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company



# **WELCOME TO LLANISHEN RFC**

**LLANISHEN RFC V CAERPHILLY RFC**  
**3RD JANUARY 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/>



**ORANGE**  
**Commercial**  
**Finance Ltd**



# THANK YOU TO ALL OUR CLUB SPONSORS



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



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COUNTRY HOTEL & RESTAURANT



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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  
CAERPHILLY RFC**



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

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

- 9 TOMMY BARCLAY**
- 10 LLOYD SAUNDERS**
- 11 ALEX KINSEY**
- 12 HAYDN PALMER**
- 13 MILES ANDERSON**
- 14 MYLO GROPETIS**
- 15 RHYS THOMAS**

- 16 ELLIS RICHARDS**
- 17 HARRY SEWELL**
- 18 GEORGE IVINS**
- 19 LLOYD IVINS**
- 20 HARRY POWELL**

**#WRUDiv1EC**



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**LLANHARAN SPANIELS RFC  
VS  
LLANISHEN RFC ATHLETIC XV**



**SAT 3 JAN | 14:30 KO  
AWAY | LLANHARAN CF72 9RD  
ED PREMIER DIVISION**

- 1 OWEN JENKINS**
- 2 SAMSON LOIZOS**
- 3 LIAM ROSE**
- 4 DYLAN PRICE**
- 5 HARRI DUFFY**
- 6 SPENCER ROGERS**
- 7 SOLLIE SIMON**
- 8 PAUL DOLAN (C)**

- 9 DYLAN HUMPHREYS**
- 10 ASTON ROSE (VC)**
- 11 JOSH PLEVEY**
- 12 MATT HILL**
- 13 CHRIS SAGE**
- 14 LUCIUS MERCLAIN**
- 15 RHYS HOPKINS**

- 16 CHARLIE WILLIAMS**
- 17 HENRY DEW**
- 18 HARRI MORGAN**

**#EDPremier**



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# LLANISHEN LIONS

## VETS



**GET IN TOUCH ON ANY OF OUR SOCIALS**



## **Bah Humbug! Lions Not In Party Mood**

On come, all ye faithful (tick), joyful (hmm) and triumphant (afraid not) to the return fixture against Rhydyfelin.

Playing in unfamiliar blue and white and playing with the cold wind the game started as it was to go on. [Forgive me it is panto season] Oh no it wasn't. Well in that case how come within the first two minutes the order of play was set.

The opposition won the ball and after a series of mauls scored the opening try. Look out, I say, they're not here to have their tummy tickled so time to wake up.

On five minutes the awakening occurred. An excellent tackle, by Al Sams, stopped an attack and a charge down by Tommy Barclay bounced kindly. He regathered and sped fifty metres to bring the scores level.

The kick off was taken by Adam Nyhan (one of many good takes) and an attack set up. A chip through, by Josh James, and a hack forward brought play up to Rhydyfelin's line. Quick ball allowed Tommy to go over for his, and the team's, second try, the conversion, courtesy of Kieran, gave The Lions a seven point lead.

On ten minutes an offside gave a penalty over 40m out but Kieran slotted the kick. At this point things weren't exactly rosy – more a pale pink but a lead is a lead (unless it's a pencil, obviously). Unfair, I hear you say. Well remember dear reader I know the final score. Rhydyfelin then had possession from the kick off and only stout defence, courtesy of Elliott, Lee and Scott and others, kept them out. The attacks persisted, however, and ended only when they were held up over the line.

From the drop kick further attacks ensued and, from a scrum, twenty metres out, a pickup and pass saw the opposition score a try and convert. Too easy I'm afraid but also likely to happen when players haven't played together much. Multiple changes, for a variety of reasons, injuries foremost, doesn't help.



The next five minutes involved kicks, scrums and lineouts (the usual) but little penetration by either side. In the twenty fifth minute Llanishen were awarded a penalty which, Kieran kicked from forty-five metres.

Tchaikovsky overture time, cue cannon, as the score was 18-12 but not for long. Rhydyfelin gained a penalty and put the ball deep into Llanishen 22. The Lions gained the ball but a turnover gave Rhydyfelin the ball back and after strong running and mauling a try in the corner. The missed conversion meant Llanishen still led (no music available for 18-17).

A magnificent take, by Ewan, from the kick off was unfortunately wasted as a knock on brought the half to a close.

### **Half Time Llanishen 18 Rhydyfelin 17**

Playing into the cold wind was going to be hard but from the kick off a knock on gave an attacking platform. The opposition backs crept offside and Kieran kicked the penalty to extend the lead.

Rhydyfelin then scored a fine try, inter-passing and good support, to put the winger over in the corner. A well struck conversion put the visitors in front.

Llanishen looked to up their game and a number of good runs by Adam, Alex and Lewis gave attacking opportunities that weren't taken. In fairness the opposition's tackling and general defence was tenacious. They wanted the win.

Twenty minutes to go and a fine 50-22 by Tommy gave the supporters hope. Unfortunately, the attack came to nothing and worryingly the scrum was now coming under pressure.

With thirteen minutes to go the Lion's scrum coughed up possession and an easy try was scored. The conversion took the opposition ten points clear.

A second great take, by Ewan, gave Llanishen good field position and penalty was conceded.

Kieran kicked the penalty and with five minutes left a possibility of a draw.



The boys tried and a good run, by George, set up a position for Hadyn to kick a 50-22. Unfortunately, the ball was lost and not long afterwards the ball was kicked to touch to bring the game to an end.

### **Full Time Llanishen 24 Rhydyfelin 31**

Yule be grateful a losing bonus point gained but a very disappointing performance and too much gift giving in the contact area. Mind a couple of strange results in our League also today. That said it's hard to be critical of the side with a lot of boys injured and unavailable for a variety of reasons e.g. family commitments, illness and pre-booked manicure and pedicure – well it is Christmas – you get the picture. So, a heartfelt thank you to all who played today.

So, the rugby over it was time to retire to the clubhouse and then onto Super Sunday (A mis-named day methinks) and the sight of rugby players re-enacting the two-by-two nature of animals on Noah's Ark found in Genesis, Book 1 of the Old Testament. Strange, certainly at this time of the year (I point to the Gospels of Matthew and Luke – thus endeth the sermon), but I'm sure a delightful, ahem, tableaux will be forthcoming but unlikely to see the light of day (phew, thankfully).

A Merry Christmas to all associated with the club and speedy recovery to everyone (hangovers included) who isn't 100% at the moment.



# REAL ALE



**AVAILABLE NOW**  
at the Llanishen RFC Clubhouse





3 January 2026

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

Teams	P	W	D	L	Pts
St Albans	8	7	0	1	32
-----Promotion-----					
Penarth	8	5	1	2	29
Llanharan	10	5	1	4	29
Llanishen	9	4	0	5	26
Caerphilly	7	5	0	2	25
Abercynon	9	4	0	5	22
Abercwmbai	10	4	0	6	21
Barry	10	4	0	6	20
-----Relegation-----					
Cambrian Welfare	8	2	0	6	15
Rhydyfelin	7	2	0	5	12



## 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](http://www.llanishenrugbyclub.co.uk)







# SPECTATORS CODE OF CONDUCT

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- 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](mailto: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

<b>MONDAY</b>	<b>4PM - 11PM</b>
<b>TUESDAY</b>	<b>4PM - 11PM</b>
<b>WEDNESDAY</b>	<b>CLOSED</b>
<b>THURSDAY</b>	<b>CLOSED</b>
<b>FRIDAY</b>	<b>3PM - 12AM</b>
<b>SATURDAY</b>	<b>2PM - 12AM</b>
<b>SUNDAY</b>	<b>11AM - 9PM</b>

*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 <b>247 KCAL</b>	➔	 Chicken Breast <b>128 KCAL</b>
 Bacon <b>180 KCAL</b>	➔	 Turkey Bacon <b>81 KCAL</b>
 Pork Sausages <b>301 KCAL</b>	➔	 Chicken Sausages <b>106 KCAL</b>
 Ribeye Steak <b>253 KCAL</b>	➔	 Sirloin Steak <b>201 KCAL</b>
 Beef Meatballs <b>257 KCAL</b>	➔	 Turkey Meatballs <b>187 KCAL</b>
 20% Fat Beef Mince <b>253 KCAL</b>	➔	 5% Fat Beef Mince <b>124 KCAL</b>







### DRINKS

per drink

 Fizzy Drinks <b>140 KCAL</b>	➔	 Diet Versions <b>0 KCAL</b>
 Pumpkin Spice Latte <b>380 KCAL</b>	➔	 Skinny Latte & Sugar Free Syrup <b>108 KCAL</b>
 Hot Chocolate & Toppings <b>300-600 KCAL</b>	➔	 'Options' Instant Hot Chocolate <b>38 KCAL</b>
 Long Island Iced Tea <b>700 KCAL</b>	➔	 Rum or Vodka & Fizzy Drink <b>60-72 KCAL</b>
 Margarita <b>600-700 KCAL</b>	➔	 Gin & Tonic <b>72-100 KCAL</b>

### CARB ALTERNATIVES

per 100g

 White Rice <b>354 KCAL</b>	➔	 Cauliflower Rice <b>20 KCAL</b>
 Pasta <b>340 KCAL</b>	➔	 Courgette Spirals <b>17 KCAL</b>
 Sweet Potato <b>86 KCAL</b>	➔	 Butternut Squash <b>37 KCAL</b>

### TREATS

 Ben & Jerry's <b>1220 KCAL</b>	➔	 Halo Top <b>280 KCAL</b>
 Nutella <b>340 KCAL</b>	➔	 Sweet Freedom <b>14 KCAL</b>
 Crisps <b>184 KCAL</b>	➔	 Popchips <b>130 KCAL</b>
	➔	 Popcorn <b>129 KCAL</b>



**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](mailto: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 @llanishenrffc1 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](mailto:NATHAN@LLANISHENRUGBY.CO.UK) - CALL: 07388 927551  
LLANISHEN RFC CLUBHOUSE - CF14 5DX**





# LOTTERY

29.12.2025



5

6

16

17

**NEXT WEEK'S JACKPOT**

**£4,850.00**

**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

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## KEY MESSAGES

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- 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