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WELCOME TO LLANISHEN RFC

LLANISHEN RFC V CAMBRIAN WELFARE RFC
8TH NOVEMBER 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/>



HAWTHORN
MORTGAGES & FINANCE

THANK YOU TO ALL OUR CLUB SPONSORS



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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
RHYDYFELIN RFC**



**SAT 20 DEC | 14:30 KO
HOME | ISLA ALEXANDER 3G
WRU DIV 1 EAST CENTRAL**

- 1** LEE SWINDLEHURST
- 2** ROWAN JOHNSON
- 3** ELLIOTT SWINDLEHURST (C)
- 4** ADAM NYHAN
- 5** SCOTT GREEN
- 6** GEORGE IVINS
- 7** EWAN GREEN
- 8** LEWIS MARSHALL

- 9** TOMMY BARCLAY
- 10** JOSHUA JAMES
- 11** ALEX KINSEY
- 12** HAYDN PALMER
- 13** MILES ANDERSON
- 14** KIERAN FEREDAY
- 15** RHYS THOMAS

- 16** MATT DYKE
- 17** LIAM ROSE
- 18** ALEX SAMUELS
- 19** ZAC AFZAL
- 20** ASTON ROSE

#WRUDiv1EC



HAWTHORN
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LLANISHEN LIONS

VETS



GET IN TOUCH ON ANY OF OUR SOCIALS

Time for Festive Fun?

Tis the season to be jolly and God Rest Ye Merry, Gentlemen, let nothing you dismay – and all that but stuff it, it didn't put me in that sought after Christmas spirit.

A sunny clear day and going good underfoot could the Lions push past the Buns, currently second in the League.

So, where to begin, well as always, the kick-off, you clown! The initial exchanges involved some aerial bombardments before settling into a pattern seen throughout the game. Namely possession slowed or lost as St Albans counter rucked. From possession won they moved the ball wide, only for young Palmer (who had a superb game) to set off from the Lions 22.

The move broke down and a Buns interception saw a footrace before the move broke down at almost the spot the whole series of play started at.

On five minutes the Buns received the first yellow card and from the penalty the Lions had a five-metre lineout, Unfortunately the ball was stolen and eventually play moved into the Llanishen 22.

The Buns gained a lineout 10m out and I must admit find it incredulous (fancy word needed to convey disbelief) that no-one was thrown up at the said lineout. The easy ball won the Buns executed a rolling maul to score the opening try and a fine conversion, from the touchline gave them a 7-0 lead.

Warning Old fart moment here – the Buns strength is keeping the ball tight and rolling mauls so why give them easy pickings? One of Baldrick's cunning plans, perhaps.

The half continued in an attritional way, neither side able to get too far ahead of the gain-line. That coupled with the persistent stoppages for minor injuries meant poor fayre for the viewing spectators.

But what's this! The Lions gained a foothold in the Buns 22 and after a few thrusts the excellent Ewan Green scored a try near the posts.

A momentum change as Llanishen threatened to score, after a charge down, but ultimately the ball was cleared, and the half drew to a close.

Half Time St Albans 7 Llanishen 7

A chaotic start to the second half as St Albans received their second yellow card but unfortunately, and not unusually, the Lions conceded a second try a few minutes later. The method of scoring you ask, a series of rolling mauls and hard running I answer.

Soon after St Albans scored a superb try. Again, involving hard running but also excellent support on the runner's shoulder and initially starting near the halfway line. A fine conversion put the home side 19-7 up and things were looking decidedly dodgy.

A great take, from the following kick-off, gave the Lions momentum and a delightful dink, over the top, and retrieval of said dink allowed Josh to score under the posts. The conversion made it 19-14 and with over 20 minutes remaining plenty of time to score a winner.

A third yellow card for St Albans gave further hope and the introduction of Sollie, two chop tackles in the first minute he was on the pitch, demonstrated how to stop rolling mauls developing. Hope was in the air.

Into the last few minutes and a penalty to Llan set up a lineout close to the Buns line.

The lineout was won and a series of drives brought the Lions to the try line. A number of short drives were repelled and then the ball was held up over the line. This allowed the Buns to clear their line and close out the game.

So no tidings of comfort and joy but a losing bonus point gained as the result put St Albans top of the table.

Full Time St Albans 19 Llanishen 14

Ultimately a frustrating game that could have been won. A few missed penalties, who'd be a goal kicker (Dan Carter and Neil Jenkins, granted) and a lack of patience on the goal line being the difference.

That said/written St Albans are a good side who play to their strengths, with a 10 who runs the game, and good luck to them (they have only lost one game) it is up to the opposition to find a way to beat them.

No match report last week, for the St Peters game as I lost Christmas Spirit (cheap shots does that to me) but worry not I found it amongst the parsnips, in Sainsburys.

It would, however, be remiss not to remark on outstanding play by our ahem esteemed (or steaming) Social Secretary, Harry Sewell. A lineout win and great clear out should be on record and here it is (I'll have that £10 anytime Harry Scotcheggmeister Sewell.

A new feature now, and easily avoided, as you can stop reading NOW.

I give you OFC, no not a disease, but Old Farts Corner

This week's positives:

The scrum held its own – illegal in many countries.

The lineouts were generally won, and a few were stolen from the Buns.

The backs ran purposefully and the defence was much better.

This week's negatives:

Relaxing and taking a high body shape, at breakdowns, allows aggressive opposition forwards to counter-ruck and win, or slow possession down, leading to less time and space for the backs.

The body shape, going into contact, must be lower and more dynamic – a number of balls were turned over due to it.

Tackling needs to be lower to stop momentum building and allowing for your own counter-ruck.

Support needs to be closer when breaks are made, and the ball moved more quickly from the breakdown area.

I shall now shuffle off into a corner and continue chuntering.

Not really, went to a Ladies and partners tennis evening and got knocked out of the pool tournament in the first round (didn't pot a ball) and lost the quiz – Merry Christmas my arse.



20 December 2025

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

Teams	P	W	D	L	Pts
St Albans	8	7	0	1	32
-----Promotion-----					
Penarth	8	5	1	2	29
Llanharan	9	5	1	3	28
Llanishen	8	4	0	4	25
Caerphilly	6	5	0	1	24
Abercynon	9	4	0	5	22
Abercwmboi	9	3	0	6	17
Barry	9	3	0	6	16
-----Relegation-----					
Cambrian Welfare	8	2	0	6	15
Rhydyfelin	6	1	0	5	7

East District Premier Division

	Teams	P	W	D	L	Pts
	Cardiff Met Ath II	8	6	0	2	31
	St Josephs II	6	6	0	0	28
	Llandaff Athletic	6	4	0	2	21
	Cymry Caerdydd 67	6	4	0	2	19
*	Llanishen Athletic	7	2	0	5	7
*	Penarth II	7	1	0	6	7
	Llanharan Spaniels	6	0	0	6	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.



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**

PARTY OPTION - £15 - ARRIVE FOR 8PM



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



LOTTERY

15.12.2025



5

6

9

22

NEXT WEEK'S JACKPOT

£4,800.00

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
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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