



**Cardiff Dragons F.C.
Annual Report
2009-2010**

Introduction and Chairperson's Report

On behalf of the executive Committee, I am pleased to present the annual report and accounts for the season ending 30th June 2010. It's been a fantastic second year for the Dragons, and this success can be directly attributed to the efforts of our whole membership, with a special mention going to the committee who have worked tirelessly behind the scenes to deliver top quality training, coaching, team events and social activities that have benefited the whole membership including the non playing membership or dragonettes as they like to be known. Through tough decision making, structured scale control by our Treasury team and a constant healthy turnout at training I pleased to report that the club is has maintained its bank balance, this would not have been the case if the subs structure had not changed.

The club has had many highlights this season

- Joining and completing all GFSN league matches
- A healthy first time league positioning at end of season
- Played in all major tournaments spreading the Cardiff fair play and inclusiveness message far and wide
- Built strong relationships and established The Dragons as a reliable part of the league
- Fantastic new website designed by Matt Jones
- New level of after match buffet achieved
- Sponsorship with the Kings tied in for another year with no kit outlay this season
- New fund raising secretary installed
- Committee post filled and maintained essential levels of management
- Excellent social events planned and available to every member
- New second team friendlies giving competitive football to a wider membership
- Membership turnover both in and out a steady flow
- Furthest away Journey completed to Edinburgh
- Fantastic new weekly email that has been developed by Anthony

I would like to personally and on behalf of the committee thank Jason, Muzz and Dave for the endless hours they have put in developing a team from 11-0 loss against Newcastle, to a team that won their first league match against Brighton. This would not have been achieved without them spending every night of the week discussing tactics, training and devoting the best part of their life to the club.

The accounts have again been fully independently audited and have been passed as exemplary thanks to Dave Keith's hard work, he has also sourced for the club and possibly the league a fantastic thing which he will present in his own report.

The Committee offer the following proposals for season 2010/2011 for your consideration:

- The committee propose a rolling annual membership, this is needed to simplify voting at EGM's and AGM's so members who have stopped attending for whatever reason are not members for life
- Committee post will only be valid for one year and must be re-elected for all positions at the AGM
- Assistant managers to now be chosen by the elected manager, this ensures working dynamics of this team are cohesive
- The committee would like to remove the position of General Manager from the constitution as this is the role of the Chairperson

Lastly I would like to thank you all for making me feel so welcome and included when I moved to Cardiff, I can no longer devote the time that is needed to the Dragons due to new family commitments. I never thought I would be a step dad and although it has pained my heart to not be their enough for the Dragons I hope you understand I have dedicated this time to my new family.

Here's to a new season, new league format and all that's left to say is

Allez le Blues

Ray Wilson
Chairperson

Secretary's Report

Committee

This year has seen a number of changes to the committee. Dave Kelly made the decision to stand down due to his study commitments. Ray Wilson was voted in at an EGM as his replacement. The secretary, Lucas Owen also stood down due to university commitments with Anthony Read being voted in as his replacement. Finally, Paul Searle resigned his post as General Manager, this position currently remains vacant.

The committee would like to express their gratitude for all the hard work of these three individuals. They all put in a lot of time and effort and helped shape and build the club up into the strong position we are in today.

The other new addition to the committee this year has been John Bladen. John took on the role of Finance and Fundraising and the club is already reaping the benefits of his hard work.

All members of the committee have worked tirelessly to provide stability during our first league season and to continue to build upon last years success.

Your Current Committee is:

Chairperson:	Ray Wilson
Secretary:	Anthony Read
Treasurer:	David Keith
Football Manager:	Jason Cousins
Assistant Manager 5's:	David Amos
Assistant Manager 11's:	Murray Harvey
Social and Welfare:	Richard Jones
Finance and Fundraising:	John Bladen

Committee Meetings

Over the past year the committee has continued to meet on a regular monthly basis. All meetings have been well attended. As well as the monthly meetings, when the situation has required it the committee has called emergency meetings to deal with any pressing issues. These again are always well attended and very productive.

Membership

Membership of the club has risen substantially again over the year. New members are joining all the time. We currently have over 50 members on our email list, with the vast majority of them active within the club, either socially or playing.

Communication

With the Dragons considerably growing in size this year, communication with the membership has been more important than ever. This has been handled on three main fronts; after training messages, weekly emails and the website.

After training messages – It is now common practice to make announcements after each training session. Initially these were solely football based however this year has seen us take

advantage of this time to relay important information regarding the club on a face to face basis. This also gives a good opportunity to get feedback from everyone or answer questions people may have.

Weekly email – With the club growing in numbers it has become vital that we communicate with everyone. With this in mind, this year saw a big revamp in the weekly emails. As to be expected there were some teething problems, however the new format has been successful. Emails include all the information needed for the week, such as training times, match times etc, as well as upcoming events. Also, the emails are now incorporating other messages from around the committee such as social and fundraising news as well as adding some fun elements such as the video of the week and welsh word of the week.

Website – This year has seen a major revamp of the website. Special thanks has to be given to Matt Jones for redesigning the site and the on going maintenance. It would be remiss to say that the website is the finished article at present but constant improvements are being made and a lot of new content is planned for next year.

Sponsorship

The Kings Cross has continued to be our sponsor throughout our first GFSN league season. As part of this deal they have hosted us and our opposition after each home match. After some initial teething problems this has been really successful and our joint partnership has impressed those teams

travelling down to us. The Kings Cross is also our primary destination when hosting teams that stay over before games and we have always shown the opposition a good night.

We have recently agreed a new sponsorship deal for the upcoming season and are looking to build upon our relationship to offer both teams that travel down, as well as our own membership, the best we can.

GFSN and League

As this year was our first season in the league we have been keen to impress. Our home pitch at the University Fields in Llanrumney, is up there with the best in the league. We have shown that we are a strong team both on and off the field and made a fantastic impression in our first year.

The club has also taken part in a large number of 5-a-side tournaments around the country and continue to make contacts throughout the league and GFSN organisation. Cardiff Dragons is now firmly established within the GFSN.

Social

Led by Richard Jones, this year's socials have been a fantastic success. The Dragons were entering a team every week at the Kings Cross quiz every Monday. Even winning it most of the time. There has been social events for key football matches such as the Cardiff City vs Blackpool play off final, Champions league final and most recently the World Cup Final. The pub socials have always been well received as well with the Pub Golf a night to be remembered!!

The social committee has also offered a number of socials away from football and the pub, with coffee nights, meals and a trip to the beach all being well attended and enjoyed. Richie has sent out emails to all members asking for any socials they would like to see happen and these have been looked into by his sub committee. The more feasible options are always considered and where possible provided.

We also, during the year held a social in Newport with the aim of attracting new members. We gained a lot of interest from this and aim to hold more events in local areas in the coming year.

Our pre-match socials have gone down well with our oppositions and we have really showed them what Cardiff is about. A lot of clubs have commented on how well we have hosted them.

Conclusion

2009-2010 has been a big year for the club, one that I am very proud to of been a part of. The club has grown form strength to strength, both on and off the pitch. Behind the scenes the committee has put in a tremendous amount of time and effort to ensure all members get the most out of the club. It is unrealistic to expect that every member will be happy, all the time but there is a very positive morale surrounding the club.

The foundations of the club were laid last year, this year we have built upon them much more than I personally anticipated. Who knows where we can go next year? I am sure with everyone working together we can continue to offer all the amazing experiences this club has to offer.

Treasurer's Report

2009/10 has been a year of significant expansion for CDFC, both on and off the pitch. This is reflected in a corresponding growth in the Club's finances. As can be seen from the financial report attached, income collected during the year exceeded £5,000 (£3,000 in 2008/09), with expenditure also topping £5,000 (£2,000 in 2008/09). Overall, we have achieved our goal of breaking even during the season.

Emphasis has continued to be placed on financial stability this year to ensure that developments are both properly resourced and affordable. Policies have been developed to minimise the financial burden on members and to re-launch the Club's fundraising activities.

Priorities for the year have been to:

- Further develop the Club's financial control system and policies.
- Minimise the Club's debt.
- Re-launch the Club's Fundraising activities.
- Maintain the Club's strong financial position to ensure resources were available to fund developments on and off the field.

Financial Controls & Policies

We have continued to operate the same financial control system developed last year. I'm pleased to report that our financial report and control system has been subject to 'independent examination' by an Accountant, and approved for the second year running. The Examiner's Report to you, the members, is attached.

We continue to engage the Co-operative Bank as our bank account provider. The account offers free banking, albeit with no interest payable. There are alternative account providers who offer interest on balances, but rates are very low and charges are made for every account transaction. I have conducted a review of banking providers recently and am satisfied that our banking arrangements are appropriate to meet our current requirements. Major policy developments during the year have seen us introduce non-refundable deposits for members travelling on Club organised transport to away games. This policy was brought in to deter members from reserving space on Club transport, only to withdraw shortly before the fixture, leaving their place unfilled and the remaining members having to cover the cost of the empty seat. There are safeguards built into the policy to ensure that no-one will be penalised for withdrawals for valid reasons. The system seems to be operating well, with minimal late withdrawals resulting in all members travelling making a fair contribution towards the cost of providing transport.

The other major policy development during the year has been the introduction of a new player subs policy. This simplified training subs to £2 per session rather than £1 on Sundays and £3 midweek (hence total weekly cost remains £4 per week), and introduced fixed match day subs. The policy was developed as a result of complaints from players that subs charged for some games were too high. At that time, our approach was to calculate subs so as to cover the cost of pitch hire and the referee's fee. This meant subs varied from match to match as costs differed depending on the venue and whether the referee was qualified. Following complaints, the Committee decided to adopt a policy of fixed subs, for both training and matches, in order to spread the cost for members more evenly across the year. It is hoped that the new system will make participation more affordable as players do not have to pay

significantly more for some matches than others, and also makes taking part easier with a simpler system. The policy reinforces our approach of always seeking to only cover our costs for matches; we never attempt to generate excess income from match subs. The policy will be monitored over the coming months and any feedback would be welcomed.

Minimise Debt

Debt has been kept to a minimum this year. After incurring, and paying off, significant debts last year, we have remained debt free for most of 2009/10. At the year end we carried one debt of £50. We will continue to seek to avoid incurring major debts where possible, and ensure that any debt the Club does enter into is appropriate for the resources we have available to service the debt.

Re-launch Fundraising Activities

I am delighted to report that we filled the post of Finance & Fundraising Officer during the year. Since February 2010, John Bladen has been in post and has made great strides in developing effective fundraising activities. I reported to you last year that the demands of performing both the role of

Treasurer and Fundraiser were too much for one person, therefore John's willingness to get involved and his enthusiasm and creativity have been very welcome additions to the Club's financial team.

His achievements in the short time that he's been in post have included:

- Re-formed the Fundraising Sub-Group, which has met twice to discuss organising events and set targets.

- Arranged a CDFC stall at Bessemer Road Car Boot Sale which raised £54.50 for Club funds.
- Launched a Club Lotto which has generated £38 of sales in just two months, with half of that going directly to the Club and half to the two lucky winners.
- Publicised the CDFC pages at easyfundraising.org.uk which has resulted in the site donating £19.61 to the Club so far.

(Of the funds raised, only the Car Boot Sale income was received during 2009/10. The remainder will appear in the 2010/11 accounts.)

We will shortly be making a donation to the Terrence Higgins Trust, in line with our policy of donating 25% of all funds raised to them.

John and the Fundraising Group have set themselves a target of raising a further £1,000 for Club funds by the end of 2010. This will be achieved through various activities, including several Dragons taking part in the Cardiff Half Marathon in September. Eight members have already committed themselves to running to raise funds for the Club. It has also been agreed by the Committee that money generated by members through fundraising activities will be earmarked for paying for costs like minibuses, fuel and subs for away games. Put simply – the more money we all raise through fundraising, the less we will have to pay to participate in matches, so supporting the Fundraising Group's work will bring real benefits to members.

They have many exciting and innovative ideas for fundraising activities this year, so keep an eye out for chances to get involved.

Financial Position

At the end of 2009/10 the Club has total funds available amounting to £1,088 (£1,009 at the end of 2008/09).

The most significant source of receipts has been player subs, totalling £2,952, which represents 55% of all income collected during the year. Member contributions continue to provide the backbone upon which the Club operates.

Without your continued payments, we would be unable to function and the Club would simply cease to exist.

The next largest item of income is receipts of £1,122 paid by members to cover the cost of Club organised transport to away matches. This reflects the club's growth with minibus transport provided for 3 fixtures this year compared with none in 2008/09. The Club incurred the bulk of these costs in advance, with members asked to pay a fair contribution towards the total cost within a

reasonable period after the matches. The Club broke even on all pre-arranged transport.

Another significant source of income was the donation of funds from our sponsors, the Kings Cross. Their £500 contribution was used to purchase our red away kit which has been well used throughout the season.

The most substantial item of expenditure in 2009/10 has been the cost of arranging and participating in fixtures which amounted to £1,906. Given that the comparable amount in 2008/09 was £132, it's clear how much the Club has developed in the last 12 months. Costs in this category include pitch fees, referees fees, minibus hire and fuel for away matches, entry fees for tournaments and post match food provided after home fixtures.

The next largest cost area has been expenditure on facilitating training sessions. This represents the cost of hiring the Welsh Institute of Sport's astroturf pitch at Sophia Gardens during the winter, as well as booking 5-a-side pitches at Gols. The Club made a slight loss on WSIS bookings (£55 loss over the year) as less subs were paid than hoped for during these sessions, but we broke even on the Gols sessions. Other notable areas of expenditure have been kit purchases (£407 on Club kit, £225 for members' personal orders), equipment (£410), trophies and medals for the 2008/09 Awards Night (£244), and the Club's contribution towards the CDFC Xmas Party (£72).

The final receipts and payments for hosting last year's GFSN Annual Tournament were also made during 2009/10, and I'm pleased to report we generated an overall surplus on the event of just under £320. The Club retained this surplus in line with agreements with GFSN.

Overall, the year has presented challenges associated with the Club's fast growth, which the finance function has been able to support amply. The Club moves into its next phase of development in a strong financial position with the systems, personnel and resources in place to sustain our continued expansion.

David Keith
Treasurer

CARDIFF DRAGONS FOOTBALL CLUB FINANCIAL YEAR 2009/10

STATEMENT OF RECEIPTS & PAYMENTS

2009/10

	Note	£	£	£
OPENING BANK BALANCE	(1)			1,009.65
RECEIPTS				
Sponsorship	(2)	500.00		
Players' Subs - Outdoor	(3)	1,899.64		
Players' Subs - Indoor	(4)	88.71		
Players' Subs - Match	(5)	963.70		
Fundraising	(6)	54.50		
Away Travel	(7)	1,122.00		
Personal Kit	(8)	225.32		
Other	(9)	184.51		
GFSN 2009 Get Together	(10)	248.00		
TOTAL RECEIPTS			5,286.38	
PAYMENTS				
Marketing	(11)	103.09		
Equipment	(12)	409.85		
Kit	(13)	631.99		
Training Fees	(14)	1,067.12		
Fixtures	(15)	1,905.85		
To Petty Cash	(16)	384.85		
Other	(17)	512.35		
GFSN 2009 Get Together	(18)	280.06		
TOTAL PAYMENTS			5,295.16	
EXCESS RECEIPTS/(PAYMENTS)	(19)			-8.78
CLOSING BANK BALANCE	(20)			1,000.87

Balances at 30/04/10	
-	Balance at Bank 1,000.87
(21)	add/Cash on Hand 137.05
(22)	less/Creditor -50.00
(23)	Total Club Funds 1,087.92

NOTES

RECEIPTS

- (1) Closing bank balance from 2008/09 Accounts = Opening bank balance for 2009/10 Accounts.
- (2) Sponsorship received from Kings Cross bar.
- (3) Subs collected at training in Bute Park, Sofia Gardens & Gols Centre.
- (4) Subs collected at Pentwyn Leisure Centre.
- (5) Subs collected at matches.
- (6) Income from car boot sale.
- (7) Funds collected to pay for away travel (Nottingham, Leftfooters & Edinburgh trips).
- (8) Funds collected from members for personal kit orders.
- (9) Refund for equipment bought but not supplied, and ticket sales for Xmas party.
- (10) Donation, advertising revenue and Exit ticket sales for GFSN 09.

PAYMENTS

- (11) Website hosting and SMS text messaging service.
- (12) Various equipment, including goalkeeper gloves, balls, slalom poles, bibs, ball bags, first aid supplies, water bottles, etc.
- (13) Cost of 2009/10 Away Kit, plus cost of members' personal kit orders.
- (14) Cost of bookings for training at Sophia Gardens and Gols Centre.
- (15) Entry fees for tournaments, pitch hire fees for home matches, minibus hire/fuel for away matches, post match food, kit cleaning.
- (16) Funds withdrawn from bank to cover cash expenses, eg refs' fees, Sophia & Gols fees, showers.
- (17) Trophies/medals for 2008/09 Awards Night, cost of Xmas party, GFSN League fees.
- (18) Cost of Millenium Stadium stewards and mailshot for GFSN 09.

BALANCES

- (19) Total receipts during the year, less total expenses during the year.
- (20) Closing bank balance at 30/04/10.
- (21) Balance of Petty Cash float held at 30/04/10.
- (22) Owed to Committee member for payment of entry fee for Yorkshire Tournament.
- (23) Total available funds at 30/04/10.

INDEPENDENT EXAMINER'S REPORT TO THE MEMBERS OF CARDIFF DRAGON FOOTBALL CLUB (CDFC)

I report on the financial accounts of CDFC for the year to 30 April 2010.

Respective Responsibilities of the Committee and the Examiner

The Club's Committee is responsible for the preparation of the financial accounts and report. The Committee considers that an audit is not required for this year and that an independent examination is needed.

It is my responsibility to:

- Examine the financial accounts and report;
- Follow appropriate professional procedures; and
- State whether any particular matters have come to my attention.

Basis of Independent Examiner's Report

An examination includes a review of the accounting records kept by CDFC and a comparison of the report presented with those records.

It also includes consideration of any unusual items or disclosures, and seeking explanations concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an independent audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and this report is limited to those matters set out in the statement below.

INDEPENDENT EXAMINER'S STATEMENT

In connection with my examination, no matter has come to my attention that gives me a reasonable cause to believe that in any material respect the requirements

...to keep financial records in accordance with the Club's Constitution; and

...to prepare accounts that accord with the accounting records

have not been met: or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....
Dean Langley, ACCA (Member), BA Hons (Accounting and Finance)
6 Buzzard Way, Penallta, Hengoed, Mid Glam CF82 6GX.

Football Manager's End of Season Report

I would like to take this opportunity to write a few words as the Club's 2009/10 season of football draws to a close.

Firstly I would like to give massive thanks to all players and supporters without whom we would not been able to achieve what we have this season. As players I have once again witnessed you all improve your games further in various ways through hard work, commitment and enthusiasm both in trainings and matches.

Review of Season

In our first GFSN League season a finish of 10th with 2 fully deserved wins against long established teams is a credit to everyone. We showed great improvements both as individuals and as a team throughout the season as we leaned from our early games and have put in many creditable performances. I feel we now have a backbone to the team with players performing well in all key areas throughout the team. It has also pleased me greatly to have seen players with limited or no previous League experience play in League games when given the chance and perform admirably for the club. Unfortunately at times we did suffer from injuries and a lack of availability which left us under strength in some fixtures. It is to our credit though that in our debut season we pulled together as a Club to fulfil all fixtures and show a professional approach both on and off the field.

Away from the League a number of friendly games were organised. These are crucial in my view for a number of reasons. Firstly they have given a chance for those that do not play in League games on a regular basis to play some competitive football thus gaining experience and improving their games. Some of the improvements I have witnessed through the season have again been remarkable and it is always pleasing to see players have a chance to show what they can do in a competitive game. Secondly if appropriate they provide an important means to prepare for League games and trial different permutations. Finally they can aid the development of other Clubs whilst increasing our profile within the community. I would hope that if membership continues on an upward trend the Club would be able to fulfil more 'development team' friendlies such as the Bristol home game this year.

Last but by no means least on the competitive football I will review the seasons 5's. We have been a major participant in all tournaments and like

11's are learning and becoming stronger all the time. We have entered a minimum of 2 teams at every tournament throughout the season and gained success with our first trophy when we won the inaugural South West

tournament in Bristol. Our 'strongest' team has performed at a high level in all group stages with a defensive record second to none and we are now starting to find the net more regularly. If we continue the progress we have shown it will not be long before we will be regularly challenging to win tournaments. We have the potential to do this with all the teams we enter evidence of which has been seen recently in Leeds and Blackpool. To do this however I feel it is crucial we now provide competitive league 5's football to all members who wish to take part although I understand this will provide extra work, player commitment and organisation within the football schedule. It is also important to also provide some 5's when the schedule allows for those wishing to play more socially similar to what we did this year at Leckwith and in the past at Pentwyn.

When we have not had games training has taken place both midweek and Sundays with the Club having use of the excellent facilities at Sophia Gardens over the winter months. Attendances at training have again been very good this playing season with an average of 18 attending the midweek sessions at either Sophia or Leckwith and 16 for the Sunday sessions at Blackweir.

I am personally once again looking forward to the challenges the Club faces next season and playing my part in whatever form in tackling these challenges. It is important to realise that every member will have a different perspective on what they want from being a Dragon. Whilst success on the field is important as it shows ambition and breeds confidence success can be seen in many ways. It is important that every member existing and new feels they are contributing to the Clubs successes and development and gaining enjoyment as a member of the Club. Whilst it is not possible to please everyone all of the time it is important to provide a variety of football offerings that cater for the membership as a whole.

The Year Ahead

Next season we have the exciting new league format of two divisions of which we are in the second League. There is the chance of promotion for two teams which is a realistic objective as we have competed well and gained positive results already this year against many of the teams we will be playing next season. It will take time and hard work but I am fully confident that existing players will continue to improve all aspects of their games and knowledge to the next level through various trainings, games and other involvements within the ever growing football set-up. We will also be able to continue to strengthen further an already thriving club both on the football side and in other areas through further recruitment an area I see as crucial. I would envisage, for the reasons detailed earlier in my report, us playing a number of friendly games against both familiar and new opponents. In 5's I see as a realistic objective for us to reach the latter stages if not win at 5's tournaments and once again attend in force at tournaments as we have this year. Away

trips for us I see as very important they will continue to give much enjoyment and fulfilment to many members whether players or supporters and are a key factor to the clubs success. It is also very important to have a good team spirit and togetherness at all times again a major factor in any teams success.

Conclusion

I will finish by extending thanks firstly to the rest of my football management team who's unstinting hard work and support has played a major part in what has been achieved throughout the past 2 seasons. When you think we started with just a handful of members and many who had limited or no experience of competitive football or playing together we have faced many difficult challenges and come a very long way. I would also like to thank Muzz for leading from the front as Club captain consistently showing the passion and desire to inspire others.

Onwards and upwards Dragons!

Jason Cousins
Football Manager

Cardiff Dragons 2009-10 Results and Tables

23/08/09 - GFSN League – Nottingham Ballbois 8-2 Cardiff Dragons
06/09/09 - Leicester Tournament – Team 1 – Q/F – Team 2 Groups
13/09/09 - GFSN Cup – Cardiff Dragons 1-2 London Leftfooters
20/09/09 - GFSN League – Cardiff Dragons 0-11 Newcastle Panthers
27/09/09 - Bristol Tournament – Reds Winners, Blues S/F (Plate) Green S/F (Plate)
11/10/09 - GFSN League – Cardiff Dragons 0-3 London Titans
17/10/09 - Titans Anniversary Tournament – Finished 11/12
01/11/09 - Friendly – Cardiff Dragons 3-0 Trowbridge Tigers
08/11/09 - GFSN League – Brighton Bandits 0-1 Cardiff Dragons
15/11/09 - Bristol Tournament – Red Groups, Blue Groups, Yellow Groups
22/11/09 - GFSN League – London Leftfooters 1-1 Cardiff Dragons
06/12/09 - GFSN Christmas Party – Groups
21/02/10 - GFSN League – Cardiff Dragons 0-2 London Falcons
14/03/10 - Yorkshire Tournament – Team 1 – Q/F – Team 2 - Groups
28/03/10 - GFSN League – Cardiff Dragons 0-2 Yorkshire Terriers
04/04/10 - GFSN League – Hotscots FC 6-0 Cardiff Dragons
11/04/10 - GFSN League – Cardiff Dragons 3-7 Bristol Panthers
18/04/10 - Friendly – Trowbridge Tigers 3-1 Cardiff Dragons
25/04/10 - GFSN League – Cardiff Dragons 2-1 Leicester Wildecats
09/05/10 - GFSN League – Cardiff Dragons 1-3 GFC Bournemouth
16/05/10 - Friendly – Bristol Panthers 4-8 Cardiff Dragons
23/05/10 - GFSN League – Birmingham Blaze 6-1 Cardiff Dragons
11/06/10 - GFSN Get-Together – Team 1 Last 16 (Cup) – Team 2 Q/F (Shield)

GFSN National League Season 2009-10

Team	Pld	W	D	L	F	A	GD	Pts
1 London Falcons GFC	11	10	1	0	39	6	33	31
2 GFC Bournemouth	11	10	1	0	31	7	24	31
3 Newcastle Panthers	11	6	1	3	34	12	22	22
4 Yorkshire Terriers	11	6	1	4	24	23	1	19
5 London Titans	11	6	0	5	35	18	17	18
6 Hotscots FC	11	5	1	5	34	20	14	16
7 Nottingham Ballbois	11	5	1	5	27	27	0	16
8 Birmingham Blaze	11	4	1	6	27	27	0	13
9 Leicester Wildecats	11	3	0	8	27	39	-12	9
10 Cardiff Dragons	11	2	1	8	8	43	-35	7
11 Leftfooters FC	11	2	1	8	19	48	-38	7
12 Brighton Bandits	11	1	1	9	14	40	-26	4