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# **WELCOME TO LLANISHEN RFC**

**LLANISHEN RFC V ABERCWMBOI RFC**  
**31ST 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/>



ANDREW VARLEY  
FINANCIAL PLANNING



# 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**







# 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  
ABERCWMBOI RFC**



**SAT 31 JAN | 14:30 KO  
HOME | ISLA ALEXANDER 3G  
WRU DIV 1 EAST CENTRAL**

- 1 MATT DYKE**
- 2 NOKU NIKISI**
- 3 ELLIOTT SWINDLEHURST (C)**
- 4 ADAM NYHAN**
- 5 JOE RAYER**
- 6 SCOTT GREEN**
- 7 ELLIS RICHARDS**
- 8 LEWIS MARSHALL**

- 9 ZAC AFZAL**
- 10 LLOYD SAUNDERS**
- 11 CHRIS BOND**
- 12 HAYDN PALMER**
- 13 MILES ANDERSON**
- 14 MYLO GROPETIS**
- 15 JOSHUA JAMES**

- 16 TYLER FERREIRA**
- 17 LEE SWINDLEHURST**
- 18 GEORGE IVINS**
- 19 CODY ELTRINGHAM**
- 20 ALEX SAMUELS**

**#WRUDiv1EC**



**ANDREW VARLEY**  
FINANCIAL PLANNING



# ***ABERCWMBOI RFC***

## ***1ST XV LINE UP***

***15 TOM OWEN***  
***14 JORDAN REES***  
***13 FOU LOAU***  
***12 MASON WILLIAMS***  
***11 LOGAN LOCKYER***  
***10 JACK LEWIS***  
***9 AARON BOLITHO***

***1 KYE LLOYD***  
***2 MORGAN OAKLEY***  
***3 JOSHUA DARGAVEL***  
***4 TOM TARR***  
***5 GAVIN HAY***  
***6 SHAUN DAVIES***  
***7 OWEN JENKINS***  
***8 KRISS SANDERS***



### ***REPLACEMENTS***

***16 JACK JAMES***  
***17 HENRY WORMWELL***  
***18 RHYS TARR***  
***19 BRADLEY LEWIS***  
***20 CURTIS WILLIAMS***





# LLANISHEN LIONS

## VETS



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



# Barry Blues

by Phil Ivins

*Phil's Match Reports*



## Barry Blues

No not a singer from the 1970s but an overall reflection of the game. It isn't a happy hunting ground for the Lions, as lee and I reflected on the sideline.

A cold wind, interspersed with squally showers, and underfoot conditions threatening 'trench foot' a free-flowing game wasn't anticipated, and one would have been correct in that assumption.

With hands only now receiving the warm flow of blood and a notepad with scribbling akin to an inebriated centipede I shall tell the tale of yesterday's game.

With the wind blowing at their backs Barry took the kick off which was collected by Elliott. A chip through (not by Elliott you understand) led to a knock on and the first scrum.

The scrum was solid and Lewis broke from the base, the first of many such runs, and linked with Adam, again the first of a number of powerful runs, and Llanishen were on the front foot.

A penalty to Barry, however, gave them an opportunity to set up camp in the Lions 22. Another penalty, in front of the posts, was kicked to touch, an ominous sign of intent.

Sure enough a catch and drive brought the first score of the day. The try wasn't converted which was no surprise with the wind and pitch surface.

Barry were now in the ascendancy and a superb try, from the halfway line, involving powerful running, by the forwards, and great inter-passing put Barry over for their second try. By some way the best try of the day and deservedly it was converted.

Twelve nil down and into the wind things were looking ominous but at this point the mouse turned, well Lions. The ferocity of the tackling picked up. Tackles were lower, stopping Barry's forward momentum and counter rucking evident. Prominent during this period was Noku, Ellis, Matt and Joe. The backs, lacking opportunities to run, were also creating a solid wall of defence.

Opportunities were then created and from a scrum a series of rolling mauls were set up culminating in Elliott scoring a try. The kick was converted and the travelling spirits lifted.

Again great D allowed Llanishen to gain territory from mistakes and turnovers and a yellow card, for a no arms tackle, reduced the Barry scrum to seven men. A few minutes later a powerful series of scums saw Lewis dap down near the posts. The conversion put Llanishen ahead at the break.



## **Half Time Barry 12 Llanishen 14**

To quote Harry Sewell, "Not a veritable feast of rugby." True but in the condition a good effort. Could the second half continue in the same vein (descending vena cava if you're wondering) as the final twenty minutes of the first half.

Well absolutely it did. The backs were finally able to get some ball and powerful running by Mylo, Miles and Lloyd, orchestrated by Zac and Soggy, gave Llanishen great field position. Sollie came on for the tireless Ellis and within two minutes had notched up three tackles, coupled with two thundering tackles by Hayden it appeared Llanishen were in a great position to go on and win the game, especially with the superb work at the breakdown by Scott (frankly typical of his seasons performances).

Barry conceded a number of penalties at this point and a good kick by Josh (know at 10 with Chris at full back) took Llanishen into Barry's twenty-two. The ball was won and a series of phases led to a Llanishen penalty. Josh converted the penalty and Llanishen were five points clear. George, after stripping of multiple layers of clothing, was on for the excellent Lewis and maintained the collective defensive effort.

With time running down the call from the Lion's coaches was no penalties. Unfortunately, a couple of breakdown penalties, offside penalties and charged down kicks meant Llanishen were stuck in their 22. It meant the last play call from the referee went on for over five minutes. Three or four scrums were defended before Miles received a yellow card. A few plays later Barry scored their third try and the final play conversion won them the game.

## **Full Time Barry 19 Llanishen 17**

A disappointing result but, the first fifteen minutes aside, cannot be criticized in terms of effort. On to next week's game against Abercwmbai and a chance for the Llanishen backs, neigh thoroughbreds, to perform on a firm surface.

In view of the awful weather I couldn't bring myself to use the wonderful Christmas present I received from Emily. Hopefully better weather next week and a win.



# REAL ALE



**AVAILABLE NOW**  
at the Llanishen RFC Clubhouse





31 January 2026

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

Teams	P	W	D	L	Pts
Penarth	11	7	1	3	38
-----Promotion-----					
Llanishen	12	6	0	6	36
Caerphilly	10	7	0	3	34
Llanharan	11	6	1	4	34
St Albans	10	7	0	3	33
Abercwmboi	12	6	0	6	30
Barry	14	6	0	8	30
Abercynon	11	5	0	6	29
-----Relegation-----					
Cambrian Welfare	9	2	0	7	16
Rhydyfelin	10	2	0	8	12



## East District Premier Division

	Teams	P	W	D	L	Pts
	St Josephs II	8	8	0	0	37
	Llandaff Athletic	9	7	0	2	34
	Cardiff Met Ath II	9	6	0	3	30
*	Cymry Caerdydd 67	9	5	0	6	22
*	Llanishen Athletic	9	2	0	7	8
	Llanharan Spaniels	8	1	0	7	7
*	Penarth II	10	2	0	8	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](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.





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](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

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 <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>





# **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**



**"Hello Is It Me Your Looking For"**  
**On Fri 22nd May**  
**Llanishen Rugby Club**



**A Tribute To  
Lionel Richie By**

*Ricky Gee*

&

**MOTOWN  
& Soul**



*With Ruby Kay*

**Tickets  
£10**

**For Tickets Please Call  
Nathan on 07388927551**



Ruby Kay Tribute To Soul And Motown



Ruby Kay S.Wales Soul Queen



# ***CAPTION COMPETITION***



Photo by Andy Gale  
andygalephotography

Tweet @llanishenrfc1 with your best





# **LOTTERY**

**26.01.2026**



**1**

**14**

**18**

**23**

**NEXT WEEK'S JACKPOT**

**£4,950.00**

**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