

**LLANELLI DISTRICT
RUGBY UNION**

HANDBOOK

**2009-10
SEASON**

LLANELLI DISTRICT RUGBY UNION

President:

T. Alun West
4 Haulfryn, Tregunmor, Carmarthen SA31 2DS
Tel: 01267 235347

Vice President:

Hywel Richards
51 Heol Llanelli, Trimsaran, Llanelli SA17 4AG
Tel: 01554 810664

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O'r Diwedd, Cross Inn, Laugharne SA33 4QR
Tel: 01994 427431 (H); 07702 309721 (M)

Vice Chairman:

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Y Buarth, Pwllswyddog, Tregaron SY25 8JG
Tel: 01974 298913

Fixture Secretary:

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50 Hafod Cwnin, Carmarthen SA31 2AT
Tel: 01267 231596 (H); 07970 966594 (M); 01267 232616 (W)

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Treasurer:

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7 Brynglas Crescent, Llangunnor, Carmarthen SA31 2HT
Tel: 01267 234302 (H); 07971 887121 (M)

Affiliated Clubs 2009/10 Season

Amman Quins

Secty: Brian Davies, 122 Cwmamman Road, Glanamman SA18 3EJ
Tel: 01269 826336 (H); 07937 266461 (M)
Fix Secty: As above
HQ: The Clubhouse, Cwmamman Road, Glanamman
Tel: 01269 822147

Ammanford Athletic

Secty: Calvin Griffiths, 175 Cwmamman Road, Glanamman SA18 1EJ
Tel: 07879 632059
Fix Secty: Paul Rees, 16 New Road, Ammanford SA18 3ES
Tel: 01269 596180
HQ: The Clubhouse, Recreation Ground, Ammanford
Tel: 01269 597777

Betws

Secty: Jeff Thomas, 14 Dyffryn Road, Ammanford SA18 3TB
Tel: 01269 595008 (H) 07891 351312 (M)
Fix Secty: Rhydian Murray, 10 Rhosyderi, Ammanford SA18 3NH
Tel No: 01269 592212 (H) 07791 852176 (M)
HQ: The Clubhouse, Mill Road, Betws Tel: 01269 592551

Blaenau

Secty: Steve Jones, 105 Saron Road, Saron, Ammanford SA18 3LH
Tel: 01269 591825 (H) 07971 532111 (M)
Fix Secty: As above
HQ: Badgers Bar & Brasserie, Blaenau Tel: 01269 850229

Burry Port

Secty: Howard Evans, 12 Sussex Road, Burry Port, Llanelli SA16 0SE
Tel: 01554 835171 595008 (H) 07815 808757 (M)
Fix Secty: Les Jones, 19 Pwll Road, Pwll, Llanelli SA15 0BG
Tel: 01554 756516 (H) 07890 408897 (M)
HQ: The Clubhouse, Memorial Park, Burry Port Tel: 01554 832314

Carmarthen Athletic

Secty: David Elias, 10 Ponside, Johnstown, Carmarthen SA31 3HU

Tel: 01267 233211

Fix Secty: As above

HQ: The Clubhouse, Friars Park, Carmarthen Tel: 01267 236070

Carmarthen Quins

Secty: Don Davies, Ashleigh, Wellfield Road, Carmarthen

SA31 2DS

Tel: 01267 221874 (H): 07884 215022 (M)

Fix Secty: Ian Stone, 9 Parc Thomas, Carmarthen SA31 1DP

Tel: 01267 221941 (H) 07811 126867 (M)

HQ: The Clubhouse, Morfa Lane, Carmarthen Tel: 01267 234778

Cefneithin

Secty: Gary Mills, Mâs Draw, Maesybont, Llanelli SA14 7NA

Tel: 01269 842430 (H): 07970 146809 (M)

Fix Secty: As above

HQ: The Clubhouse, 96 Carmarthen Road, Cross Hands

Tel: 01269 842307

Dyfed Powys Police

Secty: Dylan Thomas, c/o Development Services, Police HQ,

Llangunnor, Carmarthen SA31 2PF

Fix Secty: As above

Tel: 01267 226518 (W) 07977 138107 (M)

Felinfoel

Secty: Clive Richards, 5 Heol Westfa, Felinfoel, Llanelli SA14 8AU

Tel 01554 754915 (H), 07813 160113 (M)

Fix Secty: As above

HQ: The Clubhouse, Penygaer, Dafen Road, Felinfoel

Tel: 01554 772707

Ferryside

Secty: Peter Thomas, 1 Maes y Ffynnon, Ferryside, Carmarthen,

SA17 5TA

Tel: 01267 267786 (H): 07970 960306 (M)

Furnace Utd

Secty: Noel Evans, 23 Cwm Terrace, Furnace, Llanelli
SA15 4EU
Tel: 01554 752846
Fix Secty: As above
HQ: The Clubhouse, Castle Colliery Road, Furnace
Tel: 01554 754980 / 757205

Hendy

Secty: Alan Rees, 65 Iscoed Road, Hendy, SA4 0UP
Tel: 07853 357347
Fix Secty: As above
HQ: The Clubhouse, 7 Iscoed Road, Hendy Tel: 01792 882779

Kidwelly

Secty: Nigel Gower, 27 Morfa Maen, Kidwelly SA17 4UG
Tel: 01554 890772
Fix Secty: Kim Morgan, 3 Priory Street, Kidwelly SA17 4TR
Tel: 01554 890672 (H); 07824 882380 (M)
HQ: The Clubhouse, Parc Stephens, Station Road, Kidwelly
Tel: 01554 890256

Lampeter Town

Secty: Gary Davies, Treganna, North Road, Lampeter SA48 7HZ
Tel: 01570 423787
Fix Secty: Dylan Jones, 9 Bryn yr Eglwys, Lampeter SA48 7ER
Tel: 01570 423914 (H); 07867 541847 (M)
HQ: The Clubhouse, North Road, Lampeter Tel: 01570 422785

Laugharne

Secty: Anthony Roberts, O'r Diwedd, Cross Inn, Laugharne,
SA33 4QR
Tel: 01994 427431 (H); 07702 309721 (M)
Fix Secty: As above
HQ: The Clubhouse, Grist Square, Laugharne Tel: 01994 427392

Llandeilo

Gareth Peters, Ardwyn, Cwmifor, Llandeilo SA19 7AW
Tel: 01558 824239 (H); 07970 627757 (M)
Fix Secty: Alun Davies, Trefwri, Rhosmaen, Llandeilo SA19 7AF
Tel: 01558 823954
HQ: The Clubhouse, Cae William, Llandeilo

Llandovery

Secty: Gareth Jones, Mount Dyrfal, Llangadog, SA19 9EN
Tel: 01550 777407
Fix Secty: As above
HQ: The Clubhouse, Church Bank, Llandovery Tel: 01550 721389

Llangadog

Secty: Carwyn Phillips, 19 Bryn Iago, Llangadog SA19 9LL
Tel: 01550 777667
Fix Secty: As above
HQ: The Clubhouse, Myddfai Road, Llangadog Tel: 01550 777419

Llangennech

Secty: Ieuan Howells, 17 Maes Ty Gwyn, Llangennech, Llanelli
SA14 8XY
Tel: 01554 821152
Fix Secty: As above
HQ: The Clubhouse, Bank Road, Llangennech Tel: 01554 820495

Llansawel

Secty: Jeanette Thomas, Sunnyhill, Llansawel, Llandeilo SA19 7PE
Tel: 01558 685430
Fix Secty: Wendy Orson, 3 Lllysawel, Llansawel, Llandeilo SA19 7JR
Tel: 01558 685499
HQ: Black Lion Hotel, Llansawel Tel: 01558 685263

Mynydd y Garreg

Secty: Eirlys Evans, Afalon, Mynydd y Garreg, Kidwelly SA17 4RF
Tel: 01554 890054
Fix Secty: Huw Walters, Nantyoetre Uchaf, Ferryside, Carmarthen
SA17 5YA
Tel: 01267 267730 (H); 07769 907637 (M)
HQ: The Clubhouse, Parc Gwenllian, Mynydd y Garreg
Tel: 01554 891276

Nantgaredig

Secty: Dyfed Bolton, Glennydd, Station Road, Nantgaredig,
Carmarthen SA32 7LQ
Tel: 07891 723371 (M)
Fixture Secty: Bryan Edmunds, 7 Brynglas Crescent, Llangunor,
Carmarthen SA31 2HT
Tel: 01267 234302 (H) 07971 887121 (M)
HQ: Railway Hotel, Station Road, Nantgaredig Tel: 01267 290211

New Dock Stars

Secty: Carl Lucas, 19 Margam Place, Llanelli SA15 1DE
Tel: 01554 770839 (H); 07951 246812 (M)
Fix Secty: Ray Edwards, 14 Heol Elfed, Cefncaecau, Llanelli
SA14 9EA
Tel: 01554 751663 (H)
HQ: The Clubhouse, Trostre Road, Llanelli Tel: 01554 773369

Newcastle Emllyn

Secty: Chris Jones, Dolcoed, Newcastle Emllyn SA38 9DA
Tel: 01239 710374
Fix Secty: Huw Bowen, Clydfan, Bryn Road, Lampeter SA48 7EE
Tel: 01570 422083 (H); 07973 443908 (M)
HQ: The Clubhouse, Adpar Fields, Newcastle Emllyn
Tel: 07973 443908

Pantyyffynnon

Secty: Anthony Mainwaring, 23 Pantyyffynnon Road, Ammanford
SA18 3HH
Tel: 01269 595734 (H); 07812 142697 (M)
Fix Secty: Julian Davies, 18 New Road, Ammanford SA18 3ES
Tel: 01269 596075
HQ: Pantyyffynnon Social Club Tel: 01269 592639

Penybanc

Secty: Gwyn Evans, 3 Brynteg, Capel Hendre, Ammanford
SA18 3RQ
Tel: 07973 922739 (M)
Fix Secty: Steve Brunson, 48 Iscennen Road, Ammanford
SA18 3BG
Tel: 01269 595204 (H); 07970 384460 (M)
HQ: The Clubhouse, Penybanc, Ammanford Tel: 01269 593448

Pontyates

Secty: Dieter Wenz, 35 Heol y Meinciau, Pontyates, Llanelli
SA15 5RT
Tel: 01269 860098
Fix Secty: Kevin Worth, 5 Heol Bancyroffis, Pontyates, Llanelli
Tel: 01269 860779
HQ: The Clubhouse, 3 Heol y Meinciau, Pontyates.
Tel: 01269 860444

Pontyberem

Secty: Peter Warn, 6 Mynachlog Terrace, Pontyberem, Llanelli
SA15 5AD
Tel: 01269 871017
Fix Secty: As above
HQ: The Clubhouse, 28 Heol y Parc, Pontyberem
Tel: 01269 870292

Tregaron

Secty: Aled Hopkins, Brynwichell, Blaenpennal, Aberystwyth
SY23 4TT
Tel: 01974 251258
Fix Secty: Jason Hockenhull, Ty Draw, Tregaron
Tel: 07773 062784 (M)
HQ: The Clubhouse, Station Road, Tregaron Tel: 01974 298608

Trimsaran

Secty: Stewart Jones, 62 Trilwm, Trimsaran, Llanelli SA17 4AW
Tel: 01554 810773
Fix Secty: Robert Sully, 3 Llys y Pinwydd, Bryn, Llanelli
Tel: 01554 750460 (H) 07518 914727 (M)
HQ: The Clubhouse, 40 Heol Llanelli, Trimsaran Tel: 01554 810270

Tumble

Secty: Phil Hewitt, 27 Troed y Bryn, Upper Tumble, Llanelli
SA14 6BP
Tel: 01269 844662 (H): 07767 801186 (M)
Fix Secty: As above
HQ: Tafarn y Mynydd Mawr, Heol y Neuadd, Tumble
Tel: 01269 845668

Tycroes

Secty: Philip Knight, Plas y Marchog, 69 Hendre Road, Tycroes,
Ammanford SA18 3LE

Tel: 01269 592933 (H): 07734 883461 (M)

Fix Secty: Mark Williams, 2 Tycroes Road, Tycroes, Ammanford
SA18 3QF

Tel: 07816 901565

HQ: The Clubhouse, Penygarn Road, Tycroes Tel: 01269 592673

Honorary Members

Llanelli Warriors

Secty: Dean Gilasbey, 6 Penyrheol Drive, Felinfoel, Llanelli
SA15 3NX

Tel: 01554 780457 (H) 07768 030333 (M)