

CARDIFF v BARGOED



Friday 10th November 2017

7.30pm KO. £2

In Support of



PRINCIPALITY
BUILDING SOCIETY
Premiership

GREAT MOVES START WITH US

Buying the right home takes a team.
Chat with our mortgage experts today.

Principality. Where home matters.

www.principality.co.uk/mortgages

YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP REPAYMENTS ON YOUR MORTGAGE.



ONLINE
principality.co.uk



@principalityBS
Principality Building Society



CALL US
0330 333 4000*



BRANCH
Pop in to see us

•To help us maintain our service and security standards, telephone calls may be monitored and recorded.
Principality Building Society is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and Prudential Regulation Authority, reference number 155998. Principality Building Society, Principality Buildings, Queen Street, Cardiff, CF10 1UA. principality.co.uk

WELCOME

Welcome to this evening's Principality Premiership match between Cardiff and Bargoed.

This evening's game follows hot on the heels of our last game at Merthyr. The Blue & Blacks were highly competitive in the first half and went into the break with a 10-7 lead. A second half onslaught from the Ironmen secured them the points but it was pleasing that the team dug in and gained a deserved losing bonus point with a James Greenfield try at the death. The disappointing aspect, other than the result, was the injuries. Dan Crimmins, Gareth Thompson and Jack Phillips all departing the game in the first half. Updates on those player's injuries will be on the website soon.

The previous week the Blue & Blacks had a deserved bonus point win against Newport. The fourth try came with three minutes of normal time left. From somewhere though there was another 13 minutes to go and although the game was won the result (37-22) would have been more reflective had the game finished before Newport's two late tries.

Our visitor's two games following the B&I break have finished with two defeats. Two weeks ago they were very unlucky not to beat Ebbw Vale having been competitive all the way through the game. A determined Cross Keys defence gave them the win over Bargoed last weekend in a 25-9 defeat.

Our two sides have already met this season. At the beginning of September the Blue & Blacks visited Bargoed Park and came away with a victory that was only secured in the last few minutes, Jack Roberts with the decisive try in a 21-17 win. Despite being at the bottom of the table that result will show exactly what tonight's visitors are capable of. They have already beaten Keys and Newport this season and have claimed several losing bonus points. They will be looking to take another scalp this evening.

With this being Remembrance Weekend we will be marking the fallen before the game with a moments silence, but before that it is a pleasure to welcome the players, coaching staff, committee and supporters of Bargoed here tonight.

Enjoy the rugby!

COMMITTEE

Chairman:

Chris Norman

Vice Chairman:

Simon Down

Treasurer:

Marc Wakeham

Secretary:

Jill Parker

Committee Members:

David Allen

Brian Bennett

Chris Collins

Clive Davies

Adrian Hadley

Ian Tabor

John Huw Williams

Billy Woods

Head Coach:

Steve Law

Backs Coach:

Llyr Lane

Forwards Coach:

Neil Edwards

Asst Coach:

James Dixon

Team Manager:

Iestyn Williams

Physiotherapy:

Dyfri Owen

PROGRAMME**Media:**

Ian Tabor

Design:

ZAP! Creative

Photography:

Viv Jones

Produced by:

HUSH

The views expressed in this program are not necessarily those of Cardiff RFC



TOGETHER we will ALL ACHIEVE www.cardiffRFC.com #BLUEANDBLACKS



LAST TIME OUT

Cardiff 37 Newport 22

Cardiff gained a bonus point win at the Arms Park as they ran in four tries against oldest rivals Newport.

The Blue & Blacks had several new faces in the line-up as they took to the field and they started as if they wanted to play from anywhere. In the opening ten minutes the visitors hardly had their hands on the ball, but Cardiff couldn't find the killer pass and it took until the thirteenth minute for them to get the scoreboard moving. Captain Gareth Thompson's pass to Rhys Carre sent the prop charging up-field, and when he was stopped a pop pass from Lewis Jones sent Dan Fish through a hole in the Newport defence. With only the fullback to beat there was only going to be one winner, Fish dotting down under the posts for Thompson to convert.



The Black and Ambers got themselves on the board when Hadyn Simonds landed a straight forward penalty but Thompson replied in kind two minutes later to preserve the one score lead. The Blue & Black pack was now starting to gain control especially in the loose. Dan Crimmins was rampaging up the field ably supported by Ben White, and when Newport had the ball Reuben Tucker and Miles Normandale stopped them dead in their tracks. But it was the front row who were responsible for Cardiff's next two scores. Kirby Myhill and Anton Peikrishvili combined to force a tackle penalty that Thompson slotted. Carre went on yet another run that was stopped illegally for Thompson land a kick that sent Cardiff in 16-3 ahead.

The Blue & Blacks would have been told at half time that they should have had much more reward for their efforts and when they came out in the second half they looked to put that right straight away. Carre was again at the forefront, going on another barnstorming run that was to earn him Man of the Match later. This time though he was pulled down a few metres short, but when the ball was recycled White was able to dive over from a few yards out. Thompson added the extras.

Newport weren't in the mood to give up though and got themselves straight back into the game. Prop Haydn Palmer crossing. But Cardiff were in determined mood and the third try arrive shortly after. This time the forwards did all the hard work but it was Dafydd Smith who claimed the score as a deft kick through by Will Rees-Hole bounced up nicely allowing the centre to trot over for a converted score.

The game then went into a period of stalemate as both sides made changes that ended with neither side having control. Cardiff were looking for the bonus point try but it took until three minutes before the end of normal time for them to find it.

A penalty was shunted into the corner and with the resulting maul moving towards touch Ian Jenkins took the ball infield to claim his first Cardiff score. Ben Thomas added the extras and it looked like game over. But from somewhere the referee found another ten minutes and in that time Newport managed to score twice. Harri Land and Ryan James the men to cross, but it made no difference to the final outcome and Cardiff travel to Merthyr next week following this confidence boosting win.

Merthyr 27 Cardiff 23

Cardiff gained a bonus point from a tough trip to the Champions on Saturday. On a bright day the Blue & Blacks started the game with an intent to play. Will Rees-Hole and Dan Fish showing a willingness to run at the opposition from nearly anywhere on the pitch. With the pack also joining in Cardiff were making good headway against the home side, the last pass though wasn't going to hand. An injury to Dan Crimmins disrupted the first half though, the No8 being carried off to be replaced by Luke Crocker.



The first points of the afternoon came courtesy of Gareth Thompson as he landed a penalty following an offside. And it got even better for the Blue & Blacks a few minutes later as Rhys Carre went charging up the field. When he was stopped the ball was whipped wide and Dan Fish stepped his way through to score. Thompson added the extras. He though also left the field with an injury shortly after to be replaced by Ben Thomas and Lewis Reece came on when Jack Phillips left the field with a serious hamstring injury. Merthyr struck back with a try of their own with the clock on forty minutes as Kristian Phillips exploited an overlap. Matthew Jarvis added the wide-out conversion.

The Ironmen came out with all guns blazing in the second half, but it was Cardiff that went further ahead as Thomas added two penalties. Wing Kyle Evans grabbed the first of a brace when he slipped through a gap in the midfield. Cardiff added to their own problems with some very loose kicking. This allowed the home side to gain a foothold in the Cardiff half and when they won a scrum penalty they opted for the touchline rather than the three points. The lineout drive was stopped by the Blue & Blacks but when the ball went wide Evans was able to squeeze over. Jarvis added the extras to both to put Merthyr ahead for the first time.

And he was on target with two penalties that seemed have secured the points and denied the Blue & Blacks anything. But Cardiff did not give up and deep into added time they won a penalty that was shunted into the corner. The driving line out was halted but the resulting pick and drives saw James Greenfield plough over for a losing bonus point. Thomas added the conversion as the referee blew for no side.





Hicks Titley Partnership M&E Consulting Engineers

Award winning designers of energy efficient mechanical & electrical services for new and refurbished buildings and the wider environment

Hicks Titley Partnership has practiced engineering consultancy services since 1999 within the Mechanical and Electrical services sector of the construction industry. Our design office is based at Cathedral Road in Cardiff.

We specialise in large multi-residential new build and refurbished facilities, such as student accommodation, extra care facilities and multi-apartment developments. We cover all areas of the construction industry from large commercial office developments to new build homes. We have a strong history of working within the healthcare sector, both for the National Health Service and the private sector, providing detailed design from new and refurbished hospital facilities to large care homes throughout the UK.

Our engineering design philosophy is based on a strong commitment to sustainability, using passive means by considering building form and how it conditions the environment within. Our design services consider end user comfort, using heat, light, and ventilation and aim to deliver simple and efficient buildings with low running costs.

We can provide Mechanical & Electrical Engineering Services design using MEP REVIT modeling software to ensure collaborative working with the design and construction team.

We are CIBSE accredited low carbon consultants and energy assessors, from domestic facilities, to complex non-domestic level 5 buildings requiring Dynamic Simulation Modelling using BRE accredited software, providing Energy Performance Certificates for all building types, and an ISO 9001 Quality Assurance accredited company.

Hicks Titley Partnership

Sophia House
28 Cathedral Road
Cardiff
CF11 9LJ

Landline: (029) 2010 9124

Website: www.hickstitleypartnership.com

e-mail: carolyn@hickstitleypartnership.com



adroit controls

Are proud to support
Cardiff Rugby Football Club

C'mon the **Blue & Blacks**

We supply, install and maintain Building Energy Management System, to help our customer monitor and control their energy usage and maintain comfort and productivity.

02920 522023

www.adroitcontrols.co.uk

info@adroitcontrols.co.uk

Cymraeg Glazing Ltd

For All Your Glazing Solutions!

GLAZING

- Mirrors
- Fire Glass
- Safety Glass
- Shop Fronts
- Double Glazed Units
- Stain Glass Specialists
- Emergency Call Out Service

WINDOWS/ DOORS/ CONSERVATORIES

- UPVC
- Aluminium
- Harp/ Soft Wood
- Bi - Fold Doors
- Orangery
- Repairs & Upgrades

Tel: 07989389321 | **Fax: 02920 702 869**

Email: robcmglaze@live.co.uk

2017/2018 Season **FIXTURES & RESULT**

Date	Day	Home	Away	KO	Comp	Result
12/08/2017	Saturday	Taunton	Cardiff	14:30	FR	W 42-19
19/08/2017	Saturday	Cardiff	Carmarthen Q	14:30	FR	W 12-5
27/08/2017	Sunday	Newport	Cardiff	14:30	PP	W 31-19
02/09/2017	Saturday	Cardiff	Merthyr	14:30	PP	W 24-17
09/09/2017	Saturday	Bargoed	Cardiff	14:30	PP	W 21-17
16/09/2017	Saturday	Cardiff	Cross Keys	13:00	PP	W 46-19
23/09/2017	Saturday	Cardiff	Ebbw Vale	14:30	PP	L 25-30
30/09/2017	Saturday	Bedwas	Cardiff	14:30	PP	L 8-18
07/10/2017	Saturday	Cardiff	Pontypridd	17:15	PP	L 28-46
27/10/2017	Friday	Cardiff	Newport	19:15	PP	W 37-22
04/11/2017	Saturday	Merthyr	Cardiff	14:30	PP	L 23-27
10/11/2017	Friday	Cardiff	Bargoed	19:30	PP	
17/11/2017	Friday	Cross Keys	Cardiff	19:30	PP	
25/11/2017	Saturday	Ebbw Vale	Cardiff	12:00	PP	
01/12/2017	Friday	Cardiff	Bedwas	19:15	PP	
23/12/2017	Saturday	Pontypridd	Cardiff	14:30	PP	
30/12/2017	Saturday	Newport	Cardiff	14:30	PP	
06/01/2018	Saturday	Neath	Cardiff	14:30	CC	
03/02/2018	Saturday	Bridgend	Cardiff	14:30	PP	
TBC	Saturday	Cardiff	Merthyr	TBC	PP	
17/02/2018	Saturday	Llandovery	Cardiff	14:30	PP	
24/02/2018	Saturday	Cardiff	Neath	14:30	PP	
10/03/2018	Saturday	Cardiff	Swansea	14:30	PP	
17/03/2018	Saturday	Carmarthen	Cardiff	14:30	PP	
TBC	Saturday	Cardiff	Aberavon	TBC	PP	
30/03/2018	Friday	Bargoed	Cardiff	14:30	PP	
02/04/2018	Monday	Cardiff	RGC1404	14:30	PP	
07/04/2018	Saturday	Bedwas	Cardiff	14:30	PP	
14/04/2018	Saturday	Cross Keys	Cardiff	14:30	PP	
21/04/2018	Saturday	Cardiff	Llanelli	14:30	PP	
05/05/2018	Saturday	Pontypridd	Cardiff	14:30	PP	
12/05/2018	Saturday	Cardiff	Ebbw Vale	14:30	PP	

Win 4 Points. Draw 2 Points.

Bonus Points 1 for 4 or more tries. 1 for losing by 7 or less

FR: Friendly **PP:** Principality Premiership **NC:** National Cup

Principality Premiership Table East 2017 /18

	Team	Pl	W	D	L	F	A	Pts
1	Pontypridd	9	7	0	2	296	180	35
2	Merthyr	9	6	0	3	283	245	31
3	Bedwas	9	6	0	3	276	166	31
4	Cardiff	9	5	0	4	243	215	25
5	Newport	9	4	0	5	200	264	19
6	Cross Keys	9	3	0	6	184	235	14
7	Ebbw Vale	9	3	0	6	153	255	14
8	Bargoed	9	2	0	7	162	237	13

Principality Premiership Table West 2017 /18

1	RGC1404	9	7	1	1	230	179	32
2	Llandovery	9	6	0	3	211	132	30
3	Carmarthen Quins	9	6	0	3	206	159	27
4	Aberavon	9	5	0	4	234	224	24
5	Llanelli	9	4	0	5	225	230	23
6	Bridgend Ravens	9	3	0	6	181	231	16
7	Swansea	9	2	1	6	157	207	14
8	Neath	9	2	0	7	181	263	11



AUTOBALANCE
TECHNOLOGY

Achieve up to a 20% reduction
in your heating bills per year by
choosing an Uponor system*

uponor



Save energy, money and time with Uponor

Underfloor heating controls



Underfloor heating systems



Minitec system



Solid screed system



Siccus system

To find out more about our range of products, please visit Uponor.co.uk
or contact your local Business Development Manager, Sam Taylor
E: sam.taylor@uponor.com, M: 07824590164

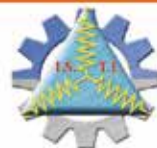
*Cost savings based on a standard unbalanced system

MATTERS OF FACT 2017/18

	Played	Start	Rep	Tries	Pts	Played	Start	Rep	Tries	Pts	Played	Start	Rep	Tries	Pts
Llywarch Ap Myrddin	8	7	1	1	5	1	1				9	8	1	1	5
James Beal	3	3				20	20		7	35	23	23	0	7	35
Jim Botham	1	1				2	1	1			3	2	1	0	0
Rhys Carre	9	9				11	5	6	2	11	20	14	6	2	11
Lloyd Chalke	0					12	12		3	15	12	12	0	3	15
Rhodri Cole	8	4	4	0	0						8	4	4	0	0
Dan Crimmins	2	2	0	0	0	35	29	6	8	40	37	31	6	8	40
Luke Crocker	10	8	2	1	5	18	12	6	1	5	28	20	8	2	10
Tom Daley	2	1	1	0	0	0	0	0	0	0	2	1	1	0	0
Seb Davies	0	0	0	0	0	9	9		1	5	9	9	0	1	5
James Down	2	2				100	84	16	2	10	102	86	16	2	10
Dan Fish	7	6	1	3	15	34	32	2	16	87	41	38	3	19	102
Cameron Gibbon	1		1			12	11	1	7	35	13	11	2	7	35
James Greenfield	1		4	1	5						1		4	1	5
Harry Griffiths	0					6	4	2	1	5	6	4	2	1	5
Mike Hale	3		3			34	19	15	2	11	37	19	18	2	11
Ian Jenkins	6	4	2	1	5						6	4	2	1	5
Adam Jones	0	0	0	0	0						0	0	0	0	0
Lewis Jones	6	4	2	2	10	7	5	2	1	5	13	9	4	3	15
Gwion Jones	1	1									1	1	0	0	0
Owen Lane	6	6		3	15	9	8	1			15	14	1	3	15
Ethan Lewis	1		1			63	34	29	3	15	64	34	30	3	15
Dillon Lewis	2	2	0			6	0	0	0	0	8	2	0	0	0
James Lewis	1	1	0			0	0	0	0	0	1	1	0	0	0
Pat Lewis	8	8		4	20						8	8	0	4	20
Rob Lewis	3	1	2			52	29	23	2	12	55	30	25	2	12
Peter Lloyd	3	1	2			0	0	0	0	0	3	1	2	0	0
Tom Mably	5	1	4								5	1	4	0	0
Joe Miles	1		1			1		1			2	0	2	0	0
Lewys Montague	0					15	9	6		5	15	9	6	0	5
James Murphy	4	2	2			108	89	19	6	33	112	91	21	6	33
Gavin Nash	0					24	12	12			24	12	12	0	0
Miles Normandale	4	4				44	37	7	1	5	48	41	7	1	5
Jack Phillips	2	1	1			44	36	8	8	42	46	37	9	8	42
Lewis Reece	2	0	2			2	1	1	0	0	4	1	3	0	0
Aled Rees	0					35	12	23			35	12	23	0	0
Jack Roberts	2	2	0	1	5	0	0	0	0	0	2	2	0	1	5
Will Rees-Hole	9	9		6	30	49	47	2	19	99	58	56	2	25	129
James Sheekey	3	3		1	5	31	24	7	2	10	34	27	7	3	15
Dafydd Smith	3	2	1	1	5	1	0	1	0	0	4	2	2	1	5
Kris Smith	4	1	3			0	0	0	0	0	4	1	3	0	0
Olly Smyth	0					30	25	5	10	53	30	25	5	10	53
Ryan Spriggs	4		4			3	2	1	0	0	7	2	5	0	0
Corrie Tarrant	1		1			0	0	0	0	0	2	0	2	0	0
Ben Thomas	8	2	6		32	3	0	0	0	9	11	2	6	0	41
Gareth Thompson	10	8	2	1	71	24	19	5	10	215	34	27	7	11	286
Joe Tomlinson	7	7				65	37	28	9	47	72	44	28	9	47
Corey Tucker	5	4	1	1	5	0	0	0	0	0	5	4	1	1	5
Reuben Tucker	8	6	2			42	25	17	8	40	50	31	19	8	40
Jordan Viggers	0					38	20	18	3	16	38	20	18	3	16
Ben White	10	10		2	10	5	5	0	0	0	15	15	0	2	10
Tom Wilson	7	4	3			0	0	0	0	0	7	4	3	0	0
Ceri Young	8	5	3			61	55	6	16	85	69	60	9	16	85
Fraser Young	4	1	3			0	0	0	0	0	4	1	3	0	0



ISTL



**ISTL, Wales' Premier Mechanical & Electrical
Design & Build and Installation Apartment Specialists.**



Prospect Place, Cardiff Bay

**PROUDLY
SUPPORTING CARDIFF RFC**

ISTL Engineering Limited,
1a, Dale Avenue,
Birchgrove,
Cardiff,
CF14 4QQ.

Phone: 02920 520 073
Fax: 02920 520 074
Email: admin@istlengineering.co.uk
Website: www.istlengineering.co.uk

TODAY'S TEAMS



CARDIFF:

15 Llywarch Ap Myrddin
14 Pat Lewis
13 Will Rees-Hole
12 Adam Jones
11 Ceri Young
10 Luke Fish
9 Rhodri Cole
1 James Greenfield
2 Ian Jenkins
3 Peter Lloyd
4 Miles Normandale
5 James Murphy
6 Tom Daley
7 Luke Crocker
8 Reuben Tucker

Replacements

16 Fraser Young
17 Corrie Tarrant
18 Curtis Hicks
19 Kris Smith
20 Chris Williams
21 Geraint Walsh
22 James Dixon
23 Bleddyn Williams



BARGOED From:

Louis Blacker
Lewis Bowden
Kieron Brown
Geraint Clarke
Adam Cuope
David Evans
Alex Gardiner-Key
James Hallett
Darren Humphries
Lewis Johnson
Calum Jones
Ieuan Jones
James Locke
Andrew Meades
Julian Mogg
Rhys Morgan
Ashley Norton
James Pizey
Luke Smalley
Iain Smerdon
Matthew Thomas
Lewis Weyman
Jack Williams

Referee: Gwyn Morris

Assistant Referees: Richard Brace & Jonathan Walters

Match Ball Sponsor: PassMarc

Next home game: Friday 1st December - Bedwas 19:15 KO



TOGETHER we will ALL ACHIEVE

www.cardiffRFC.com

#BLUEANDBLACKS



LET'S RETHINK THE RULES..

esybox

Learn more at:
www.esybox.co.uk



www.dabpumps.com



DAB PUMPS LIMITED
UNIT 4 & 5,
STORTFORD HALL IND PARK,
BISHOP'S STORTFORD,
HERTFORDSHIRE
CM235GZ - UK



Tel: +44 (0) 1279 652776
Email: salesuk@dwtgroup.com

DAB[®]
WATER • TECHNOLOGY

LEST WE FORGET

As we approach Remembrance weekend we take a look at the fallen from our Club. The twentieth century saw two major conflicts in which many gave their lives for our freedom. Amongst the hundreds of thousands that served with the British forces in World War 1 and World War 2 there were over 1.5 million that died. Many of these had, in peacetime, been major figures in the world of sport – including a number that played for Cardiff RFC.

It is known that the following played for the Blue & Blacks – there may be others. Apologies for any omissions.

Geoffrey Nepean Biggs (1885-1916) died at sea aboard HM submarine E30.
Played 1 game for Cardiff.

W S Goff (1888-1918) killed on the Somme.
Played 34 games for Cardiff.

Frederick William Ovenden (1880-1917) Killed at Villers au Bois, France.
Played 1 game for Cardiff.

John Lawson Richards (1918-1944) Killed in the Netherlands.
Played 2 games for Cardiff.

Richard Thomas (1883-1916) Killed at Mametz Wood
Played 1 game for Cardiff.

Maurice Joseph Lawson Turnbull (1906-1944) Killed by a sniper at Montchamp, France.
Played 62 games for Cardiff.

David (Dai) Westacott (1882-1917) Killed in Wieltje, Belgium.
Played 120 games for Cardiff.

John Lewis (Johnnie) Williams (1882-1916) Killed at Mametz Wood.
Played 199 games for Cardiff.

Mention should also be made of Frank Wilberforce Gaccon (1889-1940) who played 105 times for Cardiff between 1908 and 1920. During the first world war Gaccon had worked at Bute Docks as an engine fitter on hospital ships. He died in 1940 when, whilst working as a fireman in Cardiff, he was killed by a German bomb.

We will remember them.

Learn to Drive NOW!

- **Introductory lesson. 2 Hours for £20**
 - **Block Bookings**
 - **Student Discounts**
 - **Intensive Courses**
 - **Free Theory Included**
 - **Home, School, College or
Work Pick up**
-

Pass Marc Driving Tuition
07748604968

SCHOOLS RUGBY

**Cardiff Schools Under 11 v
Pembrokeshire Schools Under 11s**
Cardiff Arms Park | Kick Off 5pm



CARDIFF

15. Ewan Skuse
14. Abraham Mohammed
13. Immanuel Feyi-waboso
12. Josh Atkinson (c)
11. Caylem Price
10. Morgan Bowen
9. Tom Bridge
1. Cai Killen
2. Ioan McDougal
3. Kieron Garland
4. Tirion Bowen
5. Elliot Fowler
6. Harri Griffiths
7. Casey Williams
8. Morgan Jones

16. Charlie Andrews
17. Lloyd Dovey
18. Ethan Whitwell
19. Gwilym Evans
20. Jacob Rudall
21. David Nzamba
22. Gruff Tough
23. Rhodri Thomas
24. Mefin Hopkin
25. Iwan P Jones
26. Josh Nott

Coaches: Iestyn Williams,
Mike Connor, Kris Parker, Liam Free

PEMBROKESHIRE

- Kyran Owens
Osian Phillips
Eljay Taylor
Josh Done
Thomas Elliott
Meirion John
Joe Emberson-Marl
Griff Williams
Max Jones
Osian Hill (c)
Jamie Topp
Harvey Oakley
Harvey Lavin
Dylan Phillips
Gethin Greenhalgh
Thomas Zoogah
Caleb Salmon
Nathan Thomas
Evan Sheldon
Taren Richards
George Rossiter
Charlie Sangster
Iwan Thomas
David Varney
Owain Evans
Fred Dorn
Zak Millar
Steffan Wilson

Coaches: Gethin Vobe,
Chris Shousha, Lee Griffiths

CARDIFF RFC 2017/2018 SQUAD

LLYWARCH
AP MYRDDIN



POSITION Full Back
WEIGHT 85kg
HEIGHT 178cm
DOB 27/03/1991
SPONSOR Emyr's Angels

JAMES BEAL



POSITION Wing
WEIGHT
HEIGHT
DOB
SPONSOR Clark Dental

JIM BOTHAM



POSITION Back Row
WEIGHT
HEIGHT
DOB 22/02/1998
SPONSOR

RHYS CARRE



POSITION Prop
WEIGHT 130kg
HEIGHT 191cm
DOB 08/02/1998
SPONSOR

LLOYD CHALKE



POSITION Centre
WEIGHT 99kg
HEIGHT 191cm
DOB 11/09/1993
SPONSOR

RHODRI COLE



POSITION Scrum half
WEIGHT 76kg
HEIGHT 175cm
DOB 31/07/1993
SPONSOR Blue & Black Girls

DAN CRIMMINS



POSITION Back Row
WEIGHT 120kg
HEIGHT 191cm
DOB 29/07/1992
SPONSOR Brian Bennet

LUKE CROCKER



POSITION Back Row
WEIGHT 107kg
HEIGHT 191cm
DOB 09/10/89
SPONSOR Little & Large

SEB DAVIES



POSITION Second Row
WEIGHT 116kg
HEIGHT 198cm
DOB 17/06/96
SPONSOR

THOMAS DALEY



POSITION Back Row
WEIGHT
HEIGHT
DOB
SPONSOR

CAMERON GIBBON



POSITION Wing
WEIGHT
HEIGHT
DOB
SPONSOR

JAMES GREENFIELD



POSITION Prop
WEIGHT 107kg
HEIGHT 181cm
DOB 07/11/1985
SPONSOR

HARRY GRIFFITHS



POSITION Centre
WEIGHT
HEIGHT
DOB
SPONSOR David Allen

MIKE HALE



POSITION Scrum Half
WEIGHT 85kg
HEIGHT 183cm
DOB 14/12/1995
SPONSOR Billy Woods

ADAM JONES



POSITION Centre
WEIGHT 101kg
HEIGHT
DOB
SPONSOR

IAN JENKINS



POSITION Hooker
WEIGHT 133kg
HEIGHT 183cm
DOB 20/01/1985
SPONSOR



OWEN LANE



POSITION Centre
WEIGHT 97kg
HEIGHT 185cm
DOB 20/12/1997
SPONSOR

ETHAN LEWIS



POSITION Hooker
WEIGHT 105kg
HEIGHT 180cm
DOB 29/03/1994
SPONSOR

PAT LEWIS



POSITION Wing
WEIGHT 85kg
HEIGHT 185cm
DOB 25/11/1997
SPONSOR Sean Gardner

ROB LEWIS



POSITION Prop
WEIGHT 115kg
HEIGHT 178cm
DOB 28/07/1996
SPONSOR Chris Collins

PETER LLOYD



POSITION Prop
WEIGHT
HEIGHT
DOB
SPONSOR

TOM MABLY



POSITION Prop
WEIGHT 116kg
HEIGHT 183cm
DOB 05/12/1997
SPONSOR

JOE MILES



POSITION Second Row
WEIGHT
HEIGHT
DOB 17/09/1998
SPONSOR

LEWYS MONTAGUE



POSITION Fullback
WEIGHT 90kg
HEIGHT 188cm
DOB 17/01/1994
SPONSOR Little & Large

JAMES MURPHY



POSITION Second Row
WEIGHT 118
HEIGHT 196
DOB 18/09/86
SPONSOR Clive Davies

GAVIN NASH



POSITION Prop
WEIGHT 110kg
HEIGHT 177cm
DOB 05/12/93
SPONSOR PassMarc
Driving Tuition

MILES NORMANDALE



POSITION Second Row
WEIGHT 110kg
HEIGHT 201cm
DOB 21/09/1991
SPONSOR

JACK PHILLIPS



POSITION Centre
WEIGHT 92kg
HEIGHT 183cm
DOB 23/01/1994
SPONSOR CF10

ALED REES



POSITION Prop
WEIGHT 105kg
HEIGHT 177cm
DOB 18/03/93
SPONSOR Chris Norman

CODEY REES



POSITION Full Back
WEIGHT 88kg
HEIGHT 183cm
DOB 11/02/1988
SPONSOR Blue & Black
Girls

WILL REES-HOLE



POSITION Centre
WEIGHT 92kg
HEIGHT 183cm
DOB 24/04/90
SPONSOR Cardiff RFC
Sunshine Club

LEWIS REECE



POSITION Centre
WEIGHT 105kg
HEIGHT 190cm
DOB 17/06/1991
SPONSOR Little & Large



OLLY SMYTH



POSITION Wing
WEIGHT 90kg
HEIGHT 188cm
DOB 19/10/1994
SPONSOR St Davids Hospice

RYAN SPRIGGS



POSITION Hooker
WEIGHT 102kg
HEIGHT 178cm
DOB 12/09/1994
SPONSOR CRSC

CORRIE TARRANT



POSITION Hooker
WEIGHT 102kg
HEIGHT 180cm
DOB 20/03/98
SPONSOR

BEN THOMAS



POSITION Outside Half
WEIGHT 80kg
HEIGHT 173cm
DOB 25/11/98
SPONSOR Sean Gardner

GARETH THOMPSON



POSITION Fly Half
WEIGHT 80kg
HEIGHT 173cm
DOB 03/06/94
SPONSOR CRFC Sunshine Club

JOE TOMLINSON



POSITION Hooker
WEIGHT 104kg
HEIGHT 186cm
DOB 01/08/92
SPONSOR Cardiff Rugby Supporters Club

COREY TUCKER



POSITION Second Row
WEIGHT 100kg
HEIGHT 198cm
DOB 05/04/1994
SPONSOR Rhiannon Pring

REUBEN TUCKER



POSITION Back Row
WEIGHT 105kg
HEIGHT 183cm
DOB 12/10/1992
SPONSOR Simon Down

JORDAN VIGGERS



POSITION Back Row
WEIGHT 188kg
HEIGHT 188cm
DOB 16/02/96
SPONSOR Jill Parker

BEN WHITE



POSITION Back Row
WEIGHT 106kg
HEIGHT 188cm
DOB 23/11/1983
SPONSOR South Terrace 5

TOM WILSON



POSITION Back Row
WEIGHT 100kg
HEIGHT 188cm
DOB 04/11/1994
SPONSOR

CERI YOUNG



POSITION Back Three
WEIGHT 75kg
HEIGHT 183cm
DOB 04/07/88
SPONSOR Ellie Tabor

FRASER YOUNG



POSITION Prop
WEIGHT 115kg
HEIGHT 188cm
DOB 25/08/1995
SPONSOR John Huw Williams

DAFYDD SMITH



POSITION Centre
WEIGHT
HEIGHT
DOB 23/05/1999
SPONSOR

KRIS SMITH



POSITION Second Row
WEIGHT 127kg
HEIGHT 201cm
DOB 25/12/1990
SPONSOR



Proud to sponsor

**Cardiff
RFC**



Slater and Gordon (UK) LLP is authorised and regulated by the Solicitors Regulation Authority.

**+ Slater
Gordon**
Lawyers

Slater and Gordon
provide people with easier
access to world class
consumer legal services.

0292 192 1818
slatergordon.co.uk

Family | Employment | Estate Planning, Wills and Probate
Crime | Dispute Resolution | Property | Personal Injury



**FLUE DESIGN
DILUTION SYSTEMS
CAD DRAWING
CHP SYSTEMS
SPECIFICATION WORK
COMMERCIAL INSTALLATIONS**

**CHIMNEY CENTRES ENG LTD
UNIT 1 BIRCHILLS TRADING ESTATE
EMERY ROAD
BRISTOL
BS4 5PF
TEL - 01179 713446
EMAIL: SALES@CHIMNEYCENTRES.COM**

HEAD TO HEAD

PREMIER LEAGUE HEAD TO HEAD VS BARGOED

Head To Head	Cardiff	Bargoed
Previous League Games (3)	Won 3	Won 0
Biggest Win (League)	35-26 2017	
Biggest Winning League Margin (All Teams)	116-0 (Dunvant 2000)	
Top League Points Scorer (All Teams)	Adrian Davies 846 points	
Top Try Scorer (Bargoed games)	Nick Gill	
Top League Try Scorer (All Teams)	Steve Ford 76 tries	
Most Points in a single game (Bargoed games)	Diggy Bird 17 Points	
Most League Points in a single game (All Teams)	Neil Jenkins, Paul Burke 31 points	
Most Appearances (Bargoed games)	Will Rees-Hole 3	
Most League Appearances (All Teams)	Owen Ruttley 142	

CARDIFF V BARGOED

Ground	P	W	L	D	F	A
At Cardiff Arms Park	3	3	0	0	126	47
At Bargoed Park	5	5	0	0	193	65

LAST 5 MEETINGS

Date	Home			Away
09/09/2017	Bargoed	17	21	Cardiff
06/05/2017	Bargoed	26	35	Cardiff
12/11/2016	Cardiff	30	22	Bargoed
31/08/2013	Cardiff	41	8	Bargoed
07/08/2010	Bargoed	7	77	Cardiff

ALL GAMES V BARGOED

P	W	D	L	F	A
8	8	0	0	319	112



Suppliers to Professional Electricians

Need an Electrician?

You are an Electrician?

Call us on 029 2048 5642



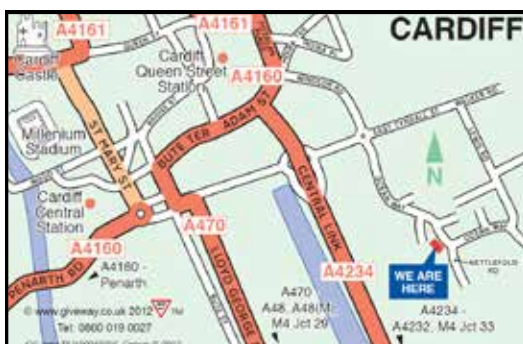
Not getting the right attention from your Supplier - "Give us a Try"

FOR ALL YOUR ELECTRICAL PRODUCT NEEDS!

- **FM Maintenance Specialists**
- **Stocking Market leading Products**
- **Cable & Wiring Accessories**
- **Circuit Protection & Industrial Control**
- **Commercial Lighting & Design**
- **Emergency Lighting, Fire & Security**
- **Ventilation & Heating**
- **Cable Management**
- **Data Networking**
- **Site Equipment**
- **Our Aim To provide Stock NOW not tomorrow**



Proud to be a Main Sponsor for Cardiff RFC



ELECTRIC CENTER CARDIFF

Electric Center, Unit 1, Quay Point

Off Ocean Way Cardiff, CF24 5HF

Tel: 029 2048 5642

Fax: 029 2049 4053

Email: Cardiff.785@electric-center.co.uk

Open to Account & Non-Account Customers

Open Monday to Friday

7.30am to 5.30pm

Saturday

8am to 12pm

www.electric-center.co.uk

