



**MOLSON
COORS**
beverage
company



WELCOME TO LLANISHEN RFC

**LLANISHEN RFC V ST. JOSEPH'S RFC
30TH NOVEMBER 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/>

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

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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



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





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 ST JOSEPHS RFC ISLA-ALEXANDER

30 NOV / ISLA ALEXANDER 3G, CF14 5YL / 14:30



STARTING XV

1. MATT DYKE
2. BONIFACE NEHATTA
3. ELLIOT SWINDLEHURST
4. SCOTT BROWN
5. SCOTT GREEN
6. ELLIS RICHARDS 
7. EWAN GREEN 
8. LEWIS MARSHALL (c) 
9. KIERAN FEREDAY
10. LLOYD SAUNDERS 
11. LUKE MYERS
12. ALEX KINSEY 
13. WILL HAMMERSLEY
14. TOMMY BARCLAY
15. LLOYD IVINS

REPLACEMENTS

16. TYLER FERREIRA
17. LEE SWINDLEHURST
18. SOLOMON SIMON
19. ALEX O'DONOGHUE
20. JACK DONALD

COACHING TEAM

Head Coach - Stuart Lock
 Backs Coach - Stuart Richards
 Team Manager - Rhys Pottinger



 LLANISHENRFC1
 LLANISHENRFC1
 LLANISHENRFC

ST JOES 1XV

VS LLANISHEN RFC 1XV



30/11/2024 - 2:30PM - AWAY

#UPPAJOES

1. **C. WINGREN**
(LT SCAFFOLD SERVICES)

2. **M. JAMES**
(ET ELECTRICAL SOLUTIONS)

3. **J. WIGGINS**
(CS PROPERTIES)

4. **T. CALVERLEY**
(PLYMOUTH BATTERY CENTRE)

5. **L. HELYAR**
(PARFITT TYRES)

6. **W. MEADES (C)**
(NASKI SPORTS)

7. **T. JENKINS**
(NO 1 SCAFFOLDING)

8. **O. YOUNG**
(BLACK TIE BARTENDERS)

9. **T. ROWLANDS**
(PURE PROPERTY FINANCE)

10. **I. DAWES**
(MATTHEWS HOME IMPROVEMENT)

11. **S. HELLARD**
(NO 1 SCAFFOLDING)

12. **J. ROWLANDS**
(ROLLING STOCK SOLUTION LTD)

13. **R. RICHARDS**
(AT COST WINDOWS)

14. **B. VAN ROOYEN**
(PIERCE ELECTRIC)

15. **L. JENKINS**
(MATTHEWS HOME IMPROVEMENT)

16. **R. SHEEN DJ**
(BAZ TOURS)

17. **L. BOYS**
(DDP CONSTRUCTION)

18. **D. JONES**
(DOLEINION CAMPING)

19. **B. TUDOR**
(BLACK TIE BARTENDERS)

20. **F. ROWLANDS**
(ROLLING STOCK SOLUTION LTD)





30 NOVEMBER		
ABERCYNON RFC	KO: 14:30	BARRY RFC
PENARTH RFC	KO: 14:30	RHIWBINA RFC
LLANISHEN RFC	KO: 14:30	ST. JOSEPH'S RFC
LLANHARAN RFC	KO: 14:30	ABERCWMBOI RFC

POS		TEAM	PL	W	D	L	PF	PA	DIFF	TF	TA	TB	LB	PTS
1	-	ST. JOSEPH'S RFC	8	7	1	0	278	139	139	36	18	5	0	35
2	-	PENARTH RFC	8	6	0	2	304	202	102	48	28	7	2	33
3	↑	RHYDYFELIN RFC	8	5	0	3	279	175	104	45	24	8	2	30
4	↓	ABERCYNON RFC	7	5	1	1	302	139	163	43	21	6	1	29
5	↑	LLANHARAN RFC	8	5	0	3	204	198	6	26	26	3	0	23
6	↑	ABERCWMBOI RFC	8	4	0	4	172	207	-35	25	28	4	0	20
7	↓	LLANISHEN RFC	8	3	0	5	257	226	31	35	35	6	2	20
8	-	BARRY RFC	8	2	0	6	134	233	-99	19	34	2	1	11
9	-	RHIWBINA RFC	7	1	0	6	98	299	-201	14	47	1	0	5
10	-	PORTH HARLEQUINS	8	0	0	8	154	364	-210	22	52	1	1	2



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+

Upper Body Strength + Core 1

WARM UP



SPIDER MAN PUSH UPS
1 x 10 Reps



CLIMBERS
1 x 8 reps each side

SESSION



EXERCISE 1
Feet on bench/chair/sofa push ups
Level 1 - 2 x 8 reps
Level 2 - 3 x 10 reps
Level 3 - 4 x 12 reps
(Make sure the chair is up against a wall for safety)



EXERCISE 4
Spiderman press ups
Level 1 - 2 x 5 reps each side
Level 2 - 3 x 6 reps each side
Level 3 - 4 x 8 reps each side



EXERCISE 2
Door frame single arm pull
Level 1 - 2 x 6 reps each arm
Level 2 - 3 x 8 reps each arm
Level 3 - 4 x 8 reps each arm



EXERCISE 5
Plank series - front/left/right/front
Level 1 - 2 x 20s/10s/10s/20s
Level 2 - 3 x 30s/15s/15s/30s
Level 3 - 4 x 30s/15s/15s/30s
(Hold a weighted object to increase difficulty)



EXERCISE 3
Bench tricep dips
Level 1 - 2 x 8 reps
Level 2 - 3 x 8 reps
Level 3 - 4 x 12 reps

TAKE 90 SECONDS 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

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

25.11.2024



02

05

06

12

NEXT WEEK'S JACKPOT

£3,900.00

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

25TH NOVEMBER 2024

*U12s - Mikey Steele
U15s - Zane Lillywhite
U16s - Alex Mynett
U16s - Ben O'Keefe
Ath - James Dunne*

LLANISHEN RFC



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?

FANCY A CHANGE OF CLUB?

WANT A FRESH CHALLENGE?

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

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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