



**MOLSON
COORS**
beverage
company



WELCOME TO LLANISHEN RFC

**LLANISHEN RFC V RHIWBINA RFC
21ST FEBRUARY 2025 - 19:30 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



COLES
Funeral Directors



ISLA-ALEXANDER



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



Tonight we see the first local village derby in a league fixture on our Isla Alexander 3G for our 1XV. Our lads are looking to carry on from their strong performances over the past few weeks. Get your rugby weekend started early and support the lads this evening.

THANK YOU TO ALL OUR CLUB SPONSORS



NATUZZI



EASTMAN



**DR KATHRYN
AESTHETICS & SKINCARE**
Join the Vip skin club





WE'RE HIRING - CLUB STEWARD WANTED!



Are you passionate about hospitality and looking for a hands-on role in a thriving community rugby club? We're on the lookout for a Club Steward to take charge of the day-to-day running of our Clubhouse bar!

WHAT'S INVOLVED?

- ✓ Managing bar operations, stock, and staff
- ✓ **Delivering top-class service to members, guests & event attendees**
- ✓ Ensuring compliance with licensing and health & safety regulations
- ✓ **Helping create a welcoming and vibrant atmosphere for all**

Based at our clubhouse, you'll be at the heart of the action, from match days to private functions and everything in between!

WHAT WE'RE LOOKING FOR:

- ✓ Experience in bar/hospitality management
- ✓ **A friendly and proactive attitude**
- ✓ Ability to work flexible hours, including evenings & weekends
- ✓ **A passion for community sport!**

Interested? **To apply or find out more, send us an email to:**
mark@llanishenrugby.co.uk

Do you know someone perfect for the role? Tag them below!



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

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



Chocolate Bars	£1.00
Chupa Chup Lollies	£0.50
Haribo Tangfastics	£1.50
Haribo Starmix	£1.50



IXV TEAM

VS RHIWBINA RFC

ISLA-ALEXANDER



21 FEB / ISLA ALEXANDER 3G, CF14 5YL / 19:30

STARTING XV

1. MATT DYKE
2. TYLER FERREIRA
3. ELLIOT SWINDLEHURST
4. JOE RAYER
5. JAMES DUNNE
6. ELLIS RICHARDS 
7. EWAN GREEN 
8. LEWIS MARSHALL (c) 
9. KIERAN FEREDAY
10. JOSH JAMES
11. TYLER HEALAN
12. ALEX KINSEY 
13. MILES ANDERSON
14. LLOYD SAUNDERS 
15. LLOYD IVINS

REPLACEMENTS

16. ROWAN JOHNSON
17. LEE SWINDLEHURST
18. FREDDIE ROBSON
19. JACK DONALD
20. TOMMY BARCLAY



Admiral

**NATIONAL
LEAGUES**



15 FEBRUARY

PENARTH RFC

P-P

ST. JOSEPH'S RFC

ABERCWMBOI RFC

14 - 17

PORTH HARLEQUINS

LLANHARAN RFC

15 - 5

BARRY RFC

ABERCYNON RFC

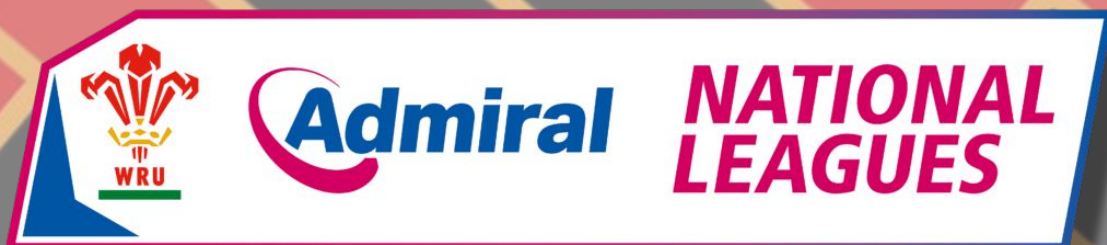
64 - 5

RHIWBINA RFC

LLANISHEN RFC

34 - 34

RHYDYFELIN RFC



21 FEBRUARY		
LLANISHEN RFC	KO: 19:30	RHIWBINA RFC
01 MARCH		
PORTH HARLEQUINS	KO: 14:30	RHYDYFELIN RFC
BARRY RFC	KO: 14:30	ABERCYNON RFC
RHIWBINA RFC	KO: 14:30	PENARTH RFC
ST. JOSEPH'S RFC	KO: 14:30	LLANISHEN RFC
ABERCWMBOI RFC	KO: 14:30	LLANHARAN RFC

POS	TEAM	PL	W	D	L	PF	PA	DIFF	TF	TA	TB	LB	PTS
1	- PENARTH RFC	14	10	0	4	533	360	173	85	51	11	2	53
2	- ST. JOSEPH'S RFC	12	10	2	0	411	213	198	57	28	8	0	52
3	- ABERCYNON RFC	11	8	1	2	463	216	247	67	35	9	1	44
4	- LLANHARAN RFC	13	8	1	4	338	289	49	45	39	5	1	40
5	- RHYDYFELIN RFC	11	6	1	4	389	261	128	61	35	11	2	39
6	- ABERCWMBOI RFC	13	6	0	7	307	344	-37	44	47	8	2	34
7	- LLANISHEN RFC	13	5	1	7	409	378	31	54	57	9	2	33
8	- BARRY RFC	14	5	0	9	284	369	-85	43	53	5	2	27
9	- RHIWBINA RFC	13	2	0	11	160	578	-418	24	91	2	0	10
10	- PORTH HARLEQUINS	14	1	0	13	261	547	-286	36	80	3	2	9



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.



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 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+

Metabolic Finisher Session

A metabolic finisher is a series of high intense exercises performed at the end of a strength session. Its purpose is to increase work capacity, accelerate fat loss and enhance conditioning only taking 3-4 minutes to perform.

WARM-UP: 5 mins of light biking. Finish with stretching of calves, hamstrings and quadriceps and 2 x 10 seconds efforts at 80% of max

REPETITION FOCUSSED

Level	Exercise	Time	Sets
Level 1	Goblet Squats, Star Jumps, Lunges	10 seconds on each exercise	3-4
Level 2	Total Body Extension, Star Jumps, Mountain Climbers	15 seconds on each exercise	3-4
Level 3	Burpees, Mountain Climbers, Squat into Squat Jump	20 seconds on each exercise	3-4

Rest 20 seconds after each circuit

TIME FOCUSSED

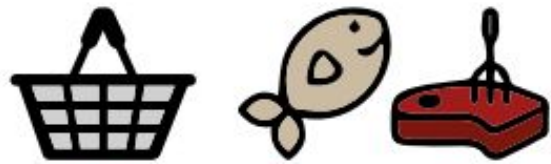
Level	Exercise	Reps	Sets
Level 1	Goblet Squats, Star Jumps, Lunges	8 reps on each exercise	3-4
Level 2	Total Body Extension, Star Jumps, Mountain Climbers	8 reps on each exercise	3-4
Level 3	Burpees, Mountain Climbers, Squat into Squat Jump	8 reps on each exercise	3-4

For both repetition or time focused, performing all 3 exercises for the allocated time would be 1 set.
After the 20 seconds rest go straight into starting another set.



MAINTAIN MUSCLE

Stock up on long-life protein



(Frozen meat/fish, tins of tuna, beef jerky will last)

Protein at all meals & snacks as usual



Main meals

Snacks

High protein snack before bed



e.g. Greek yogurt & berries or glass of warm milk

MINIMISE FAT GAIN

Stick to your routine



To avoid snacking from boredom/comfort eating

Adjust carb portions



Less active = decreased carbs, increase veg
(Don't cut out carbs)

See infographic on easy low calorie swaps



to help decrease daily calories

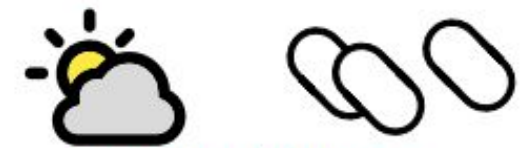
IMMUNE HEALTH

Eat your rainbow



(at least 5 a day) Have a source with every meal

Supplement Vitamin D3



More time indoors =
even more important to take vitamin D

Sleep for at least 8hrs



Wash hands thoroughly and regularly



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



LOTTERY

17.02.2025



05

09

16

24

NEXT WEEK'S JACKPOT

£4,150.00

Anyone can play via Clubforce. [Click here](#) to enter our next draw



#UPTHELIONS

LLANISHEN FOOTBALL RECRUITMENT



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

17TH FEBRUARY 2025

- U7s - Jack Miller*
- U7s - Oliver Rowe*
- U7s - Eli Bowen*
- U8s - James Ford*
- U8s - Archie Barber*
- U8s - Ray Jones*
- U9s - Tomisin Olanrewaju-Yussuff*
- U10s - Luke Badman*
- U10s - Sam Chapman*
- U11s - Alfie St John*
- U12s - Whole Squad*
- U14s - Finley Bowen*
- U14s - Harry Thomas*
- U14s - Regan Thomas*
- U15s - Ben Abbott*
- Youth - Jack Stennett-Jones*
- 1st - James Dunne*



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?

WANT A FRESH CHALLENGE?

FANCY A CHANGE OF CLUB?

RETURNING TO RUGBY?

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

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