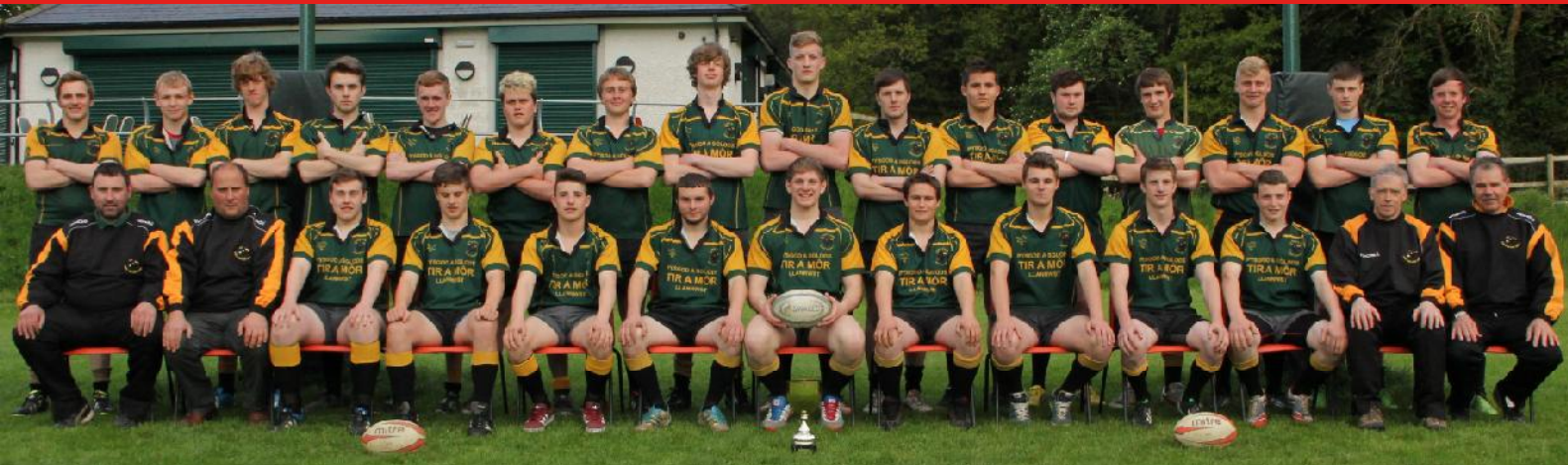


The Oval Zone

The rugby magazine for North and Mid Wales - Issue 36, 26th May, 2014



And (in no particular order) the winners are...



All the latest rugby news and pictures from North/Mid Wales



RGC Development Coach Programme



Ever thought of being part
of the RGC coaching
environment?

RGC with WRU have organised an RGC Development Coach programme for aspiring coaches within the region. Applications are invited from any qualified coaches at, or looking to do Level Two Qualification and who have the ambition to develop their coaching and rugby knowledge within the RGC environment.

Initial enquiries and CVs (Closing Date for applications 8th May 2014) to:

Tim Hoare
thoare@wru.co.uk 07795616579
WRU Office
Parc Eirias
Colwyn Bay
Conwy LL297ST

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The Oval Zone

The rugby magazine for North and Mid Wales
 - Issue 35, May 26th, 2014

Welcome to the latest issue of The Oval Zone.

With the season finally over (sort of), we thought it might be a good idea to produce a 'winners' edition to celebrate what has been a tremendous season.

If anybody sees any problems with the league tables, please just email the details and I'll amend accordingly. They have been reproduced from the WRU web-site and I'll be happy to pass on any errors spotted to HQ in Cardiff.

Whilst the players might have a week or so of rest before the 2014-15 pre-season training begins (although I suspect most clubs don't stop), for the administrators it's the start of a very busy season as the round of club AGM's get underway.

Here at The Oval Zone, we intend to keep you up to date with all the personnel changes at clubs, news and pictures throughout the summer, so please take a look at the web-site on a regular basis.

There will probably be a couple of Oval Zones published during the summer months and, in those issues we'll be taking a look at women's rugby and, no doubt, trying to make some sort of sense of the WRU/Moffett situation.

Thanks to all those wonderful people who have sent in pictures, reports etc, we couldn't have done this without you!

Gary

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WRU DIV SIX EAST 2013-14

	Team	P	W	D	L	F	A	Dif	BP	Tot
1	Tredegar Iron	17	17	0	0	714	119	595	11	79
2	Crickhowell	18	13	1	4	549	200	349	11	66
3	Llandrindod	17	13	1	3	373	144	229	5	61
4	Trinant	18	12	0	6	509	363	146	8	57
5	Hollybush	18	11	1	6	427	253	174	8	55
6	Aberbeeg	18	6	0	12	357	345	12	6	32
7	Markham	14	5	2	7	324	267	57	3	31
8	Trefyclawdd	17	3	1	13	147	507	-360	2	17
9	Rhayader	17	2	1	14	86	661	-575	0	10
10	Old Tylerians	18	0	1	17	107	734	-627	0	4



@ovalzonerugby

Saturday 15 March

Newbridge 15 v RGC 22

RGC assistant coach Josh Leach believes the weekend's 22-15 win at Newbridge shows how the players have developed in the Championship.

"This was a game we would have lost six months ago, we have come away with a win and adapted to the conditions," he said.

"We know it is a tough run-in to the end of the season, but we have depth in the squad now and with the conditions beginning to change weather-wise that can only benefit our style of rugby."

It was Newbridge that opened the scoring with a penalty in the opening minute, but RGC soon took control of the game as they looked to shift the ball and go through the phases looking for a gap in the home side's defence.

The Newbridge players were making some big and important tackles and the opening 15 minutes was a physical one for both sides.

Lewis Barker left the pitch with a knee injury and was replaced by Rhodri Carlton-Jones.

The RGC try came after a superb zinging pass by Alex Schwarz to Tom Blackwell who skipped through in the corner. Carlton Jones kicked the difficult conversion.

The home side answered back with a try after some pressure on the Gogs' line, but it wasn't long before the RGC forwards showed their power when Tallis Karaitania crashed over under the posts giving Carlton Jones an easy conversion.

RGC spurned a few opportunities to open up the Newbridge defence with a couple of drop

catches and loose passes, but they visitors did extend the lead just before half time when a Carlton Jones penalty sailed over the posts.

The second half started brightly when Ollie Cracknell powered through to score the try as RGC started to think of that bonus-point fourth try.

But the game began to change as RGC couldn't keep control of the ball as well, and they began to invite pressure on themselves.

Winger Richard Hopkins made a couple of superb tackles when the Newbridge attack looked dangerous.

The home side started to kick behind the Gogs' defence putting pressure on the RGC line out. Andy Baston was given a yellow in the 60th minute, not long after coming on as a sub, and the man advantage told instantly as Lewis Blacker scored and with the conversion made it a seven-point difference. Newbridge then had a player yellowed for an elbow to make it a 14-man game.

RGC dug in with Huw Worthington and Andy Baston both making a big difference at the breakdown as Newbridge looked for that important try.

Skipper Kelvin Davies began to show some good kicking skills as he hit three decent kicks into the corner to release the pressure on the RGC defence.

Compared to similar games like this in the past away from home, this result has to be viewed as just as impressive as the 10-try Tondy victory last week, as lessons from the past appear to have been taken on board.



RGC In the Community

RGC is not only about what happens during the 80 minutes on a Saturday, a big part of the RGC ethos is community involvement across the Region.

Recently RGC have been working with Shotton RFC, Helen from the club explains what they have been doing "4 years ago we had 4 boys in the minis and now we have over 100. We want rugby to play a big part in the community, as we don't charge for training and we look to give everyone time on the pitch. It is not just about skill, talent or ability - the whole aim is for the children to gain friends on and off the pitch. Parent and coaches also deserve credit for how we have progressed and we are a community club for the area."

Marc Roberts RGC Academy Manager "It's been great to support and enhance the work Shotton are doing within their community. Shotton are showing a genuine ambition to be an integrated club and it's clear that they are cementing themselves as a key part of their community. It was a genuine pleasure to work in Maes Hyfryd. the children are thoroughly enjoying the activities and learning some positive values from rugby union activities.



Saturday 22 March

RGC 31 v Tata Steel 15

RGC consolidated second spot in the Championship after seeing off previously third-placed Tata Steel 31-15 at Parc Eirias on Saturday.

The win over Tata moved RGC four points clear in second place with Bargoed taking over in third place.

Saturday's victory means RGC remain unbeaten in the league in 2014, with their only loss since the turn of the year having been in the Swalec Cup against runaway Championship leaders Ebbw Vale.

RGC were dominant in the opening 25 minutes, running in three converted tries without the visitors actually having one attack themselves.

The Parc Eirias crowd, which included Wales head coach Warren Gatland, watched the Gogs score the opening try from Tallis Karaitiana when he drove over after a quick tap penalty, even managing to power through three defenders in the process. Rhodri Carlton Jones, in at fly-half for the injured Lewis Barker, added the conversion.

Harri Evans was next to get the crowd excited when the Wales under-20s star broke through four players, only for his pass to escape the hands of Carlton Jones. The RGC backline did click together for the second try with two superb offloads giving winger Tom Blackwell the opportunity to race down the touchline for the score. Carlton Jones fired over a difficult conversion.

Another of RGC's Wales U20 players, full-back Afon Bagshaw, claimed the third try racing under the posts, and with the Carlton Jones conversion it was 21-0 after 25 minutes.

It wasn't just about the RGC backline, though, as the forwards were putting in a big shift, chasing down every ball and making life difficult for Tata Steel.

The visitors needed to get back in the game and they did so with a big rolling maul that pushed over the line for the point. Tata Steel then began to get a foothold in the game with Stuart Edbrooke making a

break and causing problems. The wind was causing a few problems for the boot of Simon Evans as, after he missed the conversion, he followed it up by pulling a simple penalty wide of the posts.

RGC lost their own flow and began to get involved in situations that were not really part of the game, which looked part of the visitors' game plan. After a number of stoppages in the breakdown the final score of the half went to Tata Steel with a penalty.

The second half opened with a penalty try for Tata Steel which was converted, and the visitors were using the rolling maul on a number of occasions to try and gain momentum.

The weather began to play a part as the wind and rain made handling tricky, with RGC missing a few opportunities to score, including a great break from Blackwell whose pass didn't make it to Andrew Williams.

Scrum-half Alex Schwarz was next to make a break for the line, and after some good footwork he was strangely called back by the referee, who had fallen and couldn't keep up with play. After a few infringements Tata were reduced to 14 men with a yellow card, and the RGC pack started to dominate again in the scrum. Carlton Jones hit a penalty facing the wind to cap what was a good day with his right boot.

As the clock ticked down the home crowd were given the bonus point try they wanted when winger Blackwell raced down the line, and Bagshaw fired over the conversion on the final whistle.

Once again RGC put in a big performance and it was a true team effort. The forwards were tenacious in the breakdown and they enabled the platform for Alex Schwarz to set up the backs, who used the ball well for the 80 minutes.

*Match reports by
Rob Griffiths, Daily Post*



Warren Gatland impressed at Eirias

Warren Gatland was at Eirias to watch RGC beat Tata Steel 31-15 in the Swalec Championship match which keeps the Gogs in second place.

He also took a tour of the facilities at Eirias, including the Indoor 3G training barn and the state-of-the-art gym. The Wales Head Coach spoke after the game on his first visit to the stadium.

"The set up here at Eirias is as good as I have seen anywhere, and the support from Conwy Council is great to see. I enjoyed the game with both sides competing well, and for RGC to pick up the bonus point win certainly ended the game on a high for them.

"North Wales is definitely important from a WRU point of view and with the region having a million people we have to look to develop rugby across the whole area.

"Hopefully looking long term, we can now provide the vehicle for the talent to develop players that will have the opportunity to progress in the professional and international game. It is good the processes are now in place, and it won't be immediate but in 3 or 4 years the results will be seen for everyone involved at RGC."

Gatland also took the time to catch up with a family friend, Tallis Karaitiana, who has joined the RGC set-up from Hamilton Boys School.

The 18 year old back row scored the opening try on Saturday with a barn-storming run and earned the man-of-the-match accolade to boot.

Gatland said, "Tallis spent a lot of time at my house growing up as he is a good friend of my son's. He's a very talented player and has come over to try his luck in Wales as he has Welsh heritage."

Saturday 29 March

Beddau 6 v RGC 24

RGC came away from the Mount Pleasant ground with a hard-fought bonus-point win, gained against a Beddau side who belied their Championship league position by never making things easy for the visiting North Walian.

Playing down the slope in the first half, RGC, who welcomed back Llangefni hooker Andy Baston from injury, had by far the best of both territory and possession but had nothing to show for it until 30 minutes in, when Wales U20 ace Harri Evans exploded through a group of Beddau defenders to touch down under the posts. His Wales under-20 team-mate Afon Bagshaw added the extras.

From the re-start a misunderstanding among the RGC team led to the ball being re-claimed by the hosts, and a couple of moments later man of the match Tom Hughes found himself in the sin-bin when he made his only mistake of the game as he was adjudged to have deliberately knocked a pass down. From the resulting penalty the Beddau fly-half knocked over the penalty kick.

With the home supporters screaming for the referee to blow the half-time whistle, RGC scored with the last play of the half when a flowing move down the left-hand side of the pitch resulted in another Wales U20s star, Olly Cracknell, crossing the white-wash to give the visitors a 12-3 half-time lead.

Unsurprisingly Beddau came

out at the start of the second half with all guns blazing and a penalty conceded by RGC brought them to within six points as they converted a second effort of the afternoon.

Shortly afterwards RGC fly-half Bagshaw was forced to leave the field after receiving a bang on the head while tackling a charging Beddau back-row player.

Beddau then had a chance to score another three-pointer but with the kick falling short, RGC full-back Llywarch ap Myrddin launched a howitzer of a clearance to return play very firmly into the opposition 22. Although Beddau relieved the pressure on that occasion, shortly afterwards they were found out when Harri Evans scored his second try and scrum-half Alex Schwarz slotted over the conversion.

The final try of the game, and the one that secured the bonus point, came from Llywarch Ap Myrddin following neat inter-play between forwards and backs.



**RGC v Tata Steel
Pics by Alan Skeates**



Saturday 6th April

RGC 57 v Bridgend Ath 6

RGC head coach Chris Horsman was delighted with his team's response to his half-time team talk as a strong second-half performance against Bridgend ensured their unbeaten league record for 2014 rolls on.

The North Wales representative side overcame another hurdle in the race for second spot in the Championship with their victory at Parc Eirias over Bridgend Athletic, who had beaten RGC in south Wales back in November.

Although RGC were leading at the break, frustration was building as try-scoring opportunities were proving hard to come by.

But the Gogs scored seven of their nine tries after the restart, and after the game Horsman praised his players for their reaction.

He said: "It was another pleasing performance today, and once again it shows how far we have come after we lost this fixture at Bridgend earlier in the season.

"It is great to see the development of the side and after the conversations at half time the players took on board the messages from the coaching staff and solved the problems in the second half.

"Every player played well today as we scored nine good tries, but I have to praise Rhodri Carlton-Jones who I thought was outstanding and was key to our attacking game in the second half."

The home side were looking for the win from the kick-off, especially after Bridgend's win earlier in the season.

Scrum half Alex Schwarz was involved in much of the positive play with an early 20-yard gallop to test the visitors' defence. And it was Schwarz who opened the scoring after the ball was spread wide for the number nine to run in the first try of the game.

Bridgend hit back immediately with a penalty from Steven Lewis, and soon after hit another three points to take the lead without having actually caused problems for the Gogs.

Much of the first half was fairly scrappy as RGC failed to convert possession and territory into points.

The forwards set up some good platforms but the try-scoring opportunities failed to materialise and the home side were turned over at vital moments.

It was more a case of the RGC players causing problems for themselves rather than the visitors, and it was clear to see the frustration building on the pitch and on the touchline.

The crucial point of the half came just before the break, when fly-half Rhodri Carlton-Jones made a dart for the line and evaded three Bridgend players to touch down in the corner.

That try probably made the half-time talk by the coaching staff a little easier for the players as they went into the dressing room with the lead.

The players certainly took on board whatever was said in the dressing room as Tom Blackwell touched down early in the half, with Carlton Jones converting.

Winger Blackwell has been impressive all season when he is given the ball, and it was another good score for him.

The backline were linking up well, with Carlton Jones offering options to Evans and Tom Hughes in the centre.

The differences from the first half to the second were the options and running off the ball, which led to some strong breaks from all parts of the pitch.

RGC were going through the phases on the Bridgend line and after the ball was spun wide, Andy Baston powered over for the all-important bonus-point try, with another Carlton Jones conversion.

Next it was man-of-the-match Harri Evans's turn to put his name on the score sheet after a break from Carlton Jones, who cleverly offloaded for the Wales U20 centre to outpace the defence and go over. Carlton Jones hit the conversion.

Evans quickly scored again when he scorched down the line to run in under the posts, leaving a simple conversation for Carlton Jones.

Three more tries followed as the Gogs' pace and good hands opened up the Bargoed defence, with Carwyn Ap Myrddin, Blackwell, Olly Cracknell all scoring to make it a nine-try

win against a team who previously had also been unbeaten in 2014.

One of the most impressive and pleasing aspects of the game was the fact the players came out in the second half and ironed out all the individual mistakes from the first period, and once again played rugby with skill and pace.

Saturday 12th April

Llanharan 10 v RGC 17

Some games you just count the win and move on, and that was the case as RGC kept alive their winning run at Llanharan to remain in charge of the race for second spot.

The game was a messy affair for 80 minutes with handling errors and the referee's whistle being the only consistent throughout.

But head coach Chris Horsman knows the fact his team came away with the win was more important than the performance.

"I gave 10 out of 10 to the players for resilience and effort but not really in terms of composure and control when we had the ball," said Horsman. "That said we got the result and to be fair we played all the rugby in the second half.

"They got the try from a bounce of the ball but we scored some good tries today. At this part of the season it isn't about the performance but the result that counts.

"I have to credit our defence which has been pleasing for the past four games with the effort from the players being a pleasing aspect. We regroup on Tuesday and go again on Saturday."

The opening try went to Llanharan after they lost their own line-out but the ball bounced into the hands of Scott Malone to score a converted try.

The game was being played out by the forwards, with both sides struggling at the breakdown meaning the flow of the game was stop/start.

It was the RGC forwards who set up the Gogs' try after the scrum drove forward before the ball popped out to allow Carwyn ap Myrddin to scamper over the line.

Llanharan then edged back ahead with a penalty, before RGC added their second try, Llywarch ap Myrddin the beneficiary of Tom Hughes' break to dive over.

The second half was even messier, with a succession of knock-ons and penalties from both sides.

RGC had a couple of penalties in kickable range but chose a scrum or line-out only to give the ball away cheaply. Llanharan played 20 minutes with 14 men after seeing two players sent to the bin, but the Gogs couldn't take advantage of the extra man.

RGC were getting turned over on a few occasions which added to the frustration on the pitch, and it wasn't long before the away side were shown a yellow with captain Andy Williams being sin-binned on 68 minutes.

It was predictable that the winning try came from a mistake and a loose clearance kick was superbly taken by Andy Baston, who turned on the gas to sprint in under the posts leaving Rhodri Carlton Jones with a simple conversion.

The remaining minutes were played out with RGC making some big tackles and working hard at the breakdown, making sure the Gogs left South Wales with another win in the chase to seal second spot.



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Saturday 19th April

RGC 78 v Bonymaen 3

RGC may have run in 12 tries on their way to securing a revenge win over Bonymaen on Saturday, but the most telling statistic for Chris Horsman was that it was another 80 minutes of rugby without having their own line breached.

The North Wales outfit were never really in any danger of losing this match against a side who slipped to the foot of the Championship standings.

Bonymaen had claimed a 7-5 win over RGC at their own ground before Christmas and it was clear the Gogs were up for revenge over their visitors.

But it was the fact they kept their opponents down to just a Richard Cunniffe penalty which was the biggest achievement for Horsman.

"It is great to go from a 7-5 loss to a 78-3 win," said the head coach. "But the pleasing thing for me is that in the last four games we have only conceded one try and that was from a lucky bounce, so defensively we have been on the money.

"We had a couple of issues we needed to address which we have worked on in the week. The line-out was one area where last week we put a lot of pressure on ourselves, but this week I think we addressed that issue with 100% line-out where we were about 60% last week, so that is another pleasing stat.

"It is just pleasing also to see the depth of the squad. We did have some boys away and missing for us, but everyone has stepped up. I thought Mei (Parry, who has had to bide his time, came in and did outstandingly and I think the production line is working. Cam Davies, 18 today, comes off the bench and scores a try

on his debut, and that says testament to what the academy are doing and generally it is very pleasing."

RGC were ahead after only 10 minutes, Harri Evans crossing after a break from fellow centre Tom Hughes, who then set up the home side's second try moments later after he took an inside pass from Evans to race through. While Hughes was caught close to the line, suffering an injury which would see him leave the field, the ball was recycled for second-row Bryn Williams to crash over from close range.

Cunniffe fired over a penalty to ensure Bonymaen were not scoreless, but from there on it was all one-way traffic with Evans scoring his second of the game, before Andrew Williams added a fourth and bonus-point try just before the break.

Sean O'Rourke was sent to the sin-bin before the interval for some 'lazy running' as he attempted to get back onside after a ruck, but RGC continued to add to their score after the break, Mei Parry going over before a brace of Afon Bagshaw tries.

Cam Davies came on to make his debut on his 18th birthday and celebrated the occasion with a try, the youngster mobbed by the whole of the team.

Evans completed his hat-trick before Llywarch ap Myrddin race clear late on and replacement prop Joe Jones 'weaved and side-stepped' his way to the line in the dying seconds to add some gloss to the total. Rhodri Carlton Jones enjoyed a good day with the boot, slotting five conversions, while Bagshaw added four.

Saturday 26th April

Bargoed 36 v RGC 17

RGC owe a debt of gratitude to Bridgend Athletic after the North Wales side and their closest rivals for second place – Cardiff Met – both lost at the weekend.

RGC went down to a 36-17 loss at Bargoed, to end their hopes of extending their unbeaten run of matches to 10.

However, they stay five points clear of third-placed Cardiff Met in the race for the runners-up spot, having played a game more than the side from the capital and knowing they face a trip to take on the students in their final match of the campaign.

Although disappointed not to be able to make it 10 wins in a row in the Championship, RGC could have no complaints about the final outcome of this highly-charged encounter against Bargoed.

With the wind at their backs RGC had the majority of the play in the opening quarter but a combination of their own errors and strong defence from the home side meant that they struggled to convert this possession into pressure.

The opening score when it did come arose from the first time that RGC managed to spin the ball wide and led to full-back Afon Bagshaw shrugging off tacklers to score under the posts, with Rhodri Carlton-Jones adding the extras.

From the re-start RGC failed to take control of the ball leading to a period of concerted pressure from the home side who thought that they had scored in the corner shortly afterwards after a quickly-taken tap penalty.

However, although the referee called them back on that occasion, they scored shortly afterwards when their pack, who had the advantage in the set-piece throughout the afternoon, drove over from short range. Although they were unable to convert the resulting conversion they were able to go into the break with a 12-7 advantage as they scored their second try, again from close range, just before the referee blew up for half-time.

With the wind against them the RGC side knew that they were going to be in for a tough second half and their task was made even harder when the opening score of the second half went to the home side, their hooker forcing his way over from a couple of metres out.

Although RGC reduced the deficit when replacement winger Richard Hopkins showed great speed to go over in the left-hand corner, three further scores from the home side ruled out any chance of a comeback.

To their credit RGC kept on playing right up until the end and Hopkins was rewarded with his second score when he won the race to touch down after Bargoed had dropped the ball just outside their 22.

Although obviously disappointed to lose their first league game of 2014, results elsewhere mean that if they win their remaining two games, away to Pontypool and Cardiff Met, RGC can still finish second in this season's Championship, which would be a remarkable achievement.



THE OVAL ZONE

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Saturday 3rd May

Pontypool 23 v RGC 7

RGC kept alive their hopes of finishing second in the Championship, but needed results to go their way after a disappointing defeat at Pontypool.

The North Wales side went down to their second loss on the bounce as they crashed to a 23-7 defeat in the South Wales valleys.

However, RGC remain in second place heading into their final game of the season next Saturday after Cardiff Met and Narberth both crashed to defeats in their outings.

Although RGC went down to their second away defeat in a row at Pontypool Park they could walk with their heads held high after a much improved performance from the previous week's at Bargoed.

The opening score to the home side came after a flowing backs move leading to their left wing offloading to scrum-half Aaron Quick, who touched down in the corner. Shortly afterwards RGC had a chance of their own to put points on the board from a long-range penalty attempt by Rhodri Carlton Jones, but unfortunately his effort came back off the upright, allowing Pontypool to clear.

Further scoring opportunities came RGC's way via breaks from Olly Cracknell and Harri

Evans, but on both occasions scrambling defence from the home side snuffed out the chances and it was in fact Pontypool who were to score the only other try of the first half when after a cross-field kick their full-back Clayton Gullis dived over in the left-hand corner. With the conversion missed, half-time came with Pontypool holding a 10-0 advantage.

The hosts extended their advantage by three early in the second half with a successful penalty kick before RGC got on the scoreboard themselves when Llywarch ap Myrddin showed tremendous pace to cross under the posts, having made a break from all of 40 metres out, Carlton Jones adding the extras.

From the restart Pontypool looked to keep the RGC side pinned deep in their own half, and following a great chase the visitors were penalised for holding on just inside their 22. From the resulting penalty the hosts extended their lead by another three points, and they were to score their third and the final try of the game shortly afterwards when left wing Josh Hurley picked up a chip to touch down under the posts.

Saturday 10th May

Cardiff Met 36 v RGC 24

RGC came away from the capital knowing they gave everything in the last game of the season against Cardiff Met - but in the end it was the students who claimed the win and second place in the Championship, with Chris Horsman's North Wales side finishing third.

The weather conditions were more suited to November rather than mid-May with a strong wind to contend with throughout the 80 minutes, but both teams played some great attacking rugby.

It was all RGC in the opening 10 minutes as they controlled the ball and went through the phases, driving home side back on their line. Their opening try came from a great 30-yard break from scrum-half Josh Leach, full-back Morgan Williams giving the ball to Richard Hopkins to score in the corner, the winger beating five players to get the score. Rhodri Carlton Jones hit a great kick against the wind to take a 7-0 lead.

Cardiff Met, as expected, looked dangerous when they had the ball, but their try was more from RGC's own making after the ball was spilled and Tim Thomson picked up to score. Cooke added the extras.

Mei Parry was having an impressive game with some good runs and a couple of important tackles when Cardiff Met were attacking.

The home side's second try came after RGC were punished for bringing down a rolling maul and the referee gave a penalty try with Cooke converting.

Leach was making some positive breaks but it was the students who scored again after the Gogs were turned over

on the halfway line and it was punished with them breaking for the try and conversion.

With the lead extending it was important for RGC to get the next score, and so they did with the best try of the game. The ball was spun from the touchline with Williams and Hopkins swapping quick passes for Hopkins to touchdown.

If that score was down to skill and quick hands the next try was sheer power with the pack driving 15 yards, and Llywarch ap Myrddin credited with the try. It was as good a half of rugby as you could have seen in the division this season as both sides looked to play with ball in hand and the scores reflected that.

It was Cardiff Met who crossed the line early after the break with Chris Leversley going over for the try. With both teams going for the win, the game got a bit feisty as tensions spilled over off the ball. RGC were putting in some big tackles as Cardiff Met broke on a number of occasions and as a result a few bodies were down on the ground. Andy Williams went off and Leach ended up moving from scrum half to flanker, with Joe Simpson and Parry soon to follow Williams off the pitch.

The Cardiff Met centres combined to run down the middle to get another score as the game edged away from RGC.

Cam Davies, on at scrum-half, made a couple of direct runs and the Gogs still kept on pushing for the score but it was a penalty from Cooke that added to the Cardiff Met score.

The last score of the game and the season came from Andy Baston when Cam Davies took a quick tap penalty before the hooker dived over for the bonus-point try.



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WRU CHAMPIONSHIP 2013-14

	Team	P	W	D	L	F	A	Dif	BP	Tot
1	Ebbw Vale	26	25	0	1	1009	221	788	22	122
2	Cardiff Met	26	17	1	8	716	487	229	16	86
3	RGC 1404	26	17	0	9	745	419	326	15	83
4	Pontypool	26	17	1	8	644	465	179	13	83
5	Narberth	26	16	2	8	656	469	187	12	80
6	Bargoed	26	15	0	11	565	435	130	13	73
7	Tata Steel	26	13	0	13	561	561	0	13	65
8	Bridgend Ath	26	13	1	12	478	557	-79	5	59
9	Tondu	26	11	0	15	431	637	-207	9	49
10	Llanharan	26	10	0	16	471	678	-207	9	49
11	Blackwood	26	6	1	19	505	773	-268	13	39
12	Newbridge	26	7	1	18	349	613	-264	8	38
13	Beddau	26	5	2	19	378	734	-356	6	30
14	Bonymaen	26	5	1	20	294	753	-459	5	27

WRU DIV THREE NORTH 2013-14

	Team	P	W	D	L	F	A	Dif	BP	Tot
1	Harlech	21	19	0	2	900	139	761	20	96
2	Menai Bridge	21	19	0	2	782	244	538	15	91
3	Llanidloes	21	17	0	4	738	249	489	13	81
4	Bangor	22	13	0	9	624	421	203	8	60
5	Llangollen	21	11	0	10	587	508	79	12	56
6	Rhos	21	9	0	12	507	539	-32	14	50
7	Flint	19	8	0	11	489	476	13	15	47
8	Benllech	21	7	0	14	339	541	-202	11	39
9	Welshpool	19	7	0	12	354	510	-156	6	34
10	Bangor Univ	19	7	0	12	438	615	-177	5	33
11	Porthmadog	13	2	0	11	128	501	-373	3	11
12	Holyhead	22	1	0	21	190	1333	-1143	4	8

WRU DIV ONE NORTH 2013-14

	Team	P	W	D	L	F	A	Dif	BP	Tot
1	Bala	18	15	0	3	382	184	198	9	69
2	Pwllheli	18	14	0	4	487	233	254	11	67
3	Nant Conwy	18	11	0	7	406	238	168	11	55
4	Ruthin	18	10	0	8	400	315	85	11	51
5	Denbigh	18	10	0	8	342	350	-8	8	48
6	Caernarfon	18	9	0	9	399	343	56	8	44
7	Bethesda	18	7	0	11	321	385	-64	9	37
8	Dolgellau	18	6	0	12	244	362	-118	7	31
9	COBRA	18	6	0	12	245	428	-183	5	29
10	Bro Ffestiniog	18	2	0	16	133	521	-388	4	12

DIV ONE YOUTH NORTH 2013-14

	Team	P	W	D	L	F	A	Dif	Pts
1	Nant Conwy	20	17	0	3	607	155	452	54
2	Ruthin	20	16	0	4	553	163	390	52
3	Llangefni	20	12	0	8	428	330	98	44
4	Pwllheli	18	12	0	6	342	190	152	42
5	Bala	19	10	0	9	307	311	-4	39
6	COBRA	20	8	1	11	365	507	-142	37
7	Mold	18	9	0	9	371	315	56	36
8	Wrexham	19	7	1	11	377	357	20	34
9	Denbigh	19	7	0	12	307	368	-61	33
10	Caernarfon	19	5	1	13	235	441	-206	30
11	Bangor	18	0	1	17	85	840	-755	19

WRU DIV TWO NORTH 2013-14

	Team	P	W	D	L	F	A	Dif	BP	Tot
1	Llandudno	18	17	0	1	792	154	638	14	82
2	Mold	18	16	0	2	572	148	424	11	75
3	Llangefni	18	15	0	3	643	303	340	15	75
4	Machynlleth	18	9	0	9	451	365	86	10	46
5	Shotton Steel	18	7	0	11	362	612	-250	10	38
6	Abergele	18	7	0	11	362	612	-79	9	37
7	Colwyn Bay	18	7	0	11	284	399	-115	6	34
8	Rhyln & Dist	18	6	1	11	286	565	-279	6	32
9	Newtown	18	3	0	15	270	587	-317	5	17
10	Wrexham	18	2	1	15	189	637	-448	4	14

DIV TWO YOUTH NORTH 2013-14

	Team	P	W	D	L	F	A	Dif	Pts
1	Llanidloes	18	16	0	2	470	167	303	50
2	Colwyn Bay	19	14	0	5	574	198	376	47
3	Rhyl and District	16	13	1	2	465	59	406	43
4	Bro Ffestiniog	19	10	0	9	423	286	137	39
5	Dolgellau	15	9	1	5	280	144	136	34
6	Shotton Steel	15	9	0	6	373	203	170	33
7	Llandudno	12	8	0	4	361	182	179	28
8	Welshpool	18	3	0	15	151	564	-413	24
9	Flint	19	2	1	16	248	830	-582	24
10	Abergele	17	1	1	15	143	718	-575	20
11	Holyhead	10	2	0	8	148	285	-137	14
12	Newtown	0	0	0	0	0	0	0	0

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WRU DIVISION ONE NORTH WINNERS 2013-14 - CLWB RYGBI'R BALA



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WRU DIVISION THREE NORTH WINNERS 2013-14 - HARLECH RFC



WRU 2ND XV LEAGUE/CLWYD CUP WINNERS 2013-14 - RUTHIN 2nds



CLWYD DISTRICT PLATE WINNERS 2013-14 - DENBIGH 2nds RFC



WRU ONE NORTH YOUTH WINNERS 2013-14 - NANT CONWY RFC



WRU TWO NORTH YOUTH WINNERS 2013-14 - LLANIDLOES RFC



NORTH WALES YOUTH CUP WINNERS 2013-14 - LLANGEFNI RFC



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A native of Cardiff who played alongside Gareth Edwards in the 1965 Welsh Secondary Schools team and later played for Cambridge University, Gwyn Prescott was awarded an MPhil, on the history of rugby, by the University of Glamorgan and is author of several books including ‘This rugby spellbound people’ - Rugby Football in Nineteenth-Century Cardiff & South Wales (Welsh Academic Press, 2011).

A contribution from the royalties generated from the sale of this book will be donated to the Welsh Rugby Charitable Trust, which supports those players and their families who have been severely injured whilst playing rugby football in Wales.

Further information about the work of the Trust can be found at: www.wrct.org.uk/

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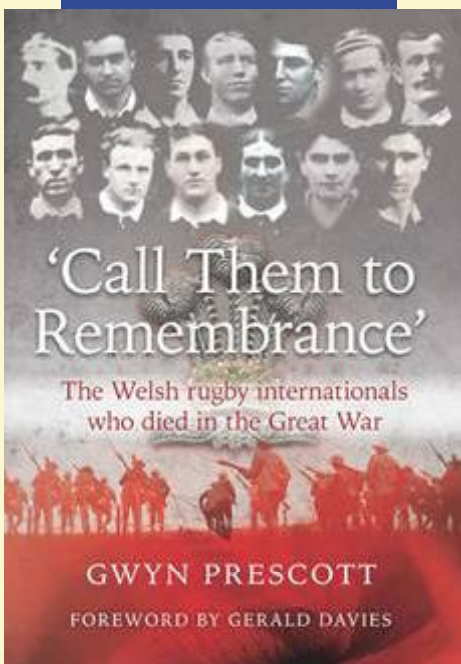
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WRU DIV ONE WEST 2013-14

	Team	P	W	D	L	F	A	Dif	BP	Tot
1	Glynneath	22	21	1	0	643	246	397	12	98
2	Kidwelly	22	14	0	8	554	388	166	8	67
3	Cwmllynfell	22	13	1	8	421	404	17	8	65
4	Waunarlwydd	22	12	0	10	520	389	131	8	62
5	Kenfig Hill	22	11	3	8	501	415	86	6	60
6	Llangennech	22	10	1	11	406	529	-123	5	49
7	Whitland	22	8	3	11	405	414	-9	6	49
8	Crymch	22	8	3	11	388	450	-62	3	45
9	Carmarthen A	22	9	1	12	373	473	-100	1	44
10	Builth Wells	22	8	0	14	420	535	-115	4	41
11	Loughor	22	7	1	14	400	533	-133	5	38
12	Ammanford	22	4	0	18	455	710	-255	6	27

WRU DIV TWO WEST 2013-14

	Team	P	W	D	L	F	A	Dif	BP	Tot
1	Maesteg Quin	22	15	2	5	519	370	149	9	74
2	Skewen	22	14	3	5	495	280	215	7	73
3	Dunvant	22	14	2	6	450	307	143	3	68
4	Trebanos	22	12	0	10	516	363	153	8	59
5	Felinfoel	22	11	1	10	531	467	64	7	56
6	Newcastle E	22	11	1	10	492	415	77	7	56
7	Mumbles	22	11	0	11	437	390	47	4	53
8	Amman Utd	22	10	0	12	534	523	11	9	53
9	Seven Sisters	22	9	2	11	419	479	-60	6	51
10	Maesteg	22	10	2	10	394	433	-39	2	48
11	Aberystwyth	22	8	1	13	359	552	-193	6	45
12	Aberavon Q	22	0	0	22	233	800	-567	1	3



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