

**MOLSON  
COORS**  
beverage  
company



# **WELCOME TO LLANISHEN RFC**

**LLANISHEN RFC V RHYDYFELIN RFC  
15TH FEBRUARY 2025 - 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

**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*



Dispatch from the Coach:  
With the six nations break upon us. Why not get some faith back in Welsh rugby with 3 Llanishen matches this weekend. All 3 teams are going out there to perform well after working hard in training this week.

# 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](mailto: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 RHYDYFELIN RFC

ISLA-ALEXANDER

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



### STARTING XV

1. LEE SWINDLEHURST
2. ELLIS RICHARDS 
3. ELLIOT SWINDLEHURST
4. JOE RAYER
5. JAMES DUNNE
6. SOLOMON SIMON
7. EWAN GREEN 
8. JACK LOCK
9. KIERAN FEREDAY
10. JOSHUA JAMES
11. TYLER HEALEN
12. ALEX KINSEY 
13. MILES ANDERSON (c)
14. WILL HAMMERSLEY
15. LLOYD IVINS

### REPLACEMENTS

16. ROWAN JOHNSON
17. MATT DYKE
18. -
19. ASTON ROSE
20. MYLO GROPETIS



FOX  
Self Storage



Admiral

NATIONAL  
LEAGUES

# ATHLETIC TEAM

VS BEDWAS BARBARIANS RFC

15 FEB / BRIDGES FLD HOUSE, CF83 8DZ / 14:30



## STARTING XV

1. SPENCER ROGERS
2. CHRIS JUGESSUR
3. LIAM ROSE
4. MORGAN SIMS
5. DYLAN PRICE
6. COHEN DAVIES
7. ALEX OSBORNE
8. PAUL DOLAN (c)
  
9. ZAC AFZAL
10. BARNEY HUXTABLE
11. CHRISTOPHER SAGE
12. LIAM BUFTON
13. NATHAN LLEWELLYN
14. LLOYD FRANKLIN
15. BEN VERBICKAS

## REPLACEMENTS

16. PETER GRZONKA
17. OWEN JENKINS
18. HARRI DUFFY
19. SAM GREENAWAY
20. IAN POWELL



WELSH RUGBY UNION  
CONFERENCE

CAMERON PITCH



15 FEBRUARY		
PENARTH RFC	KO: 14:30	ST. JOSEPH'S RFC
ABERCWMBOI RFC	KO: 14:30	PORTH HARLEQUINS
LLANHARAN RFC	KO: 14:30	BARRY RFC
ABERCYNON RFC	KO: 14:30	RHIWBINA RFC
LLANISHEN RFC	KO: 14:30	RHYDYFELIN 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	10	7	1	2	399	211	188	57	34	8	1	39
4	-	LLANHARAN RFC	12	7	1	4	323	284	39	43	38	5	1	36
5	-	RHYDYFELIN RFC	10	6	0	4	355	227	128	57	31	10	2	36
6	-	ABERCWMBOI RFC	12	6	0	6	293	327	-34	42	45	8	1	33
7	↑	LLANISHEN RFC	12	5	0	7	375	344	31	50	53	8	2	30
8	↓	BARRY RFC	13	5	0	8	279	354	-75	42	51	5	2	27
9	-	RHIWBINA RFC	12	2	0	10	155	514	-359	23	81	2	0	10
10	-	PORTH HARLEQUINS	13	0	0	13	244	533	-289	34	78	3	2	5



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](http://www.llanishenrugbyclub.co.uk)





# SPECTATORS CODE OF CONDUCT

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- 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](mailto: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.

# Eat the Rainbow

## ARE YOU EATING AT LEAST 5 A DAY?



### ALLICIN

- Anti-inflammatory
- Lowers blood sugar

### LYCOPENE

- Increased energy
- Improved cardiac health

### ANTOCYANIN

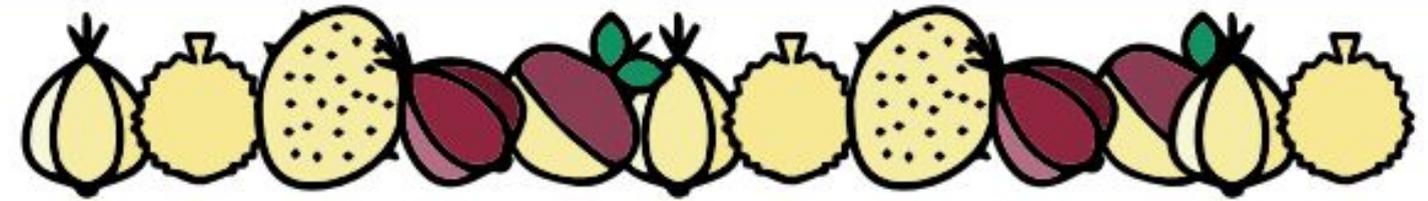
- Improved brain Function
- Enhanced training adaptation

### FOLATE

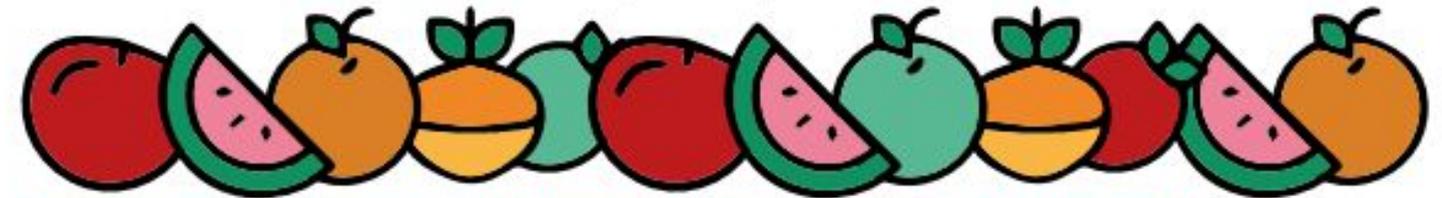
- Keep you feeling full for longer
- Improved gut health

### BETA CAROTENE

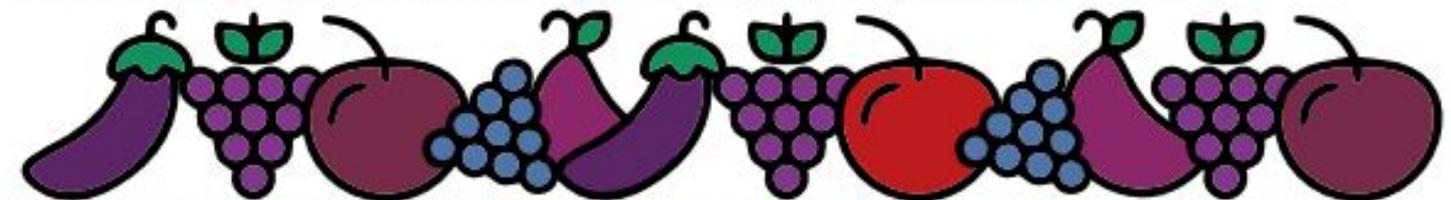
- Reduced muscle damage
- Eye health
- Boosts immune system



Garlic, Cauliflower, Onions, Parsnip, Turnip etc.



Tomatoes, Watermelon, Red Pepper, Papaya, Grapefruit, Guava etc.



Eggplant, Raspberry, Blue Berry, Plum, cherry etc.



Kiwi, Broccoli, Sprouts, Avocado, Mango, Green leafy veg etc.



Sweet Potatoes, Pumpkins, Mango, Apricot, Carrots, Butternut Squash etc.



**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

10.02.2025



01

02

14

23

**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](mailto:LIAM@LLANISHENRUGBY.CO.UK)

 [LLANISHENRUGBYCLUB.CO.UK](http://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

**10TH FEBRUARY 2025**

*U7s - Macsen Chapman*  
*U7s - Finley Suller*  
*U8s - Harley Ayres*  
*U8s - Florence Tarbutt*  
*U8s - Finley Chilvers*  
*U9s - Sam Goodby*  
*U10s - Jack Forty*  
*U10 - Harry Gracias*  
*U11s - William Tait*  
*U12s - Cameron MacDonald*  
*U13s - Carter Ashley-Price*  
*U14s - Isaac Williams*  
*U14s - Whole Squad*  
*U15s - Harry Williams*  
*U16s - Lewis Hall*  
*Youth - Evan Johnson*  
*Youth - Aiden Warner*



# 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