

FIXTURES

Thursday, 10th March
NW1 Llangefni v Caernarfon
NW2 COBRA v Welshpool
NW2 Bangor v Rhyl

Friday, 11th March
D2W Aberystwyth v Builth Wells

Saturday, 12th March
NW Senior Academy v Aberavon
6N Italy v France - 2.30pm
6N Wales v Ireland - 5.00pm

Sunday, 13th March
6N England v Scotland - 3.00pm

Wednesday, 16th March
NWCup Semi - COBRA v Nant Conwy

Thursday, 17th March
NW3 Rhosllanerchrugog v Flint

Friday, 18th March
NW1 Bethesda v Ruthin

Saturday, 19th March
6N Scotland v Italy - 2.30pm
6N Ireland v England - 5.00pm
6N France v Wales - 7.45pm

Tonmawr v NW Senior Academy
NW2 Bangor v Denbigh
NW2 Wrexham v Rhyl
NW2 Machynlleth v Bala
NW2 Llanidloes v Dolgellau
NW2 Newtown v COBRA
NW2 Abergele v Welshpool

Saturday, 26th March
NW1 Bethesda v Caernarfon
NW1 Llangefni v Colwyn Bay
NW1 Mold v Bro Ffestiniog
NW1 Nant Conwy v Llandudno
NW1 Ruthin v Pwllheli

NW2 Denbigh v Abergele
NW2 Rhyl v Machynlleth
NW2 Dolgellau v Wrexham
NW2 Bala v Newtown
NW2 Welshpool v Llanidloes
NW2 COBRA v Bangor

NW3 Llangoed v Benllech
NW3 Llangollen v Holyhead
NW3 Rhosllanerchrugog v Harlech
NW3 Shotton v Flint

NW4NEC Abergele 2nds v Rhyl 2nds
NW4NEC Llandudno 2nds v Flint 2nds
NW4EC Corwen v Colwyn Bay 2nds
NW4EC Denbigh 2nds v Caer Borderers

MW Welshpool 2nds v Aberystwyth Athletic
MW Trefyclawdd v UWA 2nds
MW Rhayader v COBRA 2nds
MW Newtown 2nds v Llanidloes 2nds

Could all clubs please email
gwcymru1@aol.com with any new dates
for postponed fixtures please?

NOTICE BOARD

LLANIDLOES RFC JUNIOR 10s FESTIVAL

Thursday, March 24th, 2011 at Cae Hafren, Llanidloes

The event has become popular with many of the local high schools entering multiple teams for the year 8/9 festival

More information is available from RDO Carl Scales at cscales@wru.co.uk

CLWB RYGBI DINBYCH (DENBIGH RFC)

VETERANS' 10s TOURNAMENT

to celebrate the first anniversary of the establishment of the Club's Veteran XV
SATURDAY, 14TH MAY, 2011

The tournament will be open to teams with players aged over 35 years of age. The games will be 10 a side (with 5 man scrums).

If you are interested in entering a team, please can you contact the organiser Jon Casemore by e-mail to jpcasemore@yahoo.com or by ringing 0783756023

Got an event coming up at your club?

Please email the details to
Gwcymru1@aol
and it will be included on this Notice Board



Action from the Rhyl v Llanidloes game

WREXHAM RFC LEGENDS DINNER

with Tom David (1973 Barbarian)

FRIDAY, 25th MARCH 2011

Ticket details from Deborah Parry Edwards

Tel: 07873 250822 or darlequin@aol.com

COLWYN BAY RUGBY CLUB PLAYERS DINNER AND PRESENTATION NIGHT

Friday, 20th May, 2011, commencing at 7pm

Guest speaker is Graham Price, MBE

More information at <http://www.colwynbayrugby.co.uk/index.htm>

CLWB RYGBI ABERGELE - ABERGELE RUGBY CLUB ANNUAL GENTLEMAN'S EVENING

3-Course meal followed by the Awards Presentations
Guest speaker for this year is the BBC's Rick O'Shea

At Abergele Golf Club on May 21st, 2011

More information at <http://www.pitchero.com/clubs/abergelerufc/>

North and Mid Wales Rugby Union

Issue 3 - March 8th, 2011

Narrow defeat in the Capital for WRU NW Senior Academy side

This was an intriguing fixture with one of Wales' oldest club sides playing Wales' youngest set-up, a chance for the North Wales side to establish their credentials on the 'hallowed' turf of the Arms Park. There was fair sized crowd to watch this friendly fixture and the 'Gogs' were noisily supported by large number of Canadians here to support their fellow countrymen playing for their adopted North Wales.

The game started well for the 'Gogs' who were awarded a kickable penalty after 2 minutes and with a number of breaks taking them to the very edge of the Cardiff try line. A 5m scrum after 12 minutes saw the ball break to the right and Connor Braid went over for a try which he then converted. That made it 7-0 to the visitors who then spent most of the first twenty minutes in the Cardiff half of the field.

Then after 28 minutes the game turned on its head as Cardiff broke down the left and full-back Alex Cuthbert went over for a try converted by Scott Sneddon - 7-7. Seven minutes later Cardiff again exploited a left side defence of the North Walesians that was not functioning effectively with an unconverted try from flanker Thomas Young - 19-7.

Worse was to come as straight from the kick-off Alex Cuthbert got his second try down the left again this time Scott Sneddon converted to make the score 19-7. Almost on the stroke of half time Cardiff scored a fourth try down the left this time by Nathan Rees which went unconverted giving a half-time score of Cardiff 24 WRU NW senior Academy 7.

The 'Gogs' changing room at half time could not have been a pleasant place to be and whatever words were spoken, they seemed to work. Within 5 minutes of the kick off centre Nick Blevins went over for an unconverted try - 24-12. Cardiff replied within 3 minutes scoring after a short period of pressure on the 'Gogs' try line - 29-12.

After 60 minutes the 'Gogs' were awarded a penalty on the Cardiff 20m line which was quickly taken by scrum half Sean White and worked out to the right wing where Ben Stelmaszek touched down The try was converted with a fine kick from Connor Braid - 29-19. The score stayed that way for a further 15 minutes when Sean White, now playing at full-back after a wave of substitutions, picked up a loose Cardiff clearance on their 10m line and ran a jinking run to touch down under the posts. The try was converted by Connor Braid - 29-26.

The 'Gogs' had a number of chances to seal a win including one sweeping move that took them from deep within their own 22m ending with a break by Tom Seddon which took them well into the Cardiff half of the field, a try being missed by a stray last pass. On 80mins the 'Gogs' thought they were about to win it when a backs move put Ben Stelmaszek sprinting down the right seemingly out of sight of the home defenders. The referees whistle stopped him however as the linesman had spotted a foot in touch. The final whistle then blew and an exciting game was over.

So the 'Gogs' big adventure was not to end in a victory. It should have done but Cardiff's purple patch in the second quarter of the game sealed it. I am sure that though they lost a match they gained some friends, admirers and well-wishers for the development of the North Wales regional side.

Next Saturday the WRU NW Senior Academy play away to Aberavon KO 12:00. The challenges get bigger each week but the determination in the camp is high. One thing however is certain, we will be cheered on by the Cardiff club and their supporters, they play Aberavon in the cup the week after!



NWRU COUNCIL WHO'S WHO

President: Tony Gray



Tony Gray was a Wales rugby international before becoming the national team coach and taking Wales to third place in the 1987 Rugby World Cup.
Place of Birth: Bangor
School: Ysgol y Garth, Ysgol Friars
Tony was named European coach of the year in 1988.
Biography: I was brought up in Bangor and started playing my rugby at school as a centre. I played for Bangor Rugby Club, when it was based at a ground in Beaumaris!

Results

Saturday, 5th March
Cardiff 29 v WRU NW Senior Academy 26

NW1 Bro Ffestiniog 29 v Llangefni 3
NW1 Caernarfon 43 v Pwllheli 3
NW1 Colwyn Bay 17 v Bethesda 24
NW1 Llandudno 13 v Mold 20
NW1 Nant Conwy 18 v Ruthin 16

NW2 Denbigh v Welshpool - postponed (no referee)

NW2 Rhyl 11 v Llanidloes 25
NW2 Machynlleth 25 v COBRA 9
NW2 Dolgellau 34 v Abergele 7
NW2 Bangor 9 v Newtown 43
NW2 Bala 29 v Wrexham 3

D2W Builth Wells 12 v Loughor 18
D2W Ammanford 65 v Aberystwyth 21

Cambrian Training Mid Wales Cup
Semi Final
Rhayader 6 v Newtown 2nds 26
Aberystwyth Athletic v COBRA 2nds W/O
Aberystwyth

Cambrian Training Mid Wales Shield
Semi Final
Welshpool 2nds 24 v Llanidloes 2nds 18
UWA 2nds 56 v Trefyclawdd 15

CEN6 Aberavon Naval 12 v Llandrindod 20

Please visit the NWRU web-site:
www.nwru.co.uk

Reports...

Caernarfon go five clear at the top after home victory

League leaders Caernarfon stretched their lead to five points at the top of Division One North with a maximum-point 43-3 home win against Pwllheli. No 8 Rhys Evans opened the scoring with a try converted by outside-half Kelfyn Morris before the visitors reduced the arrears with a penalty from centre Gethin Roberts. The floodgates then opened with further tries from full back Lance Owen (2), wing Barry Jones (2) and one from replacement scrum half Gareth Padgett. Outside half Morris kicked a penalty and three further conversions and one from centre Gwilym Henty.

Second-placed Mold returned to winning ways at Llandudno but left it until the final minute when centre Hugh Grundy crossed for the winning try in a 20-13 success. Wing Ollie Jones crossed for earlier tries, outside-half Steven Quintan adding a conversion and penalty.

Nant Conwy overcame visitors Ruthin 18-16 with tries from wing Arwyn Owen and scrum half Ifan Jones, one of which was converted by full back Grant Jones, who also kicked two penalties. Ruthin's points coming from tries by second row Rob Moore and centre Ben Syme and a brace of goals from full back Sion T Roberts.

Bro Ffestiniog ran in four tries as they defeated Llangefni 29-3, the touchdowns coming from wing Steven Lay, outside-half Lee Aspen, and the back row pair of Lee Humphreys and Mark Morris with centre Barry Roberts adding the goal kicks.

Colwyn Bay moved off the foot of the table as they secured a losing bonus point in their 24-17 defeat at home to Bethesda.

Dolgellau took the honours and regained top spot in Division Two as they displaced visitors Abergele from the top with a 34-7 home win. The tries came from wings Tristan Evans and Llion Williams and two from centre Dylan Evans. Outside half Gerwyn Thomas added a conversion and four penalties.

Bala were the day's top scorers in the North as they ran in 11 tries to defeat visitors Wrexham by 69-8.

MID WALES ROUND-UP:

Father and son Steve and Sam Johns combined to help Welshpool Seconds reach the final of the Cambrian Training Mid Wales Shield with a 24-18 victory over Llanidloes Seconds. In his last game before retirement, Steve marked the occasion with a try while son Sam also crossed the line twice to secure the win. Prop Gareth Isaac also powered over for a fourth try, while Simon Jones landed two conversions. Llanidloes responded with tries from Mike Cameron and Greg Ager.

In the final, Welshpool will meet Aberystwyth University who swept aside Trefyclawdd (Knighton) 56-15 in a fine all-round display. The students stayed on course for a league and shield double as winger Robin Dex grabbed a hat-trick of tries while Luke Brennan landed five conversions and two penalties in a 16 point haul. Centre Josh Charles also went over for a brace of scores, with fly-half Tom Bodenhall, wing Rich Farrow and flanker John Harris also crossing.

Title-chasing Aberystwyth Athletic booked their place in the final of the Mid Wales Cup without taking to the pitch as scheduled opponents COBRA Seconds pulled out of the fixture mid-morning as they were unable to raise a side.

The Seasideers will now meet Newtown Seconds who shrugged off their recent dip in form to win 26-6 at Rhayader in their semi final clash.

In-form Builth Wells saw their six-match winning run come to a halt as they crashed 23-18 at home to Loughour in the Welsh League Division Two West. Prop Tommy Price and fly-half Luke Davies both crossed. Rob Lloyd also kicked two penalties and a conversion but the Bulls fell short.

Llandrindod Wells took another step towards safety in Division Six Central, after reeling off their third straight win with a hard-fought 20-12 success at fellow strugglers Aberavon Naval Club. Centre Danny Davies led the way with a try, two penalties and a brace of conversions, while skipper and wing Jac Holden also went over.

Picture below shows Llanidles before their game against Rhyl yesterday



Looking for funding for your club?

Part 3 of an A-Z listing that could provide the answer...

Millennium Stadium Charitable Trust (MSCT)

MSCT, through its funding, aims to improve the quality of life of people who live and work in Wales. Grants of up to £2,500 for local groups, £7,500 for regional groups and £12,500 for national groups, are made in four categories: Sport, Arts, Community & Environment. Voluntary and not-for-profit organisations can apply. The Trust strives to make a difference to sporting organisations throughout Wales and appreciates that sport relies heavily on volunteers. The Trust is keen to support volunteer-based projects, particularly from ethnic minorities and people with disabilities. In addition, the Trust recognises the difference that coaching can make to the development of a sport and is keen to fund equipment and coaching costs if the need has been clearly identified by the applicant. More details at: <http://www.millenniumstadiumtrust.co.uk/index.asp>

Npower Community Benefit Fund

This is a grant scheme for communities located nearby wind turbine developments. The funding machines are set up locally to distribute certain pots of money to benefit local community projects. For example, in Carno, Powys, £31,523 was given out in 2008. Details of the Carno fund, plus links to other projects at: <http://www.npower-renewables.com/carno/benefits.asp>

People's Postcode Trust

The People's Postcode Lottery Dream Fund is a new funding stream for Wales, with grants from £500 to £5,000 currently available for projects lasting three months. To apply for more than £2,000 the organisation must be registered as a charity. The programme covers numerous areas, one of which is 'to advance public participation in sports' including the purchase of kit and equipment and building renovations as long as they have a wider impact on the organisation. More information and an application at: <http://www.postcodetrust.org.uk/>

Sport Relief

The Awards programme aims to give young people aged between 11-21 the opportunity to unite people and communities who are experiencing conflict or are divided by background or culture; using the enabling power of sport. It will provide awards up to a maximum of £5,000 to inspirational young people who have innovative, sports-related ideas for tackling social problems in their communities. More details at: www.unltd.org.uk/sportreliefawards

Sport Wales

Sport Wales offer funding and support to individuals, clubs, teams and local authorities to create a more active Wales. Whether you're an elite athlete looking for overseas support, or a local sports club wanting to attract new members or purchase equipment, they can help. The awards available are:

Community Chest - up to £1,000 per year available for community sport and physical recreation that encourages more people to become more active, more often or raises the standards of existing activities.

Sportsmatch Cymru - Sportsmatch can double your money by encouraging more business backing for sport in Wales by matching commercial sponsorship £ for £. Applications can be for between £300 and £50,000 per year.

Development Grant - £1001 to £25,000 is available to develop activity in your community such as if you are looking to establish a new team, develop new training facilities or purchase much needed equipment to improve a project, coach education, floodlighting or purchase of land to develop activity areas.

Further details of all Sport Wales grants at: <http://www.sportswales.org.uk/funding-support.aspx>

WEB-SITE GUIDE FOR ALL THE CLUBS IN NORTH AND MID WALES

Abergele - www.pitchero.com/clubs/abergeleruf/
Bala - www.clwbrygibala.co.uk/
Bangor - www.bangor-rugby.co.uk/
Bangor Normal College
Bangor University - www.pitchero.com/clubs/bangoruniversitymensrugbyunion/
Bethesda - www.rygbigpesda.com/
Caernarfon - www.clwbrygicarnarfon.co.uk/
Caer Borderers - www.pitchero.com/clubs/caerborderes/
COBRA - www.cobrarfc.co.uk/
Clwb Rygbi Benllech - www.benllechrfc.com/
Clwb Rygbi Bro Ffestiniog
Clwb Rygbi Corwen - www.corwenrugby.co.uk/
Clwb Rygbi Dyffryn
Clwb Rygbi Llangoed
Clwb Rygbi Porthmadog
Clwyd Fire Service
Colwyn Bay - www.colwynbayrugby.co.uk/
Denbigh/Dinbych
Dolgellau - www.pitchero.com/clubs/dolgellauoldgrammariansrfc/
Flint - www.pitchero.com/clubs/flinrugbyclub/
Glyn Ceiriog - www.pitchero.com/clubs/clwbrygbiglynceiriog/
Harlech - www.clwbrygbiharlech.com/
Holyhead - www.pitchero.com/clubs/holyheadrfc/
Llandudno - www.llandudnorugby.com/
Llangefni - www.llangefnirfc.com/
Llangollen - www.llangollenrugby.webeden.co.uk/
Llanidloes - www.pitchero.com/clubs/llanidloesrfc/
Machynlleth
Menai Bridge - www.pitchero.com/clubs/menaibridge/
Mold - www.pitchero.com/clubs/moldrfc/
Nant Conwy - www.nantconwy.org/
NEW!
Newtown - www.newtownrugby.co.uk/
North Wales Police
Pwllheli - www.pwllhelirfc.com/
Rhoslanerchrugog - www.pitchero.com/clubs/clwbrrhosrygbi/
Rhyl and District - www.rhylrugbyclub.co.uk/
Ruthin - www.rygbirhuthun.com/
Shotton Steel - www.shottonsteelrfc.co.uk
Welshpool - www.welshpoolrfc.co.uk
Wrexham - www.wrufc.org/

Aberystwyth - www.aberystwythrfc.co.uk/
Aberystwyth University
Builth Wells - www.builthrugby.co.uk/
Llandrindod Wells - www.llandrindod-rugby.org.uk/
Rhayader
Trefyclawdd

If your club's web-site isn't listed above or is incorrect, please email gwcmru1@aol.com and it will be amended in time for next week's newsletter.

Cambrian Training Mid Wales Cup Final
Aberystwyth Athletic v Newtown 2nds
Cambrian Training Mid Wales Shield Final
Welshpool 2nds v UWA 2nds
Sunday, 1st May, 2011 - Venue TBC
Kick-off 1.30pm and 3.30pm