



VS



SOUTH GOWER

PORTHCAWL

SAT 19 SEPT | PWLLDU LANE | 2:30PM KO



PRINCIPAL SPONSOR

# CHAIRMAN'S WELCOME

Welcome back to Pwlldu Lane for the start of another action packed season.

It's has been a baking off-season which has allowed us to get lots done and massive credit needs to go to Kevin Painter and our grounds team for ensuring the pitches are in such good condition.

Rugby is back in full force now and it's great to see all the preparation and hard work going in at all levels. Porthcawl present a great challenge to the boys having battled through two tight games last season. I'd like to extend another warm welcome to those travelling down.

We have now entered our second two-year kit cycle and want to say thank you to all our returning and new sponsors. The players look incredible on our new traditional strip, taking us back to our roots and a far cry from the mismatch of colours and designs different age groups had not so long ago.

Our 'One Club' ethos continues to thrive with more exciting events coming throughout the season, bringing us all together. A special mention to the Youth graduates who have made their debuts already and to another three this weekend in Sam Cawsey, Noah Williamson, - who links up with brother Sam at half back - and our proud treasurer's son George Matthews on the bench.

Good luck lads and let's hope the weather holds off for another spectacle of a game.

*Ben Davies*

Chairman



# THANK YOU TO OUR WHOLE CLUB SPONSORS



**SOUTH  
GOWER**



**CABS**  
GROUP

**REWBIDGE  
DESIGN**  
ARCHITECTURE + PLANNING

**matthews & co**  
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**PAINT PLUS**



PLOUGH \* HARROW  
**P \* H**  
BAR \* RESTAURANT  
MURTON



# INTRODUCING OUR PRINCIPAL WHOLE CLUB SPONSOR



We're delighted to welcome back **The Joiners Arms Bishopston** as our Principal Whole Club Sponsor for the next two seasons.

Owned by Ian and Kath, The Joiners Arms has been a fantastic supporter of South Gower RFC for many years, and we're incredibly grateful for their continued commitment to the club.

Their backing helps us provide opportunities for everyone at the club from our youngest players in the Seahorse Squad all the way up to our Seniors.

A huge thank you to Ian, Kath and everyone at The Joiners Arms for your continued support for the South Gower RFC family.

For more information about The Joiners Arms including upcoming sports fixtures, kitchen opening times and events, visit their Facebook page: @[TheJoinersArmsBishopston](https://www.facebook.com/TheJoinersArmsBishopston)



**Traditional free house serving hearty pub food with a Caribbean twist. High quality ales and beverages in a cosy atmosphere**

### **Weekly Opening Hours**

Monday: Closed

Tuesday: 3:00 PM - 10:30 PM

Wednesday & Thursday: 3:00 PM - 11:00 PM

Friday & Saturday: 12:00 PM - 11:00 PM

Sunday: 12:00 PM - 8:00 PM

50 Bishopston Road,  
Bishopston,  
Swansea  
SA3 3EJ



01792 232658



@thejoinersbishopston

# TEAMSHEETS



1. Gareth Evans
2. Sam Cawsey
3. Leo Woollacott
4. Cody Hylkema
5. Charlie Stares
6. George Moore
7. James Tune
8. Fraser Deer (C)
9. Noah Williamson
10. Sam Williamson
11. Sam Davies
12. Josh Jones
13. Ellis Weatherley
14. Josh Humphreys
15. Olly Heinrich

## Substitutes

16. George Matthews
17. Aidan Ellard
18. Jamie Jenkins
19. Joe Rees-Lee
20. Ben Jones
- TR. Sam Jones
- TR. Sam Kaminaris



1. Zak Davies
2. Jack Williams (VC)
3. Harry Cooper
4. Leon McNally
5. Ben Asprea
6. Iwan Power
7. Jake Furrress
8. Josh Woodbridge (C)
9. Marty Ellis (VC)
10. Elliott Bennett
11. Alex Williams
12. Dewi Hooper
13. Will Mahoney
14. Seb Higgs
15. Cam Maisey

## Substitutes from

16. Aaron Huish
17. Rhys Hibbert
18. Jacob Green
19. Connor Mundy
20. Luke Roberts
- TR- Trice Scroggins

Referee: Rob Brooks

# FIXTURES AND RESULTS

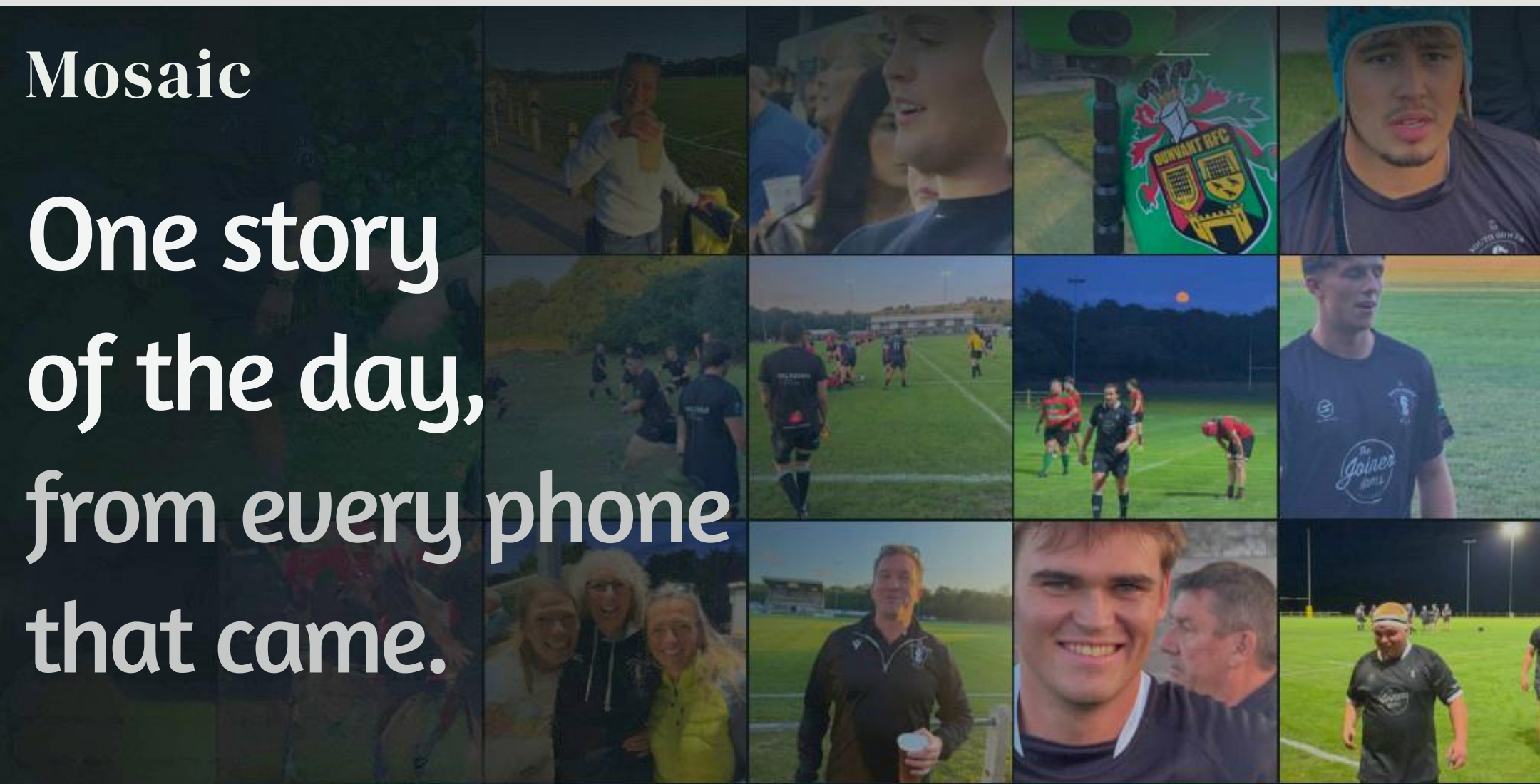
## THIS WEEK'S FIXTURES

|               |   |           |
|---------------|---|-----------|
| Maesteg Quins | v | Bryncoch  |
| Morrison      | v | Brynamman |
| Mumbles       | v | Vardre    |
| Pencoed       | v | Cwmafan   |
| South Gower   | v | Porthcawl |

## LAST WEEK'S RESULTS

|           |    |    |               |
|-----------|----|----|---------------|
| Brynamman | 38 | 5  | Maesteg Quins |
| Bryncoch  | 19 | 17 | Pencoed       |
| Cwmafan   | 24 | 19 | South Gower   |
| Porthcawl | 39 | 0  | Mumbles       |
| Vardre    | 16 | 18 | Morrison      |

# SHARE YOUR MATCHDAY MOMENTS



Help us capture today's game through Mosaic, a community photo and video-sharing app that brings everyone's matchday moments together in one place.

Simply register using the link below (no app required), then upload your photos and videos after the match.

<https://mosaic-app.community/u/porthcawl-rfc-19sep>

✓ Up to 30 photos/videos per upload

✓ Up to 15 videos

✓ Videos up to 15 seconds each

**Every photo helps tell the story, so get involved and share your matchday moments!**

**#UPPASEAHORSE**



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GROUP

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# REWBRIDGE DESIGN

---

ARCHITECTURE + PLANNING

- Concept Drawings
- Planning Applications
- Building Regulations
- Contract Administration
- Tender Preparation
- Project Management
- Feasibility & Site Appraisals

# MEET THE PLAYERS



**JACOB ALLISON**  
**CENTRE**



**ZACK BURNS**  
**WINGER**



**SAM CAWSEY**  
**HOOKEER**



**SAM COURT**  
**CENTRE**



**SAM DAVES**  
**WING**



**FRASER DEER**  
**BACK ROW**



**AIDAN ELLARD**  
**HOOKEER**



**GARETH EVANS**  
**PROP**



**ALEX FRANCIS**  
**SCRUM HALF**



**IOAN FRANCIS**  
**BACK ROW**



**AARON FRANCIS**  
**PROP**



**DAN GIBBON**  
**2ND ROW**

# MEET THE PLAYERS



**OLLY HEINRICH**  
**WINGER**



**JOSH HUMPHREYS**  
**WING/ FULL BACK**



**CODY HYLKEMA**  
**2ND ROW**



**MORGAN ISRAEL**  
**HOOVER**



**SAM JAMES**  
**BACK ROW**



**JAMIE JENKINS**  
**2ND ROW**



**JOSH JONES**  
**CENTRE**



**BEN JONES**  
**FLY HALF**



**SAM KAMINARIS**  
**BACK ROW**



**EUAN LEIR**  
**BACK ROW**



**GEORGE MATTHEWS**  
**PROP**



**GEORGE MOORE**  
**BACK ROW**

# MEET THE PLAYERS



**JAMES NEALE**  
**2ND ROW**



**JAKE NEWINGTON**  
**BACK ROW**



**CHARLIE STARES**  
**2ND ROW**



**ARUN TEMPLETON**  
**BACK ROW**



**JAMES TUNE**  
**BACK ROW**



**ELLIS WEATHERLY**  
**CENTRE**



**JAMES WILD**  
**WING**



**NOAH WILLIAMSON**  
**SCRUM HALF**



**SAM WILLIAMSON**  
**FLY HALF**



**LEO WOLLACOTT**  
**PROP**



**SOUTH  
GOWER**

# **SOUTH GOWER RFC 2026/27 COACHING TEAM SEASON**



**JOSH HUMPHREYS**  
**HEAD COACH**



**MIKE RUDDOCK**  
**FORWARDS & TECHNICAL COACH**



**SAM COURT**  
**ASSISTANT BACKS COACH**



**ALED WILLIAMS**  
**KICKING COACH**



**ANDY MOORE**  
**DIRECTOR OF RUGBY**



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# ACT →



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# PLAYER PROFILE



**Age:** 19

**Job:** Labourer/ Gardener

**Favourite Rugby Moment:**

Playing at Principality Stadium

**Rugby Hero:** Andy Moore

**Favourite Food:** Sushi

**Best Away Ground:** Dunvant

**Pre Match Food:** Bacon, eggs,  
beans and toast

**Pre Match Song:** Enter  
Sandman

**Drink:** San Miguel

**Post Match Song:** Highway to  
Hell



## CHARLIE STARES

### 2ND ROW

#UPPASEAHORSE



# SOUTH GOWER

# LAST TIME AT HOME

SOUTH GOWER 12- 35 WAUNARLWYDD



SOUTH  
GOWER

# ADMIRAL WRU WEST CENTRAL FIXTURES 2026/27

|     |                                                                                                                           |
|-----|---------------------------------------------------------------------------------------------------------------------------|
| SEP | 19th Porthcawl RFC (H)<br>26th Mumbles RFC (H)                                                                            |
| OCT | 10th Pencoed RFC (A)<br>17th Maesteg Quins RFC (H)<br>31st Morriston RFC (A)                                              |
| NOV | 21st Vardre RFC (H)<br>28th Brynamman RFC (A)                                                                             |
| DEC | 5th Bryncoch RFC (H)<br>12th Porthcawl RFC (A)<br>19th Cwmafan RFC (H)                                                    |
| JAN | 2nd Mumbles RFC (A)<br>9th Pencoed RFC (H)<br>16th Maesteg Quins RFC (A)<br>23rd Morriston RFC (H)<br>30th Vardre RFC (A) |
| FEB | 27th Brynamman RFC (H)                                                                                                    |
| MAR | 20th Bryncoch RFC (A)                                                                                                     |

**TRIPLE HEADER**

**DERBY DAY SHOWDOWN**

SOUTH GOWER



R.F.C

**VS**



**SATURDAY 26 SEPTEMBER**

**Youth | 11.30am KO**

**2<sup>nd</sup> XV | 12.45pm KO**

**1<sup>st</sup> XV | 2.30pm KO**

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AA Rosette Pub



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Function Venue



Live Music &  
Community events



**SOUTH GOWER  
KIDS EAT FREE!**

(1 free kids meal with every adult main course)

**Looking to put your business in front of players,  
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At South Gower RFC we can provide opportunities  
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Promote your brand with a Pitchside Banner



Become a Matchday Sponsor

Affordable packages are available to suit businesses  
of all sizes, helping you raise your profile while  
supporting local grassroots rugby.

If you're Interested please contact **Christian  
Heinrich** on **07775 876348** for more information.

# JUNIOR FIXTURES

## SUNDAY 20 SEPTEMBER



U7s v Loughor (H) 9KO  
U8s v Loughor (H) 9KO  
U9s v Vardre (H) 10KO  
U10s v Trebanos (H) 11KO  
U11s v Festival (A)  
U12s v Waunarlwydd (A)  
U15s v Dunvant (A)  
U16s v Bonymaen (H) 12KO



**SOUTH  
GOWER**

# JUNIOR SPOTLIGHT

## INTRODUCING OUR U12S



It is a pleasure to introduce you to the **South Gower Under 12s** squad. They are coached by Jamie Taylor, former club captain Roger Gill, Luke Penry, Andrew Perry and Mike Jones.

The team has stepped up to 15 a side Rugby this year and have welcomed a number of new players over the summer. They are adapting to the new rules introduced and to full pitch rugby.

We are always looking for new players, so if your child would like to join our team, please contact **Jamie** on **07989550548**



**SOUTH  
GOWER**

**COME AND EXPERIENCE SOUTH GOWER U15S**

# **OPEN TRAINING SESSION**

**LED BY ANDY MOORE & MIKE RUDDOCK**



**Thursday 1 October**



**5.30pm - 7pm**



**South Gower RFC**

**Open to New and Existing Players**



**FOR MORE INFORMATION**

 **Polly Gordon 07792 077209**

 **Rhian Millar 07834 204032**

# JUNIOR SECTION CONTACTS

## 2026/27

### SEAHORSE SQUAD

TRAINING: FRIDAYS, 5.00PM - 5.30PM

U3S - U5S JESS REWBRIDGE - 07799 715463

### MINIS

TRAINING: WEDNESDAYS, 6.00PM - 7.00PM

U6S RICHARD YATES - 07907 481423

U7S BEN DAVIES - 07772 184544

U8S CORINNE BROOKES - 07949 512258

U9S LAURA GILL - 07939 405242

U10S SARAH O'NEILL - 07946 376393

U11S JP CRONJE - 07946 204032

### JUNIORS

TRAINING: WEDNESDAYS, 7.30PM - 8.30PM

U12S JAMIE TAYLOR - 07989 550548

U13S JAMIE REWBRIDGE - 07989 948781

TRAINING: THURSDAYS, 6.00PM - 7.30PM

U14S/U15S RHIAN MILLAR - 07834 459824

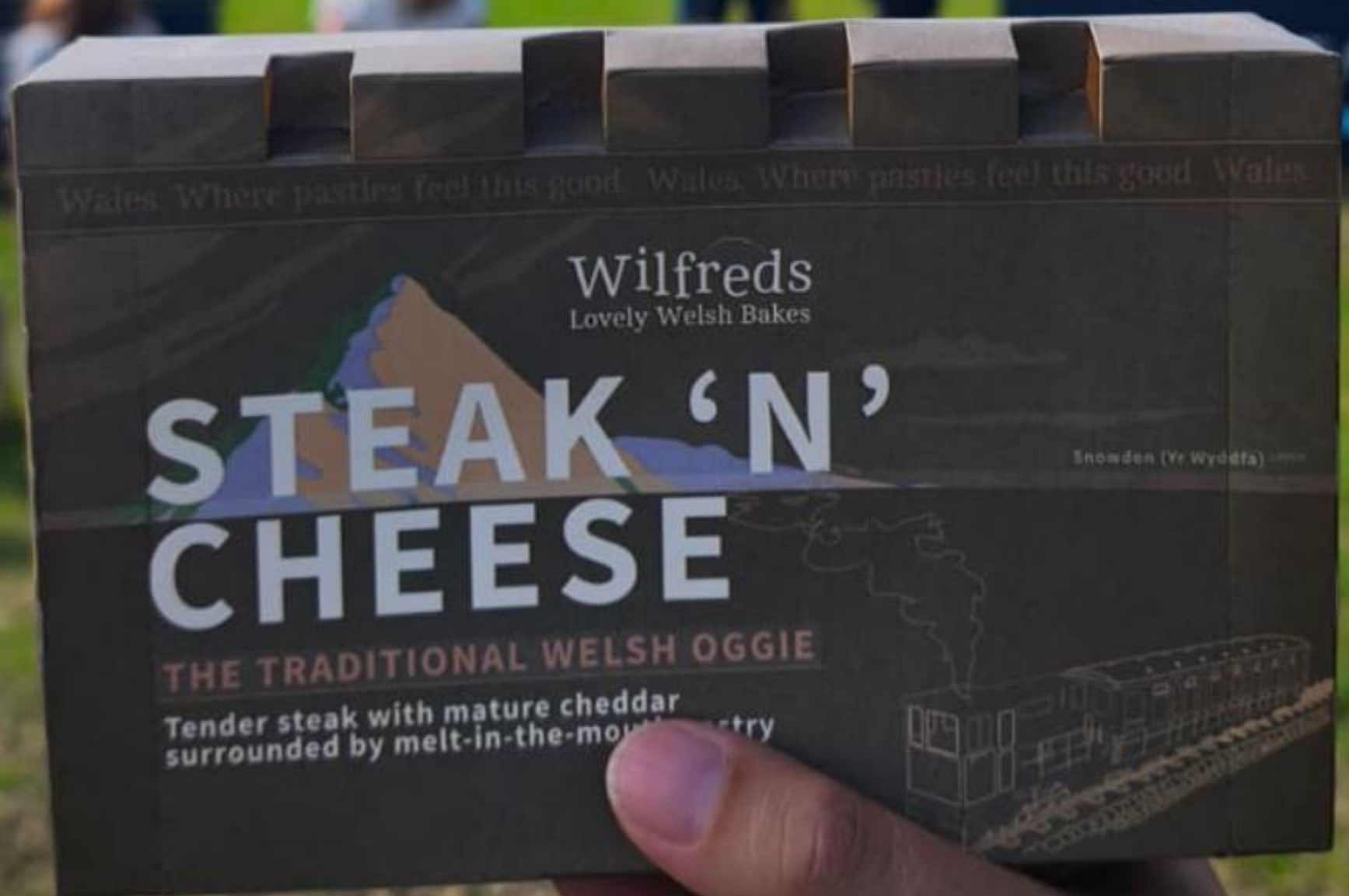
U16S ANDY HINDS - 07764 413304



SOUTH  
GOWER

# Wilfreds

## Now available in the clubhouse



# VOLUNTEER SPOTLIGHT



## VOLUNTEER SPOTLIGHT ROGER GILL

### CURRENT ROLE

CLUB COMMS MANAGER, U11S COACH,  
2<sup>ND</sup> TEAM PLAYER

INTERESTING FACT  
I CAN PLAY THE DRUMS

RUGBY HERO  
THE LATE, GREAT JONAH LOMU



SOUTH  
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# VOLUNTEER SPOTLIGHT

**FAVOURITE PAST GOWER PLAYER**  
**CAMERON TRIGGS**



**FAVOURITE CURRENT GOWER PLAYER**  
**MORGAN ISRAEL**

**WHY SOUTH GOWER?**  
I WAS CLUBLESS AND JOHN O'MALLEY SAID  
FOR ME TO COME DOWN ... 19 YEARS ON, I AM STILL HERE!

**FAVOURITE GOWER MOMENT**  
IT'S BETWEEN 3 - WINNING PROMOTION FROM DIVISION 5, BEATING SWANSEA  
UPLANDS IN THE CUP AND THE INFAMOUS [SORRY JAMIE]  
50 METRE ROLLING MAUL TRY AGAINST VARDRE!!!



**SOUTH  
GOWER**

# VOLUNTEER SPOTLIGHT

## WORST HABIT

PLUCKING MY NOSE HAIR WITH MY  
FINGERS

GO TO DRINK  
SHIPYARD IPA

## DESCRIBE SOUTH GOWER IN 3 WORDS

FRIENDLY, AMBITIOUS, THRIVING



SOUTH  
GOWER

# JOIN US ON THE SOUTH GOWER RFC

## WhatsApp

## CHANNEL

**CLUB NEWS | FIXTURES | ANNOUNCEMENTS | EVENTS**

Join the channel here:

 [bit.ly//sgrfcwhatsapp](https://bit.ly/sgrfcwhatsapp)



**SOUTH  
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# SOUTH GOWER



# #ONECLUB

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