



2 East Central

07/09/2019

Llantrisant	v	Aberdare
Abercynon	v	Gilfach Goch
Abercwmboi	v	Treharris
Taffs Well	v	Cilfynydd
Caerphilly	v	Cowbridge
Llanishen	v	Llantwit Fardre

14/09/2019

Gilfach Goch	v	Llantrisant
Aberdare	v	Abercwmboi
Cilfynydd	v	Abercynon
Treharris	v	Caerphilly
Llantwit Fardre	v	Taffs Well
Cowbridge	v	Llanishen

21/09/2019

Plate Rd 1

28/09/2019

Abercwmboi	v	Llantrisant
Caerphilly	v	Aberdare
Gilfach Goch	v	Cilfynydd
Abercynon	v	Llantwit Fardre
Llanishen	v	Treharris
Taffs Well	v	Cowbridge

05/10/2019

Llantrisant	v	Cilfynydd
Aberdare	v	Llanishen
Llantwit Fardre	v	Gilfach Goch
Abercwmboi	v	Caerphilly
Cowbridge	v	Abercynon
Treharris	v	Taffs Well

12/10/2019 Plate Rd 2

Caerphilly	v	Llantrisant
Taffs Well	v	Aberdare
Gilfach Goch	v	Cowbridge
Llanishen	v	Abercwmboi
Cilfynydd	v	Llantwit Fardre
Abercynon	v	Treharris

19/10/2019

Llantrisant	v	Llantwit Fardre
Aberdare	v	Abercynon
Treharris	v	Gilfach Goch
Abercwmboi	v	Taffs Well
Cowbridge	v	Cilfynydd
Caerphilly	v	Llanishen

26/10/2019

Llanishen	v	Llantrisant
Gilfach Goch	v	Aberdare
Abercynon	v	Abercwmboi
Cilfynydd	v	Treharris
Taffs Well	v	Caerphilly
Llantwit Fardre	v	Cowbridge

09/11/2019

Llantrisant	v	Cowbridge
Aberdare	v	Cilfynydd
Abercwmboi	v	Gilfach Goch
Caerphilly	v	Abercynon
Treharris	v	Llantwit Fardre
Llanishen	v	Taffs Well

16/11/2019 Plate Rd 3

Taffs Well	v	Llantrisant
Llantwit Fardre	v	Aberdare
Gilfach Goch	v	Caerphilly
Cilfynydd	v	Abercwmboi
Abercynon	v	Llanishen
Cowbridge	v	Treharris

23/11/2019

Llantrisant	v	Treharris
Aberdare	v	Cowbridge
Llanishen	v	Gilfach Goch
Abercwmboi	v	Llantwit Fardre
Taffs Well	v	Abercynon
Caerphilly	v	Cilfynydd

07/12/2019 Plate Rd 4

Abercynon	v	Llantrisant
Gilfach Goch	v	Taffs Well
Cowbridge	v	Abercwmboi
Cilfynydd	v	Llanishen
Llantwit Fardre	v	Caerphilly
Treharris	v	Aberdare

14/12/2019

Aberdare	v	Llantrisant
Gilfach Goch	v	Abercynon
Treharris	v	Abercwmboi
Cilfynydd	v	Taffs Well
Cowbridge	v	Caerphilly
Llantwit Fardre	v	Llanishen

28/12/2019

Llantrisant	v	Gilfach Goch
Abercwmboi	v	Aberdare
Abercynon	v	Cilfynydd
Caerphilly	v	Treharris
Taffs Well	v	Llantwit Fardre
Llanishen	v	Cowbridge

04/01/2020

Llantrisant	v	Abercwmboi
Aberdare	v	Caerphilly
Cilfynydd	v	Gilfach Goch
Llantwit Fardre	v	Abercynon
Treharris	v	Llanishen
Cowbridge	v	Taffs Well

11/01/2020 Plate QF

Cilfynydd	v	Llantrisant
Llanishen	v	Aberdare
Gilfach Goch	v	Llantwit Fardre
Caerphilly	v	Abercwmboi
Abercynon	v	Cowbridge
Taffs Well	v	Treharris

18/01/2020

Llantrisant	v	Caerphilly
Aberdare	v	Taffs Well
Cowbridge	v	Gilfach Goch
Abercwmboi	v	Llanishen
Llantwit Fardre	v	Cilfynydd
Treharris	v	Abercynon

25/01/2020

Llantwit Fardre	v	Llantrisant
Abercynon	v	Aberdare
Gilfach Goch	v	Treharris
Taffs Well	v	Abercwmboi
Cilfynydd	v	Cowbridge
Llanishen	v	Caerphilly

15/02/2020

Llantrisant	v	Llanishen
Aberdare	v	Gilfach Goch
Abercwmboi	v	Abercynon
Treharris	v	Cilfynydd
Caerphilly	v	Taffs Well
Cowbridge	v	Llantwit Fardre

29/02/2020

Cowbridge	v	Llantrisant
Cilfynydd	v	Aberdare
Gilfach Goch	v	Abercwmboi
Abercynon	v	Caerphilly
Llantwit Fardre	v	Treharris
Taffs Well	v	Llanishen

21/03/2020

Plate SF

Llantrisant	v	Taffs Well
Aberdare	v	Llantwit Fardre
Caerphilly	v	Gilfach Goch
Abercwmboi	v	Cilfynydd
Llanishen	v	Abercynon
Treharris	v	Cowbridge

28/03/2020

Treharris	v	Llantrisant
Cowbridge	v	Aberdare
Gilfach Goch	v	Llanishen
Llantwit Fardre	v	Abercwmboi
Abercynon	v	Taffs Well
Cilfynydd	v	Caerphilly

04/04/2020

Llantrisant	v	Abercynon
Taffs Well	v	Gilfach Goch
Abercwmboi	v	Cowbridge
Llanishen	v	Cilfynydd
Caerphilly	v	Llantwit Fardre
Aberdare	v	Treharris