

PATHWAY TO PARTICIPATION

WRU CUP COMPETITIONS



SENIOR

WOMEN

NB These competitions will be played under the agreed modified Laws for 15-a-side rugby to reduce contact especially around scrum and maul.

North Wales Cup	
NW A	NW B
Caernarfon	Llangollen
Llangefni	COBRA
Abegele	Rhyl
Holyhead	Shotton Steel

South Wales Cup	
West 1A	East 1A
Bonymaen	Deri RFC
Swansea	Ynysddu
Pencoed	Nelson
Seven Sisters	Senghenydd
West 1B	East 1B
Whitland	Llandaff North
Burry Port	Gwernyfed
Haverfordwest	Pontyclun
	Llantwit Fardre

South Wales Plate	
East 2A	West 2A
CRCC	Lampeter
Old Penarthians	Pembroke
Rhydyfelin	Tumble
Taffs Well	West Swansea Hawks
Whitchurch	
East 2B	West 2B
Blaina	Tondu
Porth Harlequins	Morrison
Dowlais	Talbot Reds
Fleur de Lys	Porthcawl
Cilfynydd	