

FIXTURES

Saturday, 26th March

Carmarthen Quins v RGC1404

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?

**PLEASE NOTE:
THE NEXT EDITION OF THE
NEWSLETTER WILL BE PUBLISHED ON**

MONDAY, 28th MARCH



Harlech RFC have new kit sponsor

Harlech (pictured left) in a new set of shirts sponsored by JB Willbrook Ltd, Dyffryn Ardudwy.

Fred Brooks from JB Willbrooks, kindly donated money towards the club to buy the club a new kit with JB Willbrook being primary sponsors.

Got a rugby picture with a better backdrop than this? If so, please send it to gwcymru1@aol.com

NOTICE BOARD

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 which you'd like publicised?

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

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 5 - March 21st 2011



Nant Conwy and Bro Ffestiniog to contest North Wales Cup Final

COBRA 13 v Nant Conwy 42

Nant went on the attack immediately from the start. COBRA failed to gather the kick off cleanly and Nant passed the ball purposefully along the line so that Grant managed to touch down in the corner. He failed to convert his own try. After 4 minutes play, Ifan hoodwinked the home defence completely with a double sidestep to touch down underneath the posts. Andre converted. Nant continued to press but, after 12 minutes, the ball was dropped in the COBRA 22, was hacked up field and the race for the touchdown was won by Richard Jones, the speedy home no.11. This try was converted by Alwyn Williams. Andre

scored his only penalty on 17 minutes whilst Alwyn Williams replied in a similar manner after 25 minutes. Grant then scored a similar try to his first after 29 minutes – again unconverted. COBRA had what turned out to be their last score of the match by a penalty kick by Alwyn Williams just before the half time whistle to give a score of 13-20 at the break. Nant were the masters during the second half, especially so the pack as was shown by four tries being scored by the forwards: two from the base of the scrum by no.8, Carwyn, one when Elgan, the Captain and prop forward barged his way over and lock, Carwyn R's first try for the Club when he stretched his long arm to touch down just over the line. Andre was close with all conversion attempts but his final attempt was adjudged to be on the correct side of the posts to make a final score of 13 – 42.

Bro Ffestiniog 30 v Caernarfon 28

Bro ran in four tries in their 30-28 win – one apiece from flanker Mark Morris, No8 Tom James, centre David Roberts and centre Barry Roberts, who added two conversions and two penalties.

It was a disappointing day for Caernarfon second row Paul Williams, who ran in three tries with outside half Kelfyn Morris adding the goal kicks.

DIVISION ONE NORTH ROUND-UP

In Division One (North) Pwllheli went down by 12-0 at home to Llangefni, all the points coming from the boot of full-back Iwan Davies with four penalties.

DIVISION TWO NORTH ROUND-UP

Bala, leaders of Division Two (North), gained a maximum points win at Machynlleth with a 39-0 win, with the back row pair of brothers Elian and Arfon Rowlands running in four tries, Elian with a hat-trick while in the backs another pair of brothers Sion and Tudor Lynch managed one try apiece.

Second-placed Dolgellau had to settle for just three points with a 21-10 win at third-placed Llanidloes, tries from No 8 Dewi Thomas, flanker Ed Williams and centre Owain Thomas.

Rhyl ran out 24-5 victors at Wrexham with two tries from scrum-half James Farrell and one for wing Paul Thelwood.

COBRA won 14-30 at neighbours Newtown.

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www.nwru.co.uk

RGC 1404

RGC1404 43 v Tonmawr 9

Report by Ian Harrison, RGC1404 Team Manager



Back in August, an RGC1404 side that had only had a few sessions together suffered a heavy defeat against Tonmawr. Yesterday was true revenge as a very different RGC1404 team beat their South Wales opponents in every aspect of the game, running in seven unanswered tries in the process.

The team seems to have recognised their capabilities with tremendous improvements seen since the Cardiff '5-minute aberration'. The second half at the Arms Park, last week against Aberavon and now this week against Tonmawr has seen some rugby of the highest class and left some high flying clubs in RGC1404's wake.

It was Tonmawr who took the lead with a penalty after two minutes converted by Flanagan, but it took the Gogs only four minutes to score their first try. Luke Cudmore picking up the ball on the left of Tonmawr's 22m and breaking through tackles to touch down in the corner. Connor Braid converted to make it 7-3.

Ten minutes later RGC1404 won the ball at a ruck on the left and moved the ball swiftly across its back line for full-back Sean White to touch down and Connor Braid again converted, 14-3. Tonmawr closed the gap on 25 minutes with another Flanagan penalty, but at this stage the Gogs were looking comfortable. So much so that on 25 minutes they engineered almost a repeat of the second try this time with Ben Stelmaszek crossing on the right corner. Again it was converted by Connor Braid making the score 21-6 at half-time.

The second half began in a similar manner to the first with Tonmawr's Flanagan converting a penalty. On 58 minutes, the Gogs made a break down the right and Josh Leach threw a pass to the right wing where Ben Stelmaszek caught the ball one-handed, just managed to stay the right side of the touchline, and went over for his second unconverted try, 21-9.

The Gogs then applied almost constant pressure on the Tonmawr defensive line and were reward on 65 minutes with a pushover try by debutant Jeremy Kyne, 31-9. Three minutes later he was again involved tipping on a pass to Luke Cudmore who reprised his first try by running in from 20m. Man of the match Braid converted to make it 38-9. The scoring was completed after a sweeping team move by winger Richie Hopkins. The try was unconverted making it 43-9 at the whistle.

The small crowd were treated to a superb attacking and defensive display by RGC1404 and I am sure will be sorry they won't be seeing them at Parc Eirias again until the 16th April when a Leicester Tigers team are the visitors. Before then are two trips to South Wales, next week at Carmarthen and the week after at Pontypool, neither are easy games but after the last two weeks they will both know they are in for a fight.

Against South Wales sides in 2011 RGC1404 have scored 23 tries and conceded 12, scoring 153 points against 88. Had they been in a league that would have been 17 points in 5 matches, Premiership winning rugby?

So RGC1404 have their name back, their logo back, their new kit, an excellent winning record against top opposition – all it needs now are the crowds.

Top class rugby in North Wales has arrived – why haven't you?

Ian Harrison, RGC1404 team manager (pictured right) urges the rugby public of North Wales to get behind the regional team



RGC 1404 head coach Clive Griffiths described his side's win over Premiership outfit Tonmawr as an "awesome performance with some outstanding tries".

And he added: "No one should underestimate that result. Some of the tries were top drawer and we showed our intent to play with some kick and go and running the ball. We built on last week's victory against Aberavon.

"The boys did themselves, the coaches and the region proud with that result against a top-class Premiership side and to nil them on tries was extremely pleasing."



Rugby team's tour with a difference...

Creche building in Africa



One of Mid Wales' top young rugby sides are to take part in 'one of the most pivotal trips that has ever been done for relief housing in Africa'.

Twenty four members from COBRA's youth squad will travel to South Africa in April, where they will not only compete in four matches against top southern hemisphere opposition, but will also spend five days building a creche for a school in a Johannesburg shanty town. At present the local school in Naturena has more than 1,400 pupils, despite only having the capacity for 800. With that in mind youngsters from the Meifod-based outfit plan to ease the situation by building a creche for 80 infants.

Bill Hebner, a Youth Mission Project Leader, who is helping to co-ordinate the trip, said: 'At the moment parents are not taking their children to the local school because it is overcrowded and the kids end up on the street. The lads from COBRA are coming over to South Africa to learn a balance between having fun and giving something back. They will play in four rugby matches but they will also devote five days to building the creche. It will be the first of eight that we hope to build so parents are able to leave their young children while they go out to work'.

The creche will be built using two shipping containers at either side with wooden trusses making them structurally sound. The ground between the containers will be made from concrete, the walls using breeze blocks and the roof made out of tin. They will also be insulated and have running water and working electricity.

Mr Hebner, who has been running these trips for the past 17 years added: 'The creche will be simple in its construction and by using recycled shipping containers we feel we can produce one home every three days with a team of less than six people'.

'It will make a huge difference to people living in the town. There are 8.5 million people in South Africa without homes at the moment. Quite simply these kids are taking part in one of the most pivotal trips that has ever been done for relief housing in South Africa'.

Going to South Africa with the rugby lads will be on e of the club's youth coaches, Darren Mayor, who is appealing for local people and businesses to get behind the youngsters and sponsor the tour. He said: 'This is a tour with a difference and the boys have really grasped hold of the idea. Not only will they get the chance to test their skills against four top local clubs but they will also be improving the lives of people living in this Johannesburg shanty town. The cost of the trip is £24,000 and we are aiming to raise half of that through sponsorship. The are taking responsibility to fund the flights but we are seekign sponsorship in order to buy building materials and fund living costs while we are out there'.

For more details contact Steve Home on 01691 828108 or Darren Mayor on 01691 648214

Thursday, 18th March, 2011

Bethesda 17 Ruthun 14

On a rare Friday night game Ruthun travelled to Bethesda for a rearranged game and it lived up to expectations. Both teams close to each other in the upper half of the table produced an exiting encounter. Ruthun wanted a fast flowing game and moved the ball around at pace Bethesda were comfortable keeping it tight. The game ebbed and flowed and it took 17 minutes for the defences to be breached and ruthun took the first scalp with a good 3/4 movement a perfect flat pass saw Stand off Huw Parry breach the defensive line to score under the post converted by Shay Taylor. From the kick off Bethesda applied pressure and 3 minutes later a sliced defensive kick fell into the arms of Gareth Vaughn saw him beat 2 defenders to score in the corner conversion failed. Five minutes later Ruthun doubled their advantage when a deft kick to the wing saw the two wingers contest the ball Ruthun winger Sion Edwards won the encounter and touched down close to the posts and another conversion by Taylor. Bethesda's forwards were becoming a force and strong running by No 8 Steve Roberts Skipper Paul Thomas and Gavin Owen were taken their toll on the Ruthun defence and from a forward surge ever green prop Richard Moore claimed a rare touch down 2 minutes before half time. H T Ruthun 14 Bethesda 10 Bethesda took the lead 5 minutes into the second half from another forward surge Steven Eames touched down converted by Carwyn Williams who had a superb game for the home side. Ruthun had their moments in the second half and some fierce defending by Bethesda kept them in the game. The final quarter saw the home side fully in control and were unlucky not to add to their score when they crossed the line twice but could not ground the ball Final score Bethesda 17 Ruthun 14.

Bethesda have a local derby on Saturday when they entertain league leaders Caernarfon to Dol Ddafydd.

Something happening at your club?

Share it with the rest of the North/Mid Wales rugby public - send the information to:

Gwycymru1@aol.com

and it will be included on the web-site and in the newsletter