

#### Welcome to the Isla Alexander 3G The home of the Llanishen Lions



MOVE WITH MASTERY

https://www.isla-alexander.com/

## THANK YOU TO ALL OUR CLUB SPONSORS













ISLA-ALEXANDER





**Decorators Merchants** 







#### **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

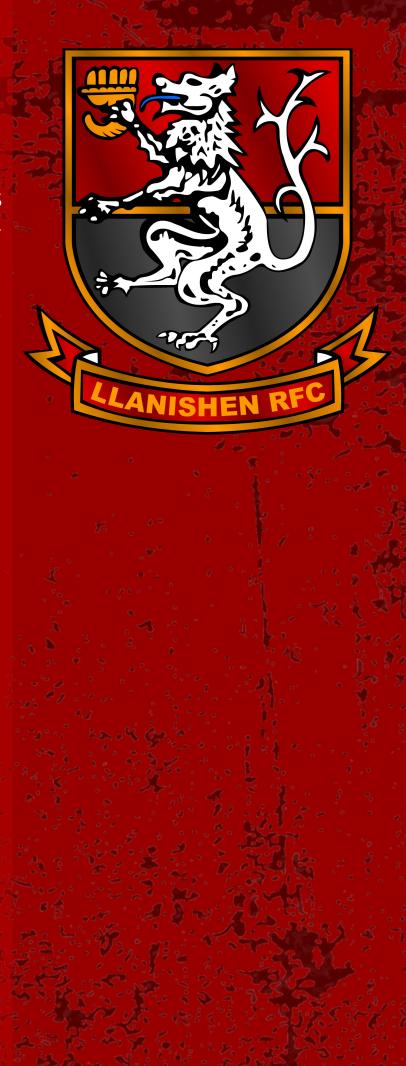
Llanishen Rugby Club is more than just a team; it's a family. Our commitment to providing a welcoming and inclusive environment for all is at the heart of everything we do. Whether you're a seasoned player, a passionate supporter, or simply curious about our club, you're always welcome to join us.

#### **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



















EASTMAN







## LYNCH CAFE



#### DRINKS

#### **HOT FOOD**

| Latte                    | £2.20   | Chips                                    | £2.50 |  |  |
|--------------------------|---------|--|-------|--|--|
| Cappuccino               | £2.20   | Cheesy Chips                             | £3.00 |  |  |
| Tea                      | £1.30   | Gravy/Curry Chips                        | £3.00 |  |  |
| Black Coffee             | £1.50   | Chip Butty                               | £1.70 |  |  |
| Instant Coffee           | £1.50   | C. C | £3.50 |  |  |
| Hot Chocolate            | £1.70   | Sausage & Chips                          | £3.50 |  |  |
| Delux Hot Chocolat       | e £2.20 | Nuggets & Chips                          | £2.50 |  |  |
| (Cream and Marshmallows) |         | Sausage Bap                              |       |  |  |
|                          |         | Bacon Bap                                | £2.50 |  |  |
| Red Bull Can             | £1.95   | Egg Bap                                  | £2.20 |  |  |
| Coke Zero Can            | £1.10   | Sausage & Bacon Bap                      | £3.00 |  |  |
| Pepsi Max Can            | £1.10   | Bacon & Egg Bap                          | £3.00 |  |  |
| Tango Can                | £1.10   | Sausage & Egg Bap                        | £3.00 |  |  |
| 7up Free Can             | £1.10   | Breakfast Bap                            | £3.50 |  |  |
| Diet Coke Can            | £1.10   | (Sausage, Bacon and Egg)                 |       |  |  |
| Irn Bru Can              | £1.10   | DI: 1// D 6 D                            | co oc |  |  |
| Dr Pepper Can            | £1.10   | Plain 1/4 Beef Burger                    | £2.8C |  |  |
| Coca Cola Original       | £1.20   | 1/4 Cheese burger                        | £3.30 |  |  |
| Bottled Water            | £0.80   | Add Bacon, Sausage, Egg                  | £0.6C |  |  |
| Lucozade Sport           | £1.80   | Add an Extra Beef Burger                 | £1.30 |  |  |
| Fruit shoot              | £0.70   | 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 (S)
- 7. EWAN GREEN RIO
- 8. LEWIS MARSHALL (C) \* Dudden Law



- 9. KIERAN FEREDAY
- **10. LLOYD SAUNDERS**
- 11. LUKE MYERS
- 12. ALEX KINSEY CROWN
- 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



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





NATIONAL LEAGUES



































# ST JOES 1XV

VS LLANISHEN RFC 1XV







**#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) (BLACK TIE BARTENDERS)
- 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**
- 20. F. ROWLANDS
- (ROLLING STOCK SOLUTION LTD)



























### **LEAGUE 1 EAST CENTRAL**

#### **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 | ŢF | TA | ТВ | 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   | 1        | RHYDYFELIN RFC   | 8  | 5 | 0 | 3 | 279 | 175 | 104  | 45 | 24 | 8  | 2  | 30  |
| 4   | 1        | ABERCYNON RFC    | 7  | 5 | 1 | 1 | 302 | 139 | 163  | 43 | 21 | 6  | 1  | 29  |
| 5   | <b>↑</b> | LLANHARAN RFC    | 8  | 5 | 0 | 3 | 204 | 198 | 6    | 26 | 26 | 3  | 0  | 23  |
| 6   | 1        | ABERCWMBOI RFC   | 8  | 4 | 0 | 4 | 172 | 207 | -35  | 25 | 28 | 4  | 0  | 20  |
| 7   | 1        | 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   |











## 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. <a href="mailto:linfo@llanishenrugbyclub.co.uk">lnfo@llanishenrugbyclub.co.uk</a>

\*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!





# Stay Active!



Community Home Training Suggestions

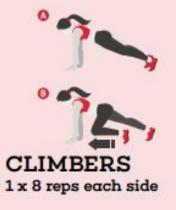
FOR AGES 17+

## Upper Body Strength + Core 1

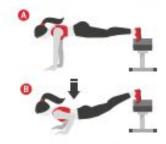
#### WARM UP



SPIDER MAN PUSH UPS 1 x 10 Reps



#### 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 2 - 3 x 8 reps each arm Level 2 - 3 x 8 reps each arm

Level 3 - 4 x 8 reps each arm



#### **EXERCISE 3**

Bench tricep dips

Level 1 - 2 x 8 reps Level 2 - 3 x 8 reps Level 3 - 4 x 12 reps



#### **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)



## 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



Tweet @llanishenrfc1 with your best



# 25.11.2024



0205050512

NEXT WEEK'S JACKPOT 63,910,000 Company of the second secon

Anyone can play via Clubforce. Click here to enter our next draw

# LIANISHEN 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







# CAR BOOT SALE



Llanishen Rugby Club
Llanishen CF14 5DX



# EVERY WED 4 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 E8 VANS E12 LARGE VANS E15



# LLANISHEN RFC PRIDE OF THE WEEK



**U12s - Mikey Steele** 

U15s - Zane Lillywhite

**U16s - Alex Mynett** 

U16s - Ben O'Keefe

**Ath - 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 RightEnvironment
- Don't be a BYSTANDER, be a LEADER!



NEW TO THE NORTH CARDIFF AREA?

FANCY A CHANGE OF CLUB?

RETURNING TO RUGBY?

WANT A FRESH CHALLENGE?

## 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 MINI'S AGE 6 - 12

LIAM@LLANISHENRUGBY.CO.UK HENRY.J.EDWARDS@SKY.COM JUNIORS AGE 13 - 16 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