level the scores. A difficult kick, on the boggy ground, was kicked.

Not long after, the opposition 10, made a good break and only good scramble defence kept them out. On 30 minutes a penalty, conceded at a scrum, enable Abercwmboui to retake the lead.

Llanishen then had plenty of chances to get into the opposition 22 but missed kicks enabled Abercwmboui to counter-attack. One of these led to Llanishen conceding a penalty and the successful penalty took them six points ahead.

From the kick off Abercwmboui conceded a penalty and complaining to the ref drew a yellow card for one of the hometown props. A great chance to attack but the chosen scrum was driven back and Llanishen conceded a penalty.

A superb catch, by Lloyd, in traffic gained a penalty, for a high tackle and set Llanishen up in the right area of the pitch. The last five minutes of the half saw Llanishen pressing and applying pressure on the oppositions line. Last ditch tackling kept the Lions out and the half time whistle blew with them down by 6.

A Ghoulish half (not to be mistaken for goulash – the Hungarian, paprika inspired stew) in many ways. The decision making and out of hand kicking, by both sides made for a dour half of rugby.

Half Time Abercwmboi 9 Llanishen 3

Humming ‘Things Can Only Get Better’ (Howard Jones single 1985) during the break, was I deluding myself (easily done).

Well, the first five minutes of the half suggested I was. A ‘high tackle’ (courtesy of the crowd) was kicked to the corner. The lineout was won by Abercwmboi but brought down illegally. This resulted in a yellow card for Joe and an opportunity for ‘The Village’ to extend their lead.

The next five minutes gave us the best defensive sets seen by Llanishen this season. Elliot, Lee, Matt and Scott take a bow! Along with the other forwards and backs they kept their line intact and drove Abercwmboi back and a crossing offence gave Llanishen a chance to get into the opposition half.

A good steal at a line out, and swift passing, allowed Hayden to make a good break. The attack fizzled out but there was positivity in evidence and the feeling the tide was turning in the Lions favour.

An Abercwmboi short line out was read, by Lewis, he’s got a great rugby brain that lad. He intercepted the pass back to the hooker and made good yards before popping the ball to Ewan who, ahem, slight cough, ghosted through to score a try. A difficult kick but Kieran nailed it to put ‘The Lions’ in front.

From the kick off Abercwmboi conceded a penalty and allowed Llanishen to exit their half.

The attacking intent was obvious from the sideline and the constant pressure allowed Llanishen to progress up the pitch. A five-metre line out was won and quickly passed to Miles who crashed over, under the posts, Kieran converting.

Eight points clear, time to consolidate the lead. Not so fast Llanishen conceded a penalty, for jumping out of a tackle, from the kick off, back to a five-point lead.

Llanishen went straight back on the attack, but a further penalty offence meant Ben was shown a yellow card.

Twenty minutes to go, so, time, for fans of The Red Zone, 'The Witching Hour' when wins can become loses and loses can become wins.

The Lions attacking was continuous, not spine-tingling you understand, but relentless. The forwards were supplying a constant stream of ball, allowing Lloyd Saunders and Hayden to move possession wide, allowing Chris a chance to run at the opposition.

From one of these attacks Abercwmboi conceded a penalty and Kieran kicked it to give a little breathing space.

The attacking continued but the final pass, or desperate tackle (What other kind are there? A tap tackle, Phillip. Be quiet, you fool). So, not surprisingly Abercwmboi had a chance to advance into the Llanishen 22 and from a line out a third yellow card (got to be worth a prize of some sort) was shown to Lewis.

Abercwmboi decided to kick the penalty to gain a losing bonus point, at worse.

Wraith a minute from the kick off the Lions won a penalty and were able to see the game through to a close.

Not a horror show, but my, it was rocky in places.

Full Time Abercwmboi 15 Llanishen 20

As Marc Williams wrote on the WhatsApp Group a game of two halves. I firmly believe the defence at the start of the second half was the game's turning point.

Huge credit to Elliot for his captaincy. He delicately dealt with the team and referee and made sensible decisions, Bravo, sir!

So, no Dance Macabre, time to crank up the Cranberries' Zombie for the drive home.

Marc Williams' Father pointed out that this area was renowned for coking coal, back in the day. So, a match headline could read Lion's Head of Steam Gains Victory.

It could but I think steaming might apply to one or two players in the back bar tonight.

Some off you will be please to read that there will be no match report next week as your correspondent, like Bing Crosby, Bob Hope and Dorothy Lamour is on The Road to Morrocco (Ah, they don't make them like that anymore (Black and White with dodgy sets). How we laughed – well tittered and smirked really).

Hope the boys get a win against Cambrian Welfare. Indeed, with the International Break (yawn) the next report will follow the Penarth game on December 6th. A day before the date that will live in infamy – quiz point if you know the event.



8 November 2025

Caerphilly	v	Abercynon
Llanishen	v	Cambrian Welfare
Penarth	v	Llanharan
Rhydyfelin	v	Abercwmbai
St Albans	v	Barry

Teams	P	W	D	L	Pts
Penarth	7	5	0	2	27
-----Promotion-----					
St Albans	6	5	0	1	23
Llanharan	7	4	0	3	20
Caerphilly	5	4	0	1	19
Llanishen	6	3	0	3	19
Abercynon	7	3	0	4	17
Cambrian Welfare	7	2	0	5	14
Barry	7	3	0	4	13
-----Relegation-----					
Abercwmbai	7	2	0	5	12
Rhydyfelin	5	1	0	4	7

East District Premier Division

7 November 2025

19:15

Llanishen Athletic

v

Llanharan Spaniels

8 November 2025

Cardiff Met Ath II

v

Penttyrch Rams

Cymry Caerdydd 67

v

Penarth II

St Josephs II

v

Llandaff Athletic

Teams	P	W	D	L	Pts
Llandaff Athletic	6	5	0	1	26
St Josephs II	5	5	0	0	23
Cardiff Met Ath II	6	4	0	2	21
Cymry Caerdydd 67	5	3	0	2	14
* Penarth II	5	2	0	3	11
* Llanishen Athletic	5	2	0	3	7
Llanharan Spaniels	5	1	0	4	5
* Penttyrch Rams	6	0	0	6	-3

* - 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.



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



LLANISHEN RUGBY FOOTBALL CLUB PRESENTS



BAND NIGHT RATTLESNAKE



LLANISHEN RFC CLUBHOUSE - CF14 5DX
SUNDAY 16TH NOVEMBER 2025
4PM TIL 7PM

£5

***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
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**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**

PARTY OPTION - £15 - ARRIVE FOR 8PM



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



LOTTERY

03.11.2025



12

13

15

18

NEXT WEEK'S JACKPOT

£4,700.00

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

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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