

VARSITY

CHAMPIONS 2024



WELSH
VARSITY

RESULTS

2024

ARCHERY

Cardiff

RIFLE

Cardiff

ROWING

Swansea

CLAY PIGEON

Cardiff

KARATE

Cardiff

SAILING

Cardiff

MEN'S CYCLING

Cardiff

WOMEN'S CYCLING

Cardiff

EQUESTRIAN

Cardiff

MEN'S FUTSAL

Swansea

GOLF

Swansea

MEN'S TRIATHLON

Cardiff

WOMEN'S TRIATHLON

Swansea

ATHLETICS

Cardiff

RUGBY LEAGUE

Swansea

FRESHERS RUGBY

Swansea

WOMEN'S VOLLEYBALL

Cardiff

KICKBOXING

Cardiff

WOMEN'S WATER POLO

Cardiff

MIXED TABLE TENNIS

Swansea

MEN'S BASKETBALL

Cardiff

MEN'S ULTIMATE

Swansea

WOMEN'S SQUASH

Cardiff

MEN'S FENCING

Swansea

WOMEN'S FENCING

Cardiff

POWERLIFTING

Cardiff

MEN'S BADMINTON

Cardiff

WOMEN'S BADMINTON

Cardiff

MEN'S CANOE POLO

Swansea

AERIAL

Swansea

WOMEN'S TENNIS

Cardiff

MEN'S TENNIS

Cardiff

NETBALL

Cardiff

TAE KWON DO

Cardiff

WOMEN'S CANOE POLO

Cardiff

WOMEN'S HOCKEY

Swansea

MIXED ULTIMATE

Cardiff

MEN'S SQUASH

Cardiff

MEN'S FOOTBALL

Cardiff

WOMEN'S LACROSSE

Cardiff

MEN'S HOCKEY

Cardiff

MEN'S WATER POLO

Swansea

AMERICAN FOOTBALL

Cardiff

MEN'S LACROSSE

Cardiff

WOMEN'S FOOTBALL

Swansea

SWIMMING

Swansea

MEN'S VOLLEYBALL

Cardiff

WOMEN'S BASKETBALL

Cardiff

WOMEN'S RUGBY

Cardiff

MEN'S RUGBY

Swansea



A note from the Editor Nodyn gan y Golygydd



Edward Sutton
 Editor in Chief

Varsity is the pinnacle of the sporting calendar here at Cardiff and the atmosphere at Swansea delivered an incredible day. anticipation reaches reached new heights as Cardiff and Swansea lock horns across multiple sports, including rugby, football, netball, and so much more. You can find a full breakdown of all the sports on the next page with who won. Each match is a testament to the dedication, skill, and resilience of the student athletes who proudly represent their universities. Whether it's a nail-biting finish on the rugby field or a thrilling shootout on the football pitch, every moment is etched into the annals of Welsh sporting history.

The SU said that the tickets for this year's festival sold out in record time and that was pretty clear with the long queues for ticket pick up and the coaches! Unfortunately, I couldn't attend this year, but I was back in Cardiff cheering on my clubs and being very envious of everyone at the full building takeover (I'm hoping we get another one before the years out)! Varsity has grown beyond just a sporting event and has instead become a celebration for what it means to be a Cardiff student.



Cardiff conquer Swansea 8-7 on pens in the football!

Cardiff Squad

O. Bounsall
D. Roche
H. Lewis
L. Maher
G. Shewring
K. Parker
R. Elms
O. Redhead
D. Lewis
H. Gardner
K. O'neil
L. O'Callaghan
B. Roberts
S. White
G. Basson (C)
H. Treharne
J. Colverson
T. Salik
A. Roder
L. Florence
W. Holland
H. Nichol
H. Betts
T. Vooght



Grace D'Souza
Sports Editor

FINAL SCORE CARDIFF 1-1 SWANSEA

Source: Mike Hall & Grace D'Souza

Cardiff University entered the pitch with confidence it was obvious from the pre match warm up that the team had their heads in the game.

The mighty reds had a very strong start to the match and the crowd were behind them with chants echoing from the stands throughout the match. The first 20 minutes saw Cardiff with a lot of possession attacking hard to get the all important crucial opening goal. Swansea's backline looked very strong at points and caused a lot of trouble for Cardiff with deflected shots and it was clear that Number 19 Giles Basson had a lot of power to keep constantly

“ Basson gave Cardiff the all important lead and like a true captain kept a cool head

pushing forward like the amazing captain he is. In the 29th minute the time came for the captain to put the ball in the back of the net after a foul had been commit-

ted in the penalty box. He took it with so much confidence. It was a very well taken penalty Giles had so much composure there was no way the keeper was going to be saving that. Basson gave Cardiff the all important lead and like a true captain kept a cool head.

However the cheers quickly turned to tears for Cardiff because in the 32nd minute Liam Maher got sent off. The referee showed him a straight red and he walked off the pitch in utter despair pictured bottom left. To make matters worse the Swansea fans rubbed salt into Cardiff's wounds as numerous green flares were thrown onto the pitch disrupting play. Swansea took advantage of the 10 men Cardiff trying to equalise quickly before half time but could not get through Cardiff's backline they were like a solid brick wall. The whistle was blown for half time and Cardiff were lucky to not concede in the first half as they walked off the pitch with their heads held high. Both cheerleading teams kept spirits high with half time entertainment.

As the second half kicked off Swansea looked dominant running rings around Cardiff. There had clearly been firm words during the half time team talk with the greens. Swansea attacked high up the pitch and in the 58th minutes they equalised. Both teams battled until the final whistle trying to score the crucial winning goal but at 90 minutes it was still 1-1 so it went down to a dreaded penalty shootout. It was a tense shootout but Cardiff were the victorious champions on the day. Winning Welsh Varsity 3 years back to back. #3PEAT

Speaking to the Cardiff University captain Giles Basson after the match he said “It was an incredible feeling being the captain of a quality team that showed passion and determination to win the derby”.



Womens Hockey

Honor Mitchell- Brock
 Sport Editor

The scene has been set, Cardiff Ladies Hockey team take on the home Swansea Ladies team at 11am on the Swansea turf. If you've never played or spectated a hockey game before here is a brief overview.

Each team consists of 11 players; 1 goalie and 10 outfield, with a maximum of 5 rolling substitute players. The structure of each team varies on their preference of play but the Cardiff ladies played with 4 defenders, 3 midfielders, and 3 forwards in which af-

“ Cardiff are a lot more dominant over the Swansea team, who are a league above them

ter half time they switched to 4 midfielders and 2 forwards instead. The aim of the game is to get the ball in the goal, pretty simple.

The teams are ready and Swansea have first push back. The first quarter saw Cardiff win two short corners but unfortunately were not able to score. Both teams have come out strong and the standard of play has been very level between the two sides.

In the second quarter, Cardiff continued to impress. Swansea win a short but goalie, Cara McEwen, impressively saves two strikes at the goal. The third quarter sees some incredible balls sent up the pitch from defensive player and captain, Hannah Jones. Where forwards, Sian Snyman and Lizzie Beardsall have some amazing link up play as well as Ella Coomer and Poppy

Herbert making great attacking lines that result in multiple near misses at the goal. Cardiff are a lot more dominant over the Swansea team, who are a league above them, in this quarter.

As the fourth and final quarter starts, there is hope for this Cardiff side to get a goal. Unfortunately Swansea win a short corner that sends the ball into the net after deflecting from a Cardiff player. Controversy sets as to whether this should be determined as a goal or not. Cardiff wait in anticipation as the umpires converse about the determination of this goal and after somewhat incorrect consideration, Swansea are awarded the goal.

Final whistle and time is up. Swansea win 1-0. Incredible effort from all of the Cardiff girls, they have done their university proud.



Rugby League

Honor Mitchell- Brock
 Sports Editor

Varsity 2024 saw the addition of a new sport, rugby league. To those who are unaware of how the game works, here is a brief overview. Each rugby league team has 13 players and 4 substitutes at any time in the game. Each team is made up of 7 'backs' and 6 'forwards'. In which the backs are generally regarded as the attacking players and tend to have more pace than the bigger more powerful forwards who are usually the 'yard'

makers. Rugby league rules work similar to rugby in terms of using the same ball and passing backwards. Each team gets 5 goes with the ball where on the fifth go the ball gets kicked back to the opposing team if they have not successfully scored by then. Now onto the main event, Cardiff vs Swansea Varsity Match at Singleton campus. Swansea who are unbeaten this year and finished top of their league take on the underdogs, Cardiff. The first half was underway and Swansea started strong, getting a few tries under their belt. But Cardiff fought back and commitment

from the boys shines through as they manage to break through the Swansea defence and score their first try. After half time, the Cardiff boys take the field with a new found determination. With some wonderful steps from individual players the Cardiff side began to gain some positive momentum. A brilliant interception was made by number 12, Brandon Cahill, that resulted in an impressive try after a great run from the halfway line. Unfortunately Cardiff weren't quite able to catch up with the Swansea scoreline and as the whistle blew for full time, Swansea took the

victory. With this being such a fresh team there are definitely some fine adjustments to be done but they have laid the groundings for a side that I believe can go all the way in a couple years time. It's incredible to see how far the team have come in their first ever year competing at Varsity and BUCS. They may have lost Varsity but resulting 3rd in their BUCS league is something the boys should be proud of. I look forward to seeing how the team develops and the squad grows at Cardiff in the future.



CUNC, They Are Our Netball Team: Cardiff's Dominant Victory Over Swansea

Aimee Szulczewski
 Head of Sport

In a heart-pounding clash between Cardiff University and Swansea University's netball teams, Cardiff emerged victorious, igniting euphoria among their supporters and leaving Swansea with unhappy faces. The match, which took place in Swansea's home territory, was a spectacle of skill, strategy and sheer determination, as both teams vied for a win in this long standing rivalry. During their warm-ups, both teams showed each other who was boss with synchronised drills and ace shooting to psyche out the competition. From the starting whistle, it was clear that both sides were prepared to put everything they had into winning this match. Cardiff's players wasted no time asserting their dominance on court, swiftly establishing their presence with fast passes and precise shooting. Led by their captain, Ellie Jupp (WD/C), Cardiff released an amazing show of skill and hope for spectators. Although Swansea managed to get some shots in, the scoreboard quickly lit up in Cardiff's favour as they racked up goal after goal, leaving Swansea scrambling

to keep pace. The atmosphere inside the arena crackled with excitement as fans from both universities cheered on their respective teams. However, the intensity of the match extended beyond just the action on the court. Referees were kept busy throughout the game as players from both teams engaged in numerous contact calls and stoppages in play. Sadly, star shooter and Vice Captain Catrin Roy had to come off for an injury, however, those shooters who followed kept up the fierce competition. First year Abi Campbell's name was cheered on by spectators, as she took on Swansea, scoring some brilliant goals alongside her GA, Izzy Burgess. Despite Swansea's valiant efforts to mount a comeback, Cardiff's defensive resilience proved to be a formidable obstacle. Defence coming from Caris Morgan, Annie O'Rourke, Lizzie Rhoden and Ellie Blackwell thwarted Swansea's advances time and time again, frustrating their opponents with tight marking and strategic positioning. As the match reached its climax, the tension in the arena reached a fever pitch. With Cardiff maintaining a commanding

lead, supporters rallied their team with a cacophony of noise, including personalised chants and the blaring of horns. Whether it was a tactic to distract Swansea or simply a display of support, the noise only served to amplify the electric atmosphere inside. In the end, Cardiff emerged triumphant, securing a well-deserved victory and solidifying their status as the dominant force in university netball. As the dust settles on this epic showdown, one thing remains certain - the rivalry between Cardiff and Swansea will continue, but there is only one team that will remain victorious.

Varsity Team:
 Ellie Jupp (C - WD/C)
 Caris Morgan (VC) - GK/GD
 Catrin Roy (VC) - GS/GK
 Anna O'Keefe - C/WA
 Lizzie Rhoden - GD/GK
 Izzy Burgess - GA/WA
 Grace Wilton - GA/GS
 Abi Campbell - GS/GK
 Macy Morgan - WA/C
 Ellie Blackwell - GD/WD/GK
 Annie O'Rourke - GD/WD/GK
 Nadine Baird - C/WA



Welsh Varsity: Watching the Women's Basketball Team

Emily Jo Cottle
Editor

On attending Varsity I was particularly excited to watch the basketball, and the women's team were a stand out for the whole event for me. The team went away with an incredible 38-30 win and it was palpable to watch. The teams both began with similar scores meaning a tight match and for the duration of the game it was anyone's to win. At one point the Cardiff team were falling behind but in the last quarter the team turned it around securing 38 points in total. The support for the team only grew as the game went on with people piling in as it got more intense, ending

in a massive celebration for another Cardiff win.

Having never been to Welsh Varsity before I was somewhat naive to the incredible standard of sportspeople that play. I was truly impressed with the team's ability to thrive under pressure. Representing their university and shooting in front of spectators both supporting and opposing. The team on the court were very calm and those on the bench were supportive and ready to step in at any time. The sportsmanship and respect from both the Cardiff and Swansea teams was really great to see. With helping each other up after a fall on the court to congratulating

one another at the end it was a great display of how sport should be played: respectful competitiveness.

After the game, I watched as the team celebrated with tearful huddles, congratulations and group photos. After these initial celebrations I went over to congratulate the team myself and spoke to a few of the players. I first spoke to Sathvi Suren (9) who with tearful relief expressed her elation at the win. I then spoke to Anna Ryan (16) who was competing in her third Varsity and was "emotional, excited and sad for leavers of the team". There was a genuine sadness from all of the team to have to say goodbye to anyone. I asked

both Ryan and Suren if they were going to Yolo to celebrate and it was an astounding yes from both of them who after the pressure of the match can relax and commemorate their experience together as a team. Finally I briefly spoke to Margaux Manni (8) who is a remarkable player and a top shooter. Manni said it was her first time at Varsity and no doubt she will continue with the team. What I got from these players was not only the hard work that went into achieving the win but the true sportsmanship and friendship amongst the players. This friendship really translated onto the court and no doubt led to their win. Their communication and support for

one another was the evident cause of every single point on their score sheet.

The women's basketball game was not only incredibly entertaining to watch, it was a reminder of the talent and sportsmanship alive at both Cardiff and Swansea Universities. Though, of course, we did have a slight edge this time. Up the diff and well done to the Women's basketball team!

“The sportsmanship and respect from both the Cardiff and Swansea teams was really great to see.

An outstanding performance by the ladies rugby team left Swansea very quiet...

Freddie Sheppard
Sports Editor

Cardiff women silence Swansea in an exceptional victory bringing home the trophy yet again. Varsity veteran Karolina Thomas with numerous line breaks and hard yards throughout the game earned her keep scoring the final try, bringing the full time score to 71-12.

After a tense scoreless first ten minutes, sportswoman of the year nominee, Ellie Tromans was the first to add points as Emily Hay sets her up to dance her way through the

Swansea defense. Shortly after Jos Stirzaker, patiently waiting on the wing breaks through, stepping inside to score her first of four tries in the varsity match. Coming from playing a high standard of netball for Cardiff University in her first year, Stirzaker finishes off her first season of rugby with an exceptional player of the match performance at the Swansea.com arena.

Swansea entered half time with a strong performance, managing to score two tries as a result of Cardiff's ill discipline in areas, closing the gap to a nail biting 19-12 to Car-

diff at half time.

Things opened up for Cardiff in the second half as they settled into the game with Stirzaker scoring her third moments in set up by a pass from captain Zoe Dare on her final varsity appearance for Cardiff University.

As the Cardiff bench piled onto the pitch, they shut down any attacking threats from Swansea keeping them scoreless for the remainder of the game. A strong turnover by Rose Halstead sets up Lily Jones for an incredible line break as she offloads to Dare who puts it into the hands of

fresher of the year nominee Gabriela Della-Savina.

Relentless hard yards by Cardiff's forward pack keep Swansea at bay as they fail to execute any of their attempts to create something in the second half. Coupled with a relentless Cardiff attack who never fail to find the try line. Ffion James breaks through the line, offloading to Anna Davies who reaches over the line to score - her first official appearance wearing a Cardiff shirt after undergoing ACL surgery last summer.

The persistent Swansea side tried their hardest to push

through Cardiff's defense in the last few minutes but were kept at bay. The clock rolls over into extra time as scrum half Eva Lewis decides to have one more go, popping the ball to Dare who offloads to Hay, through the hands of Halstead who sets Karolina Thomas up for one last try. Haywood finishes the game off by nudging the conversion through as red shirts flood onto the pitch in celebration of a stunning Varsity 2024 performance!



Swansea get squash-ed!

Nancy Cook
Editor

Ritvik Bharamgoudar played the first match, he was the 5 seed against Alfie Dancer - the firstgame went to the Swansea player Alfie who seemed like a clear winner. After a break and Swansea heckling their confidence, Ritvik made a sudden comeback for the second game and upped the competition. Throwing off Swansea, for the rest of the game he took control of the tempo and had Alfie exactly where he wanted with some tactical drop shots sending him running. Cardiff took a comfortable 3-1 win starting off the squash on a high. Josh Birch played the second game as the third seed against Simon Wright. Birch, notorious for his quick aggressive play, came right in as expected hitting the ball hard and making his opponent run - Despite some tense moments where Swansea appeared to be in the lead Josh pulled a series of strong returns finishing with the second 3-0 win for Cardiff. Third into the court, the 4th seed two left handers, Yuji Westmacott took on James Aggett, driving the atmosphere up a notch with a very fast paced match. With similar playing styles they put on a show, both bringing out trick shots through the legs

and behind the back. With an increasingly competitive audience on the edge of their seats Westmacott bagged Cardiff yet another 3-0 win. Luca Bianchi played Freddie Goymer Brown in the second seed match. Luca played a steady game executing a series of lob shots and keeping Freddie on the move. His game won us another 3-0 with an excited crowd and one match to go. Our 1 seed Josh Audsley finished the men's in a tough game against Luka Middleton. Middleton played an impressive game and took the first win for Swansea. We think Josh felt sorry for them...! A 3-1 loss for Cardiff but an overall win for the Men's! An elated crowd ready for the much-anticipated Women's. Ellis Miller 1st seed took on Swansea's left-handed Lucinda Cross - after a 1-0 loss on the first game, Ellis came back with a bite, keeping the game tight to the sidewall catching Lucinda with drop shots and speed winning her the second game. The girls offering each other a helping hand in a mid-match pause reminds us that we really are all here for the team spirit! A tense and close third game resulted in a 3-1 loss for Cardiff and an energetic start to the women's half. Cardiff 2nd seed Megan Evans played Swansea's Rebecca Mcpherson in a good-spirited match. Evans looked

in control the whole game taking home an impressive 3-0 and in the third match Cardiff's Teya Jones took on Joly Stevens in the 4th seed winning 3-1 and setting a strong pace for the final matches! Eva Ford won 3-0 against Millie Campden in the third seed and penultimate match of the day and finally, in a particularly good watch, Cardiff's Tara Radia in the 5th seed played some of the best squash she has played all season and won a close 3-2 against Swansea's Ben Turner. This led us into a massive 8-2 win overall, Cardiff Uni Squash teams first overall win in over 10 years!! A close-knit team of players made it feel even better watch as they all had each other's backs and supported each other's games as if it was their own. Thank you, Swansea, for turning up!



For a Consecutive Year Cardiff Women's Water Polo Team Dominates Against Swansea

Nancy Cook
Editor

The highly anticipated women's water polo match between Cardiff and Swansea kicked off with Cardiff taking an early lead.

Off the bat the team's president, Rachel Tibke, scored the first goal. Cardiff maintained their momentum against the Swansea girls, finishing the first quarter ahead 5-2. As the match resumed, Cardiff's relentless energy overwhelmed Swansea's defence and by halftime, the scoreboard displayed a commanding 9-5 advantage for Cardiff. The atmosphere was electric with a sea of Cardiff red on the sidelines, and maybe some green but if I was Swansea, I wouldn't have been

there either. Not letting up, the second half continued to find the back of Swansea's net taking home a massive 18-9 final win for Cardiff!

Swansea Strikes First, But Cardiff Fights Back in Tense Mens Match

The men's water polo match between Cardiff and Swansea started with Swansea taking control of the ball right off the bat. Cardiff's defence deflected the initial attack, denying Swansea an early lead. Swansea eventually found the back of the net, scoring the first goal of the match. Cardiff responded swiftly, keeping the ball in Swansea's half before equalizing, locking the crowd into a competitive atmosphere. The back-and-forth continued as Swansea regained

the lead, only for Cardiff to equalize again, leaving the score tied at 2-2 after the first quarter. Taking a 3-2 lead Swansea were quick off the mark, gaining the ball only a second before Cardiff. Again, Cardiff came back with a goal of their own to level the score at 3-3 keeping Swansea in check only just behind at the end of the first half with a close 4-3 Swansea. After a

“ Swansea Strikes First, But Cardiff Fights Back in Tense Mens Match

close second half and a penalty in Cardiff's favour, the final score was 8-6 Swansea. A tough game and a strong effort from the Cardiff Men's team.



Against the Tide: Ellie Needham, Senior Women's Rowing Captain, Shares Thoughts on Welsh Varsity Result

Aimee Szulczewski
Head of Sport

Can you share your initial thoughts and feelings leading up to the Varsity Regatta against Swansea University? As a senior women's captain my feelings leading up to varsity were primarily stress, especially regarding the sixteen-year undefeated streak the Cardiff Senior Women squad had over Swansea. As the only squad from either university to have never lost in the history of varsity, the pressure was on to not let my squad be the one to break that streak. Rowing is both physically and mentally demanding. How did the team prepare themselves, both individually and collectively,

for such a significant competition? We had our training camp over Easter in which we had three sessions every day for a week, focusing on sharpening up our crews to ensure we were putting our best foot forward. That on top of our regular training of ergs, weights and water sessions throughout the year will have put us in the best position for varsity 2024. Can you walk us through the atmosphere on the day of the regatta? What was the mood among the team members as you arrived at the venue and began your preparations? The team was mostly positive. We were not sure how the other crews would do and were confident we would be the best hope for Cardiff to win one of the races. The girls were positive and pumped, avoiding the temptation to dwell on the size of the Swansea girls. Whilst I was by far the

most panicked about what was at stake. How are you feeling to be the only rowing team this year to win a race? We were obviously sad to have lost varsity overall, but there is something slightly triumphant about being CURC's most successful squad. The senior women: the pride of CURC! But then again, I am always going to want to see it that way as their captain. Rowing is a team sport that relies heavily on camaraderie and support. How did the bond among teammates strengthen or evolve as a result of facing adversity together during the regatta? There was certainly a newfound comradeship just before the race. It felt as though the trust we had in one another had to be strong, and once we pulled through Swansea you could feel the bond strengthen as our trust is proven well placed. You know the girls in the

boat are all doing their best to get you across that line first. Looking ahead, what are the team's aspirations and goals for the remainder of the season? How do you plan to bounce back from this defeat and refocus your efforts on achieving success in upcoming competitions? Although CURC lost, the senior women's eight remains undefeated and will make an appearance at the BUCs Regatta next week, in which I am hoping to do the best a Cardiff 8 has done in all of my years - which would be achieved by a C final or higher. Depending on how well we do at BUCS, we may also take the 8 to Henley Royal Trials and attempt to qualify for the Academic 8. However, it is looking more likely that our smaller boats, a quad and a four, will be the more successful crews given their success in the past.

SPORT

Meet the Team!



Aimee Szulczewski



Grace D'Souza



Freddie Sheppard



Honor Mitchell Brock

Varsity Edition



Cardiff University bring the fire to Varsity!

Grace D'Souza
Photographer

