



**MOLSON
COORS**
beverage
company



WELCOME TO LLANISHEN RFC

LLANISHEN RFC 1XV V LLANHARAN RFC
12TH OCTOBER 2024 - 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/>

Today, we are holding a minute's silence to remember baby Hope.

She sadly passed away as she was born extremely early at 23 weeks.

Sophie & Lewis our Club Captain would like to thank everyone
for their support at this difficult time.

All donations taken on Saturday will be given to Tommy's, a charity who fund vital
research into miscarriage, stillbirth and premature birth.



You can learn more and donate here

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



THANK YOU TO ALL OUR CLUB SPONSORS



NATUZZI



EASTMAN



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





1XV LINEUP

VS LLANHARAN RFC

12.10.24 - ISLA-ALEXANDER 3G PITCH, CF14 5YL

1 LEE SWINDLEHURST
2 BONIFACE NEHATTA
3 ELLIOT SWINDLEHURST
4 JOSEPH RAYER
5 GEORGE IVINS
6 ELLIS RICHARDS
7 EWAN GREEN
8 LEWIS MARSHALL (C)



9 KIERAN FEREDAY
10 LLOYD SAUNDERS
11 NOAH CALLAGHAN
12 ALEX KINSEY
13 MILES ANDERSON
14 ALEX SAMUELS
15 JOSH JAMES



REPLACEMENTS:

TYLER FERREIRA, MATT DYKE, SCOTT GREEN, MYLO GROPETIS, ALEX O'DONOGHUE



ATHLETIC LINEUP

VS LLANDAFF NORTH RFC

28.09.24 - LLANDAFF NORTH RFC, CF14 2FU

1 SPENCER ROGERS
2 NOKU NIKISI
3 OWEN JENKINS
4 DYLAN PRICE
5 JAC BARTOP
6 LIAM BUFTON
7 SOLOMON SIMON
8 PAUL DOLAN (C)

9 THOMAS WEARE
10 ELIS JAMES
11 LUKE MYERS
12 ASTON ROSE (VC)
13 SEAN DEASY
14 CHRIS SAGE
15 HARRY POWELL

REPLACEMENTS:

SION MORRIS, STEWART COLLINS, LLOYD NORMAN, HARRI DUFFY,
ALEX OSBORNE, LLOYD FRANKLIN



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





12 OCTOBER		
PORTH HARLEQUINS	KO: 14:30	RHIWBINA RFC
ST. JOSEPH'S RFC	KO: 14:30	BARRY RFC
RHYDYFELIN RFC	KO: 14:30	ABERCWMBOI RFC
LLANISHEN RFC	KO: 14:30	LLANHARAN RFC
PENARTH RFC	KO: 14:30	ABERCYNON RFC

POS		TEAM	PL	W	D	L	PF	PA	DIFF	TF	TA	TB	LB	PTS
1	↑	ABERCYNON RFC	3	3	0	0	168	29	139	24	5	3	0	15
2	↑	ST. JOSEPH'S RFC	3	3	0	0	132	50	82	18	7	3	0	15
3	↑	RHYDYFELIN RFC	3	2	0	1	130	46	84	21	6	3	1	12
4	↓	PENARTH RFC	3	2	0	1	109	47	62	17	6	2	1	11
5	↓	LLANISHEN RFC	3	2	0	1	83	51	32	11	8	2	1	11
6	-	LLANHARAN RFC	3	2	0	1	64	92	-28	8	13	0	0	8
7	↑	ABERCWMBOI RFC	3	1	0	2	46	91	-45	7	12	1	0	5
8	↓	PORTH HARLEQUINS	3	0	0	3	56	146	-90	8	20	0	1	1
9	-	RHIWBINA RFC	3	0	0	3	22	175	-153	4	28	0	0	0
10	-	BARRY RFC	3	0	0	3	25	108	-83	3	16	0	0	0



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





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.

INFO@LLANISHENRUGBYCLUB.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 Liam - 07467527543 or Paul - 07701319061

Join the Llanishen family and make a difference on and off the field!



I WANT YOU
FOR MATCH-DAY SUPPORT



Stay Active!

Community Home Training Suggestions
FOR AGES 17+



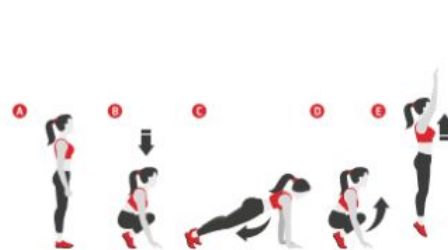
Whole Body Fitness Circuit 2

WARM UP

1 TIME THROUGH THE
CIRCUIT AT SLOW SPEED

SESSION

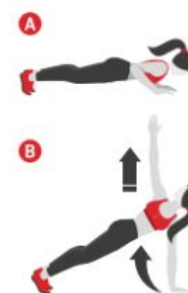
Perform each exercise for the specified amount of time, then do all exercises in a continuous circuit manner.



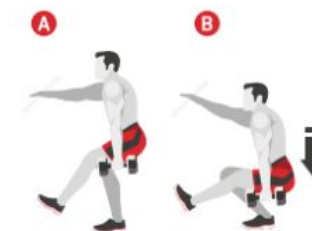
EXERCISE 1
Burpees



EXERCISE 2
Superman, 1 second
hold at top



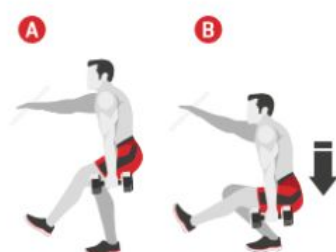
EXERCISE 3
Pushups with torso
rotation



EXERCISE 4
Single leg squat,
left leg only



EXERCISE 5
Star jumps



EXERCISE 6
Single leg squat,
right leg only



EXERCISE 7
Kneeling tricep
extension



EXERCISE 8
Run on spot with high
knees



EXERCISE 9
Glute bridge



EXERCISE 10
Leg raise hold,
one inch from floor

LEVEL 1

Perform 10 seconds work on each
exercise and take 10 seconds rest
between exercises. Perform 2-3 sets

LEVEL 2

Perform 15 seconds work on each
exercise and take 15 seconds rest
between exercises. Perform 3 sets

LEVEL 3

Perform 20 seconds work on each
exercise and take 20 seconds rest
between exercises. Perform 3-4 sets

TAKE 2 MINUTES REST AT THE END OF EACH SET



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**

LAST WEEKS FIXTURES

FULL TIME

 1XI	4-3	
 2XI	0-2	
 U14s	5-1	
 U13s	18-0	
 U12s	7-5	
 1XV	29-27	

SATURDAY 5TH OCT 2024

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



LOTTERY

07.10.2024



09

10

16

17

NEXT WEEK'S JACKPOT

£3,750.00

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



LLANISHEN RFC

PRIDE OF THE WEEK

7TH OCTOBER 2024

U15s - Karo Aziz
U16s - Whole Squad
1st XV - Ewan Green

U7s - Joshua Cox
U7s - George Brotherton
U8s - Izzy Faletau
U8s - Archie Barber
U8s - Jake Baker
U8s - Elliott Pack
U9s - Albie Reed
U9s - Rosa Cirone
U11s - Harry Garner
U12s - Tomos Davies
U14s - Ben Allen
U14s - Cameron Wilcox
U14s - Harry Thomas
U14s - Theo Turner



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