

DIVISION 2 WEST CENTRAL



SEASON 2025/26



VS



SOUTH GOWER

MORRISTON

SAT 11 OCT | PWLLDU LANE | 2:30PM KO



# CHAIRMAN'S WELCOME

This week we welcome Morriston RFC to Pwlldu Lane for what promises to be a cracking battle.

Both sides picked up great wins in the last round with our First XV securing back-to-back wins, now hopefully turning the tide after suffering back-to-back losses at the beginning of the season.

This is the result of a massive effort by our coaches and players. Numbers are great and we are attracting new players every week. So huge credit to the team for pushing on from that tough start.

I'd also like to extend a warm welcome to Morriston U9s. They will be playing a curtain raiser at 1:30pm against our U9s so please come along and cheer on the future of both clubs, before they become flag bearers and welcome the teams to the field.

As always your support is hugely valued and has really helped transform the matchday atmosphere over the past few years. Let's hope the forecast stays good and we can enjoy another fantastic game in the sun.

Diolch all

*Ben Davies*

Chairman





## CLUB SPONSORS 2025/26



#UppaSeahorse

# PRINCIPAL CLUB SPONSOR



## INTRODUCING OUR PRINCIPAL SPONSOR CADOG HOMECARE LTD

The new season is upon us and we would just like to thank all of 2025/26 Club Sponsors starting with our principal sponsor **Cadog Homecare Ltd.**

Cadog Homecare Ltd offers domiciliary care services across Wales and is committed to improving the quality of life of its clients as well as enabling them to live safely in their own homes, supported by care professionals who have a genuine passion for helping people.

Thank you very much Cadog Homecare Ltd.

To find out more about Cadog Homecare and the services they offer visit **[cadoghomecare.co.uk](http://cadoghomecare.co.uk)**

#uppaseahorse



**SOUTH  
GOWER**



**#ONECLUB**

**#UPPASEAHORSE**

# TEAMSHEETS



1. Gareth Evans
2. Scott Bennett
3. Laurence Hyde
4. Cody Hylkema
5. Charlie Stares
6. Arun Templeton
7. James Tune
8. Fraser Deer (VC)
9. Alex Francis (C)
10. Sam Williamson
11. Olly Heinrich
12. Lloyd Evans
13. Ellis Weatherley
14. Guy Wintle
15. Jac Greenwood (VC)

## **Substitutes**

16. Leo Woollacott
17. Cameron Stewart
18. Alfie Healings
19. George Moore
20. Elliott Henson
- TR. Elliott Rees
- TR. Charles Cawsey



1. Liam Mainwaring
2. Connor Edwards
3. Jon Ball
4. Dexter Hadley
5. Chris Gorvett
6. Dewi Jones
7. Dillon Grindod
8. Cam Stewart
9. Chris White
10. Kyle Owen
11. Ben Gough
12. Chris Shill
13. Reagan Preece
14. Gareth Thomas
15. Noah Russel

## **Substitutes**

16. Jack Rodon
17. Oliver Jones
18. Shackle Thomas
19. Matty Davies
20. Joe Anderson
- TR. Noah Newcombe

Referee: Paul Grainger Jones

# FIXTURES AND RESULTS

## THIS WEEK'S FIXTURES 11 OCTOBER

Birchgrove RFC	Porthcawl RFC	14:30
Brynamman RFC	Neath Athletic RFC	14:30
Bryncethin RFC	Mumbles RFC	14:30
Pencoed RFC	Aberavon Harlequins RFC	14:30
South Gower RFC	Morrison RFC	14:30

## LAST WEEK'S RESULTS 4 OCTOBER

Porthcawl RFC	22	26	South Gower RFC
Neath Athletic RFC	38	17	Pencoed RFC
Mumbles RFC	22	27	Aberavon Harlequins RFC
Morrison RFC	22	11	Brynamman RFC
Bryncethin RFC	8	25	Birchgrove RFC



## ADMIRAL LEAGUE 2 WEST CENTRAL FIXTURES

# 2025/26



# FIXTURES

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

SOUTHGOWERRFC.COM

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# LAST TIME OUT

## PORTHCAWL 22 - 26 SOUTH GOWER



Pictures courtesy of **Edryd Wyn Williams**



# SOUTH GOWER



Over 200 Used Vehicles on site

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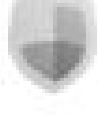




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# ADMIRAL DIVISION 2 WEST CENTRAL TABLE

#	Team	W	D	L	F	A	Diff	Pts
1	 Neath Athletic RFC	3	0	0	96	38	58	14
2	 Birchgrove RFC	2	0	1	80	47	33	10
3	 Brynamman RFC	2	0	1	67	58	9	9
4	 South Gower RFC	2	0	2	61	89	-28	9
5	 Mumbles RFC	1	0	2	60	72	-12	6
6	 Porthcawl RFC	1	0	1	48	32	16	5
7	 Pencoed RFC	1	0	2	59	64	-5	5
8	 Aberavon Harlequins RFC	1	0	0	27	22	5	4
9	 Morrison RFC	1	0	1	33	37	-4	4
10	 Bryncethin RFC	0	0	4	28	100	-72	1

For the full and up-to-date table  
visit our website:

[www.southgowerRFC.com](http://www.southgowerRFC.com)

# STATISTICS

## APPEARANCES



S Court  
OUTSIDE CENTRE

4



F Deer  
OUTSIDE CENTRE

4



S Williamson  
FLY HALF

4

## MOST POINTS



A Morris

16



G Wintle  
FULL BACK

10



S Williamson  
FLY HALF

10

## MOST TRIES



E Weatherley  
OUTSIDE CENTRE

2



G Wintle  
FULL BACK

2



M Israel  
HOOKER

1

7

PLAYED

4

WON

0

DRAWN

3

LOST



## AVERAGE POINTS:

18.9

FOR

18.9

AGAINST

# MEET THE PLAYERS



**Age:** 24

**Job:** N/A

**Favourite Rugby Moment:**

Triple promotion

**Rugby Hero:** Huw Jones

**Favourite Food:** Ramen

**Best Away Ground:** Underhill  
Park

**Pre-Match Food:** Sourdough  
toast and poached egg

**Pre-Match Song:** Different  
from game to game

**Drink:** Full Fat Coke

## SAM COURT CENTRE

#UPPASEAHORSE



**SOUTH  
GOWER**

# PLAYER OF THE MONTH



September 2025

## Tom Greenwood

Sponsored by



**HOT DOG**  
**SURF SHOP**

Congratulations to **Tom Greenwood**, who is our 'Player of the Month' for September.

Tom has trained tenaciously throughout the opening weeks of the season and has led from the front, pushing everyone to raise their game during our first month in Division 2!

Well done Tom, your efforts are greatly appreciated.

A huge thank you once again to **Hot Dog Surf Shop** for supporting this award.

[#playerofthemoth](#) [#uppaseahorse](#)



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# JUNIOR SPOTLIGHT

## INTRODUCING OUR U9S



It is a pleasure to introduce you to the **South Gower Under 9s** squad who will welcome Morryston Under 9s for a curtain raiser to today's main event. They are coached by **Lewis Jones, Michael Davies, Gareth Hamer, Steve Kihara** and senior team prop **Gareth Evans**. The team is managed by **Sarah O'Neill**

The Under 9s are already impressing us in their first season of contact rugby scoring some superb tries and being ferocious in defence. We hope everyone will spend a bit of time before the game cheering on the team. The curtain raiser kicks off at 1.30pm.



**SOUTH  
GOWER**

# JUNIOR FIXTURES

## 11 & 12 OCTOBER



### SATURDAY 11TH

U9s v Morriston (H) 1.30KO

### SUNDAY 12TH

U7s v Morriston (H) 9KO

U8s v Morriston (H) 9KO

U10s v Burry Port (A)

U11s v Abercraf (A)

U12s v Gorseinon (A)

U14s v Morriston (A)

U15s v Abercraf (H) 10.15KO

U16s v Tonmawr (A)





# 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



# #WhereItAllBegan

## James Fender

Ospreys  
Wales U20s



# #UppaSeahorse



As a youth player, **James Fender** played for South Gower Youth and Neath Port Talbot College, as well as Swansea RFC. He was also part of the Ospreys Academy.

For the 2022-2023 season, James was loaned to RFU Championship side Cornish Pirates.

James represented Wales U20 in the U20 Six Nations tournament in 2020 and 2021.

He was recalled to the Ospreys squad ahead of their URC tour to South Africa, and made his debut as a replacement on 26 November 2022, against the Bulls.

James was named as Man of the Match on 26 December 2023, as the Ospreys beat the Scarlets 25-11. Following his early-season performances, he was named as a top breakthrough player for 2023. He was tipped for a place in the Wales squad ahead of the 2024 Six Nations, but suffered a shoulder injury in January 2024, ruling him out long-term.

On 19 April 2024, James Fender signed a contract extension with the Ospreys.



**SOUTH  
GOWER**



# SOUTH GOWER RFC CLUB SHOP



**Closes Monday 27 October**



Get set for Winter with the South Gower RFC **1/4 Zip Fleece**, **Matchday Jacket**, **Golf Umbrella**, and the much-requested **Dry Changing Robe** and **Coaches' Jacket** ... plus other essentials including:

- **Slimline joggers;**
- **Hoodies;**
- **Replica Jerseys;**
- **Bobblehats;**
- **Backpacks;**
- **Bootbags, Water bottles, and Towels;**
- **Playing shorts and socks.**

The **shop is open until 10am on Monday 27 October**, with delivery expected the week beginning 15th December, so order now to ensure you get your items in time for Christmas.

[!\[\]\(9c8ee003afcb6f6a71601185bbfeecdf\_img.jpg\) Visit the Club Shop](#)

# JUNIOR SECTION SMASHES CHAIRMAN'S CHALLENGE!



Last season, as part of our 50th anniversary celebrations, our Chairman **Ben Davies**, set every age group the challenge of raising money to support key club development projects.

12 months on and after everything from sponsored walks to sponsored haircuts, our Junior section has raised a phenomenal **£18,086!**

Congratulations go to our **U10s**, who topped the leaderboard with an amazing £4,062 raised through activities including an epic walk up Pen Y Fan, matchday car park duties and stalls at Presentation Day to name a few. For their efforts, the team will receive an all-expenses-paid team-building day out and goody bags courtesy of our kit partners Scimitar.

We couldn't be prouder of every single age group who took part. The effort has been truly inspiring and way above any expectations.

The money raised has already made a massive difference to the club, having been used for the numerous redevelopment projects you've seen taking shape over the summer.

Diolch yn fawr everybody!

# 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**



**Support us through  
easyfundraising**

## **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](https://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.





# SOUTH GOWER

# #UPPASEAHORSE



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