



**MOLSON
COORS**
beverage
company



WELCOME TO LLANISHEN RFC

LLANISHEN RFC V DOWLAIS RFC
19TH SEPTEMBER 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/>



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





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



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 RUGBY FOOTBALL CLUB PRESENTS OUR **UPCOMING FIXTURES**



DOWLAIS RFC



SATURDAY 19TH SEPTEMBER



14:30 ISLA ALEXANDER 3G - CF14 5YL



1ST XV - WRU DIVISION 1 EAST CENTRAL



LLANTRISANT II RFC



FRIDAY 18TH SEPTEMBER



19:15 LLANTRISANT RFC - CF72 8HA



ATH XV - CCC | THE VALLEYS & CARDIFF LEAGUE



OLD PENS YOUTH RFC



SATURDAY 5TH SEPTEMBER



14:30 OLD PENS RFC - CF64 3PF



YOUTH XV - CHAMPIONSHIP LEAGUE

TEAM SHEET

LLANISHEN 1XV

VS DOWLAIS RFC



VS



1 MATT DYKE

2 NOKU NIKISI

3 ELLIOTT SWINDLEHURST (C)

4 JOE RAYER

5 LEE SWINDLEHURST

6 ELLIS RICHARDS

7 SOLOMON SIMON

8 LEWIS MARSHALL

9 KIERAN FEREDAY

10 LEWIS VAUGHAN

11 LLOYD SAUNDERS

12 ALEX KINSEY

13 JACK GUY

14 JOSH JAMES

15 LLOYD IVINS

16 TYLER FERREIRA

17 GEORGE IVINS

18 IGGY JACOB

19 TOMMY BARCLAY

20 ALEX SAMUELS



**SATURDAY
19TH SEPT 2026**



**KICK OFF
14:30**



**ISLA ALEXANDER 3G
CF14 5Y**



ONE CLUB / ONE FAMILY

DOWLAI'S RFC

1ST XV LINE UP

- 15 BEN THOMAS***
- 14 JACOB MUNKLEY***
- 13 WILL THOMAS***
- 12 SION MARTIN***
- 11 MAX WILLIAMS***
- 10 EUAN GRIFFITHS***
- 9 CHAD POWELL***
- 1 JAMES CHURCHILL***
- 2 WILLIAM BAYLIS***
- 3 JONATHAN SUTTON***
- 4 DAVID KELLY***
- 5 KRIS CLEAVER***
- 6 CALUM MAYBANK***
- 7 CALUM WILLIAMS***
- 8 BRADLEY GWYN***



REPLACEMENTS

- 16 CALLUM COUTTS***
- 17 RHODRI MARTIN***
- 18 HARRISON JAMES***
- 19 EDDEE LLOYD BEDFORD***
- 20 KRISTIAN OWEN***



LLANISHEN LIONS

VETS



GET IN TOUCH ON ANY OF OUR SOCIALS

#CCC

FRIDAY 18TH SEPTEMBER 2026

FINAL RESULT

LLANTRISANT II RFC



VS

LLANISHEN ATH XV



7

21

CCC | THE VALLEYS & CARDIFF LEAGUE

ONE CLUB / ONE FAMILY



TEAM SHEET

LLANISHEN ATHLETIC

VS LLANTRISANT II RFC



VS



1 HARRY SEWELL (C)

2 NATHAN LLEWELLYN

3 LIAM ROSE (VC)

4 PAUL DOLAN

5 HARRI DUFFY

6 GEORGE HOLLAND

7 CALLUM BROWN

8 GEORGE IVINS

9 ELLIS CHRISTIAN

10 HARRY TRELAWNY

11 GEORGE SPITERI

12 HADYN PALMER

13 JACK DONALD (VC)

14 TOMMY BARCLAY

15 ASTON ROSE

16 JAKE FIELDING

17 LEWIS MARSHALL

18 HARRY MORGAN

19 LUKE COUSINS

20 MATT HILL (VC)



FRIDAY
18TH SEPT 2026



KICK OFF
19:15



LLANTRISANT RFC
CF72 8HA

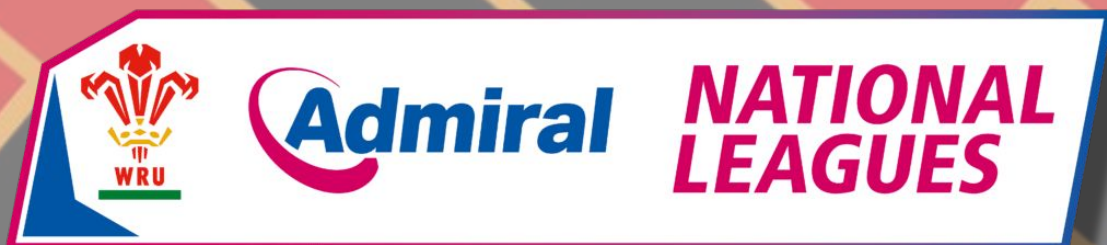


ONE CLUB / ONE FAMILY

REAL ALE



AVAILABLE NOW
at the Llanishen RFC Clubhouse



19 September 2026

Abercwmboi	v	Caerphilly
Abercynon	v	St Albans
Cambrian Welfare	v	Cymry Caerdydd
Llanishen	v	Dowlais
Penarth	v	Wattstown

#	Team	P	W	D	L	PF	PA	+/-	TF	TB	LB	DE	Pts
1	Wattstown RFC	2	2	0	0	72	35	37	10	1	0	0	9
2	Penarth RFC	1	1	0	0	34	24	10	4	1	0	0	5
3	Caerphilly RFC	1	1	0	0	24	19	5	3	0	0	0	4
4	St Albans RFC	1	1	0	0	17	16	1	2	0	0	0	4
5	Dowlais RFC	1	0	0	1	19	24	-5	3	0	1	0	1
6	Cambrian Welfare RFC	2	0	0	2	37	46	-9	4	0	1	0	1
7	Abercynon RFC	0	0	0	0	0	0	0	0	0	0	0	0
8	Abercwmboi RFC	0	0	0	0	0	0	0	0	0	0	0	0
9	Clwb Rygbi Cymry Caerdydd RFC	1	0	0	1	24	34	-10	3	0	0	0	0
10	Llanishen RFC	1	0	0	1	14	43	-29	2	0	0	0	0

*** Includes 18th Sept Result**

Llantrisant

v

Llanishen

Abercynon **v** St Albans

Llandaff **v** Nelson

St Josephs v Mountain Ash

[illegible]



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



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!



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



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**

CAPTION COMPETITION



Photo by Andy Gale
andygalephotography

Tweet @llanishenrffc1 with your best



LOTTERY

07.09.2026



5

7

12

23

NEXT WEEK'S JACKPOT

£1,400.00

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 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

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