

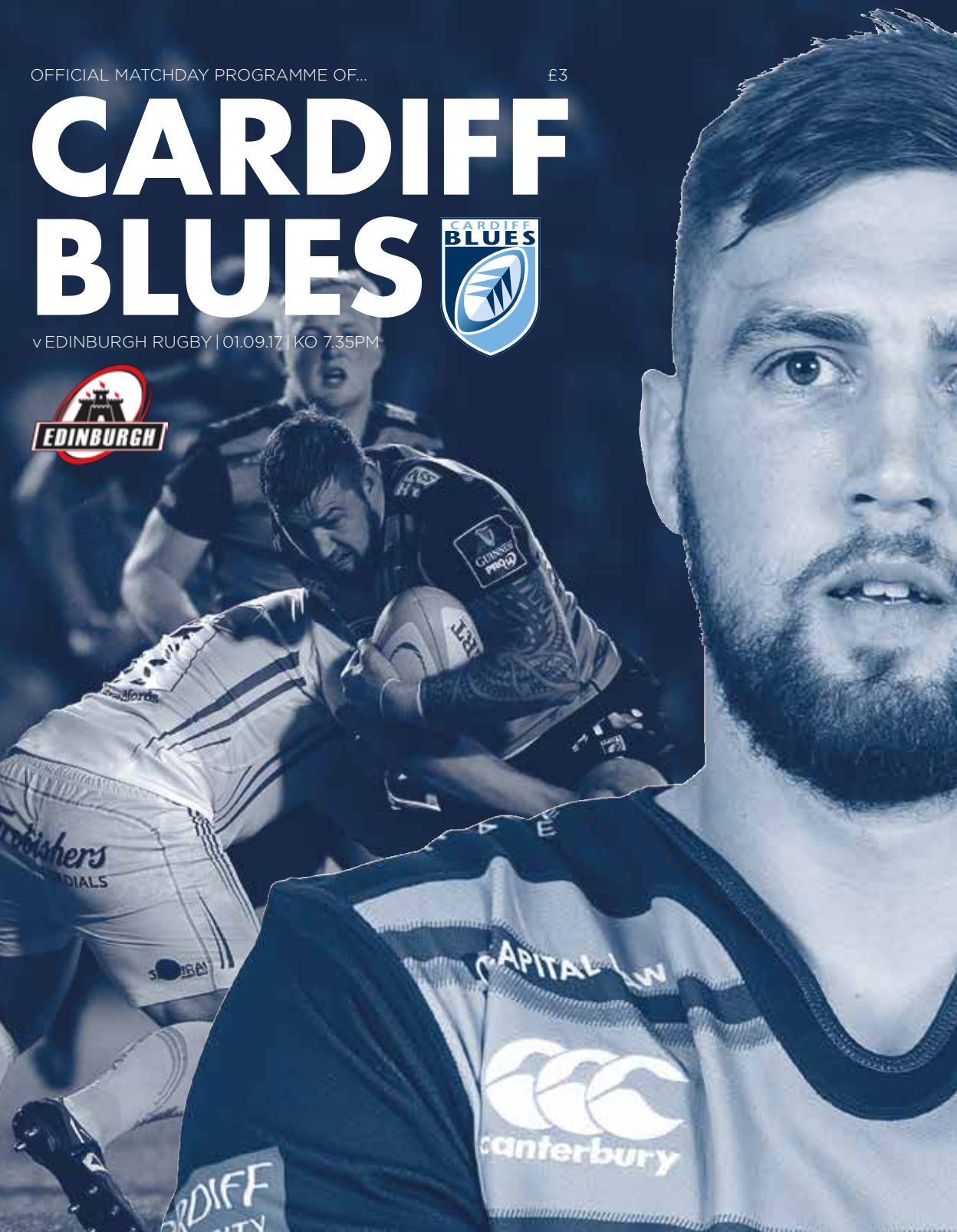
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THE LINE UP

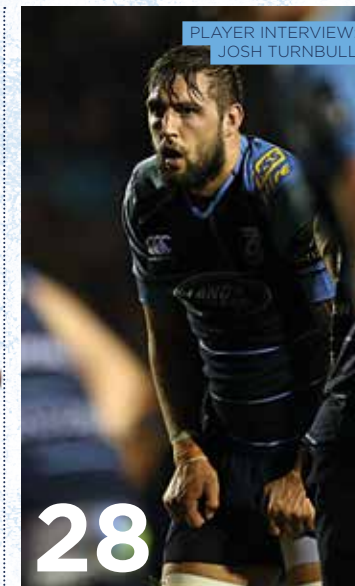
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Welcome to the new Guinness PRO14!



And a very warm welcome to a brand new set of fans from South Africa, who join our Irish, Welsh, Scottish and Italian friends.

Guinness has a fine tradition of boldness, adventure and a pioneering spirit. By growing to 14 teams, the Championship is proving itself to be similarly ambitious, unwilling to stand still and one of the most exciting competitions in world sport.

We look forward to seeing our new South African competitors in action, to meeting your fans and to sharing some world class rugby over the seasons to come. And we promise you that your supporters will be met with warmth in the stands and your players with ferocious, fast-paced rugby on the pitch.

This is our fourth consecutive year of partnering with PRO14 and we are proudly committed to the tournament until 2020. It is the perfect match to our rich heritage in rugby union.

And finally, to fans old and new, thank you for your support throughout the season. At Guinness, we are extremely proud to be sharing this historic moment in the Guinness PRO14 with you. Together, we have loved every minute of the Guinness PRO12, and relish the prospect of the years to come in the all new Guinness PRO14.

**Rory Sheridan, Head of Sponsorship
Diageo Europe**



HEAD COACH'S NOTES DANNY WILSON

WELCOME BACK TO CARDIFF ARMS PARK FOR THIS GUINNESS PRO14 OPENER AGAINST EDINBURGH.

First of all, a big thank you to all of you that came to our pre-season friendly against Exeter Chiefs last Friday.

It was a great occasion and although one side of the stadium was closed, having the crowd compact on one side really gave us a taste of how good the atmosphere can be at CAP.

It was a very pleasing performance on many levels,



with some of the younger players putting their hands up again and our set-piece standing up to the English champions and winning some key penalties.

But it was merely a friendly and as I said on the night, that win, as pleasing as it was, will count for nothing if we do not back it up tonight.

Simply put, it all starts tonight!

We managed to claim two wins over the Scottish capital outfit last season but by no means will we underestimate them.

They are always a well drilled and organised team and that will only be heightened by the arrival of Richard Cockerill as their director of rugby.

His record speaks for itself and he will undoubtedly bring an added steel to his side. It will be a big challenge but if we can replicate the kind of performance we saw last week during this season then we will have a good chance of picking up more wins.

It is certainly an interesting season ahead with the new format to the expanded Guinness PRO14 and some mouth-watering ties in Europe.

As ever your support is so important to us and means the world. There is nothing better than a packed Cardiff Arms Park and in tight games that can prove the difference.

Our home support is loud, passionate and extremely knowledgeable. We appreciate every shout of support.

While I thank you for coming out to support us in this opening fixture tonight, I also implore

"First of all, a big thank you to all of you that came to our pre-season friendly against Exeter Chiefs last Friday."

you to get behind your team this season.

I look forward to seeing you throughout the season and hope we can make you proud.

Thanks again,

D. A. WILSON

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GUINNESS PRO14

Chief Executive Officer, PRO14 Rugby Welcome



Welcome to a grounding-breaking Championship season in the newly christened Guinness PRO14 where an historic chapter will be written after the arrival of the Toyota Cheetahs and the Southern Kings from South Africa.

After a season where Scarlets took home the final Championship title of the 12-team era, news of our expansion has only further whetted the appetite to see the action kick off.

We've brought in a new conference system to enable us to add the Cheetahs and the Kings, while reducing the number of regular season rounds – down from 22 to 21 – and we've expanded the Guinness PRO14 Final Series with six teams now qualifying.

That means your team has an even greater chance of reaching the knock-outs and emulating Scarlets' sensation title win. We've also retained all of our existing Derby games which are sacrosanct to our clubs, players and, most importantly, the fans.

We've also worked closely with our unions to schedule those Derbies away from international windows, too. Like you, we want to see the best players in the best games because we are hugely proud of the 295 Internationals who played in the Championship last season, not to mention the 26 called up for the British & Irish Lions tour.

As for our new arrivals, the Cheetahs and the Kings, these are teams whose approach to the game should fit in seamlessly with our Championship. Both teams like to play fast, attacking rugby and given that our tournament boasts some of the best Positive Play statistics across Europe we know they'll be right at home.

You only have to look at our recent champions in Scarlets, Connacht, Glasgow Warriors and Leinster to see they type of adventurous rugby it takes to win our title. Looking back to the previous campaign we saw a record number of tries scored (711) while crowds were up and nowhere was that more evident than at the Final at Aviva Stadium.

A new record attendance of 45,566 witnessed Scarlets' scintillating play prove too much for Munster in a game that showcased the attacking calibre of our Championship. That's one of the reasons that makes it so exciting to bring the first ever Guinness PRO14 Final to Dublin on May 26, 2018.

I'm also delighted to say we will again implement an Early Bird offer for fans who decide to back their teams and buy their tickets well in advance on www.ticketmaster.ie where prices start from €5 for Children and €30 for adults.

I also want to thank Guinness for their continued title sponsorship of the Championship while Gilbert and Macron have joined Specsavers as official partners and we're delighted to have them. Our Championship gets terrific support from our broadcasters – Sky Sports, BBC Wales, BBC Northern Ireland, BBC ALBA, S4C and TG4 – and it's fantastic to be working alongside them as we tell the story of this historic season ahead.

Finally, I'd like to wish all our players, coaches, clubs and referees good luck for the season ahead as they make this Championship what it is for you as a fan.

Enjoy the game,

Martin Anayi

Chief Executive Officer



CARDIFF BLUES NEWS

CARDIFF BLUES CAPTAIN GETHIN JENKINS



GETHIN GEARING UP FOR PRO14

Cardiff Blues captain Gethin Jenkins has set a target of qualifying for the top tier of Europe as the new Guinness PRO14 kicks-off.

Danny Wilson's men narrowly missed out on a spot in the Champions Cup last season, losing a play-off final against Stade Francais in June.

And despite changes to the format of the expanded PRO14, Jenkins, who is embarking on his 13th season with the Blues, insists the ultimate goal remains the same.

Jenkins said: "It's exciting. Most of the teams in this competition know each other really well, they play against each other week in, week out.

"It's nice to have two new fixtures to look forward to for the players and, having spoken to a few of the South African boys, they're looking forward to it as well.

"They've done a very good job and organised it really well so that we've kept the fixtures that are important, the derbies, and obviously bringing a new nation into the league, a strong rugby nation in South Africa.

"We've been knocking around seventh place the last two seasons. If the league was still in the old format, the goal would be to try and get into Europe in that top six.

"Obviously, the league has changed now but I think that is still the big target for us, to try and qualify for Europe.

"That's the competition everyone wants to be in and the league is where you prove your form to get into that.

"We've got quite a small squad compared to some of the others, so we're just looking to put in the performances that we produced on occasions last year on a more consistent basis."

The Blues will face the teams in Conference A both home and away and those in Conference B,

with the exception of Dragons and Scarlets, either home or away.

While the exciting format will take some getting used to, for players at least little changes.

Jenkins added: "For us, as players, it doesn't really change

"Cardiff Blues captain Gethin Jenkins has set a target of qualifying for the top tier of Europe as the new Guinness PRO14 kicks-off."

a lot. You're still playing against every team.

"I suppose the coaches will have to do a fair bit of planning in terms of where and when we can target certain games and they'll look at the tough games when you have to put your full team out even if players are carrying bumps. It's an exciting time for the competition."



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CARDIFF BLUES NEWS

CANTERBURY KITS LAUNCHED IN STYLE

OVER THE PAST WEEKS WE HAVE LAUNCHED OUR NEW CANTERBURY HOME AND EUROPEAN JERSEYS - AND WE HOPE YOU LOVE THEM AS MUCH AS WE DO!



For the 2017-18 season we have reverted back to the more traditional Cambridge blue, with two more shades of blue and horizontal stripes.



Our European jersey maintains the **#StayStrongForOws** theme, again featuring horizontal stripes but with a lighter, royal blue as oppose to the navy we have seen in recent years.

We launched both jerseys online with exclusive video content and they have flown off the shelves.

All three current jerseys, plus a new range of training wear, are available in store and online now.

SEASON MEMBERS TREATED TO EXCLUSIVE Q&A

THE EVENING BEFORE CARDIFF BLUES' FINAL PRE-SEASON FRIENDLY AGAINST EXETER CHIEFS, WE THREW OPEN THE DOORS TO CARDIFF ARMS PARK FOR AN EXCLUSIVE SEASON MEMBERS EVENT.

Supporters who have snapped up Season Memberships for the 2017-18 campaign were invited to the Gareth Edwards lounge for an exclusive Q&A session hosted by Rhys Williams.

Head coach Danny Wilson was joined by new backs

transition coach and former scrum-half Richie Rees, new signings Damian Welch and Jack Roberts, George Earle and British & Irish Lions call-up Kristian Dacey.

It was the first in a series of exclusive events for Season Members to ensure you get the best possible value by joining Wales' Capital Region.

Memberships are still available and can be purchased by calling **029 20 302030** or by visiting **www.cardiffblues.com/tickets**





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CARDIFF BLUES TAKE TO THE STREETS TO HAND DELIVER YOUR SEASON MEMBERSHIPS

WITH THE 2017-18 SEASON ALMOST UPON US, WE TOOK OUR PLAYERS ON THE ROAD TO PERSONALLY DELIVER YOUR SEASON MEMBERSHIPS.

We promised supporters their memberships would arrive this week and we reserved a batch to be hand delivered.

Players visited homes across the region to meet fans and to thank them for their continued support.

Here are a selection of the best:



BLUES YOUTH SCORE 15 TRIES IN THE WRU U16 REGIONAL AGE GRADE CHAMPIONSHIP

A TOTAL OF 15 TRIES WERE SCORED BY CARDIFF BLUES' AGE GRADE SIDES LAST WEEK, AS BOTH BLUES NORTH AND BLUES SOUTH PICKED UP IMPORTANT VICTORIES IN THE WRU U16 REGIONAL AGE GRADE CHAMPIONSHIP.

OSPREYS WEST 5 BLUES NORTH 38

It only took five minutes for Blues North to get on the scoresheet, as wing Morgan Biggins scored the first of his two tries of the evening.

Further tries from Cavan Davies, Rhys Anstey and Harrison Chapman, as well as two conversions from the boot of Josh Phillips, saw the young

Blues side lead by 24 points within the first 40 minutes.

Rhys Thomas and Morgan Biggins crossed later in the game, with Tyler Morris successful with two conversion attempts of his own, stretching his side's lead to 38 points.

Replacement Llyr Davies gave Ospreys West a consolation score in the late stages of the game.

BLUES SOUTH 53 DRAGONS NORTH 5

Evan Lloyd's try was the only score during the first half at Cardiff Arms Park, but the Blues South side ran riot during the second half against Dragons North.

Tries from Anthony Price, Marvin Hutchings, a double from inside centre Rhys Gentles and a Jamie Howells conversion saw the home side build up a 27 point lead.

The visitors looked to bounce back through a Lewis Bates try, but the hosts soon regained their dominance as Oliver James touched down on the hour. Gethin Rosser's conversion made it 34-5.

Replacement Benji Williams was next on the scoresheet, securing a quick fire brace, before captain Lloyd also touched down for his second of the evening during the final play of the game.



MATCH REPORT

21 CARDIFF BLUES
20 EXETER CHIEFS

HT: 10 - 14 | 25th August 2017 | 19:15 | Cardiff Arms Park
4,861 | PRE-SEASON FRIENDLY

CARDIFF BLUES FINISHED PRE-SEASON WITH A 100 PER CENT WIN RECORD, AS AN ALED SUMMERHILL BRACE ENSURED A ONE-POINT VICTORY OVER AVIVA PREMIERSHIP CHAMPIONS, EXETER CHIEFS.

Danny Wilson's men trailed by four points at the interval, despite the wing's first-half effort.

They remained in the contest however and claimed a morale-boosting victory ahead of today's Guinness PRO14 opener against Edinburgh thanks to Summerhill's second and the boot of replacement Jarrod Evans.

Steven Shingler opened the scoring at Cardiff Arms Park with a penalty, after the Chiefs were caught holding on.

Exeter instantly rallied back, as the Blues failed to secure the restart and although they did not fully capitalise with a score, they set up camp.

Wilson's men defended manfully, holding two driving lineouts at bay but, after six minutes inside their 22, the pressure eventually told with openside Don Armand burrowing over.

Henry Slade added the extras to take the lead but it did not last long as Cardiff Blues hit-back.

Matthew Morgan once again showed his attacking abilities as he stepped past several defenders to create an opportunity out of nothing.

He scorched to the outside and drew the full-back before



putting Summerhill away for his fourth try of pre-season.

Shingler converted to bring the score to 10-7 as the 20-minute mark approached, but they were unable to build upon their lead.

The Chiefs battled back once more and their power game delivered a second try as Sam Simmonds was driven over from a lineout.

Jarrod Evans dinked the ball to the corner to nullify the Exeter defence and Summerhill was on hand to collect in the corner to continue his red-hot streak.

Cardiff Blues continued to press with Keiron Assiratti and Corey Domachowski combining in midfield like a pair of centres. The move continued with Willis Halaholo breaking through and he offloaded to Josh Navidi on the outside but he was unable to touchdown as he stretched to the line.

Jarrod Evans, on for Shingler, booted the Blues back in front on 63 minutes but that was quickly cancelled out by Slade.



The pack, containing a youthful front-row of Domachowski, Ethan Lewis and Assiratti, continued to impress as they forced a penalty, which Evans slotted.

It was a tense final five minutes for the hosts, as the Chiefs looked for a late winner. A number of phases on the Blues'

5m line eventually saw Slade drop into the pocket, looking for a drop goal.

His effort, however, was charged down by Tomos Williams, who showed impressive pace, and the home side regained possession to finish pre-season with two wins out of two.



DESERT ISLAND DISCS

with... **STEVE SHINGLER**

NO.1 : MY GIRL, THE TEMPTATIONS.

This was the song we played for my first dance at my wedding in the summer. It is Katie my wife's favourite song so I serenade her with on a Sunday morning!

NO.2 : FOLLOW ME, UNCLE KRACKER.

It has been my favourite song for as long as I can remember. It is undoubtedly my go-to karaoke song.

NO.3 : MAN IN THE MIRROR, MICHAEL JACKSON.

An old classic which brings back fun memories from a school skiing trip. Four of my oldest friends from back home were sharing a room and every morning this would be the song we waked up. With one of my friends knowing it word for word and blasting it out every morning full volume and at top of his voice.

Also I do love a bit of Jacko.



DESERT ISLAND DISCS

gyda... **STEVE SHINGLER**

RHIF 1: MY GIRL, THE TEMPTATIONS

Dyma'r gân gafodd ei chwarae ar gyfer ein dawns cyntaf yn fy mhriodas dros yr Haf. Cân orau Katie, fy ngwraig, ydi hi, felly dwi'n ei swyno hi gyda hon ar fore Sull!

RHIF 2: FOLLOW ME, UNCLE KRACKER

Dyma fy hoff gan ers blynyddoedd! Heb os, y gân gyntaf dwi'n ddewis ar gyfer carioch.

RHIF 3: MAN IN THE MIRROR, MICHAEL JACKSON

Hen glasur sydd yn dod ag atgofion melys o drip sgïo yn yr ysgol. Roeddwn yn rhannu ystafell gyda phedwar o fy hen ffrindiau o adref, a dyma'r gân oedd yn ein deffro pob bore. Roedd un o'r bois yn gwybod pob gair ac yn ei chanu ar dop ei lais pob bore. Hefyd, dwi yn joio 'bach o Jacko.





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IN OPPOSITION EDINBURGH RUGBY

IT'S BEEN A SUMMER OF CHANGE AT THE SCOTTISH CAPITAL, WITH RICHARD COCKERILL TAKING OVER AS HEAD COACH AT MYRESIDE, FOLLOWING A BRIEF SPELL UNDER THE LEADERSHIP OF FORMER SCOTLAND INTERNATIONAL, DUNCAN HODGE.

Cockerill, a hooker by trade who lined-up alongside Graham Rowntree and Darren Garforth in the famous 'ABC club' at Leicester, has been brought in to change Edinburgh's fortunes on both domestic and European fronts. And the former England hooker certainly has the coaching credentials to spark a revival at Myreside.

Cockerill was appointed full time head coach at Leicester Tigers in 2009, following two previous interim spells, a club which he represented on more than 250 occasions.

Cockerill brought back-to-back domestic titles to Welford Road in 2009 and 2010, and his role changed to Director of Rugby in 2010. Cockerill would also lead Tigers to a Heineken Cup final in 2009, where they narrowly lost out to a Rocky Elsom-inspired Leinster in the final, as well as another Premiership title in 2013.

In 2017, Cockerill's time at the East Midlands came to an end, and he would eventually take over from Mike Ford for



a short stint as head coach of French giants, Toulon.

Cockerill would lead Toulon to the Top 14 final, where they were defeated 22-16 by Clermont, with Morgan Parra racking up 17 points from the boot for Les Jaunards.

However, the 27-times capped international is determined to build a winning mentality at the Scottish capital, as he is set to embark on his biggest coaching challenge to date.

"Everything is new to me here, so you have to forge your reputation all over again. I have to take this group by the scruff of its neck and help them realise their potential," said Cockerill.

"If they work hard and play well, they will get picked (for Scotland). If they don't do it for us, I won't pick them and I hope they don't get picked for Scotland because they won't deserve to.

"I feel, rightly or wrongly, that too many guys at Edinburgh, historically, have used it as a place to play a few games of rugby, to get themselves fit for the Test matches. Scotland don't want that and I won't tolerate that, because I have no interest in the national team, at all.

"That's not my job. My job is to get whatever team I'm coaching to do their job. They've got to do it for Edinburgh first and the sooner

they realise that, the better it will be for everybody."

Despite being a mere weeks into his rein at Myreside, Cockerill has made the move to appoint 22-year-old back row, Magnus Bradbury, as club captain for the campaign.

Cockerill insists he can be proud of his achievements when reflecting back to his recent stint at the French south coast, and the success he had installed a refreshed self-confidence in his own coaching abilities.

Cockerill said: "When I took over as head coach (at Toulon) they had six games to the final. We won six games to get to the final, which has got to help your confidence as a coach; knowing that what you are doing is actually right.

"They sacked Mike (Ford) on the Monday and nobody trained. There's myself, Marc del Maso and Giteau - who's never coached - and we have to beat Toulouse at Marseille in front of 65,000 people.

"You have four days to get prepped with a coach who's never coached and a scrum coach who's got Parkinson's disease and has his own issues.

"You just have to find a way to win against one of the best teams.

"You think, 'I'm leaving anyway so f*** it'. You need to be a f***** strong personality in that environment because everyone's going, 'You need to win'. So you say, 'No problem, I'm used to winning'"

"The stadium is awesome and you have Toulon and Toulouse queuing up. Where else would you rather be?"



"That's the biggest club arena in world rugby when you get into that company - and I was more than capable of taking that team by the scruff of the neck and getting it to a point where it won six games on the trot.

"We lost the final by six points, having not won away from

home in six months and people are going, 'Well, f***, you went into a dysfunctional place, got some order and made it work'. Your reputation could take double dents in the space of six months so I needed to get it f***** right, which I did."

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CAERDYDD



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Cardiff University rugby team, Welsh Varsity 2017

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THREE TO WATCH

MAGNUS
BRADBURY

HAMISH
WATSON

SOLOMONI
RASOLEA

BRADBURY HAS BEEN NAMED EDINBURGH CAPTAIN FOR THE 2017/18 CAMPAIGN AT ONLY 22-YEARS-OLD.

The 6'4" back row joined Edinburgh on an academy contract in 2014, having graduated from the national age-grade system.

Bradbury has represented Scotland at Under-17, Under-18, Under-20 and Sevens, and made his senior debut on the international stage during the 2016 Autumn Test match against Argentina.

The back row, who recently penned a new three-year deal at the Scottish capital, has 31 appearances and seven tries to his name in Edinburgh colours.

WATSON CAME THROUGH THE LEICESTER TIGERS ACADEMY, BUT MADE THE MOVE UP NORTH IN 2011, SIGNING A CENTRAL CONTRACT WITH THE SCOTLAND SEVENS SIDE.

Having impressed on the circuit, the open side was picked up by Edinburgh, where he had become a key player since his debut in 2011.

The back row made his bow on the international stage during the 2015 Six Nations clash against Italy. However, he would not make his first start in Scotland colours until the 2016 autumn series.

Watson, who was one of Scotland's stand-out players during last season's Six Nations campaign, is another to have signed a new deal recently, extending his stay at Myreside until 2019.

RASOLEA JOINED EDINBURGH AHEAD OF THE 2016/17 SEASON, MAKING THE MOVE FROM SUPER RUGBY OUTFIT WESTERN FORCE, AND MAKING HIS DEBUT FOR THE CAPITAL SIDE DURING LAST SEASON'S GUINNESS PRO12 OPENER AGAINST CARDIFF BLUES AT THE ARMS PARK.

Capable of playing either at centre or on the wing, Rasolea was born in Brisbane, Australia and was educated at the Anglian Church Grammar School, where notable alumni also include David Pocock and Quade Cooper.

26-year-old Rasolea represented Fiji at Under-20 level, but wore the famous gold of Australia on the World Rugby Seven Series, playing at the London and Glasgow legs.



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OPPOSITION STATISTICS

HEAD TO HEAD

HEAD TO HEAD RECORD GUINNESS PRO14

| | | |
|--------------|------------|----------------|
| 28 | 18 | 10 |
| GAMES PLAYED | BLUES WINS | EDINBURGH WINS |

LAST THREE RESULTS GUINNESS PRO12

15 APR - CARDIFF ARMS PARK
CARDIFF V OSPREYS
W 35-17

15 APR - CARDIFF ARMS PARK
CARDIFF V ZABRE
W 30-24

6 MAY - RODNEY PARADE
CARDIFF V DRAGONS
W 26-24

15 APR - RDS ARENA
EDINBURGH V TREVISO
L 6-21

28 APR - RDS ARENA
EDINBURGH V DRAGONS
W 24-20

6 MAY - RDS ARENA
EDINBURGH V GLASGOW
W 29-18

STANDINGS GUINNESS PRO12

7th - 53pts
W11 D1 L10

9th - 31pts
W6 D0 L16

FORMBOOK (LAST 6) GUINNESS PRO12

LLDWWW

LLLLWW

DID YOU KNOW?

Cardiff Blues finished in 7th place in the Guinness PRO12 last season and were unbeaten in the last four rounds.

Blues only defeat in their last five encounters against Scottish opponents was 15-29 to Glasgow Warriors in round 13 last season, whilst the last Scottish side to have won at the Arms Park was also the Warriors, in November 2015.

Blues only defeat in round 1 since 2009 came when they visited Glasgow in 2013.

Edinburgh Rugby head coach Richard Cockerill takes charge of his first PRO14 encounter after recent spells as head coach in the English Premiership and France's Top-14.

Edinburgh concluded the 2016/17 campaign with a pair of victories over Dragons and Glasgow - with the Dragons win being their first over a Welsh Region for six matches.

The Welshmen have won their last five fixtures against Edinburgh whilst their only reversal in their last nine encounters came at BT Murrayfield in November 2014.

Blues beat Edinburgh 34-16 at the Arms Park in round 1 last year.

TOP TRY SCORER

6

TOM JAMES

6

DAMIEN HOYLAND

TOP POINTS SCORER

128

STEVE SHINGLER

116

DUNCAN WEIR

JOSH TURNBULL

READY TO MAKE UP FOR
LOST TIME



JOSH TURNBULL IS FINALLY FIT AND FIRING AFTER FEARING HE MAY NOT HAVE PLAYED AGAIN FOLLOWING BACK SURGERY.

The 2016-17 season was one of huge frustration for the versatile forward, who has notched up 64 appearances for Cardiff Blues.

During the opening months of the season Turnbull was managing a number of niggles, and then the root cause was discovered to be a bulging disc in his lower back.

Turnbull required surgery to correct the problem and that was just the start of a long road back to playing rugby. One in which he questioned whether he would pull on a Cardiff Blues jersey again.

“Last season was definitely one of frustration,” said Turnbull with a wry smile.

“From October onwards I had niggling pain, which I tried to manage - my lower back, glutes and hip flexors.

“We tried to manage it but come the Ulster game on December 3, I felt terrible. I felt sick and my legs were weak so I had a scan and it revealed a nasty bulge in my lower back.

“We gave it time to settle down but it didn’t and it was a case of having the op. Losing the sensation in your big toe, not being able to do a simple calf raise, sit down for longer than 10 minutes without a raging sciatic pain through my leg was frustrating, especially over Christmas with two little ones who want you to pick them up.

“After the operation I questioned whether I would play again. I remember lying there during the Six Nations and struggling to move, to walk down the stairs and I thought, ‘I might be struggling to come back from this’.



“I was keeled over at the waist, with a crutch in one hand and couldn’t stand up straight, it was so frustrating and it was a process where you take three steps forward and then two back. It took a long time for the

strength to come back and you wonder if it will ever get better.”

Turnbull came very close to returning to action at the end of last season but the decision was taken not to rush his rehabilitation.



That meant the 29-year-old was able to take part in a two week conditioning block at the end of the season before enjoying a four week break and he believes that made a huge difference both physically and mentally.

He continued: “The physios worked really hard and I did everything I could to come back at the end of last season, which wasn’t to be but probably a blessing in disguise.

“The rest of my body was able to rest and recover, I was able to spend some really good time away from the environment resting mentally to comeback.

“Sometimes mentally more than physically players really need a break and that’s done me a world of good and I’m just really looking forward to getting out there.”

Turnbull made his long-awaited return to action in the pre-season victory over London Scottish and followed it up with 40 minutes during last week’s win over Exeter Chiefs.

Pre-season also saw fellow long-term casualties Lewis Jones and Dan Fish return to action, which has added to the feel-good factor.

Now Turnbull is relishing the opportunity to make up for lost time.

He added: “I’m good, healthy and fit now. It was good to get 60 minutes against Scottish and then another 40 against Exeter, who are a good, well-drilled team as well.

“It was the perfect opportunity to test yourself and that’s what we wanted to do as a group and myself personally.

“Massive credit to my wife who kept telling me to work hard and you do see light at the end of a tunnel when you start doing games or training outside. Dan Fish and Lewis Jones were in that injured group and seeing them coming back is a boost to all of us.

“They say after a while you start to miss the game and I have missed it immensely. Going from not knowing when you will be able to play to being back on the pitch with your mates, you really enjoy those wins. Exeter was a really big scalp for us, we can build on those foundations and into the season.

“I’m just excited, you want to throw yourself around and know you can do what you did before and as good as you did it before.”





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ABOVE & BEYOND



PRINCIPALITY PREMIERSHIP ROUND-UP

CARDIFF, MERTHYR AND PONTYPRIDD WERE ALL IN ACTION ON THE OPENING WEEKEND OF THE PRINCIPALITY PREMIERSHIP. HERE'S HOW THEY GOT ON.

NEWPORT RFC 19 CARDIFF RFC 31

A trip to Newport was first up for Cardiff, as they faced off for the first time on Rodney Parade's new surface.

Steve Law kicked off his career at the Blue and Blacks with a comfortable 31-19 victory, securing a crucial bonus point in the process.

Debutant wing Patric Lewis touched down for a hat-trick, while outside half Gareth Thompson racked up a personal tally of 16 points to ensure victory.

It was Thompson who opened the scoring at Rodney Parade, landing a penalty after eight minutes. Newport's Matt O'Brien looked for an immediate reply, but saw his effort drift wide of the posts.

Cardiff's lead was soon extended to 10 points, as Lewis crossed for the first of his three tries of the afternoon.

Impressive pace by full back Llywarch ap Myrddin, who made the switch from Rodney Parade to Cardiff Arms Park over the summer, and a neatly timed pass to Lewis sent the wing over. Thompson made no mistakes with the conversion.

Before the Amber and Blacks had the opportunity to regroup, as ap Myrddin and Lewis combined once more, securing a quick fire double and opening up a 17-point lead.

Newport replied, as Will Evans touched down for a converted try, but a length-of-the-pitch effort saw Steve Law's side regain their 17-point advantage. Thompson, ap Myrddin, Will Rees Hole and Owen Lane all played their part, as Lewis secured his third try on his Blue and Blacks debut.

A fine individual effort by Thompson secured the bonus point, before ap Myrddin made a crucial try-saving tackle at the other end.



There were late scores for the home side through Harri Lang and Henry Palmer, but Law's side held on to claim a momentous away victory on the opening weekend.



MERTHYR 31 CROSS KEYS 29

Defending champions, Merthyr, left it late to secure a two-point victory over a strong Cross Keys side at The Wern.

It looked as if the visitors would run away with a comfortable victory, as they led 17-29 with five minutes remaining, but Dale MacIntosh's side dug deep to steal a victory in the final play of the game.

Keys opened the scoring through centre Josh Barnett, with Josh Prosser converting, but the hosts struck back as number 8 Phil Rees powered his

Lock Ben Murphy extended his side's advantage to 17-7, as he touched down from a driving line-out, with full back Matthew Jarvis converting, before Prosser struck back with a penalty to keep Keys within touching distance.

Keys brought the scores level early in the second half, as captain Scott Matthews broke away, with Prosser once again converting.

Wing Matthew Prosser gave the visitors the lead before ex-Merthyr prop, Nathan Buck, powered over to create a 12-point gap with only eight minutes remaining on the clock.



way over the line to close the gap to 5-7.

The home side soon took the lead, as young outside half Ben Jones, one of the Ironmen's allocation of Cardiff Blues players for the season, produced some individual excellence, running in from 40 meters.

However, late tries by Matthew Dwyer and Ed Siggery, coupled with a pair of Jarvis conversion, completed a stunning comeback for the defending champions.

Cardiff and Merthyr face off tomorrow at Cardiff Arms Park, as both sides look to maintain their 100 per cent start to the season.

PONTYPRIDD 27 BEDWAS 39

It was a disappointing start to the season for Pontypridd, who fell to a 12-point home defeat to Bedwas.

Cardiff Blues' Dane Blacker and Shane Lewis-Hughes impressed for Ponty, and despite scoring three tries at Sardis Road, it was the visitors who came away with maximum points.

It took eight minutes for Bedwas to open the scoring, as a quick tap penalty created space for wing Matthew John to cross the whitewash, with outside half Steffan Jones converting.

Dane Blacker and Daf Lockyer looked dangerous in attack, and the attacking pressure from Ponty eventually told as Shane Lewis-Hughes powered his way over from a line-out set-piece.

Diggy Bird converted to bring the scores back level, but it only took eight minutes for the visitors to regain their lead.

Close range scrums near the Pontypridd try line allowed number eight, Morgan Allen, an opportunity to sneak his way under the posts, with Jones once again adding the extras.

Bird and Jones both exchanged penalties, and the visitors were 13-17 to the good as the half time whistle blew.

Wales Under-20 hooker, Elliott Shipp, extended Bedwas' lead in the early stages of the second half, before replacement wing, Lewis Williams, struck back for Ponty, with Bird making no mistakes with a straight-forward conversion.

However, Bedwas secured a bonus point, as Jones, who tallied 19 points on the day, slid in under the posts.

A Dale Stuckey try gave the hosts hope of an unlikely comeback, but the result was put beyond doubt when Andrew Waite raced clear with 78 minutes on the clock.

Ponty travel to Ebbw Vale's Eugene Park tonight, looking to bounce back from the opening weekend's disappointment.



CARDIFF BLUES SQUAD 2017/18

GARETH ANSCOMBE



Position: FLY HALF
Weight: 89kg
Height: 6ft1
D.O.B: 10/05/91

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KEIRON ASSIRATTI



Position: PROP
Weight: 117kg
Height: 5ft10
D.O.B: 30/06/97

SPONSORED BY

DANE BLACKER



Position: SCRUMHALF
Weight: 78kg
Height: 5ft10
D.O.B: 06/07/98

SPONSORED BY

JAMES BOTHAM



Position: BACK ROW
Weight: 98kg
Height: 6ft2
D.O.B: 22/02/98

SPONSORED BY

SION BENNETT



Position: BACK ROW
Weight: 122.6kg
Height: 6ft2
D.O.B: 01/08/89

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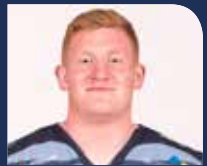
CALLUM BRADBURY



Position: LOCK
Weight: 108kg
Height: 6ft7
D.O.B: 01/09/97

SPONSORED BY

RHYS CARRE



Position: PROP
Weight: 130kg
Height: 6ft3
D.O.B: 03/02/98

SPONSORED BY

MACAULEY COOK



Position: LOCK
Weight: 116.1kg
Height: 6ft5
D.O.B: 31/12/91

SPONSORED BY

ALEX CUTHBERT



Position: WING
Weight: 105kg
Height: 6ft6
D.O.B: 05/04/90

SPONSORED BY

SEB DAVIES



Position: LOCK
Weight: 116kg
Height: 6ft6
D.O.B: 17/05/96

SPONSORED BY

KRISTIAN DACEY



Position: HOOKER
Weight: 109.1kg
Height: 6ft1.5
D.O.B: 25/07/89

SPONSORED BY

COREY DOMACHOWSKI



Position: PROP
Weight: 118kg
Height: 6ft
D.O.B: 19/09/96

SPONSORED BY

OWEN LANE



Position: WING
Weight: 100kg
Height: 6ft1
D.O.B: 20/12/97

SPONSORED BY

REY LEE-LO



Position: CENTRE
Weight: 99kg
Height: 6ft
D.O.B: 20/02/86

SPONSORED BY

CAMERON LEWIS



Position: CENTRE
Weight: 86kg
Height: 6ft
D.O.B: 24/09/97

SPONSORED BY

DILLON LEWIS



Position: PROP
Weight: 127kg
Height: 6ft1
D.O.B: 04/01/96

SPONSORED BY

SCOTT ANDREWS



Position: PROP
Weight: 122.6kg
Height: 6ft2
D.O.B: 01/08/89

SPONSORED BY

JAMES DOWN



Position: LOCK
Weight: 121.3kg
Height: 6ft7
D.O.B: 29/08/87

SPONSORED BY

GEORGE EARLE



Position: LOCK
Weight: 117.4kg
Height: 6ft5
D.O.B: 09/01/87

SPONSORED BY

JARROD EVANS



Position: FLY HALF
Weight: 89.7kg
Height: 5ft9
D.O.B: 25/07/96

SPONSORED BY

TAUFAAO FILISE



Position: PROP
Weight: 130kg
Height: 6ft5
D.O.B: 26/05/77

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DAN FISH



Position: FULL BACK
Weight: 86.4kg
Height: 6ft1
D.O.B: 19/12/90

SPONSORED BY

RHYS GILL



Position: PROP
Weight: 115.2kg
Height: 6ft2
D.O.B: 30/10/86

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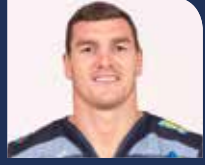
WILLIS HALAHOLO



Position: CENTRE
Weight: 105kg
Height: 5ft11
D.O.B: 06/07/90

SPONSORED BY

TOM JAMES



Position: WING
Weight: 102.3kg
Height: 6ft1.5
D.O.B: 17/04/87

SPONSORED BY

ELLIS JENKINS



Position: BACK ROW
Weight: 103.8kg
Height: 6ft1
D.O.B: 29/04/93

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GETHIN JENKINS



Position: PROP
Weight: 119kg
Height: 6ft2
D.O.B: 17/11/80

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BEN JONES



Position: FLY HALF
Weight: 76kg
Height: 5ft9
D.O.B: 03/10/98

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LEWIS JONES



Position: SCRUMHALF
Weight: 81.5kg
Height: 5ft9.5
D.O.B: 24/11/92

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SOUTH WALES' NO.1 HIT MUSIC STATION




SHANE LEWIS-HUGHES



Position: BACKROW
Weight: 113kg
Height: 6ft4
D.O.B: 20/09/97

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ETHAN LEWIS



Position: HOOKER
Weight: 110.9kg
Height: 6ft
D.O.B: 28/03/94

SPONSORED BY


HARRI MILLARD



Position: CENTRE
Weight: 94kg
Height: 5ft9
D.O.B: 27/08/96

SPONSORED BY


MATTHEW MORGAN



Position: FULL BACK
Weight: 78.1kg
Height: 5ft7.5
D.O.B: 23/04/92

SPONSORED BY

KIRBY MYHILL



Position: HOOKER
Weight: 107.8kg
Height: 6ft1
D.O.B: 05/02/92

SPONSORED BY


JOSH NAVIDI



Position: FLANKER
Weight: 104.7kg
Height: 6ft1.5
D.O.B: 30/12/90

SPONSORED BY


ANTON PEIKRISHVILI



Position: PROP
Weight: 121kg
Height: 6ft
D.O.B: 18/09/87

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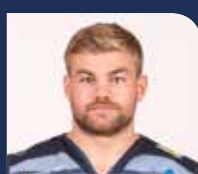
MATTHEW REES



Position: HOOKER
Weight: 111.2kg
Height: 6ft2
D.O.B: 09/12/80

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JACK ROBERTS



Position: CENTRE
Weight: 91kg
Height: 5ft8
D.O.B: 20/11/91

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BLAINE SCULLY



Position: FULL BACK
Weight: 95kg
Height: 6ft2.5
D.O.B: 18/09/87

SPONSORED BY


STEVEN SHINGLER



Position: FLY HALF
Weight: 92.5kg
Height: 6ft3
D.O.B: 20/06/91

SPONSORED BY


GARYN SMITH



Position: CENTRE
Weight: 94.3kg
Height: 5ft11
D.O.B: 12/07/95

SPONSORED BY


ALED SUMMERHILL



Position: FULL BACK
Weight: 93.4kg
Height: 6ft2
D.O.B: 22/11/94

SPONSORED BY


BRAD THYER



Position: PROP
Weight: 114.5kg
Height: 6ft
D.O.B: 07/02/93

SPONSORED BY


JOSH TURNBULL



Position: BACK ROW
Weight: 112.2kg
Height: 6ft4
D.O.B: 12/03/88

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SAM WARBURTON



Position: BACK ROW
Weight: 100.7kg
Height: 6ft3
D.O.B: 05/10/88

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DAMIAN WELCH



Position: LOCK
Weight: 120kg
Height: 6ft6
D.O.B: 28/07/82

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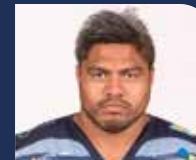
LLOYD WILLIAMS



Position: SCRUM HALF
Weight: 91.1kg
Height: 6ft
D.O.B: 30/11/89

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NICK WILLIAMS



Position: BACK ROW
Weight: 129.8kg
Height: 6ft3.5
D.O.B: 02/12/83

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RHUN WILLIAMS



Position: FULLBACK
Weight: 87kg
Height: 6ft1
D.O.B: 05/06/97

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TOMOS WILLIAMS



Position: SCRUM HALF
Weight: 83.4kg
Height: 5ft11
D.O.B: 01/01/95

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HEAD COACH

RICHARD HODGES
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MANAGER

GAFYN COOPER
RUGBY OPERATIONS MANAGER

RHODRI MANNING
HEAD OF PERFORMANCE ANALYST

JOHN MILES
HEAD OF MEDICAL SERVICES

MIKE BIERI
TRAINING GROUND MANAGER

DR. GARETH JONES
TEAM DOCTOR

ROBIN SOWDEN-TAYLOR
STRENGTH & CONDITIONING COACH

RYAN WHITLEY
SENIOR STRENGTH & CONDITIONING
COACH

BEN WARBURTON
PHYSIOTHERAPIST

WAYNE MORTIMER
MASSAGE THERAPIST

CHRIS BERRY
ANALYST SENIOR PERFORMANCE

RICHARD HUGHES
MOBILITY & RECOVERY COACH

DAN JONES
PHYSIOTHERAPIST

MATT SHERRATT
BACKS & ATTACKS COACH

CLIVE JONES
Director of Development

DUANE GOODFIELD
Forwards transition coach

RICHIE REES
Backs transition coach

NICKY ROBINSON
Kicking / Transition coach

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Academy performance analyst

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CARDIFF BLUES SUPPORTERS CLUB

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FIRST PRO14 START FOR THE CARDIFF BLUES

Welcome to our visitors Edinburgh in the first PRO14 game at the Arms Park, our visitors suffered a narrow home loss at home to Sale (20-24)

and a narrow away win over Newcastle (14-10) in their warmup games this season.

After the impressive squad win over London Scottish and the

defeat of the reigning English champions Exeter Chiefs last friday the Blues will be looking to start this campaign with a win at home in this cross conference game.

CARDIFF BLUES SUPPORTERS CLUB MEMBERSHIP

CBSC membership for the current season is on sale from the CBSC website or in person from committee members in the Jack Matthews bar under the Arms Park South stand before or after home games. Membership costs £10 for adults and £5 for juniors (under 18); your membership pack includes a specially designed 2017/18 season CBSC membership pin in OWS colours, and a membership card. All members get priority access to CBSC events throughout the season and junior members also have a chance to be CBSC flag bearers at a home match during the season. Membership also gives you a vote in the player of the month awards and the end of season Player of the Year award. Also included are discounted travel prices for official CBSC away trips in the pro12 and for the upcoming European Challenge cup fixtures. Pre-sold membership packs will be available for pickup from the Jack Matthews bar.

AWAY TRIPS

CBSC will be running trips to the Scarlets on Saturday 28th October (KO 7:35pm) and we are looking at options for the Sale Sharks away game on 9th December. If you want to book or register an interest in any of these trips then you can do so on the CBSC website or in person with a committee member in the Jack Matthews bar before or after home game

Come on the Blues!
Simon Harrington
Juniors Ambassador

STAY STRONG FOR OWS

Once again Cardiff Blues Supporters Club will be focusing our fundraising efforts on the Owen Williams charity

fund. Throughout the season we will be running fundraising events for Owen and as a start £1 from every membership fee will be donated to the fund.

Our committee this season is confirmed as Sarah Hopkins,

Catherine Smart, Graeme Prance, Chris Stork, Carol Esposti, Simon Harrington, James Lewis, David Elsmere, Richard Taylor and Kate Parkinson.

FOR MORE INFORMATION, LOG ONTO OUR NEW OFFICIAL WEBSITE WWW.CARDIFFBLUCESS.CO.UK (E-MAIL INFO@CARDIFFBLUCESS.CO.UK), JOINING OUR FACEBOOK GROUP @CBSUPPORTERSCLUB OR FOLLOWING US ON TWITTER @CARDIFFBLUCESS OR INSTAGRAM @CARDIFFBLESSC

CARDIFF BLUES SUPPORTERS' CLUB MEMBERSHIP APPLICATION

Please tick a box is this a: **New Application** **Membership Renewal**

Season: Membership Number (renewals):

First Name: Membership Type: **Adult** **Junior**

Surname: DOB (if Junior – Under 18):

CONTACT DETAILS

Address:

Postcode:

Contact telephone number:

Email address:

ADDITIONAL MEMBERS

For additional members with a different postal address, please use a separate application form

Name: Contact details (if different)

New Renewal Adult Junior telephone:

Membership Number: Email:

Name: Contact details (if different)

New Renewal Adult Junior telephone:

Membership Number: Email:

Name: Contact details (if different)

New Renewal Adult Junior telephone:

Membership Number: Email:

PAYMENT TYPE

Please tick box Cash Total Paid £

Cheque Total Paid £

Please make cheques payable to **Cardiff Blues Supporters' Club**

Please return your completed application form to: **CBSC, 3 Crystal Avenue, Heath, Cardiff, CF23 5QJ**

Or Email: cardiffbluessupportersclub@hotmail.com

Or you can pay by debit or credit card online at www.cardiffbluessupportersclub.co.uk (small fee applies)



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CARDIFF BLUES CHARITY FOCUS

BEDDAU RFC FUNDRAISE FOR THE BRITISH HEART FOUNDATION.

This evening is a change from the norm as we support Beddau RFC – a local club within our region, who have endured six months of tragedy.

The club has a rich history of producing players for the top level, including current Cardiff Blues captain Gethin Jenkins.

During the past months, the club near Pontypridd have lost seven key figures, all in tragic circumstances.

Tom Owen, Edward Hallett, Lee Caddy, Mike Phillips, Scott Barnes, Jeff Sutton and Daniel Palk have all passed away.

Numerous fundraising events have taken place including memorial matches and the annual

sponsored bike ride, which was started by Caddy. A number of cyclists from Beddau RFC have also previously supported #StayStrongForOws.

Now Cardiff Blues are pleased to stand alongside Beddau at this difficult time and tonight's bucket collection will go towards the British Heart Foundation and funding a defibrillator at Mount Pleasant Park.

The British Heart Foundation lead the fight against cardiovascular disease – the biggest funder to cardiovascular research in the UK.

Our thoughts remain with those at Beddau RFC and the family and friends of the seven members lost.

For more information on the club's continued fundraising efforts please visit www.facebook.com/BeddauRugbyFootball



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IN THE COMMUNITY GIRLS ONLY CAMP SUCCESS

GIRLS ONLY CAMP A HUGE SUCCESS

EARLIER TODAY MORE THAN 50 GIRLS FROM ACROSS CARDIFF BLUES REGION TOOK PART IN OUR FIRST GIRLS ONLY CAMP.

The aspiring players worked on a variety of rugby skills at the camp, which was run in conjunction with the Welsh Rugby Union, with an emphasis on fun.

Players from both Cardiff Blues Women and the men's first team attended the one-day event at Cardiff Arms Park.

Cardiff Blues Community Manager Nadine Griffiths said: "It is great to welcome so many girls onto our first ever girls only camp here at the Arms Park.

"Hopefully it has inspired them to follow their rugby heroes and one day pull on a Blues Women's shirt in the future.

"It is great to be able to hold the camp at Wales Women's home for Six Nations matches and with the great coverage of the recent Women's Rugby World we are looking forward to seeing more and more girls inspired to take up the sport."

The Blues and WRU currently run eight cluster centres around the region for girls aged



between 6-15 years-old, which more than 1,000 have attended.

Offering touch, tag and contact for all, with a focus on fun and skill development they are the perfect opportunity to start out in the sport.

Cluster centres, April-August (Cardiff Blues region)

- **Capitals, Llandaff North**
- **Mariners, Old Pens**
- **Islanders, Barry**
- **Bridgers, Llantwit Fardre**
- **Miners, Ystrad Rhondda**
- **Timbers, Aberdare**
- **Steelers, Merthyr**
- **Red Kites, Gwernyfed**

WRU Game Changer, Katy Evans said: "To be able to offer a

girls-only rugby camp at such a prestigious venue is so inspiring for these young girls.

"We have seen thousands of new girls trying rugby over the past two years in a new 'spring-summer' offering at girls' only cluster centres which has been boosted by the Wales Women's display at this year's World Cup in Ireland.

"The success of the cluster centres have highlighted the huge demand that is there for girls to play rugby and we must capitalise on this to ensure every girl has the opportunity to play rugby in an environment that suits them.

"This camp is a great starting point for girls to be coached by Blues players at their home ground, inspiring them to follow in their footsteps."

100 PER CENT FOR BTEC AND STILL RECRUITING.



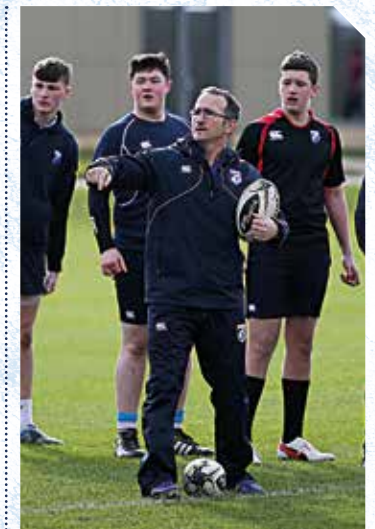
THE CARDIFF BLUES BTEC IS NOW ENTERING ITS THIRD YEAR HAVING ACHIEVED A 100 PER CENT SUCCESS RATE IN UNIVERSITY ADMISSIONS.

Students in the final year of the Level 3 Extended Diploma in Sport BTEC enjoyed amazing results and have all been accepted to higher education university courses.

Cardiff Arms Park and Crickhowell continue as centres, with the new addition of Bryncelynog Comprehensive School, which boasts a number of Cardiff Blues players among its alumni.

Cardiff Blues Community Manager Nadine Griffiths said: "I'm so pleased and extremely proud of our BTEC program.

"We are still the only region to offer this provision and our staff have done an amazing



job, teaching and inspiring all of our students to reach their full potential, which is clearly evidenced by our great results of 100 per cent university acceptance."

For more information please visit www.cardiffbluesrepc.com





REY LEE-LO IS DETERMINED TO BUILD UPON AN IMPRESSIVE 2016-17 CAMPAIGN WHICH SAW HIM SCOOP THE PETER THOMAS' PLAYER OF THE SEASON AWARD.

The Samoan centre was an ever-present feature in the Cardiff Blues midfield and starred throughout with a combination of power and an elusive running game.

That stellar season saw him pick up the main award back in June and he is hoping fierce competition at centre - with Lee-Lo, Willis Halaholo, Jack Roberts, Garyn Smith, Harri Millard and Owen Lane all vying for places - will drive him to new heights in 2017-18.

Lee-Lo said: "I was really shocked to win the award. There are so many good players in the squad but it was an honour and privilege to receive it.

"Hopefully it will be another good year and I can try to go for

a double but it will be difficult with all the competition in the centre with Jack coming back to Wales, the two young boys Harri and Garyn, and Willis as well.

"I've watched them all in the last two weeks and I think I'll be starting out at fifth choice. I've got to fight my way back into that starting team but that's always good and pushes you harder, it should be a good year."

Lee-Lo has played no part in the pre-season victories over

London Scottish and Exeter Chiefs and only returned to full training on Monday following a long and arduous summer with Samoa.

He featured in three of the Islanders' four Tests, including a rain sodden defeat to Wales in Apia, which featured five of his Cardiff Blues teammates.

The 31-year-old enjoyed the experience but is now champing at the bit to take the field with his regional teammates.



LEE-LO

LOOKING TO TAKE CENTRE-STAGE ONCE AGAIN



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He continued: "The summer was good, I went back home for a few weeks and then to the Island and played Wales.

"Obviously we lost but it was good to see the boys. The weather wasn't the best but it was a good game - I told the boys it would be nice but I've never seen weather like that in Samoa. It worked out well for the Welsh boys because they're used to it.

"We played four games and lost all four. It was a difficult summer. We have good players, good coaches and management but it just didn't come our way. It was hard to take not winning any games.

"After the last game my body was sore but I've had a good

break now, probably six or seven weeks so I can't wait to get in with the boys. I've been going in now and then to do some of the fitness but this week was my first proper one."

Lee-Lo is also relishing the opportunity to develop his midfield partnership with Willis Halaholo. Halaholo arrived in Wales last November, on the back of a full Super Rugby and ITM Cup season, but the duo, who played together at the Hurricanes quickly reacquainted themselves.

Combined, they beat more defenders in the PRO12 than any other centre pairing, making up three of the top five and Lee-Lo expects more to come from his good friend.

Lee-Lo added: "I told him my first year was a struggle to adapt but I slowly got into it and I saw that with Willis at the end of the season.

"He's had a longer break than the other boys because he played back to back seasons in NZ but he's looking really good in training. I reckon he'll have a really good year.

"But the only reason we play the way we do is because the boys giving us space, the big boys up front and the nines and 10s controlling the game. If we see it's on then we call for it but it's not going to happen all the time.

"I just can't wait to play now, I've been knocking on Danny's door and am looking forward to a big year."

CARDIFF ARMS PARK: SPECTATOR SAFETY



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SEE WHO ELSE HAS ALREADY CHOSEN MACRON:



Welcome to Cardiff Arms Park. The safety of spectators is an important consideration in staging sporting events and one that Cardiff Blues management takes seriously. We do however need your cooperation in maintaining a safe environment and appreciate your understand that bags will be searched when entering the ground and other security measures that we may need to implement e.g. asking you to open your coat on entry and/ or searching. If you have any concerns regarding security please speak with a Safety Steward who will report the matter to the Safety Control Room.

We also ask that you assist us with the following:

- Keep gangways on the terraces and in the stands clear at all times.
- Do not go onto the field of play except in an emergency or when invited e.g. pitch access at the end of a game.
- Do not leave your children unattended and prevent them from running around the ground.
- When waiting for relatives or friends keep away from entry/ exit points to avoid congestion.

SAFETY ANNOUNCEMENTS

Before a safety announcement you will hear a two tone signal (Bing Bong); this means a safety

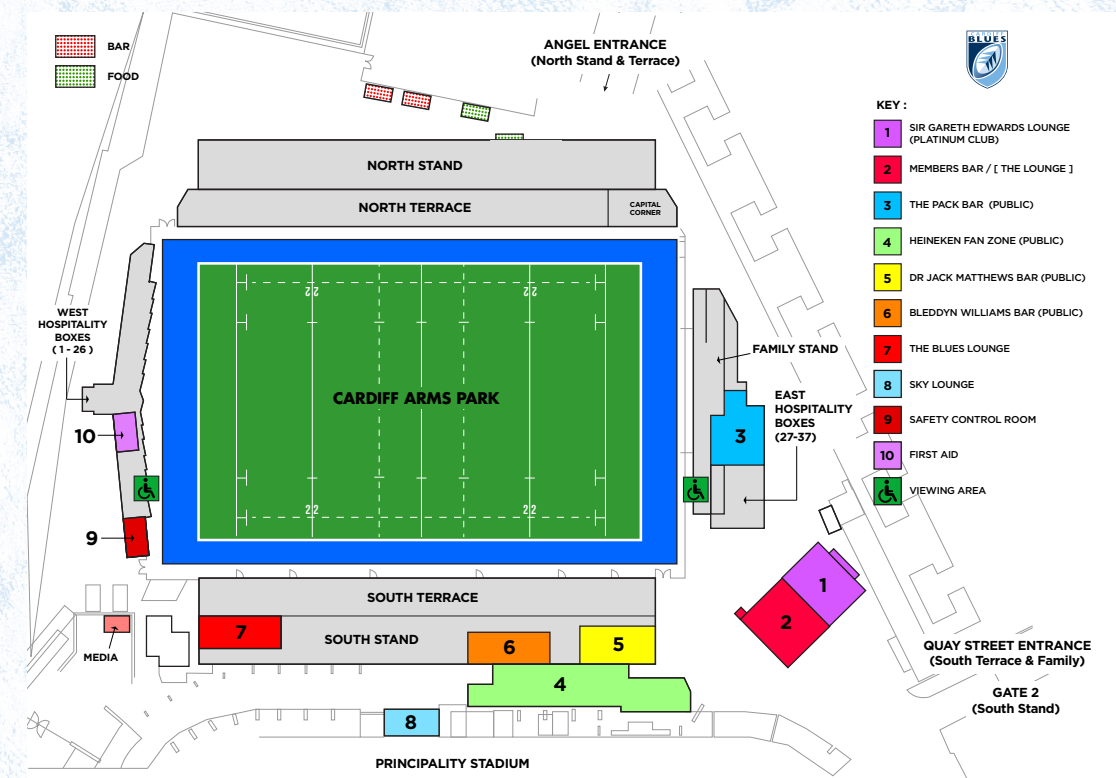
announcement is about to be made to either a section or the whole of the ground. Please assist us by following any instruction given either through the PA system or by the Safety Stewards.

MEDICAL PROVISIONS

During each event Cardiff Blues provide medical cover for Spectators. If you have a problem please contact your nearest Safety Steward.

GROUND REGULATIONS

Copies of the Ground Regulations are displayed at each entrance and are on the Cardiff Blues website. Spectators who do not comply with these may be refused entry or ejected from the ground.



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TODAY'S MASCOT



NAME:
HARRI JACOB
AGE:
10 YEARS OLD
SCHOOL:
**YSGOL
GYMRAEG Y
FENNI**
CLUB:
**MINI STEELERS
U11**
FAVOURITE PLAYER:
**SAM
WARBURTON**

WE ARE ALSO DELIGHTED TO WELCOME THIS EVENING'S FLAG BEARERS, WHO ATTENDED CARDIFF BLUES' FIRST EVER GIRLS CAMP EARLIER TODAY!

WE ALSO WELCOME CARDIFF SCHOOLS U11, WHO ARE HERE TO PARADE THE THREE NATIONAL TROPHIES THEY WON LAST SEASON.



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LEE-LO CLOCKS IN TO WATCHES OF WALES

REY LEE-LO TOOK TIME OUT OF HIS SCHEDULE LAST WEEK TO VISIT WATCHES OF WALES AND COLLECT HIS PRIZE FOR WINNING THE PETER THOMAS PLAYER OF THE SEASON AWARD.

The electric centre was away on international duty when the awards took place at the Reardon Smith Lecture Theatre in the National Museum of Wales in June.

He received the accolade, sponsored by DS Smith, via video message but now back in Cardiff he was delighted to

accept a watch kindly provided by long-standing sponsor Watches of Wales.

Paul Hornblow, owner of the luxury watch specialist based in Morgan Arcade, said: "We are delighted to support Cardiff Blues' annual awards and present Rey with a watch following his stunning season.

"I am sure we will see more of the same from Rey in the 2017-18 season as Cardiff Blues continue to move in the right direction and we look forward to continuing our great working relationship."

Lee-Lo featured in three of Samoa's four summer Tests and was given an extended break over the summer but he is now back in action and available to face Edinburgh on Friday.

Lee-Lo added: "I'm really grateful to Paul and Watches of Wales for kindly giving me such a great watch.

"I was truly humbled and honoured to win the award back in June, it was such a shock but a great feeling and I am now ready to give my all to Cardiff Blues again in the season ahead."

CF10 ARMS PARK RUGBY TRUST

THE INDEPENDENT VOICE FOR ALL SUPPORTERS PROTECTING THE PAST, EMBRACING THE FUTURE

CF10 is a new supporter organisation for all those with a passion for Cardiff rugby. We're deeply grateful to Cardiff Blues for the help that they've given us over the last year and for allowing us to have a regular slot in the match programme. Today we're going to tell you a little about ourselves and then talk a little bit about today's opponents.

SO WHAT IS CF10?

- A Supporter's Trust whose main aim is to increase our involvement in decision making at Cardiff Arms Park-after all, it's our game and our club!
- A cooperative which is overseen by an elected Board of nine Directors, established under the Cooperative and Community Benefit Societies Act 2014, and regulated by the Financial Conduct Authority
- A member of the national body, Supporters Direct
- A genuinely independent group with the largest membership of any supporter organisation at CAP and that acts as a 'critical friend' to the Board and other stakeholders
- An organisation that is both political and campaigning and which has all aspects of Cardiff rugby at its heart
- A group that helps ensure that the proud traditions of Cardiff rugby are upheld and preserved whilst fully promoting the regional role of the professional team-change is good, but our history and heritage are key to defining who we are.

WHY JOIN?

As a member you will:

- Be involved in shaping the future at a critical time in the club's history
- Be part of a continuous dialogue between supporters and management
- Be a shareholder in both the trust and in Cardiff Blues Ltd (as the trust holds shares in the company).
- Help ensure that heritage is cherished and protected and our regional role more clearly promoted
- Be involved in a movement for positive change
- Help us be stronger together!

HOW DO I JOIN?

You can do so online at <https://cf10rugbytrust.org/join> or meet us in the Pack Bar before and after any home Cardiff Blues game or in the bar at RFC games.

TODAY'S GAME

So that's the politics, now let's think about the rugby and the very first Guinness Pro14. Our opponents tonight, Edinburgh Rugby, will be both a new challenge and a familiar foe

for Cardiff Blues, as we face the Scottish capital side in the opening round of fixtures for the fifth time in nine seasons.

Now under the coaching of former Leicester Tigers boss Richard Cockerill, it's been a summer of upheaval for an Edinburgh side that have failed to finish in the top half of the league since being runners-up in 2008/09.

They will be looking to overcome what has become a bogey fixture, with the Scots not claiming victory at CAP since September 2012. Four straight Cardiff Blues wins culminating in a bonus point victory on the opening day of last season.

Tries from debutants on the day Nick Williams and Steve Shingler, as well as Tomos Williams and a penalty try for the forwards, secured a 34-16 victory to begin last September's unbeaten run.

That win added to a record of six Cardiff wins in seven season openers, including three defeats of Edinburgh, with Wales' Capital Region scoring an average of just over 33 points per game.

After an encouraging pre-season there is certainly a hope that form can be added to, and us Cardiff Blues fans have an important role in supporting the players. Let's make our historic home a fortress once again!

AND FINALLY

Don't forget to follow the Supporters Club for information about travel to away games, **#StayStrongforOws** and other important events at CAP.



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2016/17 FIXTURES & RESULTS



| DATE | K/O | OPPOSITION | COMP | Home/Away | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|-------------|-------|-------------------|---------|-----------|-------------------|---------------------|----------------------|------------------------|---------------------------|-------------------------------|-------------------------|------------------------|-------------------|-----------------------|-------------------|------------------|---------------------|-----------------------------|----------|
| AUG | | | | | | | | | | | | | | | | | | | |
| SAT 19th | 15:00 | LONDON SCOTTISH | PRO14 | Away | | | | | | | | | | | | | | | |
| FRI 25th | 19:45 | EXETER CHIEFS | PRO14 | Home | M Morgan (D Fish) | A Cuthbert (O Lane) | G Smith (K Phillips) | W Halaholo (H Millard) | A Summerhill 2T (T James) | S Shingler 1C 1P (J Evans 2P) | L Williams (T Williams) | R Gill (CDornachowski) | M Rees (K Myhill) | T Filise (K Assiratt) | S Davies (M Cook) | D Welch (J Down) | M Cook (J Turnbull) | E Jenkins (capt. S Bennett) | J Navidi |
| SEPT | | | | | | | | | | | | | | | | | | | |
| Fri 1st | 19:35 | EDINBURGH RUGBY | PRO14 | Home | | | | | | | | | | | | | | | |
| FRI 8th | 19:35 | LEINSTER RUGBY | PRO14 | Away | | | | | | | | | | | | | | | |
| Sat 16th | 19:35 | GLASGOW WARRIORS | PRO14 | Home | | | | | | | | | | | | | | | |
| SAT 23rd | 15:15 | CONNACHT RUGBY | PRO14 | Away | | | | | | | | | | | | | | | |
| SAT 30th | 13:30 | MUNSTER RUGBY | PRO14 | Away | | | | | | | | | | | | | | | |
| OCT | | | | | | | | | | | | | | | | | | | |
| Fri 6th | 19:35 | DRAGONS | PRO14 | Home | | | | | | | | | | | | | | | |
| Sat 14th | 15:00 | BRISTOL RUGBY | B&I CUP | TBA | | | | | | | | | | | | | | | |
| 20/21/22 | TBA | LEINSTER RUGBY | B&I CUP | TBA | | | | | | | | | | | | | | | |
| SAT 28th | 19:35 | SCARLETS | PRO14 | Away | | | | | | | | | | | | | | | |
| NOV | | | | | | | | | | | | | | | | | | | |
| Sat 4th | 19:35 | ZEBRE | PRO14 | Home | | | | | | | | | | | | | | | |
| Fri 24th | 19:35 | CONNACHT RUGBY | PRO14 | Home | | | | | | | | | | | | | | | |
| DEC | | | | | | | | | | | | | | | | | | | |
| FRI 1st | 19:35 | GLASGOW WARRIORS | PRO14 | Away | | | | | | | | | | | | | | | |
| 8/9/10 | TBA | DONCASTER KNIGHTS | B&I CUP | Home | | | | | | | | | | | | | | | |
| 15/16/17 | TBA | DONCASTER KNIGHTS | B&I CUP | TBA | | | | | | | | | | | | | | | |
| THU 26th | 14:00 | DRAGONS | PRO14 | Away | | | | | | | | | | | | | | | |
| Sun 31st | 15:15 | SCARLETS | PRO14 | Home | | | | | | | | | | | | | | | |
| JAN | | | | | | | | | | | | | | | | | | | |
| 5/6/7 | TBA | OSPREYS | PRO14 | Away | | | | | | | | | | | | | | | |
| 12/13/14 | TBA | LEINSTER RUGBY | B&I CUP | TBA | | | | | | | | | | | | | | | |
| FRI 19th | 19:45 | BRISTOL RUGBY | B&I Cup | Away | | | | | | | | | | | | | | | |
| FEB | | | | | | | | | | | | | | | | | | | |
| 9/10/11 | TBA | TOYOTA CHEETAHS | PRO14 | Home | | | | | | | | | | | | | | | |
| 16/17/18 | TBA | MUNSTER RUGBY | PRO14 | Home | | | | | | | | | | | | | | | |
| 23/24/25 | TBA | ZEBRE | PRO14 | Away | | | | | | | | | | | | | | | |
| MAR | | | | | | | | | | | | | | | | | | | |
| 2/3/4 | TBA | BENNETTON RUGBY | PRO14 | Home | | | | | | | | | | | | | | | |
| 23/24/25 | TBA | ULSTER RUGBY | PRO14 | Home | | | | | | | | | | | | | | | |
| APR | | | | | | | | | | | | | | | | | | | |
| 6/7/8 | TBA | TOYOTA CHEETAHS | PRO14 | Away | | | | | | | | | | | | | | | |
| 13/14/15 | TBA | SOUTHERN KINGS | PRO14 | Away | | | | | | | | | | | | | | | |
| 27/28/29 | TBA | OSPREYS | PRO14 | Home | | | | | | | | | | | | | | | |
| MAY | | | | | | | | | | | | | | | | | | | |
| 4/5/6 | TBA | TBA | PRO14 | TBA | | | | | | | | | | | | | | | |
| 4/5/6 | TBA | TBA | PRO14 | TBA | | | | | | | | | | | | | | | |
| 18/19/20 | TBA | TBA | PRO14 | TBA | | | | | | | | | | | | | | | |
| 18/19/20 | TBA | TBA | PRO14 | TBA | | | | | | | | | | | | | | | |
| Sat 26 | TBA | TBA | PRO14 | TBA | | | | | | | | | | | | | | | |



MEET THE TEAMS



T P C D

| | | |
|--|-------------------|----|
| | MATTHEW MORGAN | 15 |
| | ALEX CUTHBERT | 14 |
| | REY LEE-LO | 13 |
| | WILLIS HALAHOLO | 12 |
| | ALED SUMMERHILL | 11 |
| | JARROD EVANS | 10 |
| | LLOYD WILLIAMS | 9 |
| | RHYS GILL | 1 |
| | (C) MATTHEW REES | 2 |
| | TAUFA'AO FILISE | 3 |
| | SEB DAVIES | 4 |
| | DAMIAN WELCH | 5 |
| | JOSH TURNBULL | 6 |
| | JOSH NAVIDI | 7 |
| | NICK WILLIAMS | 8 |
| | REPLACEMENTS | |
| | KIRBY MYHILL | 16 |
| | COREY DOMACHOWSKI | 17 |
| | KEIRON ASSIRATTI | 18 |
| | MACAULEY COOK | 19 |
| | SION BENNETT | 20 |
| | TOMOS WILLIAMS | 21 |
| | STEVEN SHINGLER | 22 |
| | TOM JAMES | 23 |

| |
|------------------------------|
| FULLBACK/CEFNWR |
| WING/ASGELLWR |
| CENTRE/CANOLWR |
| CENTRE/CANOLWR |
| WING/ASGELLWR |
| OUTSIDE HALF/MASWR |
| SCRUM HALF/MEWNWR |
| PROP/Y RHENG FLAEN |
| HOOKER/BACHWR |
| PROP/Y RHENG FLAEN |
| LCOK/YR AIL RENG |
| LCOK/YR AIL RENG |
| FLANKER/BLAENASGELLWR |
| FLANKER/BLAENASGELLWR |
| NO.8/WYTHWR |

MATCH OFFICIALS

REFEREE:
George Clancy
AR1: Nigel Correll
AR2: Adam Jones
TMO: Brian MacNeice
CITING COMMISSIONERS:
John Charles & Alan Jones

T P C D

| | | |
|--|-------------------|----|
| | BLAIR KINGHORN | 15 |
| | DARCY GRAHAM | 14 |
| | CHRIS DEAN | 13 |
| | JUNIOR RASOLEA | 12 |
| | DOUGIE FIFE | 11 |
| | DUNCAN WEIR | 10 |
| | NATHAN FOWLES | 9 |
| | DARRYL MARFO | 1 |
| | STUART MCINALLY | 2 |
| | SIMON BERGHAN | 3 |
| | ANTON BRESLER | 4 |
| | GRANT GILCHRIST | 5 |
| | JAMIE RITCHIE | 6 |
| | JOHN HARDIE | 7 |
| | MAGNUS BRADBURY | 8 |
| | REPLACEMENTS | |
| | NEIL COCHRANE | 16 |
| | MICHELE RIZZO | 17 |
| | WP NEL | 18 |
| | BEN TOOLIS | 19 |
| | CORNELL DU PREEZ | 20 |
| | SAM HIDALGO-CLYNE | 21 |
| | JASON TOVEY | 22 |
| | GLENN BRYCE | 23 |

NEXT AWAY FIXTURE



Friday 8, September, 19:35
GUINNESS PRO14

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| CHEETAHS |

| |
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| CONFERENCE B |
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| DRAGONS |
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| ULSTER |
| EDINBURGH |
| BENETTON |
| KINGS |

21 Rounds

12 *In Conference*
Home and Away

+

7 *Out of Conference*
Home and Away

+

2 *Remaining Derbies*

* Conferences are based on last season's Championship results.

Top 3 teams from each Conference Qualify

No 1 teams earn Home Semi-Final

No 2 teams earn Home Quarter-Final

No 3 teams away in Quarter-Final

European Qualification

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Top three teams from each conference qualify 7th Champions Cup place goes to the team with highest points outside Top 3

Challenge Cup

Remaining five teams qualify

South African teams not eligible



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