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RMS



AUGUST 2000

he first issue of Arms Park News was well-received as a valuable addition in our communication to members and now it is time for number two. It reaches you at a time when we all justifiably are still in the warm afterglow of the feel-good factor of being league champions and, hopefully, on the brink of another season with even greater trophies beckoning.

As Chairman, it is a great pleasure to publicly congratulate Lynn Howells and the team on their achievements last year. Lest anyone forgets, they recovered from a heavy defeat in Llanelli at the end of September to run up 17 straight league victories to secure the championship with three matches to play. That was no mean feat and we are indebted to the squad that changed so much between the beginning of the campaign and the end. They did us all proud.

Of course, there were disappointments along the way - but we must learn from them. Ultimate success in the Heineken Cup will always be something that Cardiff aspires to. Though it may not have seemed the case at the time, our second defeat at Stradey Park in April - undeniably a bad day for us - taught us lessons that we will build on. Our club history is rich with the memories of great days against all the major touring teams and a period in the 1980s when we were rightly known as the 'Cup Kings'. In those days the Welsh Cup was the Holy Grail; now it lies in Europe and we will chase it hard.

No review of last season should overlook the wonderful recovery for the final run-in during April with excellent rugby against the Scottish super-districts and the defeats of fellow title-chasers Ebbw Vale and, in a lovely game of free-flowing rugby, Uanelli, It was a bruised and battered team that finished the final game against Swansea and none of us could doubt the supreme effort they had made on behalf of the club.

But now it is time to look forward. As always we are a club with high ambitions. The nucleus of last season's squad is still with us and we have also recruited wisely. New blood brings new ideas but also a challenge to our coaching staff to blend them in quickly and successfully. Lynn and his coaching staff will, I'm sure, be equal to that challenge and there are many great days ahead.

As a club we are also blessed with great supporters and again I thank you all for maintaining your high standard of sportsmanship and commitment over the years. You are a credit to the club and I know that for you, like me, the dawn of every season brings hope and excitement as we anticipate a new Cardiff team taking the field in search of further glory. This year will be better than many in recent times, with regular home fixtures, the unveiling of our Under-21 squad, and top-quality Heineken Cup ties throughout October and again in January.



Like you, I can hardly wait. PETER THOMAS Chairman Cardiff Rugby Football Club Ltd

CONTENTS

A SEASON TO SAVOUR	4
"HE'S NOT A SPRINGBOK"	6
NEW BOY ON THE BLOCK	8.
STEPPING UP FROM THE LEAGUE	9
CARDIFF'S THE CLUB FOR ME	10
JACK MATTHEWS AT EIGHTY	13
FOR THE RECORD	14
CHAMPIONS AND PROUD OF IT	16
THE FLYING DIRECTOR	21
WEBSITE	23
BRUISER'S CORNER	24
CAPITAL RUGBY	25
CARDIFF IN EUROPE	26
INVESTING IN THE FUTURE	27
YOUTH CHAMPIONS	28
A SUMMER OF RUGBY	29
SPONSORS DIRECTORY	40

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Though it only seems like yesterday that the team was hauling its exhausted bodies off the Arms Park pitch after the final match of the season against Swansea, the summer has been and nearly gone already - and suddenly a new season beckons.

But we will be ready for it

The squad has been training since the first week of July and is about to set off for a high intensity pre-season camp in Bisham Abbey. This is just the sort of essential preparation that, to be honest, we didn't have last year for a number of

"Our board of directors
have shown both vision
and commitment in
making £170,000
available...to establish
the Under-21 side"

reasons. So all of us involved in the managing and playing side of the squad have been able to quickly recharge our batteries and we have already seen a tremendous enthusiasm and determination to do well amongst all concerned.

The \$64,000 question in the minds of all our supporters will understandably be what targets will we be channelling all this preparation, enthusiasm and determination into.

As coach I will be making it clear to the team that the absolute bottom line is that we must again do well enough in the Welsh/Scottish League so that we automatically qualify for the top European competition in the season after next. We must create a success rate year-on-year and indeed a culture at the club where games in Europe are the staple diet for the players and the fans. All of them deserve - and expect - nothing less.

But it won't be easy to achieve this. The Welsh/Scottish League will be even stronger next season. We only have to look at the recruitment done by the super clubs in Glasgow and Edinburgh to see that they will pose a real threat. When the Caledonians came here in April their player/coach Andy Nicol pointed out that they would not be moving their home fixtures around various Scottish venues but setting up a 'fortress' mentality at their traditional rugby ground in Hughenden,

I also think that the Arms Park crowd saw enough of both the Caledonians and Reivers playing well in patches to realise that they can't be taken for granted. Add to them a revitalised Newport, the West Wales giants Swansea and Llanelli both with major new signings, and the great sense of purpose that is second nature to Pontypridd, Neath and Ebbw Vale, not to mention all the hard work done by Dennis John at Bridgend, and suddenly we have a very competitive domestic league.

We are all proud of out title-winning deeds last season but we must be ready for an even greater level of performance next year. We have proved ourselves to be great 'stayers',

winning 17 league games on the trot and we must try to do that again. But more than that we must learn how to perform and win the big 'one-off' games. There is no denying our sense of pain and disappointment suffered in our defeats at Llanelli in the Heineken Cup and Newport in the Welsh equivalent a few months ago. It is a priority that we do justice to our ability in future matches of that nature.

And that, inevitably, brings us to our next European campaign. The Heineken Cup is undoubtedly a highlight of the rugby calendar. It's getting bigger and bigger and better and better. Let me say straight away that we did well to get to the quarter-finals in 1999-2000 and we aim to go at least one step further next time. That won't be easy, either. The pool games, even the home ones, can never be taken for granted. Our performance in the first half-hour against Harlequins last November opened everyone's eyes as to what Cardiff is capable of - but consistent success requires consistent performance. So we must aim to be an 80-minute team - only then will we begin to satisfy our European ambitions.

Elsewhere in the playing side of the club there will be other important developments taking place. My fellow coach Geraint John has been involved in a tremendous amount of groundwork to establish the Under-21 side and, at last, it looks as if it is going to see the light of day. Our board of directors have shown both vision and commitment in making £170,000 available and with Mike Rayer having a

ASEASON TO SAVOUR

Head Coach
Lynn Howells
looks forward
to the new
season and
outlines the
targets that he
is setting
himself and
the first team

role as coach with the Under-21s as well as continuing to be a vital part of the first team we will soon have that vital element of continuity through the ages.

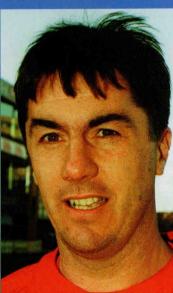
Cardiff Youth performed wonders last season and now many of their players can move on to the Under-21s and, hopefully, one day the senior side.

So we all have a great sense of anticipation for the new season. Last year we were all on a steep learning curve. As a newcomer to the club I was a lucky man to have so many well-wishers amongst the club members and so much support from my immediate colleagues. My admiration for the qualities of Robert Norster, Geraint John and Huw Wiltshire is well-known but I must also say a big thank-you to the physios, Jane James and Hywel Griffiths, to Alun Carter who is so important in our match preparation, and to Vicky Holley, who does so much to smooth over our day-to-day office work and to keep me organised - she deserves a medal for that alone!

We are all together again to build on last year's achievements and we have a squad with an exciting blend of old and new faces and they will be on a pitch that allows them to play expansive rugby. And best of all we will not have to wait the best part of three months for our first home game.

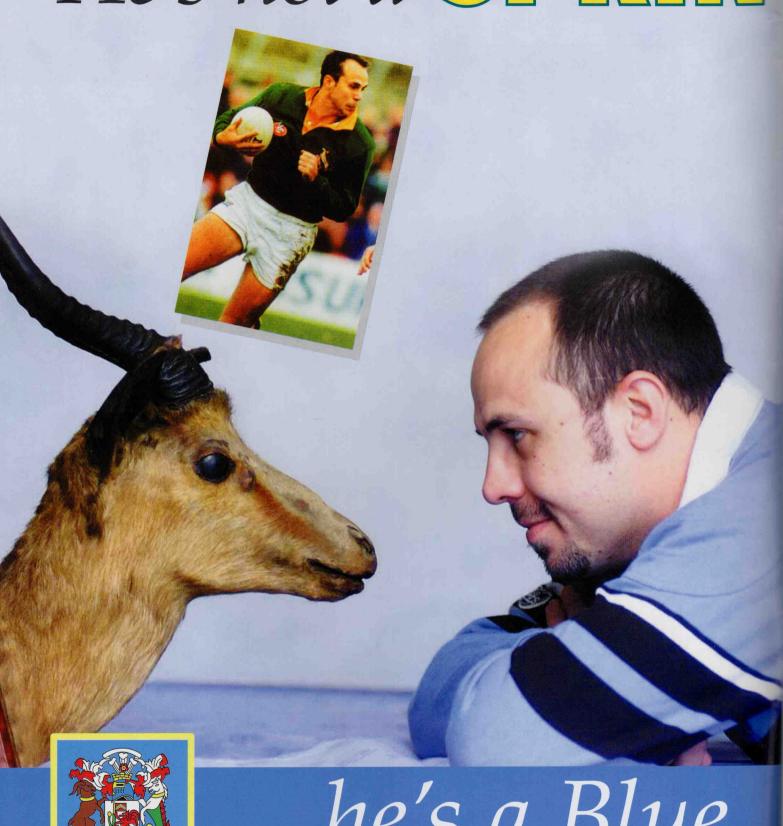
Let's make sure we all go out there and enjoy it!





Two invaluable members of the club's back room staff, Jane James, one of the physios, and Geraint John, Lynn's assistant coach.

"He's not a SPRIN



...he's a Blue and Black"

GBO Kooo

ew centre signing Pieter Muller has wasted no time in throwing himself heart and soul into Cardiff Rugby Club. No sooner had he touched base and met some of his new team mates than Pieter was declaring that he was here to give everything to the next two years of club rugby.

"I am very proud of my achievements during the last eight years with South Africa," he told the press conference that was held within hours of his arriving, "but that chapter in my career is now closed. I am an ex-Springbok and a current Blue and Black!"

Pieter impressed everyone on his first day, pointing out that he was here to do his very best and he was also here to learn. He said he was the finale in Dublin.

He was forced to miss the 1995 World Cup triumph through serious injury but was a thorn in Wales' side again in 1998 when he shared in the infamous 96 points to 13 massacre in Pretoria.

"Don't believe what you hear about Pieter being a crash ball centre," says Lynn Howells, who was part of the Wales' coaching staff. "He moved the ball pretty quickly that day!"

Since then there has been some consolation for Wales because he was also in the South African team that lost to Wales for the first time at the Millennium Stadium last June, though Pieter does know success there having been part of the World Cup team that beat the All Blacks for third place.

Lynn went on to make the excellent point that Pieter brings experience to the club's midfield play. "He began his test career as an outside centre but his reputation in recent years is based firmly on his prowess in the inside centre position and he will bring a new dimension to our midfield play which is bound to rub off on some

of our younger players."

Pieter is expected to settle in quickly in his new surroundings. He has seen

a bit of the rugby world in his time, with spells in Ireland, France and Australia, where he played rugby league for Penrith Panthers.

But now he is a Blue and Black and we can expect fireworks and an extra cutting edge in the new season." I have always felt at home in Wales. It's a rugby country and Cardiff's a rugby city. The people are great and they love their rugby. For me, it's a fresh challenge and one that I am looking forward to."

Below:

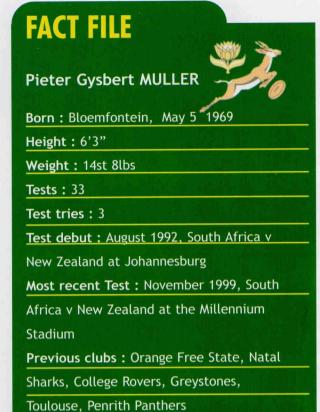
Pieter Muller receives a warm welcome to the club from (left to right) Robert Norster, David Jenkins, Gareth Edwards and Lynn Howells

I am an
ex-Springbok
and a current
Blue and Black!"

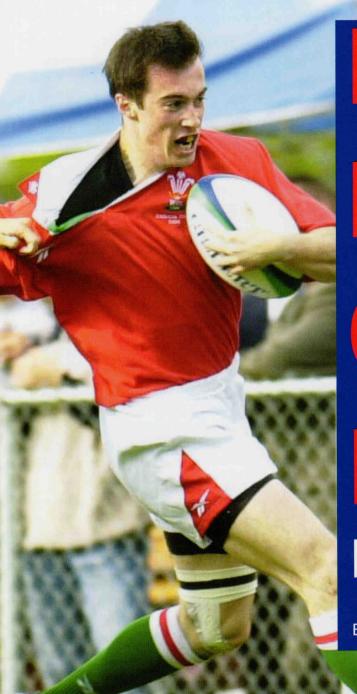
well aware of the attractions and ambitions of Cardiff long before he teamed up with Neil Jenkins and Rob Howley for the Barbarians this spring for their prestigious threematch tour that took in big games at Lansdowne Road, Murrayfield and Twickenham.

"Neil and Rob are great ambassadors for the club and I quickly came to the conclusion that if I was going to play club rugby in the northern hemisphere then it had to be here at the Arms Park," he said

Pieter has played here several times before. Having won his first test cap when South Africa returned to the fold in 1992, he toured the U.K. with the Springboks two years later and played against Cardiff and Wales at the old National Ground and, at the end of the tour, came up against our own Mike Hall again when the Springboks lost to the Barbarians in







3(0) 7 ON THE BLOCK PAUL JONES

By Simon Roberts of Westgate Sports Agency

ull-back Paul Jones is sitting comfortably on cloud nine after a successful tour of Canada with the Wales Development Squad and signing for his home town club Cardiff for the new season.

The 22-year-old was one or the finds of the five-match excursion across North America earning rave reviews for his impressive performances for the young Wales side. He displayed a maturity beyond his years and proved to Graham Henry that there is certainly no substitute for genuine pace - something he has in abundance.

Jones signed a one-year-deal to join the Blue and Blacks before he

flew out forthe Wales jaunt across North America after a spell in the First Division with UWIC. He was the only player in the 30-strong Wales tour party who did not play in either the Welsh/Scottish League or Allied Dunbar premiership last season, although that was scarcely obvious.

On the contrary

Next season, he will be re-united with fellow Wales tourists of Canada - centre Jamie Robinson and scrum half Ryan Powell - at the Arms Park

In defence he showed incredible composure but it was his counter-attacking and ability to split defences that really caught the eye on the trip and impressed Henry, the Wales coach. Sounds familiar?

Well, Cardiff's other rookie full back Rhys Williams, who was ruled out of the tour with a shoulder injury, had better beware "the lones boy's in town"

So impressed were the Wales tour management, and with Llanelli's Matt Cardey ruled out with a leg injury, that Jones played in all five games on the tour. So for the Arms Park faithful next season it promises to be an exciting campaign just watching Jones and Williams in full flight.

"I am a Cardiff boy and it is a dream come true to have signed for the club and I still can't believe t'' said lones "It hasn't really sunk

in yet but I can't wait and I am looking forward to the challenge." "Everything has happened so quickly for me and my feet haven't really touched the ground since been selected for the tour.

"It was an ambition to get on it but I didn't think it would happen and I am really enjoying the experience." he said.

"Two months ago I was playing for UWIC and now I am on a Wales tour and playing full-time rugby with Cardiff next season. It is amazing I learnt a lot from the players, the coaches and the management team on the trip.

"I know I have some work to do when I get home on improving my game but I can't think of a better place to do it than with all the great players at the club. Just training with them and listening to them will be a great rugby education for me and I can't wait.

For Jones the ambition has to one day be one of the Blue and Blacks legends and with the way things are going for him - you wouldn't bet against it.

He displayed a maturity
beyond his years and
proved to Graham
Henry that there is
certainly no substitute
for genuine pace

Heineken

he last time Cardiff won a league championship, way back in 1995, it proved to be the catalyst for a fantastic season in the European Cup in 1996 when we lost in extra time to Toulouse at the Arms Park. It was a terrible disappointment as I think all the players realised how close we had come to achieving the ultimate goal in European Club Rugby, and as subsequent years

half time in that game, after a breathless forty minutes when Thomas Castaignede and Philippe Carbonneau had given us the run around.

I expected the usual Ringo chat, a new tactical approach or move, that he had just made up to deal with the French, when he promptly announced that he was off to West Hartlepool!

The key to our successful years through 1994-1997 was the fantastic team sprit the team had, and the number of natural born leaders who were also keen competitors. Players like Mike Rayer, Mark Ring, Adrian Davies and Andy Moore behind the scrum made sure we had plenty of players looking to dominate a game and Alec Evans found the formula to make us all play together as a team.

Jonathan Upfront, Humphreys, Mike Griffiths, Derwyn Jones, Owain Williams, Mike Budd and Hemi Taylor made sure we had forwards who could think as well as fight if necessary!

Can the Cardiff squad of 2000 emulate the 1996 team, or indeed go one better? I

believe there are encouraging signs they can. Firstly I have been intrigued by the comments I have read quoting both Mike Rayer and Owain Williams comparing the team spirit and ambition of today's team with that of their 1996 predecessors. Both feel this team has the ability to win the European Cup, and they should know!

David Young will know that now is the time for his team, understanding

needed time to settle in

new players last year, and they had the interruption of the World Cup to contend with as well. Mike Rayer, Owain Williams, Emyr Lewis, Howley, Humphreys and Jenkins will know that if they are going to deliver

EUROPE Former captain MIKE HALL recalls how his title - winning team went on to challenge for European glory

STEPPING

UP FROM THE

LEAGUE

the European Cup for Cardiff, they will probably not get a better chance than next season.

Secondly, and most importantly Cardiff have kept the bulk of their squad together and crucially in my opinion re-signed Robert Howley. Rob has had his critics this year, and indeed it has been an up and down season by his own standards, but I believe he remains by some distance the best scrum half in Europe. No doubt he will have enjoyed a rest this summer, as will Neil Jenkins and I can see a rejuvenated Howley and Jenkins partnership leading a strong Cardiff bid for the European Cup next season, and no doubt the Lions campaign in Australia next

Last season was certainly a watershed for the European Cup. the Competition after last years success now has a base from which to rival the Super 12 in the Southern Hemisphere. There is no doubt that this is now the premier competition for all the clubs in Europe and takes precedence over domestic competition.

I can't finish off without mentioning Cardiff's newest signing, Pieter Muller, the South African test player whom I played against a number of times. He's certainly very combative and experienced and it will be interesting to watch his progress in



an environment and conditions which will be very alien. Just look at how difficult lason lones Hughes has found it to settle into Welsh rugby at Newport. He has been signed to replace Leigh Davies who has moved onto Bristol, a player whom I played with for Cardiff for a number of very enjoyable years. Arguably, Leigh never reached his full potential with Cardiff, although hopefully he will be remembered in Cardiff colours for his match winning performance in the 1997 Cup Final against Swansea. Good luck for the future, Leigh, and we will all successor your with interest.

The Heineken Cup Final 1996 - and the Toulouse backs put Cardiff on the rack.

"Can the Cardiff squad of 2000 emulate the 1996 team, or indeed go one better? I believe there are encouraging signs they can."

have shown how difficult it is to get to a final.

The European Cup final was also significant as it proved to be Mark Ring's last big game for the club. He had been a target for West Hartlepool for a while, but the first ten minutes of that game persuaded him that the time was right to move on. I will always remember him approaching me at





CARDIFF'S THE CLUB FOR ME

n many ways this summer's break from rugby couldn't have come quickly enough for me. The early months of the year have been like nothing I've ever experienced

before. But out of the darkness of losing the Welsh captaincy, then even my place in the national team, and finally Cardiff's exit from the Heineken Cup, came the consolation of some good club

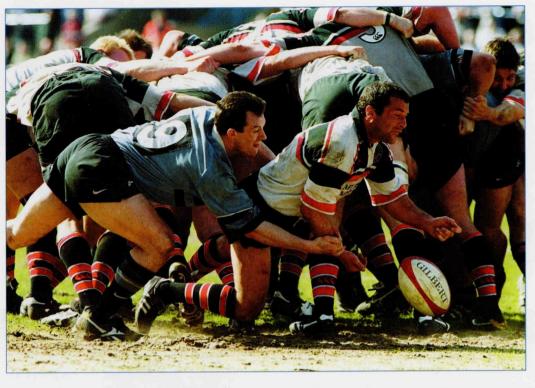
rugby at the tail end of last season.

Out of that came the realisation for others that there was still some good rugby left in a certain R.Howley's tank and, for me personally, the confirmation that, whatever the possible attractions of the grass being greener on the other side of the hill, Cardiff was the club closest to my heart and was where my rugby destiny lay.

Let's face it. For more years than any of us can remember Cardiff has sent out a message that it means business at the highest level of the club game. Hardly a year goes by without another big name joining us and, though this seems to get other clubs into a right lather, it can also be said that it is this club's way of showing loyalty to its own supporters.

I would be the first to admit that back in March everything seemed to be going pear-shaped but our retreat from Stradey after being turfed out of the Heineken Cup was not the end of the season for me. In many ways it was the start. I said to myself, "Go out there and enjoy it!" and, sure enough, the three games that followed against Glasgow, Ebbw Vale and Neath were hugely enjoyable both for myself and for the team. We were determined to tie up the league title as soon as possible and not let things go down to the wire and I was feeling a new man by the end of the game with Neath.

Our fans got the celebrations they deserved and I rested my dodgy hamstring for a couple of weeks and then the healing process was well and truly completed after my ten days with the Barbarians. Neil Jenkins and I went with them for three matches against Ireland, Scotland and Leicester and they were some of the happiest touring days I've ever experienced. Lomu,



Rob Howley in excellent form against Edinburgh Reivers as the champions-to-be begin their Spring run in for the title

Castaignede, Zinzan and Robin Brooke, Kruger...the list of names there with us was endless.

And, of course, we met up

I am certainly fitter

than I've ever been in

the last four or five

years ... and this club

is where I want to be

Of course it's a blow to lose the likes of Liam Botham, Leigh Davies and Paul Burke. They're good blokes and good players

and they will be and the opportunities

that others have had before them.

Our potential is strong. Last year we were the most consistent club side in Wales and I don't go along with the carping criticism that we 'freeze' on the big days. What we do have to get used to is getting our preparation done for big matches in a limited time. Our squad is full of internationals and they're always going to be away for long periods during the Six Nations matches as they are currently structured. We have to live with that.

On the other hand, as each year goes by the knock-on effect of our lengthening time together as a squad should work in our favour. We have more young

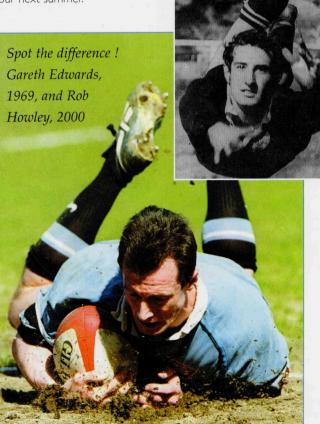
missed. But the situation is not unique to this or any other club newcomers, whether they are experienced test players like Pieter Muller or young men with rich promise like Paul Jones, now have

with Pieter Muller. Yet again Cardiff have shown commitment to nothing but the best with their pre-season signings and I can assure everyone that Pieter will do the business for us. He's a class act and will quickly add to our fire power. So one way or another I am

feeling refreshed. I am certainly fitter than I've ever been in the last four or five years and I make no bones about setting myself specific goals for the season ahead. First and foremost my future with Cardiff is settled once and for all. That's great because this is where I want to be and our squad is strong enough to aim for even greater success.

players than we are sometimes given credit for and they'll be a year older and even better prepared for what's to come.

And as for myself success with Cardiff is very important to me. I intend to be firing on all cylinders for the Blue and Blacks. Only then can I even begin to think about getting my Wales number nine shirt back...and achieve the ultimate goal of a second Lions tour next summer.



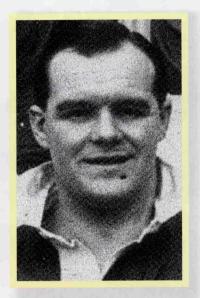


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Laura Eavns interviews



JACK MATTHEWS at Eighty

s one half of the deadliest centre partnerships in the history of rugby, the other being fellow Cardiff Hall of Famer Bleddyn Williams, Dr lack was celebrated for his fearless tackling and his single-minded desire to finish on the winning

"All I ever wanted to do was win. That's all I could think about when I was playing rugby. Obviously, I would accept it if we lost and I would congratulate the other side, but I absolutely hated losing.

"I never looked at the team sheet to see who was playing on the other side, I didn't want to know, all I was concerned about was playing my own game and winning." And very often, he did. Yet there is so much more to the man who captained Cardiff for three seasons and his country in 1951. For half a century and morehe has been a respected doctor and wasalso the first medical advisor to assist a Lions tour in 1980.

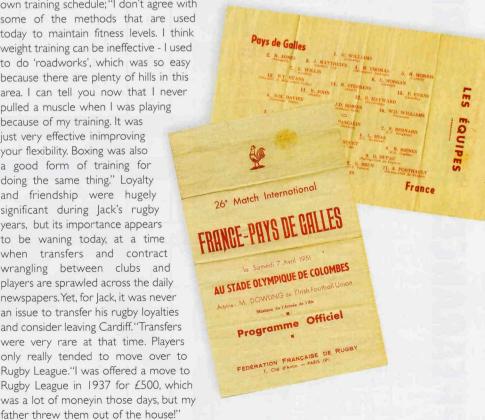
But his rugby achievements are not the only thing that Matthews will be remembered for. He qualified for Junior Wimbledon before he was called up for military duties when war broke out in 1939, and was a demon in the amateuer boxing ring, fighting Rocky Maciano prior to his World Heavyweight Championship accolades. (Incidentally, the fight went to three rounds and no decision was made.) He also examined legendary boxer Muhammed Ali during one of his early visits to Britain - he was to take the boxing world by storm two years later and as Jack recalls; "He was a nice young boy - there was none of the supreme confidence he

was to display later." Rugby, though, was undeniably the game that propelled Jack to a heroic status.At a time when Welsh rugby has come under fire fromevery angle, when it has well and truly settled into its professional mould, how does he feel about the game today?

One of the major criticisms, directed at the national team in particular, has concerned the fitness of the players, the He played for the British Lions, Wales, the Barbarians and his beloved club Cardiff. Quite simply, the man is a rugby legend and last month, Dr Jack Matthews reached the grand age of 80.

pressure of which eventually saw the resignation of national conditioning coach Steve Black during this year's Six Nations tournament. In the 1940's-1950's, things could not have beenmore different. Players were responsible for their own fitness levels and tended to train individually. The team would have a "run-around", as Jack callsit, only twice a week and then it was straight into the matches on a Saturday afternoon. How simple it seems! lack swears by his own training schedule; "I don't agree with some of the methods that are used today to maintain fitness levels. I think weight training can be ineffective - I used to do 'roadworks', which was so easy because there are plenty of hills in this area. I can tell you now that I never pulled a muscle when I was playing because of my training. It was just very effective inimproving your flexibility. Boxing was also a good form of training for doing the same thing." Loyalty and friendship were hugely significant during Jack's rugby years, but its importance appears to be waning today, at a time when transfers and contract wrangling between clubs and players are sprawled across the daily newspapers. Yet, for Jack, it was never an issue to transfer his rugby loyalties and consider leaving Cardiff. "Transfers were very rare at that time. Players only really tended to move over to Rugby League."I was offered a move to Rugby League in 1937 for £500, which was a lot of moneyin those days, but my

Jack forged many friendships over the years and is quick to point out;"You don't get friendships like that today" and his relationship with Bleddyn Williams is an ideal case in point. It is one that has survived the test of time; their partnership on the pitch has developed into a remarkable friendship today which can be witnessed in the Cardiff Rugby clubhouse where they regularly gather with their clique of Cardiff comrades. Indeed, often onlookers are unaware that there are a couple of rugby legends in their midst.



A rare memento of Dr Jack's final game for Wales -as captain in Paris in 1951. The following season he led Cardiff for the third time and then retired from the game.

APPEARANCES AND SCORING

FOR THE RECORD (2) 1999-2000



PLAYERS	Appearances		Scoring				Points	
	Starts	Rep	Total	T	Con	PG	DG	Total
Spencer JOHN	25	3	28	1			H	5
Liam BOTHAM	22	5	27	10	2	5		69
Mike RAYER	18	7	25	5				25
Emyr LEWIS	21	3	24	2				10
Owain WILLIAMS	17	7	24	4				20
Rhys WILLIAMS	20	1	21	10				50
Andrew LEWIS	19	2	21					-
Martyn WILLIAMS	20	1	21	4				20
Steve MOORE	14	6	20	3				15
Jon HUMPHREYS	18	2	20					
Gareth THOMAS	19	0	19	11				55
Simon HILL	14	4	18	13				65
Steve WILLIAMS	16	2	18	3				15
Nick WALNE	17	1	18	12				60
Mike VOYLE	13	5	18	1			T	5
Jamie ROBINSON	12	5	17	6				30
Robert HOWLEY	16	1	17	9				45
Gregori KACALA	13	3	16					-
Gary POWELL	8	8	16	1				5
Paul BURKE	15	1	16	3	59	47	1	277
Damien GERAGHTY	8	7	15	1				5
Leigh DAVIES	15	0	15	2	-+ . T.			10
Neil JENKINS	14	1	15	2	40	44	2	228
Ryan POWELL	9	5	14	3	1			15
John TAIT	11	3	14					-
Dan BAUGH	11	3	14					-
Craig MORGAN	10	1	11	14		1		70
Craig QUINNELL	7	3	10					-
David YOUNG	9	1	10	1				5
Kevin ELLIS	6	3	9	1		- 191		5
Brett BARRETT	7	1	8					-
Jamie RINGER	3	5	8			-		10
Grant ESTERHUIZEN	6	0	6	2				10
Alan YATES	5	1	6					
Martin MORGAN	2	3	5					
Matthew WINTLE	4	1	5					
Lyndon MUSTOE	0	4	4			4		
Phil JOHN	1	1	2	1 1				
Boris STANKOVICH	0	2	2					
Phil WHEELER	0	1	1					
Gerald COX	1	0	1		Tana			1.5
Kevin DUNN	0	1	1	3				15



1st Team Captains



DAVID YOUNG

Highly respected on and off the field in his second season as club captain and now captain of Wales as well.



MIKE RAYER

The model vice captain, who led by example throughout the World Cup and 15 games in all.



JON HUMPHREYS

A former captain of club and country who inspires all around him.



ROB HOWLEY

A proven leader who rose to the invitation of leading the side and did so brilliantly.



GARETH THOMAS

A first time honour and led by what can only be described as "his own inimitable style"



(20 club games in a season for the first time)



RHYS WILLIAMS

Club debut: Feb 7 1999 v Bedford Joined a famous set of players who won their club and Welsh caps in the same season



STEVE MOORE

Club debut: Dec 20 1998 v Wasps Has twice fought back from serious injury since joining the club and has proved his

worth beyond doubt



MARTYN WILLIAMS

Club debut: Nov 13 1999 v Swansea

Turned in a string of outstanding performances and only missed two of the club's 23 games after the World Cup

Club Player of the Year

CHAMPIONS AND PROUD

OF IT

Club captain DAVID YOUNG looks back on a title-winning season and says the team achieved something to be proud of it



n all my years in rugby I don't think there's ever been a season like the last one. It had everything: a World Cup that Wales went into on a winning streak; a rebuilt Cardiff squad full of big-name players; a domestic league given an added spice with two Scottish superclubs; the mouth-watering attraction of the Heineken Cup; and to cap it all on a personal note, finding myself the latest in a long line of players to captain both Cardiff and Wales.

To say that I was a proud man would be the understatement of the century.

The platform for our club success was undoubtedly built during the first two months when a dozen of us, including Canada's John Tait and Dan Baugh, were away at the World Cup training camps. What made it doubly unusual was the fact that five of our now signings, though being



listed as 'Cardiff' in the World Cup match programmes, would have to wait until mid November to make their club debuts.

But I can assure you that even when the World Cup was going on, Craig Quinnell, Neil Jenkins, Martyn Williams, Nick Walne and Mike Voyle were champing at the bit in their impatience to get started at the Arms Park. We had many a talk about our prospects when we got back to the club and

were lost in admiration for what the rest of the boys were doing in our absence. It wasn't easy mixing with the likes of Scott Quinnell, Dafydd James and Chris Wyatt in our hotel in the Vale of Glamorgan on the day that the Scarlets put sixty points on us but as the weeks went by and we climbed up the table it slowly dawned on everyone in the Welsh camp that Cardiff were establishing themselves in pole position for the rest of the season.

We all kept in contact with the club squad and, to be honest, we couldn't wait to get started. A few of us got back in time for the very significant win on a dreadful night at Ebbw Vale at the end of October and by the time we went to Swansea the following week we were already lying in fifth position with two games in hand. Jinks and Craig had big games that night and, as was to become the pattern for so much of the season, we

established a good I5-points lead by half time only to be pulled right back before settling it with a try in the very last minute. In the end we won 34-25 and we came away from St Helen's feeling pretty good but still wary about what lay ahead.

We knew that the next month or so, with four

Union President
Sir Tasker Watkins
presents David
Young with the
league trophy

Welsh Rugby

"...even when the World Cup was going on, Craig Quinnell, Neil Jenkins, Martyn Williams, Nick Walne and Mike Voyle were champing at the bit in their impatience to get started at the Arms Park"

BEST CARDIFF MEMORIES

win over Bath sticks out. It had everything atmosphere, a packed house, a titanic struggle it was a mini-international. I also have fond memories of our so-called 'rebel' season.

Everyone who was part of it enjoyed it. Despite the knockers, the fact is that we played top English teams for threequarters of the time and playing on different grounds was a major bonus, especially for our tremendous supporters

European matches and a tough home fixture with Newport, would show how quickly we were gelling together. At first the signs were not good. Despite an opening half-hour of sheer brilliance against Harlequins we were hanging on by the skin of our teeth at the end - another five minutes and we would have been dead and buried. Then the team flew to Montferrand and I had to watch the game on television at home as we were well and truly taken to the cleaners. Quite frankly I don't think we deserved to be on the same pitch as Montferrand that day.

After that we were all in no doubt that it was time for a wakeup call - and a loud one at that. I saw the boys on the Monday after they got back and I could see that they were ready to be stung into action. But even so no one could have predicted at that point how well we were going to do as we entered the Christmas period and into the New Year. Having seen the team get past Newport at the Arms Park, it was a great relief when I was passed fit to return to action for the two matches against Treviso. I had targeted them as the time I would be returning and so it proved. I came on for the final 25 minutes of the home match and then was delighted to lead the team out in the return match a week later in Treviso. We were good that day though our performance escaped largely unnoticed at home where there had been limited television

But I had the feeling that we were on the brink of a rich vein of

form. Sure enough, the following Thursday night, as the rain bucketed down again, we put Ponty to the sword to the tune of 40 points. Jinks and Martyn enjoyed that, and so did the rest of us. I even managed one of my 70-metre 'specials' for a rare try!

And talking of speed (!), playing the game at pace was one of our priorities throughout the season. Even in the mud against Ponty and again when Bridgend and Montferrand came to the Arms Park we managed it for long periods - though admittedly not the full 80 minutes. We played three games in a fortnight in the worst of the wet weather and, even though nearly all the squad got a game, the exceptionally heavy conditions did have a wearying effect on us.

There's no doubt that when Montferrand came to us in January it was one of the pressure games of the season. But we played a controlled game and blew them away and a week later at Harlequins, although we were criticised for letting slip a big early lead, we completed our European pool matches in some style. I thought we showed character not to panic when the game went against us early in the second half.

The only black spots that afternoon at The Stoop were the injuries to Jonathan Humphreys and Emyr Lewis. That was a real body blow for them personally and for the team. I am a great fan of both of them. I pull no punches when I say that Humph was in line for a well-deserved return to the Wales team. He is a tremendous hooker, all-round forward and

team man and he would have been a great asset in the upcoming Six Nations matches. And Emyr is a huge presence in the Cardiff team with his ball-carrying and big tackling. It says a lot for the bloke and the esteem he is held in that no sooner was he fit again in late March than he was immediately drafted back into the national squad for the final international in Dublin.

Again on a personal note, I have to say that the early months of this year will always have a special place for myself and for the family. Being chosen to lead Wales is a huge honour. When Graham Henry first broached the subject with me it was a bit of a shock. Although I have captained a lot of teams since my schoolboy days right through to the Wales Rugby League team and now Cardiff, I thought the chance to lead Wales had passed me by. But Graham was worried about the effect of the captaincy on Rob Howley's

Captain of Club and Country: David Young will lead Cardiff for a third consecutive season next year





form. From the time we first spoke about the subject I made it clear to Graham that he should decide on Rob's position first before I came into the equation. That was done, of course, and a week before the Six Nations got underway my appointment was announced on a Friday afternoon

THE BEST FRONT ROW

played with David Sole and Brian Moore as part of the 1989 Lions test front row and, until the current Wales front row came along, that was the best combination I've been part of. Now, I think Peter Rogers, Garin Jenkins and myself can hold our own against anyone.

and I made my way to the WRU's offices for my first press conference as captain of Wales.

I will never forget the feeling of pride that day, throughout the next three months and what I still have today. More than anything it is a great honour, both for myself, for my wife April and the three boys, and for my parents. All of them have made many sacrifices over the years to help me get where I am today. The other person not to forget is Rob. We have been friends for years and although he was obviously very disappointed with losing the captaincy it showed the true strength of our friendship that we are still big friends off the field and mutually supportive on it.

I have to admit, though, that leading Wales is a bit like leading

Cardiff. You're always in the spotlight but I see it as a responsibility rather than a pressure. Graham and I have a mutual respect for one another: I'm not a 'yes-man' and he's certainly a straight talker! Which is just as well given the soapopera we had to live through in the middle of the Six Nations.

Back at the club there's no denying that our form dipped at a vital time when the knock-out stages of the cup competitions came along. Without making excuses, we had only three days to prepare for the Welsh Cup tie at Newport and I have said before how disappointed we were that we got dragged into a dogfight. But even that paled into insignificance with what was to happen in the Heineken Cup quarter-final at Stradey. At half-

TOUGHEST OPPONENTS

The best loose-head I ever came up against was the All Black Steve McDowell. Having been thrown in at the deep end in the 1987 World Cup semi-final I packed down against him again in each of the next two years. He was something special and I also have a huge regard for David Sole

time the game was there for winning but I'll hold up my hand and admit we underestimated half I should have sorted it out. Our performance and our defeat least for our loyal fans.

The season, though, was to end in glory. We got together again on

everyone proud in the next five league matches, though I had to spend most of the time watching Llanelli's scrum. Even so, when from the sidelines. I had torn a calf things started going wrong in that muscle in the international against nightmare of a start to the second Scotland back in March and the injury struck again in the third minute of the game against was a real kick in the teeth, not Glasgow. I played out the entire game when, on reflection, I should have gone off and I knew there was no avoiding surgery. That's

to watch on television as Mikey Rayer lifted the league trophy on the final day of the season, it was obvious that our team were worthy champions. Now we've got to go out and do it all over again next year. Also, we cannot pretend that Europe isn't the big prize that we all seek. Cardiff still have the

Players, management and committee get together to celebrate a season of success

AMBITIONS

I'll make no bones about it. I want to keep the captaincy of Wales next season when we hope to be successful again. A third tour with the Lions has got to be an aim but before any of these things happen I've got to do the business with Cardiff - and that's the first priority.



the Monday and some straight talking was done. It obviously worked because the team did

been done now and I'm well on the road to recovery.

Frustrating though it was for me

"Now we've got to go out and do it all over again next year. Also, we cannot pretend that Europe isn't the big prize that we all seek."

best record of all the Welsh clubs since the competition started five years ago but that's still not good enough. We are a big club and have big ambitions and we will not rest until we've won the Heineken Cup.

The last time Cardiff won the league we went on to reach the European final the following year. Let's hope we can go one better in 2001. As captain for the third time I will do everything in my power to try to make it happen.

Specsavers are Cardiff's official opticians and one of the club's long-standing sponsors. But for manager Frank Maloney and his colleagues at their Queen Street branch their links with the Blue and Blacks is more than just a business arrangement. As our commercial manager Tina Tew says, "Frank is one of our biggest supporters and there's nothing he likes



Queen Street, Cardiff

Eye care professionals to Cardiff Rugby Football Club

more than attending to the optical needs of players like Jonathan Humphreys and Dan Baugh." Whatever the shortcomings - or is it shortsightedness? - of some supporters dotted around other Welsh clubs, the Blue and Blacks will never be one-eyed!

Watches & Switzerland

23 St. David's Way, St. David's Centre, Cardiff CF10 2DP Tel: 02920 340300 Fax: 02920 342463

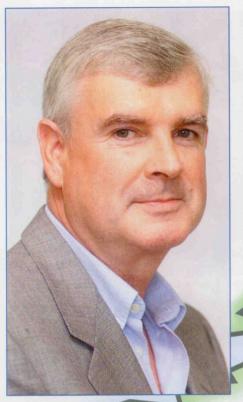
David's Centre in the city and are very welcome as new sponsors for the club. Their general manager Tony Watkins says, "We have sponsored the club's Player of the Year who was announced at the Champions Dinner on August 2. We are also presenting a watch to the lucky season-ticket holder who wins the draw that was part of the season-ticket package; this will be announced at the first home match at the Arms Park. And in December we will be sponsoring the Christmas Luncheon at the Marriott Hotel."

Vision Retail Security



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new season always brings changes and when we play our first home game soon Blue and Black fans will notice a new security firm hard at work at all points of the Arms Park site. They are the employees of Vision Retail Security who have been appointed to ensure corporate security around the ground. Cardiff's chief operating officer David Jenkins says, "Vision Retail Security have several big-name contracts, including Marks & Spencer, Gap and River Island, and their appointment with us is in line with our efforts to maintain a professional image. We are also delighted to welcome them as Diamond Class sponsors."



present my father took me to see Cardiff play the Springboks. It was a vicious game. We - it was already a case of 'We' - went into it unbeaten that season after about a dozen club games and those particular Springboks became renowned for their determination to win at all costs. In fact they stayed unbeaten until the very last of their 30 matches on tour. But we gave them a hell of game and I was smitten. My memories are of packed grounds watching great struggles with Newport and the top English clubs."

Alan has given the club and the team his enthusiastic support for the best part of 40 years and by the mid-1990s he was able to help in a more practical way. The game had gone professional and, as chief executive of Meyer plc, he was already influential in Jewson's backing of club rugby.

"I was on a train to London in 1995 when I heard that Jonathan Davies was in talks with Cardiff for a return to rugby union in Wales. Within hours I was sitting in Le Monde with Peter Thomas and Gareth Davies exploring avenues of mutual benefit to my company, to the Cardiff club and to

York more than once to snatch a few hours in Cardiff watching the team and there was another occasion when I arranged my business diary so I could hop back from Hong Kong to see a cup match!"

But nothing prepared him for the European adventures of last season.

"I thought it was bad enough for my wife, Maggie, and I to fly separately from Heathrow and Paris to meet up in Montferrand minus luggage but that was nothing compared to the mishaps in getting to Treviso three weeks later."

This time husband and wife were to travel together from Paris at the end of a business conference. "The plan was simple enough," said the intrepid Peterson. "A leisurely lunch with friends and business associates in central Paris, a car to the airport, and an early Friday afternoon flight to Venice where we join up with the rest of the Cardiff party."

Simple and civilised - but things didn't turn out quite that way.

"Our scheduled Al Italia flight was cancelled and then there was some confusion that lost us our seats on an Air

ADVENTURES OF A FLYING DIRECTO

lan Peterson, a non-executive director of the board of Cardiff Rugby Football Club, was born and bred in the city and though his business interests have taken him around the world, he somehow manages to get to nearly every game played by the

Jonathan. I knew this was a defining moment in the new age of professional rugby and the deal we did that brought him to the Arms Park was a good one for all concerned."

In the last five years Alan Peterson has become more and more involved in the

club. His company helped out with player signings again with the formal sponsorship of both Robert Howley and Leigh Davies and in 1997 he was invited to join the Board of Directors.

"It was an honour to be asked but it was also a great responsibility," he points out. "The troubles teething professionalism have been considerable. On the one hand there are ever higher player demands, on the other the understandably high expectations of our supporters. I have become involved with various committees of the board and also the health and safety issues of

running this city centre site."

But at heart, Alan Peterson remains very much a rugby fan.

"I've managed to get back from New

France plane. Various other methods were then discussed, including the Orient Express - after all, it does go to Venice! - before we finally found ourselves in a chauffeur-driven Mercedes heading out of Paris in the Friday rush hour.

"Two hours later we were still admiring the delights of the peripherique before we finally hit the high road on what we had been assured would be, at the most, an eight-hour drive."

What happened in the next twelve hours would test the resolution of the most committed Cardiff fans but the Petersons proved equal to the challenge of a brokendown heater in icy and then snowy conditions, barely two pit stops in 1200 kilometres, and an early morning arrival in the outskirts of Venice - just in time to join the rest of the Cardiff board, officials and fans as they set off for a day's rugby.

"We had already gone two nights without much sleep in Paris so what was another night like this anyway?!" was Alan Peterson's reaction. His wife was not available to comment. But later that very long day an outstanding Blue and Black performance secured a first-ever Welsh club victory in Treviso - and one couple, at least, slept soundly in their bed that night.

"We discussed various other methods of travel, including the Orient Express, before we finally found ourselves in a chauffeur-driven Mercedes..."

Blue and Blacks.

"I suppose it all started back in 1960 when I was a pupil at Howardian High School," he said. "As a very special birthday

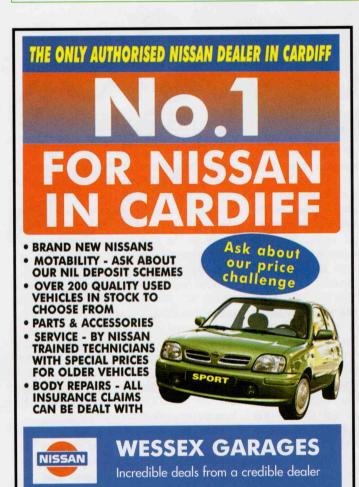


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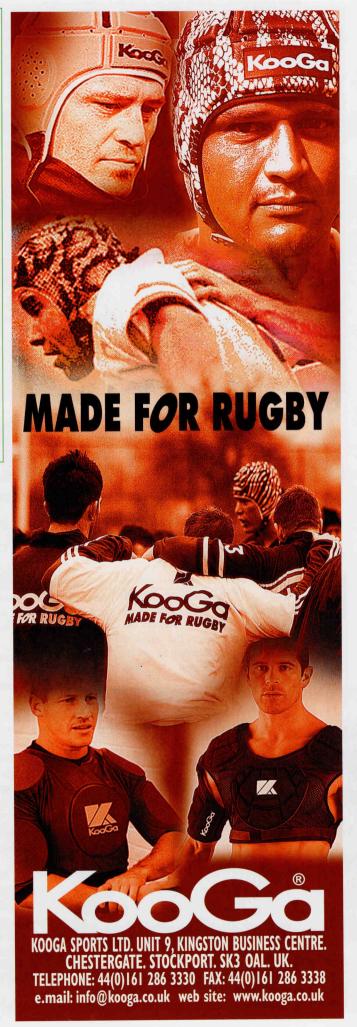
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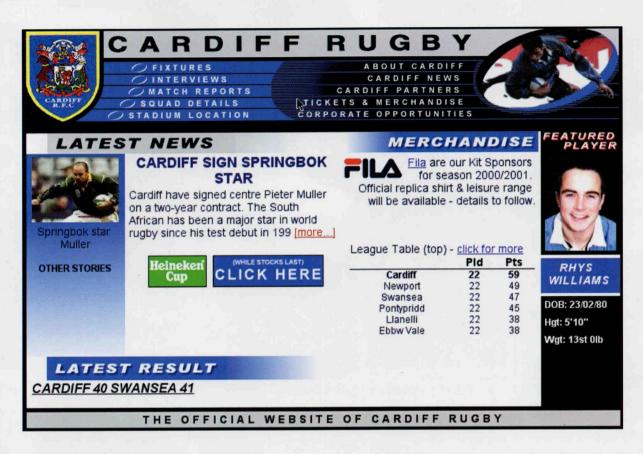
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official and in the Co



The months of waiting were worth it for the Cardiff website. Due to technical and contractual difficulties the club was off-line for the middle part of last season but no sooner was the new site launched on April 15 than we were getting 25,000 'hits' a month.

Cardiff's chief operating officer David Jenkins has no doubt about the success of cardiffrfc.co.uk :"We knew there was a great quickly, we took our time to get it right and believe we have done so. The feedback we have had is very positive and we will be

given daily and always in advance of press releases. Indeed, several newspapers, sports agencies and teletext outlets have quickly

> learned the importance of visiting unedited their features and it's great to

site to get their stories. S o m e unashamedly use the site's e w s in own

read pieces that begin "Cardiff captain David Young has said, in an interview on the club's website, that...".

First news of our new squad

will be on the site this month, as will updated player biographies and photographs. Action shots will be provided by the top agency in Wales, Huw Evans. At the same time the site will exclusively announce the team selections each week and provide detailed match reports and players' quotes.

And don't forget, season tickets and merchandise can also ordered through cardiffrfc.co.uk!

BEWARE OF FALSE IMITATIONS....

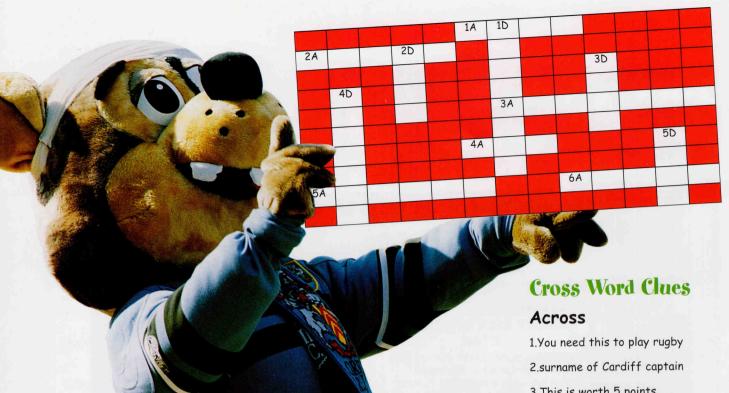
Cardiffrfc.co.uk is the only official Cardiff Rugby Club website. We completely disassociate ourselves from any unofficial site that gives second-hand information and is not authorised to use photographs from the Huw Evans Agency

demand from our supporters for an effective website and, although there was great pressure for us to come up with something

developing the e-commerce side of the operation as the months go by."

Regular news updates are





- 3. This is worth 5 points
- 5. But this to watch a game
- 6. Move involving the front row

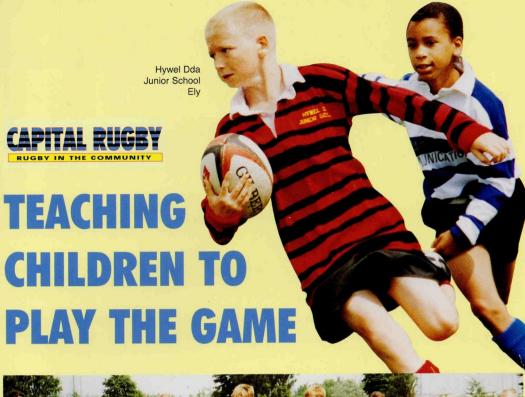
Down

- 1. World famous rugby ground (4,4)
- 2.Christian name of a famous Welsh number 10
- 3. Bruiser is this type of animal
- 4. Team leader
- 5. Christian name of Cardiff's Trish Internation

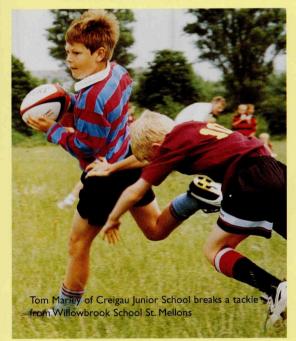


Unscramble the following to reveal the names of 5 cardiff players:

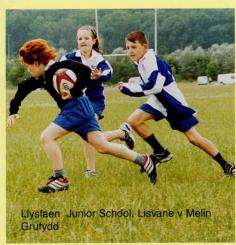
LNLNQEIU ACIGR WLSIE YREM **OGYUN IVDDA** WYLHOE TORBRE **LPUA KUEBR**







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CARDIFF IN EUROPE

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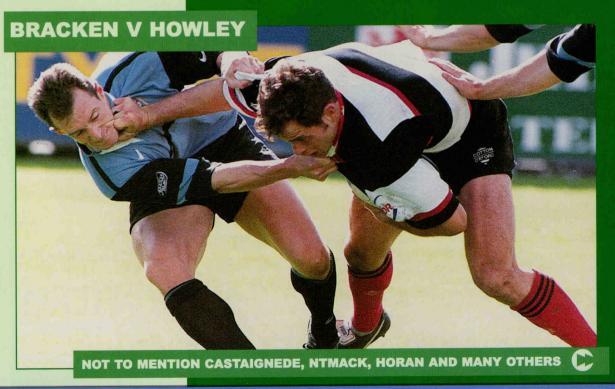
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Oct 27/28/29 Saracens Oct 20/21/22 Saracens

Jan 12/13/14 Ulster Jan 19/20/21 Toulouse

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INVESTING IN THE

FUTURE

Geraint John outlines an exciting new development within the club's playing structure

ne of the brickbats often thrown at our club is that we do not develop our own talent. The critics tend to overlook the fact that Cardiff Youth has long been one of the most successful teams in their age group to be found anywhere in Wales and have just won the Welsh Youth Cup and, in the last couple of years, we have also pioneered the Capital Rugby scheme in the primary schools and supported Cardiff Schools from eleven to 16.

The missing piece in our jigsaw has been the 19 to 21 year-olds and this, admittedly, has led to promising youth talent leaving the club in search of regular senior rugby elsewhere. Not that our current first team squad should be regarded as a collection of oldies'-after all, a quarter of them are under the age of 22.

But, yes, we had to do something about bridging the gap at 19 and so next season will see the development of Cardiff Under-21s, an ambitious scheme that should go a long way to meeting some of the above criticisms.

The Under-21's season will include games against Llanelli, Swansea, Bridgend and Newport and, quite apart from the fact that the players themselves will benefit, we are offering our supporters the real prospect of weekly rugby at the Arms Park. There seems every chance that next season home fixtures will alternate between the

first team and the Under-21s every Saturday with the added bonus of midweek matches. Games with Bath, Bristol and Gloucester and other West Country sides are also in the pipeline.

One of the club's greatest players of modern times, Mike Rayer, who starts his fifteenth season with the club in August, will also coach the new team. Everyone agrees that 'Mikey' is the ideal person for the job: he is a product of the city's rugby system himself and is widely respected by all ages.

The Welsh Rugby Union has offered an initial grant of £25,000 to each club intending to establish a development squad and we at Cardiff will also benefit from a global sum of £170,000 earmarked by our Board of Directors.

There is no denying that this is an exciting initiative. In addition, we are supporting an elite group from the age of 16 with training days, expert help and facilities at the Welsh Institute of Sport, and extra resources channelled through the

East District Junior Association and the Cardiff and Vale of Glamorgan Schools organisation.

I am a great believer in establishing a meaningful partnership with other groups and that we work with the Welsh Rugby Union. Giving practical support to their excellent Lloyd's TSB competition will be one of our priorities. At the end of the day, if we all work together there will be no fall-out of rugby talent at any age between I2 and 21 and Cardiff and Wales will be stronger:

Super-sub 1994 model

Mike Rayer scores one of his two tries against Scotland as Wales head for the Five Nations title. Next season he will be mixing his playing ability with his new duties coaching the Under-21s and will be a perfect role model for the developing stars of tomorrow

"I am a great believer in establishing a meaningful partnership with other groups and that we work with the Welsh Rugby Union... and give practical support to their excellent Lloyd's TSB competition"

Youth Champions



Greg Woods and his all conquering Cardiff Youth team who won the Welsh Youth Challenge Cup when they beat Llanelli 18-6 at the Millennium Stadium on May 13 Well done to them all



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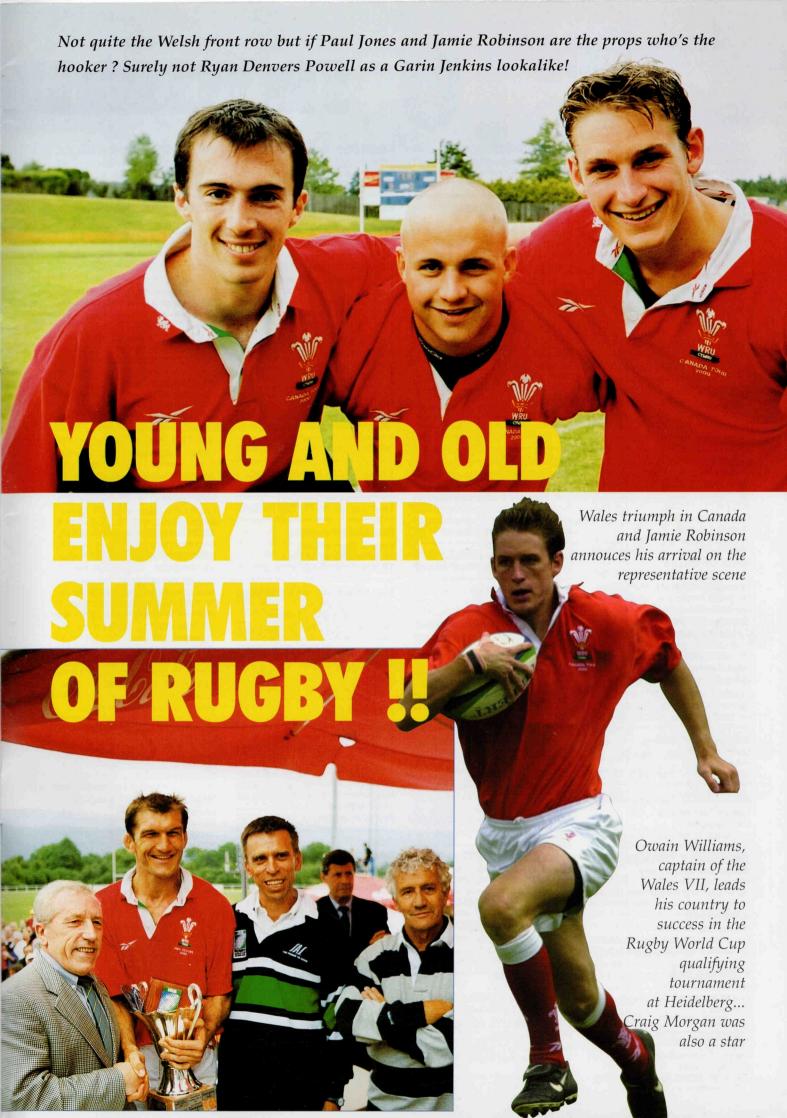
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CELTIC CONTAINERS

Contact: Chris Salmon Hire & sales portable buildings Tel: 01656 668713 Fax: 01656 767719

CHARTERED TRUST

Contact: Sian Cummins Financial Services Tel: 02920 296044 Fax: 02920 297395

CHESTERTONS

Contact: Michael Rees International Property Consultants Tel: 02920 640111 Fax: 02920 640225 Tel: 01244 539065 Fax: 01244 539064

CLASSIC DECORATORS

Contact: Terry Cummins Builders & Decorators

Tel: 01443 413 383 Fax: 01443 413302

COLORFOTO IMAGES

Contact: Gareth Davies Photographic Services Tel: 02920 230 565 Fax: 02920 221416

COLOURMET LTD

Contact: Neville Bibby Photography & Printing Tel: 02920 530062 Fax: 02920 387336

COPTHORNE HOTEL

Contact: Sian Billington Hotel, restaurant and health club Tel: 029 20 599100 Fax: 029 20599080

C.I.S.

Contact: David Mott Insurance Tel: 0161 837 4100 Fax:0161 8375881

CELTIC SPORTS SIGNS

Contact: Colin Phillips

Sign production & computer graphics Tel: 01792 899431 Fax: 01792 895312

CELTIC TYRES

Contact: Hadyn Davies Tyre sales & repairs Tel: 02920 221201 Fax: 02920 664985

CONTINENTAL CARS

Contact: Terry Brain Mercedes Benz dealership Tel: 02920 542400 Fax: 02920 549816

COWLIN CONSTRUCTION

Contact: Hugh Dalton Building

Tel: 02920 729999 Fax: 02920 829700

DALKIA WORKPLACE

SERVICES

Contact: Mark Davies Facilities Management Tel: 02920 300400 Fax: 02920 300484

DELOITTE & TOUCHE

Contact: Bob Sheppard Chartered Accountants & Management Consultants Tel: 02920 264263 Fax: 02920 455602

EDWARD DAVIES HOLDINGS

Contact: Robert Davies Civil Engineering Contractors Tel: 029 20 498798 Fax: 029 20498686

EDWARDS GELDARD

Contact: Alison Williams Commercial Legal Advisors Tel: 02920 238239 Fax: 02920 237268

ESP FINANCIAL MANAGEMENT

Contact: Tim Edmunds Independent Financial Advisors Tel: 01446 771177 Fax: 01446 773229

EURO COMMERCIALS

Contact: David Salway Mercedes Van & Truck Dealership Tel: 029 20310310 Fax: 029 20 310311

EVERSHEDS
Contact: Jane Maunders

Tel: 029 20471147 Fax: 029 20 464374 FERRYLINE TRAILERS LTD

Contact: Colin Hillman International trailer operator & freight forwarder Tel: 01304 380600 Fax: 01304 380700

FILA

Solicitors

Contact: Stuart Ryan Sportswear Manufacturers Tel: 0191 4954910 Fax: 0191 495 4998

FIRSTPLUS FINANCIAL GROUP PLC

Contact: Kirsty McGuinn Providers of secured personal loans Tel: 02920 303020 Fax: 02920 306265

FISHER CONTAINERS & PALLETS

Contact: Dennis Kitt Manufacturer of wooden pallets & containers Tel: 029 20434800 Fax: 029 20 484111

FORTE POSTHOUSE

Contact: Ken Bowdery

Hotel

Tel: 029 20 388681 Fax: 029 20231480

GLOBAL TRANSPORTATION

Contact: Mark Hillier Worldwide Freight Forwarders Tel: 01446 721 100 Fax: 01446 741711

GOLLEY SLATER

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GRANT THORNTON

Contact: Geraint Davies Chartered Accountants Tel: 029 20 235591 Fax: 029 20383803

HAMLIN KNIGHT

Contact: Alyson Harrington Recruitment Specialists Tel: 02920 660101 Fax: 02920 660218

HARTWELL AUDI

Contact: Andy Wilmot Audi dealership Tel: 02920 224848 Fax:02920 229470

HAWTIN PLC

Contact: Phil Dovey Active Leisure

Tel: 02920 488961 Fax: 02920 488291

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Contact: Mike Burrows Manufacturers in Aluminium extrusions Tel: 02920 854600 Fax: 02920 863728

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HI-MOTIVE COMMUNICATIONS

Contact: Tim Brooks

2-way radio and telecommunications Tel: 02920 563366 Fax: 02920 563604

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Contact: Huw Williams Highway & Industrial equipment Tel: 02920 494623 Fax: 02920 483611

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Contact: Robert Pickford Doors Tel: 02920 685539 Fax: 02920 665518

HUW J. EDMUND CH. ACCS.

Contact: Huw Edmund Chartered Accountants Tel: 02920 814084 Fax: 02920 814085

HYDER

Contact: Alun Williams Electricity, Gas and Water Supply Tel: 02920 771613 Fax: 02920 771590

INTERNATIONAL SPORTS GROUP

Contact: Tom Silk Sports Marketing Group Tel: 0171 9171785 Fax: 0171 3166955

JEWSON

Contact: Rob Simonite Building Supplies Tel: 02920 460511 Fax: 02920 490228

DIRECTORY



JULIAN HODGE BANK

Contact: Peter Coleman Financial Services Tel: 02920 371726 Fax: 02920 344061

JAMES GILBERT LTD.

Contact: Lawrence Webb Rugby balls, kit & training equipment Tel: 01788 333888 Fax: 01788 540795

JACK BROWN BOOKMAKERS

Contact: Gary Brown Turf Accountants Tel: 01443 409409 Fax: 01443 491442

JOHNS, JONES & LO

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J R SMART (BUILDERS) LTD

Contact: John Smart Property Development Tel: 029 20398844 Fax: 029 20398855

K D MAINE & CO (SPAR)

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Contact: Howard Mainwaring Coach and ABTA operators Tel: 01443 670095 Fax: 01443 676695

MARRIOT CARDIFF

MARRIOT CARDIFF
Contact: Claran Fahy
Hotel

Tel: 02920 399944 Fax: 02920 395578

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Contact: James Total Aerated Concrete Block Tel: 01606 884 804 01606 884884

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MORGAN COLE

Contact: Bleddyn Rees Solicitors Tel:02920 385385 Fax: 02920 385300

MOWLEM SOUTH WALES

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Brewer Tel: 02920 402060 Fax: 02920 636476

SEEL & CO.

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Catering Services for business & industry Tel: 0121 3555661 Fax: 0121 3557536

STRADFORM

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TESCO EXTRA

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TFF ADVERTISING

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VISION RETAIL SECURITY

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WATKIN DAVIES INSURANCE

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WALKABOUT INN

Contact: Nick Bond Themed Pub & Restaurant Tel: 02920 727930 Fax: 02920 727931

WELSH BREWERS

Contact: Mike Powell Brewer Tel: 02920 615831 Fax: 02920 612721

WDA

Contact: Ron Ankers Welsh Development Agency Tel: 02920 828709 Fax: 02920 238849

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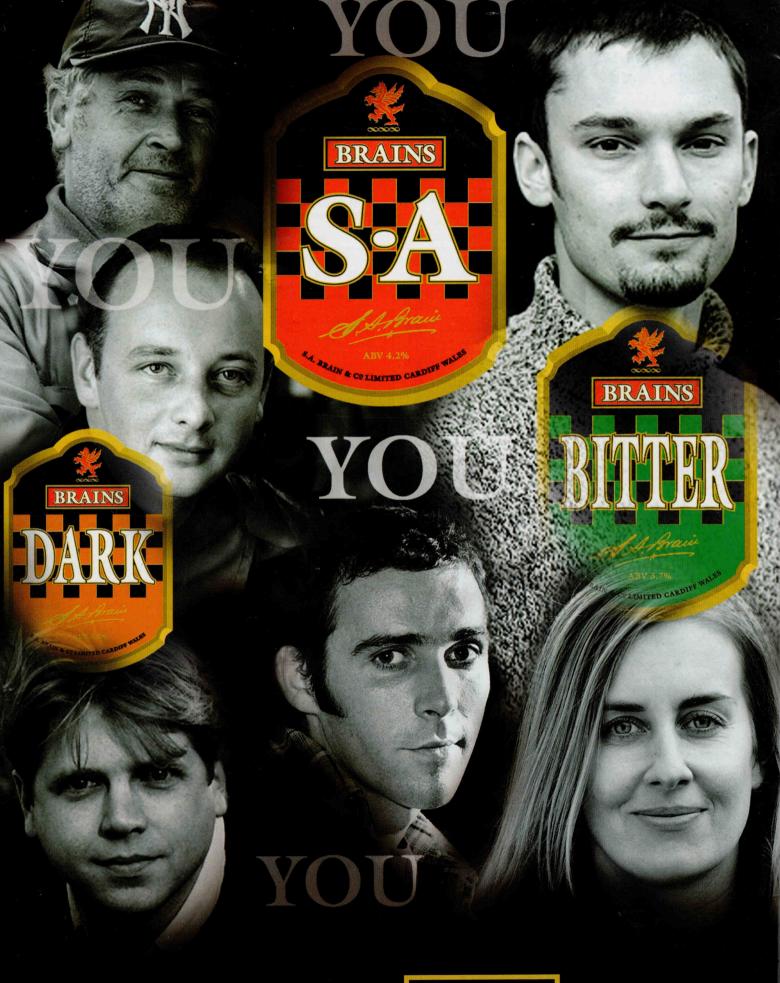
WHITE DOVE

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Contact: Kevin James Lift Truck Services

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