

LLANISHEN RFC YOUTH 2024 2025

**MATCH DAY
PROGRAMME**



WRU National Bowl Competition

Saturday 1st February 2025

Isla Alexander 3G

Llanishen High School

CF14 5YL

Home v Gilfach Goch RFC Youth

2:00pm KO

YOUTH 2024/2025



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**Thank you to
Wales and West Housing
for your support during
the 2024/25 season.**



MATCH DAY MEMORIES





MATCH DAY MEMORIES





Llanishen RFC Youth host today's opponents, Gilfach Goch RFC Youth, in the quarter final of the WRU National Bowl Competition.

Both teams met in the league last season with today's away side taking top spot and Llanishen runners up.

Gilfach Goch developed as coal mining village during the industrialisation of the south Wales valleys in the 19th century.

Gilfach Goch RFC was established in 1889, has been a member of the Welsh Rugby Union since 1956. The clubhouse, in High Street Gilfach Goch, has been the club's base for the past 40 years.

Good luck Gilfach Goch RFC for the remainder of the season.



COMPULSORY FOOTWEAR FOR LLANISHEN RFC 3G



YES



Football Boot—Moulded Stud



Football / Rugby Boot—
Screw In Plastic Stud



Rugby Boot—Metal Studs

NO



Trainer—Astro Turf



Trainer—General



Football Boot (Blade)

All boots must be clean before entering the 3G pitch
If you are unsure on your footwear please ask a member of staff

THANK YOU FOR YOUR CONSIDERATION

**Unfortunately, no dogs are allowed onto
the school site. As per school
regulations, this may result in a fine of
up to £100.**

YOUTH 2024/2025



PLAYER PROFILE
VESTYN WILLIAMS



Position: Prop

Age: 17

Food: Roast Dinner

Supports: Cardiff Rugby

Music: 1980s & 1990s

Film: Hot Fuzz

Most Admired: Jona Lomu



MATCH DAY

Squad

1. J Thwaite
2. S Loizos
3. I Williams
4. A Warner (VC)
5. J Harris
6. S Evans
7. B Bora
8. B Kamanga
9. Z Camilleri
10. R Thomas (C)
11. B Amundala
12. M Lewis
13. H Giddy
14. J Ferreira
15. H Parker
16. A Hill
17. H Alldis
18. A Al Jassem
19. G Holland-Hawkes
20. E Johnson
21. K Kelly
22. H Sprudd
23. I Saadallah

MANISHEN RFC



Tai
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Housing

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LLANISHEN RFC YOUTH

2024/25 SEASON

SQUAD ANNOUNCEMENT

- Aiden Warner (VC)**
- Alex Evans**
- Alfie Hill**
- Ali Al Jassem**
- Ben Bora (VC)**
- Brayan Kamanga**
- Callum Grimshaw**
- Emyr Al Ibrahim**
- Evan Johnson**
- George Holland**
- Harry Sprudd**
- Harry Turner**
- Henry Parker**
- Ibrahim Saadallah**
- Iestyn Williams**
- Jacob Thwaite**
- James Harris**
- Kaylum Kelly**
- Lewis Jones**
- Luca Tanti**
- Morgan Lewis**
- Rhys Thomas (C)**
- Ryan Ala**
- Sam Covill**
- Sam Evans**
- Samson Loizos**
- Sonny Stone**
- Tyler Sullivan**
- Zach Camilleri**
- Zak Edleston**
- Harley Aldis**
- Harri Giddy**
- Harri Morgan**
- Bovic Amundala**
- Jake Ferreira**

SUPPORT THE BOYS



REVISED RECRUITMENT
GROUP

YOUTH 2024/2025



PLAYER PROFILE
BEN BORA



Position: Flanker

Age: 17

Food: Burritos

Supports: Racing 92

Music: Coldplay

Film: Guy Richie's The Covenant

Most Admired: Thomas Young



#ONETEAM







MATCH DAY MEMORIES





MATCH DAY MEMORIES





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



Fixtures

Sat 4th Jan	Fixture 1	Llanharan	V	Llanishan	
		Llantwit Fardre	V	Bye	
		Pontyclyn	V	Cefn Coed	
		Dowlais	V	Pentyrch	
Sat 11th Jan	Fixture 2	Llantwit Fardre	V	Pontyclyn	
		Llanishan	V	Cefn Coed	
		Bye	V	Pentyrch	
		Llanharan	V	Dowlais	
Sat 1st Feb	Cup or Catch-up/ Friendly				
Sat 8th Feb	Fixture 3	Pentyrch	V	Llanharan	
		Cefn Coed	V	Bye	
		Pontyclyn	V	Llanishan	
		Dowlais	V	Llantwit Fardre	
Sat 1st Mar	Fixture 4	Cefn Coed	V	Dowlais	
		Bye	V	Pontyclyn	
		Llanharan	V	Llantwit Fardre	
		Pentyrch	V	Llanishan	
Sat 8th Mar	Cup/ Fixture 5	Llanishan	V	Llantwit Fardre	
		Pontyclyn	V	Llanharan	
		Dowlais	V	Bye	
		Pentyrch	V	Cefn Coed	
Sat 29th Mar	Cup or Catch-up/ Friendly				
Sat 5th Apr	Fixture 6	Pontyclyn	V	Dowlais	
		Bye	V	Llanishan	
		Llanharan	V	Cefn Coed	
		Llantwit Fardre	V	Pentyrch	
Sat 19th Apr	Fixture 7	Cefn Coed	V	Llantwit Fardre	
		Bye	V	Llanharan	
		Llanishan	V	Dowlais	
		Pentyrch	V	Pontyclyn	

YOUTH 2024/2025



Thank you!

Also supporting the squad this year are:



**REVISED RECRUITMENT
GROUP**





Tai

Wales & West

Housing



Club History



Who would have thought way back in 1962 on a warm sunny afternoon when the reformed Llanishen RFC played its first game that today, 53 years later the club would be preparing the 1st XV for a season in SWALEC National Division 1 East Central at the higher end of the league structure in Wales. I say reformed, because there are records of a Llanishen rugby team dating back to before the First World War and extending up to about 1936, but it was Gus Kitchen and Aubrey Evans who were the men with the foresight to establish the rugby club as we know it today.

That first game in 1962 was one to remember for the newly formed club, for a game had been arranged against a Glamorgan Wanderers Select XV, permission had been granted to use Cefn Onn primary school as changing rooms and the game was to be played on the Llangrannog road playing fields. After a long wait the new team, looking splendid in their new playing strip (then it was all white) were horrified to find that instead of their famous blue black and white wanderers strip, the visitors has arrived with an all white strip. Luckily their more resourced opponents dispatched a man in a car post-haste to get an alternative kit. We don't have a record of the result however that was the start for Llanishen RFC as we know it and the local pub – The Church Inn became its focal point.

Over the next couple of seasons the club attracted more interest from the community and indeed, because of its popularity, the club introduced a 2nd XV in 1965 and as a result the club were allocated two playing pitches up the road at Heath Park but the Church Inn remained as the unofficial clubhouse. During the late 60's the committee began to look at the possibility of the club having its own clubhouse. In October 1973 Llanishen RFC opened their new clubhouse at Ty Glas Avenue.

Soon after the club introduced the 3rd XV, then adding the Youth XV in 1975, so in just 13 years since that inaugural fixture as a pub team, Llanishen RFC was now running 4 teams, and had its very own clubhouse. The club grew from strength to strength over this time but the next significant milestone for was the acquisition of the lease to a piece of ground at Usk road in 1976, with a view to developing a pitch and changing rooms for the future. After a lot of hard work the dream finally became a reality in 1981, with the opening of Usk road with its own changing rooms and training area. These great new facilities prompted the club to now introduce the u16 section playing on Sunday mornings.

With fantastic developments off the pitch, results on the pitch also began to improve in the mid 1980's with a Welsh Brews cup final in 1984/5 and finals of both the Mallett and Ninian Stuart Cups in 1985/86. With things coming together both on and off the field, Membership to the Welsh Rugby Union was now the aim. After a number of applications, probationary membership was received in 1989 followed by full membership being granted in 1992 which was also the year began its Junior rugby section, now the Mini & Juniors also have very successful and thriving teams from Under 7 to Under 16s with over 230+ Registered players.

Since that day the club has never looked back with all sections flourishing over the last 22 years with the 1st Xv rising through the National structure and the 2nd, 3rd and Youth XV all doing well in the Cardiff and District structure. Last season the 53rd for the club was also it's most successful with the first team winning promotion to Division 1 South East Central league.