

The Oval Zone

The rugby magazine for North and Mid Wales - Issue 31, January 24th, 2014



**SELLOUTS BOOST
LOCAL ECONOMY**



**GOGGLES GET
GO-AHEAD**

All the latest rugby news and pictures from North/Mid Wales



Sevens: Numbers behind the story so far

Ahead of the fourth round of the HSBC Sevens World Series in Las Vegas, we take a look back at the first three rounds of what can arguably be described as the most compelling and competitive Series yet.

Fans heading to the Sam Boyd Stadium this weekend for the USA Sevens, or watching any of the remaining six rounds, are in for a real sporting treat. And isn't just a whimsical claim - the stats back it up.

So far this season a try has been scored every 74 seconds of game time!

Add to that, 68% of those tries are scored with no completed tackle or ruck/maul in the build-up and 42% from a passage of possession originating within the scoring side's own half.

All of which translates into fluid, end-to-end running rugby, but not a free-for-all. In fact, the contesting of the ball has never been as ferocious in Rugby Sevens: 42% of tries are scored from a turnover in possession and a regain at the restart, with 78% of all restarts recorded as 'contestable'. In all, 22% of tackle, ruck and maul situations are being turned over.

The action has also been at its most competitive with 38% of the 135 matches played so far won by a margin of 10 points or less. The knock-out stages are even tighter on average, 43% of the matches won by 10 points or less.

Perhaps most interestingly for all Rugby fans is that the ball is in play for 53% of the time, or seven minutes and 24 seconds per match 14-minute - the highest percentage in all forms and competitions of Rugby Union.

Round 1, Australia - In the opening round on Australia's Gold Coast the highest score was England's 54-7 defeat of Spain, but Simon Amor's side also recorded a 47-point victory against South Africa in the third place play-off.

New Zealand went on to win the first round and they did so conceding just 24 points - 19 of which came in the final against the hosts.

Round 2, Dubai - In the second and third rounds of the Series in Dubai and South Africa we saw South Africa make two finals, losing to Fiji in Dubai, before beating New Zealand in the final on home soil.

In Dubai, Fiji recorded their biggest ever victory against New Zealand, winning 44-0 by retaining possession for almost the entire match through superiority at the restart, and were on fire against South Africa

Round 3, South Africa - It was written in the stars a week later in the Nelson Mandela Bay Stadium, the Blitzbokke playing like men possessed to put a smile on the nation's face in sad and emotional circumstances and pay tribute to the late Nelson Mandela in the best possible way.

New Zealand lead the current standings heading into this weekend but by only two points from South Africa, and 10 ahead of Fiji.

With three different Cup winners in the three tournaments so far, and with tactics needing to adjust for the ultra-narrow pitch at the Sam Boyd Stadium, it could well be four from four this weekend making the race for the overall Series even tighter....

Coverage of the tournament will be on Sky Sports



Brecon RFC Minis Festival 2014

Wales' Leading Minis Festival



Monday 21st April 2014

Parc De Pugh, Brecon 11.00 am

For further details or to make a booking contact:

Andy Lewis:

andy.j.lewis@btconnect.com or 07770 944353

Paul Amphlett:

paulamph@hotmail.co.uk or 07817068937



Clwb Rygbi TAG Yr Urdd

Everyone's welcome, come and join in the fun!!

Clwb Rygbi TAG Yr Urdd

(*sesiynau drwy gyfrwng y Gymraeg/sessions run through the medium of Welsh)

Dydd/Day: Dydd Mawrth/Tuesdays

Ionawr 21, 28 - Chwefror 4, 11, 18.

Lleoliad/Location:

Canolfan Hamdden Colwyn (Ysgubor)/Colwyn Leisure Centre (Y Barn)

Amser/Time: 4yppm-5yp/m

Cost: £2.50 y sesiwn/a session

Oed/Age: Bl/Yr 1, 2, 3 a 4.

Os diddordeb cysylltwch gyda Carwyn ar 07557322669 / 01248 672 108 neu drwy ebost carwynmilburn@urdd.org Croeso i bawb a dewch i ymuno yn y hwyl!!

If you have any interest contact Carwyn on 07557322669 / 01248 672 108 or through email carwynmilburn@urdd.org Everyone's welcome, come and join in the fun!!

Fixtures for Saturday, 25 January for the clubs of North/Mid Wales

WRU Championship
RGC 1404 v Blackwood

WRU Division One West
Builth Wells v Waunarlwydd

WRU Division Two West
Skewen v Aberystwyth

WRU Division One North
Bala v Bethesda
Bro Ffestiniog v Pwllheli
Denbigh v Caernarfon
Dolgellau v Ruthin
Nant Conwy v COBRA

WRU Division Two North
Colwyn Bay v Newtown
Llangefni v Llandudno
Machynlleth v Shotton Steel
Mold v Abergele
Wrexham v Rhyl

WRU Division Three North
Bangor University v Bangor
Benllech v Harlech
Llangollen v Holyhead
Llanidloes v Flint
Rhosllanerchrugog v Menai Bridge
Welshpool v Porthmadog

WRU Division Six East
Crickhowell v Rhayader
Hollybush v Trefyclawdd
Llandrindod Wells v Tredegar
Ironsides

North Wales 2nds Division and
Gwynedd League
Bala 2nds v Bethesda 2nds
Bro Ffestiniog 2nds v Pwllheli 2nds
Nant Conwy 2nds v Llangefni 2nds
Denbigh 2nds v Caernarfon 2nds
Dolgellau 2nds v Ruthin 2nds

North East Counties League
COBRA 2nds v Llandudno 2nds
Colwyn Bay 2nds v Mold 2nds
Mold 3rds v Flint 2nds
Rhos 2nds v Rhyl 2nds
Shotton 2nds v Wrexham 2nds
Welshpool 2nds v Abergele 2nds

North Wales Youth Division One
Bala v Wrexham
Caernarfon v Bangor
Llangefni v Pwllheli
Nant Conwy v Caernarfon
Ruthin v Denbigh

North Wales Youth Division Two
Colwyn Bay v Holyhead
Dolgellau v Abergele
Llandudno v Newtown
Rhyl and District v Bro Ffestiniog
Shotton Steel v Llanidloes
Welshpool v Flint

**Please note that you should check
with the home club that the above
games is going ahead - The Oval
Zone cannot be held responsible
for any errors in this listing.**

www.nwru.co.uk for fixture details

The Oval Zone

The rugby magazine for North and Mid Wales
- Issue 31, January 24th, 2014

Welcome to the latest issue of The Oval Zone.

Weather permitting, there's another great weekend of rugby ahead for us this part of the Principality and then we have another rest as the Six Nations kicks in.

It's a great tournament but it doesn't half play havoc with the domestic fixture list, especially when there has already been so many games called off due to the weather.

Division 3 seems to be suffering again this season with a glut of postponements and, with fewer teams in this Division next season, it might be time to take a good look at the proposed structure, otherwise there might be teams finding themselves with very few fixtures.

Parc Eirias will find itself the centre of attraction next Friday when Wales Under 20 start their campaign and I'm sure we all wish the boys in red the best of luck. Hopefully the North Wales rugby public will once again turn out in their thousands to make these games a success both on and off the field.

As always, best of luck to all teams this weekend.

Best wishes

Gary

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www.nwru.co.uk
www.midwalesrugby.com

Twitter: please follow us @ovalzonerugby
www.ovalzone.co.uk



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6 NATIONS QUIZ

Question 1 of 10:

Who is the leading points scorer in the 6 Nations?

Neil Jenkins
Jonny Wilkinson
Chris Paterson

Question 2 of 10:

When was the inaugural 6 Nations Championship played?

1999
2000
2001

Question 3 of 10:

What was the score when England beat Ireland to win the Grand Slam in 2003?

42-6
43-9
44-6

Question 4 of 10:

Who did Italy defeat to win their first 6 Nations match?

Scotland
Wales
Ireland

Question 5 of 10:

Who has won the 6 Nations the most times?

England
Ireland
France

Question 6 of 10:

Who was captain when England won the inaugural 6 Nations championship?

Martin Johnson
Lawrence Dallaglio
Matt Dawson

Question 7 of 10:

What does TMO stand for?

Third match official
Television match official
Temporary match official

Question 8 of 10:

What is the colour of Ireland's change strip?

Green
Blue
White

Question 9 of 10:

Who is Ireland's leading 6 Nations try scorer?

Brian O'Driscoll
Denis Hickie
Shane Horgan

Question 10 of 10:

Who is England's heaviest forward?

Andrew Sheridan
Simon Shaw
Matt Stevens

KEEP READING THIS OVAL ZONE FOR THE ANSWERS



January 2014

Fri 31st	W6Nations	Ireland Women v Scotland Women – 19.30
Fri 31st	U20 6Nations	Ireland U20 v Scotland U20 – 19.50
Fri 31st	U20 6Nations	Wales U20 v Italy U20 – 19.10 – Parc Eirias, Colwyn Bay
Fri 31st	U20 6Nations	France U20 v England U20 – 20.55

February 2014

Sat 1st	W6Nations	France Women v England Women – 20.55
Sat 1st	6 Nations	Wales v Italy – 14.30
Sat 1st	6 Nations	France v England – 17.00
Sun 2nd	W6Nations	Wales Women v Italy Women – 13.00 – Talbot Athletic Ground
Sun 2nd	6 Nations	Ireland v Scotland – 15.00
Fri 7th	U20 6Nations	Scotland U20 v England U20 – 19.30
Fri 7th	U20 6Nations	Ireland U20 v Wales U20 – 19.35 – Dubarry Park
Fri 7th	W6Nations	Ireland Women v Wales Women – 19.30 – Ashbourne RFC
Sat 8th	U20 6Nations	France U20 v Italy U20 – 20.55
Sat 8th	W6Nations	France Women v Italy Women – 17.30
Sat 8th	6 Nations	Ireland v Wales – 14.30
Sat 8th	6 Nations	Scotland v England – 17.00
Sun 9th	W6Nations	Scotland Women v England Women – 14.00
Sun 9th	6 Nations	France v Italy – 15.00
Fri 21st	U20 6Nations	Italy U20 v Scotland U20
Fri 21st	6 Nations	Wales v France – 20.00
Sat 22nd	U20 6Nations	Wales U20 v France U20 – 18.05 – Parc Eirias
Sat 22nd	U20 6Nations	England U20 v Ireland U20 – 18.15
Sat 22nd	W6Nations	England Women v Ireland Women – 18.20
Sat 22nd	6 Nations	Italy v Scotland – 13.30
Sat 22nd	6 Nations	England v Ireland – 16.00
Sun 23rd	W6Nations	Italy Women v Scotland Women
Sun 23rd	W6Nations	Wales Women v France Women – 14.00 – Talbot Athletic Ground

March 2014

Fri 7th	U20 6Nations	Ireland U20 v Italy U20 – 19.05
Fri 7th	U20 6Nations	Scotland U20 v France U20 – 19.30
Fri 7th	U20 6Nations	England U20 v Wales U20 – 19.45 – Kingston Park
Fri 7th	W6Nations	England Women v Wales Women – 19.30 – Twickenham Stoop
Sat 8th	W6Nations	Ireland Women v Italy Women – 17.00
Sat 8th	6 Nations	Ireland v Italy – 14.00
Sat 8th	6 Nations	Scotland v France – 17.00
Sun 9th	W6Nations	Scotland Women v France Women – 14.00
Sun 9th	6 Nations	England v Wales – 15.00
Fri 14th	U20 6Nations	Italy U20 v England U20 – 19.00
Fri 14th	U20 6Nations	Wales U20 v Scotland U20 – 19.00 – Parc Eirias
Fri 14th	U20 6Nations	France U20 v Ireland U20 – 20.55
Fri 14th	W6Nations	France Women v Ireland Women – 18.45
Sat 15th	6 Nations	Italy v England – 12.30
Sat 15th	6 Nations	Wales v Scotland – 14.45
Sat 15th	6 Nations	France v Ireland – 17.00
Sun 16th	W6Nations	Wales Women v Scotland Women – 14.00 – Talbot Athletic Ground
Sun 16th	W6Nations	Italy Women v England Women – 15.00

PLEASE NOTE THAT ALL TIMES SHOWN ARE UK TIMES



RGC NEWS



Support of the RGC Family

Report by Scott Lawson: We have some sad news to pass on, but as always we are looking for the RGC Family to support the causes.

Thabiso Monongozulu (TBone) has made a huge impression with us on and off the field since he came over at the start of the season and we are sad to report he has had to return home early after the tragic news of his sister passing away in a car accident on her way to school last week.

Thabiso is an orphan who was on an International Exchange Programme from South Africa. As the eldest brother, he was giving himself the best chance to better himself to support his brothers and sisters back home.

As part of the RGC family, the staff and players want to support him so we are having a collection on Saturday to help with the funeral costs and give his sister the best send-off possible.

RGC's Tom Hughes with a group of friends and family will be running the Anglesey Half Marathon for Wales Air Ambulance at the start of March. Tom's girlfriend was involved in a car accident last year and sadly passed away, so the Wales Air Ambulance is a charity close to Tom's heart.

We will be holding a collection before our next game against Tondur on Saturday, March 1 but if you want to donate online, here is the just giving page <http://www.justgiving.com/Rosalind-Young>

RGC 1404 squad announced for Blackwood game on 25th January

1. Joe Simpson- Bangor
2. Mike Hall- Rhyl
3. James Jones- Nant Conwy
4. Sean O'Rourke- Academy
5. Bryn Williams- Colwyn Bay
6. Andrew Williams- Caernarfon
7. Huw Worthington- COBRA
8. Olly Cracknell- Academy
9. Alex Schwarz- Mold
10. Rhodri Carlton-Jones- Llandudno
11. Carwyn Ap Myrddin- Nant Conwy
12. Mike Jones- Ruthin
13. Harri Evans- Llandudno
14. Tom Blackwell- Colwyn Bay
15. Afon Bagshaw- Llandudno
16. Joe Jones- Mold
17. Liam Leung- Caernarfon
18. Tallis Karaitiana- Academy
19. Lewis Barker- Mold
20. Llywarch Ap Myrddin





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GUEST
13

Predict the total number of points Wales will score over the RBS 6 Nations 2014 campaign to win.

To enter, visit:
www.wru.co.uk/jointhebeat/competition

Closing date 31st January 2014

Rules of Entry: In the event of NO correct entries, the closest prediction will win. In the event of a TIE, the winner will be drawn at random from the correct entries. Entrants must be able to accommodate the scoreboard at their club.
Scoreboard dimensions: Size 1372mm high x 4877mm wide with a weight of 91kg.

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Cobra 7 – 20 Y Bala

Yr ail drip yn olynol i lawr i Feifod oedd yn wynebu'r hogiau'r wythnos yma, a gêm gynghrair bwysig er mwyn cadw eu lle ar frig y tabl! Roedd pawb yn gwybod cyn cychwyn mai gornest gorfforol ymysg y blaenwyr fyddai yn ei disgwyl, a heb bresenoldeb y ddau hyfforddwr, roedd prynhawn caled o'u Blaenau.

Wedi dechrau digon sigledig, llwyddodd Rhydian gyda chic gosb i setlo'r nerfau, cyn i Endaf Jones groesi am gais wedi sgarmes symudol lwyddiannus. Fel hyn yr arhosodd tan yr hanner, COBRA 0 – 8 Y Bala.

Yn fuan yn yr ail hanner, gyda'r Bala'n dominyddu'r sgrym, bu'r gwthio yn ormod iddynt, wrth i'r bel adlamu allan yn afreolus yn ôl dros y llinell cais, Siôn Lynch oedd y cyntaf i yno i lanio ar y bêl am ail gais y Bala. Trosiad llwyddiannus i Rhydian, COBRA 0 – 15 Y Bala.

Roedd pethau'n edrych yn reit gyfforddus i'r Bala, tan i benderfyniad y dyfarnwr i yrru Ifan Hughes i'r cell callio, a dyfarnu cais gosb i ddod a COBRA yn ôl i'r gêm. Roedd y tîm cartref yn aroglu gwaed, a daeth a gobaith i'w chwarae, ond deliodd y Bala a hyn, a tharo eto wrth i Ilan Rowlands droi am gais arall diolch i sgarmes symudol.

Bu cerdyn melyn i COBRA yn y chwarter olaf, ond yn anffodus, ni fu llawer o gyfleoedd i'r un tîm i ychwanegu cais yn y cyfnodau olaf, yn rhannol diolch i ambell i benderfyniad dadleuol gan y dyfarnwr!

Diolch i bawb wnaeth y trip i lawr i Feifod i gefnogi, a diolch i Jobo, Alwyn ambiwlans a Rhys Jones am lenwi 'sgidiau'r hyfforddwyr! Bethesda adref yr wythnos nesaf, dewch yn llwll!



Photographs kindly supplied by Lynne Owen



WRU CHAMPIONSHIP

RESULTS

Saturday, 7th September, 2013

Bargoed 21 v Newbridge 0
Beddau 21 v Pontypool 41 (+1)
Bonymaen 11 v Narberth 37 (+1)
Bridgend Ath 32 (+1) v Bwood 30 (+1)
Llanharan 15 v Cardiff Met 34 (+1)
RGC 1404 16 v Ebbw Vale 31
Tata Steel 22 v Tondur 6

Saturday, 14th September

Blackwood 16 v Llanharan 33
Cardiff Met 41 (+1) v Bonymaen 5
Ebbw Vale 33 (+1) v Bargoed 16
Narberth 18 (+1) v RGC 1404 22
Newbridge 23 v Tata Steel 20 (+1)
Pontypool 31 (+1) v Brid Ath 24 (+1)
Tondur 13 (+1) v Beddau 17

Saturday 21st September 2013

Bargoed 19 v Tata Steel 11
Beddau 19 v Newbridge 8
Bonymaen 13 v Blackwood 34 (+1)
Bridgend Ath 15 (+1) v Tondur 20
Ebbw Vale 41 (+1) v Narberth 3
Llanharan 21 v Pontypool 6
RGC 12 v Cardiff Met 26 (+1)

Saturday, 28th September 2013

Blackwood 10 v RGC 1404 56 (+1)
Cardiff Met 9 v Ebbw Vale 27 (+1)
Narberth 33 (+1) v Bargoed 7
Newbridge 38 (+1) v Bridgend Ath 20
Pontypool 32 (+1) v Bonymaen 23
Tata Steel 49 (+1) v Beddau 10
Tondur 20 v Llanharan 17 (+1)

Saturday, 5th October

Bargoed 45 (+1) v Beddau 10
Bonymaen 17 v Tondur 15 (+1)
Bridgend Ath 16 v Tata Steel 26
Ebbw Vale 45 (+1) v Blackwood 6
Llanharan 37 (+1) v Newbridge 24 (+1)
Narberth 36 v Cardiff Met 36
RGC 20 (+1) v Pontypool 26

FIXTURES

Saturday, 12th October

Beddau 17 v Bridgend Ath 15 (+1)
Blackwood 28(+1) v Narberth 30 (+1)
Cardiff Met 16 (+1) v Bargoed 17
Newbridge 31 (+1) v Bonymaen 0
Pontypool 13 (+1) v Ebbw Vale 19
Tata St 27 (+2) v Llanharan 34 (+1)
Tondur 12 v RGC 46 (+1)

Saturday, 19th October

Bargoed 17 (+1) v Bridgend Ath 29
Bonymaen 17 (+1) v Tata Steel 19
Cardiff Met 22 v Blackwood 6
Ebbw Vale 39 (+1) v Tondur 6
Llanharan 17 v Beddau 8
Narberth 24 v Pontypool 11
RGC 1404 27 (+1) v Newbridge 14

Saturday, 26th October

Beddau 22 v Bonymaen 10
Blackwood 11 v Bargoed 22
Bridgend Ath 21 (+1) v Llanharan 23
Newbridge 10 v Ebbw Vale 39 (+1)
Pontypool v Cardiff Met - Postponed
Tata Steel 6 v RGC 1404 22
Tondur 29 (+1) v Narberth 35 (+1)

Saturday, 2nd November 2013

Bargoed 32 (+1) v Llanharan 13
Blackwood 20 (+1) v Pontypool 25
Bonymaen 0 v Bridgend Athletic 24
Cardiff Met v Tondur - postponed
Ebbw Vale 34 (+1) v Tata Steel 3
Narberth 6 v Newbridge 5 (+1)
RGC 1404 10 v Beddau 9 (+1)

Saturday, 23rd November 2013

Beddau 3 v Ebbw Vale 43 (+1)
Bridgend Athletic 21 v RGC 1404 13
Llanharan 19 (+1) v Bonymaen 22
Newbridge 10 v Cardiff Met 9 (+1)
Pontypool 13 v Bargoed 25
Tata Steel 10 (+1) v Narberth 12
Tondur 13 (+1) v Blackwood 17

Saturday, 7th December 2013

Bargoed 39 (+1) v Bonymaen 12
Blackwood 11 (+1) v Newbridge 18
Cardiff Met 25 v Tata Steel 14
Ebbw Vale 43 (+1) v Bridgend Ath 24
Narberth 33 (+1) v Beddau 3
Pontypool 40 (+1) v Tondur 10
RGC 1404 64 (+1) v Llanharan 7

Saturday, 14th December 2013

Bargoed 5 v Tondur 11
Beddau 6 v Cardiff Met 26
Bonymaen 7 v RGC 1404 5
Bridgend Athletic v Narberth - post
Llanharan 10 v Ebbw Vale 36
Newbridge 17 v Pontypool 19
Tata Steel 38 v Blackwood 7

Saturday, 21st December 2013

Blackwood 22 v Beddau 9
Cardiff Met 35 v Bridgend Athletic 18
Ebbw Vale 71 v Bonymaen 0
Narberth 34 v Llanharan 8
Pontypool 29 v Tata Steel 10
RGC 1404 27 v Bargoed 10
Tondur 18 v Newbridge 3

Saturday, 28th December 2013

Blackwood 15 v Bridgend Athletic 16
Cardiff Met v Llanharan - post
Ebbw Vale 45 v RGC 1404 0
Narberth 13 v Bonymaen 13
Newbridge 3 v Bargoed 27
Pontypool 44 v Beddau 8
Tondur 15 v Tata Steel 16

Saturday, 11th January 2014

Bargoed v Ebbw Vale - postponed
Beddau v Tondur - postponed
Bonymaen 22 v Cardiff Met 40(+1)
Bridgend Athletic 14 v Pontypool 14
Llanharan v Blackwood
RGC1404 28 (+1) v Narberth 6
Tata Steel 34 v Newbridge 27

Saturday, 18th January 2014

Blackwood v Bonymaen - post
Cardiff Met v RGC 1404 - post
Narberth v Ebbw Vale - post
Newbridge 17 v Beddau 17
Pontypool v Llanharan - post
Tata Steel 32 (+1) v Bargoed 17
Tondur v Bridgend Athletic - post

Saturday, 25th January 2014

Bargoed v Narberth
Beddau v Tata Steel
Bonymaen v Pontypool
Bridgend Athletic v Newbridge
Ebbw Vale v Cardiff Met
Llanharan v Tondur
RGC 1404 v Blackwood

Saturday, 22nd February 2014

Beddau v Bargoed
Blackwood v Ebbw Vale
Cardiff Met v Narberth
Newbridge v Llanharan
Pontypool v RGC 1404
Tata Steel v Bridgend Athletic
Tondur v Bonymaen

Saturday, 1st March 2014

Bargoed v Cardiff Met
Bonymaen v Newbridge
Bridgend Athletic v Beddau
Ebbw Vale v Pontypool
Llanharan v Tata Steel
Narberth v Blackwood
RGC 1404 v Tondur

Saturday, 8th March 2014

Beddau v Llanharan
Blackwood v Cardiff Met
Bridgend Athletic v Bargoed
Newbridge v RGC 1404
Pontypool v Narberth
Tata Steel v Bonymaen
Tondur v Ebbw Vale

Saturday, 22nd March 2014

Bargoed v Blackwood
Bonymaen v Beddau
Cardiff Met v Pontypool
Ebbw Vale v Newbridge
Llanharan v Bridgend Athletic
Narberth v Tondur
RGC 1404 v Tata Steel

Saturday, 29th March 2014

Beddau v RGC 1404
Bridgend Athletic v Bonymaen
Llanharan v Bargoed
Newbridge v Narberth
Pontypool v Blackwood
Tata Steel v Ebbw Vale
Tondur v Cardiff Met

Saturday, 5th April 2014

Bargoed v Pontypool
Blackwood v Tondur
Bonymaen v Llanharan
Cardiff Met v Newbridge
Ebbw Vale v Beddau
Narberth v Tata Steel
RGC 1404 v Bridgend Athletic

Saturday, 12th April 2014

Beddau v Narberth
Bonymaen v Bargoed
Bridgend Athletic v Ebbw Vale
Llanharan v RGC 1404
Newbridge v Blackwood
Tata Steel v Cardiff Met
Tondur v Pontypool

Saturday, 19th April 2014

Blackwood v Tata Steel
Cardiff Met v Beddau
Ebbw Vale v Llanharan
Narberth v Bridgend Athletic
Pontypool v Newbridge
RGC 1404 v Bonymaen
Tondur v Bargoed

Saturday, 26th April, 2014

Bargoed v RGC 1404
Beddau v Blackwood
Bonymaen v Ebbw Vale
Bridgend Athletic v Cardiff Met
Llanharan v Narberth
Newbridge v Tondur
Tata Steel v Pontypool

	Team	P	W	D	L	F	A	Dif	BP	Tot
1	Ebbw Vale	14	14	0	0	546	119	427	10	66
2	Narberth	14	9	2	3	320	252	68	6	46
3	Pontypool	14	9	1	4	344	256	88	7	45
4	RGC 1404	15	9	0	6	368	252	116	8	44
5	Bargoed	15	9	0	6	329	254	75	7	43
6	Cardiff Met	12	8	1	3	319	188	131	7	41
7	Tata Steel	16	8	0	8	337	313	24	6	38
8	Llanharan	13	6	0	7	254	344	-90	4	28
9	Bridgend Ath	14	5	1	8	289	332	-43	5	27
10	Newbridge	16	5	1	10	252	324	-72	4	26
11	Tondur	13	4	0	9	188	289	-101	5	21
12	Beddau	15	4	1	10	179	393	-214	1	19
13	Blackwood	14	3	0	11	233	372	-139	6	18
14	Bonymaen	15	3	1	11	172	442	-270	1	15



6-NATIONS QUIZ ANSWERS

- Jonny Wilkinson
- 2000
- 42-6
- Scotland
- France
- Martin Johnson
- Television Match Official
- White
- Brian O'Driscoll
- Andrew Sheridan



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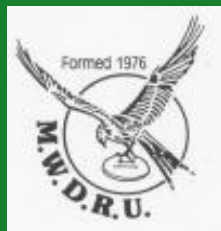
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NORTH/MID WALES RUGBY NEWS

All the latest news from around the region - please send your club news to midwalesrugby@aol.com



Auction of Promises

Saturday 25th January 2014

7pm onwards

Tickets £3

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Nos Sadwrn Ionawr 25^{ain} 2014

7yp ymlaen

Tocynnau £3

yn cynnwys bwyd poeth, band a disgo

Band's rugby try-out

A song by a Welshpool band has been chosen to feature in a Welsh Rugby Union video.

'Wherever you call home' by Colour Sunday was selected by the WRU to be used in their video montage of the best Welsh tries of 2013.



Vocalist and guitarist Rob Picken said the band are delighted to have had their track chosen for the video. He said: 'We're really chuffed to have had 'Wherever you call home' chosen, I wrote the song three years ago and it's basically all about Mid Wales and Welshpool, our roots. I feel extremely proud and everyone else is really proud of us too which is a great feeling'.

The video has been uploaded to the Union's You Tube channel and has been viewed by over 1000 people in the last twenty four hours.

The band are made up of Rob, fellow Welshpool RFC player Tom Carter, bassist Benny Picken, drummer Aled Lloyd and Jack Taylor.

In October 2008, the band won the 'BBC Introducing' competition and have had a track of theirs used for the marketing of sports brand Puma.



Free entry to RGC v Blackwood if you are a Williams

As part of the ongoing Man of the Match promotion this week if your surname is Williams you get in free on Saturday. Picture ID required.

It is all down the fact Bryn Williams picked up the Man of the Match last time out.

RGC v Blackwood, Eirias this Saturday, 2.30ko.

EIRIAS

WRU

WHERE LEGENDS ARE BORN
U20S SIX NATIONS CHAMPIONSHIP 2014

2014

WALES U20 v
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DIVISION ONE NORTH

RESULTS and FIXTURES

Saturday, 7 September 2013

Bala 14 v Pwllheli 12 (+1)
COBRA 27 v Caernarfon 24 (+2)
Denbigh 16 v Dolgellau 11 (+1)
Nant Conwy 3 (+1) v Ruthin 6
Bro Ffesti 10 (+1) v Bethesda 17

Saturday, 14 September 2013

Bethesda 24 (+1) v COBRA 7
Bro Ffest 12 (+1) v Dolgellau 19
Pwllheli 9 (+1) v Nant Conwy 10
Ruthin 25 (+1) v Denbigh 20 (+1)
Caernarfon v Bala - Postponed

Saturday, 21 September 2013

Bala 34 (+1) v COBRA 3
Bro Ffestiniog 14 v Ruthin 8 (+1)
Denbigh 35 (+1) v Pwllheli 30 (+1)
Dolgellau 13 v Bethesda 23
Nant Conwy 16 v Caernarfon 28

Saturday, 28th September

Bethesda 10 v Bala 19
Caernarfon 22 v Denbigh 7
COBRA 33 v Nant Conwy 8
Pwllheli 55 v Bro Ffestiniog 5
Ruthin 45 v Dolgellau 15

Saturday, 5th October, 2013

Bro Ffestiniog 6 v Caernarfon 19
Denbigh 40 v COBRA 15
Dolgellau 9 v Pwllheli 27
Nant Conwy 14 v Bala 18
Ruthin 26 v Bethesda 36

Saturday, 12th October 2013

Bala 14 (+1) v Denbigh 15
Bethesda 32 (+1) v Nant Conwy 13
Caernarfon 34 (+1) v Dolgellau 29 (+1)
COBRA 32 (+1) v Bro Ffestiniog 12
Pwllheli 39 (+1) v Ruthin 6

Saturday, 19th October, 2013
Bro Ffestiniog 10 (+1) v Bala 13
Denbigh 19 (+1) v Nant Conwy 20
Dolgellau 27 (+1) v COBRA 8
Pwllheli 24 v Bethesda 10
Ruthin 16 v Caernarfon 12 (+1)

Saturday, 2nd November
Bala 15 v Dolgellau 10 (+1)
Bethesda 41 (+1) v Denbigh 22
Caernarfon v Pwllheli - postponed
COBRA 0 v Ruthin 27 (+1)
Nant Conwy 29 (+1) v Bro Ffest 5

Saturday 23rd November

Bro Ffestiniog 12 (+1) v Denbigh 13
Caernarfon 23 v Bethesda 18 (+1)
Dolgellau 17 (+1) v Nant Conwy 22
Pwllheli 50 (+1) v COBRA 8
Ruthin 19 (+1) v Bala 21

Saturday 7th December

Bethesda 21 (+1) v Bro Ffest 22
Caernarfon 25 v COBRA 18 (+1)
Dolgellau 10 v Denbigh 18
Pwllheli 12 v Bala 10 (+1)
Ruthin 7 v Nant Conwy 36 (+1)

FIXTURES continued

Saturday 4th January

Bala 18 v Caernarfon 0
COBRA 21 v Bethesda 15 (+1)
Denbigh 12 (+1) v Ruthin 15
Dolgellau v Bro Ffestiniog - postponed
Nant Conwy 7 v Pwllheli 18

Saturday, 18th January
Bethesda 5 (+1) v Dolgellau 11
Caernarfon 10 v Nant Conwy 30 (+1)
COBRA 7 v Bala 20
Pwllheli 10 v Denbigh 7(+1)
Ruthin 47 (+1) v Bro Ffestiniog 5

Saturday, 25th January

Bala v Bethesda
Bro Ffestiniog v Pwllheli
Denbigh v Caernarfon
Dolgellau v Ruthin
Nant Conwy 16 v Caernarfon COBRA

Saturday, 15th February
Bala v Nant Conwy
Bethesda v Ruthin
Caernarfon v Bro Ffestiniog
COBRA v Denbigh
Pwllheli v Dolgellau

Saturday, 1st March
Bro Ffestiniog v COBRA
Denbigh v Bala
Dolgellau v Caernarfon
Nant Conwy v Bethesda
Ruthin v Pwllheli

Saturday, 22nd March

Bala v Bro Ffestiniog
Bethesda v Pwllheli
Caernarfon v Ruthin
COBRA v Dolgellau
Nant Conwy v Denbigh

Saturday, 29th March 2014
Bro Ffestiniog v Nant Conwy
Denbigh v Bethesda
Dolgellau v Bala
Pwllheli v Caernarfon
Ruthin v COBRA

Saturday, 5th April 2014

Bala v Ruthin
Bethesda v Caernarfon
COBRA v Pwllheli
Denbigh v Bro Ffestiniog
Nant Conwy v Dolgellau

*If you see any errors
or omissions please
email the details to
gwcymru1@aol.com*

	Team	P	W	D	L	F	A	Dif	BP	Tot
1	Bala	11	9	0	2	196	112	84	3	39
2	Pwllheli	11	8	0	3	286	121	165	7	39
3	Ruthin	12	7	0	5	247	213	34	7	35
4	Bethesda	12	6	0	6	252	211	41	8	32
5	Denbigh	12	6	0	6	224	225	-1	6	30
6	Nant Conwy	12	6	0	6	208	202	6	6	30
7	Caernarfon	10	6	0	4	197	185	12	4	28
8	COBRA	12	4	0	8	179	306	-127	3	19
9	Dolgellau	11	3	0	8	171	225	-54	5	17
10	Bro Ffestiniog	11	2	0	9	113	273	-160	4	12

DIVISION TWO NORTH

RESULTS and FIXTURES

Saturday, 7 September 2013

Colwyn Bay 25 v Shotton Steel 11
Llangefni 31 (+1) v Mold 24
Newtown 13 v Machynlleth 43 (+1)
Rhyl 17 v Llandudno 53 (+1)
Wrexham 14 (+1) v Abergele 17

Saturday, 14 September 2013

Colwyn Bay 29 (+1) v Rhyl 3
Llangefni 43 (+1) v Shotton Steel 17
Machynlleth 20 v Abergele 19 (+1)
Newtown 3 v Mold 56 (+1)
Wrexham 7 v Llandudno 47 (+1)

Saturday, 21 September 2013

Abergele 5 v Mold 22
Llandudno 45 (+1) v Llangefni 21
Newtown 19 v Colwyn Bay 17 (+1)
Rhyl 24 v Wrexham 22 (+1)
Shotton Steel 25 (+1) v Mach 19

Saturday, 28th September

Abergele 29 v Newtown 34
Llangefni 46 v Rhyl 10
Machynlleth 14 v Llandudno 20
Mold 40 v Shotton Steel 24
Wrexham 26 v Colwyn Bay 15

Saturday, 12th October
Colwyn Bay 15 v Llangefni 34 (+1)
Llandudno 21 v Mold 12
Newtown 37 (+1) v Wrexham 10
Rhyl 20 v Machynlleth 22
Shotton St 43 (+1) v Abergele (+1)

Saturday, 19th October
Abergele 3 v Llandudno 31 (+1)
Llangefni 90 (+1) v Wrexham 3
Machynlleth 36 (+1) v Colwyn Bay 6
Mold 45 (+1) v Rhyl 10
Shotton Steel 27 (+1) v Newtown 17

Saturday, 2nd November
Colwyn Bay 0 v Mold 15
Llandudno 62 (+1) v Shotton Steel 3
Newtown 12 (+1) v Llangefni 16
Rhyl 19 v Abergele 18 (+1)
Wrexham 3 v Machynlleth 29 (+1)

Saturday, 23rd November
Abergele 8 v Colwyn Bay 26 (+1)
Llandudno 64 (+1) v Newtown 0
Machy 25 (+1) v Llangefni 20 (+1)
Mold 18 v Wrexham 0
Shotton Steel 8 (+1) v Rhyl 11

Saturday, 7th December
Abergele 9 v Llangefni 62 (+1)
Llandudno 29 (+1) v Colwyn Bay 0
Mold 48 (+1) v Machynlleth 7
Rhyl 40 (+1) v Newtown 29 (+1)
Shotton 27 (+1) v Wrexham 22 (+1)

FIXTURES continued

Saturday, 4th January
Abergele 38 (+1) v Wrexham 3
Llandudno v Rhyl - postponed
Machynlleth v Newtown - postponed
Mold 21 v Llangefni 13
Shotton Steel 21 (+1) v Colwyn Bay 22

Saturday, 18th January
Colwyn Bay v Llandudno - postponed
Llangefni v Abergele - postponed
Machynlleth v Mold - postponed
Newtown 21 v Rhyl 24 (+1)
Wrexham 19 v Shotton Steel 33 (+1)

Saturday, 25th January
Colwyn Bay v Newtown
Llangefni v Llandudno
Machynlleth v Shotton Steel
Mold v Abergele
Wrexham v Rhyl

Saturday, 15th February
Colwyn Bay v Wrexham
Llandudno v Machynlleth
Newtown v Abergele
Rhyl v Llangefni
Shotton Steel v Mold

Saturday, 1st March
Abergele v Shotton Steel
Llangefni v Colwyn Bay
Machynlleth v Rhyl
Mold v Llandudno
Wrexham v Newtown

Saturday, 22nd March
Colwyn Bay v Machynlleth
Llandudno v Abergele
Newtown v Shotton Steel
Rhyl v Mold
Wrexham v Llangefni

Saturday, 29th March
Abergele v Rhyl
Llangefni v Newtown
Machynlleth v Wrexham
Mold v Colwyn Bay
Shotton Steel v Llandudno

Saturday, 5th April, 2014
Colwyn Bay v Abergele
Llangefni v Machynlleth
Newtown v Llandudno
Rhyl v Shotton Steel
Wrexham v Mold

Saturday, 12th April 2014
Abergele v Machynlleth
Llandudno v Wrexham
Mold v Newtown
Rhyl v Colwyn Bay
Shotton Steel v Llangefni



	Team	P	W	D	L	F	A	Dif	BP	Tot
1	Llandudno	9	9	0	0	372	71	301	7	43
2	Mold	10	8	0	2	301	114	187	5	37
3	Llangefni	9	7	0	2	350	156	194	6	34
4	Shotton Steel	11	5	0	6	239	312	-73	7	27
5	Machynlleth	8	5	0	3	190	154	36	5	25
6	Rhyl	10	5	0	5	178	293	-115	3	23
7	Colwyn Bay	10	4	0	6	155	202	-47	3	19
8	Newtown	10	3	0	7	185	326	-141	5	17
9	Abergele	10	2	0	8	178	274	-96	6	14
10	Wrexham	11	1	0	10	129	375	-246	4	8

George North: More top players will leave Wales, there's nothing to stay for

Following report by Daily Post - www.dailypost.co.uk

George North believes the exodus of players out of Wales will continue. George North believes the exodus of players out of Wales will continue.

George North believes there will be a raft of further departures from the Welsh regions, insisting "there's nothing to stay for" in Wales.

The winger, who left the Scarlets in the summer to join Premiership outfit Northampton Saints, also adds the current off-field wrangling has made it a "difficult time" adding it will only serve to damage the game in Wales if a resolution is not found soon.

North, who is a former Llangefni, Pwllheli and Rhyl youth player, spoke out little more than a fortnight before the start of the Six Nations as the four regions and the Welsh Rugby Union ramp up talks aimed at finding a resolution to the political paralysis.

Asked how all the off-field politics had affected Welsh rugby, North said: "It's a difficult time.

"You've got a lot going on behind the scenes. The problem is the only thing that it will damage is our national game. That's a bit of a shame. It's pretty disappointing they can't really sort out their differences to the benefit of the greater good. It needs to be sorted out pretty soon."

And the former Scarlets man said he expected more of his Wales team mates to leave the Welsh game – the futures of Sam Warburton, Leigh Halfpenny, Adam Jones, Alun Wyn Jones, Rhys Priestland and Scott Williams remain unresolved.

North added: "It's difficult because there's nothing really to stay for.

"It's all good playing for the club and stuff and having respect but when it comes down to it it's a short career.

"It's like anything, if you're getting paid X, Y, Z times more away it's difficult to turn that down when you're one injury away from not playing again."

North said it had helped him being at Northampton this season



not to have to worry about the future in the same way some of his Wales team mates have.

"It's taken a massive weight off my mind," said the 21-year-old.

"As soon as I knew what I was doing and started it out, I could be a bit more chilled and get back to the rugby side of things.

"When you've got stuff going on like there is, it's very difficult to focus on day to day grind when you don't know where you'll be next year or what's going on."

Earlier this week, North described as "sad" the failure so far of the Welsh rugby power-brokers to find a settlement in the interests of both parties and the players.

"Wales is my home but we don't make it easy for ourselves," North said.

"Everyone knows what's going on at the moment with the regions and the union.

"It's sad from a player's point of view that they've let it get to this – especially when Welsh rugby is in massive bloom.

"The saddest thing from our perspective as players is that they couldn't get something sorted earlier. Hopefully something will get sorted for the sake of Welsh rugby but whether it can be done in time is another thing.

"It's sad they can't sort it out when we have such a good crop of players. We should be able to sort something out for the greater good.

"We just need to cut out the arguing."

Shotton v Wrexham and Shotton 2nds v Mold 2nds - pictures kindly supplied by Mike Wood



DIVISION THREE NORTH

RESULTS

Saturday, 7 September 2013
Bangor 24 v Llangollen 14
Bangor University v Harlech - Post
Benllech 28 (+1) v Porthmadog 8
Llanidloes 181 (+1) v Holyhead 0
Rhos 27 (+1) v Flint 22 (+2)
Welshpool 7 v Menai Bridge 25 (+1)

Saturday, 14 September 2013
Bangor 43 (+1) v Bangor Univ 21
Flint 12 (+1) v Llanidloes 19
Harlech 54 (+1) v Benllech 0
Holyhead 24 (+1) v Llangollen 29 (+1)
Menai Bridge 35 (+1) v Rhos 10
Welshpool v Porthmadog - Post

Saturday, 21 September 2013
Flint 26 (+1) v Welshpool 25 (+1)
Harlech 30 (+1) v Bangor 10
Holyhead 0 v Rhos 31 (+1)
Llangollen 28 v Llanidloes 17
Menai Bridge 17 v Benllech 5
Porthmadog v Bangor Univ - Post.

Saturday, 28th September
Benllech 22 v Bangor 129
Holyhead 10 v Flint 70
Llangollen 32 v Bangor Univ 36
Llanidloes 7 v Menai Bridge 21
Rhos 65 v Porthmadog 12
Welshpool 3 v Harlech 31

Saturday, 12th October, 2013
Bangor 28 (+1) v Welshpool 17
Bangor Univ 27(+1) v Benllech 22 (+2)
Flint 22 (+2) v Llangollen 24
Harlech 40 (+1) v Rhos 5
Menai Bridge 79 (+1) v Holyhead 0
Porthmadog 5 v Llanidloes 24 (+1)

Saturday, 19th October, 2013
Flint 0 v Menai Bridge 32 (+1)
Holyhead 7 v Porthmadog 0 (+1)
Llangollen 35 (+1) v Benllech 29(+2)
Llanidloes 20 v Harlech 14 (+1)
Rhos 36 (+1) v Bangor 18
Welshpool 19 v Bangor Univ 36 (+1)

Saturday, 2nd November
Bangor v Llanidloes - postponed
Bangor Univ 5 v Rhos 31 (+1)
Benllech 17 (+1) v Welshpool 20
Harlech v Holyhead - postponed
Menai Bridge 24 (+1) v Llangollen 14
Porthmadog 5 v Flint 36 (+1)

Saturday 23rd November
Flint 7 v Harlech 20 (+1)
Holyhead 12 v Bangor 55 (+1)
Llangollen 35 (+1) v Welshpool 17
Llanidloes v Bangor Univ - post
Menai Bridge v Porthmadog - post
Rhos 50 (+1) v Benllech 7

Saturday, 7th December
Bangor 22 v Flint 15 (+1)
Bangor Univ 73 (+1) v Holyhead 0
Benllech 19 (+1) v Llanidloes 21
Harlech 26 (+1) v Menai Bridge 8
Porthmadog v Llangollen - post
Welshpool 22 v Rhos 19

RESULTS continued

Saturday, 21st December
Flint v Bangor Univ - postponed
Holyhead 8 v Benllech 15
Llangollen v Rhos - postponed
Llanidloes 22 v Welshpool 5
Menai Bridge 42 (+1) v Bangor 10
Porthmadog v Harlech - postponed

Saturday, 4th January
Bangor 17 v Porthmadog 5
Bangor Univ v Menai Bridge - postponed
Benllech v Flint - postponed
Harlech 29 (+1) v Llangollen 5
Rhos 17 (+1) v Llanidloes 23
Welshpool 62 (+1) v Holyhead 0

Saturday, 11th January
Bangor 15 v Llanidloes 37 (+1)
Benllech 10 (+1) v Flint 17

Saturday, 18th January
Flint 35 (+1) v Rhos 15
Harlech v Bangor University - post
Holyhead v Llanidloes - post
Llangollen 24 v Bangor 14
Menai Bridge v Welshpool - post
Porthmadog 0 v Benllech 17

Saturday, 25th January 2014
Bangor University v Bangor
Benllech v Harlech
Llangollen v Holyhead
Llanidloes v Flint
Porthmadog v Welshpool
Rhos v Menai Bridge

Saturday, 15th February, 2014
Bangor v Harlech
Bangor University v Porthmadog
Benllech v Menai Bridge
Llanidloes v Llangollen
Rhos v Holyhead
Welshpool v Flint

Saturday, 22nd February 2014
Bangor v Benllech
Bangor University v Llangollen
Flint v Holyhead
Harlech v Welshpool
Menai Bridge v Llanidloes
Porthmadog v Rhos

Saturday, 1st March 2014
Benllech v Bangor University
Holyhead v Menai Bridge
Llangollen v Flint
Llanidloes v Porthmadog
Rhos v Harlech
Welshpool v Bangor

Saturday, 22nd March 2014
Bangor v Rhos
Bangor University v Welshpool
Benllech v Llangollen
Harlech v Llanidloes
Menai Bridge v Flint
Porthmadog v Holyhead

Saturday, 29th March 2014
Flint v Porthmadog
Holyhead v Harlech

Llangollen v Menai Bridge
Llanidloes v Bangor
Rhos v Bangor University
Welshpool v Benllech

Saturday, 5th April 2014
Bangor v Holyhead
Bangor University v Llanidloes
Benllech v Rhos
Harlech v Flint
Porthmadog v Menai Bridge
Welshpool v Llangollen

Saturday, 12th April 2014
Flint v Bangor
Holyhead v Bangor University
Llangollen v Porthmadog
Llanidloes v Benllech
Menai Bridge v Harlech
Rhos v Welshpool

Saturday, 19th April 2014
Bangor v Menai Bridge
Bangor University v Flint
Benllech v Holyhead
Harlech v Porthmadog
Rhos v Llangollen
Welshpool v Llanidloes

Saturday, 26th April 2014
Flint v Benllech
Holyhead v Welshpool
Llangollen v Harlech
Llanidloes v Rhos
Menai Bridge v Bangor University
Porthmadog v Bangor

	Team	P	W	D	L	F	A	Dif	BP	Tot
1	Llanidloes	11	9	0	2	400	145	255	5	41
2	Harlech	9	8	0	1	283	58	225	9	41
3	Menai Bridge	9	8	0	1	283	79	204	5	37
4	Bangor	12	7	0	5	283	275	8	4	32
5	Rhos	11	6	0	5	306	219	87	8	32
6	Flint	11	5	0	6	262	209	53	10	30
7	Llangollen	10	6	0	4	240	234	6	5	29
8	Benllech	12	3	0	9	191	286	-95	10	22
9	Bangor Univ	7	4	0	3	205	176	29	4	20
10	Welshpool	10	3	0	7	197	239	-42	2	14
11	Holyhead	11	1	0	10	61	634	-573	2	6
12	Porthmadog	7	0	0	7	37	194	-157	1	1

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Ruthin 47 v Bro Ffestiniog 5

Ruthin started this Division one North game against Bro Ffestiniog at Caeddol on a wet and heavy pitch facing a strong wind.

After initial exchanges Ruthin went ahead when some good phase play put wing Wilson over for a fine try converted by fly half Callum Bennett. The visitors responded and for 10 minutes or so all the play was in the Blues half.

Bro had two attempts at penalty goals but both went wide. Ruthins defence held and with their first counter attack Wilson raced up to within 5 metres of the Bro tryline.

Bro were awarded a scrum and after great scrummaging by the home side they had the put in and pushed over for their second try with No 8 Chris Davies putting down. Bro responded almost immediately with a pushover try in the corner. Conditions worsened as rain started driving down the ground and the first half played out with no further score.

In the second half with the wind behind them the Blues took control and scored 5 further tries all converted by Bennett. First over the line was Wilson and then No 8 Davies got the bonus point try. Despite the wet conditions Ruthins handling was good and they were effective in getting the ball out to the wings.

Wilson's strength and fast running was too much for the Bro defence and he got two further tries bringing his match tally to 4. Bro countered but Ruthin defended well and despite being down to 14 men after a sin bin attacked again.

Substitute flanker Ben Taylor playing his first game since being injured in the away game at Bro early in the season forced his way through the Bro defence, kicked forward and then chased the ball over the try line for the last try. The final score was 47-5 to Ruthin putting them 3rd in the table.

Report and pictures kindly supplied by John Palmer, Ruthin RFC



Action from Rhyl 2nds v COBRA 2nds - photograph kindly supplied by Paul Brookes



DIVISION ONE WEST

Saturday, 7th September 2013
 Ammanford 31 (+1) v Kidwelly 30 (+2)
 Carmarthen Ath 20 v Crymych 8
 Glynneath 29 (+1) v Builth Wells 3
 Kenfig Hill 29 (+1) v Llangennech 23 (+2)
 Loughor 34 v Whitland 6
 Waunarlwydd 52 (+1) v Cwmllynfell 5

Saturday, 14th September 2013
 Builth Wells 27 (+1) v Ammanford 13
 Crymych 35 v Kenfig Hill 29 (+1)
 Cwmllynfell 34 (+1) v Loughor 22
 Kidwelly 15 (+1) v Waunarlwydd 17
 Llangennech 17 (+1) v Glynneath 23
 Whitland 22 (+1) v Carmarthen Athletic 24

Saturday, 21st September 2013
 Ammanford 19 (+1) v Llangennech 25
 Carmarthen Ath 29 v Loughor 21
 Cwmllynfell 19 v Kidwelly 16 (+1)
 Glynneath 6 v Crymych 0 (+1)
 Kenfig Hill 18 (+1) v Whitland 19
 Waunarlwydd 17 (+1) v Builth Wells 21

Saturday, 28th September 2013
 Builth Wells 19 v Cwmllynfell 30
 Carmarthen Ath 20 v Kenfig Hill 23
 Crymych 49 v Ammanford 21
 Llangennech 10 v Waunarlwydd 37
 Loughor 9 v Kidwelly 33
 Whitland 5 v Glynneath 15

Saturday, 5th October 2013
 Ammanford 31 v Whitland 40
 Cwmllynfell 5 v Llangennech 15
 Glynneath 57 v Carmarthen Ath 18
 Kenfig Hill 37 v Loughor 15
 Kidwelly 41 v Builth Wells 25
 Waunarlwydd 35 v Crymych 15

Saturday 12th October, 2013
 Carmarthen Ath v Ammanford
 Crymych v Cwmllynfell
 Kenfig Hill v Glynneath
 Llangennech v Kidwelly
 Loughor v Builth Wells
 Whitland v Waunarlwydd

Saturday, 19th October
 Ammanford v Kenfig Hill
 Builth Wells v Llangennech
 Cwmllynfell v Whitland
 Glynneath v Loughor
 Kidwelly v Crymych
 Waunarlwydd v Carmarthen Athletic

Saturday, 2nd November
 Carmarthen Ath 8 v Cwmllynfell 6 (+1)
 Crymych v Builth Wells - postponed
 Glynneath 27 v Ammanford 20 (+1)
 Kenfig Hill 7 v Waunarlwydd 0 (+1)
 Loughor 22 v Llangennech 0
 Whitland 13 v Kidwelly 5

Saturday, 23rd November
 Ammanford 17 v Loughor 34 (+1)
 Builth Wells 26 (+1) v Whitland 30 (+1)
 Cwmllynfell 34 (+1) v Kenfig Hill 21
 Kidwelly 39 (+1) v Carmarthen Athletic 13
 Llangennech 42 (+1) v Crymych 14
 Waunarlwydd 25 (+1) v Glynneath 30

Saturday, 7th December
 Ammanford 26 (+1) v Waunarlwydd 31(+1)
 Carmarthen Ath 15 (+1) v Builth Wells 21
 Glynneath 20 v Cwmllynfell 6
 Kenfig Hill 17 (+1) v Kidwelly 18
 Loughor 19 v Kidwelly 3
 Whitland 5 (+1) v Llangennech 12

Saturday, 28th December
 Builth Wells 22 v Kenfig Hill 24
 Crymych 15 v Whitland 15
 Cwmllynfell 16 v Ammanford 8
 Kidwelly 10 v Glynneath 26
 Llangennech 15 v Carmarthen Ath 6
 Waunarlwydd 32 v Loughor 17

Saturday, 4th January
 Builth Wells 12 v Glynneath 38
 Crymych v Carmarthen Ath - postponed
 Cwmllynfell v Waunarlwydd - postponed
 Kidwelly 26 (+1) v Ammanford 25 (+1)
 Llangennech v Kenfig Hill - postponed
 Whitland v Loughor - postponed

Saturday, 18th January 2014
 Ammanford v Builth Wells - postponed
 Carmarthen Athletic v Whitland - post
 Glynneath v Llangennech - postponed
 Kenfig Hill 8 v Crymych 8
 Loughor v Cwmllynfell - postponed
 Waunarlwydd v Kidwelly - postponed

Saturday, 25th January 2014
 Builth Wells v Waunarlwydd
 Crymych v Glynneath
 Kidwelly v Cwmllynfell
 Llangennech v Ammanford
 Loughor v Carmarthen Athletic
 Whitland v Kenfig Hill

Saturday, 15th February 2014
 Ammanford v Crymych
 Cwmllynfell v Builth Wells
 Glynneath v Whitland
 Kenfig Hill v Carmarthen Athletic
 Kidwelly v Loughor
 Waunarlwydd v Llangennech

Saturday, 22nd February 2014
 Builth Wells v Kidwelly
 Carmarthen Athletic v Glynneath
 Crymych v Waunarlwydd
 Llangennech v Cwmllynfell
 Loughor v Kenfig Hill
 Whitland v Ammanford

WRU DIVISION 2 WEST

Saturday, 7th September 2013
 Aberystwyth 12 v Mumbles 19
 Felinfoel 28 v Amman Utd 30
 Maesteg Quins 51 v Aberavon Q 3
 Seven Sisters 16 v Newcastle Emlyn 23
 Skewen 61 v Maesteg 19
 Trebanos 18 v Dunvant 11

Saturday, 14th September
 Aberavon Quins 15 v Trebanos 61
 Amman Utd 41 v Sweven Sisters 22
 Dunvant 10 v Skewen 10
 Maesteg 25 v Aberystwyth 6
 Mumbles 25 v Felinfoel 32
 Newcastle Emlyn 10 v Maesteg Quins 29

Saturday, 21st September
 Aberystwyth 13 v Skewen 8
 Dunvant 26 v Aberavon Quins 15
 Felinfoel 31 v Maesteg 24
 Maesteg Quins 29 v Amman United 15
 Seven Sisters 7 v Mumbles 10
 Trebanos 20 v Newcastle Emlyn 3

Saturday, 28th September
 Aberystwyth 32 v Felinfoel 24
 Amman Utd 32 v Trebanos 17
 Maesteg 14 v Seven Sisters 13
 Mumbles 14 v Maesteg Quins 20
 Newcastle Emlyn 18 v Dunvant 18
 Skewen 23 v Aberavon Quins 6

Saturday, 5th October
 Aberavon Quins 19 v Newcastle Emlyn 40
 Dunvant 30 v Amman United 25
 Felinfoel 32 v Skewen 17
 Maesteg Quins 37 v Maesteg 10
 Seven Sisters 33 v Aberystwyth 27
 Trebanos 5 v Mumbles 24

Saturday, 12th October
 Aberystwyth 14 v Maesteg Quins 27
 Amman United 48 v Aberavon Quins 5
 Felinfoel 48 v Seven Sisters 28
 Maesteg 14 v Trebanos 13
 Mumbles 15 v Dunvant 17
 Skewen 36 v Newcastle Emlyn 25

Saturday, 19th October
 Aberavon Quins 13 v Mumbles 14
 Dunvant 17 v Maesteg 13
 Maesteg Quins 33 v Felinfoel 24
 Newcastle Emlyn 25 v Amman United 12
 Seven Sisters 3 v Skewen 24
 Trebanos 0 v Aberystwyth 15

Saturday, 2nd November 2013
 Aberystwyth 3 (+1) v Dunvant 5
 Felinfoel v Trebanos - postponed
 Maesteg 28 (+1) v Aberavon Quins 5
 Mumbles 11 v Newcastle Emlyn 19
 Seven Sisters v Maesteg Quins - post
 Skewen 12 v Amman United 5 (+1)

Saturday, 23rd November 2013
 Aberavon Quins 16 v Aberystwyth 32 (+1)
 Amman United 32 (+1) v Mumbles 24
 Dunvant 34 (+1) v Felinfoel 19
 Maesteg Quins 15 v Skewen 15
 Newcastle Emlyn 20 v Maesteg 5
 Trebanos 9 v Seven Sisters 32 (+1)

Saturday, 7th December 2013
 Aberystwyth 8 (+1) v Newcastle Emlyn 10
 Felinfoel 22 (+1) v Aberavon Quins 3
 Maesteg 21 v Amman United 12
 Maesteg Quins 24 v Trebanos 17 (+1)
 Seven Sisters 21 v Dunvant 20 (+1)
 Skewen 39 (+1) v Mumbles 8

Saturday, 21st December 2013
 Aberavon Quins 10 v Seven Sisters 38
 Amman United 59 v Aberystwyth 22
 Dunvant 32 v Maesteg Quins 0
 Mumbles v Maesteg - postponed
 Newcastle Emlyn v Felinfoel - postponed
 Trebanos v Skewen - postponed

Saturday, 4th January 2014
 Aberavon Quins v Maesteg Quins - post
 Amman United v Felinfoel - postponed
 Dunvant 22 v Trebanos 12
 Maesteg 0 v Skewen 15
 Mumbles 22 v Aberystwyth 15 (+1)
 Newcastle Emlyn v Seven Sisters - post

Saturday, 18th January 2014
 Aberystwyth v Maesteg - postponed
 Felinfoel 27 v Mumbles 14
 Maesteg Quins v Newcastle Emlyn - post
 Seven Sisters 22 v Amman United 19 (+1)
 Skewen v Dunvant - postponed
 Trebanos v Aberavon Quins - postponed

Saturday, 25th January 2014
 Aberavon Quins v Dunvant
 Amman United v Maesteg Quins
 Maesteg v Felinfoel
 Mumbles v Seven Sisters
 Newcastle Emlyn v Trebanos
 Skewen v Aberystwyth

Saturday, 15th February 2014
 Aberavon Quins v Skewen
 Dunvant v Newcastle Emlyn
 Felinfoel v Aberystwyth
 Maesteg Quins v Mumbles
 Seven Sisters v Maesteg
 Trebanos v Amman United

Saturday, 22nd February 2014
 Aberystwyth v Seven Sisters
 Amman United v Dunvant
 Maesteg v Maesteg Quins
 Mumbles v Trebanos
 Newcastle Emlyn v Aberavon Quins
 Skewen v Felinfoel

Got a match report to share? Email it to gwcymru1@aol.com and it will be included

	Team	P	W	D	L	F	A	Dif	BP	Tot
1	Glynneath	11	11	0	0	314	116	198	5	49
2	Waunarlwydd	11	7	0	4	304	187	117	10	38
3	Kidwelly	12	7	0	5	296	243	53	8	36
4	Kenfig Hill	11	6	1	4	239	206	33	6	32
5	Cwmllynfell	11	7	0	4	183	206	-23	3	31
6	Carmarthen A	11	6	0	5	210	248	-38	3	27
7	Llangennech	11	5	0	6	208	235	-27	5	25
8	Loughor	11	5	0	6	231	258	-27	3	23
9	Whitland	11	4	1	6	180	224	-44	5	23
10	Builth Wells	11	4	0	7	236	294	-58	5	21
11	Crymych	11	2	2	7	184	240	-56	4	16
12	Ammanford	12	1	0	11	238	366	-128	7	11

	Team	P	W	D	L	F	A	Dif	BP	Tot
1	Dunvant	12	8	2	2	242	169	73	4	40
2	Maesteg Q	10	8	1	1	265	154	111	5	39
3	Skewen	11	7	2	2	259	127	132	5	37
4	Amman Utd	12	6	0	6	330	257	73	9	33
5	Felinfoel	10	6	0	4	278	240	38	6	30
6	Newcastle E	10	6	1	3	193	173	20	2	28
7	Seven Sisters	11	5	0	6	235	245	-10	7	27
8	Mumbles	12	5	0	7	200	238	-38	3	23
9	Aberystwyth	12	4	0	8	199	248	-49	7	23
10	Maesteg	11	5	0	6	173	230	-57	1	21
11	Trebanos	10	3	0	7	172	192	-20	3	15
12	Aberavon Q	11	0	0	11	110	383	-273	1	1

JUNIOR ROUND-UP

Rhyl RFC - JUNIOR SECTION

Rhyl are looking for fixtures for the following age groups.
Under 7, 9, 10, 12, 14, 15 and 16 for the 2nd February.
Any interest please let me know - Alex alexprysjones@aol.com

NEW JUNIOR FIXTURE SECRETARY AT CAERNARFON RFC

Fix Sec for Caernarfon Junior Section is Gwilym Thomas.
Email: thomasgwil15@googlemail.com and his mobile number is 07796681965.

CAERNARFON JUNIORS (ALL AGE GROUPS) ARE LOOKING FOR GAMES ON 2nd FEBRUARY

Fix Sec for Caernarfon Junior Section is Gwilym Thomas.
Email: thomasgwil15@googlemail.com and his mobile number is 07796681965.

Rhyl Rugby Club Junior Section round-up; 19/01/2014

The Under 7, 8 and 9's were away to Abergele. The under 12's played Shotton at home.

Under 7's

Rhyl Under 7's were determined to keep their consistent run this season of promising displays with ever increasing skill level and maturity in their local derby against Abergele. Sonny Williams and Miles Nosworthy showed some great tenacity by tagging their hosts persistently with Osian John performing both well in attack and defence and gaining the best effort award. Joshua Jones put in an awesome display, scoring the winning try in the first game and achieved the best performance award.

Under 8's

The Under 8's hard work on the training pitch looks to be paying off as options from the tag, line defence and pace on the pass all came together in their game against Abergele. Rhyl won the first game 9-7, and drew the second 9-9 with all players crossing the whitewash. Best performance went to Dewi Speakman, with Henry Jacobsen getting best effort.

Under 9's

The Under 9's game against Abergele was played with great spirit. Rhyl had nine different scorers as they ran out comfortable winners in the end, 1-13. But it did not reflect the effort Abergele

had put into the game on a day where everything seemed to click into place for Rhyl as a team. Rhyl saw some good performances from Tom Garbutt, Logan Jones, and Lewis James.

Under 12's

The Under 12's played host to Shotton at the Waen in a game of two halves. Rhyl got off to a slow start allowing Shotton's athletic back line to run in four unanswered tries. The team regrouped at half time and the second half was a different affair. Man of the match James Fielding lead the fightback with some excellent running rugby and Ben Garbutt was awarded Best Effort for his commitment to get involved in every breakdown. The final score was 0 - 29.

CLWB RYGBI DINBYCH

Only three Dinbych teams were in action today and all competed gamely despite a number of absences.

Five brave Under 8s made the journey to Llandudno and with some loaned players from the home side, enjoyed three competitive games. Dinbych went down 10-5 in the first and 6-5 in the second before showing their resolve to gain a 5-5 draw in the last game. Caio scored an excellent 7 tries with Morgan also doing well to touch down 5 times. Dafydd added two tries with Sioned also scoring. Although Reuben didn't make the score sheet, he played very well in defence gathering a number of opposition tags.

The Under 10s also enjoyed a high scoring game despite the very muddy pitch conditions at Llandudno. The home side just edged it by 45-43, but Dinbych will be very proud of their effort in scoring 7 tries.

The Under 16s went down 27-5 at Mold. The injury ravaged side travelled to Mold with only 14 men and found themselves quickly reduced to 12 due to other withdrawals. A well drilled home outfit exploited their advantage to run in 4 tries as they built a 17-0 lead by the interval. Dinbych regrouped in the second half and began to play with more cohesion. Their efforts earned a well worked but unconverted try for fly half Gruff Roberts. The result was never in doubt however and Dinbych were left licking their wounds as Mold ran in two more tries to give a final score of 27-5

On Sunday the junior teams host Nant Conwy with the minis making the reverse trip to Trefriw.

Picture shows Rhyl U9's v Abergele U9's



JUNIOR ROUND-UP

CLWB RYGBI NANT CONWY

Canlyniadau Adran Iau / Junior Section Results
19.01.2014

Under 7

(Game 1) Bethesda – 10 v Nant Conwy – 9

Nant Conwy scorers: Dylan Lloyd (5), Bedo Jones (3) & Cai Osian Jones

(Game 2) Bethesda – 6 v Nant Conwy – 8

Nant Conwy scorers: Robat Jones, Cai Osian Jones, Mabon Roberts, Elis Shôn, Dylan Lloyd (2) & Bedo Jones (2)

Under 8

(Game 1) Bethesda – 8 v Nant Conwy – 10

Nant Conwy scorers: Sion Jones (3), Gethin Badger-Watts, Ynyr Jones, Brenig Jones & Ilan Jones (4)

(Game 2) Bethesda – 6 v Nant Conwy – 8

Nant Conwy scorers: Ilan Jones (5), Gethin Badger-Watts & Sion Jones (2)

Under 9 Bethesda – 6 v Nant Conwy – 3

Nant Conwy scorers: Nel Metcalfe (2) & Cain Jones

Under 10 Bethesda – 40 v Nant Conwy - 14

Nant Conwy tries: Ilan Roberts & Jac Badger-Watts

Nant Conwy conversions: Ilan Roberts (2)

Under 11 Bethesda - 14 v Nant Conwy – 42

Nant Conwy tries: Siencyn Metcalfe (2), Morgan Williams (2), Tomos Hughes & Anthony Guest (a 'Guest' player from Bethesda)

Nant Conwy conversions: Siencyn Metcalfe (2), Tomos Hughes, Aron Jones, Carwyn Jones & Morgan Williams

Under 12 Bethesda – 5 v Nant Conwy – 56

Nant Conwy tries: Llŷr Crawley (4), Deian Roberts (2), Ifan Hughes (2), Jacob Duncalf & Rhodri Lloyd

Nant Conwy conversions: Owen Ellis (2) & Llŷr Crawley

Player of the match: Llŷr Crawley

Under 13 Nant Conwy – 29 v Ruthin - 0

Nant Conwy tries: Heledd Roberts, Brenig Hughes, Berwyn Hughes, James Goodwin & Penri Metcalfe

Nant Conwy conversions: Penri Metcalfe & Ifan Jones

Under 14 Nant Conwy – 53 v Bethesda – 0

Nant Conwy tries: Tom Smith (2), Oscar Lennon (2), Brychan Dafydd, Jac Ellis, Deio Hughes, Morgan Kirkham & Adam Charles

Nant Conwy conversions: Jac Ellis (3) & Owain Vaughan

Under 15 Nant Conwy – 25 v Bethesda – 10

Nant Conwy tries: Emlyn Jones (2), Aron Roberts, Gethin Roberts & Joe Cassell

IF YOU WOULD LIKE THE REPORTS FROM YOUR CLUB TO BE INCLUDED IN THE JUNIOR ROUND-UP PLEASE EMAIL THE DETAILS TO gwcymru1@aol.com



Picture by Mike Wood

IRB approves trial for Rugby Goggles



Everyone who uses the new Rugby Goggles will be asked to provide feedback for the trial

Following report from the IRB

Underscoring its commitment to ensuring Rugby is a Game for all while promoting player welfare, the IRB has approved a global trial whereby approved Rugby Goggles can be worn in all levels of Rugby.

The new Rugby Goggles, which are available for purchase from today (Wednesday, January 22), have been developed to enable people who require corrective lenses to wear goggles that are safe to themselves, their team-mates and opponents. They will also allow people with monocular vision or chronic eye conditions who wish to wear Rugby Goggles while playing contact Rugby.

IRB Head of Technical Services Steve Griffiths said: "Rugby is a Game for all and the IRB recognises that not everyone who needs corrective glasses can wear contact lenses, particularly children, so we have been collaborating with a leading manufacturer to design and rigorously test a pair of Rugby Goggles that will be safe and effective in a Rugby environment. We believe we have done that now and this trial is good news for anyone with eyesight issues who wishes to play the Game."

The approved Rugby Goggles are not designed to provide extra protection for players with chronic eye conditions, but if such players consider them to be beneficial they can be worn for that purpose. Features of the approved Rugby Goggles include high-speed impact resistance, anti-abrasion surfaces, anti-fogging, UV protection and a specially designed strap with no clips, buckles or sharp edges. Only those Rugby Goggles bearing the IRB trial-approved logo can be worn with referees empowered to make the necessary checks.

The global law trial means that anyone can wear the Rugby Goggles once confirmation has been received from an ophthalmologist (or similar medical professional) although Unions are required to participate in the trial before a player under its jurisdiction can participate in the trial.

"If the trial is to be instructive, we will require feedback from all participants about the Rugby Goggles so all participants will be requested to provide feedback during and at the end of the trial," said Griffiths.

The approved Rugby Goggles are not available in retail outlets. They can be purchased direct from the manufacturer's website - www.raleri.com - and only after registration on the IRB Passport system. This is to ensure that everyone who uses them will be in the system for providing feedback on the trial.

It is only through that feedback that the IRB can gather enough information to ascertain the longer-term suitability of Rugby Goggles for use in Rugby beyond the lifetime of the trial.

YOUTH DIVISION ONE

RESULTS and FIXTURES

Saturday, 7th September, 2013
Caernarfon 10 v Bala 15
COBRA 26 v Denbigh 6
Llangefni 24 v Wrexham 16
Nant Conwy v Bangor – postponed
Ruthin 38 v Mold 12

Saturday, 14th September 2013
Bangor 8 v Llangefni 24
Denbigh 3 v Nant Conwy 50
Mold v Caernarfon – postponed
Pwllheli v COBRA – postponed
Wrexham 5 v Ruthin 19

Saturday, 21st September, 2013
Bala 36 v Mold 21
Caernarfon 12 v Wrexham 12
Llangefni v Denbigh – postponed
Nant Conwy 26 v Pwllheli 0
Ruthin 53 v Bangor 0

Saturday, 5th October 2013
Bangor 7 v Caernarfon 40
COBRA 18 v Nant Conwy 33
Denbigh 0 v Ruthin 53
Pwllheli 15 v Llangefni 10
Wrexham 29 v Bala 24

Saturday, 12th October, 2013
Bala 28 v Bangor 0
Denbigh 5 v Caernarfon 0
Llangefni v COBRA – postponed
Mold 17 v Wrexham 15
Ruthin v Pwllheli – postponed

Friday, 18th October, 2013
Denbigh 5 v Bala 17

Saturday, 19th October, 2013
Bangor 0 v Mold 50
COBRA 3 v Ruthin 47
Nant Conwy 19 v Llangefni 5
Pwllheli 10 v Caernarfon 11

Saturday, 2nd November, 2013
Bala v Pwllheli - postponed
Caernarfon v COBRA - postponed
Mold v Denbigh - postponed
Ruthin 5 v Nant Conwy 12
Wrexham v Bangor - postponed

Saturday, 9th November, 2013
Llangefni 45 v COBRA 12
Mold 34 v Caernarfon 5

Friday, 15th November 2013
Denbigh 31 v Wrexham 12

Saturday, 16th November, 2013
COBRA 18 v Bala 5
Llangefni 10 v Ruthin 39
Nant Conwy 34 v Caernarfon 5
Pwllheli v Mold - postponed

Saturday, 23rd November, 2013
Bala 6 v Nant Conwy 15
Bangor 5 v Denbigh 41
Caernarfon 20 v Llangefni 15
Mold v COBRA - postponed

Wrexham 13 v Pwllheli 7

Saturday, 7th December
Bala 7 v Llangefni 13
Bangor 5 v Pwllheli 37
Caernarfon 15 v Ruthin 14
Mold 5 v Nant Conwy 12
Wrexham 18 v COBRA 24

Saturday, 14th December
COBRA v Bangor - postponed
Llangefni v Mold - postponed
Nant Conwy v Wrexham - postponed
Pwllheli 10 v Denbigh 5
Ruthin 12 v Bala 5

Saturday, 21st December
Pwllheli 39 v COBRA 10

Saturday, 4th January
Bala 15 v Caernarfon 0
Bangor v Nant Conwy - postponed
Denbigh v COBRA - postponed
Mold 0 v Ruthin 18
Wrexham 24 v Llangefni 3

Saturday, 11th January
Caernarfon 12 v Mold 14
COBRA 14 v Pwllheli 23
Llangefni 55 v Bangor 5
Nant Conwy 31 v Denbigh 7
Ruthin v Wrexham

Saturday, 18th January
Bangor 3 v Ruthin 57
Denbigh 17 v Llangefni 21
Mold v Bala
Pwllheli v Nant Conwy - post
Wrexham v Caernarfon

Saturday, 25th January
Bala v Wrexham
Caernarfon v Bangor
Llangefni v Pwllheli
Nant Conwy v Caernarfon
Ruthin v Denbigh

Saturday 1st February 2014
Mold vs Denbigh 11:30

Saturday 8th February 2014
Bangor vs Bala
Caernarfon vs Denbigh
COBRA vs Llangefni
Pwllheli vs Ruthin
Wrexham vs Mold

Saturday 22nd February 2014
Bala vs Denbigh
Caernarfon vs Pwllheli
Llangefni vs Nant Conwy
Mold vs Bangor
Ruthin vs COBRA

Saturday 1st March 2014
Bangor vs Wrexham
COBRA vs Caernarfon
Denbigh vs Mold
Nant Conwy vs Ruthin
Pwllheli vs Bala

	Team	P	W	D	L	F	A	Dif	Pts
1	Ruthin	11	9	0	2	355	65	290	29
2	Nanrt Conwy	9	9	0	0	241	54	187	27
3	Llangefni	11	6	0	5	225	182	43	23
4	Bala	10	5	0	5	158	123	35	20
5	Caernarfon	11	4	1	6	130	175	-45	20
6	Pwllheli	8	5	0	3	141	94	47	18
7	Mold	8	4	0	4	153	136	17	16
8	Wrexham	9	3	1	5	144	161	-17	16
9	Denbigh	10	3	0	7	120	234	-114	16
10	COBRA	8	3	0	5	125	216	-91	14
11	Bangor	9	0	0	9	33	385	-352	9

YOUTH DIVISION TWO

Saturday, 7th September 2013
Flint v Rhyl – postponed
Holyhead v Abergele – postponed
Llandudno v Shotton Steel – postponed
Llanidloes 24 v Dolgellau 12
Newtown v Bro Ffestiniog – postponed
Welshpool v Colwyn Bay – postponed

Saturday, 14th September 2013
Bro Ffestiniog v Holyhead – postponed
Colwyn Bay 26 v Llanidloes 10
Dolgellau v Flint – postponed
Llandudno v Welshpool – postponed
Rhyl v Newtown – postponed
Shotton Steel v Abergele – postponed

Saturday, 21st September 2013
Abergele 10 v Bro Ffestiniog 40
Flint 17 v Colwyn Bay 50
Holyhead v Rhyl – postponed
Llanidloes v Llandudno – postponed
Newtown v Dolgellau – postponed
Welshpool 0 v Shotton Steel 25

Saturday, 28th September 2013
Dolgellau 15 v Colwyn Bay 8
Llandudno 68 v Flint 7
Rhyl 51 v Abergele 0
Shotton Steel 19 v Bro Ffestiniog 14
Welshpool 0 v Llanidloes 52

Saturday, 5th October, 2013
Bro Ffestiniog 0 v Rhyl 42
Flint 53 v Welshpool 17
Holyhead 21 v Colwyn Bay 44
Llandudno 53 v Abergele 0
Llanidloes 24 v Shotton Steel 15

Saturday, 12th October, 2013
Colwyn Bay 53 v Abergele 3
Dolgellau 29 v Bro Ffestiniog 5
Llandudno v Holyhead – postponed
Llanidloes 31 v Flint 3
Shotton Steel 7 v Rhyl 37
Welshpool v Newtown – postponed

Saturday, 19th October 2013
Abergele v Llandudno - postponed
Bro Ffestiniog 3 v Colwyn Bay 14
Flint 3 v Shotton Steel 54
Holyhead v Welshpool - postponed
Newtown v Llanidloes - postponed
Rhyl v Dolgellau - postponed

Saturday, 2nd November, 2013
Colwyn Bay 5 v Rhyl 10
Flint v Newtown - postponed
Llandudno 43 v Bro Ffestiniog 19
Llanidloes v Holyhead - postponed
Shotton Steel v Dolgellau - postponed
Welshpool 21 v Abergele 0

Saturday, 16th November 2013
Abergele 7 v Llanidloes 50
Bro Ffestiniog v Welshpool - postponed
Dolgellau 10 v Colwyn Bay 11
Holyhead 68 v Flint 14
Newtown v Shotton Steel - postponed
Rhyl v Llandudno - postponed

Saturday, 23rd November
Abergele v Flint - postponed
Bro Ffestiniog 12 v Llanidloes 24
Colwyn Bay 40 v Shotton Steel 0
Dolgellau 20 v Llandudno 3
Holyhead v Newtown - postponed
Rhyl 53 v Welshpool 0

Saturday, 30th November
Abergele 0 v Dolgellau 40

Saturday, 7th December
Flint 7 v Bro Ffestiniog 43
Llandudno 5 v Colwyn Bay 38
Llanidloes v Rhyl - postponed
Newtown v Abergele - postponed
Shotton Steel 29 v Holyhead 0
Welshpool v Dolgellau - postponed

Saturday, 14th December
Abergele v Holyhead - postponed
Bro Ffestiniog v Newtown - postponed
Colwyn Bay v Welshpool - postponed
Dolgellau v Llanidloes - postponed
Rhyl 52 v Flint 0
Shotton Steel v Llandudno - postponed

Saturday, 28th December
Holyhead 22 v Welshpool 5

Saturday, 4th January
Abergele 17 v Shotton Steel 40
Flint 12 v Dolgellau 39
Holyhead v Bro Ffestiniog - postponed
Llanidloes 29 v Colwyn Bay 17
Newtown v Rhyl - postponed
Welshpool v Llandudno - postponed

Saturday 11th January 2014
Bro Ffestiniog vs Abergele - post
Colwyn Bay vs Flint - post
Dolgellau vs Newtown - post
Llandudno 3 vs Llanidloes 17
Rhyl and District vs Holyhead - post
Shotton Steel vs Welshpool - post

Saturday 18th January 2014
Abergele 0 vs Rhyl and District 51
Bro Ffestiniog 13 vs Shotton Steel 5
Flint vs Llandudno - post
Holyhead vs Dolgellau - post
Llanidloes vs Welshpool - post
Newtown vs Colwyn Bay - post

Saturday 25th January 2014
Colwyn Bay vs Holyhead
Dolgellau vs Abergele
Llandudno vs Newtown
Rhyl and District vs Bro Ffestiniog
Shotton Steel vs Llanidloes
Welshpool vs Flint

Saturday 8th February 2014
Abergele vs Colwyn Bay
Bro Ffestiniog vs Dolgellau
Flint vs Llanidloes
Holyhead vs Llandudno
Newtown vs Welshpool
Rhyl and District vs Shotton Steel

	Team	P	W	D	L	F	A	Dif	Pts
1	Colwyn Bay	11	8	0	3	306	123	183	27
2	Llanidloes	9	8	0	1	261	95	166	25
3	Rhyl and District	7	7	0	0	296	12	284	21
4	Shotton Steel	9	5	0	4	194	148	46	19
5	Dolgellau	7	5	0	2	165	63	102	17
6	Llandudno	7	4	0	3	221	106	115	15
7	Bro Ffestiniog	9	3	0	6	149	193	-44	15
8	Abergele	11	1	1	9	92	430	-338	14
9	Flint	11	1	1	9	145	492	-347	14
10	Holyhead	5	2	0	3	118	123	-5	9
11	Welshpool	6	1	0	5	43	205	-162	8
12	Newtown	0	0	0	0	0	0	0	0



WRU WOMENS SUPER CUP

Super Cup round-up

The second week of the Women's Super Cup didn't get off to the best of starts with four matches falling victim to the poor weather conditions.

Blaenau Gwent's clash with Seven Sisters was called off as was the match between Pencoed and Caernarfon. Abergavenny's encounter with Pen-y-banc and Nantyffyllon game with Bargoed were also cancelled due to the weather.

Pool C's only match saw Haverfordwest gain a home victory over West Wales rivals Lampeter 17-7. Haverfordwest's Nina Colville crossed the white wash twice with Sarah Partridge chipping in with another with Joanna Price adding a conversion. Lampeter's try came from Charlotte Williams, converted by Claire Williams.

Kidwelly claimed their first win of the competition over Pool B rivals Maesteg Celtic. A brace of tries from full back Sian Peters with outside half Jodie Evans adding one along with three conversions gave Kidwelly a comfortable 21-0 win.

Gorseinon claimed a decisive victory over Penallta with a 50-0 win at home. Tries came from Angharad Roberts, Angharad Jones, Kate Davies, Anwen Harry, Amy Thomas and a brace from Elena Reed. Jadey Morgan contributed five conversions.

Barry Bombettes romped home to a 117-0 victory in the local derby with Sea View. Tries came from Kim Jones, Sarah Richards, Hannah Banister, Amy Smith, Bethan Fox, Anna O'neil and Kelly Binnie. Credit has to go to the ladies of Sea View as despite being out classed, they showed no signs of surrender and played right tough to the final whistle.

Pontyclun Falcons came away from Division 1 winners Whitland with a 17-0 win which moved them to the top of Pool A. Tries came from Chelsea Cashman, Siobhan Lewis and Gemma Hallett with outside half Brogan Jones adding two conversions.

The competitions' first major upset came as a solitary try by Gwernyfed's Katie Hughson was enough to beat Premiership champions Neath Athletic 5-0.

The above round-up was kindly supplied by Welsh Rugby Union

POOL A

	Team	P	W	D	L	F	A	Dif	BP	Tot
1	Pontyclun	2	2	0	0	44	0	44	1	9
2	Caernarfon	1	1	0	0	66	0	66	1	5
3	Llandaff North	1	1	0	0	55	0	55	1	5
4	Seven Sisters	1	1	0	0	7	0	7	0	4
5	Gwernyfed	2	1	0	1	5	25	-20	0	4
6	Whitland	2	0	0	2	0	26	-26	1	1
7	Neath Athletic	1	0	0	1	0	5	-5	1	1
8	Pencoed	1	0	0	1	0	55	-55	0	0
9	Blaenau G	1	0	0	1	0	66	-66	0	0

POOL B

	Team	P	W	D	L	F	A	Dif	BP	Tot
1	Barry	2	2	0	0	122	0	122	1	9
2	Gorseinon	2	1	0	1	55	12	43	2	6
3	Penallta	2	1	0	1	45	50	-5	1	5
4	Kidwelly	1	1	0	0	21	0	21	0	4
5	Maesteg Celt	2	1	0	1	12	26	-14	0	4
6	Croesyceiliog	1	0	0	1	0	5	-5	1	1
7	Seaview	2	0	0	2	0	162	-162	0	0
8	Tylorstown	0	0	0	0	0	0	0	0	-8

POOL C

	Team	P	W	D	L	F	A	Dif	BP	Tot
1	Haverf'dwest	1	1	0	0	17	7	10	0	4
2	Bargoed	0	0	0	0	0	0	0	0	0
3	Penybanc	0	0	0	0	0	0	0	0	0
4	Nantyffyllon	0	0	0	0	0	0	0	0	0
5	Abergele	0	0	0	0	0	0	0	0	0
6	Abergavenny	0	0	0	0	0	0	0	0	0
7	Lampeter	1	0	0	1	7	17	-10	0	0

SIX NATIONS 2014



January 2014

Fri 31st W6Nations

February 2014

Sat 1st W6Nations

Sun 2nd W6Nations

Fri 7th W6Nations

Sat 8th W6Nations

Sun 9th W6Nations

Sat 22nd W6Nations

Sun 23rd W6Nations

Sun 23rd W6Nations

March 2014

Fri 7th W6Nations

Sat 8th W6Nations

Sun 9th W6Nations

Fri 14th W6Nations

Wales Women v Ireland Women – 14.00 – Talbot Athletic G

Italy Women v England Women – 15.00

Ireland Women v Scotland Women – 19.30

France Women v England Women – 20.55

Wales Women v Italy Women – 13.00 – Talbot Athletic Ground

Ireland Women v Wales Women – 19.30 – Ashbourne RFC

France Women v Italy Women – 17.30

Scotland Women v England Women – 14.00

England Women v Ireland Women – 18.20

Italy Women v Scotland Women

Wales Women v France Women – 14.00 – Talbot Athletic Gnd

England Women v Wales Women – 19.30 – Twickenham Stoop

Ireland Women v Italy Women – 17.00

Scotland Women v France Women – 14.00

France Women v Ireland Women – 18.45

Wales Women v Scotland Women – 14.00 – Talbot Athletic G

Italy Women v England Women – 15.00



Urgent call for new referees

Merv Picton, Referees Appointments Secretary, who has to cover games involving the North and Mid Wales clubs, is urging clubs to put forward potential new referees that are associated with their clubs in an effort to avoid games being postponed because there is no referee to take charge.

Referee Qualification Programme

The Welsh Rugby Union is responsible for recruiting, developing and producing referees and match officials to officiate over games and matches at all levels within Welsh rugby and throughout the world. Welsh Rugby Union match officials participate in a number of Elite level Test matches and in all Elite level tournaments including the Rugby World Cup, Tri-Nations and RBS Six Nations. However, it is at the grass roots level of the game that referees are recruited, trained and learn the environment of being a rugby union match official.

Persons interested in beginning a career in refereeing can begin by taking and successfully completing the WRU Level 1 Referee Course.

A Written Laws Examination is also available following the Level 1 Course if required and upon successfully completing the course, a person can referee junior rugby, U16 rugby and below and Schools rugby with a Level 1 Referee Licence. The WRU Level 2 Referee Course introduces Level 1 Referees to a higher level of refereeing with a more practical / technical approach to officiating matches guided by an advisor whilst attending matches amongst Welsh Districts Clubs. Successfully completing the the Level 2 Course grants referee a Level 2 Referee Licence and allows him / her to referee matches at Youth and Welsh Districts Level. A Level 3 Referee Licence is required to officiate in any WRU match and higher, so by invitation only, a WRU Level 3 Course is available at the Elite end of the refereeing spectrum.

Level 1 Referee Courses

January-March 2014

Carmarthen Quins RFC - Sunday, 16th February

Pontypridd RFC - Sunday, 16th March

Denbigh RFC - Sunday, 30th March

Course Duration: 0930-1600

Registration: 0900-0930

Further details and application forms can be obtained from David R Davies, 02920822420, davidrdavies@wru.co.uk

Marcia Harding, 02920822419, mharding@wru.co.uk

Closing Date is 1 week prior to course date

Course costs £20, non refundable, includes buffet lunch.

To book a place, completed application form and fee must be received in the Referees Department.

Pictured below: North Wales' Rhys Thomas



Sellouts put Eirias on the map and boost the local economy



Welsh rugby and music events at Parc Eirias are boosting the local economy in North Wales and the wider area by more than £2m - according to a recent Conwy County Council report.

Following report by the WRU

Rugby and pop concerts are assisting the regeneration of the seaside town, says a special report which has been compiled on the economic impact of the new stadium in Colwyn Bay, which was completed in November 2011.

Since then, the Welsh Rugby Union, European Regional Development Fund, Welsh Government and Conwy County Council funded stadium, has attracted thousands of visitors to see stars like Olly Murs and Little Mix in Access All Eirias concerts, while the Wales under 20s rugby games have also been sell-outs - with more than 6,500 fans at every game.

As well as putting the town on the map the extra visitors have boosted local businesses providing accommodation, pubs, eating places and shops to the tune of around £2m.

This success is set to continue with a major name in the music business to be revealed for Access All Eirias 2014 according to the Daily Post.

Wendy Wilson, owner of The Marine Hotel, Old Colwyn, said: "We get a 50% increase in trade when there's a rugby match at Eirias. We've got three bars and they're all full to capacity when a match is on. It's a big boost to us especially when the economy is so sluggish at the moment and people are tightening their spending."

John Jones, managing director at Powlson Printers, said: "All these events bring in increased footfall to the town and surrounding areas, local business can grow with these events. From these events we have seen a great increase in work to us which in the longer term helps us secure local jobs."



Sandy McCallum, of Bryn Woodlands House, said: "We have received a great response and bookings from the rugby community and visiting teams at the Eirias Park facility and we look forward to consolidating this new source of revenue in 2014."

The report by Conwy council found the project had also created 10 direct full time jobs.

The WRU's Rupert Moon, who is rugby team RGC 1404 general manager, said: "Parc Eirias is a fantastic asset for Colwyn Bay. Sports fans from all over the world come to watch first-class matches and it has really helped put us on the international map.

"Welsh rugby is vital for prosperity and the regeneration of Colwyn Bay. We have already seen that hotels and guesthouses in Colwyn Bay are booked up on match days and fans who travel to the town are choosing to make purchases in local shops, restaurants and attractions."

EIRIAS

WRU

WHERE LEGENDS ARE BORN

U20S SIX NATIONS CHAMPIONSHIP 2014

WALES U20 v **ITALY U20** – 31.01.2014

FRANCE U20 – 22.02.2014

SCOTLAND U20 – 14.03.2014

RESERVED SEATING: £15
TERRACE: ADULT £10, CONCESSION £5

SPECIAL OFFER: 3 MATCH PASS (RESERVED SEATING) £30

TICKETS:
WRU.CO.UK/TICKETS
COLWYN LEISURE CENTRE
VENUECYMRU.CO.UK