

PATHWAY TO PARTICIPATION

WRU CUP COMPETITIONS



SENIOR MEN

PLATE

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

DISTRICT	
A	A1 Abergavenny Blackwood Blaenavon Brynmaur Ynysddu
	A2 Caerleon Caldicot Croesyceiliog Cwmbran Hartridge
	A3 Monmouth Pill Harriers Newport HSOB Oakdale
	A4 Newbridge RFC Pontypool United Risca RFC Talywain RFC
B	B1 Rhiwbina Rumney St Josephs St Peters Llanishen
	B2 Barry Cowbridge Dinas Powys Taffs Well
C	C1 Abercwmboi Abercynon Aberdare Mountain Ash Treharris
	C2 Gilfach Goch Llantrisant Llantwit Fardre Rhydyfelin Ynysybwl
	C3 Porth Harlequins Cambrian Welfare Cilfynydd Treorchy
	C4 Nelson Penallta Senghenydd Caerphilly
	C5 Builth Wells Brecon Bedlinog Dowlais
D	D1 Aberavon Quins Pencoed Heol y Cyw Maesteg Celtic
	D2 Kenfig Hill Nantyffyllon Tondur Bridgend Athletic RFC
	D3 Bridgend Sports Club Porthcawl Pyle Skewen
E	E1 Morrison Mumbles Resolven Seven Sisters Ystradgynlais
	E2 Birchgrove Bonynmaen Dunvant Glynneath
F	F1 Ammanford Brynamman Pontyberem Tycroes Llangennech Yr Hendy
	F2 Gorseinon Pontarddulais Gowerton Loughor Penclawdd Waunarlwydd
G	G1 Burry Port Carmarthen Athletic Felinfoel Kidwelly Llanelli Wanderers Nantgaredig Newcastle Emlyn
H	H1 Aberystwyth Crymych Fishguard and Goodwick Milford Haven Pembroke Tenby United Whitland
J	J1 Bala Bro Ffestiniog Caereinion OBRA Dolgellau
	J2 Bethesda Caernarfon Llangefni Pwllheli