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NORTH AND MID WALES RUGBY

Issue 1
November
2016

Sponsored by
Conwy Land Rover



**THE
OVAL
ZONE**



WRU TROPHIES UPDATE

WRU National Cup

28th January, 2017
 Aberavon v Llandovery
 Bedlinog v Bargoed
 Bedwas v Glamorgan Wanderers
 Cardiff v Tata Steel
 Cardiff Met v Pontypridd
 Carmarthen Quins v Newcastle Emlyn
 Ebbw Vale v Skewen
 Glynneath v Cross Keys
 Llanelli v Pontypool
 Merthyr v Newbridge
 Newport v Swansea
 RGC v Dunvant

WRU Plate

Round 3
 10 December 2016
Abercarn v Llandudno
 Blackwood v Rumney
 Brynmawr v Aberavon Quins
 Croesyceiliog v Kidwelly
 Gowerton v Abergavenny
 Heol y Cyw v Trebanos
Llanelli Wanderers v Pwllheli
Llanharan v Mold
 Llanishen v Rhiwbina
Nant Conwy v Maesteg Quins
 Nelson v Cardiff Quins
 Old Illydians v Dowlais
 Penallta v Treorchy
 Rhydyfelin v Ammanford
St Peters v Builth Wells
 Ystalyfera v Mountain Ash

Round 2 – 29 October
 Bethesda 11 v Rumney 29
 Brynmawr 21 v Bala 20
 Llandudno 30 v Blaenavon 27
 Mold 18 v Bridgend Athletic 17
 Nant Conwy 43 v Pontypool Utd 19
 Nantyglo 0 v Builth Wells 35
 Ruthin 14 v Aberavon Quins 27
 Ynysddu 21 v Pwllheli 37

Round 1 – 8 October
 Builth W 22 v Gilfach Goch 17
 Carm Ath18 v Aberystwyth 17
 COBRA 7 v Bethesda 9
 Llandudno 56 v Bro Ffest 3
 Pwllheli 45 v Caernarfon 9
 Ruthin 66 v Colwyn Bay 21

WRU Bowl

Round 4 – 10 December
 Baglan v Trimsaran
Bangor University v Wattstown
 Betws v Cardigan
 Cambrian Welfare v Birchgrove
 Cilfynydd v Machen
Denbigh v Tonyrefail
 Milford Haven v Nantgaredig
 Monmouth v Llantwit Major
 Nantyllyfyllon v Treharris
 Newport HSOB v Taffs Well
 Oakdale v Caerphilly
 St Albans v Amman United
 Swansea Uplands v New Dock Stars

Round 2 – 8th October
 Bangor 5 v Denbigh 62
 Dolgellau 11 v Llangejni 17
 Flint 17 v Harlech 15
 Llanidloes 37 v Shotton Steel 17
 Menai Bridge 82 v Rhos 18
 Trefyclawdd 5 v Crumlin 32
 Welshpool 20 v Bangor Univ 25
 Wrexham W/O v Rhyl

Round 1 – 17 September
 Cowbridge W/O v Llandrindod
 Llangollen 18 v Denbigh 36
 Llanidloes W/O v Aberystwyth Uni
 Menai Bridge W/O v Holyhead
 Wrexham W/O v Machynlleth

Round 3 – 29 October
 Bangor University W/O v TSD
 Carmarthen

North & Mid Wales RUGBY

AN OVAL ZONE PUBLICATION

Welcome to the latest issue of the North & Mid Wales Rugby magazine.

There's so much going on, both on and off the field, in the vast region of North and Mid Wales that it is impossible, in one issue, to cover everything, hence this issue is mainly a results and fixtures special to let you know what's in store for the rest of the season.

As you will see on the left, there are some fantastic games lined up for our clubs in the WRU Trophies and we wish them all the very best of luck.

RGC have made a fantastic start to the season and you can find all the match reports, along with features on new General Manager Sion Jones, new Head Coach, Mark Jones and player/coach Phil John in this issue. We welcome them warmly and wish them every success in their new roles.

A big thank you to Conwy Land Rover for their generous sponsors of the North Wales Cups and this magazine, it is very much appreciated.

Best wishes
Gary

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Telephone: 07713 514 375

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Gary Williams, Wylfa, Westwood Park, Welshpool, Powys SY21 7QP
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Clubs: got some news you'd like included in the next issue? Email to gwcymru1@aol.com

Conwy Land Rover sponsor North Wales Cup

NW Rugby Council recently announced Conwy Land Rover as new sponsors of the North Wales Cup.

Conwy Land Rover has been unveiled as the Principal sponsor of the prestigious North Wales Cup.

The announcement was made at the Conwy Land Rover, Llandudno Junction/or Parc Eirias Colwyn Bay as members of NWRUC were joined by representatives from various local rugby clubs.

Conwy Land Rover's partnership with NWRUC is the latest addition to the company's long standing support of community activities in the area.

The two-year deal is the first time Conwy Land Rover has directly supported the game in North and Mid Wales and is testament to its commitment to investing in rugby in the fledgling development rugby region.

As part of the new partnership, Conwy Land Rover will be well placed to engage its clients in the region with rugby and helping strengthen ties with the local community.

NWRUC Chairman Alwyn Bevan said: "Everyone in North Wales are excited by the new partnership with Conwy Land Rover and what the next two years has in store."

Conwy Land Rover has a history in supporting the community and its experience will be important in the continued development of rugby in the region."

Jason Ashley, Head of Business, Conwy Land Rover said: "Today's announcement is not only an important addition to our growing sponsorship portfolio, but represents a significant investment for community rugby in North Wales."

"This partnership has offered us a fantastic opportunity to further strengthen our community links in North and Mid Wales and engage our Land Rover owners who are also rugby fans. We are excited by the ambitions for the future on and off the field, and look forward to the start of our partnership."

NWRUC Chairman Alwyn Bevan said: "Everyone in North Wales are excited by the new partnership with Conwy Land Rover and what the next two years has in store."



PICTURES

Left: Representatives of Conwy Land Rover and the North Wales Rugby Council carry out the Draw.

Bottom left: Action from the Harlech v Dolgellau game

Top right: NWRUC Secretary Barry Williams, presents Joe Stranks, Welshpool RFC, with the MOM award v Rhos

Centre right: Shane Maber, visiting from New Zealand, presents James Price, Wrexham RFC, with the MOM award v Llangollen.

Bottom right: Hywel Roberts, NWRUC, presents Jamie Winning, Denbigh RFC, with the MOM award v Shotton Steel

The Draws were made as follows

North Wales Senior Cup

East Division
Bala v Llandudno
Ruthin v Cobra
Byes Abergele, Colwyn Bay

West Division
Pwllheli v Nant Conwy
Byes
Bro Ffestiniog, Caernarfon, Bethesda.

North Wales Intermediate Cup

Harlech 3 v Dolgellau 25
Llanidloes v Newtown
Welshpool 68 v Rhos 21
Rhyl v Flint
Bangor v Menai Bridge
Denbigh 46 v Shotton 21
Wrexham 23 v Llangollen 17
Llangefni BYE

MATCH REPORTS

Harlech 3 v Dolgellau 25

Dolgellau are through to the second round of the North Wales Intermediate Cup, but it took a great try from left wing Rhys Lewis fifteen minutes into the second half to break Harlech's dogged resistance, in what was up to then, a full-on, and at times, scrappy local derby encounter.

The opening exchanges were frantic, with both sides trying to run the ball, but with no real pattern emerging. The match needed a calming hand, and Dolgellau stand-in skipper and stand-off, Gerwyn Thomas provided it, putting over a magnificent penalty from the halfway line after half an hour, and then slotting over his second penalty three minutes later from 35m out to ease Dolgellau into a 0-6 lead. However Harlech dominated the latter stages of the half and came close to crossing the whitewash through wing Gerallt Thomas and prop Eon Williams in the last seconds, only to be denied by some brave defending by Dolgellau, who duly lost prop Greg Smithies to a yellow card on the half time whistle.

Three minutes into the second period Harlech captain and no.8, Alex Evans put over a penalty to bring them right back into the game, but it was the visitors who then seized the initiative. Prop, Geraint Evans crossed for what looked to be a certain score, but the ref was unsighted, but they deservedly went further ahead after fifteen minutes. With Dolgellau pressing five meters out, scrum half, Jac Roberts released his backs quickly, and a deft side-step by full back, Gerwyn Pugh, saw wing Rhys Lewis in at the corner for a fine and crucial try. Thomas converted magnificently to put the visitors 3-13 ahead.

Five minutes later it was full-back, Pugh's chip ahead that saw centre Dylan Evans reclaim the ball on the home try line, and hooker Gwion Roberts was there in good support to go over for the score to make it 3-18. With only two minutes remaining, Dolgellau lock Bryn Jones set up flanker, Dylan Llewellyn who wrong footed the home cover to burst through under the posts. Thomas converted to make the score 3-25 and seal an impressive victory for Dolgellau.

Match referee : Bobby Beach

Welshpool 68 v Rhos 21

10-try romp sees 'Pool through to next round of North Wales Intermediate Cup

Welshpool rebuilt their confidence after last weekend's heavy defeat to Newtown with a 10-try thrashing of Rhosllan-erchrugog.

Welshpool surged ahead to a



28-0 lead courtesy of tries from Tom Williams, Tom Holloway, Ryan Goodwin and Paul Davies, along with four conversions from Williams, before allowing Rhos to get themselves onto the scoreboard with a score of their own. Another score each for Goodwin and Davies, one of which was converted by Williams, sandwiched a second Rhos score, and gave 'Pool a solid 40-14 half-time lead.

With the result in the bag, Welshpool took their foot off the gas in the second half, but still managed to cross for another four tries, with Goodwin and Davies both completing their hat-tricks. There were also scores for captain Joe Stranks

and centre Dylan Walton, giving Welshpool a second record victory of the season over their visitors.

Welshpool: Ryan Manuel, Ally Evans, Jamie Evans, Sam Ward, Ben Gutteridge, Tom Holloway, Luke Godfrey, Ryan Goodwin, Joe Stranks, Dan Earle, Paul Davies, Dylan Walton, Justyn Haycock, Rhys Williams, Tom Williams
Replacements: Lee Richards, Joey Haycock, Rob Picken, Hywel Lloyd, Ethan Edge

Tries: Ryan Goodwin (3), Paul Davies (3), Tom Williams, Tom Holloway, Joe Stranks, Dylan Walton
Conversions: Tom Williams (9)



Pictures: Top right: Denbigh v Shotton by Mike Wood; below: Welshpool v Rhos by Bryony Molly



Conwy Land Rover North Wales Intermediate Cup Match Report

Denbigh 46 v Shotton Steel 21

Dinbych carried their good cup form into this domestic competition with an emphatic victory over Division Two North East pacesetters Shotton Steel although the visitors will have been disappointed at the final margin as it did not reflect their efforts in a pulsating cup tie. Once again a hard working Dinbych pack laid the foundations for this success through their work in the set pieces and their driving play in the loose.

After early sparring with the visitor's backs proving elusive runners Dinbych took the lead in the sixteenth minute when youth flanker James Fisher Jones broke through from the back of a short range line out to put outside half Jamie Winning over for a try converted by his half back partner Jordan Wynne.

Dinbych went further ahead two minutes later when a strong burst down the middle from half way by centre Matt Hulse was only halted just short of the line. The ball was then recycled to the right with No 8 Liam Allsup Jones going over for an unconverted try.

Shotton kicked away too much good possession and were punished midway through the half when full back Kieran Bonar counter attacked from inside his own half. Once again the Shotton covering defence was able to stop him close to the line only for the ball to be recycled with Jordan Wynne putting a clever grubber kick to the corner and winning the race to touch down for an unconverted try.

Kieran Bonar then closed the first half scoring as he finished off an attack from half way with lock Gareth Beach making a crucial half break to put him over for a try converted by Jordan Wynne.

Trailing by twenty four points to nil at the interval Shotton struck back in the opening minutes of the second half taking advantage of the sin binning of prop Gareth Price for a high tackle. The resulting penalty was kicked for a short range line-out in the corner from which centre Steve Elson cut through for a try which he converted himself.

Dinbych reacted immediately when they recycled the ball following a forward drive down the right for good handling by the midfield backs to put Kieran Bonar over for an unconverted try.

Shotton then responded when outside half Matty Condon went over near the posts after sniping through from the side of a short range maul leaving an easy conversion for Elson.

Dinbych then put paid to any Shotton revival as they scored three tries in the final quarter the first of these by Matt Hulse as he took a crash ball from a short range line out to go over for an unconverted try.

This was followed by a try by wing Aidyn Jones who cut through the middle to score under the posts leaving an easy conversion for Jordan Wynne. Liam Allsup Jones then used his strength to burst through a static defence from a short range line out for an unconverted try.

In the closing minutes Shotton showed their character by battling to the bitter end and gained some consolation when No 8 Peter Ketland went over for a try converted by Elson following a short range line out.



Conwy Land Rover North Wales Cup Quarter Final Draw



The Quarter final draw of the Senior N.W. Cup recently took place at Land Rover, Llandudno Junction.

The Draw:-
Bro Ffestiniog v Bethesda
Caernarfon v Pwllheli/Nant Conwy
Col.Bay v Bala/Llandudno
Abergele v Ruthin/COBRA

To be completed on or before March 18th 2017



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Supporting Rugby in
Mid and North Wales

The Oval Zone Rugby Magazine

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RUGBY DIARY

Please note that all the diary items were correct at time of going to press. However, they may change so you are advised to contact the home team/club to confirm fixtures etc.

NOVEMBER 2016

17th November
NW Cup Ruthin v COBRA

18th November
NW Intermediate Cup
Llanidloes v Newtown

19th November
Int Wales v Japan 2.30pm
P RGC v Cardiff 12 noon
NW2W Denbigh v Holyhead

20th November
Level 1 Refs Course at Llangefni RFC

21st November
North East Counties Meeting
7pm Denbigh RFC

26th November
Int Wales v South Africa 5.30pm
P Bedwas v RGC

NW1 Abergele v Ruthin
NW1 Bethesda v Colwyn Bay
NW1 Caernarfon v Bala
NW1 Llandudno v Bro Ffestiniog
NW1 Mold v Pwllheli
NW1 Nant Conwy v COBRA
NW2E Rhos v Llangollen
NW2E Shotton v Machynlleth
NW2E Welshpool v Llanidloes
NW2E Wrexham v Flint
NW2W Dolgellau v Bangor
NW2W Harlech v Denbigh
NW2W Menai Bridge v Llangefni
NW2W Rhyl v Holyhead
NWY1 Caernarfon v Bala
NWY1 Denbigh v Ruthin
NWY1 Llandudno v Pwllheli
NWY1 Llangefni v Nant Conwy
NWY1 Wrexham v Bangor
NWY2 Bethesda v Mold
NWY2 Colwyn Bay v Welshpool
NWY2 Dolgellau v Rhyl
NEC Colwyn Bay 2nds v Shotton 2nds
NEC Llandudno 2nds v Ruthin 2nds
NEC Mold 2nds v Wrexham 2nds
NEC Rhyl 2nds v Denbigh 2nds
GWY Bethesda 2nds v Bala 2nds
GWY Caernarfon 2nds v Bro Ffestiniog 2nds
GWY Llangefni 2nds v Dolgellau 2nds
GWY Pwllheli 2nd v Nant Conwy 2nds

27th November
WOM Caernarfon v Llandaff North

DECEMBER 2016

3rd December
P RGC v Ebbw Vale

NW1 Abergele v Mold
NW1 Bala v Bethesda
NW1 Bro Ffestiniog v Caernarfon
NW1 Colwyn Bay v Nant Conwy
NW1 Pwllheli v Llandudno
NW1 Ruthin v COBRA
NW2E Flint v Welshpool
NW2E Llangollen v Wrexham
NW2E Llanidloes v Shotton Steel
NW2E Machynlleth v Newtown
NW2W Bangor v Harlech
NW2W Denbigh v Menai Bridge
NW2W Holyhead v Benllech
NW2W Llangefni v Rhyl
NEC Abergele 2nds v Mold 2nds
NEC Llandudno 2nds v Denbigh 2nds
NEC Ruthin 2nds v Colwyn Bay 2nds
NEC Wrexham 2nds v Rhyl 2nds
GWY Bala 2nds v Nant Conwy 2nds
GWY Bethesda 2nds v Pwllheli 2nds
GWY Bro Ffestiniog 2nds v Llangefni 2nds
YC Nant Conwy v Llanelli Wanderers
YC Wrexham v Gowerton
YP Llangefni v Tylorstown
YB Dolgellau v Treharris
YB Pontypool United v Welshpool

10th December
WRU Plate Round 3
Abercarn v Llandudno
Llanelli Wanderers v Pwllheli
Llanharan v Mold
Nant Conwy v Maesteg Quins
St Peters v Builth Wells

WRU Bowl Round 4
Bangor University v Wattstown
Denbigh v Tonyrefail
Treherbert v Newtown
Wrexham x Pontycymmer

NW2E Newtown v Llanidloes
NW2E Shotton Steel v Flint
NW2E Welshpool v Llangollen
NW2E Wrexham v Rhos
NW2W Benllech v Llangefni
NW2W Harlech v Dolgellau
NW2W Menai Bridge v Bangor
NW2W Rhyl v Denbigh
NWY1 Bala v Llangefni
NWY1 Bangor v Llandudno
NWY1 Caernarfon v Denbigh
NWY1 Nant Conwy v Wrexham
NWY1 Pwllheli v Ruthin
NWY2 COBRA v Welshpool
NWY2 Mold v Llanidloes
NWY2 Newtown v Dolgellau
NWY2 Rhyl v Colwyn Bay

12th December
NWRUC Council meeting

17th December
NW1 Bethesda v Bro Ffestiniog
NW1 Caernarfon v Pwllheli
NW1 COBRA v Colwyn Bay
NW1 Llandudno v Abergele
NW1 Mold v Ruthin

NW1 Nant Conwy v Bala
NW2E Flint v Newtown
NW2E Llangollen v Shotton Steel
NW2E Llanidloes v Machynlleth
NW2E Rhos v Welshpool
NW2W Bangor v Rhyl
NW2W Denbigh v Benllech
NW2W Dolgellau v Menai Bridge
NW2W Llangefni v Holyhead
NWY1 Llandudno v Bala
NWY1 Llangefni v Denbigh
NWY1 Pwllheli v Bangor
NWY1 Ruthin v Nant Conwy
NWY1 Wrexham v Caernarfon
NWY2 Colwyn Bay v Mold
NWY2 Rhyl v Newtown
NWY2 Welshpool v Bethesda
NEC Colwyn Bay 2nds v Abergele 2nds
NEC Denbigh 2nds v Wrexham 2nds
NEC Ruthin 2nds v Mold 2nds
NEC Shotton 2nds v Rhyl 2nds
GWY Caernarfon 2nds v Bala 2nds
GWY Llangefni 2nds v Bethesda 2nds
GWY Nant Conwy 2nds v Dolgellau 2nds
GWY Pwllheli 2nds v Bro Ffestiniog 2nds

27th December
P Merthyr v RGC

JANUARY, 2017

2nd January
Newport v RGC

7th
P RGC v Pontypridd
NW1 Bethesda v Pwllheli
NW1 Caernarfon v Abergele
NW1 COBRA v Bala
NW1 Colwyn Bay v Ruthin
NW1 Llandudno v Mold
NW1 Nant Conwy v Bro Ffestiniog
NW2E Machynlleth v Flint
NW2E Newtown v Llangollen
NW2E Shotton Steel v Rhos
NW2E Welshpool v Wrexham
NW2W Benllech v Bangor
NW2W Holyhead v Denbigh
NW2W Menai Bridge v Harlech
NW2W Rhyl v Dolgellau
NWY1 Bala v Wrexham
NWY1 Bangor v Ruthin
NWY1 Caernarfon v Llangefni
NWY1 Denbigh v Pwllheli
NWY1 Nant Conwy v Llandudno
NWY2 COBRA v Bethesda
NWY2 Mold v Dolgellau
NWY2 Newtown v Colwyn Bay
NWY2 Welshpool v Rhyl
NEC Abergele 2nds v Wrexham 2nds
NEC Denbigh 2nds v Colwyn Bay 2nds
NEC Llandudno 2nds v Mold 2nds
NEC Rhyl 2nds v Ruthin 2nds
GWY Caernarfon 2nds v Nant Conwy 2nds
GWY Dolgellau 2nds v Bala 2nds
GWY Llangefni 2nds v Pwllheli 2nds

Cambrian Training Mid Wales Cup Draw announced

Some great ties lined up in the Cambrian Training Mid Wales Cup. All games to be played by January 7th, 2016.

Preliminary Round:
Trefyclawdd v Aberystwyth University
COBRA 2nds v Builth Wells 2nds

Quarter Finals
Trefyclawdd or Aber University v COBRA 2nds or Builth Wells 2nds
Rhayader v Llanidloes
Aberystwyth 2nds v Llandrindod
Newtown v Welshpool



Ride to the Rugby and help support Shelter Cymru

Fancy a nice cycle ride to take in the rugby and also helping raise funds for Shelter Cymru at the same time? Please read on...

Message from:
Claire Pilsbury (clairep@sheltercymru.org.uk)
Telephone Number: 01978 317910

I am a fundraising officer for Shelter Cymru, Wales' largest homelessness prevention charity. We are currently signing people up to take part in Ride to the Rugby, which I believe members of rugby clubs in North and Mid Wales might like to take part in.

We will be cycling from London to Cardiff to watch the Wales vs England Six Nations Rugby match and from Cardiff to Paris to watch the Wales vs France Six Nations Rugby match. Former Wales Captain and Lions International Colin Charvis will be joining us on both rides too.

I would be really grateful if you could share this with members of your club to see if they fancy the challenge.

Our website is www.sheltercymruchallenge.org.uk and facebook address is www.facebook.com/ridetotherugby2017/

It will be a great event and if anyone has any questions please do not hesitate to me, my contact numbers are 01978 317910 and 07976 738833.

Best wishes Claire Pilsbury

Ground breaking tour for St Davids College



St Davids College First XV are proud to announce they are embarking on ground breaking tour to the rugby passionate country of Georgia.

St Davids College First XV are proud to announce they are embarking on ground breaking tour to the rugby passionate country of Georgia in the spring of 2017. It will be the first time a school team has toured Georgia to play rugby from the UK. With already established links with Welsh rugby, the Georgian National team and their exploits in Cardiff in the RWC 2015 and the Crawshays Welsh RFC, an invitational team, toured last summer.

With a packed schedule for the week long tour, and endorsed by the Georgian rugby Union (GRU) they will play 2 challenging matches against GRU academy sides. The tour is also supported by Tbilisi based Kemsley tours. If scheduleing permits they are looking to take part in a coaching session taken by Milton Haig, the head coach of the Georgian National team.

Away from the rugby they will also fulfil some charity duties by Visting Rheas Union a social inclusion charity for children and young adults with special needs. St David's also plan to do some coaching with less advantaged children outside of Tbilisi on their visit to the Kaheti region.

Lasha Khurtsidze, Board of Directors Member, Georgian Rugby Union

"We are delighted with the opportunity to host for the first time, a school team from Wales to tour to Georgia. We strongly believe that this will trigger stronger bounds and relations between our young players. This tour will also be very important for young Georgian players as well as probably this will be their first opportunity to play foreign players and test their skills in an international environment at home. And lastly we believe that St David's tour to Georgia will set a fruitful base for the future youth international tournaments in Georgia involving many other teams from UK" Dan Lycett Head of Phys.Ed, St David's College.

"For a small, diverse school as ours, Georgia is the ideal rugby tour destination. The tour itself will be a mixture of sporting opportunity and cultural learning, exploring the rich history of Georgia and its Capital Tbilisi. We are looking forward to touring next year and making rugby friends for life"

The next issue of North and Mid Wales Rugby will be out on 9th January, 2017

Division One North Results, Fixtures and Pictures

3 September 2016
 Abergel 12 v Caernarfon 12
 Bala 48 v COBRA 7
 Mold 22 v Llandudno 7
 Pwllheli 50 v Bethesda 0
 Ruthin 5 v Colwyn Bay 10

COBRA 35 v Bethesda 7
 Colwyn Bay 17 v Caernarfon 37
 Pwllheli v Abergel - postponed
 Ruthin 5 v Nant Conwy 55

26 November 2016
 Abergel v Ruthin
 Bethesda v Colwyn Bay
 Caernarfon v Bala
 Llandudno v Bro Ffestiniog
 Mold v Pwllheli
 Nant Conwy v COBRA

3 December 2016

Abergel v Mold
 Bala v Bethesda
 Bro Ffestiniog v Caernarfon
 Colwyn Bay v Nant Conwy
 Pwllheli v Llandudno
 Ruthin v COBRA

17 December 2016
 Bethesda v Bro Ffestiniog
 Caernarfon v Pwllheli
 COBRA v Colwyn Bay
 Llandudno v Abergel
 Mold v Ruthin
 Nant Conwy v Bala

7 January 2017
 Bethesda v Pwllheli
 Caernarfon v Abergel
 COBRA v Bala
 Colwyn Bay v Ruthin
 Llandudno v Mold
 Nant Conwy v Bro Ffestiniog

21 January 2017
 Abergel v Bethesda
 Bala v Colwyn Bay
 Bro Ffestiniog v COBRA
 Mold v Caernarfon
 Pwllheli v Nant Conwy
 Ruthin v Llandudno

28 January 2017
 Bethesda v Mold
 Caernarfon v Llandudno
 COBRA v Pwllheli
 Colwyn Bay v Bro Ffestiniog
 Nant Conwy v Abergel
 Ruthin v Bala

4 February 2017
 Abergel v COBRA
 Bro Ffestiniog v Bala
 Caernarfon v Ruthin
 Llandudno v Bethesda

10 September 2016
 Bethesda 46 v Abergel 16
 Caernarfon 18 v Mold 16
 COBRA 13 v Bro Ffestiniog 27
 Colwyn Bay 5 v Bala 58
 Llandudno 38 v Ruthin 12
 Nant Conwy 24 v Pwllheli 37

17 September 2016
 Abergel 6 v Nant Conwy 99
 Bala 46 v Ruthin 0
 Bro Ffestiniog 32 v Colwyn Bay 28
 Llandudno 12 v Caernarfon 44
 Mold 16 v Bethesda 18
 Pwllheli 100 v COBRA 0

24 September 2016
 Bala 15 v Bro Ffestiniog 17
 Bethesda 26 v Llandudno 36
 COBRA 26 v Abergel 23
 Colwyn Bay 13 v Pwllheli 66
 Nant Conwy 83 v Mold 7
 Ruthin 10 v Caernarfon 25

1 October 2016
 Abergel 12 v Colwyn Bay 27
 Bro Ffestiniog 29 v Ruthin 3
 Caernarfon 40 v Bethesda 14
 Llandudno 15 v Nant Conwy 28
 Mold 40 v COBRA 3
 Pwllheli 14 v Bala 8

15 October 2016
 Bala 76 v Abergel 19
 Bro Ffestiniog 0 v Pwllheli 63
 COBRA 8 v Llandudno 20
 Colwyn Bay 28 v Mold 10
 Nant Conwy 26 v Caernarfon 8
 Ruthin 8 v Bethesda 13

22 October 2016
 Abergel 20 v Bro Ffestiniog 48
 Bethesda 0 v Nant Conwy 57
 Caernarfon 53 v COBRA 5
 Llandudno 22 v Colwyn Bay 3
 Mold 17 v Bala 13
 Pwllheli 71 v Ruthin 3

12 November 2016
 Bala v Llandudno
 Bro Ffestiniog 14 v Mold 16

Mold v Nant Conwy
 Pwllheli v Colwyn Bay

18 February 2017
 Bala v Pwllheli
 Bethesda v Caernarfon
 COBRA v Mold
 Colwyn Bay v Abergel
 Nant Conwy v Llandudno
 Ruthin v Bro Ffestiniog

4 March 2017
 Abergel v Bala
 Bethesda v Ruthin
 Caernarfon v Nant Conwy
 Llandudno v COBRA
 Mold v Colwyn Bay
 Pwllheli v Bro Ffestiniog

11 March 2017

Bala v Mold
 Bro Ffestiniog v Abergel
 COBRA v Caernarfon
 Colwyn Bay v Llandudno
 Nant Conwy v Bethesda
 Ruthin v Pwllheli

25 March 2017
 Abergel v Pwllheli
 Bethesda v COBRA

Caernarfon v Colwyn Bay
 Llandudno v Bala
 Mold v Bro Ffestiniog
 Nant Conwy v Ruthin

1 April 2017
 Bala v Caernarfon
 Bro Ffestiniog v Llandudno
 COBRA v Nant Conwy
 Colwyn Bay v Bethesda
 Pwllheli v Mold
 Ruthin v Abergel

8 April 2017
 Bethesda v Bala
 Caernarfon v Bro Ffestiniog
 COBRA v Ruthin
 Llandudno v Pwllheli
 Mold v Abergel
 Nant Conwy v Colwyn Bay

15 April 2017
 Abergel v Llandudno
 Bala v Nant Conwy
 Bro Ffestiniog v Bethesda
 Colwyn Bay v COBRA
 Pwllheli v Caernarfon
 Ruthin v Mold



North Wales Division Two East Results and Fixtures

3 September 2016
 Flint 0 v Shotton Steel 45
 Llangollen 12 v Welshpool 0
 Llanidloes 14 v Newtown 5
 Rhos 0 v Wrexham 53

10 September 2016
 Machynlleth 14 v Llanidloes 29
 Newtown 40 v Flint 5
 Shotton Steel 11 v Llangollen 11
 Welshpool 37 v Rhos 10

24 September 2016
 Flint 29 v Machynlleth 35
 Llangollen 27 v Newtown 22
 Wrexham 55 v Welshpool 8

1 October 2016
 Llanidloes 48 v Flint 12
 Newtown 100 v Rhos 0
 Shotton Steel 26 v Wrexham 5

15 October 2016
 Newtown 5 v Shotton Steel 36
 Welshpool 24 v Machynlleth 17
 Wrexham 25 v Llanidloes 21

22 October 2016
 Llangollen 46 v Rhos 0
 Rhos 14 v Llanidloes 18
 Welshpool 8 v Newtown 49
 Wrexham 71 v Machynlleth 10

12 November 2016
 Newtown 9 v Wrexham 17
 Shotton Steel 38 v Welshpool 14

26 November 2016
 Rhos v Llangollen
 Shotton Steel v Machynlleth
 Welshpool v Llanidloes
 Wrexham v Flint

3 December 2016
 Flint v Welshpool
 Llangollen v Wrexham
 Llanidloes v Shotton Steel
 Machynlleth v Newtown

10 December 2016
 Newtown v Llanidloes
 Shotton Steel v Flint

Welshpool v Llangollen
 Wrexham v Rhos

17 December 2016
 Flint v Newtown
 Llangollen v Shotton Steel
 Llanidloes v Machynlleth
 Rhos v Welshpool

7 January 2017
 Machynlleth v Flint
 Newtown v Llangollen
 Shotton Steel v Rhos
 Welshpool v Wrexham

14 January 2017
 Flint v Llanidloes
 Llangollen v Machynlleth
 Rhos v Newtown
 Wrexham v Shotton Steel

21 January 2017
 Llanidloes v Wrexham
 Machynlleth v Welshpool
 Rhos v Flint
 Shotton Steel v Newtown

28 January 2017
 Flint v Llangollen
 Llanidloes v Rhos
 Machynlleth v Wrexham
 Newtown v Welshpool

4 February 2017
 Llangollen v Llanidloes
 Rhos v Machynlleth
 Welshpool v Shotton Steel
 Wrexham v Newtown

18 February 2017
 Flint v Wrexham
 Llangollen v Rhos
 Llanidloes v Welshpool
 Machynlleth v Shotton Steel

4 March 2017
 Newtown v Machynlleth
 Shotton Steel v Llanidloes
 Welshpool v Flint
 Wrexham v Llangollen



NORTH WALES DIVISION TWO EAST

Team	P	W	D	L	Pts
Wrexham	6	5	0	1	23
Shotton Steel	5	4	1	0	22
Llanidloes	5	4	0	1	19
Newtown	7	3	0	4	16
Llangollen	4	3	1	0	15
Welshpool	6	2	0	4	10
Machynlleth	4	1	0	3	6
Flint	5	0	0	5	2
Rhosllanerchrugog	4	0	0	4	1

North Wales Division Two East Results and Fixtures

3 September 2016
 Bangor 7 v Menai Bridge 8
 Denbigh 22 v Rhyl 0
 Dolgellau 16 v Harlech 3

10 September 2016
 Benllech 10 v Denbigh 76
 Holyhead 14 v Llangefni 84
 Menai Bridge 8 v Dolgellau 58

17 September 2016
 Rhyl 5 v Bangor 5

24 September 2016
 Bangor 53 v Benllech 22
 Dolgellau 76 v Rhyl 12
 Harlech 22 v Menai Bridge 7

1 October 2016
 Holyhead 7 v Bangor 48
 Llangefni 18 v Denbigh 0
 Rhyl 30 v Harlech 27

15 October 2016
 Benllech 12 v Rhyl 36
 Denbigh 31 v Dolgellau 29
 Harlech 9 v Llangefni 36
 Menai Bridge 33 v Holyhead 20

22 October 2016
 Bangor 7 v Denbigh 36
 Dolgellau 14 v Llangefni 9
 Menai Bridge 31 v Benllech 5

12 November 2016
 Benllech 0 v Harlech 42
 Holyhead 0 v Dolgellau 53
 Llangefni 88 v Bangor 7

19 November 2016
 Denbigh v Holyhead

26 November 2016
 Dolgellau v Bangor
 Harlech v Denbigh
 Menai Bridge v Llangefni
 Rhyl v Holyhead

3 December 2016
 Bangor v Harlech
 Denbigh v Menai Bridge
 Holyhead v Benllech
 Llangefni v Rhyl

10 December 2016
 Benllech v Llangefni
 Harlech v Dolgellau
 Menai Bridge v Bangor
 Rhyl v Denbigh

17 December 2016
 Bangor v Rhyl
 Denbigh v Benllech
 Dolgellau v Menai Bridge
 Llangefni v Holyhead

7 January 2017
 Benllech v Bangor
 Holyhead v Denbigh
 Menai Bridge v Harlech
 Rhyl v Dolgellau

14 January 2017
 Bangor v Holyhead
 Denbigh v Llangefni
 Dolgellau v Benllech
 Harlech v Rhyl

21 January 2017
 Dolgellau v Denbigh
 Holyhead v Menai Bridge
 Llangefni v Harlech
 Rhyl v Benllech

28 January 2017
 Benllech v Menai Bridge
 Denbigh v Bangor
 Holyhead v Harlech
 Llangefni v Dolgellau

4 February 2017
 Bangor v Llangefni
 Dolgellau v Holyhead
 Harlech v Benllech
 Menai Bridge v Rhyl

18 February 2017
 Bangor v Dolgellau
 Denbigh v Harlech
 Holyhead v Rhyl
 Llangefni v Menai Bridge

4 March 2017
 Benllech v Holyhead
 Harlech v Bangor
 Menai Bridge v Denbigh
 Rhyl v Llangefni



NORTH WALES DIVISION TWO WEST

Team	P	W	D	L	Pts
Dolgellau	6	5	0	1	25
Llangefni	5	4	0	1	20
Denbigh	5	4	0	1	19
Menai Bridge	5	3	0	2	14
Bangor	6	2	1	3	13
Rhyl	5	2	1	2	12
Harlech	5	2	0	3	11
Benllech	5	0	0	5	1
Holyhead	4	0	0	4	0

NORTH WALES DIVISION ONE

Team	P	W	D	L	Pts
Pwllheli	7	7	0	0	34
Nant Conwy	7	6	0	1	31
Caernarfon	8	6	1	1	31
Bala	8	5	0	3	27
Bro Ffestiniog	7	5	0	2	25
Mold	8	4	0	4	19
Llandudno	8	4	0	4	18
Colwyn Bay	8	3	0	5	14
Bethesda	8	3	0	5	14
COBRA	8	2	0	6	10
Abergel	7	0	1	6	3
Ruthin	8	0	0	8	2



**MOLD MINI
FESTIVAL 2016**

North Wales Youth Division One

Caernarfon v Denbigh
Nant Conwy v Wrexham
Pwllheli v Ruthin

3rd September 2016
Llandudno 5 v Nant Conwy 60
Llangefni 7 v Caernarfon 22
Pwllheli v Denbigh – postponed
Ruthin 31 v Bangor 0
Wrexham 20 v Bala 14

17 December 2016
Llandudno v Bala
Llangefni v Denbigh
Pwllheli v Bangor
Ruthin v Nant Conwy
Wrexham v Caernarfon

10th September 2016
Bala 38 v Llandudno 0
Bangor 12 v Pwllheli 31
Caernarfon 0 v Wrexham 19
Denbigh 55 v Llangefni 5
Nant Conwy 14 v Ruthin 10

7 January 2017
Bala v Wrexham
Bangor v Ruthin
Caernarfon v Llangefni
Denbigh v Pwllheli
Nant Conwy v Llandudno

17th September 2016
Bangor 0 v Denbigh 36
Pwllheli 5 v Nant Conwy 34
Ruthin 21 v Bala 21
Wrexham 42 v Llangefni 0

14 January 2017
Bala v Ruthin
Caernarfon v Llandudno
Denbigh v Bangor
Llangefni v Wrexham
Nant Conwy v Pwllheli

1st October 2016
Bala 0 v Pwllheli 27
Caernarfon 15 v Ruthin 14
Llangefni 7 v Llandudno 15
Nant Conwy v Bangor – postponed

28 January 2017
Bangor v Nant Conwy
Llandudno v Llangefni
Pwllheli v Bala
Ruthin v Caernarfon
Wrexham v Denbigh

8th October 2016
Bangor 7 v Bala 53
Llandudno 18 v Wrexham 59
Nant Conwy 55 v Denbigh 14
Pwllheli v Caernarfon – postponed
Ruthin 33 v Llangefni 10

4 February 2017
Bala v Bangor
Caernarfon v Pwllheli
Denbigh v Nant Conwy
Llangefni v Ruthin
Wrexham v Llandudno

Wednesday 12th October 2016
Denbigh 29 v Llandudno 12

18 February 2017
Bangor v Caernarfon
Llandudno v Denbigh
Nant Conwy v Bala
Pwllheli v Llangefni
Ruthin v Wrexham

15th October 2016
Bala 0 v Nant Conwy 31
Caernarfon 10 v Bangor 0
Llangefni 0 v Pwllheli 46
Wrexham 31 v Ruthin 0

4 March 2017
Caernarfon v Nant Conwy
Denbigh v Bala
Llandudno v Ruthin
Llangefni v Bangor
Wrexham v Pwllheli

29th October 2016
Bangor 23 v Llangefni 16
Nant Conwy 22 v Caernarfon 0

Friday 11th November, 2016
Denbigh 5 v Wrexham 7
Nant Conwy 35 v Bangor 10

11 March 2017
Bala v Caernarfon
Bangor v Wrexham
Nant Conwy v Llangefni
Pwllheli v Llandudno
Ruthin v Denbigh

18 November 2016
Bala v Denbigh

26 November 2016
Caernarfon v Bala
Llandudno v Pwllheli
Llangefni v Nant Conwy
Wrexham v Bangor

25 March 2017
Denbigh v Caernarfon
Llandudno v Bangor
Llangefni v Bala
Ruthin v Pwllheli
Wrexham v Nant Conwy

10 December 2016
Bala v Llangefni
Bangor v Llandudno

North Wales Youth Division Two Results and Fixtures

3rd September 2016
Bethesda v COBRA – postponed
Colwyn Bay v Newtown – post
Dolgellau 20 v Mold 14
Rhyl v Welshpool – postponed

17 December 2016
Bethesda v Welshpool
Colwyn Bay v Mold
Rhyl v Newtown

10th September 2016
Bethesda v Welshpool – postponed
Mold 18 v Colwyn Bay 17
Newtown 16 v Rhyl 11

7 January 2017
COBRA v Bethesda
Mold v Dolgellau
Newtown v Colwyn Bay
Welshpool v Rhyl

17th September 2016
Dolgellau 52 v COBRA 0
Newtown 12 v Welshpool 17
Rhyl 22 v Mold 21

14 January 2017
COBRA v Dolgellau
Mold v Rhyl
Welshpool v Newtown

1st October 2016
Bethesda 24 v Dolgellau 7
COBRA 5 v Colwyn Bay 27
Mold v Newtown – postponed

28 January 2017
Colwyn Bay v COBRA
Dolgellau v Bethesda
Newtown v Mold

8th October 2016
Colwyn Bay 14 v Bethesda 36
Mold 61 v Welshpool 24
Rhyl v COBRA – postponed

4 February 2017
Bethesda v Colwyn Bay
COBRA v Rhyl
Welshpool v Mold

15th October 2016
Bethesda v Rhyl – postponed
COBRA 43 v Newtown 7
Dolgellau v Welshpool – postponed

18 February 2017
Dolgellau v Welshpool
Newtown v COBRA
Rhyl v Bethesda

29th October 2016
Colwyn Bay 8 v Dolgellau 17
Mold 38 v COBRA 17
Newtown 12 v Bethesda 12

4 March 2017
Bethesda v Newtown
COBRA v Mold
Dolgellau v Colwyn Bay

26 November 2016
Bethesda v Mold
Dolgellau v Rhyl
Welshpool v Colwyn Bay

11 March 2017
Colwyn Bay v Welshpool
Mold v Bethesda
Rhyl v Dolgellau

10 December 2016
COBRA v Welshpool
Newtown v Dolgellau
Rhyl v Colwyn Bay

25 March 2017
Colwyn Bay v Rhyl
Dolgellau v Newtown
Welshpool v COBRA



NORTH WALES YOUTH DIVISION TWO

Team	P	W	D	L	Pts
Mold	5	3	0	2	16
Dolgellau	4	3	0	1	13
Bethesda	3	2	1	0	12
Colwyn Bay	4	1	0	3	7
Newtown	4	1	1	2	7
Rhyl	2	1	0	1	5
COBRA	4	1	0	3	5
Welshpool	2	1	0	1	4

North East Counties Results and Fixtures

10th September 2016
Denbigh 43 v Llandudno 5

24th September 2016
Denbigh 43 v Ruthin 13
Mold 17 v Shotton 15

1st October 2015
Llandudno 98 v Rhyl 16
Shotton 14 v Mold 37
Wrexham 34 v Abergele 12

8th October 2016
Mold 44 v Llandudno 0

15th October 2016
Shotton 22 v Ruthin 10
Wrexham 5 v Denbigh 57

22nd October 2016
Wrexham 5 v Shotton 52

12th November 2016
Denbigh 17 v Mold 17
Shotton 5 v Wrexham 38

Saturday 26th November 2016
Colwyn Bay vs Shotton
Llandudno vs Ruthin
Mold vs Wrexham
Rhyl vs Denbigh

Saturday 3rd December 2016
Abergele vs Mold
Llandudno vs Denbigh
Ruthin vs Colwyn Bay
Wrexham vs Rhyl

Saturday 17th December 2016
Colwyn Bay vs Abergele
Denbigh vs Wrexham
Ruthin vs Mold
Shotton vs Rhyl

Saturday 7th January 2017
Abergele vs Wrexham
Denbigh vs Colwyn Bay
Llandudno vs Mold
Rhyl vs Ruthin



NORTH EAST COUNTIES 2nd XV

Team	P	W	D	L	Pts
Denbigh 2nds	4	3	1	0	17
Mold 2nds	4	3	1	0	16
Shotton Steel 2nds	5	2	0	3	11
Wrexham 2nds	4	2	0	2	10
Llandudno 2nds	3	1	0	2	5
Colwyn Bay 2nds	0	0	0	0	0
Abergele 2nds	1	0	0	1	0
Ruthin 2nds	2	0	0	2	0
Rhyl 2nds	1	0	0	1	0

Gwynedd Districts Results and Fixtures

Friday, 9th September 2016
Bethesda 21 v Llangefni 19

10th September 2016
Bala 76 v Caernarfon 19
Bro Ffsetiniog 5 v Pwllheli 19
Dolgellau 5 v Nant Conwy 54

17th September 2016
Nant Conwy 24 v Bala 13

24th September 2016
Bro Ffestiniog 21 v Caernarfon 38

Friday, 30th September 2016
Bethesda 28 v Caernarfon 26

1st October 2016
Pwllheli 19 v Dolgellau 12

8th October 2016
Caernarfon 40 v Llangefni 38
Nant Conwy 65 v Pwllheli 0

14th October 2016
Bethesda 43 v Bro Ffestiniog 7
Nant Conwy 38 v Llangefni 10

15th October 2016
Bala 19 v Pwllheli 33

22nd October 2016
Bro Ffestiniog 0 v Nant Conwy 52
Llangefni 20 v Bala 22
Pwllheli 27 v Caernarfon 14

Friday, 11th November 2016
Bala 13 v Dolgellau 13

Saturday 26th November 2016
Bethesda vs Bala

Caernarfon vs Bro Ffestiniog
Llangefni vs Dolgellau
Pwllheli vs Nant Conwy

Saturday 3rd December 2016
Bala vs Nant Conwy
Bethesda vs Pwllheli
Bro Ffestiniog vs Llangefni

Saturday 17th December 2016
Caernarfon vs Bala
Llangefni vs Bethesda
Nant Conwy vs Dolgellau
Pwllheli vs Bro Ffestiniog

Saturday 7th January 2017
Caernarfon vs Nant Conwy
Dolgellau vs Bala
Llangefni vs Pwllheli

Saturday 21st January 2017
Bethesda vs Nant Conwy
Dolgellau vs Bro Ffestiniog
Llangefni vs Caernarfon
Pwllheli vs Bala

Saturday 28th January 2017
Bala vs Llangefni
Caernarfon vs Pwllheli
Dolgellau vs Bethesda
Nant Conwy vs Bro Ffestiniog

Saturday 4th February 2017
Bro Ffestiniog vs Dolgellau
Nant Conwy vs Bethesda

Saturday 4th March 2017
Bala vs Bro Ffestiniog
Caernarfon vs Bethesda
Dolgellau vs Pwllheli



GWYNEDD DISTRICTS 2nd XV

Team	P	W	D	L	Pts
Nant Conwy 2nds	5	5	0	0	24
Pwllheli 2nds	5	4	0	1	18
Bethesda 2nds	3	3	0	0	14
Caernarfon 2nds	5	2	0	3	12
Bala 2nds	5	2	1	2	11
Llangefni 2nds	4	0	0	4	4
Dolgellau 2nds	3	0	1	2	3
Bro Ffestiniog 2nds	4	0	0	4	0

NORTH WALES YOUTH DIVISION ONE

Team	P	W	D	L	Pts
Nant Conwy	7	7	0	0	34
Wrexham	7	7	0	0	33
Denbigh	5	3	0	2	16
Pwllheli	5	3	0	2	16
Caernarfon	6	3	1	2	16
Ruthin	6	2	1	3	14
Bala	6	2	1	3	13
Llandudno	6	1	1	4	6
Bangor	7	1	0	6	5
Llangefni	7	0	0	7	2



Caernarfon Ladies

RESULTS

11 September 2016
Caernarfon 31 15 Whitland
Cardiff Met 0 121 Swansea
Llandaff North 12 51 Pontyclun

18 September 2016
Caernarfon 56 0 Cardiff Met
Whitland 18 19 Pontyclun

25 September 2016
Cardiff Met 5 73 Whitland
Llandaff N 12 29 Caernarfon
Swansea 38 8 Pontyclun

9 October 2016
Caernarfon 28 45 Pontyclun
Cardiff Met 19 39 Llandaff N
Swansea 50 17 Whitland

16 October 2016
Llandaff North 12 21 Whitland
Swansea 43 0 Caernarfon

REPORTS

Caernarfon 31 v Whitland 15

It was evident from the initial exchanges that this first league fixture of the season was going to be a tense and turgid affair. No quarter was granted by anyone, with mutual respect for the capabilities of the opponents very apparent from all concerned.

The score board attendant was redundant for the first eighteen minutes as both teams probed and tested each others strengths and weaknesses.

The first breakthrough came when fleet of foot Elen Evans broke from mid field, some twenty yards out and sprinted clear of the cover to score behind the posts, granting full back Beth Davies the additional conversion. The Cofis back row of Rachel Taylor, Jenny

Davies and New Zealander Nicky Crawford were effective in all facets of play at this time with opposition flanker Nia Elen Davies the standout Whitland contributor. Whitland fullback Heather Rees also proved that her pace could cause chaos if given too much space.

Yazmin Leung distributed admirably from the base of the Cofi scrum and one quick feed from a mid field ruck saw another Elen Evans charge halted but luckily Beth Davies was at hand to snap up the recycled ball and power clear to score.

Caernarfon may have thought that their task had been completed when after Whitland lost the ball in a promising counter attack Rachel Taylor was able to gather and show a clean pair of heels to would be chasers before scoring between the sticks and granting Beth Davies another conversion on the run up to half time.

Whitland as expected competed admirably from the off in the second half with one swift backline move so nearly bringing a try for winger Cath Davies. Scrumhalf Emma Summons was orchestrating well, varying her options and ensuring that her team mates were taking ball at pace. A classic charge down and hack through so nearly brought a try for Whitland centre Angharad Williams, but Elen Evans recovered to pip her to the touchdown. There followed a Sioned Harris break from the scrum that also got close.

Elen Evans then delivered a sucker punch when a breakdown in mid field saw her seize her opportunity to sprint clear and score from distance, Beth Davies again converted.



Pictures kindly supplied by Neil Kennedy

The relentless pace and unaccustomed physical contact began to take its toll with tiredness probably responsible for the ever increasing penalty count. Constant transgressions saw the Cofis reduced to fourteen and the tide began to turn in Whitland's favour. One Caernarfon effort at running out of defence was halted by Sara Davies who also expertly gained turnover ball. Alice James who had distributed well throughout was instrumental in setting up the ensuing counterattack that saw determined centre Angharad Williams take the ball at pace and score a highly deserved try.

Although back to fifteen a few bumps and bruises had seen a reshuffling within the Cofi ranks and Whitland exposed the uncertainty created with flanker Nia Elen Davies, as decisive as ever, charging through the cover to power over. The match took on an even more interesting slant when Nia Elen popped up on the opposite flank to once again dash clear and bring Whitland back to within eleven points with at least ten minutes to play.

The Cofis thankfully didn't panic although having lost hard tackling captain Emma Edwards and when another Whitland sortie was thwarted, fullback Beth Davies picked up, evaded those closest and was just able to beat the despairing grasp of her opposite number to finally break the resistance of the gallant visitors by sprinting in to score and add the extras thus bringing a hard but fair and friendly contest to a close.

Other Premiership teams will

find both of these a handful if they continue to operate in this vein.

Caernarfon 56 v Cardiff Met 0

Caernarfon recorded their second successive win in the Premier League scoring 10 tries in the process. Cardiff Met to their credit though were game throughout, considering that they had suffered a heavy reverse the previous week as well.

It was Caernarfon who applied the early pressure with standoff Sera Bailey linking well with her backs and strong running from the likes of Nicky Crawford and Beth Davies gaining valuable meters. It took twelve minutes for the line to be breached when a quick off load following a Jenny Davies charge allowed winger Tawny Travis to squeeze in at the corner.

When Cardiff got the ball they were faced with uncompromising tackling from the likes of Emma Edwards, Sarah Williams and Beth Davies. An interlinking charge by four forwards then left the visitors defence in enough disarray to allow Sera Bailey just enough of a gap to ground on her return to the fold. Minutes later a wayward lineout throw was picked up by Number 8, Nicky Crawford who powered her way over the try line.

Cardiff were then unfortunate to lose the services of Lucy Brewer and Roisin Payton to injury but the Cofis responded by lessening their numbers as well. This however created more space for the attackers

to exploit and more ground for the defenders to cover. Despite this, during the remainder of the first half the line was only breached once, when a break from 40yds saw Rachel Taylor in daylight and her turn of speed took her clear to score and for Beth Davies to convert, thus bringing the first half to a close at twenty two points to nil.

Iona Evans thought she had opened her account at the beginning of the second half but the referee was not happy with the grounding, she did however make up for it some ten minutes later when her break from midfield following a strong run by second row Teleri Wyn saw her cross and ground successfully. Meanwhile a wayward Cardiff clearance had fallen kindly for Caernarfon with Rachel Taylor rounding off the move to score. Bailey added the conversion.

Soon afterwards a punt downfield had looked like crossing the dead ball line but Taylor had other ideas, sprinted in pursuit and just managed to get her fingertips to the ball before it left the field of play. Yazmin Leung on this occasion adding the extras.

Meanwhile Cardiff kept plugging away with prop Danielle Dinaplle strong in her charges and their Caernarfon nurtured scrum half Sioned Williams swift to bring her backs into the fray. Amberlley Ruck at stand off was also showing neat touches and in centre Sarah Foster they had a player who would grace any rugby field at the highest level. Lowri Trustlove at fullback was also quick off the mark and the Cofis had to be weary whenever she had the ball.

The more cohesive Cofi pack were however more adapt at keeping and recycling the ball and it was following such a phase that Rachel Taylor scored her third of the day mid way through the half.

Jenny Davies got in on the act later when she was able to pick up and just do enough to evade several tackles to charge over. Substitute Nia Davies entered the fray with a



barnstorming touchline dash and Cari Boun, another late inclusion was instrumental twice in setting up the final and best worked team try to release replacement winger Rhian Pritchard who grounded out wide.

Caernarfon will be happy with the nature of the win and would be pleased that their try line was not crossed but will also be aware that tougher tests will follow on their away treks in the next few weeks.

Llandaff North 12 v Caernarfon 29

Caernarfon who scored their first try within the opening minute must have thought that they were in for a scoring fest but soon found themselves embroiled in a tense, keenly contested and energy sapping game.

From the kick off the ball was pinched by Rachel Taylor who fed the backs to allow Nicky Crawford to charge over from ten meters with full back Beth Davies adding the conversion. Captain Emma Edwards was in her usual thundering tackling mode, thus keeping Llandaff North at bay but others for the home side began to adjust and were themselves inspirational in leading their revival, none more so than fullback Emily Kitchen and flanker Morfudd Ifans.

An unwarranted comment and obstruction resulted in Caernarfon gaining an added twenty meters and on her second spectacular hand off Jenny Davies was able to cross and give the away side a fairly handsome fourteen point lead together with the added extras off the crossbar from Beth Davies.

Meg O'Sullivan stopped numerous strong Cofi charges and prop Nia Jones impressed with a number of strong runs. Becky Newton at standoff was however the playmaker varying her tactics well and bringing others on to the ball at pace. This nearly resulted in two tries for the home side but twice successful grounding was denied. However, her own charge following a crooked feed at a scrum deservedly brought reward with the conversion halving Caernarfons lead.

Abbey Flemming prevented a probable Caernarfon score with tenacious tackling and Beth Kenure was prominent in all phases of play therefore bringing the half to a close with Caernarfon leading 14 - 7.

The Cofis were reliant on the strong charges of many to gain valuable meters but none were able to find the telling pass that would have freed the supporting runners, prop Gwenllian Pys and Sarah Williams being examples.

Llandaff North attempted to keep the ball alive and when

winger Ffion Bennett beat her opposite number she got into the danger zone and with the support of others was able to release quick ball that led to Cassie Horrobin crossing in the far corner. The conversion failed meaning that the Cofis still held a slender two point lead.

It was evident that the next score could be very significant as regards the game's outcome and with the Cofis beginning to put a few phases together they kept up enough pressure to finally release Beth Davies who had enough pace on the outside to score following the initial gain line crossing break by Nicky Crawford.

Caernarfon scuppered a few possible point scoring opportunities electing to charge rather than kicking to create more of a cushion. However with Lauren Hassett having joined the fray on the wing her first touch of the ball from a lineout steal saw her show a clean pair of heels to would be chasers to score out wide.

With all tiring towards the end, a clearance kick out of defence fell into the arms of Beth Davies who set off on a strong touchline run that resulted in her evading all possible tacklers to score a wonderful solo effort and therefore give Caernarfon what appeared to be a fairly convincing victory that was in theory anything but.

WRU WOMEN'S PREMIERSHIP

Team	P	W	D	L	Pts
Swansea	4	4	0	0	20
Caernarfon	5	3	0	2	16
Pontyclun	4	3	0	1	14
Whitland	5	2	0	3	10
Llandaff North	4	1	0	3	1
Cardiff Met	4	0	0	4	-4



Casernarfon 28 v Pontyclun 45

A hard fought contest in ideal conditions saw the visitors deservedly take the spoils and bring to an end Caernarfon's early season successful start. The absence of a few key figures was just enough to deny the Cofis the awareness needed to find possible gaps in Pontyclun's armour.

Both teams were fully committed from the off with the Pontyclun backs running on to the ball at pace and therefore asking questions of the Cofi rearguard. After six minutes one such foray found speedster Rakiuke Taylor who outpaced the defence to score also allowing Brogan Jones to add the conversion.

Caernarfon's best riposte came from the darts of scrum half Jess Kavanagh Williams but quick support wasn't always at hand. In contrast the pressure exerted by Pontyclun was forcing

errors and when a rushed clearance kick fell kindly to Rafiuke Taylor she showed a clean pair of heels to all to score her second and establish a fourteen point cushion with another successful Brogan Jones conversion.

The game was in danger of running away from the home sides grasp but captain and tackling stalwart Emma Edwards led by example to disrupt the flow of possession that was going Pontyclun's way. This time a wayward clearance fell to flanker Jenny Davies who set off from her own half on a run that saw her evade several attempted tackles, break clear and deliver a timely pass to Jess Kavanagh Williams who was able to stroll over thus allowing Beth Davies a successful conversion.

Minutes later it was Beth herself who outpaced the visitors defence to touch down in the corner and recompose herself to slot over a well struck con-

version to tie the score. Pontyclun were however still more masterful at the breakdown with flanker Megan Oaten impressive and scrum half Jessica Pritchard drawing her backs onto the ball at pace.

However against the run of play a 60 yard break out by Jess Kavanagh Williams took her to the try line only for the grounding to be questioned, thus resulting in a five meter scrum. Justice was done when powerful Number 8 Nicky Crawford chose to pick up and drive with purpose to cross the whitewash. Malen Williams on this occasion slotted the conversion well from the far left.

Caernarfon however failed to keep their lead until halftime as a quick tap penalty again found Rafiuke Taylor lurking menacingly in space to outpace all and score. Then with halftime looming recycled possession saw a neat combination between the scrum half and Cara Hope within the tram lines before the ex Cofi taught prop released Megan Oaten on the inside to bring the half to a close with the visitors three point in front.

Pontyclun started the second half on fire being quick to any loose ball, solid in the tackle and disruptive. The Cofis were starved of possession or found themselves in retreat with ball in hand. One dislodged ball fell kindly to centre Abbey Taylor who stretched to score quickly followed by a series of drives that saw Brogan Jones being

granted a touchdown close to the posts. Both these tries were also successfully converted by the latter.

Lori Josephson the tenacious number ten was thankfully held up over the try line before Cofi pressure finally paid dividends with a kick and chase contest over seventy meters being won by Jess Kavanagh Williams as the ball bounced favourably for her to score her second of the day that was again added to by Beth Davies.

Others who could be proud of their contribution to the cause were Sara Prosser the intelligent running and distributing Pontyclun second row and Caernarfon prop Brea Leung who's impressive work rate continued to increase throughout the match.

Caernarfon also utilised their bench giving a debut outing to Anna Pastrana who adapted to the pace and intensity of the game very well but the final word fell once again to Rafiuke Taylor as one final foray into Cofi territory resulted in her gaining her fourth try of the afternoon and together with Brogan Jones's conversion establish a 45 point to 28 victory.

Caernarfon although disappointed at the loss will take heart from the fact that a bonus point was ensured and will travel to Swansea next week to face another stern challenge.

FIXTURES

11 December 2016
Pontyclun v Llandaff North
Swansea v Cardiff Met
Whitland v Caernarfon

16 April 2017
Cardiff Met v Caernarfon
Llandaff North v Swansea
Pontyclun v Whitland

7 May 2017
Llandaff North v Cardiff Met
Pontyclun v Caernarfon
Swansea v Whitland

14 May 2017
Caernarfon v Swansea
Cardiff Met v Pontyclun
Whitland v Llandaff North

Abergele Ladies - top of the league



A fantastic season so far for the Gele girls who remain unbeaten in the WRU Women's Division Two.

Remarkably the girls have amassed a magnificent 287 points whilst conceding just 46.

RESULTS

11 September 2016
Abergavenny 19 15 Bedlinog
Lampeter Town 26 7 Croesyceiliog

18 September 2016
Abergavenny 15 37 Abergele
Gorseinon 39 5 Lampeter Town
Wattstown 0 40 Senghenydd

25 September 2016
Abergele 38 0 Bedlinog
Senghenydd 41 17 Croesyceiliog

9 October 2016
Abergavenny 24 17 Porth Quins
Abergele 50 0 Lampeter Town
Gorseinon 10 72 Senghenydd

16 October 2016
Porth Quins 24 24 Abergele
Senghenydd 89 5 Abergavenny

23 October 2016
Abergele 107 0 Gorseinon

30 October 2016
Abergele 31 7 Senghenydd
Lampeter Town 0 33 Porth Quins

6 November 2016
Croesyceiliog 7 12 Gorseinon

FIXTURES

11 December 2016
Croesyceiliog v Abergele

8 January 2017
Gorseinon v Abergele

15 January 2017
Abergele v Abergavenny

22 January 2017
Bedlinog v Abergele

29 January 2017
Lampeter Town v Abergele

19 February 2017
Abergele v Porth Quins

26 March 2017
Senghenydd v Abergele

30 April 2017
Abergele v Croesyceiliog

WRU WOMEN'S DIVISION TWO

Team	P	W	D	L	Pts
Abergele	6	5	1	0	28
Senghenydd	5	4	0	1	20
Gorseinon	4	2	0	2	9
Abergavenny	4	2	0	2	9
Porth Quins	3	1	1	1	9
Lampeter Town	4	1	0	3	5
Bedlinog	2	0	0	2	-3
Croesyceiliog	3	0	0	3	-4

Llangollen Ladies 53 v Mossley Hill 20



Llangollen Ladies dominated the first half of the match, setting up camp in the opposition half. An exciting passage of play saw Sara Mault break through the line and score at the 20 minute mark, with Ruth Williams adding 2 points from the boot.

Play continued strongly for the tower field ladies with smooth play through the hands putting Sharron Rimmer over in far corner. Williams added to the score with a long range conversion over the posts. Nicole Skehan added another 5 points with a strong run through the Mossley Hill defence.

Llangollen instantly re-composed after a Mossley Hill score, applying pressure and regathering possession from the restart with Williams adding another 7 points. Mault added one more before half time crossing the line for the second time, with another Williams conversion to bring the half to a close.

Llangollen ladies continued the pressure at the fortress with Williams adding another 5 points to the tally, crossing the line 2 minutes after the restart. The travellers responded, adding their own pressure and capitalising with 2 breakaway tries.

Battle then ensued at tower field with both sides equally matched in both attack and defence. The deadlock was finally broken after 15 mins of sustained play with fantastic breakaway try by Beau Damen-Young, adding a further 5 points. The tenacious Llangollen scrum half Charlotte Davies then added further points to the tally with a 60m solo try gathering from the restart.

Another breakaway try from the Mosley Ladies added further intensity to the visitors game. Until sustained attacking pressure broke the Mosley defence one final time taking Ruth Williams over.



General Manager appointed to lead North Wales Development Region

September 2016

Business leader Sion Jones has been appointed as General Manager - North Wales Development Region.

‘I want to build on the successes of the last few years on the field, and off it by engaging further with the community and the network of clubs’.



Jones, who has successfully led marketing businesses in South and North Wales and worked in the sector across the UK, Europe, North America and the Middle East, will take up the post at the Parc Eirias home of newly promoted Principality Premiership side RGC 1404 next month, with a clear mandate to strategically drive the young rugby region forwards, on and particularly, off the field.

Sion was previously Managing Director of Golley Slater, based in Cardiff and earlier in his career worked for McCann Ericsson, one of the world's leading marketing agencies to further establish his credentials. He will leave his current post as Marketing and Business Director at a North Wales based international marketing communications agency at the end of the month.

WRU Group Chief Executive Martyn Phillips said, "The strategic purpose of the North Wales Development Region is to define North Wales and unite its communities, and the vision, in line with the Welsh Rugby Union strategy is for more people to be involved with rugby, more often, with more enjoyment and success.

"The North Wales Development Region has already made huge strides in the last five years, RGC gaining two promotions in the last three years, building a strong supporter base and participation on the rise throughout the region's clubs and schools.

"However, with more than one million people in North Wales, there is still scope to build on that and increase those opportunities further. We are confident Sion will drive forward that strategy in conjunction with the WRU Executive Board and the clubs and staff in North Wales. "

Sion, who hails from North Wales and is a dedicated coach of Dinbych U14s, the club his father David Wyn Jones and uncle Pete Minshull helped to found 40 years ago, is enthusiastic about his remit.

He said, "I want to build on the successes of the last few years on the field, and off it by engaging further with the community and the network of clubs.

"I hope I can bring a commercial and marketing edge, not just to RGC but across the Development Region.

"I will be supporting Mark Jones and his team to ensure they can achieve the best possible rugby results for the region while developing North Wales players, and we also need to cascade the brand of rugby RGC is now respected for into the clubs so that we get more talent coming into the age grade sides and academy to build for the future.

"With Premiership rugby coming to North Wales, our job is to reach out to our supporters, and engage more potential supporters in what North Wales experience has to offer.

"Having met some of the staff this morning, they are full of ideas about what is needed which is a fantastic place to start. I really can't wait to meet them again to understand more about what has been done already and how I can support them going forward.

"Being fully involved in a north Wales rugby club, I have a good idea of where we are and I've also been lucky to work closely with the WRU in the past on marketing and branding campaigns

WRU Head of Operations Julie Paterson said, "Sion is a fantastic appointment to take the North Wales Development Region onto the next level, particularly with his business, commercial and marketing background and expertise, along with his first hand experience and understanding of North Wales rugby. In conjunction with myself, Geraint John and Ryan Jones, Sion is perfectly placed to implement and deliver the Strategic Plan for North Wales agreed by the WRU Board."

Mark Jones appointed as RGC Head Coach

Mark Jones is looking forward to developing the talent in the region



Former Wales wing Mark Jones has been appointed as the new RGC 1404 head coach.

It's a big challenge, because the Principality Premiership will be a big step up, going up against experienced semi-professional and in some cases, professional regional players, but I hope I can help to make RGC an established Premiership side that can continue on its remarkable journey.

The 47-times capped Scarlets legend, who was attack and skills coach for the west Wales region for five years, helping them reach the Guinness Pro12 play-offs for the first time in seven years, will lead the North Wales Development Region into the Principality Premiership when the new-look, 16-team division kicks off next month.

Jones, who also carried out the role of interim attack coach for Wales under caretaker coach Rob Howley in 2013, gained head coach experience at Rotherham last season before following in the footsteps of Phil Davies, Chris Horsman, Damian McGrath and Clive Griffiths at Parc Eirias.

Jones said, "I'm excited to carry on the work of the previous RGC coaches and at the opportunity to develop even more talented youngsters from North Wales.

"It's a big challenge, because the Principality Premiership will be a big step up, going up against experienced semi-professional and in some cases, professional regional players, but I hope I can help to

make RGC an established Premiership side that can continue on its remarkable journey."

Jones is conscious of the need to continue the good work with grassroots clubs in the region.

"It's crucial we continue to work closely with the clubs. I came through the system as a player in mid Wales so I understand the logistical challenges involved and hope we can continue to break down barriers to enable North Wales players to flourish.

"I've joined the set-up fairly late in pre-season but I hope to be able to put my stamp on the side over the next few months.

"I will be putting an emphasis on upskilling players so that they reach their full potential and play to the strengths of the group. I'd like to think I encourage a fast-paced, entertaining brand of rugby that's enjoyable for both players and spectators, but that we will also be pragmatic when conditions dictate too, capable of winning a winter arm-wrestle!"

WRU Head of Rugby Performance Geraint John added: "It's good to have Mark back in Welsh rugby and leading the next stage of RGC's on-field development.

"It's an exciting time for RGC with promotion into the revamped Principality Premiership, and Mark's involvement will certainly add to that mix. He understands the semi-professional game in Wales, he understands the regional game and he understands North Wales rugby."

3rd September, 2016

BRIDGEND 3 v RGC 20

Winger Sam Jones made some history when he scored the first RGC Principality Premiership try, in his sides 20-3 win at Bridgend Ravens. They winger grabbed a brace and was delighted "It was a cracking result, and we knew it was going to be a tough game. We have won and put a marker down early in the season. "

"The first 20 minutes were difficult but once we settled we started to force the turnovers, kick behind them we worked well. We were also clinical in attack when we had the opportunities"

"I am buzzing to get the tries and also to be the first player to score a try for RGC in the Principality Premiership, but more importantly we picked up a win."

"As a group we have been talking about the conditions and it wasn't a surprise when we turned up and saw the weather. I thought we played the wet conditions well, and we stuck to the game-plan"

The heavens opened as RGC opened with a win in their first game in the Principality Premiership.

The Gogs struggled on the first 20 minutes as Bridgend Ravens looked to use their experience in testing the RGC defence.

Joseph Scrivens opened the scoring with a penalty, and the homeside were trying to run the ball wide

RGC were winning the battle at the scrum, and it was causing problems to the Ravens pack.

They were struggling with the line-out and it was adding the pressure as RGC were unable to build any platform.

As the game went on RGC began to kick behind and chase the ball, and from one of those Bagshaw kick and chases they were given a penalty. Jacob Botica just edged the penalty wide.

Fly-half Botica then showed some good footwork with a couple of jinking runs, as RGC looked for the try.

The Ravens fly-half Scrivens was having some success with kicks to touch and the Gogs were being pinned back on their 22 meter line.

RGC were answering all the questions when it came to defence, with plenty of tackles stopping any breaks.

Ross Davies looked like he was making a break for the line, but he spilled the ball in contact.

The rain fell heavier and handling was become more difficult, and

RGC began to manage the conditions better.

Bridgend Ravens would have been disappointed not to have more points on the board, and Schwarz made another great tackle to stop a breakaway.

A breakaway try did arrive, and it came for RGC. Bagshaw kicked ahead and the Ravens failed to collect it. Tom Hughes grabbed the loose ball before giving to Sam Jones to sprint down the pitch to touch down. It was a moment to remember with Botica hitting the extras.

The wind was taken out of Ravens sails, and then they were sucker punched minutes later when RGC turned it over and Sam Jones got the ball again on the halfway line and turned on the gas to run down the line to score again.

RGC started the second half with intent and the scrum was proving effective again, and the side were growing in confidence.

Bridgend began to make some handling errors, and they had one eye on the RGC defence coming at them when the collected any pass.

Try number 3 came from the line-out, and it was a delightful training ground move. Andrew Williams collected the throw before Rhys Williams got the ball and went over. The forwards worked hard all day, and it was a try to remember.

RGC began to play for territory and they were getting it with the kicks behind the homesides defence line, but that only worked with the chasing down. Bagshaw and Sam Jones were putting in some yards without the ball, and it stifled any Ravens attack.

Botica grabbed a penalty and it edged the Gogs 17 points ahead, and they knew the game was won.

It was no surprise that one of the last plays was a Bagshaw tackle after the Ravens wing broke down the line. The full-back was immense in defence today and the celebrations were well deserved at the final whistle.



10th September, 2016

NEATH 16 v RGC 30



RGC made it two wins from two with a win at the Gnock in the Principality Premiership.

The Gogs experienced victory against Neath last year in the Cup but it was a big 30-16 league win yesterday

Afon Bagshaw claimed a brace of tries, along with Carwyn Ap Myrdin who touched down for another. The boot of Jacob Botica added the extras for RGC.

In another physical clash RGC once again answered the question about being able to make the step up in league, and the intensity in defence and attack was clear to see.

Full-back Bagshaw showed pace to score a try on the counter attack after getting turnover ball, and along with last week RGC have shown they can turn defence into attack in a split second.

As of last week the forwards but a huge shift in, and the scrum worked superbly again.

The coaching staff will be happy that the foundations are being set upfront, which is giving the back the chance to show their pace and attacking ability.

Hooker Evan Yardley came on in the 2nd half for his first appearance of the season

"It was a good win again from the boys two from two is a perfect result as far as the league is concerned. We are always striving to play better than before and we have lots to work on in training. As a group are aiming to test ourselves against the top clubs in the league and next week against Llandovery gives us a good opportunity.

Personally it was good to get 20 mins under my belt after having a month out due to a finger injury, need to work on my lungs as I think they got chopped off aswell by the looks of yesterday. But we are excited to regroup train hard this week getting key areas of the game sorted ready for next week"

17th September, 2016

RGC 28 v Llandovery 25

RGC Forwards Coach Jason Robert watched his pack work hard in the 28-25 win against Llandovery "I am delighted with the result and we also have a lot to work on as well. We are a team that scores points and we have that attacking mentality, that said we have to minimise the opposition's chances in attack and make sure we are staying in the game especially in the first half."

"It was an evenly matched up front and credit to our pack again, it was pleasing to finish the game with two 18 year old props, we were under pressure in that last scrum but we won the ball and the game."

RGC continued their unbeaten start to the season, as a crowd of 1,432 watched an exhilarating game of

Principality Premiership rugby for the first time at Eirias.

The homeside took the lead after 2 minutes when Jacob Botica hit a penalty, but before the supporters had settled back down on their seats Llandovery had touched down for a try from the re-start. Centre Craig Woodall found the space to go in at the corner.

Botica put RGC back in the lead with another penalty, and both sides defences were missing a few tackles leading to some attacking rugby.

Llandovery were looking dangerous and on numerous occasions the broke the gainline, with RGC being tested in the tackle.



Last year's top point scorer Jack Maynard knocked over a penalty as the lead changed hands again, and the visitors increased the pressure with some quick running rugby.

The homeside were also bringing some problems onto themselves, when they chose to kick the ball ahead when a pass or going through some phases looked a better option.

Winger Rhys Williams was getting a lot of ball and made some good yards down the line, but RGC were struggling to build on anything. When they did have the ball around the breakdown they were slow at getting the ball moving.

RGC had a couple of penalty chances and opted for the line out and rolling maul, but Llandoverly came away with the turnover ball.

The coaching staff were getting frustrated as the clock reached the 30 minute mark with what was happening in front of them, and that turned to exasperation when Maynard and Evans ran through some loose tackles before Mike Evans received the ball in space to sprint over the whitewash.

Llandoverly's tails were up, and the Eirias crowd sensed that the visitors were getting hold of the game as half-time approached.

The Gogs have been superb at making the most of turnover ball this season, and on the 35th minutes they Tom Hughes got a boot to a stray ball and chased t down before out running the chasing defence. Botica added the conversion.

The RGC fly-half then smashed over a huge penalty from the half-way line and suddenly RGC were in the lead. The score was levelled by a Maynard penalty just before halftime.

As the game reached 40 minutes RGC won a penalty from a huge RGC scrum, and it clearly was a huge statement by the RGC forwards who were growing in confidence. Botica had the chance for another penalty from the same

position as his last mammoth kick, but the ball rattled the post.

The second half opened with less intensity and it was a cagier 20 minutes from both sides. Botica pushed a penalty wide of the posts, with a lot of the play was in the middle of the field.

RGC's best move of the game nearly resulted in a try, when the back line shifted the ball quickly wide. Players and fans were about to celebrate a Carwyn Ap Myrddin score but the winger was tackled into touch.

The try did come, it wasn't a classic but it was crucial. From a line-out the ball found itself to Ross Davies and the big prop scored. RGC were back in the lead and Eirias was bouncing.

The noise quickly reduced when Maynard kicked two penalties and Llandoverly went one point ahead.

The game once again was in Llandoverly's favour and RGC needed to regain the focus in the game.

Jack Maynard scored his 5th penalty to make it 25 -21 and it was beginning to look like the visitors were heading home with the win.

As we entered the last 5 minutes RGC worked a couple of phases and it was Afon Bagshaw who delivered another moment to remember when he darted down the line to score his 3rd try of the season. Botica extended the lead with the conversion.

The Gogs might have been in the lead, but the game wasn't won and they were tested for the last couple of minutes. Much like the end of the 1st half the scrum stood strong before Tiaan Loots kicked the ball into an ecstatic Eirias crowd for the win.

It was fitting that RGC won their first ever home Principality Premiership game on the day that Bryn Williams hung up his boots. The lock has played a huge part in RGC and players, staff and supporters gave him the send off the RGC legend truly deserved.

24th September, 2016

Carmarthen 12 v RGC 17

RGC's unbeaten start to the Principality Premiership continued with a huge defensive performance at Carmarthen Quins.

Head Coach Mark Jones knew his side were given a test "In the 3 games previous we probably had equal share of possession and territory, but that wasn't the case today, especially in the opening 15 minutes and the parts of the 2nd half. We stayed in the arm wrestle and overall our discipline was good. On a couple of occasions we did have poor discipline and that let Quins back into the game"

"As we know we are all learning at the moment, coaches and players and today was no different. I was disappointed we didn't run the ball more, and we a couple of chances to do more when we won turnover ball. The 1st try was straight of the training ground, so it was good to see it pay off in a game. Tiaan is a strong runner, and he did well to set up Tom Hughes. "

"We have the chance to come back to Eirias and play Aberavon who are sitting top of the table, so we have plenty of work ahead this week in training"

RGC got off to a perfect start when they opened the score after 5 minutes. Tiaan Loots created the opportunity with some direct running all the way through the Quins defence, before passing to fellow centre Tom Hughes to cross the line. Botica hit the extras.

What followed was 10 minutes of extreme pressure from Carmarthen Quins as the pushed towards the RGC line. Will Bryan made a huge try saving tackle when it looked like the try was on. The homeside clearly felt their forwards could get them over, as the attacked with the rolling maul at every possible occasion.

The try did come when the pack went over and Javan Sebastian getting the score. Daniel Lloyd converted.

After the try RGC were able to gain some possession with Afon Bagshaw and Alex Schwarz attempting to spark the Gogs into action again.



The centre combination of Loots and Hughes were also combining with some good phases play.

Jacob Botica was next to have go, and he spotted a gap in the defence and ran through to score and convert his own try.

It was similar to the first try, in that Quins pilled the pressure from the restart and RGC were once again camped in their own half. Tim Grey was putting in some good work, and big tackles.

When RGC did get a chance to clear the ball and ease the pressure their Line-out misfired and the Quins were able to run the ball back to them.

It was no surprise that the homeside got the try, and it was from the Line-out, rolling maul, big push with Tory Myhill finishing it. Owen couldn't hit the conversion.

The game began to open up and Mei Parry won the ball and kicked ahead, with Tom Hughes being a bounce of a ball away from collecting it and getting the try.

Centre Hughes turned on the burners again minutes later but once again was unlucky in the chase.

The halftime whistle came after a breath-taking play when Tim Grey spilt the ball near the try-line and Carmarthen Quins broke away with Carwyn Ap Myrddin running the length of the pitch to collect the ball and protect the 14-12 scoreline.

The 2nd half opened with a huge Afon Bagshaw break, and he smashed through the tackles.

RGC were able to extend their lead with a Botica penalty to the cheers of the travelling support.

The Quins then throw everything at RGC, as they kept shifting the ball wide looking for winger John Rhys Williams and Gavin Thomas to do some damage.

To a man RGC stood tall in defence and also held their discipline at the breakdown. As the tackled came in RGC looked to their bench for some fresh legs with Sam

Wainwright and Dan Owen both coming on.

RGC winger Rhys Williams was next to make a huge tackle, as the homeside continued to look for any gap in defence.

Just past the 70th minute it looked like RGC had the try but substitute Josh Leach was called back for a knock on. Minutes later the frustration continued when Bagshaw was penalised for crossing after he broke clean through.

1st October, 2016

RGC 11 v Aberavon 22



RGC's unbeaten start to the season was ended by Principality Premiership leaders Aberavon in an 11 -22 defeat.

Mark Jones rued his sides start to the game "We didn't start the game well and our discipline was poor and in turn we got on the wrong side of the referee early. As a result we failed to grasp any opportunity to gain possession and ball to get the fans behind us.

"Credit to Aberavon as they were smarter in the contact area and we failed to adapt to that, but I was disappointed we didn't get a point that I thought we probably deserved.

"Our set piece didn't perform to the levels we have reached in past weeks so we know what areas to work on for Swansea next week"

The visitors dominated the opening quarter as the looked to their pack to drive over, but the Gogs defence was standing strong making sure the pushed every attack away.

The pace was pretty breath-taking especially when Carwyn Ap Myrddin chased the ball down before the Wizards returned with another quick attack.

It was no surprise that the try line was broken when Aberavon worked ball well and scrum half David Pritchard touched down. Steff Williams added the extras.

RGC really hadn't really have a chance to get into the game but

The final 5 minutes felt like an eternity and Carmarthen Quins inched closer and closer to the line, as RGC made tackle after tackle to prevent them. Quins did get the ball over the line but Rhys Williams managed to touch down before a Carmarthen hand on the ball.

The homeside had one final scrum, but like the whole of the game the RGC forwards dug deep and stopped any last chance.

after 15 minutes the finally had some ball in hand. The pack set the foundation for some good attacks with Tim Grey and Tiaan Loots making some inroads into the Aberavon defence.

1st October, 2016

RGC 11 v Aberavon 22



RGC's unbeaten start to the season was ended by Principality Premiership leaders Aberavon in an 11 -22 defeat.

Jacob Botica's penalty kick narrowed the Wizards lead as the 1,312 had something to cheer about.

Both sides were competing with intensity at the breakdown, but the referees whistle was going in favour of the away side and RGC were being punished with some big clearing kicks from Stef Williams.

The game ebbed and flowed in attacks as both sides looked for the gaps in defence, but no yards were given from either team.

Aberavon extended the lead with a Williams penalty on the 35th minute.

Some clever play from winger Rhys Williams to keep the ball in play allowed Afon Bagshaw an opportunity to kick and chase to try and test the Wizards defence.

The referee had words with both captains for a few off the ball incidents and soon after RGC found themselves a man down when Bagshaw was shown a yellow card in the 39th minute. The full backs high tackle was one of the final acts of the half.

The 14 men of RGC started the 2nd half with real intent and they didn't look like they were at a dis-

advantage when they had the ball. They went through some good phases with Carwyn Ap Myrddin and Tiaan Loots looking lively.

The crowd were on their feet when RGC's Shaun O'Rourke sprinted down a kick ahead but he just couldn't place a hand on the ball as it agonisingly rolled out of play.

The man advantage did come into play when the Wizards broke down the field in the 47th minute with Stef Andrews. The ball then found substitute Morgan Williams who did well to evade couple of tackles and the former RGC Academy winger scored. Extras were added by Stef Williams.

Botica had a chance with the boot but his penalty sailed wide.

The playing numbers were evened up when Bagshaw returned but a minute later the advantage swung in RGC's favour when Chris Davies was given a yellow for high tackle.

A minute later RGC made that advantage count when they won the line-out and started the rolling maul, the pack pushed over and prop Ross Davies picked up his sides 500th try in the leagues.

The experience of Aberavon was showing as they tried to slow the game down, to make sure they kept the ball when they were down to 14 men. The used the pick and

8th October, 2016

Swansea 22 v RGC 39

RGC left St Helens with another away win and a far better feeling than the last time they played Swansea.

Josh Leach was one of those who experienced the last kick drop goal defeat in April so this 39 -22 victory was one to enjoy.

"During the warm up Mark challenged the team to start the game well which in fairness the starting 15 did, putting a lot of pressure on Swansea in the early minutes with some solid carrying up front and from the midfield. This led to the first score from Carwyn Ap Myrddin.

"With the ball in hand we looked dangerous, creating a lot of chances for our outside backs who dominated the wider channels and made a number of line breaks running the ball back from deep."

"Our problems came when we couldn't control our restarts, and repeatedly we would score and then immediately put ourselves under pressure with a spillage or a penalty. That was very much the story of the game."

"For the third time away at Swan-

go well as the forwards recycled the ball.

Will Bryan and Tiaan Loots made a couple of big tackles which gave the Gogs some turnover ball.

RGC made some changes and teenagers Dan Owen and Ellis Roberts came on.

Botica hit another penalty to close the gap to 6 points and RGC had their tails up in attack. Bagshaw made another chase from a huge kick which caused panic in the Aberavon defence and delight in the Eirias stands.

Morgan Williams kicked a penalty chance wide as we reached the last 10 minutes.

The next score was always going to be crucial in the game and it and the game went to the visitors in the 75th minute when the sheer pace of winger Stef Andrews outran everyone to score.

To their credit the RGC players didn't throw in the towel as they on looking for that score and a bonus point, but they couldn't breakdown the red and black wall.

Aberavon did finish with 14 men when centre Rheon James was yellow carded for a high tackle but the game was won and his sides unbeaten run continued.

sea we went in at half time with a strong lead, but contrary to previous games here at St. Helens we kept our attacking mindset in the second half and that was the difference in getting the win this time."

The Gogs started brightly when Carwyn Ap Myrddin got on the end of a crossfield to touchdown, with Jacob Botica getting the conversion.

Swansea looked to answer back and tested the defence of RGC. They did pick up the try after another crossfield kick for Richard Williams to score before Julian Mogg hit the extras.

RGC had to shuffle the pack when Shaun O'Rourke came off and youngster Robin Williams came on for his debut.

The visitors breached the All Whites defence with Rhys Williams going over in the corner.

Similar to the past few games RGC were put on the backfoot again from taking the lead, with Swansea testing the defence on a number of occasions.

Tom Hughes continued his impres-



sive season with his sides 3rd try when he powered over with Botica adding the conversion to make it 7 – 19. That lead was extended with a Botica penalty.

The homeside built more pressure with the phases as they looked to puncture the RGC defence, with a number of line-outs and mauls.

Just before halftime Martin Buckwell got the try and Swansea headed to the dressing room knowing what they needed to do in the 2nd half.

In the past 2 fixtures between these sides at St Helens the All Whites have turned the game around to pick up the win, so it was no surprise the were fired up in the opening minutes but once again the RGC defence stood up to everything that came at them.

It looked like the bonus point try arrived after break by Tiaan Loots early in the half, with some neat passing from the RGC backs but play was pulled back by the referee for a forward pass.

A minute later they 4th try did come after he ran through the home defence to cross under the posts. Botica's simple conversion made it 12-29. With thoughts of Aprils

game Swansea came back again when Moggs scored a try, which he also converted himself on the 50th minute.

They edged even closer when a Moggs penalty sailed over the posts.

The Gogs lead was reduced and so was the player numbers when Joe Simpson was given a yellow.

Swansea cranked up the pace of the game as they knew another score would be crucial in the play of the game, but it was RGC that got the points. The boot of Jacob Botica pushed RGC to a lead of 22-32.

RGC's fitness was becoming important as the worked hard with and without the ball, and it made the difference.

Centre Tiaan Loots was having a good day and he it became even better with another try 10 minutes to go. The conversion by Jacob Botica made it 22-39 and the homeside struggled to regain any spark to get back into the match.

RGC ended the first block of 6 Principality Premiership Games with win number 5 and their first Bonus Point win.

50 minutes we would be in a good position to get some scores and that was the case today."

"We gave the ultimate respect to Bargoed this week in the sense on how we trained and our set piece really gave us the platform to play and credit to our forwards today."

"It was also an opportunity to bring in some players who had been out with injury or that have been knocking on the door in training and they didn't disappoint. We have some pace in that backline which will always cause problems. I thought Rhys Williams was superb today and the pack worked hard all game."

Fly-half Jacob Botica scored an impressive 29 points as his side racked up 7 tries in a 56 to 3 win against Bargoed.

If any of the crowd were worried it was going to be a nightmare start in the opening minute after the visitors hit a penalty from Callum Jones but from that point onwards RGC dominated the territory and possession.

Jacob Botica was involved in a number of the attacks as he was looking to get the ball moving quickly. Worthington was next to make a break, and his clever off-load led to another RGC attack.

Everytime the away side managed to clear the ball, they found it coming straight back with the RGC backline running at them with pace and intent.

Although RGC had the possession they couldn't get passed the Baroged defence who were putting bodies in the way of all the runs. It was the boot of Botica that got the points in the board with 3 penalties to give RGC some daylight in the score.

The Gogs went close when Botica kicked a clever cross field kick field ball but winger Aaron Evans couldn't collect it.

The try wasn't far away and it came after an overthrow from the lineout, centre Tiaan Loots got a boot to the ball and as he chased it down he was pulled back and the referee awarded a penalty try. Botica added the conversion. Not only did the home side have the point's advantage but they had a man advantage as scrum half James Pizey was yellow carded.

5th November, 2016

RGC 23 v Llanelli 23

Flanker Andrew Williams said becoming the first RGC player to make 100 appearances is an honour he will never forget. Williams reached his ton in Saturday's 23-23 draw mighty Llanelli at Parc Eirias where his daughter Emmi was mascot for the day.

Four minutes later RGC scored another try when Botica and Rhys Williams combined before setting up Loots to run down the pitch to touch down. Another Botica kick extended the lead.

Bargoed had a foray into the Gogs half as the ended the half looking for a score to get them back in the game but the RGC defence was holding firm.

As expected Bargoed came out in the 2nd half asking some questions but once again the RGC line was looking strong with plenty of tackles ending any attack.

Botica got in on the try scoring after a great break from Loots who then delivered a superb reverse pass to the fly-half who also converted it.

Rhys Williams was playing at centre today and he made an impression with ball in hand, breaking the gain line and driving his side forward.

Both sides were reduced to 14 men when Will Bryan and Greg Carlow were sent to the sin bin, and the extra space on the pitch clearly helped RGC.

Afon Bagshaw collected the ball and started the move that led to the bonus point, the ball was given to Sam Jones and the winger showed his frightening pace down the line before passing to Loots who had the simple job of touching down. Botica's boot was on song again with the conversion.

That score started a breath taking period as Sam Jones once again ghosted past the defence before shifting the ball to Rhys Williams before a big looping pass enabled Alex Schwarz to score. Botica continued his 100% kicking with the extras before leaving the pitch with a standing ovation.

The RGC scrum was also impressive, and the pack dominated the arm wrestle throughout the 80 minutes.

It was pretty apt that the backline delivered some tricks and plenty of treats to the Eirias crowd with 2 more tries, when Aaron Evans scored his first for RGC with an Afon Bagshaw conversion and then the full-back scored himself to round up a superb attacking game of rugby.

The Gogs, who had won six of their previous seven games, were trailing until the latter stages before a try from Tim Grey converted by Jacob Botica earned them a share of the spoils.

"It reflects the hard work we do in training that we are an 80-minute team that plays till the end," added Williams.

"On the face of things it was probably a fair outcome. From a personal point of view I was quite pleased with my performance but I didn't feel we played as well as we can at times.

"Ill-discipline cost us in the first half when we gave away four penalties and apart from the one try they scored from a charge-down I didn't feel they offered that much in attack..

"We didn't create as much as we have been in other games either and at times we didn't keep hold of the ball well enough."

It was also a momentous day for RGC head coach Mark Jones, a former player, captain and coach of Llanelli.

Billy McBryde, son of Bangor-born former Wales hooker Robin, turned out for Llanelli and kicked his side into an early lead.

Botica responded with a penalty before Wales Under-20 star McBryde split the posts again.

In the 15th minute RGC registered the first try of the game when Alex Schwarz slipped the ball to Botica, who sold a superb dummy which allowed him to cut through the visitors' defence for a try.



McBryde put a third penalty between the sticks to nudge Llanelli back ahead.

The Gogs had two tries disallowed - one against Aron Evans seemed particularly unjust - before the hosts were awarded a penalty which Botica put over successfully, but a fourth McBryde three-pointer made it 12-11 to Llanelli at the interval.

The visitors started the second half strongly and winger Ryan Conbeer charged down an attempted clearance kick by Botice before touching down.

McBryde then dropped a brilliant long-range left-footed goal to give the travellers a 20-11 lead.

RGC rallied and a great break saw centre Tiaan Loots launch a dynamic run before passing inside to Tom Hughes who enabled the supporting Botica to ground in the corner.

McBryde's sixth successful kick put Llanelli 23-16 to the good and entering the last five minutes things were looking dicey for the home side.

The visitors pushed hard to clinch it, but RGC defended well and then with the hosts close to the Llanelli line Schwarz passed to lock Grey who dived over just wide of the posts.

Botica added the extras to make it all square and boost his personal total to 18 points.

RGC attacked in the closing stages but Llanelli held on for the draw.

11th November, 2016

Cross Keys 24 v RGC 17

Mark Jones's side didn't reach the performance levels of past games and it showed in the defeat at Cross Keys on Friday night – "I have no qualms in the result to be honest, we spurned a number of 3 on 2 overlaps and we were poor in our execution"

The RGC Head Coach knew the home side would offer plenty up front but his side got caught up in a forwards arm wrestle "Cross Keys have a big pack and they dominated they 1st half as they have done to many sides. Once we moved away from that in the 2nd half we did make some chances but we chose the wrong options in the line breaks"

RGC started the game brightly and settled into a good rhythm with the backs getting plenty of ball. They were building some good phases and looking to work the gaps in the Keys defence. That gap arrived when Jacob Botica raced through to score the opening try and also convert.

If the opening 10 minutes had all been RGC on attack the next 20 minutes were dominated by the Cross Keys pack. They drove forward, worked the breakdown and continued to test at the scrum. The home side got some points on the board from a Josh Prosser penalty.

Cross Keys were winning the battle at the scrum and after a number of resets the finally drove over for the try. Prosser hit the conversion to extend the lead.

Pressure continued and the Gogs were looking slow around the breakdown, and they couldn't build any platform to get a foothold in the game.

The next try can was a disappointing one from an RGC perspective when Aaron Evans failed to collect a high ball and it was easily collected by Tom Lampard who ran in unchallenged under the posts. Simple conversion by Prosser gave the home side a 10 point lead going into half time.

RGC came out in the 2nd half far brighter and looked to move the ball quicker, and Andrew Williams made a decent line break to give the travelling supporters something to cheer for. The difficulty for the Gogs was that they were having to make the breaks from their own half and couldn't get territory in the Cross Keys half.

Fly-half Prosser had an opportunity to extend the lead but his penalty went wide.

Botica hit a penalty to nudge RGC closer to Cross Keys after they home side were given a yellow an infringement at the breakdown.

Much to the visitors frustration they struggled to make the man advantage count because Cross Keys kept the ball well. Some pretty loose tackles were also punishing RGC, as Cross Keys were making some big line breaks pushing RGC back into their own half.

The Gogs were finding more success with ball in hand, and Tiaan Loots made some breaks to test the visitors defence. At one point RGC broke towards the line before being turned over and Cross Keys cleared to chase the ball back to the RGC line.

The breakdown was continuing to be frustrating with RGC losing the ball or being penalised too often.

With 75 minutes on the clock RGC levelled to scores when pacey winger Aaron Evans darted through before Botica converted.

If RGC's tails were up after that try, then it didn't last too long. RGC looked to keep the ball moving and look for another score but knocked on in their own 22 meter line.

This enable Cross Keys to work an opportunity from the scrum and after the ball was spun wide before Barney Nightingale touched down. Prosser added the extras.

RGC still had time for one more attack, and it was probably there best of the game after Alex Schwarz made a great break but Rhys Williams was tackled into touch and the whistle went.

Many thanks to RGC News for the match reports and all the photographers who kindly allow us to use their pictures

29th October, 2016

RGC 54 v Bargoed 3

Head Coach Mark Jones gave praise to his players after they ran in 7 tries against Bargoed. "It was really pleasing as we headed into

the game with a plan to play some high tempo rugby and we got our rewards. We knew if we kept the pressure and intensity then after



RGC STATS

FIXTURES

Thursday, 17 November
Swansea v Newport

Friday, 18th November
Aberavon v Ebbw Vale
Llanelli v Cross Keys
Neath v Bridgend

Saturday, 19th November
– all mid-day kick offs
Bargoed v Bedwas
Carmarthen Quins v Pontypridd
Llandovery v Merthyr
RGC v Cardiff

Friday, 25th November
Bridgend v Llandovery
Cardiff v Cross Keys
Ebbw Vale v Bargoed

Saturday, 26th November
Bedwas v RGC – 1pm
Merthyr v Swansea
Neath v Llanelli
Newport v Carmarthen Quins
Pontypridd v Aberavon

3rd December, 2016
Carmarthen Quins v Merthyr
Cross Keys v Bedwas
Llandovery v Neath
Llanelli v Cardiff
Newport v Aberavon
Pontypridd v Bargoed
RGC v Ebbw Vale
Swansea v Bridgend

Friday, 23rd December, 2016
Cardiff v Pontypridd

Saturday, 24th December, 2016
Bargoed v Bridgend
Bedwas v Ebbw Vale

Monday, 26th December, 2016
Aberavon v Neath
Carmarthen Quins v Llandovery
Cross Keys v Newport
Swansea v Llanelli

Tuesday, 27th December, 2016
Merthyr v RGC

Saturday, 31st December, 2016
Bedwas v Llanelli
Bridgend v Aberavon
Ebbw Vale v Cardiff
Llandovery v Swansea
Merthyr v Bargoed
Neath v Carmarthen Quins
Pontypridd v Cross Keys

Monday, 2nd January, 2017
Newport v RGC – 7.15pm

Saturday, 7th January, 2017
Aberavon v Merthyr
Bargoed v Newport
Cardiff v Bedwas
Carmarthen Quins v Bridgend
Ebbw Vale v Cross Keys
Llanelli v Llandovery
Neath v Swansea
RGC v Pontypridd

2 September 2016
Cardiff 25 v Newport 22

3 September 2016
Aberavon 22 v Llandovery 16
Bargoed 10 v Neath 13
Bedwas 13 v Pontypridd 18
Bridgend 3 v RGC 20
Cross Keys 3 v Merthyr 18
Swansea 14 v Carm Quins 21

4 September 2016
Llanelli 24 v Ebbw Vale 22

10 September 2016
Bridgend 29 v Cross Keys 16
Carmarthen Quins 41 v Llanelli 10
Llandovery 48 v Bargoed 7
Merthyr 24 v Cardiff 18
Neath 16 v RGC 30
Swansea 5 v Aberavon 47

11 September 2016
Newport 12 v Bedwas 20

15 September 2016
Cardiff 18 v Bridgend 12

17 September 2016
Aberavon 38 v Carm Quins 33
Bargoed 29 v Swansea 9
Cross Keys 48 v Neath 3
Ebbw Vale 33 v Newport 17
Llanelli 28 v Pontypridd 41
Merthyr 19 v Bedwas 37
RGC 28 v Llandovery 25

24 September 2016
Aberavon 45 v Bargoed 25
Bedwas 31 v Neath 25
Cardiff 23 v Llandovery 28
Carmarthen Quins 12 v RGC 17
Cross Keys 43 v Swansea 19
Ebbw Vale 32 v Bridgend 0
Pontypridd 21 v Merthyr 39

25 September 2016
Llanelli 13 v Newport 17

29 September 2016
Newport 26 v Merthyr 50

1 October 2016
Bargoed 5 v Llanelli 16
Bridgend 13 v Pontypridd 15
Carm Quins 19 v Cross Keys 17

Team	P	W	D	L	Pts
Aberavon	9	7	1	1	35
Merthyr	9	7	0	2	34
RGC 1404	9	6	1	2	29
Ebbw Vale	9	6	0	3	29
Pontypridd	9	6	0	3	28
Bedwas	9	5	1	3	28
Llandovery	9	5	0	4	25
Carmarthen Quins	9	5	0	4	25
Cardiff	9	5	0	4	24
Bridgend	9	4	0	5	21
Cross Keys	9	4	0	5	19
Llanelli	9	3	1	5	16
Newport	9	3	0	6	14
Neath	9	2	0	7	11
Bargoed	9	1	0	8	8
Swansea	9	1	0	8	6

Llandovery 20 v Bedwas 28
Neath 8 v Ebbw Vale 14
RGC 11 v Aberavon 22
Swansea 12 v Cardiff 8

8 October 2016
Aberavon 27 v Llanelli 16
Bargoed 17 v Carm Quins 18
Bridgend 26 v Bedwas 20
Llandovery 26 v Cross Keys 17
Merthyr 38 v Ebbw Vale 25
Neath 20 v Cardiff 19
Pontypridd 36 v Newport 12
Swansea 22 v RGC 39

25 October 2016
Pontypridd 25 v Ebbw Vale 41

29 October 2016
Cardiff 24 v Carmarthen Quins 21
Bedwas 52 v Swansea 5
Cross Keys 14 v Aberavon 39
Ebbw Vale 10 v Llandovery 20
Llanelli 14 v Merthyr 35
Newport 7 v Bridgend 19
Pontypridd 45 v Neath 30
RGC 56 v Bargoed 3

3 November 2016
Neath 10 v Newport 12
Swansea 23 v Ebbw Vale 29

4 November 2016
Aberavon 15 v Cardiff 22
Bargoed 16 v Cross Keys 23
Bridgend 40 v Merthyr 10
Llandovery 37 v Pontypridd 3

5 November 2016
Bedwas 17 v Carmarthen Quins 23
RGC 23 v Llanelli 23

11 November 2016
Cross Keys 24 v 17 RGC 1404

12 November 2016
Bedwas 17 v 17 Aberavon
Bridgend 13 v 14 Llanelli
Cardiff 30 v 22 Bargoed
Ebbw Vale 40 v 20 Carm Quins
Merthyr 45 v 18 Neath
Pontypridd 29 v 13 Swansea

13 November 2016
Newport 21 v 16 Llandovery



RGC v LLANELLI
Pictures supplied by Tony Bale



Phil John joins RGC

Scarlets legend Phil John has joined RGC 1404 as player and set-piece coach.

The prop, who played 330 professional games for Llanelli and the Scarlets, will join up with former Scarlets team mate and coach Mark Jones, currently RGC 1404 head coach.

John coached the Scarlets set-piece for two seasons, has been Llanelli assistant coach for the past two seasons and has coached Scarlets age grade sides.

He will concentrate on the RGC first team but will also have a role to play in bringing on young North Wales forwards, and in addition to his set-piece work working with Jason Roberts, he will assist Latham Tawhai with RGC defence.

He said, "I've thoroughly enjoyed coaching senior and age grade teams at the Scarlets and coaching Llanelli in the Premiership and I'm really looking forward to the opportunity to coach with Mark Jones again.

"RGC have made great strides on and off the field recently

and having spent some time in North Wales recently, I can't wait to get involved. I'm excited at the prospect of coaching at a high standard, and I also feel I still have something to add to the side if I get the chance to pull my boots on.

Having helped out with an RGC U18s session recently, it's clear there is no shortage of talent in North Wales, and many of those players will be senior players in two years' time so that is certainly an area I will be keen to help develop."

RGC 1404 head coach Mark Jones said, "Phil brings a huge amount of experience as a player having performed at the top end of European rugby and as a coach he has delivered technical and tactical coaching to age grade and senior players, with particular emphasis on the set-piece and defence.

"He will be in a position as player-coach to pass that experience on to a young and hungry group of players here at RGC. We have a very tight knit squad and knowing Phil well, he is the perfect fit to dovetail into our environment. I'm looking forward to working with Phil again and feel he will add huge



Phil being welcomed to Eirias by Sion Jones

value to young North Wales players looking to improve."

North Wales Development Region General Manager Sion Jones added, "Phil is the important, final piece in the coaching jigsaw here. He has the expertise and knowledge to help RGC step up to the next level in their development and his personality fits well with the rest of the team. Not only has he experience of what it takes to reach the top of the European game as a player but he is a proven coach with players of all ages."

Kevin George, Scarlets academy manager and Llanelli RFC Head of Rugby said, "This opportunity for Phil to develop his coaching career under Mark Jones is exactly what he needs as he grows as a coach.

Phil has coached throughout the Scarlets coaching pyramid, firstly mentoring front row players then moving onto the age grade programme where he coached the U16s and U18s, and as Llanelli defence coach for the past two years. We wish Phil the all the best in his new post."

Two clubs, two continents, two championship winning medals in same year

Gaston Plaza, part of Pwllheli's championship winning side, starred at the weekend as Unversitario won the Northern Argentinian championship.

Left - The picture shows (top) Gaston playing for Pwllheli and (below) with his father and brother Agustin who is also part of the team, celebrating on Sunday evening.

What a fantastic achievement by Gaston Plaza in gaining two championship winning medals in two continents in the same year. Gaston played in the Pwllheli side that clinched the North Wales Division One title last season before returning back to Argentina to his home club, Unversitario Tucuman.

On Sunday, they defeated Huirapuca, by 55 to 37 to claim the Northern Argentinian Regional Championship.

Pwllheli's Ian Jones spent a couple of weeks in June with Unversitario Tucuman and their coach Pablo Perez.

The club Unversitario Tucuman is also the home club of Daniel Hourcade, the Argentinian coach, and they are likely to have two or three players in the squad for the Autumn internationals.

