

CUP DIVISION 1 CUP DIVISION 1



MOLSON
COORS
beverage
company



WELCOME TO LLANISHEN RFC

LLANISHEN RFC V ABERTILLERY BG RFC
14TH DECEMBER 2024 - 14:00 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



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HARDWARE**
all under one roof



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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



LLANISHEN RFC ARE HOPING FOR EARLY CHRISTMAS PRESENTS

Our 1XV continue their path to the principality with a round 16 fixture vs Division 1 East league leaders Abertillery BG RFC whilst our Athletic side are in a 1st vs 2nd clash in the league as they travel to league leaders Beddau RFC in the WRU Conference League A massive game for our youth lads also who travel up to North Wales to take on Colwyn Bay RFC in the cup in every hope to progress further.

Christmas has come early this weekend with 3 massive games to enjoy

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 ABERTILLERY BG RFC ISLA-ALEXANDER

14 DEC / ISLA ALEXANDER 3G, CF14 5YL / 14:00



STARTING XV

1. LEE SWINDLEHURST
2. ELLIS RICHARDS 
3. ELLIOT SWINDLEHURST
4. JAMES DUNNE
5. SCOTT BROWN
6. SCOTT GREEN
7. EWAN GREEN 
8. LEWIS MARSHALL (c) 
9. KIERAN FEREDAY
10. JACK DONALD
11. LUKE MYERS
12. JOSH JAMES
13. ALEX KINSEY 
14. MYLO GROPETIS
15. LLOYD IVINS

REPLACEMENTS

16. ROWAN JOHNSON
17. MATT DYKE
18. SOLOMON SIMON
19. ALEX O'DONOGHUE
20. ASTON ROSE



ATHLETIC TEAM

VS BEDDAU RFC

14 DEC / MOUNT PLEASANT PARC / 14:00



STARTING XV

1. SPENCER ROGERS
2. CHARLIE WILLIAMS
3. OWEN JENKINS 
4. HARRI DUFFY
5. DYLAN PRICE
6. COHEN DAVIES
7. SAM GREENAWAY
8. PAUL DOLAN (C)

9. WILL WATKINS
10. HARRY POWELL
11. DYLAN NEWLAND
12. BARNEY HUXTABLE
13. TYLER HEALAN
14. CHRIS SAGE
15. OWEN RICHARDS

REPLACEMENTS

16. SION MORRIS
17. LIAM BUFTON
18. LLOYD FRANKLIN



WRU
CONFERENCE



CUP WEEKEND

POS		TEAM	PL	W	D	L	PF	PA	DIFF	TF	TA	TB	LB	PTS
1	-	ST. JOSEPH'S RFC	9	8	1	0	321	161	160	43	21	6	0	40
2	-	PENARTH RFC	9	7	0	2	388	202	186	62	28	8	2	38
3	↑	ABERCYNON RFC	8	6	1	1	340	154	186	49	24	7	1	34
4	↓	RHYDYFELIN RFC	8	5	0	3	279	175	104	45	24	8	2	30
5	-	LLANHARAN RFC	9	6	0	3	258	222	36	34	30	4	0	28
6	-	ABERCWMBOI RFC	9	4	0	5	196	261	-65	29	36	5	0	21
7	-	LLANISHEN RFC	9	3	0	6	279	269	10	38	42	6	2	20
8	-	BARRY RFC	9	2	0	7	149	271	-122	22	40	2	1	11
9	-	RHIWBINA RFC	8	1	0	7	98	383	-285	14	61	1	0	5
10	-	PORTH HARLEQUINS	8	0	0	8	154	364	-210	22	52	1	1	2

14 DECEMBER

ABERYSTWYTH RFC

KO: 14:00

YR HENDY

BLAENAVON RFC

KO: 14:00

SKEWEN RFC

BRIDGEND ATHLETIC RFC

KO: 14:00

TENBY UNITED RFC

BUILTH WELLS RFC

KO: 14:00

ABERCYNON RFC

CAERNARFON RFC

KO: 14:00

LLANGEFNI RFC

LLANISHEN RFC

KO: 14:00

ABERTILLERY / BLAENAU GWENT RF

RHYDYFELIN RFC

KO: 14:00

NANT CONWY RFC



LLANISHEN RFC YOUTH

WRU U18S NATIONAL KNOCKOUT COMPETITION

Away v Colwyn Bay RFC Youth

Venue: Brookfield Drive, Colwyn
Bay, Conwy, LL28 4SW.

Saturday 14th December '24

KO 2:30pm



REVISED RECRUITMENT
GROUP



@LlanishenU18Y



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.

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.



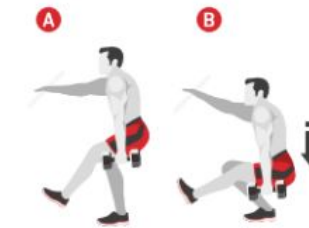
EXERCISE 1
Burpees



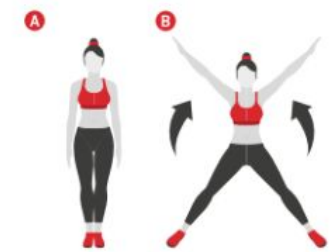
EXERCISE 2
Superman, 1 second hold at top



EXERCISE 3
Pushups with torso rotation



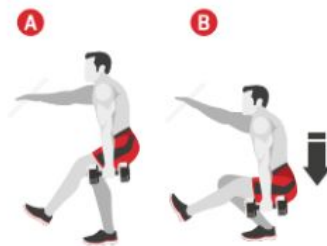
EXERCISE 4
Single leg squat, left leg only



EXERCISE 5
Star jumps

LEVEL 1

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



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 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

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

09.12.2024



02

12

14

21

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

9TH DECEMBER 2024

U7s - Lewis Ackerman
U7s - Ezekiel Faletau
U8s - Freddie Nurcombe
U8s - Jake Baker
U8s - Elliot Pack
U8s - Max Miller
U9s - Jacob Jones
U10s - Seb Frayling
U10s - Freddie Mills
U11s - Lewis Rookes
U12s - Eli Ennis
U12s - Ethan Cousins
U13s - Niall Salisbury
U13s - Jayson Levey
U13s - George Garner
Athletic - Cohen Davies



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