

CARDIFF RUGBY



**CARDIFF RUGBY V
ZEBRE PARMA**

FRI 06.05.2022 | KO 7:35PM | CARDIFF ARMS PARK





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CARDIFF RUGBY DIRECTOR OF RUGBY

DAI YOUNG

GOOD EVENING AND WELCOME BACK TO CARDIFF ARMS PARK FOR THIS FINAL HOME GAME IN OUR UNITED RUGBY CHAMPIONSHIP SEASON.

It is safe to say it has been a season like no other with unprecedented disruption, and more recently frustration and disappointment with our form and results.

We are all very disappointed with the way we have gone in recent weeks and while in some games we have shown elements of an improved performance, we are under no illusions that we can, and should, be better.

One of the great positives from this season has been you our supporters and the way you have rallied around us and ensured the Arms Park is a loud, vibrant and enjoyable atmosphere.

All season you have turned out in good numbers, we have the highest average crowd in Wales, and I think those games in Europe, when so many of us were stuck in quarantine proved a seminal point.

It was an electric atmosphere, which the players fed off and all of us watching on TV in Crawley were enormously envious not to be a full part of it.

Those kind of numbers, that enthusiasm and energy has continued and it means an incredible amount to us and shows the potential we have when we get things right.

I understand the frustration of supporters, and it's something we certainly share, and I can assure you the players are giving their all to ensure we finish on a high.

That begins with Zebre tonight before away trips against the Dragons and Benetton. These

are three games we certainly want to win but we cannot look beyond this game and have the utmost respect for Zebre.

They had a good win against the Dragons last week and have run some good teams close in recent weeks. So we will need to be much more consistent and deliver those good parts of our game for longer periods of time.

If we are at our best then that should be enough to secure that much-needed victory and the boys are highly motivated to do just that to show their appreciation to you and also the players who are departing us this season.

We announced six further leavers this week and I would like to pass them my sincere thanks and best wishes for the future.

For Rhys Gill and Scott Andrews it brings an end to a long career playing for this club and we celebrated that internally this week.

The boys will be on the pitch at half-time and we will honour them at our End of Season Awards but it would be great to send them off with a victory.

We also hope to welcome a number of the Rags, who of course won the Indigo Group Welsh Premiership, and my congratulations go to Gruff Rees, Steve Law and the team.

Thank you once again for unwavering support,

Best wishes,

Dai



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CARDIFF RUGBY CHIEF EXECUTIVE

RICHARD HOLLAND

NOSWAITH DDA.

Good evening and thank you for joining us at Cardiff Arms Park or at least downloading this complimentary digital programme!

It seems there is never a quiet week in Welsh Rugby and it is only right that I address the elephant in the room before focusing on tonight's game.

I am sure that you have seen the media speculation around the future of the professional game in Wales and the subsequent fall out.

It would be inappropriate to talk about this in any sort of detail but may I assure you that myself and our chairman are doing everything possible to protect and ensure the long-term sustainability and success of this iconic club.

That is our number one priority.

The purpose of the Professional Game Board is to create a successful and sustainable environment for all of Welsh Rugby. PRB are all fully committed to this.

Lots of options get discussed around this table and the Oakwell report is one part of a wider body of work and only acts to inform ongoing discussions.

The PRB will make strategic recommendations to the WRU board in due course but like I said previously we are working incredibly hard to ensure Cardiff Rugby is at the forefront of any future strategy.

Something does need to change and I am confident Cardiff will have a long, sustainable and successful future.

Focussing on the pitch, tonight is a very important game for us. We have all been really disappointed in recent results and we all share the same frustration.

The disruption that has blighted our season, seems to have caught up with us and that has been combined with some poor performances

but I'm confident this short-term pain will lead to long-term gain.

Dai Young and his team will get this group where they need to be, we have signed some major players and have seen the continued emergence of young talent - you only have to look at Theo Cabango, who only played his first game of senior rugby this season.

Everyone is determined to finish this season on a high and that begins tonight against our friends from Parma - Zebre.

While it does not make up for some of our previous losses, or get us to where we wanted to reach in the table, it would be great to finish our campaign at home on a high and give something back to our supporters, sponsors and partners who have been fantastic this season.

If we can win tonight, and potentially another two on the road, it's a pleasing finish to a difficult and disjointed season and we can build into next year.

Like I say, while there have been some bumps in the road, we are heading in the right direction and we will launch our Season Memberships to renewals next week. I hope we will enjoy another year of great support and I urge you all to stand beside us!

May I also take this opportunity to welcome and congratulate Cardiff Schools Under-11s, Cardiff Schools Under-15s and Cardiff RFC following their recent successes. The future is certainly bright.

Thank you for all of your support this year and I look forward to seeing you soon,





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16 TEAMS, 2 HEMISPHERES, 1 LEAGUE



JOSH NAVIDI

THE **BIG** INTERVIEW

EXACTLY ONE YEAR AGO TODAY, WARREN GATLAND NAMED HIS BRITISH AND IRISH LIONS TOURING PARTY WHO WOULD BE SET THE TASK OF FACING WORLD CHAMPIONS, SOUTH AFRICA, IN THEIR OWN BACK YARD. ALONGSIDE THE JUBILATION THAT CAME WITH BEING GIVEN THE NOD - SUCH AS FOR OUR OWN JOSH ADAMS - WAS THE DISAPPOINTMENT THAT SET IN FOR THOSE WHO MISSED THE CUT.

One of those who wasn't named by Jason Leonard that day was Josh Navidi. Having been sidelined with a shoulder injury, suffered in Cardiff's Challenge Cup clash with London Irish, there was no place for the powerful, dynamic and physical flanker amongst the competitive back row division. However, the academy product's world would soon be turned upside down, as he experienced a true rollercoaster of emotions.





With the touring party set to depart home soil for the Rainbow Nation - following the conclusion of their opening match against Japan - the Blue and Blacks star received a surprising call from Alan Phillips.

Navidi explains: "I was doing a bit of work on my car, had showered and got a text from Alan asking me to ring him as soon as possible. I kind of knew what was coming but wasn't 100 per cent, so I rang him back. I went straight next door to tell my parents and girlfriend and everything went fast and thick from then."

Navidi's international team-mate Justin Tipuric was ruled out with an injury opening the door for the Cardiff back row to step in and achieve a life-long ambition.

"I had worked hard to rehab, trying to get back potentially for the last couple of games for Cardiff but just missed out," explained the Welsh international.

"I'd gone into training with Wales but that call from Alan kick-started a pretty surreal 48 hours for me. It didn't really hit me what had happened until we landed in South Africa and I was sat in my room with my kit bag.

"I thought I would never get the chance to have the opportunity of representing the Lions. "

Although Navidi would ultimately miss out on a Test cap for the touring side, it is unsurprising that the robust back row made an impression when he was handed game-time, including a stand-out performance on his debut against Cell C Sharks.

Navidi admits it's an experience that he will treasure forever, adding: "Putting that jersey on for the first time is special, as is the whole experience that surrounds it.

"It was a great experience to run out with a different group of boys, who you usually play against but you never actually get that chance to spend a lot of time with.

"You learn quite a bit and it's a lot different. You see how other people think and operate, on and off the field, and you build a friendship level with different players."

In recent weeks, while donning the blue and black of Cardiff, Navidi has faced a number of his Lions team-mates.

Reflecting on the friendships made on tour, Navidi said: "I got along with a lot of boys, but everyone seemed to get on this time which was the great thing about the tour.

"I really got along well with someone like Marcus Smith, who is a great boy and an amazing rugby player. He's a massive prospect for the future.

"Stuart Hogg was another that I bonded with, but I could go on and on. The list is endless because everyone got on.

"We had a great culture, it was an amazing experience and that's how rugby brings you together.

"You have this bond, which has been a bit weird this season when you're coming up against some of those boys in club colours - like Conor Murray or Owen Farrell in recent weeks.



“IT WOULD BE NICE TO FINISH THE SEASON ON A HIGH IN FRONT OF OUR OWN FANS AND GIVE THEM WHAT THEY DESERVE FOR THEIR SUPPORT OVER THE SEASON.”



“At the end of the day you put on that blue and black jersey and you know you have a job to do, but you still count your opposition as a mates.

“You know when to flip the switch when the whistle goes, but it’s just nice to catch up afterwards with someone that you haven’t seen for almost a year. You just have that bond straight away from the tour. It’s like speaking to an old mate.”

However, Navidi is certainly one who prefers to look ahead - rather than reflect - and has his sights firmly fixed on this evening’s clash - which is the final home game of the season.

And while the Blue and Blacks head into the encounter on the back of some disappointing results in recent weeks, the back row insists the squad are desperate to give departing players and the faithful supporters a sign off that they deserve.

He said: “The last home game of the season is always massive. A lot of boys are moving on and retiring, so the main thing is giving them a send off that they deserve. It’s our last home game of the season and we’re really looking forward to it.

“Obviously we have tough opposition in Zebre and we’ve got to respect them but we want to finish on a high in front of our own fans. We want to make sure we give them the result that they deserve.

“There’s a lot of pride within this group, and in the last couple of weeks we’ve had the performances, but not the result.



"It's all about the last three games and getting momentum ready for next year. We want to show what we can do. The results haven't shown that, we've had an up and down season with various disruptions, but the last games have shown what we can do at times.

"When the weather gets a bit nicer, we play exciting rugby and we've got an attacking team. It's really exciting to watch and play."

With Josh Turnbull likely ruled out for the remainder of the campaign, Navidi has led his side out in recent weeks. With 182 Cardiff appearances under his belt, the Arms Park favourite is amongst the most experienced players in the squad.

As he enjoys the longest run of games in the blue and black of Cardiff for a couple of seasons, Navidi hopes he's put the 'frustrating' injuries behind him and emphasises the honour of captaining the club - following in the footsteps of Cardiff greats such as John Scott, Bleddyn Williams and Gethin Jenkins.





“IT’S JUST NICE TO BE OUT THERE AGAIN IN THE BLUE AND BLACK JERSEY, PUTTING ON IT AT THE ARMS PARK AND PLAY IN FRONT OF OUR HOME SUPPORTERS.”

Navidi explained: “When I’ve finished blocks with Wales and put that blue and black jersey on again, it’s always something I want to do.

“I’ve been frustrated over the last couple of years, been injured for a while and it’s always been at the wrong times.

“I’d get back fit then something else comes up. But I’ve really enjoyed being back with the boys and getting a run of games with the club. It’s been something I’ve really looked forward to.

“It’s just nice to be out there again in the blue and black jersey, putting it on at the Arms Park and play in front of our home supporters.

“I’m proud to represent this club and I love being back out there with the Cardiff boys. The fans, the heritage, what the club means is massive.

“We’ve got a group of boys here where everyone gets along and we really enjoy playing with each other.

“It’s just a good brotherhood and there’s a good bond between us all.

“Over the years I have been in and out as captain, depending on availability, but it’s always an honour to lead the boys out there, .

“A lot of special players have captained this club throughout its history, and the only disappointment for me is that we haven’t got the results that we wanted.

“I can’t fault the boys’ effort and their enthusiasm in games. They have a drive and determination both in training and in games and those results will come.”



CARDIFF CONFIRM SIX DEPARTING PLAYERS

CARDIFF RUGBY CAN CONFIRM SIX PLAYERS WILL DEPART THE CLUB AT THE END OF THE SEASON.

They join Lewis Jones (Dragons), Ben Murphy (Doncaster) Iestyn Harris (Exeter Chiefs) and Sam Moore (Ospreys), who all left the Arms Park earlier in the season.

Everyone at Cardiff Rugby would like to thank the eight departing players for all of their efforts at the club and wish them the very best for the future.

RHYS GILL

The 35-year-old will hang up his boots this summer following 17 years in the professional game. Gill came through the club's academy system and spent four seasons at the Arms Park before switching to Saracens in 2009.

He won the English Premiership and Heineken Champions Cup while with the English giants and returned to his home club in 2016.

Gill has stretched his tally to 79 and was part of the squad that won the European Challenge Cup in 2018. A series of injuries and a concussion have limited him to just one appearance this season. With his contract expiring this summer, the former Wales international will retire from the game.

SCOTT ANDREWS

The tight-head prop will retire from the professional game to concentrate on coaching with a position in the club's pathway and academy.



Rhys Gill

Andrews has spent 13 seasons with the Blue and Blacks, making 189 first team appearances and was part of both European Challenge Cup squads in 2010 and 2018.

The 32-year-old also won 14 appearances for Wales and has since taken his first steps into coaching, gaining experience with the club's age-grade sides and more recently the Rags.



Scott Andrews

ALUN LAWRENCE

Lawrence joined Jersey Reds on loan earlier this season and has now agreed an extension with the English Championship club.

The versatile back-row forward came through the Cardiff academy and made 23 appearances over five seasons at the Arms Park.

JASON TOVEY

The fly-half is set to retire from the professional game following a 15-year career, in which he has represented Cardiff, Dragons and Edinburgh.

Tovey has enjoyed two stints at Cardiff and has made 45 appearances for the club. He remains the Dragons top points-scorer with 1,009 points in 178 appearances and is currently on 998 PRO14/URC points.

The 33-year-old is currently an assistant coach for Ynysddu RFC and as it stands will combine the role with playing duties next season.

LUKE SCULLY

The fly-half joined the Blue and Blacks from Worcester Warriors in 2020 and made his club debut against the Ospreys in January 2021. He moved to Cornish Pirates on loan later last season but suffered a knee injury which required ACL surgery.

He has since returned to action for Cardiff RFC, where he has made three appearances to date.

HALLAM AMOS

As previously announced the Cardiff and Wales full-back will retire from rugby to concentrate on his medical career.



Hallam Amos

The 27-year-old completes his finals this year and will move to London to begin life as a junior doctor.

During an 11-year professional career, Amos was the youngest player to represent the Dragons, where he made 115 appearances and scored 36 tries.

He moved to Cardiff in 2019, and has made 41 appearances for the Blue and Blacks, scoring eight tries and has stretched his tally on international caps to 25.

Cardiff director of rugby Dai Young said: "I would like to thank all of the players for everything they have given in a Cardiff jersey over the years.

"They can all be proud of what they have achieved in the game and I am sure they have many fond memories from their time at the Arms Park.

"Some like Hallam Amos, Rhys Gill, Scott Andrews and Jason Tovey are retiring after long careers in the professional game and we wish them all the very best for their future in new careers.

"I am sure they have made many lifelong friends and will remain familiar faces around the place, where there will always be a warm welcome.

"For those moving on to new clubs, I would like to extend my sincere thanks and best wishes for the remainder of their playing careers.

"They all have plenty to offer, and while they will not remain in Cardiff colours, we hope to see them on the pitch and fulfilling their potential in years to come."

3 ICONS

WITH

THEO CABANGO



USAIN BOLT

A born winner who had a huge amount of charisma. Growing up, I was a big fan of athletics and Usain Bolt was obviously the face of track and field during that time.

He set unbelievable new heights and as someone who prides myself on speed, he was an athlete that I really enjoyed watching at his peak. As mentioned, he was also a massive personality and it's almost a breath of fresh air to see an athlete being able to perform to those levels on the track, but do so with a smile on their face.





KOBE BRYANT

Kobe Bryant was another athlete who competed at the very top level of his game for a long period of time. What he achieved with LA Lakers over a 20-year career was amazing, and the fact that he remained with the same team over that time is hugely admirable.

He is rightly so remembered as one of the best basketball players of all time, arguably the defining player of his generation, and displayed resilience and a drive to sustain those levels of performance.



TRIPLE H

Like many youngsters, I was glued to wrestling when I was growing up and looking back, Triple H was probably my favourite wrestler at the time.

It's easy to take a dig at the scripted nature of wrestling, but I have admiration for their athletic and physical abilities and how they craft their skills to make it entertaining and a spectacle. I used to do gymnastics when I was a youngster, and a lot of those skills were transferrable. Triple H was one of the main faces of the company for a number of years. Again, he was someone with a brilliant personality but also overcame a lot of set-backs to reach the top.





WELCOME ZEBRE PARMA

For the first time this season, the Blue and Blacks will go head-to-head with Italian friends, as Zebre Parma visit Cardiff Arms Park this evening.



FORM

Zebre head into this evening's clash on the back of their first victory of the season, having overcome Dragons in Parma last week.

The signs had been there for a number of weeks, with Zebre contesting well against the likes of Ospreys, Edinburgh and Munster.

But with Dragons reduced to 13 men, as Sam Davies and Jared Rosser were sent to the sin bin, the Italian outfit took full advantage to claim the win.

Simone Gesi crossed for the decisive score with only five minutes remaining, giving Zebre hopes of ending the season on a high as they now travel to Cardiff.

STAR MAN

Number eight Renato Giammarioli is a five-times capped Italy international, who has been rock-solid for Zebre at the base of their scrum.

The former Calvisano back row has been a consistent performer for Zebre over the last few



seasons but was particularly prevalent in last season's Rainbow Cup campaign, where he was one of the league's leading attackers.

He led the charts for meters gained (359) and carries made (74), while also finishing in the top three for defenders beaten (19) and offloads (7), highlighting his threat with ball in hand.

It is confirmed that the number eight will depart Parma next season, heading to Worcester Warriors, and there is no doubt that Giammarioli will be looking to sign off his time at Zebre on a high.

HEAD-TO-HEAD

Cardiff and Zebre have faced each other on 16 occasions in the league, with the Blue and Blacks coming out on top 12 times against the Italian opposition.

There have been a number of memorable encounters between the sides - from Jamie Roberts' last outing at the Arms Park in the mud and rain in 2013 to Gethin Jenkins' farewell match, when Cardiff secured a 37-0 win in November 2019.

Back in 2015, this fixture provided the curtain opener for the campaign, with Zebre visiting a sunny Cardiff Arms Park. However, a fast and



furious performance saw the hosts clinching a 61-13 victory, with Josh Turnbull and Rhys Patchell both notching up hat-tricks, joining Josh Navidi (two), Aled Summerhill (two) and Tom James on the scoresheet.

INTERNATIONAL WATCH

Zebre had eight players involved in Italy's extended squad for the Guinness Six Nations.

They included backs Pierre Bruno, Enrico Lucchin and Alessandro Fusco, who are all inexperienced at Test level but have shown plenty of promise in club colours.

David Sisi, Giosuè Zilocchi and Danilo Fischetti add some experience to the pack, while lock Andrea Zambonin made his international debut off the bench against England.

INS-AND-OUTS

It's set to be a busy summer for Zebre, with a number of incomings and outgoings at Stadio Lanfranchi.

Former Ospreys number eight, Guido Volpi, will fill the void left by the departing Giammarioli while Simone Gesi and Giampietro Ribaldi arrive from Italy's domestic division.

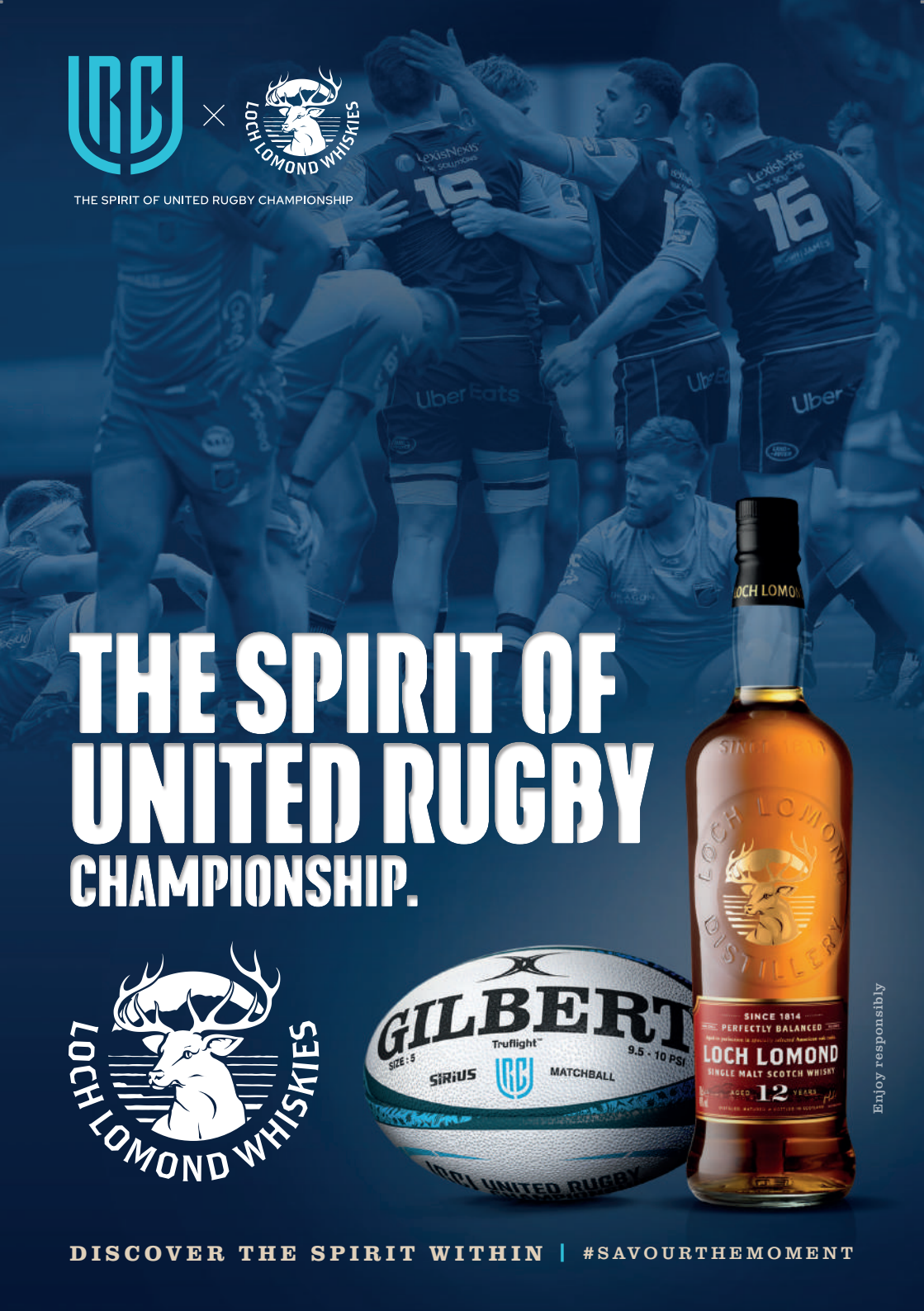
Dennis Visser is another who is set to join Zebre but there is uncertainty over the future of wing Asaeli Tuivuaka, the Fiji Sevens star who signed a one year deal with the club last year.

Other fan favourites such as Guglielmo Palazzani and Maxime Mbanda are also expected to depart.





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CULT HEROES: ZEBRE RUGBY

Marco BOLLESAN

Prior to joining the United Rugby Championship in 2012, Zebre were originally formed as an invitational side in 1973. A man at the heart of their foundations was former Italy back row, Marco Bollesan.



The former ironworker was a 47-times capped Azzurri, who captained his country on 37 occasions and went on to become their head coach at the 1987 Rugby World Cup.

The former number eight lifted the Italian Championship during stints with Partenope and Brescia and would later become responsible for public relations for the Italian Rugby Federation.

When another of his former sides, Amatori Milano, struggled with financial issues, Bollesan returned to coach the team for free.

Bollesan sadly passed away in April 2021 but left a legacy as one of the country's finest ever sportsmen and was inducted into the Walk of Fame of Italian sports.

Dries van SCHALKWYK

Dries van Schalkwyk arrived in Italy in 2012 and would become a fan favourite during his five-year stint in Parma.

The powerful number eight had represented the likes of Cheetahs, Bulls, Lions and Southern Kings in his native South Africa, but it was at the Stadio Lanfranchi that he would have the most influence over the course of his career.

Before making a return to South Africa, joining Southern Kings in 2017, van Schalkwyk had become a leader amongst the Zebre squad and earned 15 caps for Italy on the international stage.

van Schalkwyk, who scored a try in Azzurri's famous win over the Springboks in 2016, finished



his time in Parma as the club's top try scorer and made more than 100 appearances in the United Rugby Championship.

Mauro BERGAMASCO

Mauro Bergamasco is one of Italy's greatest players of the modern era. The son of another Italian flanker, Arturo Bergamasco, Mauro returned to his homeland to finish his playing career with Zebre in Parma.

With 106 caps to his name, the openside flanker became only the second player to feature in five Rugby World Cups, following the footsteps of Samoa's Brian Lima.

He spent the majority of his career with Stade Francais, where he lifted two Top 14 championships alongside brother Mirco, and went on to make more than a half century of appearances in the black and white of Zebre.

Bergamasco was an impressive all-rounder, with a combination of skills and physicality making him a menace on both sides of the ball and especially at the breakdown.





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OVERALL URC HEAD-TO-HEAD RECORD

PLAYED 16
CARDIFF WON 12, ZEBRE WON 4.

COMPARISON

CARDIFF

ZEBRE

LAST 3 URC RESULTS

9 Apr - Scarlets (H)

L 14-49

23 Apr - Ospreys (H)

L 6-22

29 Apr - Munster (A)

L 21-42

1 Apr - Glasgow (A)

L 12-40

22 Apr - Edinburgh (A)

L 26-29

30 Apr - Dragons (H)

W 23-18

URC 2021/22

14TH

W5 D0 L10 - 23pts

LWLLLL (5pts)

5

Owen Lane

URC FORM

TOP TRY SCORER

TOP POINTS SCORER

77

Jarrod Evans

16TH

W1 D0 L14 - 8pts

LLLLLW (6pts)

2

Junior Laloifi, Pierre Bruno,
Carlo Canna, Erich Cronje,
Tommaso Boni, Simone Gesi,
(3 Penalty Try)

50

Antonio Rizzi

DID YOU KNOW?

- Cardiff have lost their last four United Rugby Championship matches since beating Glasgow 32-28 at the Arms Park on 26 March. Cardiff have not lost five in row in the competition since 2015.

- Cardiff have suffered three defeats at the Arms Park in the United Rugby Championship this season, to the Bulls in October, and in their last two home games to Scarlets and Ospreys.

- The Welshmen have won their last seven fixtures against Italian opponents in the championship since today's opponents Zebre beat them in Palma in September 2018.

- Just one Italian side has been triumphant at the Arms Park in the United Rugby Championship: Zebre with their 30-25 victory in September 2013.

- Zebre's long 14-month wait for a victory in the United Rugby Championship finally ended last weekend with their 23-18 victory over Dragons in Palma.

- Zebre have not been victorious away from home since beating local rivals Benetton in Treviso in January 2021.

- Zebre have won just twice in 33 previous visits to Wales, beating Cardiff at the Arms Park in 2013 and Dragons at Rodney Parade in November 2019.

- Cardiff have won their last three fixtures against Zebre since their 24-26 reversal in Palma in September 2018.

Date	Venue	C	Z	Cardiff Rugby scorers	Zebre Parma scorers
Fri 28 Apr 17	Cardiff Arms Park	30	24	Gareth Anscombe(1/3C/3P) Aled Summerhill(T) Tomos Williams(T)	Guglielmo Palazzani(C) Carlo Canna(2C/P) Maxime Mbanda(T) Penalty Try(T) Dries v Schalkwyk(T)
Sat 4 Nov 17	Cardiff Arms Park	37	8	Uilisi Halaholo(T) Steve Shingler(3C/2P) Matthew Morgan(T) Lloyd Williams(T) Tom James(T) Matthew Rees(T)	Guglielmo Palazzani(T) Carlo Canna(P)
Sun 25 Feb 18	Stadio Sergio Lanfranchi	10	7	Owen Lane(T) Jarrod Evans(C/P)	Guglielmo Palazzani(C) Giovanbattista Venditti(T)
Sat 15 Sep 18	Stadio Sergio Lanfranchi	24	26	Olly Robinson(T) Gareth Anscombe(1/3C/P) Kristian Dacey(T)	Johan Meyer(T) Carlo Canna(1/3C) Oliviero Fabiani(T) F Brummer(T)
Sun 4 Nov 18	Cardiff Arms Park	37	0	Rey Lee-Lo(2T) Tom Williams(T) Steve Shingler(3C/2P) Kirby Myhill(T) Nick Williams(T)	Carlo Canna(2P)
Fri 2 Oct 20	Stadio Sergio Lanfranchi	16	6	Josh Adams(T) Jason Tovey(P) Jarrod Evans(C/2P)	Carlo Canna(2P)

DEFINING DAYS

SEB DAVIES

AS HE PREPARES FOR HIS 100TH CARDIFF APPEARANCE THIS EVENING, LOCK SEB DAVIES PICKS HIS DEFINING DAYS IN BLUE AND BLACK SO FAR.



WASPS 42 CARDIFF 45
RICOH ARENA, ANGLO-WELSH CUP,
FEBRUARY 2015

My first start for Cardiff and probably one of the most manic games I've been involved in as a professional. Like many others, the Anglo Welsh Cup provided a good platform for me to gain a taste of senior rugby and we were up against a Wasps side which included Thomas Young, Alex Lozowski, Piers O'Connor and Will Rowlands.

As you can see from the scoreline, it was a bonkers game with 11 tries scored in total, and I managed to cross the whitewash for the first time for my home club. Even though I had to go off injured soon after, the scenes when Miles Normandale scored the winner in the final seconds was fantastic.



CARDIFF 27 PAU 12
CARDIFF ARMS PARK, EUROPEAN
CHALLENGE CUP, OCTOBER 2016

Although I'd had a couple of first team games under my belt, they were quite sporadic but the game against Pau in 2016 kicked started my career with Cardiff. James Down was forced off, so I came on earlier than expected against a powerful Pau outfit.

I went well that night and it was a performance that saw my involvement gradually increasing in what would be a breakthrough season - topped off by a Welsh debut in the summer. I was playing alongside the likes of Jarrod Evans, Tomos Williams, Dillon Lewis and Garryn Smith, who I came through the ranks with and it's a time when I properly felt a part of the squad.



CARDIFF 16 PAU 10 CARDIFF ARMS PARK, EUROPEAN CHALLENGE CUP, APRIL 2018

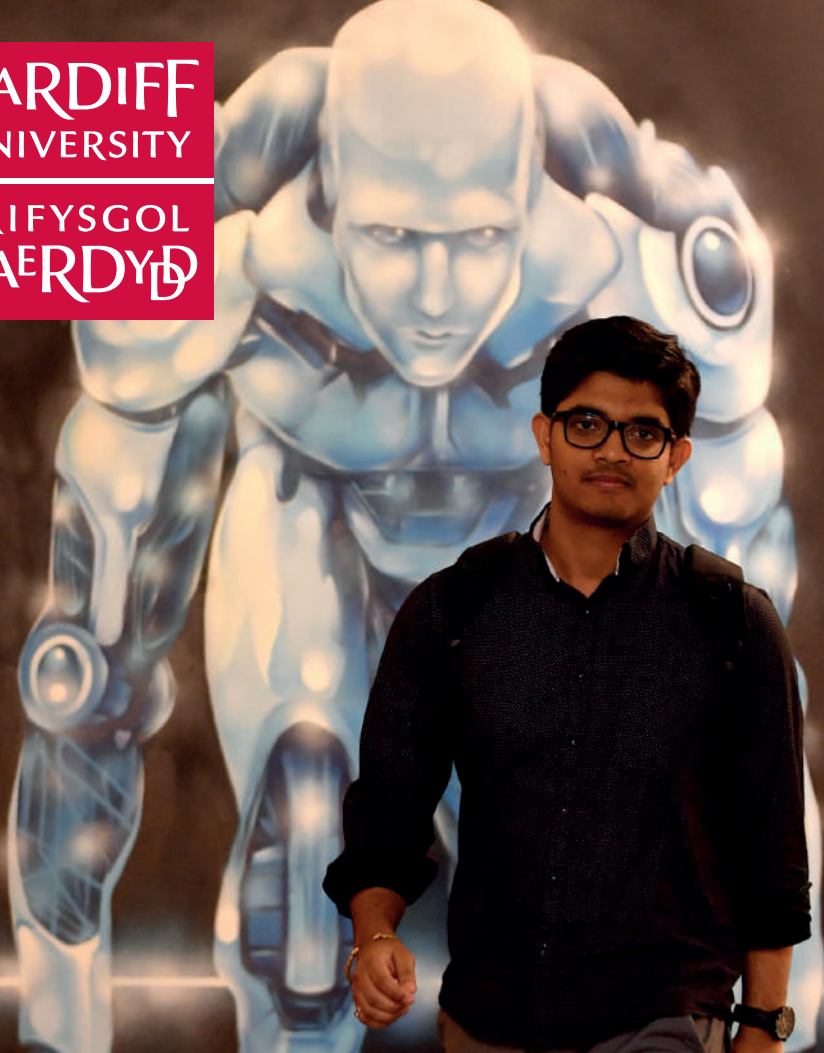
Fast forward a year and a half, and it's another game against Pau that stands out. However, this was in very different circumstances, as we faced off for a place in the Challenge Cup final in Bilbao.

The Arms Park was rocking that day, and I was proud to play my part and supply an assist for the only try of the game. In truth, that day was part of a run of games that will stay with me forever. From beating Toulouse home and away, causing a bit of an upset in Edinburgh and, of course, the final in Bilbao. It was a special time to be at the club and we really showed our character to go all the way.



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HARLEQUINS 43 CARDIFF 17 TWICKENHAM STOOP, HEINEKEN CHAMPIONS CUP, DECEMBER 2021

The European double-header back in December was an enjoyable couple of weeks, and we really came together as a group during that time. There was a lot of uncertainty around the boys who were stuck in South Africa but those of us who remained in Cardiff were determined to make the club proud.

We had nothing to lose and we made a statement with our performances against Toulouse and Harlequins. We ran both sides closer than anyone could've expected and played brilliant rugby at the same time, while also bonding off the pitch.

We had superb support from the fans during both games but the game against Harlequins in



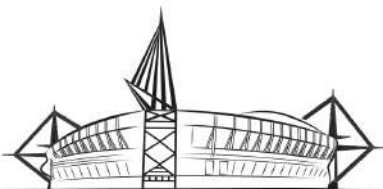
particular was enjoyable as we went toe-to-toe with them, and the score-line probably flattered them a little bit.

CARDIFF 6 OSPREYS 22 CARDIFF ARMS PARK, UNITED RUGBY CHAMPIONSHIP, APRIL 2022

Obviously not the finest day in the office for us as a side and losing to a Welsh rival, especially at home, always leaves a bitter taste in the mouth.

However, it was a special day for me personally as it was the first time I played in front of my son, Jackson. The pandemic gave me a new appreciation to play in front of supporters, and it always means a lot to share these experiences with family and friends. Hopefully there's plenty more games to enjoy with my son in the future.





CARDIFF 2 PARIS

CARDIFF RUGBY COMMUNITY FOUNDATION



Six Cardiff Rugby stars have signed up to cycle from the Arms Park to Paris in aid of the club's Community Foundation and the #StayStrongForOws campaign.

Will Davies-King, Teddy Williams, James Ratti, Luke Scully, Max Llewellyn and Mason Grady have all committed to the charity ride, which takes place in June.

The sextet will swap their rugby boots for cleats and Blue and Black jerseys for bib-shorts as they tackle the 500km plus ride to the iconic Eiffel Tower over four days.

The event, which you can still sign up for, follows two previous rides to Paris (2015) and Amsterdam (2016) and will raise crucial funds for the Cardiff Rugby Community Foundation, which uses the

power of sport to inspire, engage and improve opportunities for all and encompass the club's benevolent fund.

Grady said: "When we heard the club was staging another bike ride to Paris, a few of us jumped at the opportunity to get involved.

"It's obviously for a great cause in terms of the Community Foundation and particularly Owen Williams and the #StayStrongForOws campaign. My brother was obviously a teammate and friend of Ows and they are still close, so it is something I have quite strong links to.

"The attitude and progress Ows has made is inspirational and everyday the Community Foundation has an impact of people's lives throughout the club's region so it is something I really wanted to support.



"It is a pretty daunting challenge and although as rugby players we are pretty fit, this is completely different and we have a lot of weight to shift up some of the hills, but is also a challenge we are looking forward to.

"I know some of the boys who have done it previously and while they have said it is pretty testing at times, it is also a lot of fun and a great experience. It will also raise crucial funds for the foundation and #StayStrongForOws.

Departing from Cardiff on June 20, covering 517 kilometres, including 4,512 metres of climbing, the cyclists will arrive at the Eiffel Tower on June 24.

The likes of Cardiff Rugby CEO Richard Holland, COO Rhys Blumberg, and assistant coach Duane Goodfield are all also taking part and Max Llewellyn is acutely aware of what lies ahead.

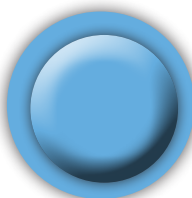
He added: "I know a few of the staff members have started a little bit of training and I'm sure the

supporters and sponsors taking part will be well prepared, but for us as players it's a little bit of a step into the unknown.

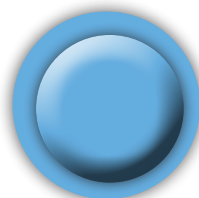
"We're well aware of the distance and difficulty of the ride and while we are rugby fit, during the season we haven't got the opportunity to train for a bike ride so I have no doubt there will be some dark moments.

"We have all sorted bikes in recent weeks and have done a little bit but nothing like what will face us in June - it's going to be a case of buying good cycling shorts, chamois cream and a lot of dig in!

"That said, it's something we're all really looking forward to and it is for a great cause. We see all the work the foundation does in the community and it's fantastic so it's great to help towards that."



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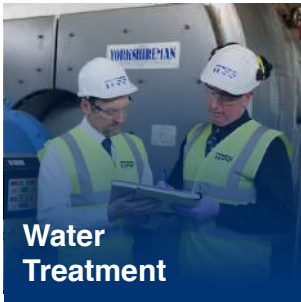
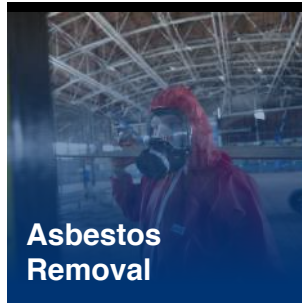
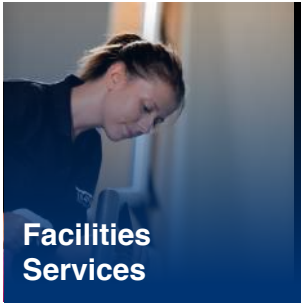


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CARDIFF RUGBY COMMUNITY FOUNDATION



LAND ROVER CUP FINALISTS CONFIRMED

The highlight of the club's community game will take place over the coming weeks as grassroots teams go head-to-head in the finals of the Land Rover Cup.

20 teams will compete for silverware success across three days, having earned their place on finals day. They will follow in the footsteps of their Cardiff Rugby heroes, taking to the field at either Cardiff Arms Park or Pontypridd's Sardis Road.

Land Rover have been headline sponsors of the cup for a number of years, highlighting their support for Cardiff Rugby at all levels - from the community game to age grade rugby, and from the academy to the senior side and the club's women's team.

From Barry to Builth Wells, Pontypridd to Cowbridge and Merthyr to Penarth - clubs from all corners of the region will be represented across the various finals.

With age groups ranging from under-12 to under-16, the finals are set to kick off on 15 May, with the first two dates held at the Arms Park, while the final day - on May 29 - will be held at Sardis Road.

Cardiff Rugby would like to congratulate every club that have reached their respective finals and also thank our friends at Land Rover for the invaluable support to grassroots rugby in the region.

15 MAY | CARDIFF ARMS PARK

U16 PLATE FINAL
PONTYPRIDD V RHIWBINA / PENTYRCH
(KO 10.00AM)

U12 CUP FINAL
PONTYCLUN V PONTYPRIDD
(KO 11.40AM)

U13 CUP FINAL
MERTHYR V PORTH
(KO 1.00PM)

U14 CUP FINAL
ABERDARE V ABERCYNON
(KO 2.35PM)

U15 CUP FINAL
CAMBRIAN WELFARE V RHIWBINA / TREORCHY
(KO 4.10PM)

U16 CUP FINAL
ABERDARE V TONYREFAIL
(KO 5.45PM)

22 MAY | CARDIFF ARMS PARK

U13 BOWL FINAL
ST ALBANS V BARRY
(KO 10.00AM)

U15 BOWL FINAL
LLANTRISANT V MOUNTAIN ASH / LLANISHEN
(KO 11.20AM)

U16 BOWL FINAL
TREORCHY V DOWLAIS
(KO 12.50PM)

U12 PLATE FINAL
BUILT WELLS V OLD PENARTHANS
(KO 2.30PM)



U13 PLATE FINAL
LLANHARAN V PONTYCLUN
(KO 3.50PM)

U14 PLATE FINAL
CRICC V COWBRIDGE
(KO 5.20PM)

U15 PLATE FINAL
PONTYCLUN V ST PETER'S / OLD PENARTHANS
(KO 6.50PM)

29 MAY | SARDIS ROAD, PONTYPRIDD

U12 SHIELD FINAL
CLWB RYGBI V DINAS POWYS
(KO 10.00AM)

U13 SHIELD FINAL
OLD PENARTHANS V PENTYRCH
(KO 11.20AM)

U14 SHIELD FINAL
ST ALBANS V PONTYPRIDD
(KO 12.50PM)

U15 SHIELD FINAL
MERTHYR V BUILT WELLS
(KO 2.20PM)

U16 SHIELD FINAL
FAIRWATER V COWBRIDGE
(KO 3.50PM)

U12 BOWL FINAL
PENTYRCH V LLANDRAFF
(KO 5.30PM)

U14 BOWL FINAL
DOWLAIS V RUMNEY / YSTRAD RHONDDA
(KO 6.50PM)

CARDIFF SOUTH TRIUMPHANT BUT UNDER-16 SIDES SHOW #STRENGTHTHROUGHUNITY SPIRIT

The Cardiff under-16 Regional Age Grade Championship campaign drew to a thrilling finale on Wednesday, as the club's North and South sides went head-to-head in an enthralling encounter at Cardiff Arms Park.

Both sides have impressed in recent weeks with their running rugby, and the gathering crowd were not disappointed by the action on the pitch.

There were plenty of highly-anticipated match-ups across the field, but it was the South who struck first in the inter-regional derby.

Having kept the ball for a number of phases, Iestyn Williams' side - playing on their home patch - eventually forced a penalty out of their opponents. With the referee playing advantage, Cardiff Schools scrum half Owain Paskell sniped his way past a breakdown to find a clear path to the try-line.

It didn't take long for Cardiff North to respond as lock Dylan McDonald showed plenty of composure with ball in hand to send Charlie Morgan Stephens over in the corner, but the hosts soon took control of proceedings.





Osian Darwin Lewis extended the South's lead with a fine finish down the left, and Rueben Cummings' try from the driving line-out made it 19-5 at the break.

Cardiff North knew they needed to find the first score in the second half to remain in the contest,

and that score came from outside half Tom Hughes, who powered over from short range.

However, a missed conversion meant a nine-point gap separate the sides on the hour mark. Ben Roberts, who has been impressive throughout the campaign, crossed in the corner for Cardiff's fourth, following good work from replacement scrum half Sion Davies.

John Baldwin's try put the result beyond doubt but the win was sealed when Matthew Bridge broke away from deep, after capitalising on loose play in midfield.

The sides came together for the traditional post-match huddle, showing their unity in representing the same club, and they could be extremely proud of their displays over the past five weeks.



CARDIFF CHILDREN'S UNIVERSITY: RAISING ASPIRATION AND ACHIEVEMENT

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Children's University is an award winning, extra-curricular and informal learning program which takes education outside the normal school day and environment.

Children's University encourage 5-14 year olds to challenge themselves, to try new experiences, to develop new interests and acquire new skills. Delivered at a local level by local partners, Children's University operates across the British Isles with 125 centres throughout England and Scotland and as well as internationally in at least 4 countries.

For more information contact:

Kevin Waite - Children's University Officer
07980044219, kevin.waite2@cardiff.gov.uk



How does it work?

1. Our partner organisations put fun activities onto the Children's University (CU) on-line portal and advertise locally their involvement.
2. Children will receive a CU account and a physical passport and then log-in to the CU on-line portal.
3. They search for an enjoyable learning activity. It could be self-led, school based or a family experience at a museum/ library or leisure centre.
4. Children then record their learning onto their online account and into their passport.
5. As they complete more activities, they earn more credits and receive certificates at set points.
6. The highest achievers can then be invited to a university awards ceremony. This is a city-wide celebration of their efforts throughout the year.

What are the benefits?

- Raises aspirations of children.
- Supports Health and wellbeing.
- Encourages children to take ownership of learning.
- Detailed record of additional learning.
- Positive impact on attitude and behaviour.
- Excellent record of additional skill learning
- Your organisation is part of the city-wide passport program.
- Links for children into a university environment and to the business world.
- Promotion of your services to a wider audience.
- Celebration and recognition of achievement.

Do you want to get involved?

- Are you passionate about education and learning?
- Does your organisation provide any learning packages or modules about your industry?
- Do you want to engage with your local community?
- Do you want to help the city achieve its Cardiff 2030 strategy aims?
- It is easy to upload activities onto the CU portal.
- Do you want to help celebrate young people's achievements?



U17 RUGBY TO RETURN TO CARDIFF ARMS PARK

With the Cardiff under-16 fixtures concluding earlier this week, the age grade attention now turns to a block of under-17 rugby, as the Blue and Blacks prepare to take on Bath Rugby at Cardiff Arms Park this weekend.

A set of under-17 fixtures took place last summer as the club's pathway system looks to bridge gaps in development following the pandemic.

A number of Cardiff's under-16 players are rewarded for their fine efforts in recent weeks, earning a spot in the matchday squad for Sunday's encounter.

They include Tom Bowen and Steffan Emanuel, who both featured for the under-17 outfit last year. The backroom team will be led by Chadd Mutyambizi.



Talent pathway manager, Aled James, explained: "We view the under-17 programme as another exciting and valuable development opportunity for these boys.

"In some regards they've been playing catch-up following the pandemic, but this platform offers enjoyable competitive rugby against fellow age grade sides, while we can also use it as a further talent identification tool and learn a lot about those involved.

"Bath will be brilliant opposition for us to kick things off. The relationships we've built with other clubs has resulted in valuable Anglo-Welsh matches in recent years. They always provide an effective measuring stick, and we're looking forward to seeing these boys taking the next steps in their development."

After taking on Bath, Cardiff under-17 will undergo a training programme over the summer months.

Backs: Tom Bowen, Dan Buffrey, Sion Davies, Steffan Emanuel, Owen Francis, Tom Hughes, Gethin O'Callaghan, Ben Roberts, Ben Spittle, Charlie Morgan Stevens, Dewi Thomas, Tom Weekly

Forwards: Fletcher Barry, Max Bignell, Tom Calcaterra, Luke Caple, Owen Conquer, Harri Holden, Callum Jones, Charlie Manship, Dylan McDonald, Jayden Meads, Lloyd Powell, Harrison Rock, Sam Scott, Jaden Wilkins, Evan Wood



CARDIFF RUGBY

SQUAD 2021|22

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WING JOSH ADAMS



DOB 21/4/1995
WEIGHT 95kg
HEIGHT 1.83m

FULL BACK HALLAM AMOS



R&M WILLIAMS
Insurance & Financial Services

DOB 24/9/1994
WEIGHT 96kg
HEIGHT 1.86m

PROP SCOTT ANDREWS



97.4/103.2
CAPITAL FM

DOB 1/8/1989
WEIGHT 121.5kg
HEIGHT 1.86m

PROP DMITRI ARHIP



DOB 12/11/1988
WEIGHT 117kg
HEIGHT 1.81m

PROP KEIRON ASSIRATTI



DOB 30/6/1997
WEIGHT 119kg
HEIGHT 1.78m

HOOKER ILM BELCHER



DOB 28/4/1996
WEIGHT 106.1kg
HEIGHT 1.76m

SCUM HALF ELLIS BEVAN



DOB 10/3/2000
WEIGHT 90kg
HEIGHT 1.8m

PROP ROW JAMES BOTHAM



JAR SiteSolutions
Property Services

DOB 22/2/1998
WEIGHT 104kg
HEIGHT 1.9m

BACK ROW WILL BOYDE



DOB -
WEIGHT 104.2kg
HEIGHT 1.83m

BACK ROW GWILYM BRADLEY



DOB -
WEIGHT 103.5kg
HEIGHT 1.87m

PROP RHYS CARRÉ



DOB 8/2/1998
WEIGHT 128.9kg
HEIGHT 1.9m

HOOKER KRISTIAN DACEY



DOB 25/7/1989
WEIGHT 106.5kg
HEIGHT 1.88m

LOCK SEB DAVIES



DOB 17/5/1996
WEIGHT 119kg
HEIGHT 1.98m

PROP WILL DAVIES-KING



DOB 28/7/1998
WEIGHT 126.4kg
HEIGHT 1.93m

PROP COREY DOMACHOWSKI

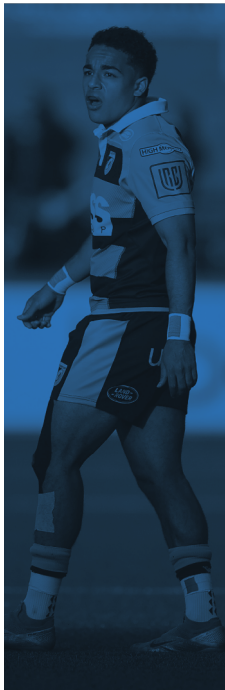


DOB 19/9/1996
WEIGHT 120.8kg
HEIGHT 1.84m

OUTSIDE HALF JARRROD EVANS



DOB 25/7/1996
WEIGHT 87kg
HEIGHT 1.8m



PROP RHYS GILL



DOB 30/10/1986
WEIGHT 115.6kg
HEIGHT 1.83m

CENTRE MRJON GRADY



DOB 29/3/2002
WEIGHT 110kg
HEIGHT 1.96m

CENTRE ULLSI HALDHOLO



DOB 6/7/1990
WEIGHT 101kg
HEIGHT 1.81m

WING MRJON HARRIES



DOB 14/2/1989
WEIGHT 107.1kg
HEIGHT 1.94m

SCUM HALF JAMIE HILL



DOB 14/6/1999
WEIGHT 80.6kg
HEIGHT 1.78m

BACK ROW ELLIS JENKINS



DOB 29/4/1993
WEIGHT 105.6kg
HEIGHT 1.85m

WING OWEN LANE



DOB 20/12/1997
WEIGHT 97kg
HEIGHT 1.85m

BACK ROW ALUN LAWRENCE



DOB 15/9/1998
WEIGHT 112.3kg
HEIGHT 1.89m

CENTRE REY LEE-LO



DOB 20/2/1986
WEIGHT 98.6kg
HEIGHT 1.91m

PROP DILLON LEWIS



DOB 4/1/1996
WEIGHT 125kg
HEIGHT 1.85m

BACK ROW SHANE LEWIS-HUGHES



DOB 20/9/1997
WEIGHT 115.1kg
HEIGHT 1.93m

CENTRE MAX LLEWELYN



DOB 13/1/1999
WEIGHT 105kg
HEIGHT 1.96m

CENTRE HARRI MILLARD



DOB 17/8/1996
WEIGHT 92kg
HEIGHT 1.83m

FULL BACK MATTHEW MORGAN



DOB 23/4/1992
WEIGHT 77.5kg
HEIGHT 1.73m

HOOKER KIRBY MYHILL



DOB 5/2/1992
WEIGHT 106.2kg
HEIGHT 1.83m

BACK ROW JOSH NAYDOL



DOB 30/12/1990
WEIGHT 105kg
HEIGHT 1.85m

OUTSIDE HALF RHYSS PRESTLAND



DOB -
WEIGHT 91kg
HEIGHT 1.88m

UTILITY FORWARD JAMES RATTI



DOB -
WEIGHT 120.1kg
HEIGHT 1.93m

BACK ROW OLLY ROBINSON



DOB 21/7/1991
WEIGHT 103.9kg
HEIGHT 1.84m

LOCK MATTHEW SCREECH



DOB -
WEIGHT 116kg
HEIGHT 1.95m

OUTSIDE HALF LUKE SCULLY



DOB -
WEIGHT 85kg
HEIGHT 1.8m

CENTRE GRAYN SMITH



DOB 12/7/1995
WEIGHT 95.5kg
HEIGHT 1.8m

WING ALED SUMMERHILL



DOB 22/11/1994
WEIGHT 92.8kg
HEIGHT 1.88m

LOCK RORY THORNTON



DOB 16/3/1995
WEIGHT 119.4kg
HEIGHT 2.01m

UTILITY BRACK BEN THOMAS



DOB 25/11/1998
WEIGHT 93kg
HEIGHT 1.83m

PROP BRAD THYER



DOB 7/2/1993
WEIGHT 113.8kg
HEIGHT 1.81m

OUTSIDE HALF JASON TOVEY



DOB 28/4/1989
WEIGHT 87.1kg
HEIGHT 1.8m

UTILITY FORWARD JOSH TURNBULL



DOB 12/3/1988
WEIGHT 115kg
HEIGHT 1.93m

SCRUM HALF LLOYD WILLIAMS



DOB 30/11/1989
WEIGHT 88kg
HEIGHT 1.83m

LOCK TEDDY WILLIAMS



DOB 18/10/2000
WEIGHT 118.5kg
HEIGHT 1.99m

SCRUM HALF TOMOS WILLIAMS



DOB 1/1/1995
WEIGHT 86kg
HEIGHT 1.81m



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RUGBY

DUANE GOODFIELD



ROLE:
ASSISTANT
COACH

RICHARD HODGES



ROLE:
ASSISTANT
COACH

RICHIE REES



ROLE:
ASSISTANT
COACH

MATT SHERATT



ROLE:
ASSISTANT
COACH

T RHY'S THOMAS



ROLE:
ASSISTANT
COACH

GRFYN COOPER



ROLE:
RUGBY
OPERATIONS
MANAGER

MIKE BIERI



ROLE:
TRAINING
GROUND & KIT
MANAGER

RHODRI MANNING



ROLE:
HEAD OF
ANALYSIS

STEFFAN BENNETT



ROLE:
SENIOR
ANALYST

HUW ROGERS



ROLE:
ANALYST

TRYSTAN BEVAN



ROLE:
HEAD OF
PHYSICAL
PERFORMANCE

RYAN CAMPBELL



ROLE:
STRENGTH &
CONDITIONING
COACH

ALEX FENTON



ROLE:
STRENGTH &
CONDITIONING
COACH

WILL BEVAN



ROLE:
STRENGTH &
CONDITIONING
COACH

DRI JONES



ROLE:
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MEDICAL
SERVICES

TAMER JAMES



ROLE:
SENIOR
PHYSIOTHERAPIST

BEN WARBURTON



ROLE:
SENIOR
PHYSIOTHERAPIST

LIM JOHN



ROLE:
SPORT THERAPIST

DR DANIEL VROUGHAN



ROLE:
DOCTOR

DR GARETH JONES



ROLE:
DOCTOR

MIKE BROWN



ROLE:
HEAD OF
COMMUNICATIONS
AND MARKETING

OWAIN GRUFFUD



ROLE:
MEDIA OFFICER



PATHWAY

LAST THURSDAY, CARDIFF RFC LIFTED THEIR FIRST INDIGO GROUP PREMIERSHIP TITLE SINCE 2009 IN DRAMATIC FASHION, BEATING MERTHYR ON THE FINAL DAY OF THE SEASON TO COMPLETE A STUNNING COMEBACK IN THE LEAGUE TABLE.

While semi professional players such as Morgan Allen, James Beal, Alun Rees and Sean Moore all played crucial roles throughout the campaign, the Rags also proved to be a valuable platform for the club's youngsters as the likes of Theo Cabango, Jacob Beetham, Ethan Lloyd, Mason Grady and Rhys Anstey made significant contributions to the title charge.

We caught up with Cardiff Rugby academy manager, Gruff Rees, to reflect on the season and review its alignment with the club's pathway.

We're at the end of the first season since Cardiff RFC and the club's pathway system became aligned. You emphasised at the start of the campaign that the priority for the Rags would be the long-term gains as opposed to the added bonus of silverware success. How do you reflect on the first season under the new strategy?

It's been far from straight-forward behind the scenes. I took the responsibility on and perhaps expected it to be a little bit smoother than it has been.

There has been a few things that myself, Dai Young, Steve Law and Richard Holland, have had to connect, and it has been tricky at times.

But the whole purpose of it has been about development opportunities and it's clearly created that around the minutes that young players have had on the field, and they've done really well. For them to look to turn Dai's head, we have a model in place where they can do that.



You do get emotionally involved, that's inevitable. We do want that development opportunity but we said from the outset that we're not a development team. We want to perform to a high level and win rugby games.

To get to the end of the season with something tangible to play for was a good experience for all those involved, especially the chase at the end.

To succeed was pleasing overall, even though it's not what we're necessarily measured on. But around the group you had guys like Steve Law, Iestyn Williams, Dyfri Owen, good committee people such as Simon Down, Chris Collins, David Morgan, John Huw Williams, Clive Davies, and of course the supporters. These are people who were there previously around Cardiff RFC and bought into what it was then and what it is now.

It's been really pleasurable to see hard-earned success for those type of people, let alone the



players. I talk a lot about the academy and some of the senior players but I have a huge amount of respect for the semi-professionals in the system as well.

We've probably under-resourced the amount of players that we've had, and that's been hard for the coaches at times. But to be fair, boys like Alun Rees, Ollie Drake, Morgan Allen, Alex Everett, Thomas Davies, Evan Yardley, Sean Moore and so on - they're the guys that have given us substance and make it happen.

Those senior players certainly stepped up and I'd include Dan Fish in that. His role as a player is key to a lot of things that we've done, as has the



coaches. Himself, Craig Everett, Scott Andrews, Ian Evans all had massive impact.

And when you talk of the young players, even though they weren't in the 23 against Merthyr, you had Mackenzie Martin observing Morgan Allen. He's seen how he has gone about his work over the last two or three weeks, into matchday and how he performs. It's an example for him in terms of the type of character that we want in the system and how he can develop.

Likewise Harrison James being around the group, learning from different guys on a continual basis. That's worked really well for us.

Cam Winnett, Theo Cabango and Jacob Beetham have benefitted from learning from James Beal, who has been a real talisman for us in the back three. Other boys like Jack Maynard has been unheralded but everyone has played a part in this group in different ways, which has allowed us to do well on the rugby field.

We're trying to shape positive experience for these young players, even through the struggles we've had at times. I see that as a positive, when we've come up against difficult sides like Newport and Merthyr over the course of the year.



This is the first time in Wales that we've seen a Premiership side being used in this particular way. Is next year about taking the learnings, tweaking the process where needed and taking it a step further as a development asset for the club?

We looked at this system at a time when we didn't have any real clear vision and guidance for the future of what development games looked like. It was something that we could manage, control and get a grip of.

But at the same time, I'm passionate about growing the game and raising standards in the Premiership. It's been begrudged at times but most clubs, when you sit down with them, understand and support it. They also realise that there's commercial revenue on the gates for a lot of them too. People come to watch, we play good rugby with young, talented players and people want to come to see us.

"An example is Theo Cabango's progress, and that's lighting up the Welsh game. For Cardiff Rugby fans and others, they see that we can do that and hopefully others can replicate it.

We haven't got it 100 per cent right behind the scenes. We've got to be better with some of our resources in terms of training numbers and working with local clubs. Some of our S&C has been good for us within the building, but we're trying to align that with your Tuesday/Thursday semi-pro model and that isn't always straight-forward. There's elements of the medical side which we'll also look to get better - taking Dyfri's experiences, him leaving us in a good place and pushing on from that.

There's a lot of small things that can make a difference and to try and keep performing next



year with other younger players getting more exposure, like Mackenzie, Harrison, Alex Mann who need a good run of senior rugby to show what they can do.

Evan Lloyd is a project for us, in terms of moving to hooker, and how we manage that will be interesting for him and us over the next 12 months. We're excited to see Rhys Barratt develop as a loosehead. Those are guys we want to see more of.

The Premiership does need investment, and I understand that the WRU have challenges there.

But we need to look at not only the academy demographic of players, but the wider group of 18-23 year olds and how we can engage and keep them. Not just in the Tuesday/Thursday training model but resource around S&C support and whether we can do it via extra club support.

That's not something that we can lead on at the moment as it has to be nationally driven but we've definitely got ideas how it can be done better across Wales.





In the title run in, there were some high-pressured games in front of fierce, loyal supporters - both home and away. How important is it for youngsters to have a taste of these big game experiences at senior level?

The big game experiences that these players have tasted are huge. You look at Harrison James facing Pontypridd a couple of weeks ago in front of the cameras. It was a challenge for him as he knew there was a lot riding on it in terms of the league and he had to perform around his peers because there's an expectation when you come in.

You've got to be at the top of the game, be physical, do the basics well and add value to the team. But that's all internally with us.

Around the league, we're a team that people want to get at, and rightly so with the name that comes associated with Cardiff.

But it's created some real good rivalries for the coming years. We always enjoy the games against Pontypridd and Merthyr, but Newport in particular were excellent this year and we've had challenges against them. I'm looking forward to playing good,

competitive games against them for a fair number of years.

They almost replicate the standards of A team rugby, and that's what we want to aim for.

What are the next steps for Cardiff RFC, both in the short and long term?

Hopefully we'll have more of a normal age group calendar but it is nice that we can reset a bit.

For the first time in nearly two years, we can have a period of rest and recovery followed by a proper 10-week pre-season period for academy players.

There's an under-20s campaign that some of our players will work through and our semi pros will go under an eight-week pre-season programme alongside it.

It gives us a platform to plan more effectively.

We've got a long-term vision in terms of supporting Dai and what he wants, and we're seeing some of those talents getting opportunities both for the first team and for the RFC.

We'll get better and stronger for it in the long term.



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AT CF10, OUR SINCERE HOPE IS THAT IN YEARS TO COME, WE ALL LOOK BACK AT THE 2021/22 SEASON SMILE AND SAY “IT WAS A LONG TIME AGO AND WE CAN ALL LAUGH ABOUT IT NOW.” IT HAS TRULY BEEN A SEASON UNLIKE ANY OTHER.

There have been some fantastic highs. The saga of Dan Fish. A man who has retired twice this season and still managed to end it by winning a trophy. While we shouldn't celebrate losses, the series of games played by Gruff Rees's quarantine enforced misfit squad against the biggest names in European rugby was inspiring, and has already entered club folklore.

At times there has been some fantastic rugby played on the Arms Park this year. And the rise of talent like Theo Cabango speaks to a positive future. The new alignment with our semi pro team is already paying dividends.

There have also been some dark, bleak moments. A lot of frustration. And no small amount of anger. But those are things that mustn't be dwelt upon.

At time of writing, yet another off field crisis seems to be on the verge of tipping Welsh rugby even deeper into uncertainty and instability. It has been a familiar story over the past two decades. Players, staff and supporters all deserve better than a supposed national sport which is apparently intent on hopping from crisis to crisis.



Governance of the game as a whole has to improve dramatically. This might be the understatement of the century.

As a supporters trust, we empathise with our fellow fans of professional rugby around Wales. Whenever Welsh rugby chooses to submerge itself into periods of crisis, the views of the supporters are rarely taken into account. Perhaps that should change.

We also empathise with players, coaches and off field staff at a time when their livelihoods are being threatened. One less team means less employment, more redundancies and fewer opportunities for young people. Too often people forget this.

And so, our hope is that when we look back at this season, we'll see it as the end of a difficult period, and the start of a bright future for Cardiff Rugby Club. There is a city and wider area beyond it full of people desperate to get behind a winning club again. And there are plenty of passionate people working to make it so. At CF10 we're no different.

COME ON CARDIFF.



CARDIFF RUGBY COMMERCIAL NEWS



**MORE THAN 300
ASPIRING RUGBY
PLAYERS WERE
WELCOMED TO CARDIFF
ARMS PARK FOR THE
BT COMMUNITY RUGBY
FESTIVAL AHEAD OF
THE URC DERBY CLASH
AGAINST OSPREYS.**

Clubs from both regions were welcomed onto the famous Arms Park pitch to play at the home of their rugby heroes.

Under-7 and Under-8 sides from 13 different clubs were in attendance, facing off in a series of matches throughout the day and celebrating the very best of grassroots rugby.

The day was proudly supported by headline sponsors, BT, who are partners of all four professional clubs in Wales and supplied each player with a participation medal - presented by Cardiff Rugby first team stars Josh Adams, Aled Summerhill, Efan Daniel and Scott Andrews.

BT's Head of Regions, Nick Speed, said: "We really enjoyed being part in the tournament and seeing kids get really enthusiastic about playing and taking part in the Community Festival.

"We've all waited a long time to be able to enjoy these grassroots festivals once again, and it was clear from the looks on the kids' faces just how important these events are to the community.

"After a long day of competing on the pitch, it was amazing to see their enjoyment at the end when they all received a medal from Josh Adams and the other squad members in attendance.

"It's fantastic and that's the inspiration that will keep these kids going, and they could also enjoy seeing their heroes play later in the afternoon.

"BT is proud to be a sponsor of all four of the Welsh professional clubs. We also ran a simultaneous event up at Rodney Parade with Dragons, with clubs from all four regions taking part.

"It's really important for us to support community rugby because we recognise the impact it has on the community in general. It creates team spirit and brings people together.

"We're looking forward to more special days like this in the future and for BT to continue its support of rugby at all levels in Wales."

Cardiff hooker, Daniel, added: "It's great to see so many kids out there playing rugby on the Arms Park pitch and seeing the youth coming through. Hopefully in the years to come, they'll be playing for Cardiff themselves so it was nice to see them here and having fun.

"The memories you get from these experiences is really special. When you're younger, you come to watch Cardiff and dream of playing for them.

"So it's brilliant to play at Cardiff Arms Park and have that chance to score a try in the same spot you've seen heroes like Josh Adams or Aled Summerhill scoring. It's great to be a part of the club like that.

"There was a fantastic atmosphere there all day.

"I had a couple of opportunity where we'd come down from the top of the Valleys to play on this



pitch, and that only made me excited to think about potentially playing here as a senior squad member. And sometimes dreams become a reality.

"To have a sponsor like BT showing their support for rugby at all levels in Wales - from grassroots to professional - is encouraging for everyone, from the clubs to the fans and society in general. It's fantastic to see."

The Cardiff Rugby Community Foundation team supported the on-field rugby operations on the day, ensuring a tight scheduled and officiating for all matches.

Cardiff Rugby's Rhys Blumberg, who also attended, added: "Our partnership with BT has thrived for a number of years, and being able to use that partnership to bring the Arms Park alive with the next generation of rugby players is inspiring.

"We want to thank BT for their support of Cardiff Rugby as well as the wider community. They make a huge difference and that was clear to see on Saturday.

"It was fantastic to see children enjoying their rugby and being given an opportunity to play at the home of Cardiff Rugby.

"A huge credit also goes to the Community Foundation, who supported the day from an operational point-of-view, as well as to those who took part. As a club it gives us a great deal of pride to work with the grassroots game throughout the region and offer opportunities for everyone to get involved."

BT Community Rugby Festival participating teams: Pontyclun, Barry, Whitchurch, Gilfach Goch, Old Illydians, Pentyrch, CRICC, Heol y Cyw, Baglan, Gorseinon, Porthcawl, St Alban's, Fairwater





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The cost of the event includes a donation to the charity. We encourage you to raise as much as possible with a minimum amount of £2000. Every penny raised over £2000 will go to support the charities causes.

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CARDIFF RUGBY COMMUNITY FOUNDATION



FIXTURES AND RESULTS

2021/22



Fri 24th Sep

United Rugby
Championship

CARDIFF RUGBY 33
CONNACHT 21

MATCH REPORT



OSPREYS

Sat 2nd Oct

United Rugby
Championship

OSPREYS 18
CARDIFF RUGBY 14

MATCH REPORT



Sat 9th Oct

United Rugby
Championship

CARDIFF RUGBY 19
VODACOM BULLS 29

MATCH REPORT



Sat 16th Oct

United Rugby
Championship

CARDIFF RUGBY 23
CELL C SHARKS 17

MATCH REPORT



Sat 23rd Oct

United Rugby
Championship

CARDIFF RUGBY 31
DRAGONS 29

MATCH REPORT



Sat 11th Dec

Heineken Champions
Cup R1

CARDIFF RUGBY 7
STADE TOULOUSAIN 39

MATCH REPORT



Sat 18th Dec

Heineken Champions
Cup R2

HARLEQUINS 43
CARDIFF RUGBY 17

MATCH REPORT



Sat 8th Jan

United Rugby
Championship

EDINBURGH 34
CARDIFF RUGBY 10

MATCH REPORT



Fri 14th Jan

Heineken Champions
Cup R3

CARDIFF RUGBY 33
HARLEQUINS 36

MATCH REPORT



Sat 22nd Jan

Heineken Champions
Cup R4

STADE TOULOUSAIN 0
CARDIFF RUGBY 28

MATCH REPORT



Sat 29th Jan

United Rugby
Championship

CARDIFF RUGBY 29
LEINSTER 27

MATCH REPORT

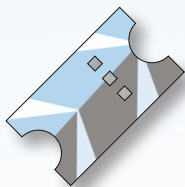


Sat 5th Mar


United Rugby
Championship

ULSTER 48
CARDIFF RUGBY 12

MATCH REPORT





Emirates 

 **LIONS**

Sun 13th Mar
United Rugby Championship

EMIRATES LIONS 37
CARDIFF RUGBY 20

MATCH REPORT

 **STORMERS** 

Sun 20th Mar
United Rugby Championship

DHL STORMERS 40
CARDIFF RUGBY 3



MATCH REPORT

Sat 26th Mar
United Rugby Championship

CARDIFF RUGBY 32
GLASGOW WARRIORS 28



MATCH REPORT

Sat 2nd Apr
United Rugby Championship

SCARLETS 35
CARDIFF RUGBY 20



MATCH REPORT

Sat 9th Apr
United Rugby Championship

CARDIFF RUGBY 14
SCARLETS 49

MATCH REPORT

Sun 17th Apr
Heineken Challenge Cup Rnd of 16

SARACENS 40
CARDIFF RUGBY 33



MATCH REPORT

Sat 23rd Apr
United Rugby Championship

CARDIFF RUGBY 6
OSPREYS 22

MATCH REPORT

Fri 29th Apr
United Rugby Championship

MUNSTER 42
CARDIFF RUGBY 21

MATCH REPORT



Fri 6th May
KO 19:35
United Rugby Championship

CARDIFF RUGBY V
ZEBRE PARMA
Cardiff Arms Park

Fri 13 May
KO 15:00
United Rugby Championship

DRAGONS V
CARDIFF RUGBY
Rodney Parade

Fri 20th May
KO 18:00
United Rugby Championship

BENETTON RUGBY V
CARDIFF RUGBY
Stadio Comunale di Monigo



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(WRU)

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TMO

IAN DAVIES

(WRU)

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OWEN LANE	WING/ASGELLWR	JUNIOR LALOIFI
REY LEE-LO	CENTRE/CANOLWR	ERICH CRONJÉ
MAX LLEWELLYN	CENTRE/CANOLWR	FRANCO SMITH JR.
THEO CABANGO	WING/ASGELLWR	SIMONE GESI
RHYS PRIESTLAND	OUTSIDE HALF/MASWR	TIMOTHY O'MALLEY
LLOYD WILLIAMS	SCRUM HALF/MEWNWR	CHRIS COOK

RHYS CARRÉ	PROP/Y RHENG FLAEN	PAOLO BUONFIGLIO
LIAM BELCHER	HOOKER/BACHWR	LUCA BIGI
DMITRI ARHIP	PROP/Y RHENG FLAEN	ION NECULAI
SEB DAVIES	LOCK/YR AIL RENG	DAVID SISI (C)
MATTHEW SCREECH	LOCK/YR AIL RENG	ANDREA ZAMBONI
JAMES BOTHAM	FLANKER/BLAENASGELLWR	LUCA ANDREANI
JOSH NAVIDI (C)	FLANKER/BLAENASGELLWR	MAXIME MBANDÀ
JAMES RATTI	NO.8/WYTHWR	JIMMY TUIVAITI

KIRBY MYHILL	REPLACEMENT	MASSIMO CECILIANI
COREY DOMACHOWSKI	REPLACEMENT	JUAN PITINARI
DILLON LEWIS	REPLACEMENT	EDUARDO BELLO
TEDDY WILLIAMS	REPLACEMENT	GABRIELE VENDITTI
ELLIS JENKINS	REPLACEMENT	ROSS VINTCENT
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