

The Oval Zone

The rugby magazine for North and Mid Wales - Issue 38, 26 September, 2014

**International
rugby back
at Parc Eirias**



**4000
miles
for Yogi
Fund**



**RGC
backing
Stoptober**



All the latest rugby news, interviews, features and pictures



NORTH/MID WALES RUGBY NEWS

All the latest news from around the region - please send your club news to midwalesrugby@aol.com



Tegid Phillips, NWRUC Secretary

'We would urge all clubs to make every effort to fulfil their fixtures in the second team leagues. We have put rules in to place which will hopefully lessen the amount of postponements. All clubs are asked to ensure that their coaches and captains are aware of the rules'

Clubs asked to take note of second fifteen league rules

Please see below the rules and expectations of Clubs participating in the North Wales 2nd XV league and North East Counties League 2014-15

- a. The rules of the North Wales 2nd XV league are, where relevant, to mirror those of the WRU National Leagues.
- b. In the case where the numbers of players on the two teams are unequal, **it is an expectation that**
 - i. the team with the higher number of players should offer some of their players to the opposition in order to make the two sides equal in number
 - ii. if i. above is not possible, the game should begin with equal numbers e.g. if one team has 19 players and the other has 12, the game starts as a 12 v 12 game
 - iii. in instances such as described in ii. above, the team with 19 will be allowed to use seven substitutes
 - iv. the minimum number of players per team is ten
- c. All Clubs should attempt to follow the expectations above and, thus, negate the possibility of calling off games.

PERMITS ARE AVAILABLE RIGHT UP UNTIL KICK-OFF TIME

A permit must be sought for each match in which a player plays and such permit may be granted for a match at any time in the season. Any permit issued must be made in writing (via fax, posted letter or email), by both the Club with which the player is registered, and the Club with which he is to play on permit and lodged with the Union before the match takes place.

In exceptional circumstances, where a permit is agreed during WRU office closure hours (e.g. a Saturday), the permit may be lodged by telephoning 02920 822407 or 02920 822404 and leaving a voicemail message. The written confirmation must be sent to the Union as soon as possible after lodging the voice-mail message.

Gerald Davies gives emotional speech at NWRUC AGM

An inspirational speech by Gerald at the District J AGM. Report by Iori Hughes, Llangefni RFC

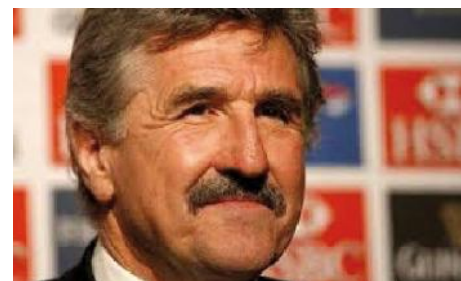
Last night, the club secretary Arnold Milburn and I had the honour and privilege of listening to the great Gerald Davies address the NW rugby council AGM on what is to be his last visit before he steps down. He gave a very passionate and emotional speech on the war between the WRU and the regions that has 'fractured' our game.

A true great of the game without a shadow of a doubt, he said that one of his most satisfying achievements has been to kick start rugby in North Wales and Alwyn Jones was later to comment that without Gerald Davies' intervention we would never have been as advanced with RGC as we are now.

In the most emotional part of his speech he talked about the need to keep the HWYL and the CULTURE of Welsh rugby intact because THAT is what makes us different from the rest of the world and every club must invest in youngsters to ensure their future.

As I listened I wondered how much we at CLWB RYGBI LLANGEFNI have contributed to the local community over the 42 years that we have been in existence and how much pride and publicity we have brought to the town of Llangefni and the Isle of Anglesey in that time. I felt 10ft tall in the meeting thinking of what we have achieved as a club through the blood, sweat and tears of volunteers and the fantastic hard work you have put in over the years.

The only regret I have is that, despite a great attendance of 40+ delegates, that a much larger audience was not able to hear the speech last night from Gerald Davies but it has inspired me as chairman to redouble my efforts and support everyone involved to restore our great club to the top table of NW rugby and get the HWYL back into the game.





The Oval Zone - supporting Welsh rugby

WELCOME TO THE OVAL ZONE

www.ovalzone.co.uk



Welcome to the first issue of the 2014-15 season.

Hopefully, even if we're only a couple of league games gone, your club will have had a great season to the campaign.

Unfortunately, we've seen quite a number of postponements below first team level which are worrying. The NWRUC have put in measures to help clubs get their second teams on the field and it needs all the clubs to enter in to the spirit, lend a couple of players when needed, and forget about that must-win-at-all-costs attitude.

One highlight for me was the recent visit of Gerald Davies to Parc Eirias for the AGM. Gerald is such a soft-spoken man but he had every person at that meeting hanging on his every word. He has done a great job for North Wales rugby and there will definitely always be a welcome in the hillsides for Gerald.

I was really saddened recently when I heard about the passing of John Owen. John had been Secretary of the Welsh Districts Rugby Union for many seasons and I was proud to consider him a friend as well as a colleague, having myself served on that committee for many years.

The Women's World Cup appears to have been just what the ladies game needed in Wales. From just a couple of teams a season or so ago, North and Mid Wales has had a surge of interest and new teams are being formed on a regular basis. The Oval Zone will continue to promote the womens game as it goes hopefully from strength to strength.

Some great photographs have already been sent in and again, a big thank you to you all for allowing us to use them on the web-sites. In the next issue, we'll be starting the picture pages again and including a selection from those sent in.

The next issue will include the fixture/results and league tables for all the teams in our vast region and, my usual plea, if you see any errors, please let me know rather than just simmer because I've got the points wrong for your team.

I'm hoping to get the next issue out for the weekend of October 4th, so if you have any news, reports, pictures from your club which you'd like included, please send them in.

Until the next one, best wishes.

Gary

Email: gwcymru1@aol.com
Telephone: 07713 514 375

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RGC achieve their 'A' licence

RGC achieve their A licence along with Pontypool and Swansea

All 12 Principality Premiership clubs have maintained their A licence along with Pontypool, RGC 1404 and Swansea

RGC achieve their A licence along with Pontypool and Swansea

All 12 Principality Premiership clubs competing in the 2014/15 season have maintained their Premiership A Licence status which means they are eligible to compete in the 2015/16 competition.

In addition, SWALEC Championship clubs Pontypool, RGC 1404 and Swansea have achieved the Premiership A Licence which means that should any of those clubs win the SWALEC Championship this season, they will be automatically promoted with the bottom placed Principality Premiership club relegated to the Championship.

WRU Group Chief Executive Roger Lewis said, "The Principality Premiership is a fantastic competition where almost all of our international players cut their teeth in senior rugby. Standards have clearly risen on the field with teams working hard in conjunction with the Welsh Rugby Union compliance department to meet on field targets and narrow the gap between semi-professional and professional rugby and create an environment fit for producing future Wales players.

Principality Premiership clubs, in conjunction with the Welsh Rugby Union, are constantly driving up standards to make their clubs welcoming and professional match venues for players, coaches, match officials and supporters. We are running the Rugby Enterprise Academy for the second successive season, placing University students with A licence clubs in order to support them with their commercial, marketing and communications operations."

"It was fantastic to help launch the tenth season of the Principality Premiership at Sardis Road last week, and judging by the excitement generated by the Round One fixtures alone, along with the start of the SWALEC Championship, we are in for a thrilling season."

Clubs awarded A Licence status:
Aberavon; Bedwas; Bridgend; Cardiff; Carmarthen Quins; Cross Keys; Ebbw vale; Llandoverly; Llanelli; Neath; Newport; Pontypridd; Pontypool; RGC 1404; Swansea

The above report from the WRU.

RGC NEWS



Kick the habit in to touch... RGC backs Stoptober

The entire Rygbi Gogledd Cymru (RGC) squad are backing the Stoptober campaign.

The entire Rygbi Gogledd Cymru (RGC1404) squad are backing the Stoptober campaign by wearing campaign t-shirts for training and as they warm up for their game against Tondy, Bridgend at Eirias park next Saturday - 27 September.

Smokers who come to watch the match will also be encouraged to join the thousands who kick the habit into touch for the month of October.

Rupert Moon is the North Wales Development Region's General Manager; "As a team we are really pleased to be backing this campaign. Smoking is responsible for so many premature deaths and ill-health in Wales. We are a smoke free squad and are committed to encouraging youngsters not to start. We hope that smokers will join Stoptober and get help to quit."

Kelvin Davies is the team captain, "We try our best to be a healthy club, we are role models and need to be setting a good example to aspiring young rugby players – Stoptober is a great idea."

The teams hooker Andrew Baston will be encouraging his family and friends to quit" "I'm going to persuade my family and friends to take part and be smoke free through October"

Andrew Jones is the Executive Director of Public Health for Betsi Cadwaladr University Health Board, "We are really pleased that RGC1404 are helping us to promote this really important campaign. Sport and smoking don't mix and our partners in sport can help us spread the word.

"We know that stopping smoking is one of the hardest things many people will do and we want to make sure that they get the support they need as those that get specialist smoking cessation support are four times more likely to be successful."

Stoptober provides a range of daily motivational support during the twenty eight days of the challenge. You can choose between: a Stoptober Pack, email support, Stoptober App or Text support. In addition there is specialist smoking cessation support available from Stop Smoking Wales and your local Pharmacy.

Sign up to Stoptober between 9th and 28th September ready to start your quit challenge on 1st October. All the support you need and details on how to sign up to Stoptober can be accessed by going to:

www.stopsmokingwales.com or calling 0800 085 2219

Terry Bennett embarks on 4000 mile fund-raiser for The Yogi Foundation



Rugby Gogledd Cymru (RGC) community gathers to support Terry Bennett as he embarks on his 4K for Yogi. Report by 'Charity Today'.

Terry Bennett embarks on 4000 mile fund-raiser for The Yogi Foundation

On the 6th September 2014 Terry Bennett embarked on his 4K for Yogi Challenge. Following the RGC 1404, based in Eirias Park in Colwyn Bay, for the Swalec / WRU Championship fixtures 2014 – 2015.

Riding over 4,000 miles on his Triumph Tiger Explorer motorbike Terry will be raising money for The Yogi Foundation. Inspired by Bryan 'Yogi' Davies, The Yogi Foundation provides support and fund-

FANCY A TRIP TO NARBERTH ON OCT 4TH?

The RGC Supporters Club are running a bus (leaving Eirias at 8.30am)

Please ring Phil Williams on 07773979910 to book your seat or for further details.

RGC NEWS



ing to people with a spinal cord injury and their families to enable them to take a family holiday, which can be prohibitive for individuals who have suffered a spinal cord injury.

Terry pledges to ride every mile for Yogi and the money Terry raises will go towards making memories and delivering dreams.

The challenge started on the 6th September 2014 with the RGC 1404 away match at Blackwood, with the first home match for RGC 1404 taking place almost a year to the day of Yogi's funeral – an emotional home launch of Terry's challenge which will conclude on the 18th April 2015 with the final away match at Merthyr, followed by the final home match on the 25th April 2015

Terry, Bennett from Cefn Meiriadog, has been living with back problems for most of his life, and didn't think he'd ever be able to do this ride for Yogi. After playing rugby from a young age, and having suffered back problems from the age of 25, Terry finds riding his motorbike difficult sometimes, but that's not stopping him.

Terry said "I know it sounds easy to ride a motorbike to 13 away matches, but for me it's really going to be very difficult. I have severe back problems, and I'm not as young or as fit as I used to be, but I want to do this for Yogi and to support The Yogi Foundation, and nothing is stopping me!"

Despite Terry's positive attitude, there are still concerns as Terry's journey will take him on many dangerous roads, and will take place during the forthcoming winter months.

Sue Davies, Yogi's wife said "It's such a great challenge that Terry is undertaking and I want to pass on my thanks and best wishes to him, Yogi would have been so proud".

Shaun Turner from the Yogi Foundation said "We will be eagerly following Terry's journey over the four thousand miles and wish him all the very best for his 4K for Yogi Challenge. It really is amazing that he has committed to doing this and can be sure that every penny raised will be so valuable to the charity."

The Yogi Foundation has always seen massive support from the rugby community and hopes that both home and away teams will support Terry as he rides across Wales on his 4K for Yogi Challenge.

If you wish to donate you can send cheques or money to Yogi Fundraising Office, 6 North Road, Buxton, Derbyshire, SK17 7EA. Please write 4K for Yogi on the back of any cheques.

You can follow Terry's journey on Twitter @YogiFoundation and on Facebook. Or show your support for Terry when he arrives at each and every away match with a massive wave and a cheer and of course a donation if you can.

To learn more about The Yogi Foundation, and how the Welsh Rugby community has already supported the charity please call Beverley Cooke on 07525 717 103, or email b.cooke@nice-marketing.com

Picture kindly supplied by Alan Skeates.

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RYGBI GOGLEDD CYMRU



SWALEC/WRU CHAMPIONSHIP FIXTURES 2014-15

06/09/2014

Cardiff Met v Swansea
Bargoed v Pontypool
Glynneath v Tata Steel
Llanharan v Merthyr
Narberth v Bridgend Ath
Tondy v Newbridge
Blackwood v RGC 1404

13/09/2014

RGC 1404 v Bargoed
Tata Steel v Cardiff Met
Pontypool v Llanharan
Bridgend Ath v Glynneath
Merthyr v Tondy
Newbridge v Narberth
Swansea v Blackwood

20/09/2014

Llanharan v RGC 1404
Swansea v Tata Steel
Cardiff Met v Bridgend Ath
Tondy v Pontypool
Glynneath v Newbridge
Narberth v Merthyr
Blackwood v Bargoed

27/09/2014

RGC 1404 v Tondy
Bridgend Ath v Swansea
Bargoed v Llanharan
Newbridge v Cardiff Met
Pontypool v Narberth
Merthyr v Glynneath
Tata Steel v Blackwood

04/10/2014

Narberth v RGC 1404
Swansea v Newbridge
Tondy v Bargoed
Tata Steel v Bridgend Ath
Cardiff Met v Merthyr
Glynneath v Pontypool
Blackwood v Llanharan

11/10/2014

RGC 1404 v Glynneath
Merthyr v Swansea
Bargoed v Narberth
Newbridge v Tata Steel
Llanharan v Tondy
Pontypool v Cardiff Met
Bridgend Ath v Blackwood

18/10/2014

Cardiff Met v RGC 1404
Swansea v Pontypool
Tata Steel v Merthyr
Narberth v Llanharan
Bridgend Ath v Newbridge
Glynneath v Bargoed
Blackwood v Tondy

25/10/2014

RGC 1404 v Swansea
Bargoed v Cardiff Met
Pontypool v Tata Steel
Llanharan v Glynneath
Merthyr v Bridgend Ath
Tondy v Narberth
Newbridge v Blackwood

01/11/2014

Tata Steel v RGC 1404
Swansea v Bargoed
Cardiff Met v Llanharan
Bridgend Ath v Pontypool
Newbridge v Merthyr
Glynneath v Tondy
Blackwood v Narberth

06/12/2014

RGC 1404 v Bridgend Ath
Llanharan v Swansea
Bargoed v Tata Steel
Tondy v Cardiff Met
Pontypool v Newbridge
Narberth v Glynneath
Merthyr v Blackwood

13/12/2014

Newbridge v RGC 1404
Swansea v Tondy
Bridgend Ath v Bargoed
Tata Steel v Llanharan
Cardiff Met v Narberth
Merthyr v Pontypool
Blackwood v Glynneath

20/12/2014

RGC 1404 v Merthyr
Narberth v Swansea
Bargoed v Newbridge
Tondy v Tata Steel
Glynneath v Cardiff Met
Llanharan v Bridgend Ath
Blackwood v Pontypool

27/12/2014

Pontypool v RGC 1404
Swansea v Glynneath
Merthyr v Bargoed
Tata Steel v Narberth
Newbridge v Llanharan
Bridgend Ath v Tondy
Cardiff Met v Blackwood

03/01/2015

Swansea v Cardiff Met
Pontypool v Bargoed
Tata Steel v Glynneath
Merthyr v Llanharan
Bridgend Ath v Narberth
Newbridge v Tondy
RGC 1404 v Blackwood

17/01/2015

Bargoed v RGC 1404
Cardiff Met v Tata Steel
Llanharan v Pontypool
Glynneath v Bridgend Ath
Tondy v Merthyr
Narberth v Newbridge
Blackwood v Swansea

24/01/2015

RGC 1404 v Llanharan
Tata Steel v Swansea
Bridgend Ath v Cardiff Met
Pontypool v Tondy
Newbridge v Glynneath
Merthyr v Narberth
Bargoed v Blackwood

31/01/2015

Tondy v RGC 1404
Swansea v Bridgend Ath
Llanharan v Bargoed
Cardiff Met v Newbridge
Narberth v Pontypool
Glynneath v Merthyr
Blackwood v Tata Steel

07/02/2015

RGC 1404 v Narberth
Newbridge v Swansea
Bargoed v Tondy
Bridgend Ath v Tata Steel
Merthyr v Cardiff Met
Pontypool v Glynneath
Llanharan v Blackwood

14/02/2015

Glynneath v RGC 1404
Swansea v Merthyr
Narberth v Bargoed
Tata Steel v Newbridge
Tondy v Llanharan
Cardiff Met v Pontypool
Blackwood v Bridgend Ath

28/02/2015

RGC 1404 v Cardiff Met
Pontypool v Swansea
Merthyr v Tata Steel
Llanharan v Narberth
Newbridge v Bridgend Ath
Bargoed v Glynneath
Tondy v Blackwood

07/03/2015

Swansea v RGC 1404
Cardiff Met v Bargoed
Tata Steel v Pontypool
Glynneath v Llanharan
Bridgend Ath v Merthyr
Narberth v Tondy
Blackwood v Newbridge

28/03/2015 (SW Cup QF)

RGC 1404 v Tata Steel
Bargoed v Swansea
Llanharan v Cardiff Met
Pontypool v Bridgend Ath
Merthyr v Newbridge
Tondy v Glynneath
Narberth v Blackwood

04/04/2015

Bridgend Ath v RGC 1404
Swansea v Llanharan
Tata Steel v Tondy
Cardiff Met v Tondy
Newbridge v Pontypool
Glynneath v Narberth
Blackwood v Merthyr

11/04/2015 (SW Cup SF)

RGC 1404 v Newbridge
Tondy v Swansea
Bargoed v Bridgend Ath
Llanharan v Tata Steel
Narberth v Cardiff Met
Pontypool v Merthyr
Glynneath v Blackwood

18/04/2015

Merthyr v RGC 1404
Swansea v Narberth
Newbridge v Bargoed
Tata Steel v Tondy
Cardiff Met v Glynneath
Bridgend Ath v Llanharan
Pontypool v Blackwood

25/04/2015

RGC 1404 v Pontypool
Glynneath v Swansea
Bargoed v Merthyr
Narberth v Tata Steel
Llanharan v Newbridge
Tondy v Bridgend Ath
Blackwood v Cardiff Met

©RGC1404





Clwb Rygbi Nant Conwy Reunion on 18 October with all proceeds to Marie Curie Cancer Care Charity Fund

The event takes place Saturday evening, 18th October 2014 and is open to all Nant past and present players, coaches and supporters.

Proceeds in aid of the Club's chosen charity for this season: **MARIE CURIE CANCER CARE.**

Tickets: £10.00 each (including 'Hog Roast' + entertainment) available **ONLY** from the Secretary (IFOR GLYN) on usual contact numbers or e-mail and under "first come, first served" basis (over half the 120 tickets available already booked!).

During the evening, both **WMFFRA HUGHES** and **GERAINT MORGAN** will be presented with momentos in recognition of over 30 years service each to the Club.

Partners (both male and female) welcomed.

The event will be held at the **NANT CONWY CLUBHOUSE** following the afternoon's Division 1 home match v Bro Ffestiniog with a 2.30 p.m. kick off where Mr Carl Hyde (Newtown) will be the designated Referee.

Please contact Ifor Glyn to book your ticket a.s.a.p.

GOT SOME NEWS TO SHARE FROM YOUR CLUB?

Please email the details to gwcymru1@aol.com for inclusion in the next issue

Canada to play Namibia at Parc Eirias

International rugby will return to Colwyn Bay this autumn with Namibia taking on Canada (Eirias, November 7).

The venue, home to Wales Under 20 for the past three seasons, is becoming a regular fixture on the international circuit, with the match following last season's Test between Japan and Russia and the five-team international series in 2012.

There will be no shortage of Welsh connections with two current Canadian internationals plying their trade at the Ospreys and a number of players having spent time playing for RGC.

Former RGC head coach Clive Griffiths is involved with Canada Rugby, while former Newport outside half Gareth Rees is their team manager. The match will kick off a key preparation period for Canada ahead of Rugby World Cup 2015 - their opening game against Ireland will kick off the Millennium Stadium Rugby World Cup action on September 19. All Canada's top players are expected to be part of the line-up against Namibia, including former Scarlet Jamie Cudmore, now at Clermont Auvergne, Glasgow's DTH van der Merwe and London Irish lock Jebb Sinclair.

Canada currently sit in 17th place in the world rankings with Namibia in 22nd place.

Former Scarlets and Blues head coach Phil Davies has recently spent time with the Namibian coaching team as part of an IRB remit to help prepare Tier Two sides for Rugby World Cup - and could remain linked to the side in the build-up for next year's tournament. He said, "It was a case of working closely with the coaches on their planning, coaching delivery and principals of play looking at the year ahead."

Some of Namibia's best known players include Sarances back row Jacques Burger and Exeter Chiefs full back Chrysander Botha, along with a contingent of players in South Africa's Currie Cup. Head coach, former Dax prop Danie Vermeulen has just completed a trial weekend and is determined to put down a marker in the Canada game.



He said, "A number of players put their hands up for selection for the end of year squad and Rugby World Cup. We don't want to make excuses. Canada is a key target for us."

Cllr Graham Rees, Conwy's Cabinet Member for Tourism, Marketing and Leisure added:

"We're proud that we've been able to secure this exciting fixture for Eirias, Colwyn Bay. This time next year these two teams will be competing in the Rugby World Cup with worldwide television audiences of millions, this is a wonderful opportunity for rugby fans to come along and support national first teams playing on our doorstep."

"It's clear there are many fans and enthusiastic spectators here in North Wales and we're pleased to be able to offer the facilities for everyone to enjoy top flight rugby."

Tickets are now available for the match from Colwyn Leisure Centre or go to www.venuecymru.co.uk

Tickets from £5 for Under 16s, £10 for adults, £15 for seated tickets.



WRU unveils Welsh language policy and bilingual web-site

The WRU has adopted an official Welsh Language Policy which will help enshrine the use of the language in rugby both on and off the field.

WRU unveils Welsh language policy and bilingual web-site option (Da iawn--Or Diwedd !!)

The policy will ensure the language is considered across the business and rugby operations and wherever the game is played by WRU teams.

To coincide with the adoption of the policy the WRU has unveiled a new bi-lingual website which will regularly be uploaded with rugby news from Wales.

The website can be opened through a Welsh option button on the main home page of the existing website (CYM).

The new policy is also published on the WRU website and printed copies of the document are being sent to all staff and stakeholders. The policy has been approved by the WRU Board and was devised after consultation with the Welsh Language Commissioner for guidance on content.

Within the policy, protocols are outlined for the use of Welsh throughout the remit of the governing body, which includes the Millennium Stadium. The policy covers areas such as website use, publications, social media, telephone protocols and public speaking.

WRU staff will monitor the use and development of the policy which will evolve to reflect the growth of rugby in future. The WRU will also continue to liaise with the Welsh Language Commissioner's office to seek advice on implementing the policy.

WRU Group Chief Executive, Roger Lewis, said: "I am delighted the Welsh Rugby Union has published an official policy which reflects our duty of care for the use of the Welsh language across the national sport of Wales.

"We represent the national sport of Wales and it is right and proper that we champion and facilitate the use of Welsh both within the WRU and through the people we engage with. We already carry out a great deal of work through the medium of Welsh and this policy document is an accurate reflection of our commitment to the language."

The Chairman of the WRU, David Pickering, added: "Welsh is a living language and the WRU is proud to acknowledge its importance through the adoption of this new policy.

"I hope this move will show the way for other organisations who want to follow our

example and proclaim their support for Welsh in this way.

"We know how hard the Welsh Government works to promote the use of the language and we are delighted to align our own policies to that strategy.

"Of course many people will continue to engage with the WRU in the English language but we must reflect the needs of Welsh speakers who want to use Welsh throughout their daily lives.

"We are also extremely grateful to S4C for the help they are giving us in achieving our ambitions with the website content."

The WRU and S4C have forged a partnership within which the Union allows the broadcaster access to Welsh language video content which can then be utilised by both organisations. This enables the WRU to guarantee a flow of Welsh language content across its web output.

The WRU already boasts a wide use of the Welsh language through areas such as its publications, coaching, match official and skills training courses, publications, media engagement and signage.

The WRU offers facilities for media interviews to be carried out through the medium of Welsh around the world where Wales teams play.

WRU and schools join forces to improve health of the game

An army of high calibre individuals has been appointed by schools across Wales in order to make a huge impact into the growth of rugby in Wales.

The 'school-club hub officers' have a variety of backgrounds including former professional rugby players, current semi-professional players, coaches, teachers and development professionals, and have been employed by 43 schools and colleges as full time rugby officers with a key objective to increase the amount of rugby played at schools and clubs.

Some of the appointments in the Dragons region include Bridgend assistant coach Mike Hook who has been employed by Lewis School, Pengam; Cross Keys captain Adam Powell as Tredegar Comprehensive's new rugby officer; Pontypridd flanker Jake Thomas is at Newbridge Comprehensive and Dragons outside half Dorian Jones, son of Kingsley has joined his old teachers at Brynmawr.

Former Wales and Dragons hooker Steve Jones has joined the ranks at Gower Col-



lege, former Ospreys flanker Ben Thomas is making waves at Brynteg Comprehensive, former Wales centre Neil Boobyer and Chris Jones share joint responsibility for the role at Treorchy Comprehensive, and in the Scarlets region, some of the more well-known names include former prop Aled Griffiths who is flying the flag at Ysgol Bro Myrddin, Carmarthen, Carmarthen Quins hooker Gethin Robinson who has been appointed at Queen Elizabeth High and former Llanelli and Llandovery outside half Tomas Marks who has taken up the role at Ysgol Bro Dinefwr.

The schools, working closely with the Welsh Rugby Union, have signed up to a set of criteria which will ensure the rugby officers offer opportunities to play the national sport - in its various forms - to both boys and girls of all abilities throughout the school and that there is an effective communication and interface between the school and neighbouring club. The Welsh Rugby Union has provided funding to the schools to enable them to make these appointments.

The initiative has been developed and rolled out following the root and branch review into Welsh rugby recently carried out by WRU Head of Rugby Josh Lewsey.

Lewsey said, "The 'school-club hubs' created by the appointment of the rugby officers will provide a huge boost to Welsh rugby. This model plays a key part in developing a co-ordinated system that underpins the long term needs of both the elite and community game.

"They will provide for the dissemination of best practice throughout the country and connect the coaching advice of the national team to those delivering at grass roots. They will help to raise standards on the field, within the WRU Under 18 Wednesday League and the Welsh Schools Regional Leagues but a key aim will also be on the transition and retention of players into the club game.

"There is clear evidence now emerging that a disciplined sports programme can also contribute to improved academic results, attendance statistics and pupils' confidence and self-esteem. As such, by focussing on the game's core values and designing the seasonal structure to support the academic timetable, it is hoped this initiative will contribute to the development of well-balanced and healthy young people who will be good role models within their schools and communities. Such changes do not happen overnight but hopefully this is the first step towards a sustainable and successful structure for the health of the national sport."

Continued on next page



WRU and schools join forces to improve health of the game

Continued from previous page

The initiative is part of the WRU rugby department's wider strategy which will be detailed at a launch next week.

School-Club Hub Officers by Region:

Ospreys

Pencoed Comprehensive Dean Ronan
Pontarddulais Josh Humphries
Olechfa Luke Lewis
Brynteg Ben Thomas
Bryntirion Kyle Tayler
Gower College Steve Jones
Ystalyfera Owen Phillips
Dwr-y-Felin Ricky Jones
Cefn Hengoed Tom Sloane
Bryn Tawe Llywarch ap Myrddin
Morrison Nick Jenkins
Porthcawl Greg Davies

RGC 1404

Ysgol Brynhyfryd Jim Salisbury
Llandrillo College Andrew Williams
Glan Clwyd tbc
Ysgol y Berwyn Euros Jones

Dragons

Llanwrn High Llyr Davies
West Monmouth School tbc
Lewis School Pengam Mike Hook
Bassaleg Patrick James
Coleg Gwent Ebbw Vale Lewis Roberts
Brynawr Dorian Jones
Tredegar Adam Powell
St Julians Chris Conford
Newbridge Jake Thomas

Scarlets

Ysgol Dyffryn Amman Gareth Potter
Queen Elizabeth High Gethin Robinson
Ysgol Bro Dinefwr Tomas Marks
Ysgol y Strade Deiniol Evans
Bro Myrddin Aled Griffiths
Ysgol Maes y Gwendraeth Owain Francis
Ysgol Dyffryn Taf Geraint Evans
Sir Thomas Picton Gethin Greaves
Coleg Sir Gar tbc

Blues

Eastern High tbc
Ysgol Gyfun Glantaf Rhydian Garner
Fitzalan High Stuart Clarke
Llanishen High Harry Trelawny
Aberdare Community Gavin Williams
Treorchy Comprehensive Chris Jones/
Neil Boobyer
Crickhowell High tbc
Ysgol Gymraeg Cymer Ben Daniels
Ysgol Plasnewydd Sion Wyn Davies

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■ DYDDIADUR RYGBI



The North Wales Rugby Union Handbook for 2014-15 will be available at all the North/Mid Wales clubs who play in the WRU Championship and the North Wales leagues.

Inside you will find contact details for each club, fixtures, all those important rules and regulations, international diary and much more, and it's free!

**Head in to your nearest rugby club
and pick up your free copy
- available from October 4th**



NORTH/MID WALES RUGBY NEWS

All the latest news from around the region - please send your club news to midwalesrugby@aol.com



Clwb Rygbi Bethesda 40 year reunion



Clwb Rygbi Bethesda are having a 40 years reunion as part of the club's 40th Anniversary celebrations.

Club spokesman Eifion Davies stated: 'We would like to see as many former players and officials that have graced Clwb Rygbi Bethesda over the years to turn up at the Club at 1 o'clock for a meet and greet, watch the game against Caernarfon and retire back to the club for refreshments. Then we'll catch up and rekindle old memories and have a great night'.

Dolgellau Under 16s sponsored Cadair Idris walk for Italy trip



Dolgellau RFC Under 16s pictured at the summit of the 2930 foot Cadair Idris.

The walk was to make much needed funds for the juniors trip to Italy this summer when over forty players and officials take the flight over the alps.

The youngsters are no strangers to playing matches abroad, with this being their second international visit in two years having toured Ireland last summer.

Fixture Pool launched for North and Mid Wales

The NWRUC have created a fixture pool which will be administered by Harry Guttridge of Bala RFC.

Clubs looking for games can contact Harry at
email: harry.guttridge@hotmail.co.uk
or telephone: 07882 712660

Should you have a call-off, please telephone Harry to inform him and ensure that he is given the full contact details of the person at your club who should be contacted to discuss a possible new fixture, should one become available.

At the time of telephoning Harry to inform him that your game is postponed, please have a pen and paper with you just in case there is a possible 'instant match' and you are in a position to take the details immediately.

PLEASE ENSURE THAT NO TELEPHONE CALLS ARE MADE AFTER 10pm

Very important: If you have given notification that you are looking for a fixture, but in the meantime manage to arrange one by yourselves, please inform Harry so that he can cross your team off his list. We must ensure that all information is current.

Please note that it is up to the club to organise a referee (through the Referees Appointments Secretary) once a game has been agreed.



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Wales U18 Girls making rapid progress

The massive strides Wales Under 18 Girls have made under the guidance of Rhys Edwards and Richie Pugh was fully illustrated when they finished runners-up to England in the recent Rugby Europe Under 18 tournament in Enköping, Sweden.

England, who Wales also lost to in the final, proved a class apart and won 43-0 in the opening pool match but Hannah Jones' side bounced back to win their remaining games on day one by beating Portugal (17-5) and Ireland (12-5).

Wales began Sunday in fine fettle by defeating hosts Sweden 22-7 to ease through to the semi-finals where the strong Netherlands side had no answer to the pace and guile of Wales who ran out 26-5 winners.

England confirmed their status as the team to beat in the final when they recorded a 54-0 win against Wales but head coach Rhys Edwards was still of praise for his side who performed above expectations.

"The girls really stepped up for the tournament," he said. "The UK Games were a week before and in between that tournament and this one in Sweden, they responded well to the monitoring. Elli Norckett performed well while scrum half Keira Bevan looks a promising prospect.

"The best performance was against the Netherlands in the semi-finals where we smashed them."

Team manager Daryl Morgan, added: "The girls showed the commitment and ability we knew they possessed all along. Two players - Samantha Morris and Emma Hennessy - stepped up to the squad from the School games B squad, and both made significant contributions to the success of the weekend.

"With the performances of the players who represented their country last weekend and the up and coming players who have already been identified through our development programmes, there is a great deal of optimism around women's and girl's rugby in Wales at the moment."

Wales Under 18 Girls in Sweden
Morfydd ifans (Scarlets)
Alisha butchers (Scarlets)
Jenny Collins (Scarlets)
Beth Jones (Scarlets)
Sam Morris (Blues)
Hannah Jones (Ospreys - captain)
Ffion Lewis (Scarlets)
Robyn Harris (Dragons)
Elli Knorkett (Ospreys)
Emma Hennessy (Dragons)
Kerry Collins (Scarlets)
Keira Bevan (Ospreys)

Great start for Cofis

Caernarfon 83 v Blaenau Gwent 5

Caernarfon Ladies began the Division 1 campaign in style running in thirteen tries against an ever gallant Blaenau side.

Tries were scored at regular intervals in the opening quarter with the Cofi task made easier as Blaenau sadly suffered numerous injuries. Pace out wide secured an early touchdown for wing Rhian Pritchard with standoff Sera Bailey capitalizing on opposite wing Sian Breakell drive to add to the try tally soon later. Blaenau tackled well but found forwards Grisial Pugh and Emma Edwards in the same mood for the Cofis and when a kick and chase from scrumhalf Jess Kavanagh bounced kindly to allow her to sprint clear and score Blaenau heads began to drop.

Another Bailey charge from a linout peel secured the bonus point before Rhian Gwawr swapped passes with her scrumhalf within seconds of her introduction to increase the lead.

Alaw Davies at centre was the extra lady to score next with Jess Kavanagh bringing the first half scoring to an end with a brace of her own.

Blaenau to their credit enjoyed a sustained period of pressure towards the end of the first half as they secured and maintained possession but failed to find the final telling pass.

With numbers matched during the second period a more even contest was expected but the positional sense of the Cofi backline and superior support play led to another series of tries. Alaw Davies scored her second within two minutes of the restart with her fellow centre Lauren Hassett touching down twice later from counterattacking moves that caught Blaenau short in defence.

The tackling of Anna Mills and Kelly Watkins for Blaenau certainly stopped other scores before wing Nikki Gardner showed what she was capable of if given the ball as she left numerous would be tacklers in her wake to score a fine individual try that was warmly received by all supporters and was certainly just reward for the effort and commitment shown by the visiting squad.

The Cofis however returned to add pressure with Jess Kavanagh scoring her fourth try and Rhian Pritchard closing proceedings with her second on her Cofi debut. Nine of the thirteen tries were converted, Sera Bailey's sure boot responsible for eight with Jess Kavanagh adding one other. Some were from quite a distance and from difficult angles.

Report kindly supplied by Eifion Harding.



New team for Llangollen Ladies



Llangollen / Glyn Ceiriog RFC have started training a ladies seniors team out of Tower Fields in Llangollen.

They currently have 6 ladies training and are really keen on building their numbers. No previous rugby experience is necessary,

if you are interested please email me on jferrari@wru.co.uk and I will put you in touch with Vicci Merryfield. Vicci is looking after this new section of the club.

Alternatively pop along on Sunday mornings, 10:00am to Tower Field, Tower Road, Llangollen; Adjacent to Ysgol Dinas Bran.

Penybanc panthers were given the opportunity of experiencing what it would be like as a professional player with an overnight stay before the match. The only difference was that a professional team would probably stay at 5* hotel, the panthers were treated to a night at Pontins, Prestatyn!

The stay however, did break up the long journey and the girls arrived at Parc Abergele as fresh as they could be. The Panthers have attracted many players of late to the team and there would be no less than four new debutants in the squad Nicole Davies, Ffion Evans and Hannah Jones and Alisha Butchers.

On a sun drenched afternoon the game kicked off which happened to be officiated by a female referee which was good to see. Abergele dominated the very early exchanges with panthers unusually sloppy in their handling providing the heavier Gele pack to get solid position from the resulting scrums.

Tough start for Gele v Panthers

Abergele Ladies 0 v Penybanc Panthers 64

However it was the Panthers inspirational no.8 Fabiana O'callahan who burst through two missed tackles to open the Panthers account on five minutes which seemed to settle the team and return them back to a solid footing.

In credit to Abergele they used the very narrow field to great effect gaining yards through tight play in their forwards which restricted the free flowing wide game of the panthers but luckily the visitors had a secret weapon in their team..

Debutant Alisha Butchers who thrived in the contact and turned numerous balls

over for the grateful backs of the Panthers. It was inevitable that newbie Hannah Jones would have an influence on this game and on 24 minutes she crossed the whitewash to register her scoring account in fine fashion, Rees added the extra's.

Two minutes later returning to the side for the first time this season Alanna Woodford crossed for a superb try which was created by delightful passing between the forwards and the backs.

Abergele looked physically downbeat when they conceded a fourth try to the scoring machine Brittany Price which secured a bonus point at least for the Panthers. The half time whistle blew with the score 22-0 in the Panthers favour.

The first half performance was well below the Panthers usual standard and a few stern words by the management and captain Rees to the team to up the tempo saw the Panthers take to the field determined to raise their standards.

There was an immediate response from the girls which saw Brittony Price show a great turn of foot to beat her opposite number and cross over for her second of the game.

Hannah Jones had settled into the team well and showed why she is considered to be one of the brightest talent in womens rugby by scoring a try which combined a show of strength, skill and pure talent to run past almost the entire Abergele team, Rees who was having a fine day with the boot added the extra's.

By now the team were in full swing and were giving the healthy crowd a display of some great rugby. Both forwards and backs were complementing each other well with great strength of the forwards and the finesse of the smooth running backs.

Not content with one try Alana Woodford helped herself to another with predictable Rees converting. On 60 minutes Ffion Evans came on to the field to make her debut and immediately got into the game releasing the influential Danielle Jenkins to score a fine try.

It's not often these days that Brittony Price doesn't score a hatful and again for the second time in as many games crossed for her hattrick, Rees added the extra's.

Continued on next page



Abergele Ladies Rugby Team

Want to get FIT and have FUN?

Abergele Ladies Rugby Team are looking for new members!



Open for ANYONE over the age of 18, ANY level of fitness and ANY skill level from complete beginner to experienced players.

Come down, give it a go and meet the rugby loving Green Army Girls!!

Wednesdays 7pm - 9pm
Pentre Mawr Park Rugby Pitch, Abergele, LL22 7PL
facebook.com/ClwbRygbiAbergeleLadiesTeam

Nicole Davies and Faye Bowen enter the fray to gain their first caps for the panthers and did great but it was fittingly left to the player of the game and debutant Alsiha Butchers to close the Panthers try scoring account on 79 minutes, you heard this name here first, definitely one to watch in the future. At just 17 and in her first senior game gave a comprehensive performance and the Panthers have seem to capture a very talented player.

Hywel Thomas said following the game ' it's never easy to travel away from home and in fairness Abergele caused us problems but it's great that we now have such strength in depth that the girls pulled through scoring ten tries without playing their best rugby.

Many thanks to Penybanc Panthers for kindly allowing us to reproduce the match report which first appeared on the Penybanc RFC website.

Two North Wales girls have trials with Cheshire U15 Girls



The picture above includes Zoe o'Malley and Eleri Prosser during their trials with Cheshire Girls U15



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RGC came away with an away win in the rain, after a testing game at Blackwood in 2nd half when they made it difficult for themselves.

Points not Performance - report by Scott Lawson, RGC

Assistant Coach Josh Leach felt it was a game they could have easily lost "I'm obviously disappointed with the performance. We dominated possession and created opportunities but we turned the ball over cheaply"

With the torrential rain straight from kick off Leach felt his players didn't account for the weather "We have to learn to the conditions, and know when to play the ball. Blackwood didn't look like scoring until the fly-half came on and but it wasn't for the post we could have lost"

The opening 20 minutes was an arm wrestle between the forwards with the Gogs looking more dangerous on the break. Huw Grundy was bundled into touch after some good phase play, with Rhodri Carlton Jones and Harri Evans next to link up well in the pursuit of the opening try.

Blackwood were struggling at the breakdown as RGC gained more possession and territory, and it told when Huw Grundy crashed through the defensive line to score after Carlton-Jones made a good offload. The fly-half making his 50th appearance hit the extras.

The battle between the forwards continued as the rain continued to fall heavy. Blackwood started to test the Gogs defence after a number of kicks behind the backs. A missed RGC lineout put the visitors under big pressure, with some big tackles needed to keep Blackwood out. Huw Worthington was working hard in the breakdown.

Some quick thinking and a perfect kick from the scrum by Alex Schwarz relieved the pressure, and after Carwyn Ap Myrddin was taken out chasing the ball down, the home side were reduced to 14 men.

Mareydd Francis was putting a forwards shift in, and looked impressive doing the unsung work when the ball was on the floor time and time again.

RGC headed into the break 7 nil up, after a half where they should have turned more of the possession into points.

With the rain still falling as the 2nd half began, RGC needed to play the conditions better and keep the ball moving through the phases but some poor handling and decision let them down.

Blackwood got back in the game with 2 penalties and captain Kelvin Davies was yellow carded for a late tackle.

Saturday, 6th September

Blackwood 6 v RGC 12



With them down to 14 men, the Gogs seemed to lose composure and the passes went loose time and time again as they looked for the killer pass early in the phase build up. The frustration felt on the touchline was clearly repeated on the pitch when the RGC side just needed a player to keep hold of the ball and control the play.

Huw Grundy looked like he was in for a try before a last gap tap tackle stopped him agonisingly close to the line.

Substitute fly half James Lang showed some neat footwork to break the gainline, but the passes weren't going to hand.

With the clock ticking down and the pressure building Blackwood were awarded a penalty in front of the posts, but the kick rebounded off the post to the relief of the Gog supporters.

With the match nearing the full time whistle RGC began to use the rolling maul, and for the first time in the half kept the ball with the Blackwood forwards tiring Alex Schwarz dived over for the try and the win.

RGC arrived at the ground in blistering sunshine and left with the sun behind them, but for the 80 minutes of rugby the rain put a dampener on the performance but not the win.





A couple of minutes of madness cost Chris Horsman's men reports Rob Griffiths, Daily Post

Plenty of good points to take from the game, but lapses at the beginning of the second period cost RGC dearly

RGC were left to rue two minutes of madness in the second-half, after putting in a big performance against Bargoed, but finishing on the losing side.

After going into the break 17-12 down, RGC gifted the visitors a try with an interception from a loose James Lang pass as the game kicked off. The Gogs didn't even get a chance to recover before the visitors went over for another try minutes later to a stunned Eirias support.

Head coach Chris Horsman took a positive in the teams character, saying: "Of course I am hugely disappointed in the result, but I am proud of the players performance. The boys played the game with maturity to manage the game, but it was 2 mad minutes with the interception and a throw over the top from the line out cost us.

"The style of rugby, our resilience and the maturity of the performance is credit to the players today. I thought Kelvin (Davies) led the team like a colossus today and Alex Schwarz brings a spark and zip to our game.

"Considering we chipped a big score away last season, it shows how far we have come and I truly feel something special is being built here."

RGC began brightly with the pack working hard, and scrum half Schwarz hit the gainline to break through to score the opening try.

The visitors then looked to get back into the game and were trying to build on the phases and it wasn't a surprise to see Phil Price going over with James Prosser scoring the conversion.

Bargoed then picked up another try after breaking down a Gogs attack, Prosser again hitting the conversion.

The RGC pack again were winning the arm wrestle in the scrum and a big push against the head got a cheer from the Eirias crowd. The Gog support knew the effort needed against an strong Bargoed forward unit, and man for man the RGC pack didn't disappoint.

The cheers continued with Huw Grundy going over the line, when the Ap Myrddin brothers fed the ball to the centre to power over. The right pass at the right time, was a complete difference to last week's poor passing decisions, which would have pleased the coaching staff. Lang knocked

Saturday, 13th September

RGC 30 v Bargoed 34

over the conversion. The boot of Prosser ended the half when hit scored a penalty for a 17-12 lead.

The opening five minutes of the second half were the crucial moments of the game, but for the remaining 35 minutes RGC played attacking and clever rugby.

RGC needed some points on the board and Lang kicked two penalties to move the scoreboard on.

The referee dished out a few yellow cards to Bargoed and the infringements continued around the breakdown. It was clearly difficult for the referee to get a hold of everything on the pitch, including an off the ball incident where Kelvin Davies was struck from behind when he was on the floor. Bargoed tactics were clearly seen as the game progressed, RGC continued to play all the rugby.

The momentum was now with the home side and after a big drive the Gogs went over for a try given to Kelvin Davies but Lang failed to convert the added points.

The kicking of Prosser again dented the RGC attacks, as the fly-half put another penalty over the posts with a pressure kick.

Bargoed went to uncontested scrums with 2 players in the sin bin, and after Andy Baston and Davies tried to puncture the defence with power, it was the sublime skill of Tom Blackwell to get the bonus point try. His feet went one way and the Bargoed tackler went the other way, before the winger dived behind the posts making it a simple Lang conversion.

The Eirias crowd were making more noise than ever, trying to push the players on to close the 4 point difference and they were nearly raising the roof as Grundy and Blackwell both broke the line before being chased down.

Ultimately it wasn't enough as those two minutes at the start of the second proved crucial as Bargoed claimed the win.

Pictures kindly supplied by Alan Skeates for Blackwood and Bargoed games.





On a beautiful and balmy Saturday afternoon RGC came away from South Wales with a well-deserved bonus point victory.

Match report by Will Morecombe

RGC started well playing their usual attacking brand of rugby and were slightly unfortunate not to open the scoring when following a nice break from outside-half James Lang what would have been the final scoring pass ended up on the ground.

This early scare appeared to galvanise the home side and the next 10 minutes were probably their best of the entire game. A series of pick and drives close to the RGC line led to Mareddy Francis receiving a yellow card and shortly afterwards Llanharan made their numerical advantage pay as they burrowed over from a yard out to open the scoring for the day.

It seemed as if they might hold onto this lead until half-time but with the final play of the first half Huw Grundy made a searing break from just inside the Llanharan half and two passes later Afon Bagshaw touched down to the left of the posts. James Lang slotting the extras.

One of the features of the first half had been the large number of scrums and this pattern continued in the second and from one of these the referee awarded a penalty try after the RGC front-row of Leon Crump, Andy Baston and James Jones had put their opposite numbers in all sorts of trouble. James Lang again added the extras.

With the cushion of a nine point lead the RGC pack led by Kelvin Davies and Andy Baston began to gain dominance in the loose as well as in the tight and from the territory thus gained further scores came from Tom Blackwell and Carwyn Ap Myrddin.

Unfortunately the game ended on a slightly flat note for the visitors when following a head injury to Afon Bagshaw the referee blew up just under 5 minutes early. Fortunately following a precautionary visit to the local A & E unit Bagshaw was discharged with nothing more than a sore head.

AND THE VIEW FROM LLANHARAN

Following report kindly supplied from the Llanharan web-site

Llanharan lost their third successive game amidst some unfortunate ironies.

Back in December at RGC Dairyfield back row man Dafi Davies was stretchered off with a long-term leg injury and sadly limped to the touchline with knee damage just seven minutes into this game.

Saturday, 20th September

Llanharan 5 v RGC 26

More seriously, five minutes from time it was visiting fullback Afon Bagshaw who was taken away in an ambulance with a neck injury. Referee Gareth Newman had the consent of both sides in ending the match at that stage, RGC with a bonus point already in the bag and no chance of the Dairyfield getting even a losing bonus. Happily Afon was discharged later that evening with no serious injury diagnosed.

However, that was one of the few referee's decisions the home fans would have agreed with, as they seemed to fall foul of multiple rulings throughout, particularly in the scrum and contact area.

The black and blues had done well up the slope to take a 5-0 lead in the first forty minutes, only to see the development team grab an interval advantage in time added on with their only threat inside the twenty two, Rory Martin-Smith in the sin bin at the time.

It was a warning sign of RGC's potency as Bagshaw went over after a long range attack, cancelling out a try by Bill Carey, who along with Ross Pritchard, was making a return to his home club after a year away.

James Lang's conversion gave the away side a 7-5 half time lead.

Even so, many would have put money on Llanharan after the turn around, but they went off the boil and allowed RGC to display their attacking ability.

Early pressure after the restart came from the Colwyn Bay based outfit and it was only good tackles from the likes of Mike Powell and Tyler Williams aided by turnovers from skipper Scott Malone that kept them at bay.

However, a rebound saw the pack lose a scrum head and a collapse ended in a penalty try, Lang making it 14-5.

The lead grew in the 56th minute with wing Tom Blackwell going over, again the opposition not helped by another scrum decision against them.

Defeat for the Dairyfield side was confirmed as left wing Carwyn Ap Myrddin sped over immediately after the yellow card and Lang converted.

There was at last a response from the beleaguered side as they pressed on the line, but shouts from the crowd for a penalty try as a quick penalty was tackled inside the ten metres zone went unheeded, and Llanharan know that a huge response will be needed as they travel to powerful Bargoed on Saturday.

Head coach Matthew Lloyd commented: "A disappointing result again as we were firmly in the game at half time. There was huge effort from the players - the win isn't far away but we must play what's in front of us and discipline has to be better."

Many thanks to Llanharan for the use of their match report and picture.

