

2025
heart of
WALES 7s

Fri 4th – Sun 6th July

PROGRAMME



WE ARE

www.heartofwales7s.co.uk



2025 heart of WALES 7s

Fri 4th - Sun 6th July

MAIN SITE MAP



CAE HAFREN SITE

DOL-LLYS SITE

- | | | |
|--|--|--|
|  SHOWERS |  MAIN STAGE |  WWC BOXING |
|  TOILETS |  BIG TOP ARENA |  BIG SCREEN |
|  BAR |  DARTS |  MEDICAL ASSISTANCE |
|  FOOD VILLAGE |  FLAMINGO BINGO |  RED BULL ARENA |
|  SEATING AREA |  DJ ARENA | |



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HIGH SCHOOL SITE MAP

HOCKEY, NETBALL & ROUNDEERS



-  SHOWERS
-  TOILETS
-  SHUTTLE BUS
-  BAR
-  FOOD STALLS
-  DJ TRUCK
-  MEDICAL ASSISTANCE

MAIN STAGE LINE UP



FRIDAY

12.30am **JAMES HASKELL** DJ SET

11pm **JOSH NAVDI** DJ SET

9pm **BLINK182**

7.30pm **LIKE GOMBS**

6.15pm **OUTLAWS OF BABYLON**

6pm **Charity Match Commentary**

5pm **ODETTE**

4pm **SANDRA & ZIA**

2.30pm **NEIL REES KARAOKE**

SATURDAY

12.30am **BEAT N TRAK** DJ SET

11pm **ASTON MERRYGOLD**

9.45pm **MARCOON LIVE**

9.30pm **NOK'D RUN**

8.30pm **oaces**

7.30pm **FROZEN CABIN**

6.30pm **THE BURNOUTS**

5.30pm **TREBLE**

4.30pm **Mia Ellis**

3.45pm **THE ROCK EWES**

1.30pm **NEIL REES KARAOKE**



WOMENS CHARITY MATCH



RACHEL TAYLOR XV

VS



Forwards

Rachel Taylor (Wales [ex Captain] Barbarians)
Annie Fairclough (COBRA)
Cat Jones (COBRA)
Jess Andrews (COBRA)
Mel Berry (Wales [ex Captain] Wooden Spoons)
'Beetle' Beth Kenure (Clwb Rygbi Cymry Caerdydd)
Bronnie Jones (Gwernnyfed)
Emma Edwards (Caernarfon)
Nia Eien (Wales)
Libby Jones (COBRA)
Molly Kelly (Caernarfon, Wales)
Becky Newton (Llandaff North, Wales)
Jenny Treacle Davies (Caernarfon, Wales, Wooden Spoons)
Jaz Pugh (Llanidloes)
Jo Jones (Llanidloes)
Donna Lewis (Llanidloes)
Melissa Howley (Wales, Ospreys)
Rachel Mills (Llanidloes)

Backs

Elen Evans (Dolgellau, Wooden Spoons, Barbarians)
Fiona Davies (COBRA)
Rafiuke Taylor (Wales, Wooden Spoons)
Amy Day (Llandaff North, Wales, Wooden Spoons)
Karen Mayze (Y Piod Pinc, Wales, Wooden Spoons)
Laurie Harries (Wales, GB Sevens)
Rhoddd Alaw Parry (Llandaff North, Gwalia Lightning)
Iona Evans (Caernarfon)
Nia Davies (Cardigan, Wales)
Tolly
Sioned Harries (Worcester Warriors, Wales, Scarlets)
Half Time Coach/ H2O Technician/ Magic Sponge Coordinator

MENS CHARITY MATCH



SHANE WILLIAMS XV

VS



Forwards

Andy Powell (Wales, Barbarians)
Warren Howell (Oswestry)
Jake Bailey (Whitchurch RFC)
Nathan Horton (Whitchurch RFC)
Aled Humphreys (COBRA)
Ryan 'Rhino' Roberts (Warley)
Gwyndaf Davies (Bro Gwernant)
Hywel Jones (COBRA)
Dick Tymawr (Llanidloes)
Rhys Tymawr (Llanidloes)
Reece Jenkins (Skewen)
Richard Onions (Red Kite Touring Park)
Matthew Sweeney (Tonna RFC)
Ryan Goodwin (Welshpool RFC)
Morgan 'John' Davies (Llanidloes RFC)
Jaiden Davies (Llanidloes RFC)
Stu Jones (Llanidloes RFC)
Rhodri Hughes (Skewen RFC)
Tom Savage (Bulk Automation)
Mark 'Sarge' Sargeant (Pleasant Point, NZ & Bulk Automation)
Matty Upson (Llanidloes RFC)
James Plumridge (Llanidloes RFC)
Eon Williams (Dolgellau)

Backs

Shane Williams (Amman, Wales, British & Irish Lions, Barbarians)
Finn Jones (Luctonians)
James 'Bezzie' Bereford (Flint)
Steve Jones (JJP Services)
Huw Owen (Pilgrims)
Jo Hughes (Neath Globetrotters)
Lewys Cooke (COBRA)
Gregg Sorokin (G&L Staircases)
Ben Randell (Luctonians)
Dylan (Builth Wells)
Tom Jernan (Llanidloes RFC)
Ifan Evans (Machynlleth)
Anthony Buselli (Skewen RFC)
Michael Evans Jones (Rhosllanerchrugog)
Coaches & Support Staff
Rhys Roberts (Cardiff Met) - Backs
John Thurston (Newtown RFC) - Backs
Ben Astley (Welshpool) - Forwards
Craig Bonell (Cefneithen RFC) - Forwards
Stephen Harris (Physio)
Dai Physio (Physio)
Alex Dickie (Barbarians)
Adam Gaca (Llanidloes RFC)
Steve Harvard (Vardre)
Mason Jones (H2O Coordinator)

Friday from 5.45pm

www.ToughEnoughToCare.help



Fri 4th - Sun 6th July

10 YEAR CELEBRATION

OPENING NIGHT PARTY

HOSTED BY

raving apes

With DJs Luke Davies, Higgsy, Conan & Billy Williams

THURSDAY FROM 7PM

 **RavingApes**



FRIDAY FROM 5.30PM



PRE-BOOKING ESSENTIAL



FANCY DRESS THEMES FOR 2025....



SATURDAY
Out Of This World



LEGENDS VIP LOUNGE

Includes: Lunch board, drinks, VIP lounge, talk and Q&A session

SHANE WILLIAMS

2008 WORLD PLAYER OF THE YEAR
FORMER NEATH, OSPREYS & WALES WING

ANDY POWELL

FORMER CARDIFF, WASPS, SALE,
WALES & BARBARIANS No.8

JOSH NAVIDI

FORMER CARDIFF, WALES
AND BRITISH & IRISH LIONS FLANKER

RACHEL TAYLOR

FORMER BRISTOL, NEWPORT & WALES LOCK &
THE FIRST FEMALE WRU NATIONAL LEAGUE
CLUB COACH

RUPERT MOON

FORMER WALES 7s CAPTAIN, BARBARIANS 7s
SCARLETS & WALES SCRUM HALF

PRE-BOOKING ESSENTIAL
SATURDAY 12-3PM





DARTS OPEN



**FIGHT
NIGHT**

WWCB



SATURDAY FROM 5.30PM

Jamie Chaplin
Tom Jerman
Callum Davies
Bowen Hamer
Thomas Owen
Jack Hughes
Thomas Charles
Jake Smith
Aaron Bates
Liam Addison
Iwan Mills

Ryan Rowlands
Forest Love Barkway
Ed Coates
Barry Hamer
Daniel Morgan
Gavin Rowlands
David Evans
Ben Evans
Paul Hamer
Owen Rowlands
Liam Evans

MICHAEL RICHMOND
BEN 'MACHINE GUN' SCULLY
JOSHUA SMITH
KIEREN ALLEN
STEVE LEWIS
BOWEN HAMER
RYAN ADAMS
GEORGE HUGHES
JAKE MEREDITH
RICHARD ROACH

BRANDON HARRISON
APRIL PHILLIPS
TOM HUGHES
JOSH WALL
STEVE JONES
DAMIAN ARZU
CRAIG EVANS
ROSS LAKE
CHRIS BRISTOW
JON PECK
DAVID MORRIS

PRE-BOOKING ESSENTIAL

www.heartofwales7s.co.uk

**A MASSIVE THANK YOU
TO ALL THIS YEAR'S SPONSORS**

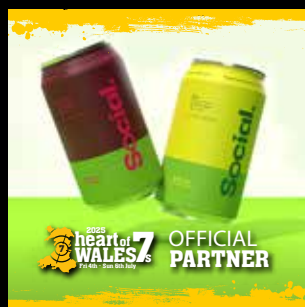
RCS

T E A M W E A R



**OFFICIAL
PARTNER**





**FEELING
STRESSED?**

ANXIOUS?

**NEED TO
TALK?**

**FOR HELP, TEXT FROM ANYWHERE IN THE UK.
TEXTING IS ANONYMOUS AND WILL NOT SHOW UP ON YOUR PHONE BILL.
YOU DON'T NEED TO REGISTER, DOWNLOAD AN APP OR USE MOBILE DATA.**

TEXT 'TOUGH' TO 85258
FOR FREE, CONFIDENTIAL SUPPORT, 24/7

in partnership with
shout

YOUR WEEKEND HIGHLIGHTS AT A GLANCE

THURSDAY

5pm Gates Open (£5 per car)

7pm 10 year Anniversary Opening Party

(Separate Tickets/Wristbands required) Visit www.heartofwales7s.co.uk/tickets

FRIDAY

9am Gates Open (£5 per car)

2.30pm Main Stage Music Starts

5.30pm Flamingo Bingo opens

(Separate Tickets/Wristbands required)

5.45pm Charity Match

Rachel Taylor XV vs Flaming Unicorns KO

7pm Jump Dogs Parachute display

7.30pm Charity Match

Shane Williams XV vs Flaming Unicorns KO

10.15pm Oaces (Oasis Tribute)

11pm Josh Navidi (DJ Set)

12am James Haskell (DJ Set)

2am Arenas Close

SATURDAY

8am Gates Open (£5 per car)

9am All Rugby starts

9.30am Darts & Tug of War start

9.40am Netball, Hockey & Rounders start

(Shuttle bus to/from school site from 8.30 - end of Finals)

12pm - 3pm Legends Lounge with Shane Williams,
Andy Powell, Josh Navidi & Rachel Taylor

1.30pm Main Stage Music Starts

5.30pm WWCB Boxing Starts

(Separate Tickets/Wristband required)

9.30pm Charity N*k*d Run

(Supporting Tough Enough To Care)

9.45pm Marron V Live

11pm Aston Merrygold

2am Arenas Close



FAQS & INFO

WHEN DO THE SHUTTLE BUSES RUN

Buses from the Main site to the School from around 8.30am - 10.30am and again from 2.30pm - end of play.

WHERE DO WE PARK

Weekend camping turn left as you enter the site. Day tickets turn right on arrival and can exit through the furthest gate (not through entrance).

REUSABLE CUPS

Purchase your HoW7s reusable and stackable, environmentally friendly cup from the main marquee.

WOMEN only and QUIET(er) camping

Follow the signposts on arrival

GOODY BAGS

Will be ready to collect when you sign in with a member of the HoW7s team

HEART OF WALES GIN

Is available to purchase all weekend

REMINDER

No alcohol to be brought into the site, security bag checks throughout the weekend

CARD and CASH accepted

NO PETS

GUIDE DOGS only allowed on site

PHOTO COMPETITION

Prizes for the best photo with Dewi the Dragon this weekend

**WE'RE ALREADY
MAKING PLANS
FOR NEXT YEAR!**

3rd-5th JULY
2026

www.heartofwales7s.co.uk