

Indigo Group Premiership

07/09/2019

Swansea	v	Llanelli
Bridgend	v	Aberavon
Cardiff	v	Pontypridd
Ebbw Vale	v	Newport
Carmarthen	v	Llandovery
RGC	v	Merthyr

14/09/2019 Cup Round 1

21/09/2019

Aberavon	v	Swansea
Llanelli	v	Cardiff
Newport	v	Bridgend
Pontypridd	v	Carmarthen
Merthyr	v	Ebbw Vale
Llandovery	v	RGC

12/10/2019

Cardiff	v	Swansea
Carmarthen	v	Llanelli
Aberavon	v	Newport
Bridgend	v	Merthyr
RGC	v	Pontypridd
Ebbw Vale	v	Llandovery

19/10/2019

Swansea	v	Newport
Llanelli	v	RGC
Merthyr	v	Aberavon
Cardiff	v	Carmarthen
Llandovery	v	Bridgend
Pontypridd	v	Ebbw Vale

26/10/2019

Carmarthen	v	Swansea
Ebbw Vale	v	Llanelli
Aberavon	v	Llandovery
RGC	v	Cardiff
Newport	v	Merthyr
Bridgend	v	Pontypridd

02/11/2019

Swansea	v	Merthyr
Llanelli	v	Bridgend
Pontypridd	v	Aberavon
Cardiff	v	Ebbw Vale
Llandovery	v	Newport
Carmarthen	v	RGC

09/11/2019

Cup Round 2

16/11/2019

RGC	v	Swansea
Aberavon	v	Llanelli
Bridgend	v	Cardiff
Newport	v	Pontypridd
Ebbw Vale	v	Carmarthen
Merthyr	v	Llandovery

23/11/2019

Swansea	v	Llandovery
Llanelli	v	Newport
Cardiff	v	Aberavon
Carmarthen	v	Bridgend
Pontypridd	v	Merthyr
RGC	v	Ebbw Vale

07/12/2019

Ebbw Vale	v	Swansea
Merthyr	v	Llanelli
Aberavon	v	Carmarthen
Newport	v	Cardiff
Bridgend	v	RGC
Llandovery	v	Pontypridd

14/12/2019

Swansea	v	Pontypridd
Llanelli	v	Llandovery
RGC	v	Aberavon
Cardiff	v	Merthyr
Ebbw Vale	v	Bridgend
Carmarthen	v	Newport

21/12/2019

Bridgend	v	Swansea
Aberavon	v	Ebbw Vale
Llandoverly	v	Cardiff
Newport	v	RGC
Merthyr	v	Carmarthen
Pontypridd	v	Llanelli

28/12/2019

Llanelli	v	Swansea
Aberavon	v	Bridgend
Pontypridd	v	Cardiff
Newport	v	Ebbw Vale
Llandoverly	v	Carmarthen
Merthyr	v	RGC

04/01/2020

Swansea	v	Aberavon
Cardiff	v	Llanelli
Bridgend	v	Newport
Carmarthen	v	Pontypridd
Ebbw Vale	v	Merthyr
RGC	v	Llandoverly

11/01/2020

Swansea	v	Cardiff
Llanelli	v	Carmarthen
Newport	v	Aberavon
Merthyr	v	Bridgend
Pontypridd	v	RGC
Llandoverly	v	Ebbw Vale

18/01/2020

Newport	v	Swansea
RGC	v	Llanelli
Aberavon	v	Merthyr
Carmarthen	v	Cardiff
Bridgend	v	Llandoverly
Ebbw Vale	v	Pontypridd

25/01/2020

Cup QF

Swansea	v	Carmarthen
Llanelli	v	Ebbw Vale
Llandoverly	v	Aberavon
Cardiff	v	RGC
Merthyr	v	Newport
Pontypridd	v	Bridgend

15/02/2020

Merthyr	v	Swansea
Bridgend	v	Llanelli
Aberavon	v	Pontypridd
Ebbw Vale	v	Cardiff
Newport	v	Llandovery
RGC	v	Carmarthen

29/02/2020

Swansea	v	RGC
Llanelli	v	Aberavon
Cardiff	v	Bridgend
Pontypridd	v	Newport
Carmarthen	v	Ebbw Vale
Llandovery	v	Merthyr

07/03/2020

Llandovery	v	Swansea
Newport	v	Llanelli
Aberavon	v	Cardiff
Bridgend	v	Carmarthen
Merthyr	v	Pontypridd
Ebbw Vale	v	RGC

21/03/2020

Swansea	v	Ebbw Vale
Llanelli	v	Merthyr
Carmarthen	v	Aberavon
Cardiff	v	Newport
RGC	v	Bridgend
Pontypridd	v	Llandovery

28/03/2020

Cup SF

Pontypridd	v	Swansea
Llandovery	v	Llanelli
Aberavon	v	RGC
Merthyr	v	Cardiff
Bridgend	v	Ebbw Vale
Newport	v	Carmarthen

04/04/2020

Swansea	v	Bridgend
Ebbw Vale	v	Aberavon
Cardiff	v	Llandovery
RGC	v	Newport
Carmarthen	v	Merthyr
Llanelli	v	Pontypridd

