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WELCOME TO LLANISHEN RFC

LLANISHEN RFC V ST ALBANS RFC
20TH SEPTEMBER 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/>

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 for all
your support this
season. We look
forward to welcoming
you all again soon.

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
ST ALBANS RFC**



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

- 1** MATT DYKE
- 2** NOKU NIKISI
- 3** HARRY SEWELL
- 4** GEORGE IVINS (C)
- 5** ALEX OSBORNE
- 6** BEN BORA
- 7** ELLIS RICHARDS
- 8** EWAN GREEN

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

- 16** TYLER FERREIRA
- 17** LEE SWINDLEHURST
- 18** SOLLIE SIMON
- 19** LEWIS MARSHALL
- 20** ALEX SAMUELS

#WRUDiv1EC



MANOR PARC

COUNTRY HOTEL & RESTAURANT

SPONSOR OF THE WEEK

Lions Beat the Turks on Crowded House Day

Game day at The Isla Alexander 3G Arena saw the side led out by a player giving a passable impression of Swiss Tony (Google the Fast Show youngsters) our very own Paul Dolan.

The first home game in The East District Premier Division League and the third game in the Saturday trilogy, following on from The Rugby Championship games this morning. Could the game reach those standards – well not quite but a lot of positives to be taken.

From the kick off a good a good pick up, by Owen Jenkins, allowed The Lions to attack and use the wind at their backs. The scrum was solid the line outs competitive – the wind swirling meant a number of not straights for both teams – but several opposition balls were taken.

Box kicks were a useful weapon, but the catching was of a good standard, exemplified by a Euan Phillips catch from which an attack ensued. The centres Josh Kemble and Harry Powell (show signs of the pace shown in his Youth days) kept The Lions on the front foot and with Jack Donald controlled the game with a mixture of passes and kicks and Tom Weare acting as a good attacking option things looked encouraging for the home side.

That said the game was being played, predominantly, between the opposing 22's and, despite good carries by Paul Dolan, Dylan Price and Mr Saturday Night, Harry Sewell this remained the case for much of the first half.

The Lions back row: Spencer Rogers, Evan Johnson and Alex Osbourne were running hard and gaining a number of turnovers in the competitive breakdown areas and the Lions appeared to be getting the upper hand and had the momentum to take the lead,

A moment of madness led to a yellow card for Harry Sewell, who departed along the touch line in a high state of dudgeon (just south of Alabama, apparently). A double fine awaiting him in the club house, quite right too.

A possible turning point then as Pentyrch looked to use their extra man but a superb interception, by Luke Cousins, allowed him to kick ahead (legal in rugby games – but not recommended at home) and retrieve the kick. A pop to Kieran Fereday took the momentum forward and a slip pass put Alex Osbourne under the posts. The conversion putting the Lions up 7-0.

After an excellent 50 22 by Kieran, the successful line out led to a number of phases (set to stun) near the Pentyrch line, They conceded a penalty and a quick tap allowed our clever 9 to score under the posts.

From the kick off Pentyrch retrieved the ball but not for long as Tyler Ferriera's great jackal retrieved the ball and the clearance ended an entertaining first half.

Half Time Llanishen 14 Pentyrch 0

Lions Beat the Turks on Crowded House Day - Continued

The second half meant it was time to get Iggy with it as he and Jack Clucas came off the bench to join the fray and build on the established lead.

The Llanishen side started extremely well, and the ball was moved quickly across the pitch only for mishandling to bring moves to a stop. From one breakdown the Pentyrch winger made a fine break which was only thwarted by a fine covering tackle.

The stable scrum allowed moves to be implemented, and Iggy Johnson made a dynamic break and off load, but the resulting breakdown led to a Pentyrch penalty.

The Turks were creating more opportunities and pressurising the Lions defensive line and after a good break the ball was chipped through. The kick was gathered, and the player ran under the posts to make it a one score game.

The desire to throw the ball around meant Pentyrch almost intercepted twice but the knock-ons allowed the pressure to remain in the opposition half.

A scrum infringement led to a free kick, which was taken quickly by Alex and after making good metres popped to Matt Dyke who trundled five metres, breaking two or three would be tackles to score the third try.

The desire to spin the ball wide from deep in their own 22 led to an interception by Pentyrch and only a great covering tackle stopped what looked a certain try. Pentyrch were, however, camped on the Lions line and only super tackling, take a bow Lee Swindlehurst, stopped the line being broken.

The pressure continued and from a scrum the ball was moved left, and good handling enabled a try to be scored nearer the touchline than the post, The missed conversion left The Lions nine points up with five minutes to play.

A great kick off chase led to Llanishen retrieving the ball and a pop pass saw Tyler make 20 metres and from the ruck Pentyrch conceded a penalty.

The ten-metre lineout catch led to a drive, but the fourth try was not to be as the ball was held up over the line.

Full Time Llanishen 21 Pentyrch 12

A good win and further evidence that without a Mini & Juniors section, plus youth team, Clubs will struggle massively, Credit to all the coaches and parents who have created an environment where well over 50% of the First and Second teams have come through the said teams.

PS to Geoff Thomas – thanks for the message last week – hope the match report brought a small smile to your face – mind if so it could be wind.

Crowded House song – Four Seasons in One Day



20 September 2025

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

Teams	P	W	D	L	Pts
Penarth	2	2	0	0	10
Llanharan	2	2	0	0	9
Llanishen	1	1	0	0	5
St Albans	1	1	0	0	5
Caerphilly	1	1	0	0	5
Abercynon	2	1	0	1	5
Cambrian Welfare	2	0	0	2	4
Rhydyfelin	1	0	0	1	2
Abercwmboi	2	0	0	2	1
Barry	2	0	0	2	0

East District Premier Division

20 September 2025

Cardiff Met III	v	Cymry Caerdydd 67
Glamorgan Wands Ath	v	Penarth II
Pentyrch Rams	v	Llandaff Athletic

Teams	P	W	D	L	Pts
St Josephs II	3	3	0	0	14
Cardiff Met III	2	2	0	0	9
Cymry Caerdydd 67	2	1	0	1	5
Pentyrch Rams	2	1	0	1	5
Llandaff Athletic	1	1	0	0	4
* Llanishen Athletic	2	1	0	1	2
Penarth II	1	0	0	1	2
Llanharan Spaniels	2	0	0	2	0
* Glamorgan Wands Ath	2	0	0	2	-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.



LLANISHEN RUGBY FOOTBALL CLUB



WE'RE LOOKING FOR A NEW TREASURER!

Do you have financial skills and want to make a difference at your local rugby club?

We're looking for someone to step into the role of Treasurer.

This is a remunerated role to recognise the time and expertise required

Join our leadership team

Llanishen Rugby Club is seeking a committed and capable individual to take on the role of Treasurer. This is a key Executive Committee position, working closely with the Club Chairman, Secretary, and wider Committee to guide the financial health of the club.

Key responsibilities

- Manage the club's finances and oversee cash flow
- Monitor financial performance against targets
- Carry out bookkeeping duties and maintain accurate records
- Support decision-making at Executive Committee level

What we're looking for

- Trained accountant or experienced financial professional
- Strong understanding of financial management and reporting
- Commitment to supporting the long-term success of the club
- Knowledge of Llanishen Rugby Club is preferable but not essential

Why get involved?

- Play a vital role in shaping the future of Llanishen Rugby Club
- Work at the heart of the Committee, influencing decisions and strategy
- Contribute to the growth of a proud community club both on and off the field

INTERESTED? TO APPLY OR FIND OUT MORE, PLEASE CONTACT:

Mark Francis, Club Secretary – mark@llanishenrugby.co.uk



LLANISHEN RUGBY FOOTBALL CLUB PRESENTS



BAND NIGHT

PALM
TREE
ANTICS



LLANISHEN RFC CLUBHOUSE - CF14 5DX
SUNDAY 5TH OCTOBER 2025 - 3PM TIL 7PM
PALM TREE ANTICS START 3PM

£5



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**

3 COURSE MEAL OPTION - £55 - SEATED AT 6PM

PARTY ONLY OPTION - £15 - ARRIVE FOR 8PM



EMAIL: NATHAN@LLANISHENRUGBY.CO.UK - CALL: 07388 927551

LLANISHEN RFC CLUBHOUSE - CF14 5DX



LOTTERY

25.08.2025



06

14

15

23

NEXT WEEK'S JACKPOT

£4,600.00

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](https://www.facebook.com/LLANISHENFC)



[@LLANISHENFC](https://twitter.com/LLANISHENFC)

CAR BOOT SALE



Llanishen Rugby Club
Llanishen CF14 5DX



EVERY 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