

WELCOME TO
LLANISHEN RFC

LLANISHEN RFC V ST ALBANS RFC
31ST OCTOBER 2026 - 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/

PLAYER SPONSOR 2026/27

PRINCE

TALENT & RESOURCING

HARRY SEWELL

THANK YOU TO ALL OUR CLUB SPONSORS





WORLEY'S HARDWARE
all under one roof

Fox Self Storage

ACE PLUMBING
EST'D 2015
& HEATING SERVICES

MANOR PARC
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ADENHART
Wales Ltd

ISLA-ALEXANDER

BDS Company
Decorators Merchants

DSV

SAS International

ORANGE
Commercial
Finance Ltd

MODEX

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





Pure PROPERTY FINANCE

ITSUS CONSULTING

HAWTHORN MORTGAGES & FINANCE

JP SHIPPING SERVICES

ELLIS LLOYD JONES

NATUZZI

Admiral

KREHALON Preserving Quality Together

roperhurst safety-critical plastic engineering

ANDREW VARLEY FINANCIAL PLANNING

EASTMAN

MKM

DR KATHRYN AESTHETICS & SKINCARE Join the Vip skin club

De Designer Sofas

LLANISHEN RFC

1XV TEAM MANAGER

WE'RE LOOKING FOR YOU!

JOIN OUR 1XV AND HELP DRIVE SUCCESS ON AND OFF THE PITCH

SUPPORT THE PLAYERS
Liaise with coaches, players and parents.

KIT & EQUIPMENT
Ensure the team is prepared and kitted out.

COMMUNICATION
Keep everyone informed and organised.

TEAM ADMIN
Help with logistics, paperwork and matchday needs.



GET IN TOUCH

IF YOU'RE PASSIONATE ABOUT RUGBY AND WANT TO BE PART OF OUR 1XV TEAM, WE'D LOVE TO HEAR FROM YOU!

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



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

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



TEAM SHEET

LLANISHEN 1XV

VS ST ALBANS RFC

1	LEE SWINDLEHURST
2	NOKU NIKISI
3	ELLIOTT SWINDLEHURST (C)
4	GEORGE IVINS
5	JOE RAYER
6	TOM MAYNE
7	ELLIS RICHARDS
8	LEWIS MARSHALL
9	TOMMY BARCLAY
10	LEWIS VAUGHAN
11	KIERAN FEREDAY
12	ALEX KINSEY
13	JACK DONALD
14	ZAC AFZAL
15	CHARLIE PANTELI

16	LIAM ROSE
17	ALFIE HILL
18	SPENCER ROGERS
19	HARRY CHAPMAN
20	HARRY TRELAWNY

SATURDAY
31ST OCT 2026

KICK OFF
14:30

ISLA ALEXANDER 3G
CF14 5YL

PRINCE
TALENT & RESOURCING



ONE CLUB | ONE FAMILY

TEAM SHEET

LLANISHEN ATHLETIC

VS MOUNTAIN ASH II RFC

LLANISHEN RFC

VS

MOUNTAIN ASH R F C

THE OLD FIRM

1	HARRY SEWELL (C)
2	KAYLUM KELLY
3	HARLEY ALDIS
4	HARRI DUFFY
5	DYLAN PRICE
6	JACK HERALD
7	IGGY JACOB
8	CALLUM BROWN
9	ELLIS CHRISTIAN
10	ASTON ROSE
11	HARRY LOVETT
12	MATT HILL (CC)
13	JAMES CROTHERS
14	HENRY DEW
15	STEPH ASIDE
16	HARRI MORGAN
17	SION MORRIS

PRINCE
TALENT & RESOURCING

CCC
CYNGHRAIR Y CYMOEDD A CHAEROYDD
THE VALLEYS & CARDIFF LEAGUE
EST. 2026

SATURDAY
31ST OCT 2026

KICK OFF
14:30

LLANISHEN HIGH
BACK PITCH
CF14 5YL



ONE CLUB | ONE FAMILY



GET IN TOUCH ON ANY OF OUR SOCIALS

REAL ALE



AVAILABLE NOW

at the Llanishen RFC Clubhouse

Admiral NATIONAL LEAGUES

LEAGUE 1 EAST CENTRAL

31 October 2026

Caerphilly	v	Cymry Caerdydd
Llanishen	v	St Albans

#	Team	P	W	D	L	PF	PA	+/-	TF	TA	TB	LB	DE	Pts
1	Caerphilly RFC	5	5	0	0	192	93	99	26	13	3	0	0	**23**
2	Penarth RFC	5	4	0	1	177	95	82	27	13	4	1	0	**21**
3	Clwb Rygbi Cymry Caerdydd RFC	5	4	0	1	182	80	102	29	12	4	0	0	**20**
4	Wattstown RFC	4	3	0	1	129	94	35	19	14	2	0	0	**14**
5	St Albans RFC	5	3	0	2	104	112	-8	15	13	1	0	0	**13**
6	Llanishen RFC	5	2	0	3	84	201	-117	11	31	0	0	0	**8**
7	Cambrian Welfare RFC	5	1	0	4	155	128	27	21	18	2	1	0	**7**
8	Dowlais RFC	5	1	0	4	91	116	-25	13	17	0	2	0	**6**
9	Abercynon RFC	4	0	0	4	72	218	-146	11	35	2	0	0	**2**
10	Abercwmboi RFC	3	0	0	3	38	87	-49	6	12	0	0	0	**0**

CCC = Valleys and Cardiff League

31 October 2026

Cardiff Met	v	Abercynon
Llanishen	v	Mountain Ash
Llantrisant	v	Aberdare
St Albans	v	St Josephs

#	Team	P	W	D	L	PF	PA	+/-	TF	TA	TB	LB	DE	Pts
1	Beddau RFC Athletic	4	4	0	0	114	60	54	17	10	3	0	0	**19**
2	Abercynon RFC	4	3	0	1	137	76	61	22	11	3	1	0	**16**
3	Llanharan RFC	5	3	0	2	159	97	62	25	15	3	1	0	**16**
4	Nelson RFC	5	2	0	3	85	124	-39	12	19	2	1	0	**11**
5	St Albans RFC	4	2	0	2	120	109	11	18	15	2	0	0	**10**
6	Llandaff RFC	6	2	0	4	89	161	-72	14	22	1	1	0	**10**
7	Cardiff Met RFC Athletic	3	2	0	1	92	72	20	12	12	1	0	0	**9**
8	Mountain Ash RFC	2	1	0	1	60	30	30	8	4	1	1	0	**6**
9	Aberdare RFC	3	1	0	2	73	85	-12	13	13	2	0	0	**6**
10	Llantrisant RFC	5	1	0	4	80	140	-60	11	22	1	1	0	**6**
11	St Josephs RFC	1	1	0	0	26	0	26	4	0	1	0	0	**5**
12	Llanishen RFC	4	1	0	3	35	116	-81	5	18	0	0	0	**4**

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 RFC

SPONSORSHIP OPPORTUNITIES

SUPPORT OUR CLUB!

HELP US CONTINUE TO GROW, DEVELOP OUR PLAYERS AND SUPPORT OUR COMMUNITY BY BECOMING A LLANISHEN RFC SPONSOR.

INCREASE YOUR VISIBILITY
Showcase your brand to our players, families and local community.

SUPPORT GRASSROOTS RUGBY
Help us provide opportunities for all ages, from U6s to our senior teams.

PROMOTE YOUR BUSINESS
Gain exposure through our club events, social media and matchday presence.

BE PART OF OUR JOURNEY
Invest in a thriving club with a proud history and a bright future.



GET IN TOUCH

mark@llanishenrugby.co.uk

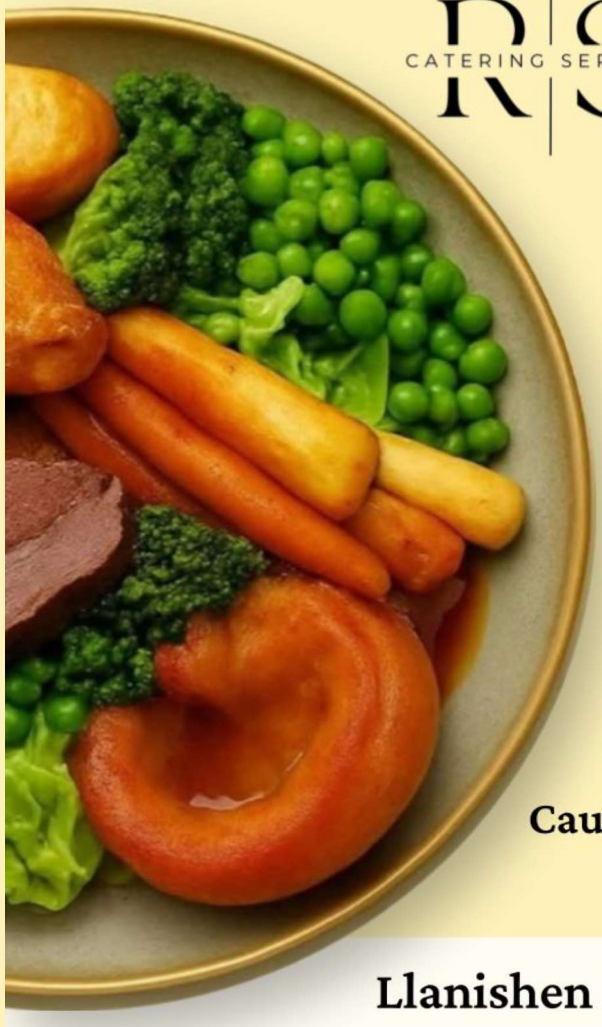
IF YOU'RE INTERESTED IN SPONSORING LLANISHEN RFC, WE'D LOVE TO HEAR FROM YOU!

LLANISHEN RUGBY FOOTBALL CLUB PRESENTS

SUNDAY LUNCH

PREPARED ON SITE BY RS CATERING SERVICES

COME AND JOIN US AT OUR COSY CLUBHOUSE ON SUNDAY
...OR ORDER AHEAD AND COLLECT FROM OUR KITCHEN



RS CATERING SERVICES

Kids/ Elderly £7.00
1 Meat Option £9.50
2 Meat Option £12.50

FAMILY DEAL:
2 Adults & 2 Children
(2 Meat Option) - £25.00

All come with homemade yorkshires, roasties, roast carrots, honey roast parsnips, medley of cabbage, swede, broccoli & peas

SIDES £3.50 EACH:
Cauliflower cheese | Garlic & parsley mash | Pork & herb stuffing

Llanishen RFC Clubhouse - CF14 5DX







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!




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
LLANISHEN RFC

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**


LLANISHEN RFC
LLANISHEN RFC
ADVERTISING/SPONSORSHIP
OPPORTUNITY
LLANISHEN FC
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

CAPTION COMPETITION



Photo by Andy Gale
andygalephotography

Tweet @llanishenrfc1 with your best



LOTTERY

26.10.2026



5 **8** **20** **23**

NEXT WEEK'S JACKPOT

£1,450.00

Anyone can play via Clubforce. Click here to enter our next draw



#UPTHELIONS

LLANISHEN FOOTBALL

RECRUITMENT

LLANISHEN FC



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 SAT + SUN

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



WANT A FRESH CHALLENGE?

NEW TO THE NORTH CARDIFF AREA?

FANCY A CHANGE OF CLUB?

RETURNING TO RUGBY?

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

LLANISHEN RFC IS THE ONLY ANSWER!

GET IN CONTACT

SENIORS AGE 18+	LIAM@LLANISHENRUGBY.CO.UK
YOUTH AGE 17 – 18	HENRY.J.EDWARDS@SKY.COM
JUNIORS AGE 13 – 16	MATT@LLANISHENRUGBY.CO.UK
MINI'S AGE 6 – 12	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