



# Harlequins Word

The newsletter of Cardiff High School Old Boys RFC

Volume 1, Issue 1

March 2010

## Promotion Possibilities

Mens Rugby 1st XV report  
by Dave Rees

A quick glance at the league table (Div 4 South East) shows that the Quins are in an excellent position and with a real possibility of promotion.

The season started well with three wins, including five of last year's youth team featuring in the first home game. However, these wins were achieved at some cost with captain Sam Bean out for the whole season with a serious knee injury. In true Quins fashion the spirit of the squad came to the fore,



and they have continued to play some excellent rugby to stay in touch with the league leaders Dowlais. However, this exuberance should sometimes be tempered with a more pragmatic approach.

Although a very young side, the more experienced members have played crucial roles, none more so than Chad Mutyambizi who has

taken over the captaincy and led the forwards well. One very pleasing aspect this season has been the scrimmaging, where the lighter Quins pack has pushed back much heavier ones.

We are also lucky to have an excellent structure off the field with coaches Crispin Cormack, Mark Wysocki

and Owen Smith putting in a huge amount of work along with the Director of Rugby Phil Judd and groundsman/kit manager Ashley Williams, ably assisted by Chris Jenkins.

So with nine games to go and everything to play for, let's hope we can finish off the season in style.

### Fixtures

#### Girls Rugby u15s

Date	Opposition	
7/3/2010	Newport	h
14/3/2010	Abercwmbi	a

#### Girls Rugby u18s

Date	Opposition	
7/3/2010	Newport	h
14/3/2010	Abercwmbi	a
20/3/2010	Shawnigan Lakes (Canada)	h
30/3/2010	Winston Churchill (Canada)	h

#### Ladies Lacrosse

Date	Competition	
28/2/2010	Welsh Ladies Tournament	n

## Women Wow for Wales

Ladies Rugby  
by Owen Smith

Congratulations and best wishes to the eight Cardiff Quins senior women who are currently representing Wales in this years Six Nations Tournament and building towards this years Women's World Cup - due to be hosted by England in August/September.

The Quins ladies selected for Wales are:

Catrin Edwards  
Becky Newton  
Rachel Taylor  
Catrina Nicholas  
Laura Prosser  
Naomi Thomas  
Caryl James  
Non Evans

## Girls hungry for more

### Girls Rugby

by Owen Smith

Cardiff Quins run two junior girls sides as well as a senior Women's team. The teams operate at two age levels, U15's (catering for school years 8,9 & 10) and U18's (years 11, 12, 13).

The girls section was started in Jan 08, with a small group of 7 players, and since then numbers have grown rapidly to the extent that over 40 girls regularly train and play weekly. Despite only existing for a short period of time the girls' teams

have already achieved notable success.

They won the RAF festival in their 1st season and followed that up last season by winning the WRU National 10's, The East Wales league and the Thornbury 7's.

They also fundraised and arranged a 'South Coast' tour where they entered and emerged as Plate Winners of the Worthing 10's.

Individually 29 players have represented the Cardiff Blues representative squads (u15 & u18), and the members of last years Blues u15 side

achieved success by winning the Welsh and National Championships.

Training takes place on Wednesday evenings 7.00pm-8.30pm.

Any girls interested in joining are welcome to come along anytime or feel free to contact us as below for further info.

*Contacts:*

Owen Smith - 07967 129632

Khal Salim - 07545 072990

email: [Quinsgirls@aol.com](mailto:Quinsgirls@aol.com)

## A Quick CRICC History...

### CRICC

by Huw Jones

Gan mai hwn yw'r adroddiad cyntaf i Gylchlythyr y Clwb, mae'n briodol atgoffa'r darllenwyr am beth o hanes diweddar CRICC.

Mae Clwb Rygbi Ieuentid Cymry Caerdydd yn rhedeg tîmau i'r oedrannau dan 13 (Blwyddyn 8) i lawr hyd at dan 7 (Blwyddyn 2) gan anelu at hyfforddiant a phrofiad rygbi drwy gyfrwng y Gymraeg.

Ar ôl defnyddio gwahanol safleoedd fel cartref yn y gorffennol, sefydlwyd ein canolfan yma ar "Faes Diamond" ym Medi 2001, sy'n golygu y byddwn yn dathlu ein presenoldeb yma yn 10 oed ar ddiwedd y tymor nesaf.

Yn ystod ei amser yma, mae CRICC wedi gadael ei ôl drwy fwydo y rhan fwyaf o chwaraewyr i'r tîmau hyn, i'r

ieuentid ac i dîmau 1af, 2ail a 3ydd y dynion.

Gan fod yr iaith, gobeithio, mor bwysig a'r gêm i aelodau CRICC mae ôl ei ddylanwad yn araf ymddangos. e.e. Arwyddion dwyieithog o amgylch y clwb; safle wê yn y broses o gael ei sefydlu yn ddwyieithog ac ati.

Mae Clwb Rygbi CHSOB neu Cwinau Caerdydd, yn awr yn gallu brolio taw dyma'r clwb rygbi dwyieithog sy'n cynnig y safon uchaf o rygbi yng Nghaerdydd.

As this is the first report of its kind, it may be appropriate to remind the readers of some of CRICC's recent history.

Clwb Rygbi Ieuentid Cymry Caerdydd organises teams for under 13 (Year 8) down to under 7 (Year 2) and aims to provide coaching and the whole rugby

experience through the medium of Welsh.

After using different sites as a home in the past, its present base at the Diamond Ground was established in September 2001, which means we will celebrate our 10th birthday here at the end of next season.

During its time here, CRICC has left its mark by feeding through most of the players to the older age groups, the youth and 1st, 2nd and 3rd senior sides.

As the language, we hope, is as important as the game to CRICC members, its influence is slowly appearing—for example bilingual signs around the club and a bilingual web site currently under construction etc.

Cardiff Harlequins can now boast to be the bilingual rugby club offering the highest standard of rugby in Cardiff.

## Ladies Lacrosse on the lookout

Ladies Lacrosse  
by Esther Laugharne

Cardiff Harlequins ladies team is still desperately trying to recruit players to create an established team. Our efforts have been severely hampered this season by the bad weather but the hard core 3 or 4 are still turning up on a Thursday night and are at least getting some good stickwork practice - a big thanks to them.

It's no coincidence that they are the 3 club members who are currently



involved in the Wales national training squad - obviously the extra training is paying off! Good luck to Hannah Fisher, Liz Callicott and Cath Brookes in the upcoming trials

for the home international competition in April.

Our next fixture is a tournament on Feb 28th between clubs in South Wales and the south west of England. In a similar tournament at the start of the season the Quins finished as runners up (*see picture*) so we are looking to go one better this time - providing we can field a team and the weather holds out!

If anyone wants to join us, training is at 8pm on Thursday nights - all ages and all experiences welcome!

## Your Club, Your Newsletter

Editorial, March 2010

Hi there! Firstly, thanks for reading and getting this far. Thanks also to all those who contributed news and pictures to this first ever edition of Harlequins Word. This is a new venture for CHSOB RFC and one which we hope will bring the club together as well as promote the good work being done in every section of Harlequins. There are so many great things going on at the club - whether its rugby, lacrosse, mens, ladies, seniors, juniors, events or entertainments - it can be easy to miss out. So this is your opportunity to find out what's going on elsewhere and, crucially, to tell the rest of the world what's happening in your team. We want news, photos, reports,

fixtures, results, national and county selections, records made, records broken - whatever you want other people to know about, let Harlequins Word know about it!

Thanks!

If you want something included in next month's edition, email your MS Word files (.doc) and JPEG photos (.jpg) to the following address:

[laxwill11@yahoo.co.uk](mailto:laxwill11@yahoo.co.uk)

Deadline for inclusion in April edition:  
Sunday March 21<sup>st</sup> 2010

## Useful Information

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### Cardiff High School Old Boys RFC

Cardiff HSOB RFC  
The Diamond Ground  
Forest Farm Road  
Whitchurch  
CARDIFF  
CF14 7JH

Tel: 029 2069 3552

Mens Rugby: [cardiffharlequins@hotmail.com](mailto:cardiffharlequins@hotmail.com)

Ladies Rugby: [quinsgirls@aol.com](mailto:quinsgirls@aol.com)

Lacrosse: [admin@cardifflacrosse.co.uk](mailto:admin@cardifflacrosse.co.uk)

Mens Rugby Website: [www.chsobrfc.co.uk](http://www.chsobrfc.co.uk)

Ladies Rugby Website: [www.chsobrfc.co.uk/women](http://www.chsobrfc.co.uk/women)

Lacrosse Website: [www.cardifflacrosse.co.uk](http://www.cardifflacrosse.co.uk)

Newsletter editorial: [laxwill11@yahoo.co.uk](mailto:laxwill11@yahoo.co.uk)

