



VS



SOUTH GOWER

MUMBLES

SAT 13 SEPT | PWLLDU LANE | 2:30PM KO



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A BIG THANK YOU TO TODAY'S MATCH SPONSORS

**ALED WILLIAMS
AND FRIENDS**



CHAIRMAN'S WELCOME



Welcome back everyone,

What a way to make our debut in Division 2 as we welcome Mumbles to Pwlldu Lane.

This will be the first league meeting between us and our nearest neighbours, a great indication of how far we've come. Mumbles showed their quality and higher division pedigree by escaping relegation last season. There is no doubt how tough a test this will be. Having had a taste of the derby action at the Cracker Sevens I'm sure today will not disappoint.

Our First XV have worked extremely hard this summer under a new coaching team in Dan Cluroe, Marc O'Kelly and Sam Court, so I'm sure they will be ready for the challenge ahead.

On an extremely proud day for the club, we will also field a 2nd XV team made up of first team players and some veterans (some may say legends!) of previous years. It is an incredible effort by all involved, so thank you.

It has been even busier than usual off the field this summer, and you may have noticed the club has had a bit of a facelift. The car park has been relaid, new floodlights installed, and building works completed - new toilets, new flooring, and painting both inside and out. This represents over £60,000 worth of investment to help keep us pushing forward.

We are very grateful to the local trades and sponsors for completing the work but more so for **Stuart Henson, Kevin Painter** and **Simon Perry** driving it forward!

Hopefully, the weather turns up for what promises to be a great day of rugby and one to remember.

Thank you all for your continued support.

Ben Davies

Chairman





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INTRODUCING OUR PRINCIPAL SPONSOR CADOG HOMECARE LTD

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INTRODUCING THIS SEASON'S CAPTAIN

CAPTAIN
2025/26



**We're delighted to confirm that Alex Francis will continue as
Club Captain for the 2025/26 season.**

**This will be Alex's second season as skipper, after leading
the Seniors to promotion into Division Two earlier this year.**

**Best of luck Alex and to the rest of the squad this afternoon
and for the season ahead!**

TEAMSHEETS 1ST XVS



1. Gareth Evans
2. Morgan Israel
3. Lewys Jonathan
4. Cody Hylkema
5. Arun Templeton
6. Elliott Rees
7. James Tune
8. Fraser Deer (VC)
9. James Drew
10. Sam Williamson
11. Elliot Henson
12. Sam Court
13. Ellis Weatherley
14. Olly Heinrich
15. Jac Greenwood (C)

Substitutes

16. Harry Brown
17. Jake Newington
18. Sam Kaminaris
19. Tom Greenwood
20. Angus Morris



1. Tobias Shepton
2. Gethin Bennett
3. Jack Cawsey-Williams
4. Ethan Morgan (C)
5. Will Evans
6. Lewis Buckley
7. Kris Ions
8. Will Howells
9. Jack Cross
10. Luca Caplin
11. Matthew Hughes
12. Chris Claypole
13. Gareth Kirk
14. Owain Clarke
15. Will Jones

Substitutes

16. Max Thomas
17. Zac Jenkins
18. Elis Morgan
19. Andrew Evans
20. Jack Smith

Referee: Mike Davies

FIXTURES AND RESULTS

THIS WEEK'S FIXTURES SAT 13 SEPT

Aberavon Quins	v	Porthcawl
Brynamman	v	Birchgrove
Neath Athletic	v	Morrison
Pencoed	v	Bryncethin
South Gower	v	Mumbles

NEXT FIXTURES SAT 20 SEPT

Birchgrove	v	South Gower
Bryncethin	v	Brynamman
Morrison	v	Aberavon Quins
Mumbles	v	Neath Athletic
Porthcawl	v	Pencoed



ADMIRAL LEAGUE 2 WEST CENTRAL FIXTURES

2025/26



FIXTURES

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY
13 MUMBLES	04 PORTHCAWL	01 ABERAVON HARLEQUINS	06 BRYNAMMAN	03 BRYNCETHIN	14 PENCOED
20 BIRCHGROVE	11 MORRISTON	08 PENCOED	13 BIRCHGROVE	10 PORTHCAWL	28 BRYNAMMAN
27 BRYNCETHIN	18 NEATH ATHLETIC		20 MUMBLES	17 MORRISTON	
				24 NEATH ATHLETIC	
				31 ABERAVON HARLEQUINS	

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Away



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LOOKING BACK: THE LAST TIME THE TWO TEAMS MET

As we play Mumbles in the league for the first time, we would just like to take a look back at the last time both teams met in a competitive fixture.

That was over 20 years ago in the Swansea and District Challenge Cup final at Waunarlwydd on 24th April 2002, a hard-fought game that Gower eventually won 23-21.

On the day Gareth 'Boner' Jones and Chris Coles scored a brace of tries with Rob Lawson kicking 3 penalties, plus 2 conversions. Lawson's final penalty put South Gower into the lead with about 2 minutes to play, and the rest, as they say, is history!

Relive the match in full below:



JUST CHAMPION: South Gower, this year's winners of the Swansea and District Challenge Cup and undefeated champions of the Swansea and District League. The Bishopston-based club also picked up the President's Cup and the award for the most tries scored. A club spokesman said: "All in all we have enjoyed a very successful season. Our coach Mark Bernard deserves a special mention, as does team captain Matthew Gaits." Man of the match for the cup game was Gareth Morgan.

TEAMSHEETS 2ND XVS



1. Leo Woollacott
2. Andrew Littlehailes
3. Johnathan Snipe
4. Charlie Stares
5. Kaesh Vigneswaran
6. Dan Gibbon (VC)
7. Jamie Rewbridge
8. Roger Gill
9. Rob Gadd
10. Josh Humphreys (C)
11. James Jones
12. Guy Wintle
13. James Wild
14. Ethan Brand
15. Sam Davies

Substitutes

16. Gareth Bentley
17. Jamie Taylor
18. Gerard Mcknight
19. Gareth Francis
20. Ben Davies
21. Owen Renowden
21. Richard Yates
22. Richard Jones
23. Matthew Cannon
24. Johnathan Lewis
25. Nathan Leach
26. Jamie Williams



1. Ioan Jones
2. Tom Crawley
3. Harry Hunter
4. George Mellowship
5. Charlie Maher
6. Mitch Kemish
7. Rhod Taylor
8. Josh Hanbury
9. Olly Turbey
10. Ollie Smith
11. Henri Onions
12. Tom Gravenor
13. Josh Jones
14. Will Mellowship
15. Tom Langford

Substitutes

16. Max Jones
- All and any others

Referee: Rhys Poor



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MEET THE PLAYERS



Age: 20

Job: Student / Surf
Instructor

Favourite Rugby Moment:
Triple promotion

Rugby Hero: Michael
Hooper

Favourite Food: Steak

Best Away Ground: Dunvant

Pre Match Food: Weetabix

Pre Match Song: Rooster,
Alice in Chains

Drink: Cold River Cider

JAMES TUNE

FLANKER

#UPPASEAHORSE



**SOUTH
GOWER**

PLAYER OF THE MONTH



AUGUST 2025

JAMES TUNE

Sponsored by



HOT DOG
SURF SHOP

A massive congratulations to James Tune, our inaugural Player of the Month!

James has set the standard throughout August – being named top trainer and delivering a man of the match performance against Nantgaredig RFC

This new monthly award recognises the outstanding efforts and commitment shown by our Senior players.

A huge thank you to Hot Dog Surf Shop for supporting this month's award.

James was presented with his voucher by Head Coach Dan Cluroe.

Well done James, it's thoroughly deserved!



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CLUB DEVELOPMENT UPDATE



From fresh paint to new floodlights, over the summer we have carried out some much-needed renovations to the club

Whilst we have grand plans, we must maintain and improve our facilities as much as possible.

So, with this in mind, through money raised by the Chairman's Challenge and grant funding from the UKSPF Rural Anchor fund, we have:

- Given the outside of the clubhouse a fresh look (cleaned and painted);
- Renovated the car park;
- Treated and improved the First Team pitch;
- Improved the inside of the clubhouse and men's toilets;
- Replaced all our floodlights;
- And more!

This amounts to over £60,000 worth of investment and includes a huge number of volunteer hours to get the work done.

A massive thank you to **John Haslam** and **Terrie Cousins** for securing the funding, and **Stuart Henson**, **Kevin Painter**, and **Simon Perry** for driving the work forward. And thank you to **Alexis Jones** and **Val Halsey** for getting everything clean and tidy ready for the start of the season .



INTRODUCING OUR NEW JUNIOR CHAIRMAN



After two seasons as Junior Chairman we say thank you to **Jamie Rewbridge**, who is stepping down, and welcome **Johnathan Lewis** to the role.

Jamie has played a key role in supporting the growth and success of the Mini and Junior sections, ensuring our coaches and players had everything they needed to flourish on the pitch and helping cement our one-club ethos across all age groups.

Johnathan, who is currently part of the U10s coaching setup, is looking forward to building on Jamie's efforts and driving the development of our mini and junior teams.

As Junior Chairman, Johnathan will be responsible for overseeing the smooth running of the junior section - supporting coaches and volunteers, promoting coaching development, coordinating fixtures and events, and ensuring every child enjoys their rugby in a safe, inclusive, and positive environment.

Whilst Jamie steps away from Junior Chairman, he will continue to coach the U12s next season and support Johnathan in championing the importance of our mini and junior sections for the long-term success of our youth and senior sides.

So please join us as a club in thanking Jamie for his hard work and dedication over the past few years, and in welcoming Johnathan to the role!



SOUTH GOWER RFC JUNIOR SECTION



SEAHORSE SQUAD

TRAINING: FRIDAYS, 5.00PM - 6.00PM

U3S - U5S ... JESS REWBRIDGE ... 07799715463

MINIS

TRAINING: WEDNESDAYS, 6.00PM - 7.00PM

U6S ... BEN DAVIES ... 07772184544

U7S ... CORINNE ACHILLEOS ... 07949512258

U8S ... LAURA GILL ... 07939405242

U9S ... SARAH O'NEIL ... 07946376393

U10S ... JP CRONJE ... 07946 204032

U11S ... JAMIE TAYLOR ... 07989 550548

JUNIORS

TRAINING: WEDNESDAYS, 7.30PM - 8.30PM

U12S ... CORINNE ACHILLEOS ... 07949512258

U13S ... CATH SILVEY ... 07894434548

U14S ... RHIAN MILLAR ... 07834459824

TRAINING: THURSDAYS, 6.00PM - 7.30PM

U15S ... ANDY HINDS ... 07764413304

U16S ... CHRIS HEALINGS ... 07980109789

JUNIOR CHAIRMAN ... JOHNATHAN LEWIS ... 07854424309



JUNIOR FIXTURES

SUNDAY 14 SEPTEMBER



U7s v Dunvant (A)

U8s v Dunvant (A)

U9s v Dulais Valley (H) 11.30KO

U10s v Tondu (A)

U11s v Mumbles (A)

U12s v Birchgrove (H) 10.30KO

U14s v Gorseinon (A)

U15s v Birchgrove (A)



IMPORTANT NOTICE TO MEMBERS

A polite reminder to all members when travelling along Pwlldu Lane to and from the club

Please drive carefully, the lane is very narrow and home to a number of residents so please drive no faster than 15mph and be mindful of people and animals who may be in the lane and residents trying to leave their homes.

Help us avoid any congestion on Wednesday evenings by adhering to the one-way system that is in operation between the following times:

5:45pm - 6pm - cars travelling to the club have priority;

7pm - 7:15pm - cars leaving the club have priority;

7.15pm - 7.30pm - cars travelling to the club have priority.

If travelling by foot and walking dogs please be vigilant to ensure they do not access neighbouring fields and cause distress to livestock. If appropriate, remind members of the wider public as well.

Diolch yn fawr

UNDER 11 SCHOOLS REPRESENTATIVES



A massive congratulations to **Tarynn Perry, Barnaby Rhys Jones, Bodhi Pinkerton** and **Callum Isaac-Clarke**, our four under 11 players selected for Llwchwr and Swansea Schools Under 11 squads for this season. Tarynn has also been selected to represent Swansea School Girls U11s, a fantastic achievement!

A huge well done to all the boys and girls who attended trials this year. You all did the club proud!

UNDER 16 SCHOOL BOYS REPRESENTATIVES



A massive congratulations to **Eli Healings, Matti Harper** and **Alex Gordon**, our three under 16s players selected for Swansea Schools Under 16 squads for this season.

A huge well done to all the boys who attended trials this year. You all did the club proud!



SGRFC JUNIORS REPRESENTS WALES AT INTERNATIONAL LEVEL



A huge shout-out to our amazing junior players who represented Wales Touch Association at the Youth Touch Cup in Limerick in July.

It was a successful tournament for the boys:

- **Noah Williamson** earned a hard-fought **Silver medal** with the Wales Mixed 18s, narrowly losing 7–6 to Ireland in the final;
- **Will Tamarua** secured a **Silver medal** with the Wales Boys 15s, edged out 12–7 by England in their final;
- **Will Hooper** and **Ethan Burns** brought home a **Silver medal** with the Wales Mixed 15s after a nail-biting 6–5 final against France.
- **Rhod Harris** and **Zack Burns** claimed a **Bronze medal** with the Wales Boys 18s after a strong 13–6 win over Ireland in the 3rd/4th play-off.

We're incredibly proud of you all for representing your country at touch rugby and flying the flag for South Gower RFC on the international stage.

Well done lads

COMMUNITY FUNDRAISING



We're part of the
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CHOOSE SOUTH GOWER RFC AGAIN FOR THE CO-OP LOCAL COMMUNITY FUND

For the last year we have been part of the **Co-op Local Community Fund** and have received over £6000 in much-needed funds for the club.

We have once again been selected as one of the Local Community Fund causes for the next twelve months and are hoping to raise more money to help us upgrade our floodlights from hydrogen bulbs to energy-efficient LEDs.

So if you or your family and friends shop at Co-op please **choose South Gower RFC** as your cause in the Co-op App or on their website and scan your Co-op cards every time you do your shop in-store.



**Support us through
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SIGN UP FOR EASYFUNDRAISING AND HELP RAISE MONEY FOR SOUTH GOWER RFC WHEN YOU SPEND ONLINE

With Christmas coming up help us earn money towards our 50th Anniversary clubhouse development goal by utilising **Easyfundraising** when buying your gifts.

Easyfundraising partners with over 7,000 brands who will donate part of what you spend to a cause of your choice. It won't cost you anything as the retailers pay Easyfundraising a commission each time anything is purchased which will in-turn be donated to South Gower RFC.

So we are asking all members to take 5 minutes to sign up for this great fundraising scheme which will greatly benefit the club.

To sign up visit: **easyfundraising.org.uk/causes/south-gower-rugby-club**

How it works

If you're using a mobile phone you'll be asked to download the app and turn on the 'donation reminder' which will pop up* to let you know when a retailer will donate via Easyfundraising (just tap to activate when on the site).

Alternatively, if you prefer to use a computer to do your shopping make sure you download the browser extension which will highlight every website where you can purchase and donate using Easyfundraising.

*Please note, the app will require you to enable permissions. If you're not happy to do this we suggest you access Easyfundraising using the browser extension on a computer instead.

CHARITY OF THE YEAR



OSPREYS IN THE COMMUNITY

We are pleased to announce that Ospreys in the Community is our **charity of the year**.

Ospreys in the Community is a fantastic organisation working hard to improve the health and well-being of our communities.

We are proud to be sponsoring them in their fundraising efforts and look forward to collaborating on some special events throughout the year.





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