



**MOLSON
COORS**
beverage
company



WELCOME TO LLANISHEN RFC

LLANISHEN RFC V BARRY RFC
18TH 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/>



Premier

Kimberley Store

THANK YOU TO ALL OUR CLUB SPONSORS



**WORLEY'S
HARDWARE**
all under one roof



MANOR PARC
COUNTRY HOTEL & RESTAURANT



COLES
Funeral Directors



ISLA-ALEXANDER



Decorators Merchants

DSV

SAS
International



ORANGE
Commercial
Finance Ltd



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
BARRY RFC**



**SAT 18 OCT | 14:30 KO
HOME | ISLA ALEXANDER 3G
WRU DIV 1 EAST CENTRAL**

- 1** LEE SWINDLEHURST
- 2** TYLER FERREIRA
- 3** ELLIOTT SWINDLEHURST (C)
- 4** ADAM NYHAN
- 5** JOE RAYER
- 6** BEN BORA
- 7** EWAN GREEN
- 8** LEWIS MARSHALL

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

- 16** NOKU NIKISI
- 17** MATT DYKE
- 18** SCOTT GREEN
- 19** SOLLIE SIMON
- 20** LLOYD SAUNDERS

#WRUDiv1EC

Premier

Kimberley Store

**RHIWBINA II RFC
VS
LLANISHEN RFC ATHLETIC XV**



**SAT 18 OCT | 14:30 KO
AWAY | CAEDELYN PARK - CF14 1BE
ED - PREMIER DIVISION**

- 1 OWEN JENKINS**
- 2 NATHAN LLEWELLYN**
- 3 LIAM ROSE**
- 4 ALEXANDER OSUHOR**
- 5 SCOTT BROWN (VC)**
- 6 SPENCER ROGERS**
- 7 GEORGE HOLLAND**
- 8 IGGY JACOB**

- 9 ZAC AFZAL**
- 10 ASTON ROSE (C)**
- 11 CHRIS SAGE**
- 12 MATT HILL**
- 13 LEWIS LLOYD**
- 14 TOM JONES**
- 15 HARRY POWELL**

- 16 JAMES PATTERSON**
- 17 COHEN DAVIES**
- 18 HARRI DUFFY**
- 19 DYLAN HUMPHREY**
- 20 LLOYD NORMAN**
- 21 BOVIC AMUNDALA**
- 22 HENRY DEW**

Premier

Kimberley Store

Saturday, So It's Strictly Rugby

The Strictly Dancing event, due on at club today, has been cancelled but, nevertheless, let's see if the Lions could sashay their way to another victory, after last week's thrilling entertainment.

A lovely setting and ideal weather, cool and a slight breeze, time to sit/stand and enjoy. (Captain Mainwaring moment – 'Stupid Boy!').

Llanishen kicked off, playing towards the A470 end and after a good catch, from a clearance, the team went through several phases.

After five minutes a grubber kick was put behind the opposition defensive line. The ball was retrieved and a pop pass, from Scott, enabled Ewan to quickstep his way over the line. Jack converted and things were looking rosy.

However, after ten minutes, a good back move, orchestrated by the excellent Abercynon 10, brought a try in the corner. Already this didn't look like it was going to be a smooth (American) day on the dancefloor.

A period of rugby ping-pong then followed until a break by Ben allowed a pass to Lloyd. He made good ground and a pass to Jack and then a deft pass, a paso doble if you will, put Tommy into space to waltz under the posts.

In control, but only for a few minutes, as a strip tackle allowed Abercynon to score their second try, almost immediately. No promenade this and frustrating as the team were beginning to gain the ascendancy.

That said, for a team that had lost eight first team players, the Abercynon team's physical presence and aggression, in the contact areas, were causing problems against a strangely passive Llanishen pack. Counter rucks were costing the Lions possession and territory, and it was uplifting when a penalty enabled Llanishen to move five points clear.

Not long after Abercynon were awarded a penalty and the kick to touch gave them a five-metre lineout. The catch and drive (not a recognised dance move) rumbad sideways, a wonderful flat pass put the home team player over. The conversion putting them ahead for the first time.

Saturday, So It's Strictly Rugby Continued

Time to wake up – unfortunately not. A superb cross field kick was caught by the winger. A good chassé (couldn't tell if it was a tippie or scatter variety) put him a space, and over for their fourth try.

Half Time Abercynon 24 Llanishen 17

A good start was needed but was not forthcoming. Very poor tackling allowed the Abercynon centre to walk through untouched. Bewildering, frankly.

Time for a fightback. It looked like it as, a great catch, by Lloyd, and pass put Ewan through a gap. He showed good pace to go over for Llanishen's third try. Plenty of time to go and ten points behind was doable.

With the bench emptied it seemed the Llanishen scrum was gaining dominance, and a few penalties enabled the Lions to get a five-metre lineout. A rolling maul (also not a dance move) was set up and Lewis made good ground before a pass to Miles brought the scores within five points.

Twenty minutes to go and the Lions did have opportunities to win the game. However, very strange decisions held sway and the game ebbed away from them. With a few minutes left two kicks to the opposition were head scratching moments as they could set up mauls to run the clock down.

Beaten by a more committed and determined side and a wakeup call as next week's opposition, Barry, beat Abercynon last weekend. That said two points gained.

Full Time Abercynon 34 Llanishen 29

An extremely disappointing performance with only three or four players who could consider it a game they played well in. If he was here, I'm sure it would not have been a ten from Len (Goodman – keep up at the back), more like a four.

Will the boys get to Blackpool (Lewis' Dad did on his Stag)? – Err no, they aren't in East Central 1. So back to Llanishen's Ballroom for a Cha-Cha-Cha, but more likely a Beer-Beer-Beer.

As always this is a work of fiction, but obviously based on today's events, a 'fractional piece' if you will (4/17ths this week, weird), the thoughts and opinions are products of the author's meandering mind.



18 October 2025

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

Teams	P	W	D	L	Pts
Penarth	5	5	0	0	25
Llanharan	5	4	0	1	19
St Albans	4	3	0	1	14
Llanishen	4	2	0	2	13
Abercynon	5	2	0	3	12
Caerphilly	3	2	0	1	11
Barry	5	2	0	3	9
Cambrian Welfare	5	1	0	4	8
Abercwmboi	5	1	0	4	6
Rhydyfelin	3	0	0	3	2

East District Premier Division

18 October 2025

12:00	Penarth II	v	Llanishen Athletic
	Cymry Caerdydd 67	v	Pentyrch Rams
	Llanharan Spaniels	v	Llandaff Athletic
	St Josephs II	v	Glamorgan Wands Ath

	Teams	P	W	D	L	Pts
	Llandaff Athletic	5	5	0	0	24
	Cardiff Met Ath II	6	4	0	2	21
	St Josephs II	4	4	0	0	19
	Penarth II	4	2	0	2	13
	Llanharan Spaniels	4	2	0	2	8
*	Cymry Caerdydd 67	5	2	0	3	5
*	Pentyrch Rams	5	1	0	4	4
*	Llanishen Athletic	4	1	0	3	3
*	Glamorgan Wands Ath	5	0	0	5	-6

* - 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.



LLANISHEN RUGBY FOOTBALL CLUB PRESENTS



HALLOWEEN PARTY

CHILDREN'S PARTY GAMES & FANCY DRESS
PRIZE FOR BEST COSTUME
ENJOY LIVE MUSIC WITH THE JEDI

LLANISHEN RFC CLUBHOUSE - CF14 5DX
FRIDAY 31ST OCTOBER 2025
7PM TIL CLOSE

£2
KIDS

£3
ADULTS



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

13.10.2025



05

10

13

15

NEXT WEEK'S JACKPOT

£4,650.00

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
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