



VS



SAT 24 JAN | PWLLDU LANE | 2:30PM KO



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**CBRE**  
& THE SOUTH GOWER OLD GITS

MATCH SPONSOR



# CHAIRMAN'S WELCOME

**Croeso and a warm welcome to our friends from Neath Athletic RFC and everyone who has made it down to Pwlldu Lane this afternoon .**

**In what are dark times for Welsh rugby we hope that the two sides who rose together from Division 3 last season can put on a show to lift our spirits. Both sides have done well in this league so far and are a true success story of grassroots rugby.**

**It would be nearly impossible not to acknowledge the current rugby climate in Wales. Our thoughts and support go to everyone at the Ospreys and our chosen charity, Ospreys in the Community, in this period of absurd uncertainty. The lack of communication has only fuelled an atmosphere of toxicity and second-guessing, which benefits nobody or the game itself.**

**I really hope that, somehow, a cohesive and inspiring plan comes out of the current predicament and generates a productive pathway from grassroots to the professional level, although it is hard to feel much confidence at the current time.**

**A final mention to acknowledge the passing of ex-skipper Norman Phillips. The 'Old Gits' are holding a memorial at today's game, and we ask you all to observe a moment's reflection before kick off.**

*Ben Davies*

Chairman



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**CBRE**

**& THE SOUTH GOWER OLD GITS**

**IN MEMORY OF  
NORMAN PHILLIPS**





# REMEMBERING NORMAN PHILLIPS



**Norman is only the second ex-1st Team Captain to pass away.**

**He was a tough West Walian flanker who brought a new level of competitive rugby to the growing 1st Team squad of the early 1980s. He was one of a host of Swansea University students, along with the likes of the Thorburn boys, to be persuaded by the inimitable Professor Phil King to join a fledgling Rugby Club in the heart of the Gower.**

**Norman had an infectious personality and remained linked to many of the Old Seahorses from those early days. He passed away in South Island, New Zealand, in late 2025 – but never lost his love for Wales and the friendships he made, on and off the pitch, at South Gower.**

**(Words by Dai Wintle)**





# SOUTH GOWER



# #ONECLUB

# #UPPASEAHORSE





## CLUB SPONSORS 2025/26



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#UppaSeahorse





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# TEAMSHEETS



1. Gareth Evans
2. Morgan Israel
3. Lewys Johnathan
4. Cody Hylkema
5. James Neale
6. Sam Kaminaris
7. James Tune
8. Fraser Deer
9. Tom Greenwood
10. Alex Francis (C)
11. Olly Heinrich
12. Angus Morris
13. Sam Court
14. James Wild
15. Josh Jones

## Substitutes

16. Aiden Ellard
17. Lawrence Hyde
18. Dan Gibbon
19. George Moore
20. Elliott Henson
- TR. Scott Bennett
- TR. Jake Newington



1. Dylan Kelly
2. Ryan Thomas
3. Ben Francis (C)
4. Leon Ward
5. Josef Meek
6. Callum Young
7. Ciaran Comerford
8. Elis Hopkins
9. Nathan Murphy
10. Iori Comerford-Davies
11. Ben Lupton
12. Cai Morris
13. Cellan Carter-Jones
14. Cabhan Comerford-Davies
15. Morgan Rogers

## Substitutes

16. Chris Collier
17. Andy Ball
18. Joseph Williams
19. Harvey Mayberry-Thomas
20. Lewis Williams

Referee: Rob Clemett



# FIXTURES AND RESULTS

## THIS WEEK'S FIXTURES

Saturday 24th January 2026

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

## PREVIOUS RESULTS

Saturday 17th January 2026

Porthcawl RFC	43	7	Birchgrove RFC
Neath Athletic RFC	33	18	Brynamman RFC
Mumbles RFC	14	19	Bryncethin RFC
Morrison RFC	21	18	South Gower RFC
Aberavon quins RFC	38	18	Pencoed RFC



## ADMIRAL LEAGUE 2 WEST CENTRAL FIXTURES

2025/26



FIXTURES

JANUARY

24 | NEATH ATHLETIC

31 | ABERAVON QUINS

FEBRUARY

14 | PENCOED

28 | BRYNAMMAN


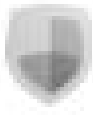






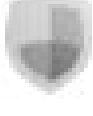

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Home  
Away





# ADMIRAL DIVISION 2 WEST CENTRAL TABLE

#	Team	Pl	W	D	L	Diff	Pts
1	 Neath Athletic RFC	11	9	0	2	155	44
2	 Aberavon Harlequins RFC	8	8	0	0	143	37
3	 Pencoed RFC	12	8	0	4	15	36
4	 South Gower RFC	13	7	0	6	-23	32
5	 Porthcawl RFC	10	6	0	4	56	28
6	 Morrison RFC	9	4	0	5	-39	18
7	 Brynamman RFC	9	4	0	5	-39	17
8	 Mumbles RFC	12	2	0	10	-84	16
9	 Birchgrove RFC	9	3	0	6	-73	15
10	 Bryncethin RFC	13	2	0	11	-111	14

For the full and up-to-date table  
 visit our website:  
[www.southgowerrfc.com](http://www.southgowerrfc.com)





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# STATISTICS

## APPEARANCES



F Deer  
BLINDSIDE FLANKER

13



C Hylkema  
BLINDSIDE FLANKER

13



J Tune  
OPENSIDE FLANKER

12

## MOST POINTS



S Williamson  
FLY HALF

48



S Davies  
LEFT WING

47



A Morris

44

## MOST TRIES



E Weatherley  
OUTSIDE CENTRE

6



S Davies  
LEFT WING

3



G Wintle  
FULL BACK

2

16

PLAYED

9

WON

0

DRAWN

7

LOST

## AVERAGE POINTS:

18.9

FOR

18.6

AGAINST



# MEET THE PLAYERS



**Age:** 22

**Job:** Student

**Favourite Rugby Moment:** Promotion win against Baglan

**Rugby Hero:** Shane Williams

**Favourite Food:** English Breakfast

**Best Away Ground:** Maesteg

**Pre-Match Food:** Cereal

**Pre-Match Song:** Campbell - Would You

**Drink:** Cider

## SAM DAVIES

### WING

#UPPASEAHORSE



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# LAST TIME AT HOME

SOUTH GOWER 27-24 PORTHCAWL



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# BRINGING YOUR DOG TO THE CLUB?

## HERE'S WHAT TO KNOW

We know that for many of our supporters, a day at the rugby isn't complete without their four-legged friend by their side, and we're always happy to welcome well-behaved dogs at the club.

To ensure everyone can enjoy the game safely and comfortably, all dogs must be kept on a lead at all times while on club grounds, especially during busy match days when the touchlines can get crowded.

It's also important to note that dogs are not allowed on the pitches at any time, for the safety of all players.

Please be considerate by cleaning up after your dog and disposing of any waste in one of the designated dog-waste bins located in our car park and by the entrance to the club.

Thanks for helping us keep the club a safe and welcoming place for everyone - players, spectators, and fellow dogs alike!



**SOUTH  
GOWER**





**PLEASE  
DRIVE  
CAREFULLY**

## **A REMINDER TO EVERYONE TRAVELLING TO AND FROM THE CLUB**

When travelling to and from the club, please drive carefully and no faster than 15mph to avoid harming any people or animals who may be in the lane or residents trying to leave their homes.

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.


Please do not park in front of the gate that opens onto the Clubhouse pitch. This gate is used in emergencies to allow ambulance access to the pitches and should not be blocked at any time.

**Thank you for your cooperation**



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GOWER**





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# JUNIOR FIXTURES

## 25 JANUARY



U7s v Dunvant (H) 9KO  
U8s v Dunvant (H) 9KO  
U9s v Trebanos (H) 10KO  
U10s v Ystradgynlais (A)  
U11s v Dunvant (A)  
U12s v Tumble (H) 11KO  
U14s v Bonymaen (A)  
U15s v Penclawdd (H) 11.30KO  
U16s v Morriston (A)



**SOUTH  
GOWER**



# JUNIOR SPOTLIGHT

## INTRODUCING OUR U14S



It is a pleasure to introduce you to the **South Gower Under 14s** squad.  
They are coached by Mark Bond, Andy Millar and Richard Mills.

The team is having a fantastic season and improving with every game.  
They are also becoming a fantastic asset to the club with regular social  
activities taking place.

We are always looking for new players, so if your child would like to join  
our team, please contact team manager Rhian on 07834459824



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# 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





# REPLAY

KEEPING KIT  
IN PLAY FOR  
LONGER



## OUR CLUB COMMITS TO:



Reduce waste by rethinking what we do with old sports kit and equipment.



Encourage our members to Replay their pre-loved gear through Loopeto.



Inspire players, families and communities to join the circular movement.



**SOUTH  
GOWER**

Not sure what to do with your child's old sports kit? Or want new kit without paying full price for something they'll outgrow in no time?

Now, thanks to the \*West Wales Sports Partnerships' Replay Campaign\*, you can donate, sell, or buy pre-loved sports kit using \*Loopeto\*, a circular resale platform for sports kit and equipment (like Vinted but for sports gear).

Simply sign up at [loopeto.com](https://loopeto.com) or download the app, and upload your items individually or connect directly with our club store to pass on good-quality kit to someone who needs it.

For help on how to get started with Loopeto check out this short 'How to Guide' - [bit.ly/loopeto-guide](https://bit.ly/loopeto-guide)



# VOLUNTEER SPOTLIGHT



## VOLUNTEER SPOTLIGHT JAMIE REWBRIDGE

### INTERESTING FACT

STARTED MY RUGBY AT SOUTH GOWER AGE 7, BUT PLAYED  
FOR MUMBLES RFC MOST OF MY ADULT PLAYING DAYS,  
BEFORE RETURNING TO GOWER FOR ONE LAST SONG DANCE  
[OR TWO] IN MY MID 30S



### CURRENT ROLE

UNDER 12S COACH

### RUGBY HERO

AS A KID, RICHARD WEBSTER OR  
JONATHAN DAVIES. AS AN ADULT  
RICHIE MCCAWE



SOUTH  
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# VOLUNTEER SPOTLIGHT

**FAVOURITE PAST GOWER PLAYER**  
**THE LEGEND THAT IS, JOHN BLADEN**



**FAVOURITE CURRENT GOWER PLAYER**  
**JAMES WILD**

**WHY SOUTH GOWER?**  
**A PROPER RUGBY CLUB,**  
**VERY FEW LEFT!**

**FAVOURITE GOWER MOMENT**  
**EVERY TIME WE BEAT MUMBLES,**  
**REGARDLESS OF AGE GRADE!**



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GOWER**



# VOLUNTEER SPOTLIGHT

## WORST HABIT

WORRYING TOO MUCH ABOUT NUMBERS FOR  
MY JUNIOR SIDE (CURRENT U12S)

## GO TO DRINK

GUINNESS OR SAN MIGUEL

## DESCRIBE SOUTH GOWER IN 3 WORDS

COMMUNITY, RUGBY, HOME



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# #WhereItAllBegan

**Sam Melmoth**

**Llandovery RFC**



# #UppaSeahorse



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GOWER**



# 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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