

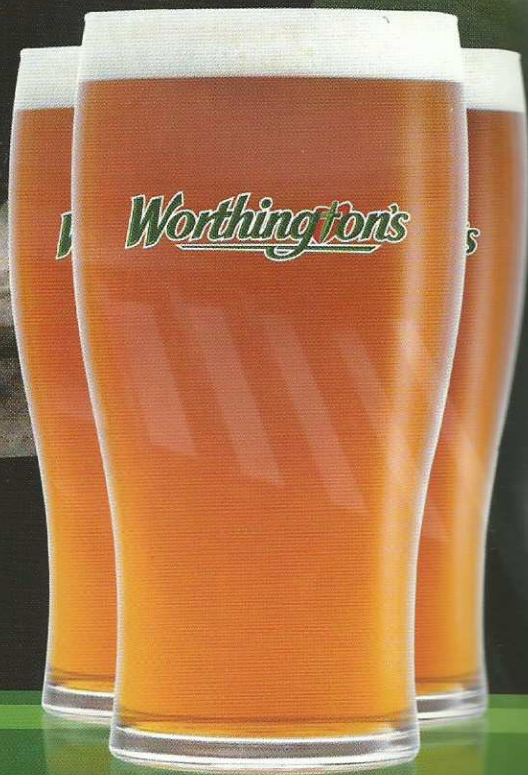


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THE ARMS PARK XV...CONT

Forwards



16

A FAREWELL TO ARMS

The Cardiff Rugby team has been celebrating its 100th anniversary since it was founded in 1909. It has been a long and successful journey, and it is a privilege to be part of this special occasion. The club has achieved many milestones, and it is a testament to the dedication and hard work of all those who have been involved. As we look back on our history, we are proud of the achievements we have made and the support we have received from our fans. We are excited to continue our journey and to create more memories for the future.



20



- 05 DAVID YOUNG WELCOME
- 07 ROBERT NORSTER WELCOME
- 09 MAGNERS LEAGUE REVIEW
- 11 PETER THOMAS WELCOME
- 12 BLUES NEWS
- 16 THE ARMS PARK XV
- 22 A FAREWELL TO ARMS
- 24 CARDIFF BLUES SQUAD
- 28 TODAY'S TEAMS
- 30 FOCUS ON EDINBURGH
- 43 TODAY'S CHARITY
- 46 FIXTURES & RESULTS

INCLUDING EIGHT PAGE SEASON TICKET PULL OUT

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Congratulations to the Cardiff Blues for their outstanding 2008-2009 season

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Director of Rugby WELCOME



I would like to welcome all our supporters to the Arms Park this afternoon for this special occasion and also thank you all for the tremendous support we have had this season. It has really lifted the team seeing so many people getting behind them and hopefully we have rewarded the loyalty of the fans with some great matches this year.

The goal at the start of the season was to win some silverware so I'm delighted that we've done that. I think we've shown year on year how much we've improved and even our harshest critics couldn't deny that.

Until we put the flag in the ground and won something, we would always have the doubters and the stone throwers. Now we have a trophy, I feel the monkey is off our back, and in fairness the boys they thoroughly deserved the praise that came their way.

The Heineken Cup was also memorable and we must be the only team that's gone out of the competition unbeaten. What we want to do next season is come back bigger and stronger, and that has to be the task for us. We're certainly not going to sneak up on anybody next year. We've put ourselves up there for people to shoot us down.

At the end of the day it was important that we

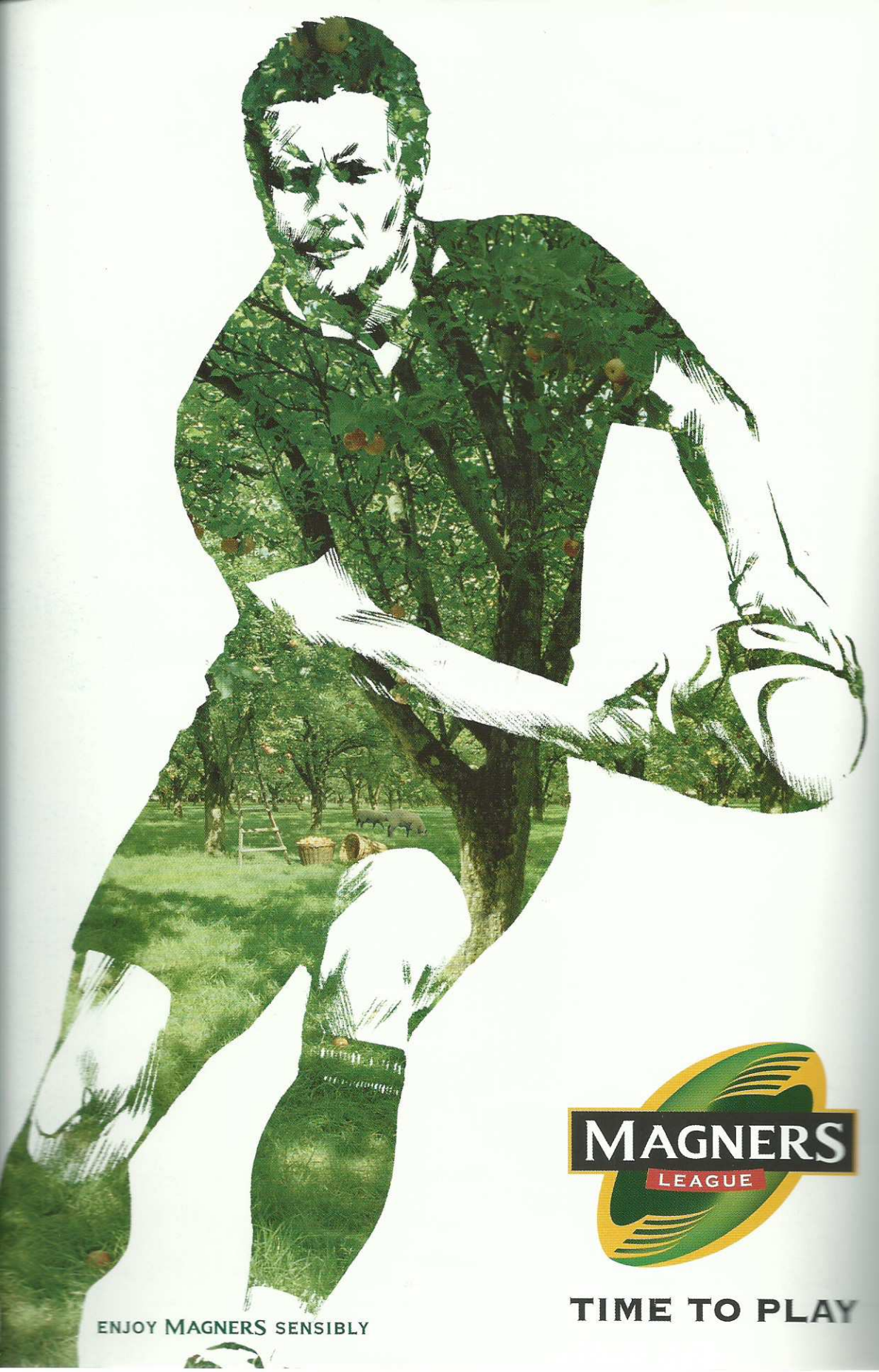
won something, but also to show that getting to the quarter finals of the Heineken Cup wasn't a one off. We've demonstrated that we are a quality team, but as well as that, we've shown that when our Lions or Internationals aren't playing we can go to places like Ulster and win, which I think is equally important as winning trophies. That was one our major goals at the start of the season, that we develop a squad not just a fifteen or a twenty two.

I think the biggest memory I have of the Arms Park is beating Bath here in the Heineken Cup. It was an eerie, foggy night and I remember Nigel Walker sprinting down the wing. We all have fond memories of the place and the ground has been a second home to a lot of us for a number of years. It's sad that we are leaving but it is progress, and another door opens as we move to a new stadium. We are excited to be moving but there is also a bit of sadness leaving the old ground.

I'm fortunate to have played most of my career here at the Arms Park and it will be great to see so many familiar faces here for the post match celebration.

DAVID YOUNG
Director of Rugby





ENJOY MAGNERS SENSIBLY

TIME TO PLAY

Chief Executive

WELCOME



A warm welcome to our Scottish visitors, Edinburgh Rugby for this last scheduled game for the Cardiff Blues here at the Arms Park. At the start of the season, this day seemed a long way off, but perhaps due to the successes our team has enjoyed during a hectic campaign it appears to have arrived somewhat rapidly.

To commemorate this special occasion, the Welsh Rugby Writers Association selected an all-time professional XV that have represented the teams here at the Arms Park since 1995. Congratulations to a hugely impressive team of winners who are detailed later in the programme - I'm sure like any 'era' selection it will give fodder for a healthy rugby debate amongst supporters. We are delighted so many of past and present stars are able to be with us for today's game and the marquee celebrations later tonight.

Due to our successful Cup runs, we were left with little option in the manner in which we re-scheduled our outstanding fixtures and I would like to thank not only our supporters for their patience and understanding, but also our visitors this afternoon who were themselves accommodating by amending their own plans to assist in what was a difficult process for all.

Throughout an eventful season, we have all experienced the full spectrum of emotions that makes our national sport something we struggle to live with or without! The campaign has again witnessed our team's development but this year's tangible progress has been rewarded by the achievement of some long awaited 'silverware' that we have all so desperately desired since the inception of the Region.

The EDF Energy Cup Final victory over West Country giants, Gloucester Rugby was a particularly memorable occasion for our many loyal supporters who have followed the team since the difficult birth and challenging evolution of regional rugby. The comprehensive and stylish manner of our victory on a surreal day at HQ was almost as satisfying as the victory itself. Sadly, the confidence taken from this wonderful performance did not quite carry us through to complete an almost perfect Heineken Cup campaign. However, the totally



unsatisfactory conclusion to our contribution to this year's European competition has left everyone certain of two fundamental beliefs; elite competitions must find a fairer method in which to separate teams in the event of such a tie and secondly, Cardiff Blues are now recognised as real contenders at the elite end of the European game. Let us all hope that following such measured progress, we can put the Millennium Stadium disappointment behind us and once again produce consistent winning ways into and beyond the coming season.

Our national sport has witnessed some significant changes over the recent past and positively responding to the inevitable ongoing change will remain vital to our future success. However, as the Blues play their last scheduled fixture here today at the Arms Park, let us all take great strength from the proud history and heritage from which today's team has evolved.

As we close this historic campaign, we look back with great affection on the journey to this point. Now it is vital that we collectively embrace the opportunity before us and positively engage in the new partnership awaiting us in the next exciting chapter for our team.

Hwyl fawr Parc yr Arfau ac ymlaen y Gleision.

ROBERT NORSTER
Chief Executive

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Magners League REVIEW



As we enter the final round of fixtures for this season, in addition to securing the Magners League title, it looks as if Munster will also claim the accolade of being the 'Best Supported Team'. They have been playing in front of packed houses at Musgrave Park and the refurbished Thomond Park Stadium this year, and have taken a large band of enthusiastic travelling supporters with them whenever they travel to away fixtures. Munster truly deserve the silverware they will collect on Friday night, and I look forward to being in Limerick and sharing the occasion with all of you.

Following on from this weekend, there are just two games left involving Magners League teams – the play-off against an Italian side for a Heineken cup spot next season, and of course the Heineken Cup final itself, when Leinster will be aiming to keep the trophy in Celtic hands when they take on Leicester Tigers at Murrayfield on 23rd May. Good luck to the teams involved in both those games.

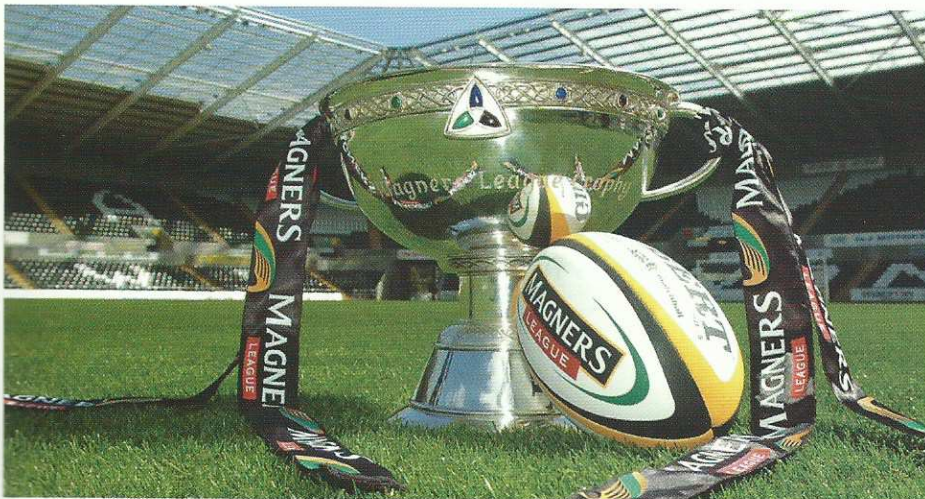
Next season, as you may know, the champion of the Magners League will be decided by a play-off. Not only will that mean we will know an exact date when the title will be won, but it also sets up a marvellous end to the season with many more meaningful games as teams strive to ensure they are in the top four and thereby

eligible for the play-offs.

Before then we can look forward to the summer and of course the British and Irish Lions Tour to South Africa. Not only that but Wales and Ireland tour Canada and the USA, whilst their Under 20 teams will take part in the Junior World Cup in Japan. Ireland A will also be in North America when they participate in this summer's Churchill Cup and Scotland A visit Romania to play in the IRB Nations Cup.. Congratulations to all those players selected for representative honours, along with the coaching staff that have stepped up from club to international levels, I hope you all have a successful tour.

2008/09 has seen our tournament continue to grow in stature and I would like to thank everyone involved in its running; title sponsor Magners Irish Cider, partners Specsavers, Rhino and Gilberts, broadcast partners BBC Wales, S4C and Setanta, the players, officials and back room staff who make the games possible each weekend, and of course you the fans for helping make the Magners League the vibrant, exciting competition it has now become. I look forward to seeing you all again next season.

DAVID JORDAN
Director of Celtic Rugby



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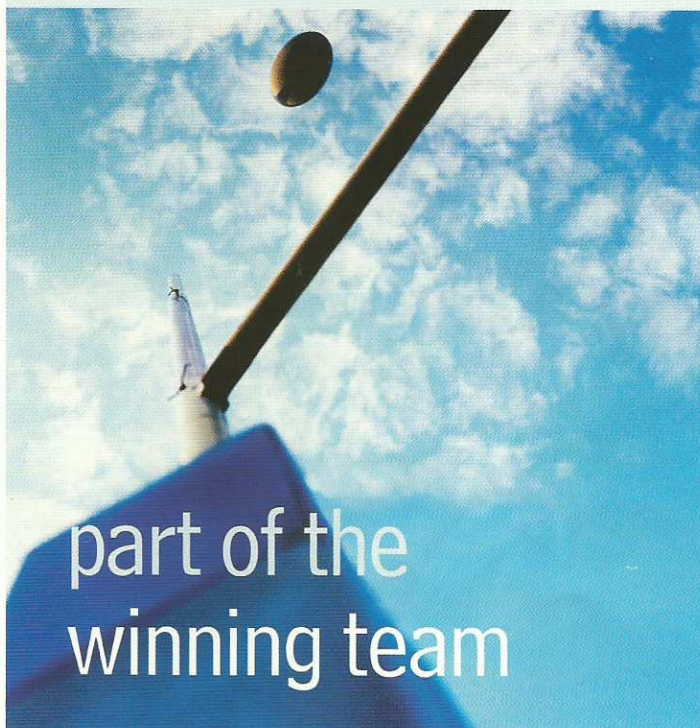
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Peter Thomas

WELCOME



I would like to extend a very warm welcome to everyone to this afternoon's match for what I'm sure is a very special day for many Cardiff Blues supporters.

We are of course bidding farewell to this much loved and historic ground, which holds so many fond memories for rugby supporters throughout Wales. The competition to select the greatest professional rugby Arms Park XV has provoked great debate as well as bringing back some fond memories of matches played yesteryear at this wonderful old ground. I would like to congratulate all the past and present players who have made the final XV and indeed those shortlisted.

It is testament to the quality of players that we have had here that some great names are missing from the selected team; however, they have all been great servants to rugby at the Arms Park. We shall of course be moving to our new home in Leckwith next season and I believe this is vital for us to continue to grow.

The 2008/09 season has been a watershed one for the region. Having come close in the last two years, finishing runners up in the Magners League twice, the team finally claimed their first piece of silverware with a magnificent 50 points to 12 victory over Gloucester at Twickenham. It was a wonderful day for all the supporters and for everyone who has worked so hard to make the Blues successful. The effort put in by the players and coaching staff

should not be underestimated and neither should the work done by all those who work behind the scenes at the Arms Park.

The Heineken Cup was where we saw the team mature. A thrilling match against Gloucester at the Millennium Stadium and dogged performances against Biarritz and Gloucester away, saw us progress to the knockout stages with a 100% record. Many people didn't give us much of a chance against the mighty Toulouse, however we have developed a squad with a hard edge and a superb defensive display ensured that we would face the Leicester Tigers at the same venue. It was another thrilling match but a cruel way to be knocked out of the competition. However, we can all be proud of the display put in by the squad this season.

The end of the season is always a sad time in some way, when we shall be saying farewell to familiar faces. Some players will be leaving us, having given tremendous service to rugby at the Arms Park and I would like to wish them the best of luck as they pursue fresh challenges in different rugby environments.

Finally, I would like to thank all our sponsors and supporters for their continued support and hope you enjoy a fantastic day.

PETER THOMAS
Cardiff Blues Chairman



all the latest goings on...

BLUES NEWS

Czekaj returns to Wales squad

Chris Czekaj is among 10 Blues players to be selected for Wales' summer tour of North America.

Czekaj, who was last capped on tour against Australia in 2008, suffered a career threatening leg injury during the test against Australia. He has fought his way back to be in selection for this summer's tour.

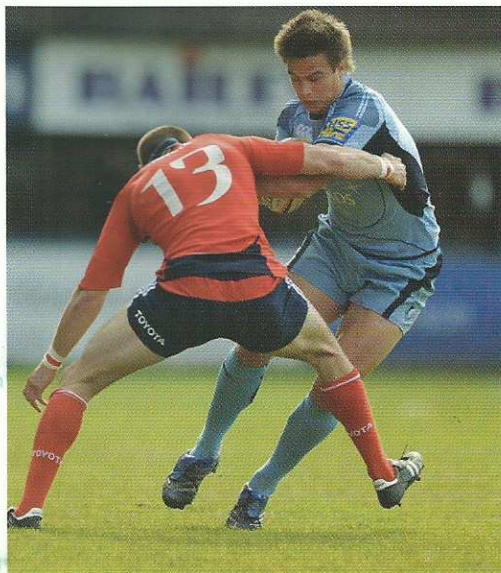
The Blues also supply wing Richard Mustoe and back row Sam Warburton, both in with a chance of winning their first international caps on tour. Also called up from the region are hooker Gareth Williams and locks Deiniol Jones and Bradley Davies, with John Yapp keeping his front row spot.

Nicky Robinson is also called up for the first time since 2007 "We have a duty to continue with the professionalism, dedication and ruthlessness this Wales squad has shown over the past two seasons on this tour," said Wales caretaker coach Robin McBryde.

"We have approached the task of selecting the right blend of youth and experience with great pride and with one eye on the future, but a clear focus on the task ahead.

"We are playing two tests where the opposition will be gunning for us in their own back yard and we have to show the respect we have for this Wales jersey and put in two performances to make the nation proud.

"There is also a real opportunity here for some



players to show us what they can do in this environment with youngsters who have shown form at Wales' under 21 level and players who have lit up the Principality Premiership as well as at regional level.

"But we also have the Wales captain on tour with us, some exciting talent and a wealth of experience in our back line and a number of players coming back to the international scene with something to prove and, we believe, something important to offer to the future."

WALES SQUAD

Duncan JONES (OSPREYS – Cap No 997)

Craig MITCHELL (OSPREYS)

Richard HIBBARD (OSPREYS – Cap No 1,048)

Gareth WILLIAMS (CARDIFF BLUES)

John YAPP (CARDIFF BLUES – Cap No 1,031)

Eifion LEWIS-ROBERTS (SALE SHARKS – Cap No 1,064)

Bradley DAVIES (CARDIFF BLUES – Cap No 1,065)

Ian GOUGH (OSPREYS – Cap No 964)

Deiniol JONES (CARDIFF BLUES)

Luke CHARTERIS (NEWPORT GWENT DRAGONS – Cap No 1,030)

Dafydd JONES (SCARLETS – Cap No 1,008)

Robin SOWDEN-TAYLOR (CARDIFF BLUES – Cap No 1,032)

Ryan JONES (OSPREYS, CAPTAIN – Cap No 1,029)

Lewis EVANS (NEWPORT GWENT DRAGONS)

Rob McCUSKER (SCARLETS)

Josh TURNBULL (SCARLETS)

Sam WARBURTON (CARDIFF BLUES)

Dan LYDIATE (NEWPORT GWENT DRAGONS)

Dwayne PEEL (SALE SHARKS – Cap No 994)

Gareth COOPER (GLOUCESTER RUGBY – Cap No 985)

Dan BIGGAR (OSPREYS – Cap No 1,063)

Nicky ROBINSON (CARDIFF BLUES – Cap No 1,016)

Andrew BISHOP (OSPREYS – Cap No 1,059)

James HOOK (OSPREYS – Cap No 1,047)

Jonathan SPRATT (OSPREYS)

Jonathan DAVIES (SCARLETS)

Mark JONES (SCARLETS – Cap No 984)

Richard MUSTOE (CARDIFF BLUES)

Tom JAMES (CARDIFF BLUES – Cap No 1,055)

Chris CZEKAJ (CARDIFF BLUES – Cap No 1,038)

Gareth OWEN (OSPREYS)

Jason TOVEY (NEWPORT GWENT DRAGONS)

Blues duo selected for Barbarians

Cardiff Blues Captain Paul Tito and full back Ben Blair have been selected in the 24 man Barbarians squad.

The first Test will see Tito and Cardiff Blues team-mate Ben Blair return to the scene of their EDF Energy Cup final win over Gloucester.

"To have the opportunity to pull on the Barbarians jersey and return to Twickenham Stadium so soon after the EDF Energy Cup final was one I couldn't turn down," said Paul.

"It's a huge honour to play for the Barbarians and one I'm really looking forward to."

The invitational side will play at Twickenham on 30 May before travelling to Sydney for a match on 6 June.

Paul Tito and Sonny Bill Williams are the only players in the squad without international experience.

Cardiff Blues director of rugby David Young has been made the Barbarians coach for the match and will be assisted by Mike Catt.

England will use the clash against the invitational side at Twickenham as preparation for the two summer Tests against Argentina.



BARBARIAN'S SQUAD TO FACE ENGLAND AND AUSTRALIA

Iain Balshaw (Gloucester Rugby and England)

Ben Blair (Cardiff Blues & New Zealand)

Gordon D'Arcy (Leinster and Ireland)

Peter Grant (Stormers and South Africa)

Doug Howlett (Munster & New Zealand)

Josh Lewsey (London Wasps and England)

Seilala Mapusua (London Irish & Samoa)

Justin Marshall (Saracens and New Zealand)

Luke McAllister (Sale Sharks and New Zealand)

Geordan Murphy (Leicester Tigers & Ireland)

Sonny Bill Williams (Toulon)

Dimitri Yachvili (Biarritz Olympique & France)

Serge Betsen (London Wasps & France)

B J Botha (Ulster & South Africa)

Schalk Brits (Stormers and South Africa)

Sebastien Bruno (Sale Sharks & France)

Jerry Collins (Toulon & New Zealand)

Martin Corry (Leicester Tigers & England)

Rocky Elsom (Leinster & Australia)

Justin Harrison (Bath Rugby & Australia)

Chris Jack (Saracens & New Zealand)

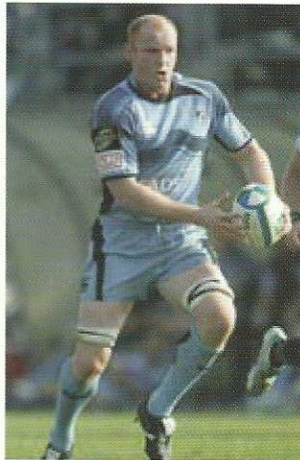
Greg Somerville (Gloucester Rugby & New Zealand)

Iestyn Thomas (Scarlets & Wales)

Paul Tito (Cardiff Blues)



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all the latest goings on...

BLUES NEWS



Mark Lewis forced to retire

Everyone at the Cardiff Blues were saddened to hear the news that young Cardiff Blues Number 8, Mark Lewis, was forced to retire from rugby after a serious knee injury.

Speaking at the Vale of Glamorgan Training Centre Mark said,

"Since I've had the operation in January, I've been resigned to the fact that I will have to finish playing rugby. Although I've been working hard in rehab and trying my best to get back to full fitness, unfortunately it hasn't gone that way."

"I've had to deal with it, my contract runs out in a few weeks and I've been busy looking for a new job after being a professional rugby player."

"I'm still not sure what I want to do. Severnside Recycling have been really good and I've spoken to a few people there so hopefully something will come of that."

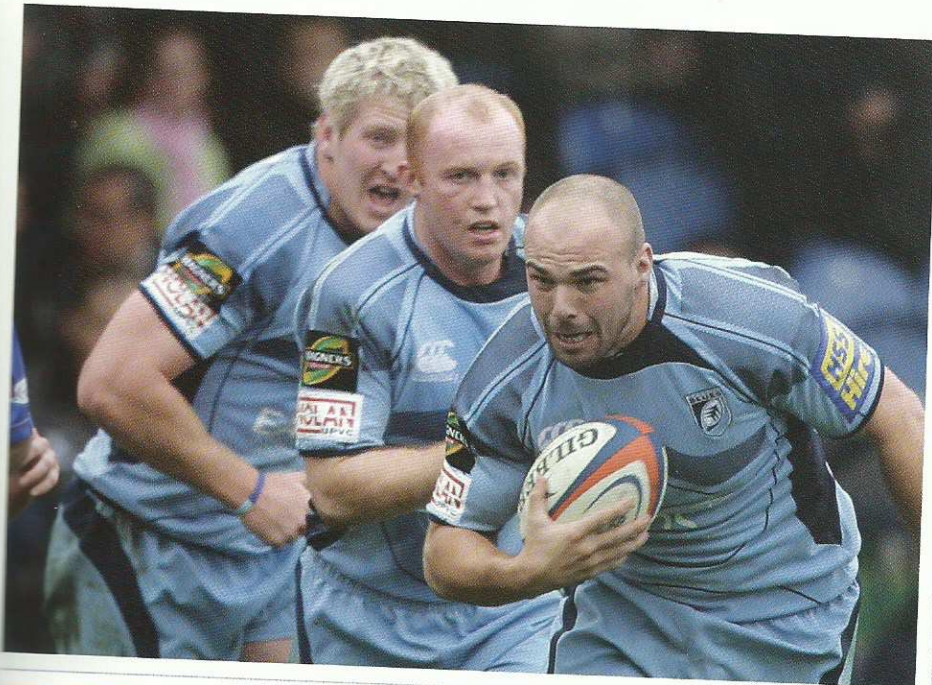
"I'm 26 years old now and have been playing rugby since I was 13 at my local club in Caerphilly and also for the school, so it's been a huge part of my life."

"I'll miss the playing and the competitiveness and hearing the crowd cheering when you run out onto the pitch, but more than that I'll miss the camaraderie and the banter with the other players in the squad."

"My wife Ellie gave birth to our first child, Jack Joshua in November, so he's nearly six months old now. That's the one positive about being injured, I've had more time to help out and spend time with my wife and watch our little boy grow."

"I'd like to thank all the medical staff at the Blues for their help over the past few months. Our physiotherapists Tim Atter and Andy Shea have been great as has Rhys Williams the surgeon who's operated on the knee and helped look after me for the past few months."

"I'd also like to thank all the coaches at the Blues, especially Dai, who have helped develop my career and I've learnt a lot from them. I'd like to do some coaching work with the age grade sides next season, if possible. I've had so much from rugby, it would be good to give something back."



THE ARMS PARK XV

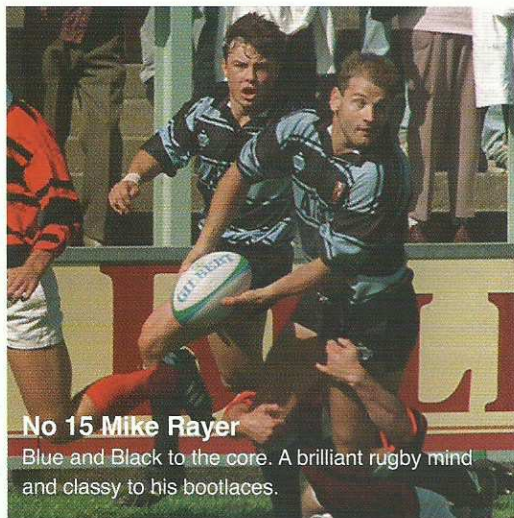
To mark the historic last top-level game to be played at the Arms Park, the Cardiff Blues have teamed up with the South Wales Echo and The Welsh Rugby Writers' Association, to pick the greatest XV who have played at the Arms Park during the professional era, from 1995 onwards.

The competition which is sponsored by Worthingtons has sparked many a discussion and proved hugely

popular with rugby supporters throughout the country.

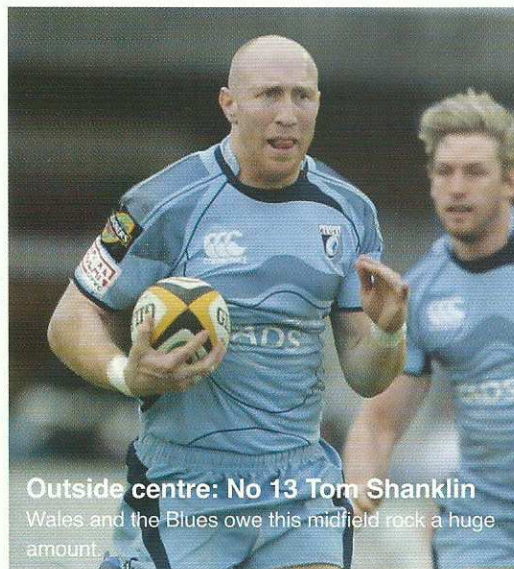
It was always going to be difficult to choose with many great players gracing the Arms Park pitch during that period but The Welsh Rugby Writers' Association have selected the following XV. There will be a special presentation at the end of today's match for these Arms Park legends so please make them all feel welcome.

Backs



No 15 Mike Rayer

Blue and Black to the core. A brilliant rugby mind and classy to his bootlaces.

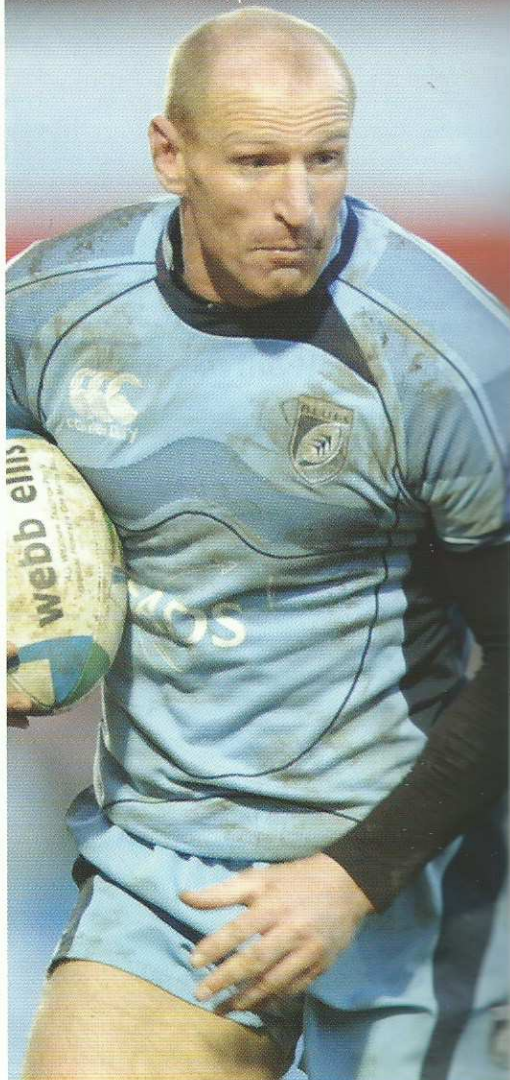


Outside centre: No 13 Tom Shanklin

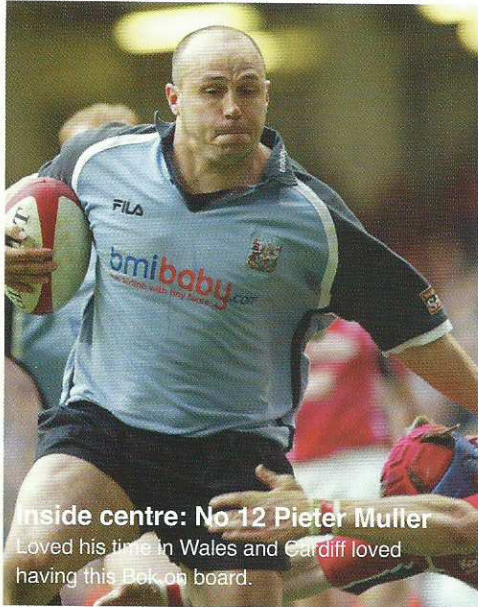
Wales and the Blues owe this midfield rock a huge amount.

Right wing: No 14 Gareth Thomas

A different player in two different spells. Career achievements speak volumes.



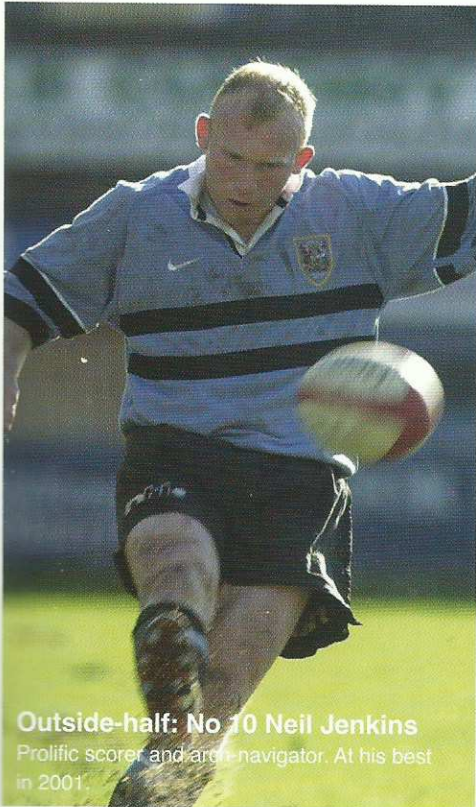
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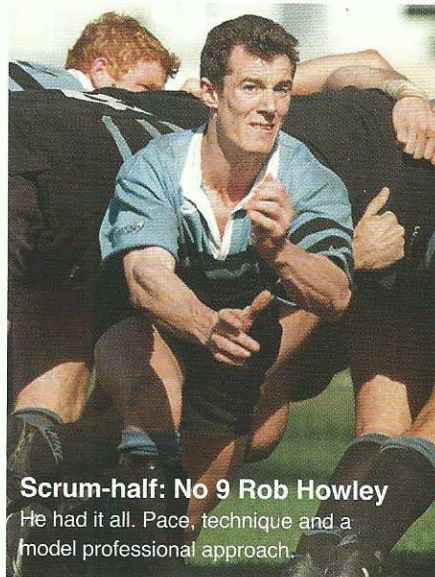
Inside centre: No 12 Pieter Muller
Loved his time in Wales and Cardiff loved having this Bok on board.



Left wing: No 11 Nigel Walker
Frightening pace and great tries.



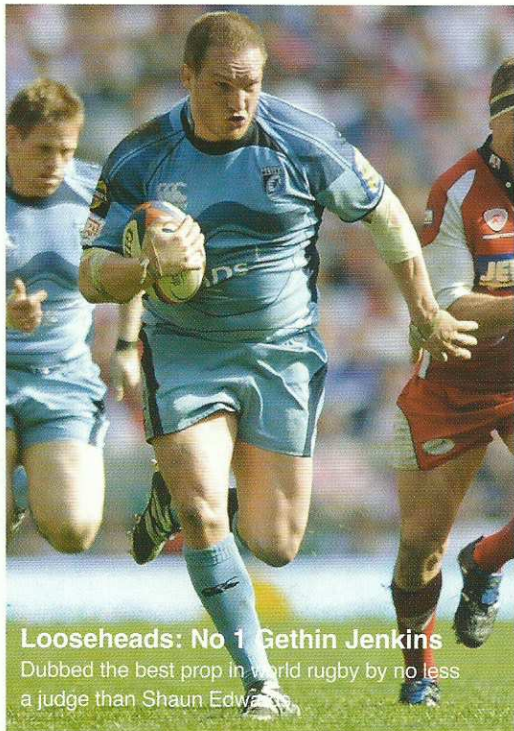
Outside-half: No 10 Neil Jenkins
Prolific scorer and area-navigator. At his best in 2001.



Scrum-half: No 9 Rob Howley
He had it all. Pace, technique and a model professional approach.

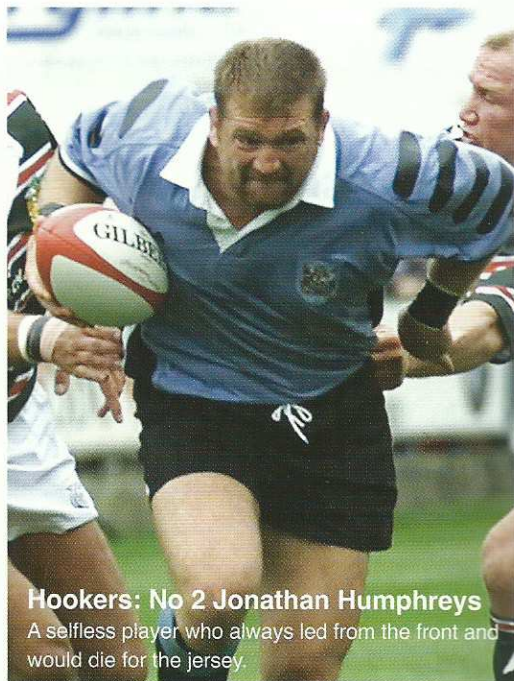
THE ARMS PARK XV...

Forwards



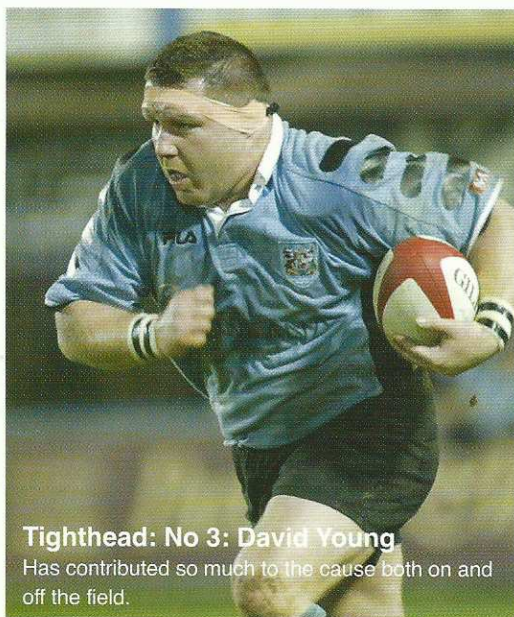
Looseheads: No 1: Gethin Jenkins

Dubbed the best prop in world rugby by no less a judge than Shaun Edwards.



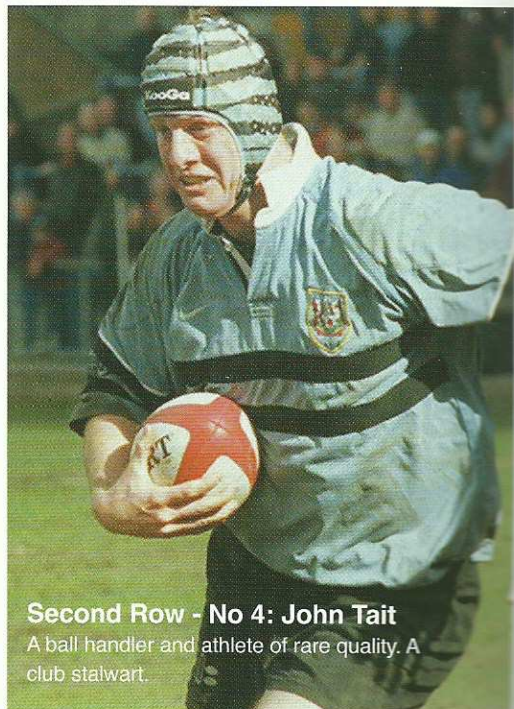
Hookers: No 2: Jonathan Humphreys

A selfless player who always led from the front and would die for the jersey.



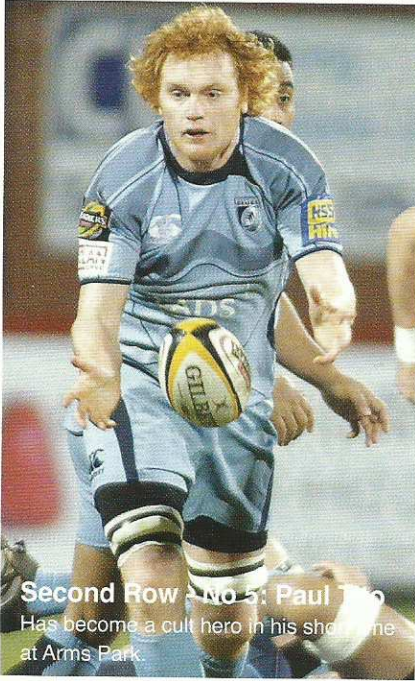
Tighthead: No 3: David Young

Has contributed so much to the cause both on and off the field.



Second Row - No 4: John Tait

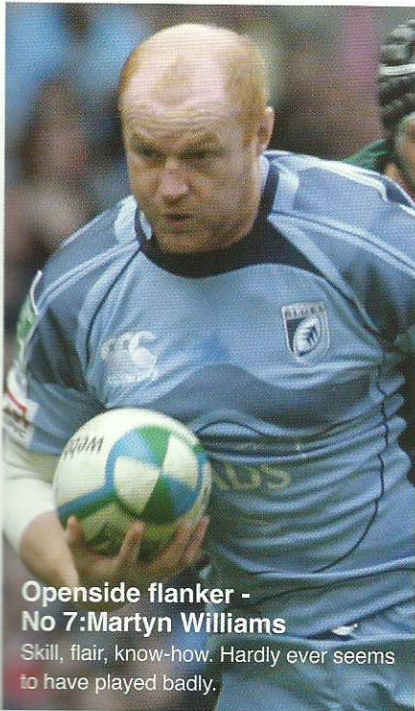
A ball handler and athlete of rare quality. A club stalwart.



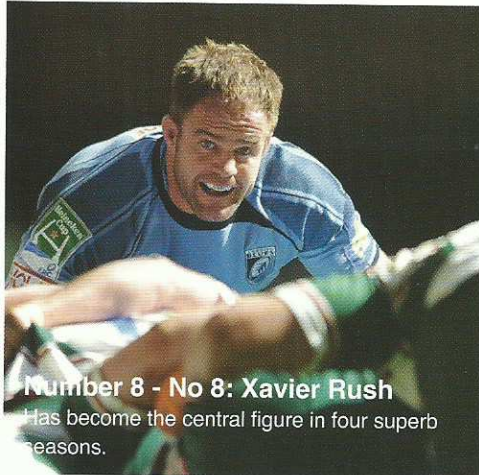
Second Row - No 5: Paul To'o
Has become a cult hero in his short time at Arms Park.



Blindside flanker - No 6: Hemi Taylor
Brought a Kiwi abrasiveness and aggression to the Cardiff back row.



Openside flanker - No 7: Martyn Williams
Skill, flair, know-how. Hardly ever seems to have played badly.



Number 8 - No 8: Xavier Rush
Has become the central figure in four superb seasons.



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“The Worthington’s Cardiff & Blues “Greatest XV”

This afternoon is going to be something special - a mixture of emotions for us watching our “Blues” for the last time at this famous old stadium. While the sun will hopefully be shining and it’s a carnival atmosphere, I am sure many of us will feel just that hint of sadness, combined no doubt with a little nostalgia!

Today is about the celebration of rugby, paying tribute to some remarkable players, and saying farewell to professional rugby at the historic Cardiff Arms Park.

Our “Worthington’s Greatest XV” listed and covered in detail earlier in this programme contain many true legends. They are legends of Cardiff rugby, but also are players of international and world class calibre. It shows the quality of player that has entertained us since the advent of professional rugby. If only we had them all on the park at the same time they could beat anyone! In fact we will have most of them on the park, but after today’s game. It will be great to see them again and I am sure they will receive a tremendous welcome.

It’s inevitable your “Greatest XV” will vary from the final selected version. But isn’t that what choosing any greatest team is all about? Our favourite rugby players are very personal to us. It’s a very subjective thing; but suffice it is to say they are all brilliant players. With eleven Welshmen, two Kiwi’s a South African and a Canadian it’s very much a home grown side.

Look out this afternoon on your nearest bar or in your hospitality box for “Blues Ale”.

A special limited edition connoisseur’s Ale that



we have produced for Cardiff Blues. It’s to celebrate their success this season, the end of an era at Cardiff Arms Park and regional rugby.

It would make a great souvenir of today either drunk here or taken home to enjoy another time. It matures for up to two years in the bottle and is not to be taken lightly.

All my colleagues join me in wishing everybody at the region, players and its magnificent staff a smooth move and transition to your new home with even greater success next season. I am sure the team selected will give their all to send us off with some exciting rugby.

Finally it really has been wonderful for my company to be involved in such a productive and happy partnership as we have enjoyed with Cardiff Blues and Cardiff RFC, going right back to Frank Hancock in 1884. It goes to prove that rugby football and a good pint of beer are synonymous. The great game of rugby is made very special by its friendship and hospitality – long may that continue!

Cheers

MARTIN ANDERSON
Regional Director



A FAREWELL TO ARMS

There could hardly have been a more fitting way for the Cardiff Blues to say farewell to Arms than with the memorable season they have enjoyed in their final year at their famous old home.

It's been a campaign to stand alongside any other in the professional era and it's also been right up there with some of the golden days of the amateur age. Without question, it's been the finest season since the birth of the Blues in the regional revolution of 2003. What must be particularly satisfying for all concerned is that they have achieved the primary goal they set themselves last summer - to win something.

For the previous two seasons, Dai Young's men had finished as runners-up in the Magners League and last term they reached the quarter-finals of the Heineken Cup for the first time since the club rugby days of 2001.

There had undoubtedly been significant progress, with the dark days of the early regional years having been consigned to history.

But now they needed to take the next step by getting their hands on some silverware.

In fairness, it was a pressure imposed from within. Just about every interview I did with a Blue last summer featured a pledge on their part to go for a trophy.

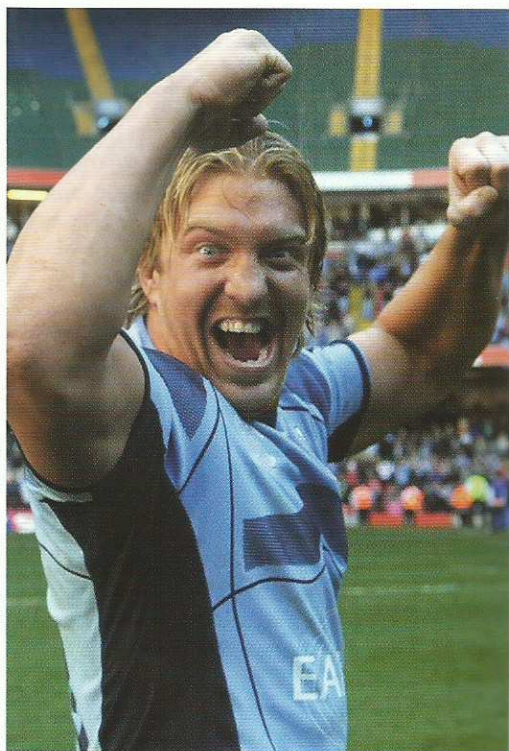
But, of course, that's easier said than done and on the face of it, they were going to have their work cut out.

They had pretty much the same squad as when they'd missed out on honours and they were to immediately suffer what seemed like a major blow with their inspirational Kiwi No 8 Xavier Rush picking up a knee injury that was to keep him out for the first half of the season.

But they were to receive an unlikely double boost in the shape of the emergence of Leigh Halfpenny and Andy Powell.

Halfpenny had only made one previous appearance at regional level and started the season as the Blues' seventh choice winger, while No 8 Powell had scarcely played for the two previous injury-ravaged years.

But they were to prove autumn sensations, performing so well that they earned call-ups for Wales' November Tests and the rest is now history with both of them earning Lions selection to cap their remarkable campaigns.



In all, six Blues players - including the ultimately luckless Tom Shanklin - were picked for this summer's Lions tour of South Africa in an appropriate reflection of the region's achievements.

Yet there were few signs of what an incredible season it was going to be in the opening weeks back in September.

They won just one of their first four matches to leave them languishing towards the foot of the Magners League table and you wouldn't have bet on them lifting any trophies at that point.

Their stuttering start continued as they opened their EDF Energy Cup campaign in less than convincing fashion against a second-string Sale side.

But looking back, that game at Edgeley Park proved to be a decisive turning point.

It was a match the Blues really should have lost, such was their lacklustre display, but they pulled it out of the bag with a late try from winger Richard Mustoe.

And from that point on, they never looked back. That victory over Sale was to be the first of 12 straight wins in cup rugby, with the scalps of Gloucester,

Leicester, Bath, Biarritz, Northampton and Toulouse all being claimed along the way as they reached the knock-out stages of both the EDF and Heineken Cups.

The 10-6 win away to Biarritz in December was a seminal triumph as it demonstrated the defensive steel and resolve that was to prove a key component of the Blues' success.

Those characteristics were even more evident in the 16-12 Euro victory at Gloucester the following month, when they played with 14 men for more than an hour after the sending-off of Tom James.

And defence and defiance were again pivotal in the gritty, gutsy 9-6 defeat of Toulouse in the Heineken Cup quarter-final.

But there's been much more to the Blues this season than mere heart and soul, with the attacking rugby they've played having been of

the highest order.

This was never better illustrated than in the 50-12 rout of Gloucester in the EDF final at Twickenham, which brought Cardiff rugby its first piece of silverware since 2000.

That success meant it was mission accomplished, but the Blues had another trophy in their sights as they went into the Heineken Cup semi-final against Leicester.

Of course everyone knows what happened there, with Young's team losing out in the cruellest of fashions at the Millennium Stadium. But what's clear is they are now firmly re-established among the elite of European rugby. And that's not a bad note on which to sign off from the Arms Park and begin a new chapter in their life-story.


By Simon Thomas



How the Squad Line Up This Season...

CARDIFF BLUES SQUAD

DARREN ALLINSON
SCRUM HALF




HEIGHT	5'9"
WEIGHT	13st 2lbs
DOB	13/11/87
HONOURS	
ADOPTED CLUBS	Fairwater

BEN BLAIR
FULL BACK



HEIGHT	5'9"
WEIGHT	13st 2lbs
DOB	26/03/79
HONOURS	New Zealand
ADOPTED CLUBS	Barry

CHRIS CZEKAJ
WING




HEIGHT	5'3"
WEIGHT	17st 5lbs
DOB	14/12/85
HONOURS	Wales
ADOPTED CLUBS	Trenchy Llandaff

BRADLEY DAVIES
LOCK




HEIGHT	6'6"
WEIGHT	18st 9lbs
DOB	09/01/87
HONOURS	Wales
ADOPTED CLUBS	Llantrisant

JAMES DOWN
LOCK




HEIGHT	6'5"
WEIGHT	18st 7lbs
DOB	29/08/87
HONOURS	
ADOPTED CLUBS	

TAUFA'AO FIUSE
PROP




HEIGHT	6'2"
WEIGHT	19st 1lbs
DOB	26/08/77
HONOURS	Tonga
ADOPTED CLUBS	Llandaff North

DAI FLANAGAN
OUTSIDE HALF



HEIGHT	6'
WEIGHT	13st 8lbs
DOB	24/10/85
HONOURS	
ADOPTED CLUBS	St Josephs

RHYS GILL
PROP




HEIGHT	6'
WEIGHT	18st 11lbs
DOB	30/10/86
HONOURS	
ADOPTED CLUBS	Cefn Coed Tonypent

LEIGH HALFPENNY
WING/FULL BACK




HEIGHT	5'10"
WEIGHT	13st
DOB	22/12/88
HONOURS	Wales
ADOPTED CLUBS	

DIFYDD HEWITT
CENTRE



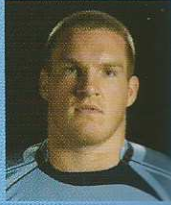
HEIGHT	5'11"
WEIGHT	15st
DOB	21/09/85
HONOURS	
ADOPTED CLUBS	Taffs Well

TOM JAMES
WING




HEIGHT	6'
WEIGHT	15st 4lbs
DOB	17/04/87
HONOURS	Wales
ADOPTED CLUBS	Merthyr Dinefwr

GETHIN JENKINS
PROP




HEIGHT	6'2"
WEIGHT	18st 7lbs
DOB	17/11/80
HONOURS	Wales & Lions
ADOPTED CLUBS	Beddau

DEINIOL JONES
LOCK



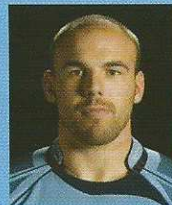
HEIGHT	6'5"
WEIGHT	18st 1lb
DOB	18/11/77
HONOURS	Wales
ADOPTED CLUBS	Builth Wells

ROSS JOHNSON
HOOKER




HEIGHT	6'
WEIGHT	16st 2lbs
DOB	26/13/85
HONOURS	
ADOPTED CLUBS	Tylanstown

MARK LEWIS
BACK ROW



HEIGHT	6'3"
WEIGHT	17st 2lbs
DOB	18/06/82
HONOURS	
ADOPTED CLUBS	Penarth

MAAMA MOLTIKA
BACK ROW



HEIGHT	6'3"
WEIGHT	17st 2lbs
DOB	25/06/82
HONOURS	
ADOPTED CLUBS	Abercromby Penarth

SCOTT MORGAN
BACK ROW/LOCK



HEIGHT 6'6"
WEIGHT 17st 9lbs
DOB 17/10/78
HONOURS Wales
ADOPTED CLUBS Llantwit Major

RICHARD MUSTOE
WING



HEIGHT 6'
WEIGHT 14st 3lbs
DOB 19/12/81
HONOURS
ADOPTED CLUBS Hirwaun
Gillfach Coach

ANDY POWELL
BACKROW



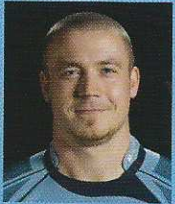
HEIGHT 6'4"
WEIGHT 18st
DOB 23/08/81
HONOURS Wales
ADOPTED CLUBS Cilynddy

GARY POWELL
PROP



HEIGHT 6'
WEIGHT 18st 7lbs
DOB 30/10/79
HONOURS
ADOPTED CLUBS Treherbert

RICHIE REES
SCRUM HALF



HEIGHT 5'9"
WEIGHT 12st 8lbs
DOB 21/05/83
HONOURS
ADOPTED CLUBS Gwynnedd
LWIC

JAMIE ROBERTS
CENTRE / FULL BACK



HEIGHT 6'4"
WEIGHT 16st 9lbs
DOB 08/11/86
HONOURS Wales
ADOPTED CLUBS Brecon

SCOTT ROBERTS
PROP



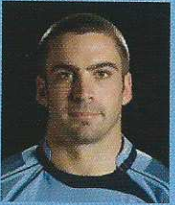
HEIGHT 5'10"
WEIGHT 18st 8lbs
DOB 05/03/84
HONOURS
ADOPTED CLUBS Beddleg
Porch

JAMIE ROBINSON
CENTRE



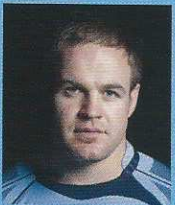
HEIGHT 6'2"
WEIGHT 15st 3lbs
DOB 07/04/80
HONOURS Wales
ADOPTED CLUBS Ferndale
Old Illydians

NICK ROBINSON
FLY HALF



HEIGHT 6'1"
WEIGHT 14st 3lbs
DOB 03/01/82
HONOURS Wales
ADOPTED CLUBS Rumney
Glamorgan Wanderers

XAVIER RUSH
NUMBER 8



HEIGHT 6'2"
WEIGHT 17st 8lbs
DOB 13/07/77
HONOURS New Zealand
ADOPTED CLUBS St Albans
Old Penarthians

TOM SHANKLIN
CENTRE



HEIGHT 6'2"
WEIGHT 16st 8lbs
DOB 24/11/79
HONOURS Wales & Lions
ADOPTED CLUBS Dinas Powys

R SOWDEN-TAYLOR
FLANKER



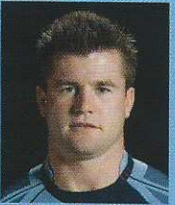
HEIGHT 6'1"
WEIGHT 15st 8lbs
DOB 03/06/82
HONOURS Wales
ADOPTED CLUBS Pontypridd
Cardiff Metlice

JASON SPICE
SCRUM HALF



HEIGHT 5'11"
WEIGHT 13st 5lbs
DOB 07/12/74
HONOURS
ADOPTED CLUBS Cowbridge

CERI SWEENEY
FLY HALF



HEIGHT 5'9"
WEIGHT 13st 8lbs
DOB 21/01/80
HONOURS Wales
ADOPTED CLUBS Pontypridd
Ystrad Rhondda

GARETH THOMAS
UTILITY BACK



HEIGHT 6'3"
WEIGHT 16st 2lbs
DOB 25/07/74
HONOURS Wales & Lions
ADOPTED CLUBS Ynysyafn
Abercynon

T RHYS THOMAS
HOOKER



HEIGHT 6'
WEIGHT 16st 8lbs
DOB 23/04/82
HONOURS Wales
ADOPTED CLUBS Aberdare
Llantwit, Pandra

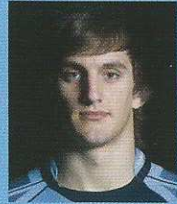


PAUL TITO
LOCK



HEIGHT 6'4"
WEIGHT 16st 9lbs
DOB 09/06/78
HONOURS
ADOPTED CLUBS Rhilwina
Llanishen

SAM WARBURTON
BACK ROW



HEIGHT 6'2"
WEIGHT 15st 8lbs
DOB 05/10/88
HONOURS
ADOPTED CLUBS

DAMIAN WELCH
LOCK



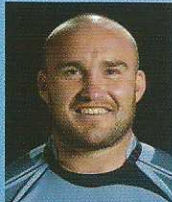
HEIGHT 6'5"
WEIGHT 18st
DOB 28/07/88
HONOURS
ADOPTED CLUBS

BEN WHITE
BACK ROW



HEIGHT 6'4"
WEIGHT 16st 7lbs
DOB 23/11/83
HONOURS
ADOPTED CLUBS Canton
Cardiff University

GARETH WILLIAMS
HOOKER



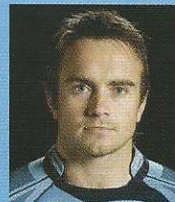
HEIGHT 5'8"
WEIGHT 15st 8lbs
DOB 19/12/78
HONOURS Wales
ADOPTED CLUBS Llanharan

MARTYN WILLIAMS
FLANKER



HEIGHT 6'
WEIGHT 15st 8lbs
DOB 01/09/75
HONOURS Wales & Lions
ADOPTED CLUBS Pontypridd

RHYS WILLIAMS
FULL BACK/WING



HEIGHT 5'10"
WEIGHT 14st 8lbs
DOB 23/02/80
HONOURS Wales
ADOPTED CLUBS Cardiff HSOB / CAIWO

JOHN YAPP
PROP



HEIGHT 6'2"
WEIGHT 19st 5lbs
DOB 09/04/83
HONOURS Wales
ADOPTED CLUBS Rhydfeilin
Cardiff RFC

DAVID YOUNG
DIRECTOR OF RUGBY

BILL MILLARD
BACKS COACH

JUSTIN BURNELL
FORWARDS COACH

TRYSTAN BEVAN
CONDITIONING COACH

DAN BAUGH
CONDITIONING COACH

CHRIS TOMBS
CONDITIONING COACH

GARETH BABER
DEFENCE & SKILLS COACH

LEWIS DAVIES
CONDITIONING TEAM SUPPORT STAFF

VICTORIA MCCrackEN
TEAM ADMINISTRATOR

TIM ATTER
PHYSIOTHERAPIST

ANDY SHEA
ASSISTANT PHYSIOTHERAPIST

RHODRI MANNING
PERFORMANCE ANALYST

ANDY WATTS
ASSISTANT PERFORMANCE ANALYST

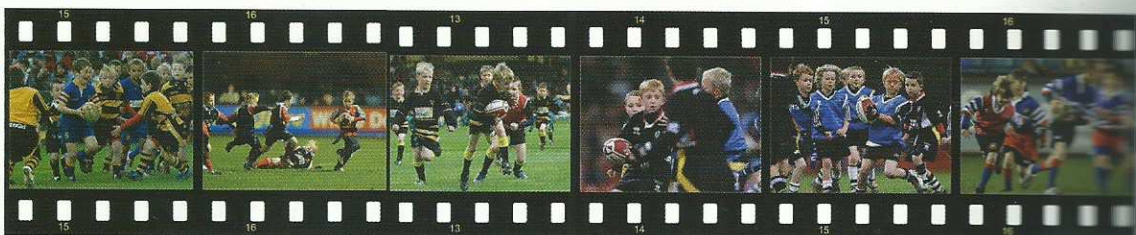
MIKE BIERI
OFF FIELD SUPPORT TEAM

NICK REYNOLDS
OFF FIELD SUPPORT TEAM

WAYNE MORTIMER
MASSEUR

JUDI NURCOMBE
MASSEUR

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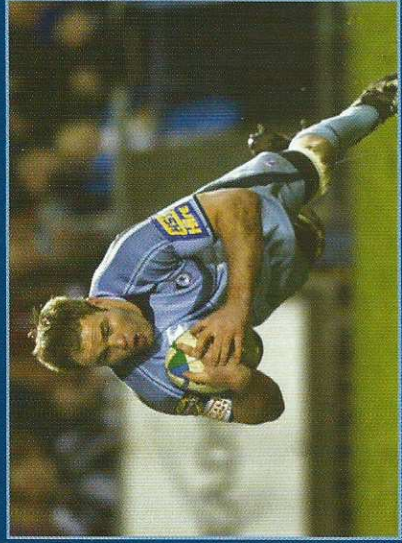
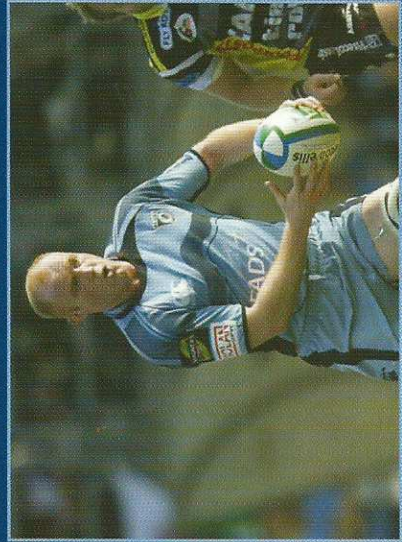


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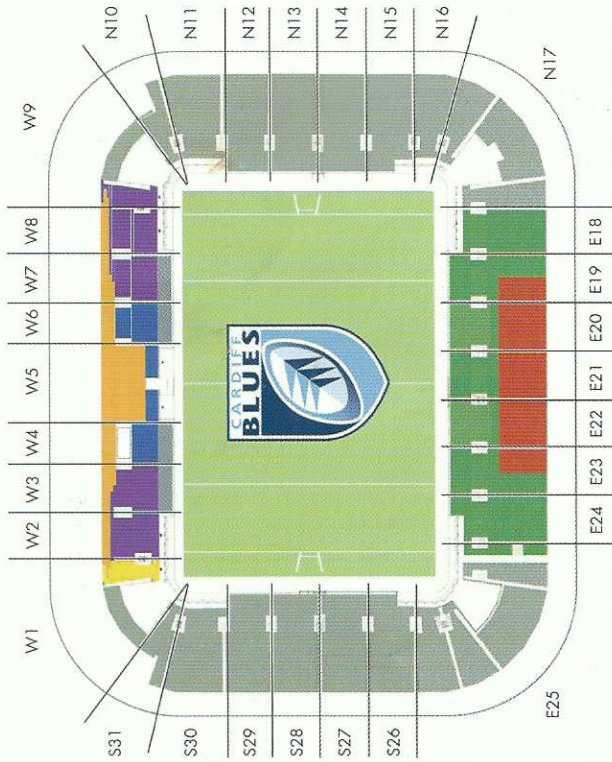
UNDER 9's
2009/10 SEASON TICKETS
SAVE UP TO 100%
RUGBY FOR EVERYONE

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 ADULT £265

ZONE 2
RESERVED STAND SEATING
 ADULT £235
 SENIOR CITIZEN UNDER 16'S £190
 £55

ZONE 3
FAMILY STAND
 ADULT £170
 SENIOR CITIZEN UNDER 16'S £140
 UNDER 9'S £35
 FREE



ZONE 4
RESERVED STAND SEATING
 ADULT £235
 SENIOR CITIZEN UNDER 16'S £190
 £55

ZONE 5
UNRESERVED SEATING
 ADULT £200
 SENIOR CITIZEN £165
 STUDENT UNDER 16'S £75
 £45

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MATCH DAY TICKETS

ZONE 7
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Season tickets do not include Magners League title play off matches or any knock out stages of cup competitions.

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ZONE 1					
PREMIUM SEATS	£265	-	-	-	-
ZONE 2					
RESERVED STAND SEATING	£235	£190	-	£55	-
ZONE 3					
FAMILY STAND	£170	£140	-	£35	FREE
ZONE 4					
RESERVED STAND SEATING	£235	£190	-	£55	-
ZONE 5					
UNRESERVED SEATING	£200	£165	£75	£45	-
ZONE 6					
MATCH DAY TICKETS					
ZONE 7					
PREMIER CLUB & CORPORATE SEATING					

Senior Citizen - A person who is 60 years of age or over, born before 1st September 1949 - Proof required

Student - A person who is 16 years of age and over and in full time education, as of 1st September 2009 - Proof required

Under 16's - A person who is 15 years of age or under as of 1st September 2009

Under 9's - A person who is 8 years of age or under as of 1st September 2009 and accompanied by full paying adult

Payment Details

2008/09 Season ticket no:

Surname:

Title:

Forenames:

Address:

Postcode:

Tel (day):

Tel (eve):

Dob:

E-mail:

Total amount payable: £

Cash (Personal applications only - please do not post cash)

I enclose a cheque made payable to Cardiff Blues

I wish to pay in four equal, interest free installments and my card details are below

I wish to pay by debit/ credit card and my details are below

Card Number:

Expiry Date:

Start Date:

Issue No:

Security No:

Signature:

Date:



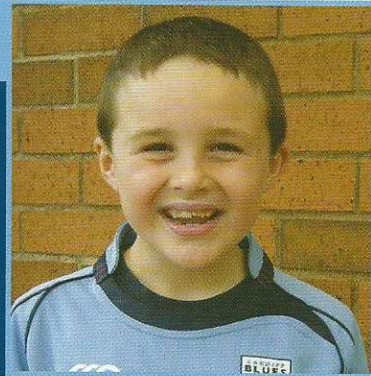
In association with



JUNIOR BLUES

TODAY'S MASCOT

FULL NAME - JOSEPH BARRY
 DOB - 9-10-01
 AGE - 7 YEARS OLD
 SCHOOL - KINGS MONKTON SCHOOL, CARDIFF
 FAVOURITE PLAYER - LEIGH HALFPENNY
 WHEN I GROW UP I WANT TO BE - A PROFESSIONAL RUGBY PLAYER!



HALF TIME ENTERTAINMENT

TONIGHT'S HALF TIME MATCH WILL BE PLAYED BETWEEN
 BARRY V RHYDEFELIN & LLANHARAN V ABERDARE

BIRTHDAYS IN MAY

NAME	DATE	AGE	NAME	DATE	AGE
OWAIN DOULL	2	16	CALLAN BOWDEN	16	15
ARYA NADER HAJIAGHAEI	2	14	DOMINIC MATTHEWS	16	17
IOAN DAFYDD EDWARDS	2	9	W DALEY	16	8
JORDAN GIBBS	3	16	DANIEL NICOL	17	16
S TUCKER	4	17	MATTHEW TAYLOR	17	16
CARYS DOULL	6	15	IFAN ROBERTS	19	15
ELERI RHIANYDD REES	6	14	DALE CAREY	20	12
JOSEPH PHELPS	7	18	KAREN DAVIES	20	16
BETH JENNINGS	7	14	ZACKERY GIBBS	21	15
R ANTHONY	8	17	RHODRI BEYNON	21	10
JOSHUA FROST	10	13	JACK GUISHARD	22	16
LUKE O'BRIEN	11	13	HANNAH BROWN	23	8
LORA GAPE	11	17	ALEX EMMETT-MANNINGS	24	13
OWEN BROWN	12	10	ELLIOTT JONES	25	17
RHYS JAMES	13	17	MEGAN MORGAN	27	10
BEN JAMES	14	11	ELLIS YOUNG	30	16
TYLER DAVIES	16	17	JAMES CASSLEY	30	15

ALSO SUPPORTING THE JUNIOR BLUES



JUNIOR BLUES



WARBURTONS PASSES ON TAG PACK TO LOCAL SCHOOL

Blues centre Dafydd Hewitt surprised pupils at Kitchener Primary School yesterday to celebrate the launch of Warburtons tag rugby pack.

The family baker worked with the Cardiff Blues to develop the curriculum-linked pack in time for the summer term, which contains tag rugby bands, a 'Fair Play' trophy, a whistle, posters and a booklet full of lesson ideas, profiles, activities and fun games to support the development of tag rugby in primary schools in Mid and South Wales.

Kitchener Primary School in Cardiff was one of the first primary

schools in the Blues region to request the pack. Dafydd chatted with pupils, giving them some handy training tips and answering questions about his rugby career and healthy eating.

James Payne from Warburtons said: "As a family business, we take our responsibility to the local community and healthy active lifestyles very seriously and welcome the opportunity to add value to a child's education – and get kids moving at the same time.

"Our involvement in Welsh rugby started with the Newport Gwent Dragons almost eight seasons ago and has since grown to embrace all four regional sides in Wales. With

the launch of our tag pack, which has been written with the help of all four regions, we hope to inspire the next generation of Welsh rugby champions!"

Dafydd Hewitt said that he and his team mates were more than happy to team up with Warburtons on the tag rugby initiative. "It is so important that we as players encourage today's youngsters to eat healthily and exercise regularly, and anything that we can do as a team to promote the cause can only help. By putting ourselves forward as role models for healthy living, we hope to have a positive influence on the lives of even more young people."



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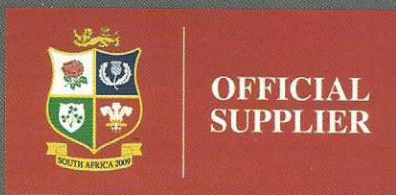
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The Line Up

TODAY'S TEAMS



SCORER	TIME	POINTS

CARDIFF BLUES

DARREN ALLINSON	RICHIE REES
BEN BAIR	JAMIE ROBERTS
CHRIS CZEKAJ	JAMIE ROBINSON
BRADLEY DAVIES	NICKY ROBINSON
JAMES DOWN	XAVIER RUSH
TAUFA'AO FILISE	TOM SHANKLIN
DAI FLANAGAN	R SOWDEN TAYLOR
RHYS GILL	JASON SPICE
LEIGH HALFPENNY	CERI SWEENEY
DAFYDD HEWITT	GARETH THOMAS
TOM JAMES	T RHYS THOMAS
GETHIN JENKINS	PAUL TITO
DEINIOL JONES	SAM WARBURTON
ROSS JOHNSON	DAMIAN WELCH
MARK LEWIS	BEN WHITE
MAAMA MOLITIKA	GARETH WILLIAMS
SCOTT MORGAN	MARTYN WILLIAMS
RICHARD MUSTOE	RHYS WILLIAMS
ANDY POWELL	JOHN YAPP
GARY POWELL	

MAY FIXTURES

SUNDAY 3 MAY 3.00PM KICK OFF
CARDIFF BLUES 26 LEICESTER TIGERS 26 (AET)

WEDNESDAY 6 MAY 7.05PM KICK OFF
CARDIFF BLUES 26 NEWPORT GWENT DRAGONS 12

SUNDAY 10 MAY 4.35PM KICK OFF
CARDIFF BLUES 20 MUNSTER 12

WEDNESDAY 13 MAY 7.35PM KICK OFF
CARDIFF BLUES 9 SCARLETS 30

SUNDAY 17 MAY 3.35PM KICK OFF
CARDIFF BLUES V EDINBURGH

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Edinburgh

THE OPPOSITION

As the theme tune to a popular TV show used to stress; 'dedication's what you need if you want to be a record breaker' and that particular trait can certainly be attributed to the Edinburgh team of 2009.

Last weekend's bonus point triumph over Newport Gwent Dragons made it five Magners League wins in a row for Edinburgh – setting a new club and Scottish record.

In the process, Edinburgh also reached two new club landmarks, winning seven home games in succession and also posting eight out of nine victories at Murrayfield in the Magners League.

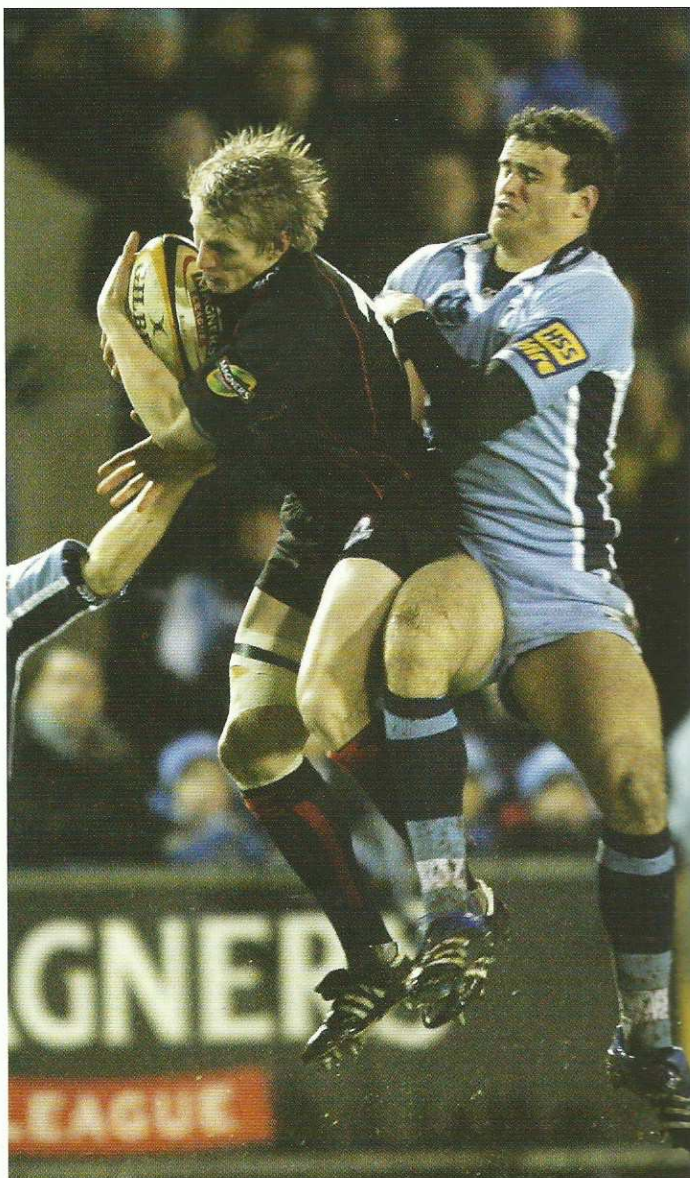
As a result, the team are in a buoyant mood heading into the final game of the campaign, especially after Edinburgh's previous trip to the Principality.

Replicating last season's result at the Liberty Stadium, Edinburgh defeated the Ospreys with a stoppage time try and, with a place in the top three still attainable, will be hoping history repeats itself in the Welsh capital.

During last season's meeting at the Arm's Park, Edinburgh produced a mature performance in torrential rain to clinch an eye-catching win over Cardiff.

Stand-off Phil Godman scored the winning drop-goal with only minutes of the match remaining underlining his growing game management skills and ability to deliver under pressure.

Since then, Godman has established himself as first choice for both club and country and his celebrated passing ability brings Edinburgh's talented back division into life.



Since the Boxing Day triumph over Glasgow which led to the capture of the David Lloyd 1872 Cup, Edinburgh's home form has gone from strength to strength with the team recording seven straight victories at Murrayfield.

The notable scalps included

Castres, EDF Energy Cup winners Cardiff Blues and Magners League champions Leinster and the Dragons with a bucket-load of tries scored in the process.

Chris Paterson's trusty right boot remains an instrument of



unerring precision with the Scotland full-back contributing 185 points with 37 penalties and 28 conversions.

The full-back also showed off his pace when he raced through to score Edinburgh's third try against Newport Gwent Dragons and he has made a huge contribution during his first season back at the club.

Mike Blair has matured into an outstanding leader and his phenomenal awareness and ability means that Edinburgh's back division has regularly clicked into gear.

Ross Ford's combination of brute force and eye-catching speed has made the fresh-faced hooker an asset both in the set-piece and the loose.

Vice captain Allister Hogg deserves special praise for his durability and consistency at the

base of the scrum. The 26-year-old has featured in every Edinburgh match so far this season and has worn the No8 jersey with distinction.

In midfield, the effervescent centre partnership of Ben Cairns and Nick De Luca continues to go from strength to strength with both players visibly progressing into genuine assets to the team.

Edinburgh are replicating the form that enabled the team to record their highest ever finish in the Magners League last season and the possibility of claiming third spot looks achievable.

Now it is up to the players to control their own destiny by delivering the complete 80-minute performance against one of the top teams in Europe; an adrenaline-charged finale to the season awaits in Wales.

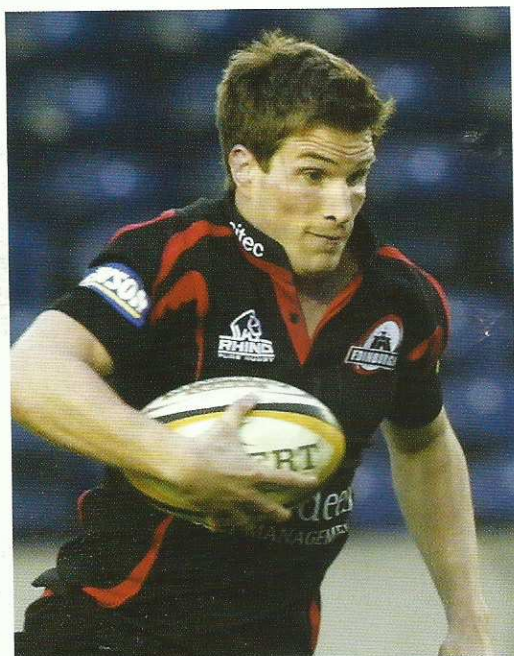


Edinburgh

THREE TO WATCH

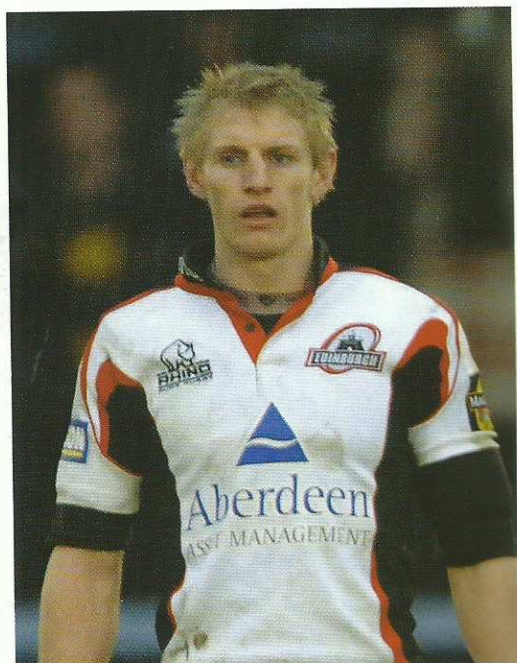
Phil Godman

The stand-off has developed into a consistent playmaker in the Edinburgh back division. His flat passing invites outside backs to break the gain line and ensures Edinburgh are always on the front-foot. Like almost half of the squad, Godman was born and raised in the Scottish capital and plays with pride for his local team.



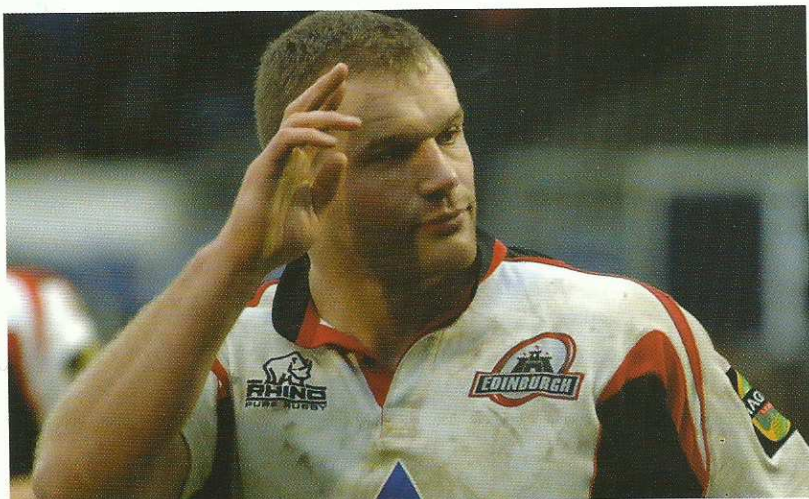
Ben Cairns

The team's leading try scorer with seven, Cairns missed the opening month of the season because of a knee injury, but has made a huge contribution on his return. His uncanny knack of scoring last minute tries has made him a firm favourite with Edinburgh's supporters.



Geoff Cross

Arguably the most improved player in the Edinburgh team, EH12's resident scrum doctor's willingness to learn has enabled him to become one of the most revered props in Scotland. Capped against Wales in February, Cross has enjoyed a breakthrough season and recently signed a new contract with Edinburgh.



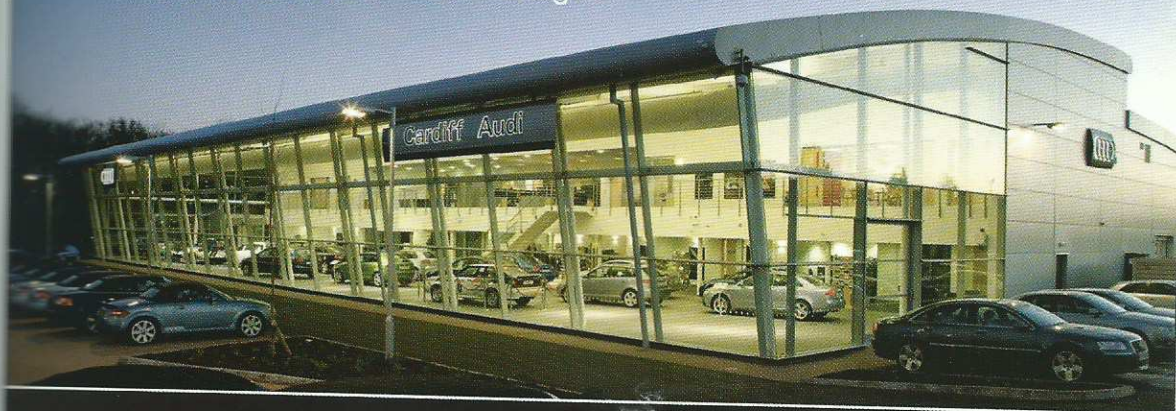
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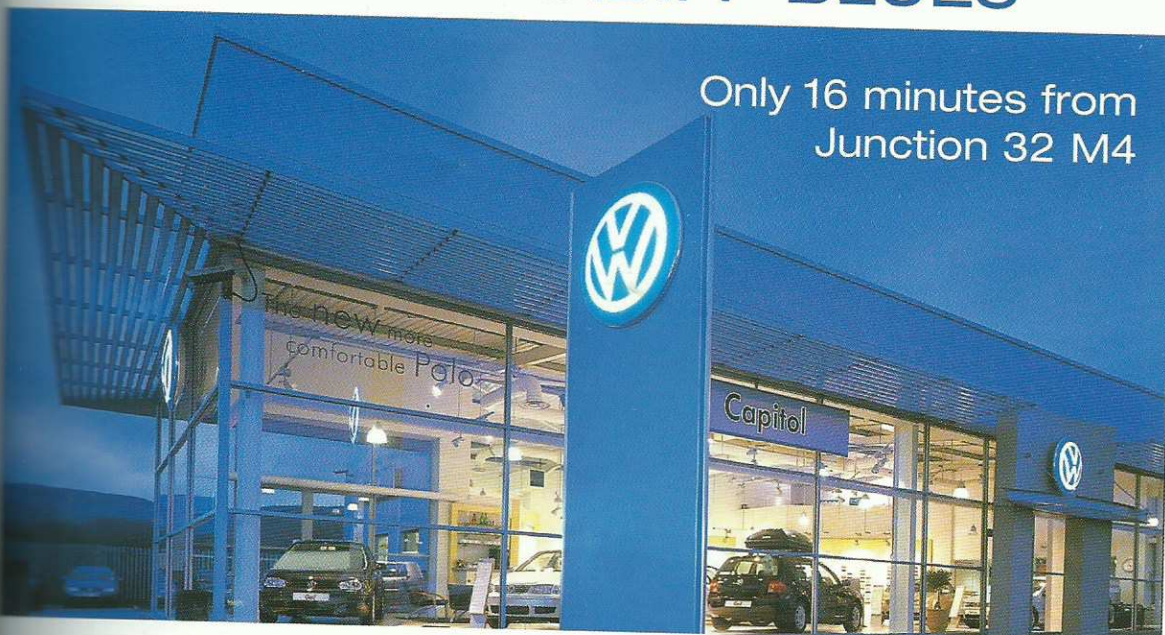
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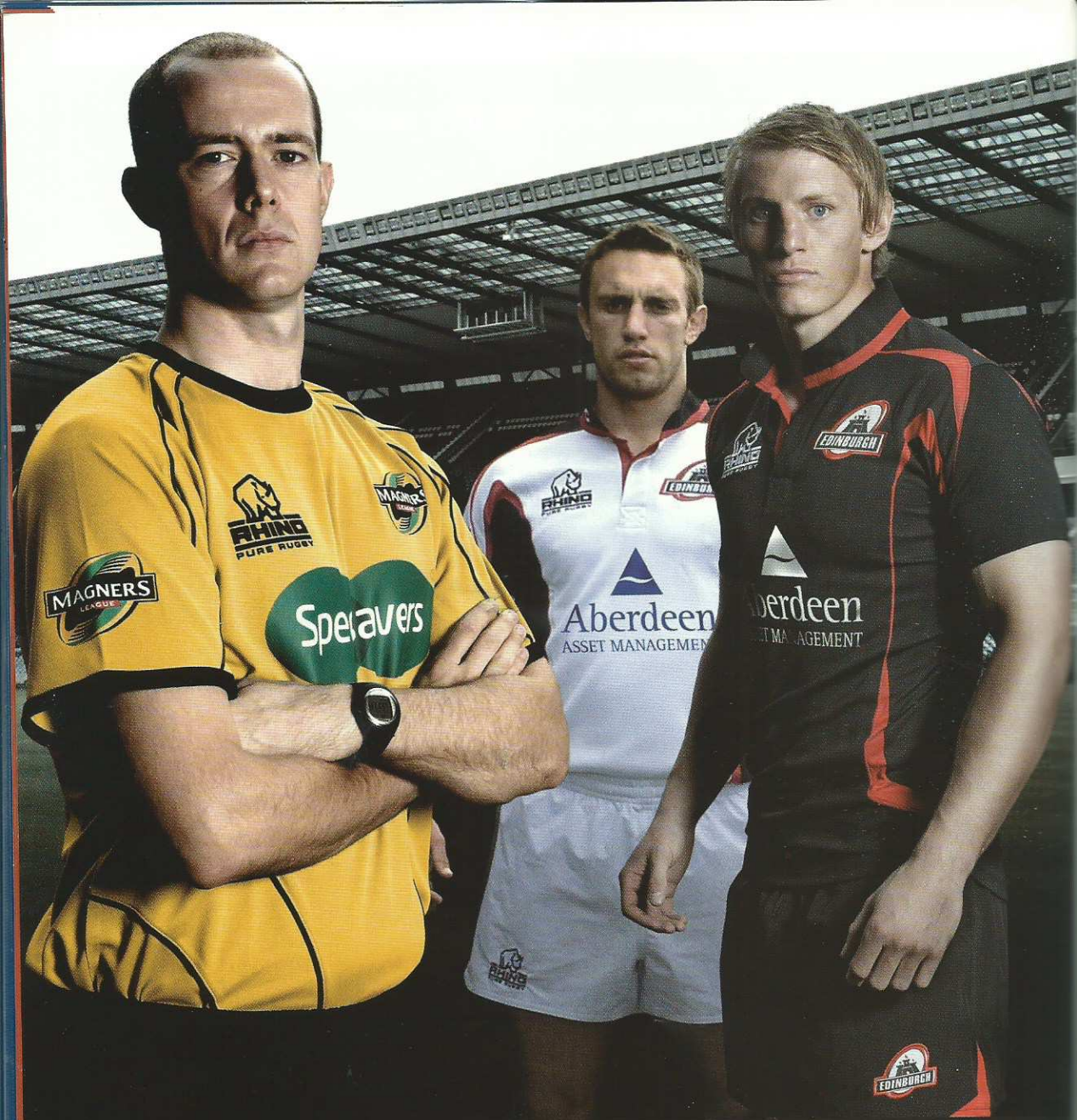
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ELVs are not the only topic of conversation this year

The new IRB Experimental Law Variation's seem likely to provoke many interesting debates throughout this year's Magners League and Guinness Premiership seasons. Helping to apply the exciting new laws is a well respected rugby name who launch a brand new range of performance team apparel into the market for the first time. Rhino Pure Rugby are proud to be official sports and leisurewear suppliers to the Magners League referees.



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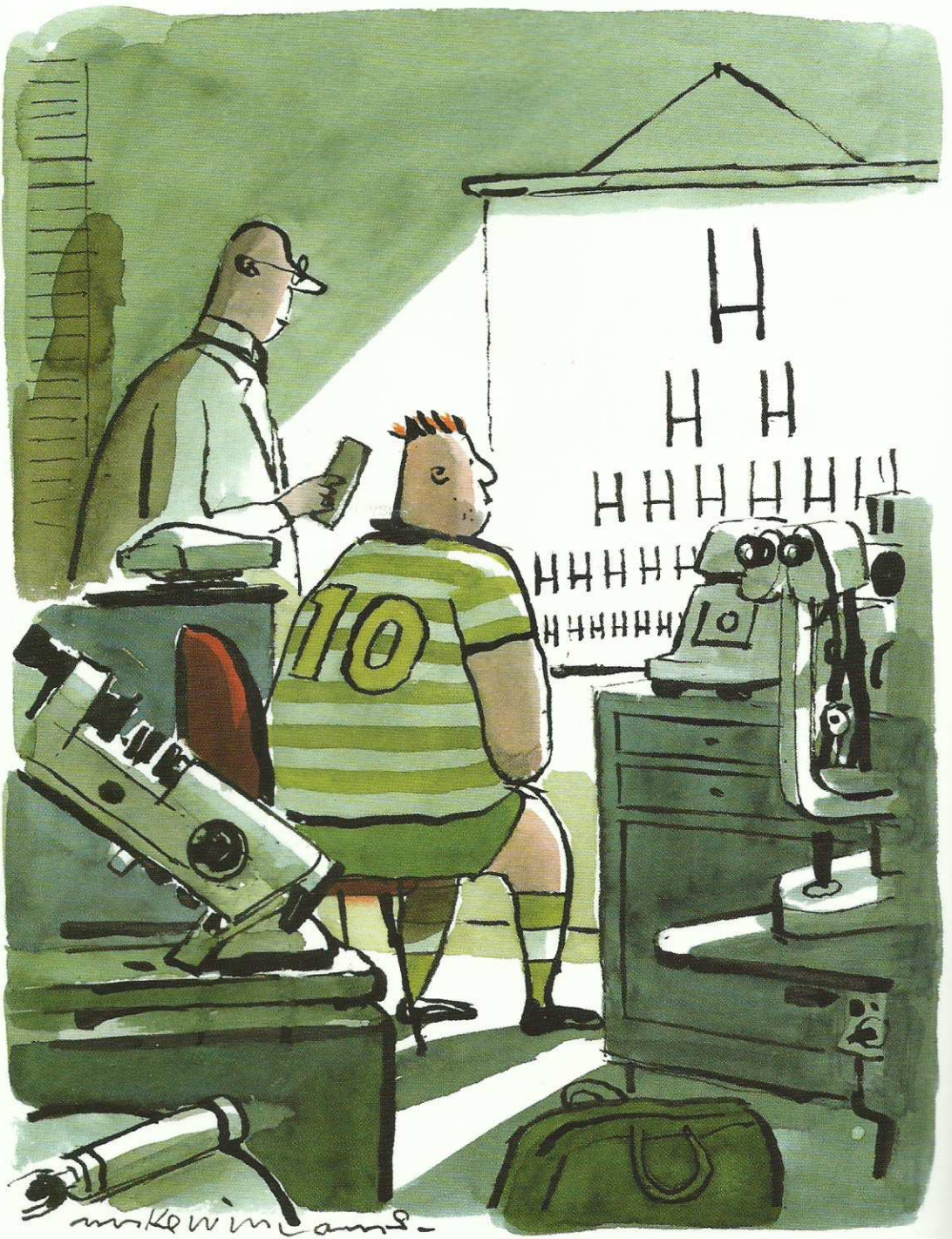
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This season's look at the laws

ASK THE REF



Welcome to the 15th and final of this season's look at the Laws.

The Summer Quiz!

(assume no advantage and the 2008/9 ELVs apply)

In addition to jersey, shorts, underwear, socks, and boots a player may wear?

A scrum is formed with Blue throwing-in. Before you call "engage," the Gold pack charges ahead and engages Blue. The scrum collapses. What do you do?

Gold #14 kicks ahead. Gold #8 was in front of #14 when he kicked and begins retreating. Gold #8 is five meters from Blue #9. The ball goes ten meters beyond Blue #9, bounces off of a goal-post, and is caught by Blue #9 where he stood. Blue #9 then passes off to Blue #10. Gold #8 tackles Blue #10. What do you do?

Blue is awarded a penalty kick. Ten seconds later, the kicking tee arrives and the kicker sets the ball. Thirty seconds later, the ball blows off the tee. It takes twenty seconds to reset the ball. How much time does the kicker have left to kick?

Where can a maul take place?

Gold kicks in open play and Blue #12, behind Blue's 22-meter line, catches the ball and shouts "mark." After you blow the whistle, Gold #6, who

was off-side, charges into Blue #12. What do you do? (280)

Blue #14 is just outside of their 22 and kicks. The ball bounces once and then goes into touch at Gold's 10-meter line. What do you do?

At a scrum, the scrum-half must throw-in the ball so that it lands where?

Gold #6 runs into Blue's in-goal, but is tackled around the neck by Blue before the ball is grounded. Gold #6 loses the ball forward over the dead ball line. What do you do?

Blue #14 has one foot inside of his 22-meter line. He or she picks up the ball, which was in motion in the field of play outside the 22, and kicks directly into touch at Gold's 10-meter line. What do you do?

Tie Breaker

What are the next 6 numbers in this sequence?

24 11 14 14 14 16 ? ? ? ? ? ?

Answers to me at the address below, or <http://cardiffrugby.net> or via the club.

Closing Date 1 August 2009

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Any questions or comments can be sent to allthetimeref@ntlworld.com



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Today's CHARITY

Wales' first Teenage Cancer Trust(TCT) unit opened its doors to young cancer patients from across Wales earlier in May.

The £3.4m unit at University Hospital of Wales will provide care for 13 to 24 yearolds -it is the first time that specific provision has been made for teenagers and young people with cancer in Wales.

The state of the art unit is the result of tireless fundraising by Teenage Cancer Trust Wales since launching an ambitious appeal in May 2004 and with tremendous support from the people of Wales the figure of £3.4m has now been achieved. However some fundraising has to continue to fund a Teenage Cancer Trust Lead Nurse and an Activities Coordinator.

The unit built on stilts has been a very ambitious and specialist project and unlike hospital wards has a chill out zone,a private kitchen and access to media facilites such as the internet,TV and music and there is also a juke box,all funded by Welsh donations.

EVERY DAY IN THE UK six young people will have to face a diagnosis of cancer,that is 2000 cases aproximately every year.This is a rising figure and there are already more young people than children with the disease.Teenage Cancer



Trust understands that teenage cancer requires specialist care in an environment suited to their needs.

Where no TCT specialist unit exists, young people in this age group are often treated alongside children,toddlers and babies or alongside elderly people. Here the teenagers and young people feel isolated and frightened as there is no one with whom they can share their feelings or their interests.In a TCT unit they can explain the the procedure of the treatment and understandably they feel less anxious. They can also play pool,share musical interests and sport.

Young people contract the most aggressive forms of cancer because of the growth spurt.

Different forms of cancer predominate at different ages.leukaemia,lymphomas and brain tumours in 13 to 18 year olds,lymphomas,carcinomas and germ cell tumours in 19 to 24 year olds.

Teenage Cancer Trust Wales is very grateful to Cardiff Blues for the opportunity to make a collection and create awareness of TCT's very important work in Wales here today.

Diolch yn fawr!

For further information please contact Eiddwen Evans,Chair TCT Wales Fundraising Committee by email eiddwenevans@yahoo.co.uk or on 0208 446 4137/07885 527 492

Visit www.teenagecancertrust.org Teenage Cancer Trust Reg Charity no. 1062559



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- Keep the gangways on the terraces and in the stands clear.
- Do not go onto the field of play except in an emergency.
- Do not let children run around the ground.
- Listen to any safety announcements that may be made and follow the instructions given by safety stewards.
- If waiting for relatives or friends keep away from entry and exit points to avoid congestion.

SAFETY ANNOUNCEMENTS

Before any safety announcement you will hear either of the following: Two-tone signal [Bing bong] ~ this means a safety announcement is to be made to either the whole or part of the ground ~ please assist by following the instruction. Four-tone signal [Bing bong, Bing bong] ~ this means that an emergency situation exists and you must follow the instructions given either through the PA system or by the Safety Stewards.

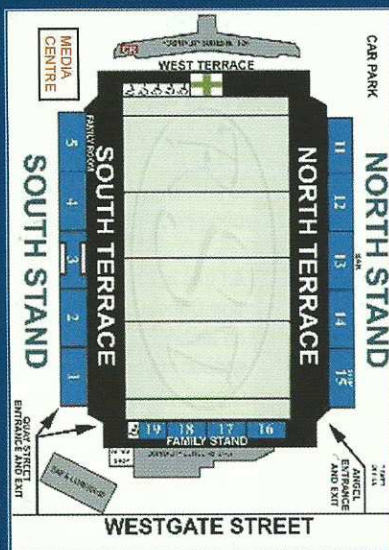
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During each event Cardiff Rugby Football Club provides medical cover for spectators. If you have a problem please contact the nearest Safety Steward.

GROUND REGULATIONS

Copies of the Ground Regulations are displayed at each entrance. Spectators who do not comply with these may be ejected from the ground.

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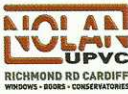
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Dydd Sadwrn 9 Mai
18:00 Castell Nedd v Llanelli

Saturday 9 May
18:00 Neath v Llanelli

Dydd Sul 10 Mai
14:35 Gweilch v Glasgow
16:35 Gleision v Munster

Sunday 10 May
14:35 Ospreys v Glasgow
16:35 Blues v Munster

Dydd Mercher 13 Mai
19:35 Gleision v Scarlets

Wednesday 13 May
19:35 Blues v Scarlets

Dydd Sadwrn 16 Mai
17:30 Dreigiau v Leinster
19:30 Scarlets v Ulster

Saturday 16 May
17:30 Dragons v Leinster
19:30 Scarlets v Ulster

Dydd Sul 17 Mai
15:35 Gleision v Caeredin

Sunday 17 May
15:35 Blues v Edinburgh

Dydd Sadwrn 23 Mai
20:30 Uchafbwyntiau
Ffeinal Cwpan Heineken

Saturday 23 May
20:30 Highlights of the
Heineken Cup Final

Dydd Sul 31 Mai
20:00 Uchafbwyntiau
Canada v Cymru
21:00 Carwyn -
ffilm ddogfen arbennig

Sunday 31 May
20:00 Highlights
Canada v Wales
21:00 Carwyn -
a special documentary film

Dydd Sadwrn 6 Mehefin
19:00 UDA v Cymru -
yn fyw dim ond ar S4C

Saturday 6 June
19:00 USA v Wales -
exclusively live

Taith Llewod Prydain
ac Iwerddon
Yn cychwyn 30 Mai
Dydd Sadwrn 20 Mehefin
21:00 Prawf 1af (Durban)

British & Irish
Lions Tour
Starts 30 May
Saturday 20 June
21:00 1st Test (Durban)

Dydd Sadwrn 27 Mehefin
21:00 Ail Brawf (Pretoria)

Saturday 27 June
21:00 2nd Test (Pretoria)

Dydd Sadwrn 4 Gorffennaf
21:00 Trydydd Prawf
(Johannesburg)

Saturday 4 July
21:00 3rd Test
(Johannesburg)

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24/7

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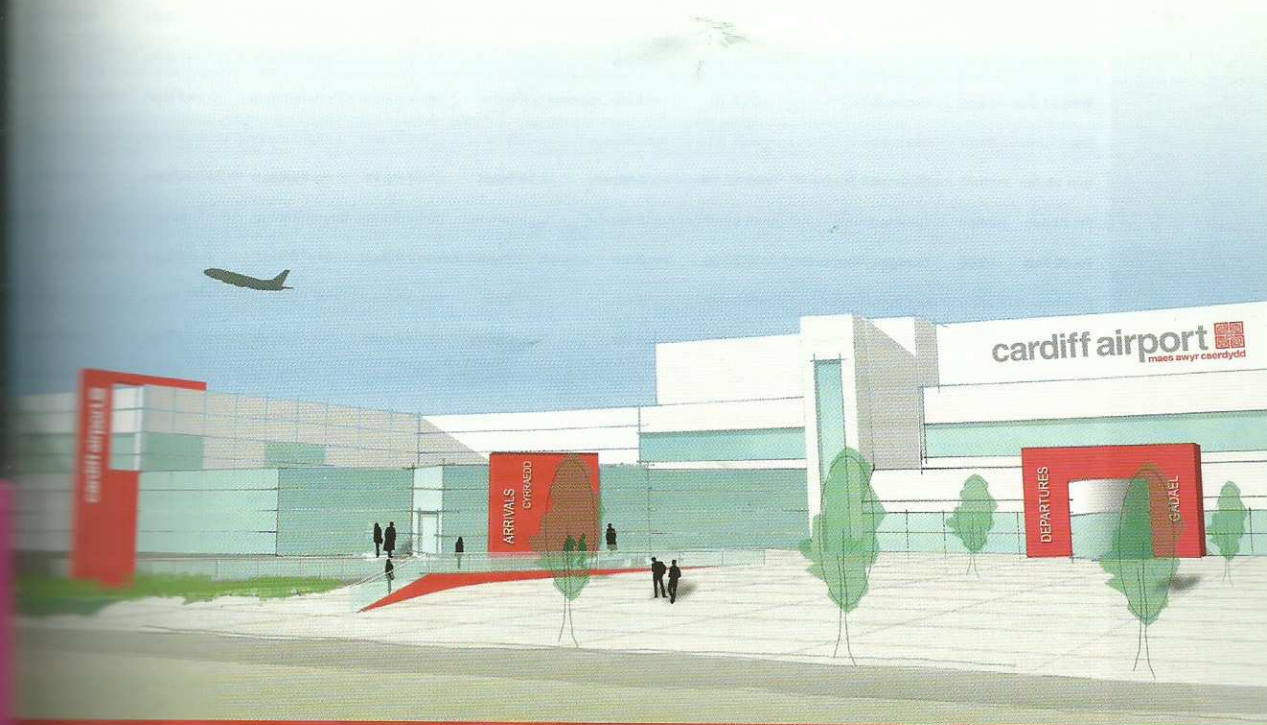
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Season 2008/09

FIXTURES

Matchday music supplied
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	DATE & K/O	18:30	OPPOSITION	RESULT	15	14	13	12	11	10
	Sat 6 Sep	18:30	Leinster	D 16-16	B Blair	R Mustoe	T Shanklin	J Roberts	C Czekaj	N Robinson
	Tue 9 Sep	19:35	Ospreys	L 32-10	B Blair	R Mustoe	J Robinson	J Roberts/T Shanklin	A Brew	C Sweeney
	Fri 12 Sep	19:05	Ulster	W 16-15	B Blair	L Halfpenny	J Robinson	G Thomas	C Czekaj/J Roberts	N Robinson
	Sat 20 Sep	19:30	Munster	L 28 -20	B Blair	R Mustoe	J Robinson/T Shanklin	J Roberts	G Thomas	C Sweeney
	Fri 26 Sep	19:05	Connacht Rugby	W 58-0	L Halfpenny	R Mustoe	J Robinson/T Shanklin	J Roberts	G Thomas	C Sweeney
	Sat 4 Oct	15:00	Sale Sharks	W 17-18	B Blair	L Halfpenny/R Mustoe	J Robinson/T Shanklin	J Roberts	G Thomas	C Sweeney
	Sat 11 Oct	14:35	Calvisano	W 20-56	B Blair	L Halfpenny/R Mustoe	J Robinson/J Roberts	T Shanklin	G Thomas	N Robinson
	Sun 19 Oct	15:00	Gloucester Rugby	W 37-24	B Blair	L Halfpenny	J Robinson/C Sweeney	T Shanklin/J Roberts	G Thomas	N Robinson
	Sat 25 Oct	14:35	Leicester Tigers	W 23-9	B Blair	L Halfpenny	J Robinson	J Roberts	R Mustoe	N Robinson
	Fri 31 Oc	19:35	Bath Rugby	W 24-18	B Blair	R Mustoe	J Robinson	T Shanklin	T James	N Robinson
	Fri 28 Nov	19:30	Glasgow Warriors	L 28-0	B Blair	G Thomas/R Mustoe	J Robinson	C Sweeney	T James	N Robinson
	Fri 5 Dec	20:00	Biarritz Olympique	W 21-17	B Blair	L Halfpenny/T James	J Robinson	T Shanklin	G Thomas	N Robinson
	Sat 13 Dec	14:35	Biarritz Olympique	W 6-10	B Blair	L Halfpenny/T James	J Robinson	T Shanklin	G Thomas	N Robinson
	Sat 20 Dec	17:30	Scarlets	L 27-13	L Halfpenny/N Robinson	R Mustoe	J Robinson	G Thomas	T James	C Sweeney
	Fri 26 Dec	14:05	Dragons	W 19-21	B Blair	R Mustoe	J Robinson/G Thomas	T Shanklin	T James	C Sweeney
	Wed 31 Dec	14:05	Ospreys	L 12-16	B Blair/L Halfpenny	R Mustoe	T Shanklin	G Thomas	T James	N Robinson
	Sat 10 Jan	19:30	Leinster	L 21-20	L Halfpenny	T James	J Robinson	T Shanklin/J Roberts	G Thomas	N Robinson
	Sun 18 Jan	15:00	Gloucester Rugby	W 12-16	L Halfpenny	G Thomas	T Shanklin	J Roberts	T James	N Robinson
	Fri 23 Jan	20:00	Calvisano	W 62-20	B Blair	L Halfpenny	T Shanklin/C Sweeney	J Roberts	G Thomas	N Robinson
	Fri 20 Feb	19:05	Glasgow Warriors	W 34-30	B Blair	G Thomas/R Mustoe	J Robinson	D Hewitt	T James	C Sweeney
	Fri 6 Mar	18:30	Connacht Rugby	W 14-19	B Blair	R Mustoe	J Robinson/C Czekaj	C Sweeney	T James	N Robinson
	Sat 28 Mar	17:15	Northampton Saints	W 5-11	B Blair	L Halfpenny	T Shanklin	J Roberts	T James	N Robinson
	Fri 3 Apr	19:30	Edinburgh Rugby	L 16-3	B Blair	L Halfpenny/R Mustoe	J Robinson	J Roberts	C Czekaj	N Robinson
	Sat 11 Apr	15:30	Toulouse	W 9-6	B Blair	L Halfpenny	T Shanklin	J Roberts	T James	N Robinson
	Sat 18 Apr	14:30	Gloucester	W 12-50	B Blair	L Halfpenny/G Thomas	T Shanklin	J Roberts	T James	N Robinson
	Fri 24 Apr	19:30	Ulster	W 9-11	J Loxton/R Howells	R Mustoe	J Robinson	G Thomas	C Czekaj	C Sweeney
	Sun 3 May	15:00	Leicester Tigers	L 26-26 (AET)	B Blair	L Halfpenny	T Shanklin	J Roberts/C Sweeney	T James	N Robinson
	Wed 6 May	19:05	Dragons	W 26-12	B Blair/N Robinson	G Thomas/R Mustoe	J Robinson	T Shanklin	T James	C Sweeney
	Sun 10 May	16:35	Munster	W 20-12	C Czekaj	R Mustoe	J Robinson	J Roberts/C Sweeney	T James	N Robinson
	Wed 13 May	19:35	Scarlets	L 9-30	B Blair	R Mustoe	J Robinson/N Robinson	G Thomas	C Czekaj	C Sweeney
	Sun 17 May	15:35	Edinburgh Rugby							
	Sat 23 May	17:00	Heineken Cup Final							

FIXTURES - HOME & AWAY

MAGNERS LEAGUE

Win 4 points, Draw 2 points... Bonus points 1 for 4 or more tries, 1 for losing by 7 or less



9	8	7	6	5	4	3	2	1
J Spivey/D Allinson	A Powell	M Williams	M Moltika	P Tito(c)/S Morgan	B Davies	T Filise/G Powell	G Williams/R Thomas	G Jenkins
D Allinson	A Powell	R Sowden Taylor	B White/M Moltika	S Morgan	B Davies/P Tito	G Powell/T Filise	R Thomas	T Filise/G Jenkins
J Spivey/D Allinson	M Lewis	M Williams/A Powell	M Moltika	P Tito	B Davies/S Morgan	G Powell	R Thomas/G Williams	G Jenkins
J Spivey/D Allinson	A Powell/M Lewis	R Sowden Taylor	M Moltika	P Tito (c)/S Morgan	B Davies	T Filise/G Powell	G Williams/R Thomas	G Jenkins
J Spivey/R Rees	A Powell/X Rush	R Sowden Taylor	M Moltika/S Morgan	P Tito (c)	D Jones	G Powell/T Filise	R Thomas/R Williams	J Yapp
R Rees	M Lewis	M Williams	A Powell/R Jones	P Tito (c)	B Davies/D Jones	T Filise/G Powell	R Thomas/G Williams	J Yapp
J Spivey/R Rees	A Powell	M Williams	M Moltika/R S Taylor	P Tito (c)/S Morgan	D Jones	G Powell	R Thomas/G Williams	G Jenkins/T Filise
J Spivey/R Rees	A Powell	M Williams/R S Taylor	M Moltika	P Tito (c)	D Jones	G Powell/T Filise	R Thomas/G Williams	G Jenkins/S Morgan
J Spivey	A Powell	R S Taylor/M Williams	M Moltika	P Tito (c)	D Jones/S Morgan	T Filise	G Williams/R Thomas	J Yapp
J Spivey/R Rees	M Lewis/M Williams	R Sowden Taylor	M Moltika	P Tito (c)/S Morgan	D Jones	T Filise	G Williams	J Yapp/G Powell
J Spivey/R Rees	M Lewis	R Sowden Taylor	M Moltika/B White	P Tito/S Morgan	D Jones	G Powell	R Thomas/G Williams	T Filise/S Roberts
J Spivey	A Powell	M Williams	M Moltika	P Tito	D Jones	G Powell/T Filise	G Williams/R Thomas	G Jenkins
J Spivey	A Powell	M Williams/R S Taylor	M Moltika	P Tito	D Jones	G Powell/T Filise	G Williams/R Thomas	G Jenkins
D Allinson	M Moltika	R S Taylor (c)	B White/D Jones	S Morgan	B Davies	T Filise	R Thomas	J Yapp
J Spivey	A Powell	R S Taylor (c)	M Moltika	S Morgan	B Davies/P Tito	G Powell	R Thomas/G Williams	J Yapp
J Spivey/D Allinson	A Powell	M Williams/R S Taylor	M Moltika	P Tito/S Morgan	D Jones	T Filise	G Williams	G Jenkins
J Spivey/R Rees	A Powell/X Rush	R S Taylor	M Moltika	P Tito	B Davies	T Filise	R Thomas/G Williams	J Yapp/G Jenkins
J Spivey	A Powell/X Rush	M Williams (c)	M Moltika	S Morgan	D Jones/B Davies	G Powell/T Filise	G Williams/R Thomas	G Jenkins
J Spivey/D Allinson	A Powell/X Rush	M Williams (c)	M Moltika	S Morgan	D Jones/B Davies	G Powell/J Yapp	G Williams	G Jenkins
J Spivey/R Rees	X Rush	R S Taylor	M Moltika	P Tito (c)/D Jones	B Davies	T Filise/G Powell	G Williams	J Yapp
J Spivey/R Rees	X Rush	R S Taylor	M Moltika	S Morgan	D Jones	G Powell	R Thomas/G Williams	R Gill/T Filise
J Spivey	X Rush/S Morgan	R S Taylor	M Moltika	P Tito (c)	D Jones	J Yapp	G Williams/R Thomas	G Jenkins
J Spivey/D Allinson	S Warburton/S Morgan	R S Taylor	B White	P Tito (c)/D Jones	B Davies	G Powell/T Filise	R Thomas	J Yapp
J Spivey	X Rush	M Williams	M Moltika/A Powell	P Tito (c)	B Davies/D Jones	T Filise/J Yapp	G Williams	G Jenkins
J Spivey/R Rees	X Rush	M Williams	M Moltika/A Powell	P Tito (c)	B Davies/D Jones	T Filise	G Williams	G Jenkins
R Rees	A Powell	R S Taylor (c)	S Warburton/B White	S Morgan	D Jones	J Yapp	R Thomas/R Johnson	R Gill/S Andrews
R Rees	X Rush	M Williams	M Moltika/A Powell	P Tito (c)/D Jones	B Davies	T Filise/J Yapp	G Williams	G Jenkins
J Spivey/D Allinson	A Powell/X Rush	R S Taylor (c)	M Moltika	S Morgan	D Jones	T Filise/J Yapp	R Thomas/G Williams	G Jenkins
J Spivey	A Powell/B White	M Williams	S Warburton	S Morgan/D Jones	B Davies	G Powell	G Williams/R Thomas	J Yapp
J Spivey/D Allinson	M Moltika	R S Taylor (c)	B White/S Morgan	D Jones	B Davies/J Down	T Filise/G Powell	R Thomas/R Johnson	J Yapp



MAGNERS LEAGUE

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region?”

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ospreys dragons

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scrum (v)

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