

Newsletter



BARFC 1st.XV Team Photo Celebrating
Their 31-0 Win Over Yr Hendy RFC
At Tonmawr RFC'S Ground
In The WRU Division One
Semi-Final Cup Game

John Canon

Rugby Update – Seniors

The story of BARFC's senior team's remarkable change in fortunes this season is how they went from avoiding relegation in the final game of last season to challenging for promotion to the Championship from Division 1 West Central.

Under new Player Coaches – Head Coach Rhys Williams, backs Coach and Club Captain Jonny Phillips, and last season's Forwards Coach Nathan Holman – several former players have returned to BARFC from Premiership Clubs.

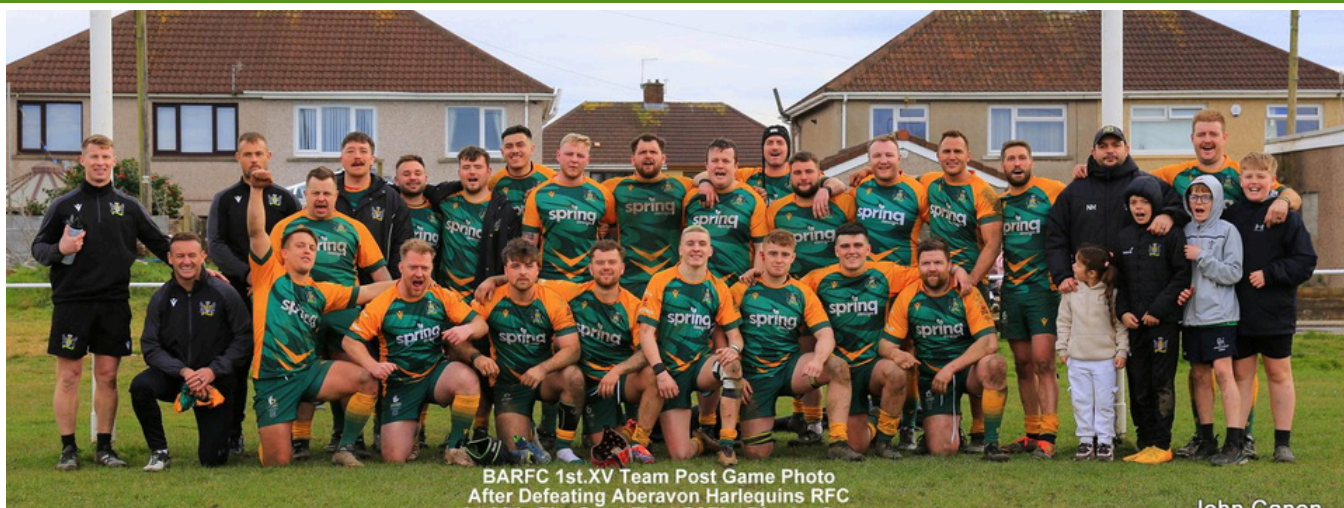
The 1st team reached the WRU Div 1 Cup Final with a 31-0 SF win over Yr Hendy and will meet Caernarvon RFC on April 5th at the Principality Stadium at 1 pm. On the way, they defeated Burry Port 37-26, Nantyffyllon 36-0, Tenby Utd 24-19, Abercynon 18-13, and Yr Hendy 31-0 in the Semi-Final.

With a much-changed matchday squad and nine Div 1 Cup squad players resting on rotation, they have also reached the final of the District Cup. Though they left it late, needing a final play converted try to overcome Aberavon Quins 24-22, the final will be against local side Heol Y Cyw, with the date and venue to be confirmed.

The final three home games are all at the Brewery Field, KO 2.30 pm: Saturday, March 22nd, Aberavon Green Stars; Saturday, March 29th, Birchgrove; and Saturday, April 26th, Skewen.

All games are preceded by Curtain Raisers featuring our M&J Section, which is enjoying another great season with the U12, U13, U14, and U15 all in the District Cup Finals.

Newsletter



BARFC 1st.XV Team Post Game Photo
After Defeating Aberavon Harlequins RFC
24.03.24 - The Semi-Final Of The District Cup

John Canon

Rugby Update – Seniors

A treble is on the cards, with a very good chance of winning Division 1 West Central and promotion to the Championship. We trail first-placed Swansea Uplands by 13 points and second-placed Ystradgynlais, whom we visit on Friday, March 14th, by 10 points. However, we have five games in hand on both.

The 2nd XV is one of only 10 2nd XV's admitted to the National League and competes in Division 6 East Central.

There has been a big influx of players this season, with a third team playing twice for the first time since 1994.

The Senior Presentation Evening will take place at BARFC Clubhouse on Saturday, June 7th.



BARFC 2nd.XV Post Game Photo At Cardiff Met RFC
Featuring Aled Thomas On His 250th

Newsletter



Rugby Update – Ogwr Hawks

Join the Ogwr Hawks and Be Part of Something Special!

The WRU-affiliated Ogwr Hawks have been growing fast, with their female hub expanding across U8, U10, U12, U14, and U16 teams. Since December 2024, their social media campaign has led to a 38% increase in players—and now, they're taking it to the next level!

With approval from the WRU, the Hawks are launching a Senior Women's contact rugby team based at BARFC headquarters. We are now looking for passionate, committed players to join us in this exciting new chapter.

Whether you're an experienced player or completely new to the game, this is your chance to be part of a supportive, ambitious team dedicated to growing women's rugby in Bridgend Borough. BARFC is fully backing this initiative, ensuring the Hawks have everything they need to succeed.

Ready to get involved? Join the movement and help shape the future of women's rugby with the Ogwr Hawks!

Get in touch today to find out more! See the poster below for more information and contact Tracey on 07940 174449



The Ogwr Hawks recently had their kit launch event and are pictured above in their new kit.

Newsletter



**OGWR
HAWKS**
WRU FEMALE RUGBY HUB

Contact Tracey
Ogwr HUB lead
on 07940-174449.

Senior Women's Contact Rugby Now recruiting u17 & u18 welcome

Taster Sessions
Every Wednesday
6 P.M. to 7 P.M. - Newbridge Fields A-48
Sign up for a taster session https://linktr.ee/ogwr_hawks

Newsletter



Rugby Update – M&J

Bridgend Athletic RFC M&J 2024/2025 season.

Chairman – Dean Brown

Vice Chairman – Matthew Tellem

Treasurer & Safeguarding Officer – Angela Bennett

Our M&J section continues to strive with so many volunteers giving up their time and knowledge, including ex-players returning to coach. We currently have 280 players registered from U6-U16s.

Our junior teams are having an extraordinary season. All five junior teams have finals to look forward to.

U12s District Cup Final v Maesteg Celtic

30th March

11.00 KO

Tonmawr RFC

U13s District Cup Final v Tondu

23rd March

11.00 KO

Tonmawr RFC

U14s District Cup Final v Maesteg Celtic

30th March

13.00 KO

Tonmawr RFC



U15s District Cup Final v Maesteg Celtic

30th March

15.00 KO

Tonmawr RFC

U16s District Plate Final v Pencoed

14th April

13.00 KO

Aberavon Green Stars RFC

The future is looking extremely bright, especially with the return of our Youth team next season. The coaching team is as follows:

Chris Davies – Head Coach

Mike Punter – Forwards Coach

Dean Brown – Team Manager

Rob Wilson – Assistant Coach

Kyle Hemming – Assistant Coach

Laura Hemming – Team Secretary

Newsletter



**Meeting for youth
starts at 7:00 - 8:30 as
many people as
possible**



BRIDGEND ATHLETIC RFC

YOUTH TEAM ARE BACK!

2025 / 2026 SEASON

We are taking requests to
join our Youth team for the
25/26 season.

If you want to be part of a
fantastic club that has
great vibe and a brilliant
coaching set up then get
in touch.

Contact:

Dean: 07584 018161
Mike: 07989 382708



Newsletter



Rugby Update – Bridgend Knights

Bridgend Knights are Touch rugby team that is based out of Bridgend Athletic RFC. We set the team up last year as an Over 35's Veterans touch team playing WRU Veterans rules. It was great to get some of us older players back together, to have a positive effect on our mental health and well-being whilst having a good laugh together!

We are now registered With the Wales Touch Association and we have a number of teams from Youth (12- 15yrs) Seniors 16+, Women's team (15+) and our Veterans over 35 team playing Federation of International Touch Rules.

If you are interested in playing Touch Rugby please get in touch with Sean Molino on 07891 402326 or find us on Facebook.



Newsletter



Club House Update – Green Energy Update

Through our membership of BAVO, we have been introduced to funding opportunities to improve our high-energy clubhouse costs. The club aims to reduce its carbon footprint and become more sustainable by reducing energy costs.

A free energy survey by Severn Wye Energy has revealed that we need to draft-proof three fire doors, replace old inefficient radiators, and replace incandescent light units with LEDs.

Our Grant Funding Coordinator, Gareth Davies, has negotiated a grant of £15K to install solar panels on our roof for a project entitled “Sustainability on and off the rugby pitch.” On March 4th, Sustainable Steps Wales / Egin confirmed the club had been successful with a grant for £15K to install solar panels on the clubhouse roof.

Evergreen Renewable Solutions Ltd, a local company, has been commissioned to carry out the solar panel and battery installation following a survey of the clubhouse roof. Former club captain Alan Henson will undertake further work on the roof to ensure it is weatherproof for the life of the solar panels.

The club is grateful to BAVO and Sustainable Steps Wales / Egin for their help during the mentoring and application process.

Asedau Segur
Camau Cynaliadwy Cymru

Dormant Assets
Sustainable Steps Wales

Ddarperir gan
**CRONFA GYMUNEDOL
LOTERI GENEDLAETHOL**

Delivered by
**THE NATIONAL LOTTERY
COMMUNITY FUND**

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Energy Efficiency REPORT 2025

**BRIDGEND
ATHLETIC RFC**

CURRENT ENERGY USAGE

Annual energy spend:
£9,180 (2023)

Annual carbon emissions:
9.4 tonnes CO₂e

Electricity accounts for:
46% of energy use but 75% of cost

Annual energy consumption

Electricity:
22,258 kWh (£6,899, 4.6 tCO₂e)

Gas:
26,257 kWh (£2,279, 4.8 tCO₂e)

Total energy:
48,515 kWh

POTENTIAL SAVINGS FROM ENERGY EFFICIENCY MEASURES

£1,698

**TOTAL POTENTIAL
SAVINGS**



1.8 tonnes

**TOTAL CARBON
REDUCTION PER**



How will we
achieve this?



What else are we
looking to do?

Install Solar Panels

12kWp Solar PV Array



- Annual savings: £1,789
- Annual energy generation: 4,162 kWh
- Carbon reduction: 0.9 tonnes CO₂e
- Installation cost: £15,600
- Payback period: 8-9 years

Measure	Financial Savings
Draughtproofing	£114
LED lighting	£1,035
Light controls	£207
Upgrade radiators etc.	£342

**The club is currently working with
Sustainable Steps Wales and Egin
Grants to obtain funding**

Newsletter



Club House Update – Warm Hub

Through BAVO we are looking to engage more with the Community in line with our CASC (Community Amateur Sports Clubs) commitments. BAVO suggested, and we successfully applied through them for a grant from BCBC to use our clubhouse every Wednesday from 10 am to 2 pm from January 22nd until March 26th, where the public can enjoy socialising and light refreshments as a warm hub. We are planning other initiatives like helping people improve their technical skills with phones and computers.



Great to see our 'Warm Hub' crochet and knitting group enjoying their lunch.

22nd January until 26th March 2025
Every Wednesday Between 10am and 2pm

FREE LIGHT REFRESHMENTS

BRING YOUR OWN ACTIVITY

CHILL AND CHAT

BOARD GAMES

FREE WIFI

POOL TABLE

BRIDGEND ATHLETIC RFC
12 EWENNY RD, BRIDGEND, CF31 3HP
01656 652263



Newsletter



Club Lottery

Join the Bridgend Athletic RFC lottery and help us make a real difference in our community. We're committed to inspiring and empowering people of all backgrounds through sport. Your support enables us to run teams for all genders, from age seven through to seniors, ensuring everyone has the chance to be part of our club's proud history. By taking part, you're not just backing grassroots rugby—you're investing in the future of our players and the wider community

Join via the QR Code below or by following this link:

<https://www.unitylottery.co.uk/causes/bridgend-athletic-rfc/>



BARFC WEEKLY LOTTERY

Subscribe to our joint
BARFC-Ogwr Hawks lottery
using the QR Code



Newsletter



Other Club News...

A48 Pitch – Asset Transfer

Nearly two years of negotiation with BCBC are coming to fruition for BARFC to manage and develop the A48 pitch and surrounds. The Club has accepted Heads of Terms and awaits a 10-year lease (with an option to extend to 35 years later) for the area.

Following Tenders for Pitch drainage Improvement, we are submitting a grant application for up to £25K with BCBC if approved and available once the lease is signed off. Hopefully, work will commence at the end of April. The pitch will be full size, 100mts x 70mts (from the existing 65mts).

We are also looking to put hard standing around three sides of the pitch and on the approach area from the Car Park to improve the spectator experience. We are also installing pitch barriers along the permitted two touchlines and three storage containers and are looking to purchase portable floodlights to extend training periods in the A48 area.

Membership Communication

The WRU is driving clubs to create policies on how they operate and be transparent with their members and groups when applying for grant aid funding, etc. With the help of our web admin, all these documents can be viewed shortly at bridgendathletic.rfc.wales.

This includes our 5-year business plan and the financial forecast we need for funding applications.

Club House Update – Club Fire Escape

The committee have agreed on a tender to remove the existing Fire Escape and replace it with a new version. This has been arranged with Coity Engineering to carry out the work w/c March 31st.

Newsletter



Bridgend Athletic RFC Ladies Darts

Bridgend Athletic RFC Ladies Darts compete in the Bridgend & District Ladies Darts League on Tuesday nights between September & June.

Last season they were League Champions.

The ladies treat the nights as very much a social evening with a chance to have a few drinks and a good chat, as well as throwing the arrows.

New members very welcome – any ability.

Contact Captain Anne Jones 07769291449.

Coming Up...

The next Newsletter will be released in June with a full season review. We will also give update with regard to several of the aspects mentioned in this version of the Newsletter as well as an update on the clubs ongoing relationship with Bridgend rfc.

Newsletter



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