



Championship

07/09/2019

Maesteg Quins	v	Glamorgan Wdrs
Trebanos	v	Neath
Cardiff Met	v	Bargoed
Ystrad Rhondda	v	Ystalyfera
Bedwas	v	Cross Keys
Pontypool	v	Beddau
Tata Steel	v	Narberth

14/09/2019

Cup Rd 1

21/09/2020

Narberth	v	Trebanos
Bargoed	v	Maesteg Quins
Neath	v	Ystrad Rhondda
Cross Keys	v	Cardiff Met
Ystalyfera	v	Pontypool
Beddau	v	Bedwas
Glamorgan Wdrs	v	Tata Steel

28/09/2019

Ystrad Rhondda	v	Narberth
Glamorgan Wdrs	v	Bargoed
Maesteg Quins	v	Cross Keys
Pontypool	v	Neath
Cardiff Met	v	Beddau
Bedwas	v	Ystalyfera
Tata Steel	v	Trebanos

05/10/2019

Narberth	v	Pontypool
Cross Keys	v	Glamorgan Wdrs
Trebanos	v	Ystrad Rhondda
Beddau	v	Maesteg Quins
Neath	v	Bedwas
Ystalyfera	v	Cardiff Met
Bargoed	v	Tata Steel

12/10/2019

Bedwas	v	Narberth
Glamorgan Wdrs	v	Beddau
Pontypool	v	Trebanos
Bargoed	v	Cross Keys
Maesteg Quins	v	Ystalyfera
Cardiff Met	v	Neath
Tata Steel	v	Ystrad Rhondda

19/10/2019

Narberth	v	Cardiff Met
Ystalyfera	v	Glamorgan Wdrs
Trebanos	v	Bedwas
Beddau	v	Bargoed
Ystrad Rhondda	v	Pontypool
Neath	v	Maesteg Quins
Cross Keys	v	Tata Steel

26/10/2019

Maesteg Quins	v	Narberth
Glamorgan Wdrs	v	Neath
Bargoed	v	Ystalyfera
Bedwas	v	Ystrad Rhondda
Cross Keys	v	Beddau
Cardiff Met	v	Trebanos
Tata Steel	v	Pontypool

09/11/2019

Cup Rd 2

Narberth	v	Glamorgan Wdrs
Trebanos	v	Maesteg Quins
Neath	v	Bargoed
Ystrad Rhondda	v	Cardiff Met
Ystalyfera	v	Cross Keys
Pontypool	v	Bedwas
Beddau	v	Tata Steel

16/11/2019

Bargoed	v	Narberth
Glamorgan Wdrs	v	Trebanos
Maesteg Quins	v	Ystrad Rhondda
Cross Keys	v	Neath
Beddau	v	Ystalyfera
Cardiff Met	v	Pontypool
Tata Steel	v	Bedwas

23/11/2019

Narberth	v	Cross Keys
Ystrad Rhondda	v	Glamorgan Wdrs
Trebanos	v	Bargoed
Pontypool	v	Maesteg Quins
Neath	v	Beddau
Bedwas	v	Cardiff Met
Ystalyfera	v	Tata Steel

07/12/2019

Beddau	v	Narberth
Glamorgan Wdrs	v	Pontypool
Cross Keys	v	Trebanos
Bargoed	v	Ystrad Rhondda
Maesteg Quins	v	Bedwas
Ystalyfera	v	Neath
Tata Steel	v	Cardiff Met

14/12/2019

Narberth	v	Ystalyfera
Bedwas	v	Glamorgan Wdrs
Trebanos	v	Beddau
Pontypool	v	Bargoed
Cardiff Met	v	Maesteg Quins
Ystrad Rhondda	v	Cross Keys
Tata Steel	v	Neath

28/12/2019

Neath	v	Narberth
Glamorgan Wdrs	v	Cardiff Met
Ystalyfera	v	Trebanos
Bargoed	v	Bedwas
Beddau	v	Ystrad Rhondda
Cross Keys	v	Pontypool
Maesteg Quins	v	Tata Steel

04/01/2020

Glamorgan Wdrs	v	Maesteg Quins
Neath	v	Trebanos
Bargoed	v	Cardiff Met
Ystalyfera	v	Ystrad Rhondda
Cross Keys	v	Bedwas
Beddau	v	Pontypool
Narberth	v	Tata Steel

11/01/2020

Trebanos	v	Narberth
Maesteg Quins	v	Bargoed
Ystrad Rhondda	v	Neath
Cardiff Met	v	Cross Keys
Pontypool	v	Ystalyfera
Bedwas	v	Beddau
Tata Steel	v	Glamorgan Wdrs

18/01/2020

Narberth	v	Ystrad Rhondda
Bargoed	v	Glamorgan Wdrs
Cross Keys	v	Maesteg Quins
Neath	v	Pontypool
Beddau	v	Cardiff Met
Ystalyfera	v	Bedwas
Trebanos	v	Tata Steel

25/01/2020

Cup Rd 3

Pontypool	v	Narberth
Glamorgan Wdrs	v	Cross Keys
Ystrad Rhondda	v	Trebanos
Maesteg Quins	v	Beddau
Bedwas	v	Neath
Cardiff Met	v	Ystalyfera
Tata Steel	v	Bargoed

15/02/2020

Narberth	v	Bedwas
Beddau	v	Glamorgan Wdrs
Trebanos	v	Pontypool
Cross Keys	v	Bargoed
Ystalyfera	v	Maesteg Quins
Neath	v	Cardiff Met
Ystrad Rhondda	v	Tata Steel

29/02/2020

Cardiff Met	v	Narberth
Glamorgan Wdrs	v	Ystalyfera
Bedwas	v	Trebanos
Bargoed	v	Beddau
Pontypool	v	Ystrad Rhondda
Maesteg Quins	v	Neath
Tata Steel	v	Cross Keys

21/03/2020

Narberth	v	Maesteg Quins
Neath	v	Glamorgan Wdrs
Ystalyfera	v	Bargoed
Ystrad Rhondda	v	Bedwas
Beddau	v	Cross Keys
Trebanos	v	Cardiff Met
Pontypool	v	Tata Steel

28/03/2020

Cup SF

Glamorgan Wdrs	v	Narberth
Maesteg Quins	v	Trebanos
Bargoed	v	Neath
Cardiff Met	v	Ystrad Rhondda
Cross Keys	v	Ystalyfera
Bedwas	v	Pontypool
Tata Steel	v	Beddau

04/04/2020

Narberth	v	Bargoed
Trebanos	v	Glamorgan Wdrs
Ystrad Rhondda	v	Maesteg Quins
Neath	v	Cross Keys
Ystalyfera	v	Beddau
Pontypool	v	Cardiff Met
Bedwas	v	Tata Steel

11/04/2020

Cross Keys	v	Narberth
Glamorgan Wdrs	v	Ystrad Rhondda
Bargoed	v	Trebanos
Maesteg Quins	v	Pontypool
Beddau	v	Neath
Cardiff Met	v	Bedwas
Tata Steel	v	Ystalyfera

18/04/2020

Narberth	v	Beddau
Pontypool	v	Glamorgan Wdrs
Trebanos	v	Cross Keys
Ystrad Rhondda	v	Bargoed
Bedwas	v	Maesteg Quins
Neath	v	Ystalyfera
Cardiff Met	v	Tata Steel

25/04/2020

Ystalyfera	v	Narberth
Glamorgan Wdrs	v	Bedwas
Beddau	v	Trebanos
Bargoed	v	Pontypool
Maesteg Quins	v	Cardiff Met
Cross Keys	v	Ystrad Rhondda
Neath	v	Tata Steel

02/05/2020

Narberth	v	Neath
Cardiff Met	v	Glamorgan Wdrs
Trebanos	v	Ystalyfera
Bedwas	v	Bargoed
Ystrad Rhondda	v	Beddau
Pontypool	v	Cross Keys
Tata Steel	v	Maesteg Quins