



 **SUPER RUGBY CYMRU**

26/27
005



MATCH SPONSOR



v **ABERAVON**



08.10.26

Electric Brewery Field

KO 7:30pm

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WELCOME

with *Tony Williams* (Chairman)

CROESO I BAWB I CAE BRAGDY
TRYDAN Y PRYNHAWN YMA.
A VERY WARM WELCOME

**TO THE ELECTRIC BREWERY
FIELD FOR TODAY'S FIXTURE,
AND IN PARTICULAR TO THE
PLAYERS, STAFF, OFFICIALS AND
SUPPORTERS OF ABERAVON RFC.**

Today's game sees the meeting of two teams with mixed fortunes. Aberavon started the season well with an impressive comeback against us in the first home game of the season, but since then have been down on their luck with some heavy defeats.

From our perspective, Saturday's game against Swansea in front of a great crowd saw us squander points early on with an impressive comeback in a game that we could have won, if luck has just managed to show its face on a lovely a sunny afternoon. I think you will all agree that in the second half, the players dug deep and fought hard, producing some grit and determination that we have seen sparks of this season.

The squad as a whole has come together far better this year, there is more passion, belief and understanding amongst them all, with a greater bind off the field and when they put that jersey on, they do so with their teammates and supporters in their hearts, and we are seeing that they leave very little on the pitch!

We welcome S4C and Whisper tonight with the game being shown live (and available for review) on S4C Clic and YouTube, it's

always good to have a game under the lights which brings back memories of those great Wednesday night battles between these teams.

Off the field, we host Bridgend Business Forum to the JPR suite, a group of local business people looking to interreact locally within Bridgend and provide unique opportunities to develop business and activities that will enhance and improve the borough's business community. They share the same vision as we do in trying to contribute to improving the town in which we operate. Thank you all for attending this evening and we hope to see more of you in future months.

It would be remiss of me to mention that this season sees Aberavon reach their 150th anniversary, a great milestone for any rugby club. All at Bridgend Ravens wish you, your players and supporters our congratulations and I know you have some great events lined up to mark reaching this milestone.

I finish these notes again this week echoing the comments of my previous note, by thanking you, our supporters, for the great energy, noise and passion you bring when supporting 'our team'; the players appreciate your support.

Thank you for your continued loyalty and support. Please enjoy the match, welcome our visitors, and let's get behind the team.

Come on the Bridge!
Cheers,
Tony



SCOTT'S NOTES

with Scott Baldwin (Director of Rugby)



GOOD EVENING AND WELCOME BACK TO THE ELECTRIC BREWERY FIELD FOR TONIGHT'S FIXTURE AGAINST ABERAVON.

Last weekend's game against Swansea was a tough one to reflect on immediately after the final whistle, but having had the opportunity to review the performance with the players, there were plenty of positives to take from the afternoon.

When we came together after the game, I asked the players what their overriding emotion was, and the response centred on pride in the fightback, our determination and the way we continued to work as a unit. That was particularly evident in the closing stages, when we defended two 10-man mauls from five metres out. Our maul defence has been an Achilles' heel in previous seasons, but the hard

work the players have put in over recent weeks is beginning to pay dividends. The improvement in that area has been clear, and the resilience shown under pressure was a real reflection of the progress we are making.

The players also recognised that, in seasons gone by, a Bridgend side finding itself 21-0 down could potentially have capitulated and allowed the scoreline to get away from them. That was not the case on this occasion. We continued to fight, stayed true to our game model and worked our way back into the contest.

We were able to put Swansea under pressure in the areas we had identified as important, using our maul effectively and making their forward pack work hard. That collective response is something we can be proud of.

Our replacements also made a significant impact in the second half and helped us build momentum. Nick was excellent at scrum-half, bringing real tempo to our game, while McKenzie was outstanding and seemed to be involved in everything. Alfie Thomas also had some very good moments. There is still room for improvement in certain areas, particularly discipline, but we are seeing signs of maturity in his performances, which is encouraging. The biggest area we need to address, however, is our ability to convert opportunities into points.

When we reviewed the Swansea game, it was clear how many promising situations we created but ultimately failed to capitalise on, whether through the final pass or our execution in key moments.

Creating those opportunities is a positive, but we must rediscover the ruthless edge we

showed against Pontypool and make that level of clinical finishing the standard we expect from ourselves every week.

Tonight presents an exciting opportunity to build on that progress as we welcome Aberavon to the Electric Brewery Field. They beat us when we metw earlier in the season, but we believe we have made significant improvements since that fixture and have addressed several of the areas that contributed to the result.

Our discipline has improved, our maul defence is becoming a real strength, and our lineout attack has developed considerably. Those improvements were evident against Swansea and are helping us establish the foundations of a more consistent and effective game. The challenge now is to bring those elements together across a full 80 minutes, maintain our intensity and ensure we take our chances when they come.

Thank you, as always, for your continued support. It makes a real difference to the players and everyone involved with the club.

**COME ON THE BRIDGE!
SCOTT**





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LATEST NEWS

All the latest goings on at Bridgend Ravens...

INTERNATIONAL TICKETS

It's that time again, Autumn Series will soon be upon us, as will the Six Nations!

If anyone is interested in purchasing international tickets, please email Matthew Williams via: internationaltickets@bridgendravens.co.uk

2026 NATIONS CHAMPIONSHIP

7.11.26	Japan (h)	KO 4:40pm
14.11.26	NZ (h)	KO 2:10pm
21.11.26	Australia (h)	KO 8:10pm

2027 SIX NATIONS

20.02.27	Ireland (h)	KO 2:10pm
6.03.27	England (h)	KO 4:40pm

WELCOME TO BRIDGEND BUSINESS FORUM

Bridgend Ravens are delighted to welcome members of the Bridgend Business Forum to the Electric Brewery Field for our clash with Aberavon.

We are pleased to be hosting members of the local business community for an evening that brings together some of the borough's most exciting businesses together under one roof.

The visit forms part of a special networking event organised by Bridgend Business Forum, giving members the opportunity to meet fellow local professionals, share ideas and develop new business relationships in a relaxed and welcoming environment whilst watching Bridgend take on Aberavon.

As a club with deep roots in the local community, Bridgend Ravens recognise the importance of supporting



and celebrating the businesses that help our town thrive. We are proud to welcome Bridgend Business Forum members to the Electric Brewery Field for what will be the start of a strong and lasting relationship between the Forum, its members and the club.

We hope everyone joining us enjoys the hospitality, makes some valuable new connections and, of course, gets behind the Ravens as we look to put on a great performance against Aberavon.

Croeso cynnes i chi gyd, and enjoy the game!

For more information on Bridgend Business Forum, visit www.bridgendbusinessforum.co.uk



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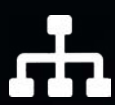
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MEET THE SQUAD



Edd HOWLEY
Back Three



Cameron ELLIS
Wing



Gabe LACEY
Centre / Wing



Jake THOMAS
Wing



Ryan CONBEER
Centre / Wing



Ben EVANS
Back Three



Iwan POWELL
Full Back



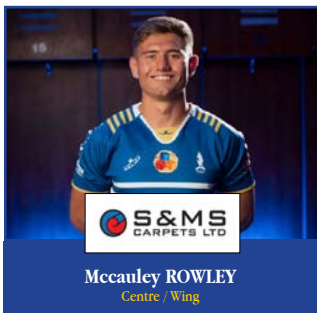
Dan PHILLIPS
Wing



Aled JAMES
Wing



Ryan WILKINS
Centre



Mccauley ROWLEY
Centre / Wing



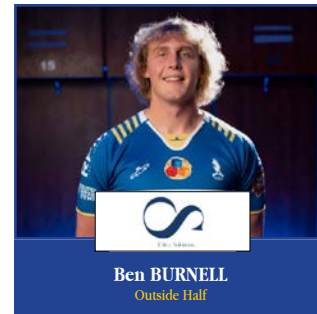
Joseph GATT
Centre



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Ben BURNELL
Outside Half



Lloyd WILKINS
Outside Half / Full Back



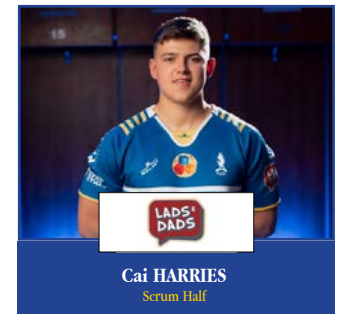
Fraser JONES
Outside Half / Centre / Full Back



Peter & Christine DAVIES
Scrum Half



Chris WILLIAMS
Scrum Half



Cai HARRIES
Scrum Half



Nick FISK-JONES
Scrum Half



Harry OLDING
Prop



Alex GEORGE
Prop



Jared WILLIAMS
Prop



Nathan EVANS
Prop

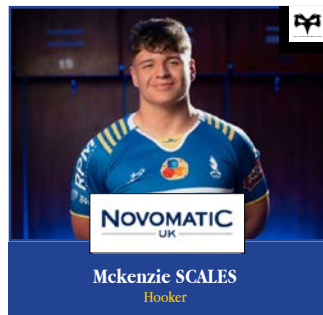


Callum DONOGHUE-PROUD
Prop

MEET THE SQUAD



Matholwch IORWERTH-SCOTT
Prop



Mckenzie SCALES
Hooker



Cody-Ray DAVID
Second Row



Lewis JONES
Second Row



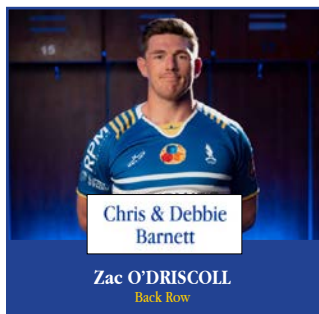
Chris & Debbie Barnett
Corey LEWIS
Hooker



Alfie THOMAS
Second Row / Back Row



Rhys DAUNCEY
Second Row / Back Row



Chris & Debbie Barnett
Zac O'DRISCOLL
Back Row



Dominiko MANASEITAVA
Hooker



James RICHARDS
Second Row



Chris LONG
Second Row



Chris & Debbie Barnett
Thomas JEVONS
Back Row



Kyle HARRIS
Back Row



Cai DAVIES
Back Row



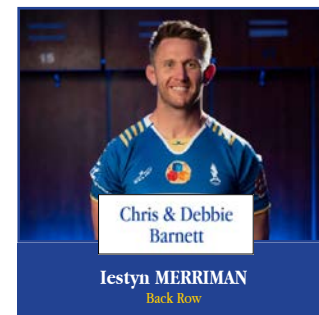
Dan O'SULLIVAN
Back Row



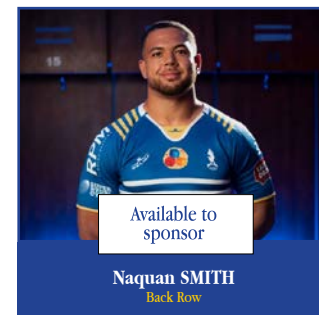
Ethan EVANS
Back Row



Ronnie Davies
Alfie LLEWELLYN
Back Row



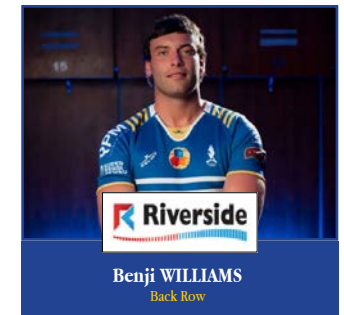
Iestyn MERRIMAN
Back Row



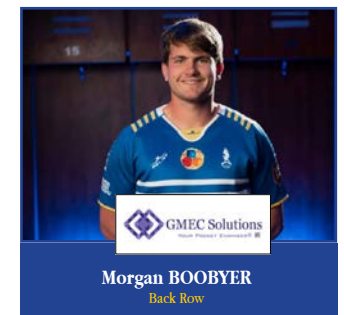
Naquan SMITH
Back Row



Ronnie the RAVEN
Club Mascot



Benji WILLIAMS
Back Row



Morgan BOOBYER
Back Row



Ioan DAVIES
Back Row

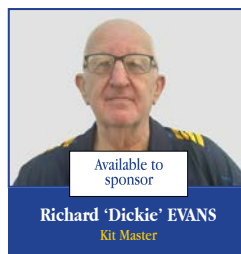
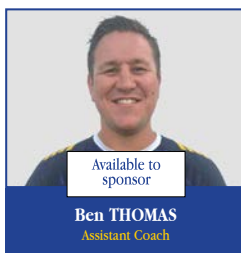


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BRIDGEND RAVENS

Colours: Blue & White Hoops

Physio Staff: Reagan Cooper, Gareth Davies, Hannah Davies, Dylan Bebbington

- 1 Marc THOMAS
- 2 Mckenzie SCALES *
- 3 Nathan EVANS
- 4 Cody-Ray DAVID *
- 5 James RICHARDS
- 6 Ioan DAVIES
- 7 Zach O'DRISCOLL ©
- 8 Benji WILLIAMS
- 9 Harvey NASH
- 10 Ben BURNELL
- 11 Gabe LACEY
- 12 Ryan WILKINS
- 13 Ryan CONBEER
- 14 Edd HOWLEY
- 15 Fraser JONES

16 Dominiko Manaseitava 17 Harry Olding 18 Callum Donoghue-Proud
19 Alfie Thomas 20 Thomas Jevons 21 Nick Fisk Jones * 22 Cameron Ellis
23 Morgan Boobyer

Welcome to the
Electric Brewery Field



TODAY'S OFFICIALS

Referee

Adam Jones

Assistant Referees

Jack Davies

Ellis Poulden

Sideline Manager

Julian Smith

Sin Bin Sponsor

Darren Hadley

* Denotes regional player

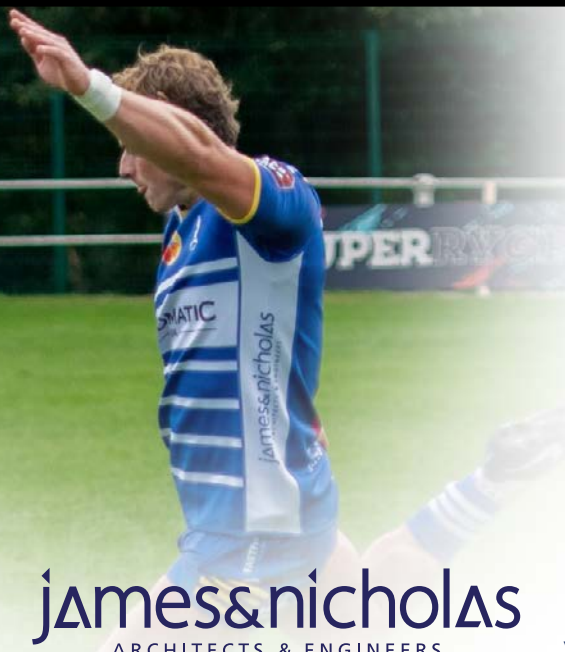
ABERAVON

Colours: Red and Black Hoops

- Jordan Walters 1
- Luke Davies 2
- Conrad Delfosse 3
- Lewis Marsh 4
- Shay Smallman 5
- © Rhys Thomas 6
- Elis Cox * 7
- Ashton Evans 8
- Elis Horgan 9
- Charlie Thomas 10
- Felix Gilbert 11
- James Price 12
- Garyn Smith 13
- Frankie Jones 14
- Scott Delnevo 15

16 Theo Malik 17 Ben Owen 18 Tyler Murvai 19 Brandon Owen 20 James Glegg
21 Sam Jardine 22 Scott Whitlock 23 Stef Jac Jones *





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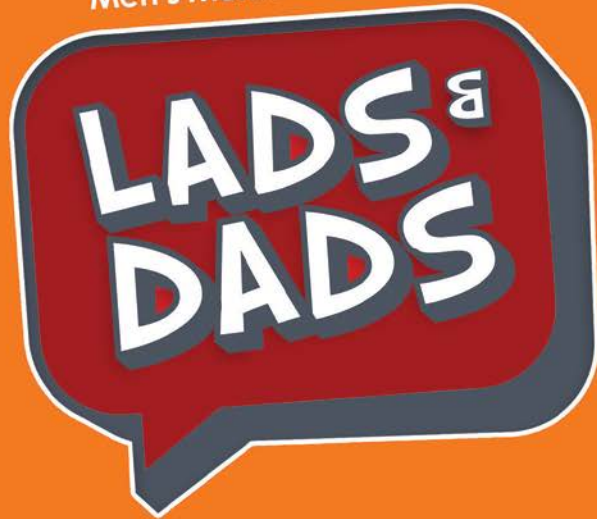
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MEET ABERAVON

A closer look at today's opponents with *Matthew Williams*



Nickname:
The Wizards

Head Coach:
Chris Davies

Captain:
Scott Whitlock

Stadium:
Talbot Athletic Ground

2025/26 SRC Position:
???

Current SRC Position:
5th

Current SRC Form:



Club Website:
www.aberavonrugby.co.uk

ABERAVON ARRIVE IN BRIDGEND TERRITORY THIS EVENING ON THE BACK OF THREE DEFEATS, AGAINST EBBW VALE, NEWPORT AND LLANDOVERY RESPECTIVELY.

Matthew Williams takes a look at some of the players Aberavon will be looking to, to help them get back to winning ways this evening.

ONES TO WATCH

ASHTON EVANS

Number 8

He will be a familiar name to Ravens fans having been a starter in the 2015 cup final win over Pontypridd. Ashton's time at Bridgend also saw him pick up the Supporters Player of the Year award and the individual awards have continued since his move to the Wizards picking up the Player of the Year and Clubman of the Year awards last campaign.

Since moving to the Talbot Athletic Ground, Evans has been a mainstay in the Wizards' pack having made over 100 appearances in red and black and established himself as one of the top carriers in the SRC and his form has continued into this season with the back rower scoring in the reverse fixture at the start of the season.



Morgan Williams
Wing/Full Back

The back three player returned to the talbot athletic ground for a third spell this summer after spending last season with the cup champions where he scored 8 tries in 23 appearances. Williams' career has seen him travel the world via the sevens circuit and has represented Wales in the 2018 and 2022 Commonwealth Games.

Williams also brings with him regional experience having started his career at the Ospreys and also spending time with the Scarlets. The full back scored 2 tries in the opening day victory over Bridgend at the Talbot Athletic Ground.

Frankie Jones
Centre/Wing

Jones has got off to a flyer this season and is currently the top scorer in the SRC with 6 tries in 4 games

including 2 against the Ravens. Jones who is now closing in on 150 wizards appearances was voted as the Wizards' Coaches Player of the Season last campaign.

Earlier on in his career, Jones gained international honours representing Wales under 20s, a side that included current Raven Ioan Davies and former Ravens Ben Warren and Morgan Strong.



Photo by: Riley Sports Photography

SATURDAY 17th OCTOBER / 2:30pm
Electric Brewery Field
Super Rygbi Cymru / 006

BRIDGEND
PONTYPOOL

NOVOMATIC UK
SUPER RYGBI CYMRU

AROUND THE GROUNDS

We take a look around the grounds in our SRC Game Week 005 round up...

NEWPORT CONTINUE TO LEAD THE WAY IN SRC

Newport once again proved they could be the team to beat this season with a handsome 52 v 24 victory over Carmarthen Quins to continue their unbeaten start to the season, with 4 wins from 4. Dragons outside half Will Ford the main contributor with 22 of his side's points, with the tries shared out between Henry Palmer, Hunter Ward, Kobi Rees, Fin Baker, Sam Morgan and hooker Wade Langley.

Cardiff kept up the pressure in second place after a huge 59 v 14 victory at third placed Ebbw Vale, with former Bridgend wing Dewi Cross and Matty Young the stars with two tries in each a nine try showing from the Blue and Blacks.

At Church Bank, Llandoverly got their second win in consecutive matches with a fine 66 v 21 victory over tonight's visitors Aberavon, with Issac Murray-Macgregor, Llien Morgan, Jac Davies and Tiaan Sparrow all with braces in Llandoverly's 10 tries.

Elsewhere, Pontypool took a bonus point win against RGC 31 v 26 at Pontypool Park to leapfrog Bridgend into fifth position, who could only draw 26 v 26 with Swansea.

SUPER RYGBI CYMRU	P	W	D	L	PTS
Newport	4	4	0	0	23
Cardiff	4	4	0	0	22
Ebbw Vale	4	3	0	1	17
Llandoverly	4	2	0	2	14
Pontypool	4	2	0	2	11
BRIDGEND RAVENS	4	1	1	2	10
Carmarthen Quins	4	1	0	3	8
ABERAVON	4	1	0	3	8
RGC	4	1	0	3	8
Swansea	4	0	1	3	5

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ACTION REPLAY

Photos by *Leighton Davies (Eldee Photos)*



BRIDGEND 26

SWANSEA 26

Saturday 3rd October 2026
Electric Brewery Field



COMMERCIAL

with Richard Harris (Commercial Manager)

WELCOME TO THE ELECTRIC BREWERY FIELD FOR WHAT PROMISES TO BE A FANTASTIC EVENING UNDER THE LIGHTS AS WE WELCOME ABERAVON FOR THIS LOCAL DERBY.

I'd like to begin by saying a huge thank you to **Brian Stokes, Managing Director of ITCS**, our new leisurewear sponsor and IT partner. We're delighted to welcome Brian and the ITCS team into the Ravens family and look forward to a long and successful partnership.

A special thank you also goes to **Gavin Tuck of GMEC Solutions** for his continued loyalty and support. Gavin's commitment to the club is hugely appreciated, and we are extremely grateful for everything he does for the Ravens.

We are also very proud to welcome **Lads and Dads Men's Mental Health Support Group** to our Ravens family. Rob Lester, Dave Muckel and their team are doing incredibly important work encouraging men to talk, open up and support one another.



We are proud to stand alongside them and help promote such an important message — don't bottle things up. Talk to someone.

To all our sponsors, supporters and volunteers, thank you for everything you do for this club.

Enjoy the game, get behind the boys and make some noise!

C'mon Bridge!

**RICHARD
COMMERCIAL MANAGER**

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TODAY'S ACTIVITIES

A round up of *tonight's activities* at the Electric Brewery Field

TONIGHT'S MASCOTS

A huge welcome to this evening's mascots, who are both from Trelales Primary School.

We'd like to extend a big welcome to Josie Goodwin and Joseph Evans, who plays for Porthcawl RFC, who will be leading the team out in front of the cameras tonight!

Enjoy your evening, let's hope you're celebrating a victory back in school tomorrow!



TODAY'S GUARD OF HONOUR

We'd also like to give a big welcome to our Guard of Honour tonight, which is made up of children from Trelales Primary School.

Make sure you smile for the cameras, and don't forget to **MAKE SOME NOISE!!!!**



WANT TO BE A RAVENS MASCOT?

If so, just drop us a message via **Facebook** or **Instagram** with your details and you could be leading the team out in our next Super Rygbi Cymru fixture here at the Electric Brewery Field!





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DOMINIKO READY TO MAKE HIS MARK

with *Dominiko Manaseitava*

AS SUPER RYGBI CYMRU ENTERS ITS THIRD INSTALMENT. MANY PLAYERS WILL BE EAGER TO MAKE AN IMPACT IN THE COMPETITION. AT THE ELECTRIC BREWERY FIELD, DOMINIKO MANASEITAVA AIMS TO MAKE HIS MARK IN WHAT IS NOW HIS SECOND SEASON AFTER JOINING BRIDGEND LAST TERM.



EXCITED TO BE AT BRIDGEND

After his time with Cardiff Met, Manaseitava featured for the Ravens and is excited for his first full season at the Brewery Field. Representing his hometown is something special, not least because he is following in the footsteps of many greats who have worn the iconic Bridgend shirt before.

“I’m really excited to see what next season brings. I had such a good time with the Ravens towards the end of last season, so I can’t wait for the new campaign to get started.”

He also competed in a play-off game against Aberavon. The rain was beating down on the pitch as both teams were hunting for a place in the quarter-finals. It was a razor-thin contest and a real challenge for both teams. Bridgend edged it 13-10 in a memorable clash. Manaseitava came off the bench that day and reflected on the game.

“It was a great feeling to be involved in such an important game with so much on the line. After making my debut the week before, I was really keen to stay involved with the team. The conditions were really tough, and you could tell they affected both sides, so to come away with the win made it even more satisfying.”

Manaseitava also enjoyed a memorable moment in North Wales.

A MEMORABLE SCORE

Manaseitava made his Ravens debut against RGC, where he went over for a fantastic score that caught the attention of many Welsh rugby fans. He reflected on that try.

“Yeah, it was an unreal feeling to score on my debut in that way. It was also class to see how supportive the boys were afterwards. There’s a real sense of belonging at the club, and that made the moment even more special.”

Even though he has only played a handful of games for the Ravens, the hooker has already learnt a great deal, building on the foundations he developed at Cardiff Met.



LEARNING AND AMBITIONS

“Cardiff Met taught me a lot about maintaining high standards and building good habits. Those are things I’ll always carry with me when it comes to my rugby and overall performance.”

“From a rugby perspective, I learned a lot about staying clear and composed under pressure. I think that really helped me stay connected with the team in training and during the few games I played, especially as I was still new to the group.”

In terms of his ambitions, his goal is clear: to perform.

“For me, it’s all about performing consistently week in, week out. Every game brings different challenges, but I want to keep performing at a high level and prove myself in the SRC.”

The new rugby season is fast approaching, and Manaseitava is ready to embrace the challenge. With ambition and unwavering determination, he will be looking to make every opportunity count.



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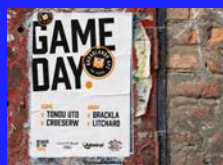
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FIXTURES & RESULTS

All the very latest from *Super Rygbi Cymru*

AUGUST

14th	Bedwas (a)	W 33-19
21st	Neath (a)	W 33-7
29th	Beddau (a)	W 29-21

SEPTEMBER

12th	Aberavon (a)	L 17-36
19th	Pontypool (a)	W 50-38
26th	LLANDOVERY (h)	L 26-29

OCTOBER

3rd	SWANSEA (h)	D 26-26
8th	ABERAVON (h)	
17th	PONTYPOOL (h)	2:30pm
24th	Cardiff (a)	2:30pm
30th	Swansea (a)	7:15pm

NOVEMBER

21st	RG C (h)	2:30pm
28th	EBBW VALE (h)	2:30pm

DECEMBER

Thu 3rd	Carmarthen Quins (a)	7:30pm	S4C
12th	RG C (a)	2:30pm	
19th	NEWPORT (h)	2:30pm	
26th	Newport (a)	2:30pm	

JANUARY

2nd	CARDIFF (h)	2:30pm
23rd	Aberavon (a) - CUP	2:30pm

FEBRUARY

6th	LLANDOVERY (h) - CUP	2:30pm
13th	Ebbw Vale (a) - CUP	2:30pm
19th	PONTYPOOL (h) - CUP	7:30pm

MARCH

27th	CARMARTHEN Q (h)	2:30pm
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APRIL

3rd	Ebbw Vale (a)	2:30pm
10th	Llandovery (a)	2:30pm

Please Note: All fixtures could be subject to change



For the very latest fixtures, please visit
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RAVENS REWIND

A look back at a past encounter between today's teams...

ABERAVON

26

BRIDGEND

36

15 Scott Delnevo
14 Cori Lewis-Jenkins
13 Frankie Jones
12 Joe Gage ©
11 Noah Mason
10 Keillen Cullen
9 Scott Whitlock
1 Dylan James
2 Luke Davies
3 Morgan James
4 Shay Smallman
5 Lewis Marsh
6 James Clegg
8 Ashton Evans
7 Charlie Herdman

15 Lloyd Wilkins
14 Mccauley Rowley
13 Joseph Gatt
12 Ben Burnell
11 Ben Evans
10 Fraser Jones
9 Harvey Nash
1 Marc Thomas
2 Tyler Olding
3 Liam Tobias
4 Dylan Burrows
5 Barnaby Waddell
6 Thomas Jevons
8 Benji Williams
7 Zach O'Driscoll ©

16 Caelen Carson-Jones
17 Sam Matthews
18 Charlie Thomas
19 Cameron Loveys
20 George Merritt
21 Ross Fox
22 Geraint James
23 Freddie Chapman

16 Corey Lewis
17 Harry Olding
18 Owen Hatherill
19 Alfie Thomas
20 James Owen
21 Chris Williams
22 Luke Price
23 Edd Howley



SUPER RUGBI CYMRU

Talbot Athletic Ground
 Port Talbot

MATCH STATS

ABERAVON

Tries: Davies, Herdman, Whitlock, Matthews

Conversions: Cullen (3)

BRIDGEND RAVENS

Tries: Williams, Gatt, Rowley, Lewis, Olding

Conversions: Price (3)



**CLICK FOR
 MATCH REPORT**

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Domino's

TRY OF THE MONTH

As October gets underway, it's Domino's Try of the Month time!

TRY OF THE MONTH

IT'S A JOINT CONGRATULATIONS TO BEN EVANS AND MCCAULEY ROWLEY WHO SHARE THIS MONTH'S DOMINO'S TRY OF THE MONTH.

Ben scored a great team effort in the 50 v 38 victory against Pontypool at Pontypool Park last month, while Mccauley Rowley also scored a fine individual effort in the same game.

Congratulations to both, let's hope for more of the same this evening and throughout October!



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15 QUESTIONS WITH

This week it's the turn of last weekend's Man of the Match, *Ryan Wilkins*

A bit about your career...

HOW MANY CLUBS HAVE YOU PLAYED FOR?

Pontyclun RFC, Cardiff RFC, Cardiff Rugby
Pontypridd RFC, Bridgend Ravens

PROUDEST MOMENT IN RUGBY?

Making my debut for Cardiff Rugby.

WORST MOMENT IN RUGBY?

Rupturing my ACL.

TOUGHEST OPPONENT AND WHY?

Nathan Hudd - Cardiff RFC. The bloke is like a bus and seems to be everywhere.

Now a bit about your team mates...

FUNNIEST TEAM MATE AND WHY?

Benji Williams, he's a man with a lot of stories covering all aspects of life!

BEST & WORST TRAINER?

Best - Ioan Davies.
Worst - Harry Olding, always late on the pitch!

BEST & WORST DRESSED?

Best - Edd Howley.
Worst - Jake Thomas (dirty shoes and ripped boxers!)

WORST DANCER?

Corey Lewis

IF YOU COULD BE A TEAM MATE FOR A DAY?

Edd Howley - either feet up in the house or walks his dog 7 times a day. Never in work!

Now some questions about you...

NICKNAME?

Wilks or Wilko.

DREAM JOB?

Whatever Edd Howley does!

IF YOU COULD PLAY ONE OTHER SPORT?

Badminton, I was 2016 East Wales champion.

FAVOURITE PRE-MATCH MEAL

I don't eat before a game, whatever sweets Dicky buys on the day keeps me ticking!

FAVOURITE GO-TO PRE MATCH TUNE?

Whatever is on the speaker, will dance to anything.

AMBITIONS FOR THE SEASON?

Finish higher than last season and push for some silverware.



Funniest team mate and why?

"Benji Williams is a man with a lot of stories covering all aspects of life!"



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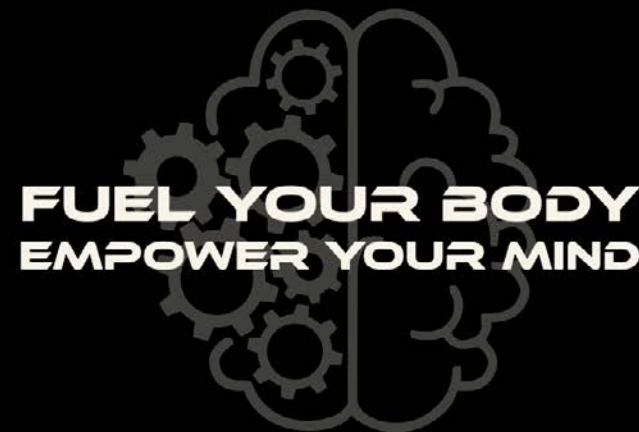


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