

North and Mid Wales RUGBY

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**THE
OVAL
ZONE**

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North & Mid Wales RUGBY

AN OVAL ZONE PUBLICATION

Welcome to the last issue of the 2015-16 season.

Thanks to all you subscribers for your patience while I put this last bumper issue together. It's been a learning curve for me this season and I very often thought that I'd bitten off far more than I can chew with attempting to produce a magazine in my spare time away from my proper job.

However, the response from everybody, be it clubs, subscribers, rugby folk, has been fantastic and the reports, pictures, news items have been piling in which makes my life a whole lot easier. Saying that, I would like to remind all the clubs that this magazine is your magazine, please continue to send in all your contributions and share your news with the North and Mid Wales rugby folk.

What a season it's been and this latest issue only goes a small way in showing all that is good in the game we love in our vast region.

What drama in the final weeks as we watched the progress of RGC in the Championship, Pwllheli in Division One North and Bro Ffestiniog, as they strove for that final promotion place from Division Two North back in to the elite of Division One. The tension was unbelievable and just what every neutral (if there is such a person) could have wished for.

To RGC, heartfelt congratulations on the promotion, it was a white-knuckle ride but you got there. The next chapter starts in September (actually only a few short weeks away) and what a season in prospect.

I do feel for Pontypool, missing out on promotion to the Premiership, but the way in which they have accepted this with such grace and professionalism is a lesson to us all. Best wishes from

this publication for a speedy return back amongst the big boys.

Pwllheli, what a finish! Needing five bonus point wins all away from home to secure the title. As each game went by with the needed bonus point, the pressure on those young Pwllheli boys must have been tremendous. I watched their final game at Llandudno and once again, their never-say-die attitude saw them through and congratulations on a magnificent season.

Colwyn Bay, with the title in the bag, could watch like the rest of us the battle royale between Bro Ffestiniog and Shotton as they fought for the treasured second spot and promotion to Division One. Congratulations to both sides on giving us another nail-biting climax to the season.

The last few weeks in May (remember when we had finished the season at the end of April?) was one Finals Extravaganza after another and what a pleasure it was to travel around and take in the North Wales Finals, the Mid Wales Finals, the Youth Finals and the Clwyd Finals, all fought out with 100% enthusiasm, commitment and sportsmanship. A credit to the game the lot of you.

And so, a bit of a break... you're kidding surely!

I head off to New Zealand on 8th June and will be reporting back from the three tests and the game against Waikato with a blog on both the Oval Zone and North Wales RUC websites. I'm not a journalist so be kind with your comments if you get to read the blog and apologies in advance for going on a bit should we get a win over there...

Thanks for all your kinds words and support during last season and see you in August when the friendlies start..

Gary

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2nd April, 2016 - North Wales Division One

Llangefni 0 v Llandudno 8

Following report kindly supplied by Llandudno RFC.

This match was played on a pitch that was very nearly unplayable, and rain throughout increased it to a mud bath which did not suit Dudno's running game.

Ryan Pike opened their scoring with a converted penalty, after they had put early pressure on the home defence.

Other than in the set scrums, Dudno held the upper hand throughout the match, but unfortunately due to the pitch conditions their back division were unable to create any running rugby.

The first half was fairly evenly contested, with both sets of forwards using pick and drive from rucks and mauls to gain ground into the opposition half of play, and it was Dudno at half time held a three point lead.

The second half saw Dudno take more control of proceedings, using their pack to take them forward with pick and drive, with second row Johnnie Stokes being very prominent in both attack and defence, which earned him the Man of the Match Award.

Gefni other than winning the set scrums, did not threaten the Dudno try line at any time during the match, and as the match reached the closing stages, Dudno were camped firmly inside of the Gefni twenty metre area, and eventually they breached the home line defence, with an unconverted try by Bobbie Lee Davies, which secured a very important away league win.



2nd April, 2016 - North Wales Division One

Caernarfon 38 v Ruthin 7

Following match report and pictures kindly supplied by Ruthin RFC.

Marc Jones scored the Coffis second try after a chase across half the pitch.

Ruthin continued to struggle to get league points away this season with a 37-13 defeat at Caernarfon on Saturday.

Aled Jones converted and the teams went in at half time with the home side ahead 15-8.

The Blues playing down the slope started brightly with an unconverted try from wing Mike Evans within a few minutes of the start but the Coffis soon got one back when Dylan Gwyn went over the whitewash.

After the break the Blues seemed to lose their way and the Coffis, playing down the slope, took advantage of some poor defence and handling to run in three tries from Rhys Evans, Iolo Hughes and Gareth Pritchard, and a penalty goal in the first 20 minutes.

The teams were pretty evenly matched - the home signed gained the lead with a penalty goal from Aled Jones only for full back Shay Owen to respond a few minutes later and after 30 minutes the score was 8-8.

At 37-8 down Ruthin seemed to wake up again and after flanker Deian Lloyd Williams got their second try they spent almost all the remaining 20 minutes in the home side's 22.

Just before half time, after some Ruthin pressure in the Caernarfon half, a Ruthin pass was intercepted and

However they could not get through a solid Caernarfon defence and at full time the whistle blew with Caernarfon getting a bonus point win.



2nd April, 2016 - North Wales Division One

COBRA 24 v Bala 3



Yn dilyn eu llwyddiant yn cyrraedd ffeinal y gwpan, mae'r Bala wedi gorffwys ar eu rhwyfau yn y gynghrair ac wedi dioddef ambell golled. Doedd pethau fawr gwahanol y Sadwrn dwytha', 'doedd dim tân yn eu boliau nac egni yn eu coesau ac mi fyddai rhywun yn meddwl eu bod wedi ymladd ar ôl cerdded dros y Berwyn i Feifod a bod yr hen fynydd wedi sugno eu nerth.

Dylai hyn fod yn rhybudd i'r Bala am dactegau COBRA ar gyfer y gêm ond yn anffodus gwelwyd y dacl gyntaf yn cael ei thorri'n aml a'r bêl yn cael ei hailgylchu drwy gydol yr hanner cyntaf wrth i hogie COBRA ennill tir da a sgorio tri chais, er eu bod dan bwysau gan sgrym cryf Y Bala. 19-3 ar yr hanner.

Dechreuodd y gêm gyda'r Bala yn rhoi pwysau amddiffynnol da o'r gic agoriadol a llwyddo i ddwyn y bêl yn gynnar yn nwy ar hugain COBRA. Ond collwyd y meddiant a llwyddodd blaenwyr COBRA i dorri'r dacl gyntaf cyn lledu'r bêl drwy'r dwylo a sgorio cais o bellter bron hyd y cae.

Sgoriodd COBRA yn gynnar yn yr ail hanner yn dilyn symudiad taclus o'r lein gyda'r wythwr yn ymestyn drosodd i dirio'r bêl. Am weddill yr hanner taclusodd llinell amddiffynnol Y Bala a llwyddwyd i gadw'r meddiant am gyfnodau ond roedd amddiffyn COBRA yn gadarn hyd y diwedd. Sgôr terfynol 24-3 i COBRA.



Team	P	W	D	L	Pts
Nant Conwy	19	17	1	1	82
Pwllheli	15	12	1	2	59
Bala	17	11	1	5	50
Caernarfon	19	9	0	10	47
Bethesda	17	9	0	8	44
Mold	19	9	1	9	43
Abergele	20	8	1	11	41
Ruthin	19	7	2	10	40
Llandudno	16	7	0	9	37
COBRA	19	7	0	12	35
Dolgellau	15	3	1	11	20
Llangefni	17	3	0	14	18



2nd April, 2016 - North Wales Division One

Nant Conwy 45 v Abergele 23

Following report kindly supplied by Abergele RFC.

The sizeable crowd was treated to a highly entertaining match with 10 tries, a result of some enterprising rugby from both sides, the shame being for Abergele, their tally for the afternoon was just three of those tries.

Gele came out of the blocks far quicker than their hosts taking an early 10 point lead thanks to a penalty from Owain Davies and a determined try from Richie Williams who was on hand to finish a well worked try by the Gele backs, Owain Davies added the extras.

Nant were not to be denied and came back with 2 tries to bring the scores level, both sides competed for every scrap with neither set of forwards managing to dominate although the home side managed to get the ball away more quickly from the contact area, giving their backs plenty of opportunity to probe the Gele defence.

Gele again took the lead just before half time a good period of phase play allowed the backs to spread the ball, a rare missed tackle in the centre allowed Gele to break through and score close to the posts Davies again obliged.

Gele can look back at the third quarter as the period the matched slipped away, Nant upped the pace and through a lack of concentration by the visitors and the ability to turn a half chance into a try saw the home side cross for a further 3 tries one of which was converted, the match was slipping away from Gele but they kept up the pressure at every opportunity, tapping and going when penalties were awarded but were rewarded with only one further try by Richie Williams in answer to a further two from Nant.

Gele were able to leave Pant Carw with their heads held high, for much of the match they competed well and put the home side under plenty of pressure, however Nant are top of the League and there are many good reasons why they've been there or thereabouts for so many seasons.

Gele will have learnt much from today's encounter and need to take those lessons into their last two matches of the season as they entertain Dolgellau next week at Pentre Mawr.



2nd April, 2016 - North Wales Division One

Bethesda 10 v Mold 13

Bethesda's 100% home record was broken by a well drilled Mold side which went home with the points by a narrow margin.

Mold's bigger pack made the most of the home side's depleted eight and shaded the first half by way of a penalty goal and an unconverted try.

Daniel Pritchard kicked a penalty goal for the home side after 23 minutes play in the second period but, 9 minutes later hooker R Kirby went over for his second try for Mold.

In the final few minutes Bethesda finally woke up and Rhys Williams scored a try from close in. Mathew Parry quickly dropped the conversion but it was all too late and the home side's only consolation was a losing bonus point.

Unfortunately, the Dolgellau v Pwllheli game was postponed due to a waterlogged pitch



2nd April, 2016 - North Wales Division Two

Wrexham 0 v Colwyn Bay 45

Following match report kindly supplied by Colwyn Bay RFC.

Wrexham routed by bristling Bay

After a log lay off Colwyn Bay were the visitors to Wrexham. Regardless of the recent weather conditions the pitch was surprisingly firm under foot and conditions were good for running and exciting rugby.

From outset Colwyn Bay dominated the game with Wrexham struggling with the power of forwards and pacey backs. Within 4 mins Colwyn Bay was awarded a penalty which was well struck by Pat Atkinson & provided him with his first of six successful kicks & got the Bay off the mark. Endless pressure, forward determination and excellent skills by the backs saw Colwyn Bay continue to dominate throughout the first half & allowed the Bay to scorn several try scoring opportunities but still go into the halftime break at 30 - 0 ahead. This also despite a red card for open-side Lloyd Jones on the 31 minute - judged by the ref to have committed a dump tackle. First half try scorers were No.8 Sam Ryan & Atkinson, 2.

Wrexham had the advantage of the slope in the second half but for most of it there was much of the same with the home side defending in their own 22m.

Colwyn Bay scored 3 more tries on 49 minutes by Connah Harding, Dan Lycett on 54 & finally blind-side flanker, man of the match & match day Captain John Astbury on 59 minutes. Harding's was an excellent score which saw him receive the ball through the hands some 45 meters out, from where he ghosted past a number of defenders before beating the last 2 by stepping in off his left foot.

In a mainly well tempered game there were a couple of minor bouts of hand bag wafting but the ref was consistent in his decision making & liberal use of his cards. After the first half red card, a yellow was offered up to Wrexham no.8 on 53 minutes for repeated infringements at the breakdown on & on 72 minutes further yellow's, one each, to the Bay's replacement hooker Dewi Hughes and Wrexham No 5 for an incredibly mild altercation between the two.

For the majority of the match Wrexham were at a numerical advantage & with all the possession in the dying minutes, they had the 13 strong visitors on the rack but such has been the seaisider's resolute strength in defence throughout the season that Wrexham could not find a way get over the try line. Colwyn Bay will be just as pleased about that as the actual result.

Man of the match for the Bay was hotly contested. The award could easily have gone to Atkinson whose personal scoring tally was 25 points or the authors choice, winger Matt Jones who showed-cased his increasing skill-set but Captain Astbury's work rate in a depleted back row was immense as well as his work in the line out.

Pictured below: Wrexham's First and Second teams v Colwyn Bay





2nd April, 2016 - WRU Championship

RGC 54 v NARBERTH 16

Following report kindly supplied by RGC News.

Coach Josh Leach saw his side step us a gear in the 2nd half to run in 6 tries "At half-time we told the boys that the platform was good, intensity was good, we were patient with the play and our defence was good, but we just needed have more control in the final phase play"

"In the 2nd half we controlled the play better and that was clearly seen in the opening 10 minutes when we ran in 2 scores. We forced them to make a lot of tackles in the 1st half and that should when they started to tire as the game went on."

"At the end of the match Bryn Williams said to me it was a 7 out of 10 performance and we will have to be more consistent when we head to Swansea next week. We are back to winning ways and it was pleasing to see us put into practice what we have done in training all week"

Narberth winger Nick Gale made a run down the line but was tackled whilst in full flow. The visitors scrum was also looking to put pressure on the Gogs, testing the RGC forwards on a few occasions.

RGC worked their first true attack after 20 minutes and a James Lang side-step made some space before setting up Andrew Williams for the score. Alex Schwarz kicked the conversion.

The visitors missed a chance to close the lead with a penalty that went wide from Jordan Roberts. Narberth were combining well with Rhys Lane, James Stephenson building the phases with a backline that had some pace.

The Eirias crowd were being kept quiet with much of the action on the field but wingers Carwyn Ap Myrddin and Sam Jones sparked some life into the game with an attack down the touchline. Alex Schwarz was taking on kicking duties after James Lang picked up a knock in the warm up, and the scrum half edged a penalty wide.

RGC's Rhun Williams was next to get the Eirias crowd on their feet with a big run from his own half, and his cheeky pass to Evan Yardley nearly ended with a score. The U20s full-back adds a direct running dimension to RGC and he is a danger when any team kicks to him. That phase of play summed up RGC in the opening 40 minutes, as they were doing everything right apart from the final pass to get over the line.

The visitors were reduced to 14 men after Hooker Marc Jones was yellow carded, and the pressure was building from RGC and the line-out and maul were starting to be a major threat.

It was no surprise then, when Zigymantus Radzius took the ball at the line-out and drove over for the try with the pack behind him. It was a key time to get the score and when Schwarz nailed the conversion the Gogs went into to the break 14-nil up.

RGC came out firing on all cylinders in the second half and scored to tries on the opening 10 minutes of play. James Lang made a big run from the halfway line and no one could catch him, Schwarz booted the kick over.

Next up Yardley made a dart and passed to the supporting Danny Cross who strolled over to touchdown for the bonus point try. Scrumhalf Schwarz again kicked the 2 points.

The visitors were looking tired and the gaps in defence were starting to appear and Lang mad the most of the opportunity when he made a 60 yard run, moved up the gears and scored a brilliant solo try. Conversion extended the score to 30- Nil.

The visitors didn't roll over after the 5th score and they got back in the game with 2 tries and conversions from Jordan Roberts and RGC knew that they couldn't rest up in the last 20 minutes.

Mei Parry made a good break but his pass was too long for Maredydd Francis. The try did come from the pack when another driving maul went over the line and Zigymantus Radzius claimed his 2nd score of the game. Substitute Cam Davies got the extra points with the kick.

The try of the match came from Tiaan Loots, after Cam Davies started it on his own line before passing to Josh Leach who broke away before the supporting centre Loots took the ball and sprinted to the line. Davies added the 2 points.

The final play of the game was a trademark Andy Baston run and he was unlucky to score but the ball ended up in Sam Jones hands and he went in for the try. Davies booted the conversion and the game was over.



Pictures courtesy of Liz Bryan



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Redman



2nd April, 2016 - North Wales Division Two

Harlech 31 v Llanidloes 31



Following report kindly supplied by Harlech RFC

Both teams had to settle for a point each in a dramatic finish to their Swalec Division Two North game, where it was the visitors who scored the first points from a converted try scored by right winger Richard Price. However the Castle men replied with and unconverted try scored by Arfon Pugh, before the visitors went further ahead from a successful penalty kick by Robert Cooper and soon afterwards Robert Cooper added another successful penalty but only for the castle men to reply with an unconverted try by Alex Evans. Then Llanidloes right winger Richard Price scored an interception converted try and the following next try were scored by Alex Evans who was successful with a penalty to narrow the cap to four points before the visitors captain Paul Jehu scored a converted try to leave an interval score of Harlech 13 - Llanidloes 24.

The first points of the Second Half was an unconverted try scored by Alex Evans. The Castle men also scored the next with a bonus point unconverted try from Ynyr Roberts and most memorable Llion Kerry scored the castle men fifth try. Alex Evans was successful with another penalty. But as the referee called time up the Castle men were penalised for not rolling away and Robert Cooper successfully held his nerve to secure a full time score of Harlech -31 Llanidloes -31.

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2nd April, 2016 - North Wales Division Three

Newtown 16 v Llangollen 10

John Thurston inspired Newtown to a 16-10 win over Llangollen to close in on the Division Three title.

Llangollen arrived at the Recreation Ground top of the table but a home win ensured Newtown reclaimed their place on the summit at the expense of a side they will face in next month's North Wales Intermediate Plate Final at Parc Eirias, Colwyn Bay.

Llangollen started with confidence with its back row asking questions of the home defence before Newtown settled. Newtown led at the break with the boot of Thurston providing two penalties and the home side in a strong position.

The second half saw early pressure from the Newtown scrum result in extending their lead through another John Thurston penalty. Llangollen

replied with a penalty from outside half James Claybrook, but the decisive moment of the game soon followed as Newtown scored their only try.

Thurston raced on to a delightful chip through from scrum half Darryn Green to go over the whitewash to the delivery of the home faithful.

The last fifteen minutes saw Llangollen pile the pressure on through their driving line out and strong carries from their forwards. Newtown were down to 14 men when flanker Jac Beynon-Thomas was binned for slowing the ball down at the ruck but managed to keep Llangollen at bay until the last two minutes when full-back, Ciron Davies, found space out wide to go over.

However, Newtown were not to be denied and celebrated a vital win in their bid for honours this season.



2nd April, 2016 - North Wales Division Three

Holyhead 0 v Bangor 42

Scorers for Bangor were Calvin Williams (centre) 2 tries; Mike Royston Roberts (Forward) 1 try; Sion Davies (forward) 1 try; Iwan Roberts (No. 10) 1 try; Gwyn Roberts (centre) 1 try; Tristan Thomas (scum Half) 1 try. Conversions Alex Griffiths (wing) 1 and Iwan Roberts 3



COBRA YOUTH v BANGOR YOUTH ACTION





2nd April, 2016 - NW 2nd XV Premiership

Bala 2nds 5 v Pwllheli 2nds 28



Following report kindly supplied by Bala RFC. Pictures by Trevor Edwards

Bala 2nds lost by 5-28 at home to a young and mobile Pwllheli 2nds.

For the fifth time this season, Bala's opponents turned up without a front row and Bala's heavy pack were deprived of the scrummaging advantage that their forwards-based game depends on. The Bala lads only know one way of playing and telling them not to push in the scrum is like telling a boxer not to punch too hard!

Pwllheli's athletic forwards constantly beat Bala to the breakdown and leapt higher in the line out, which gave their well drilled backs the possession needed to run in four converted tries.

Pwllheli's first try came after just five minutes when their forwards rumbled the ball over the line from a five yard catch and drive. Fifteen minutes later, quick ball off the top of another five yard line out allowed their inside centre to finish off a well rehearsed training park move.

The half time score of 0-14 would have been much higher were it not for the solid defence of prop Dewi Pugh, second row Dylan Anderson and



centre Dafydd Jones. Scrum half Wil Bryn Gwyn was like an extra flanker, tackling anything that moved around the fringes of the scrum!

Bala tried to take the game to Pwllheli in the second half, but their usual pick and drive style was ineffective against a very aggressive Pwllheli defence.

Replacement fly half Dewi Simpson kicked Bala out of trouble and the line outs improved when debutante Dan Wynne came on at hooker. Jack Evans also counter attacked well from full back.

However, the Pwllheli back row were always first to the tackle and turned over possession to give their mercurial fly half plenty of time on the ball. The game was dead and buried by the final quarter when Pwllheli's backs ran in two more tries.

Not wanting to be made a laughing stock, Bala fought back in the final stages of the game and a patient forwards drive allowed centre Iwan Spar to crash over for a consolation try.

You can keep up to date with all the results, fixtures and tables for the North Wales 2nd XV leagues at www.nwru.co.uk



2nd April, 2016 - WRU Division Two West

Aberystwyth 25 v Penclawdd 18

The much anticipated clash between the two Clubs heading Division 2 West brought a large crowd to Plascrug on Saturday and they were treated to a classic encounter, totally enthralling from start to finish, and a superb advertisement for second division rugby in Wales.

Aber had suffered a 24-7 defeat in Penclawdd in November and were up for revenge. It was clear also that the visitors were taking this match very seriously and their army of supporters anticipated celebration by the end of the afternoon. The afternoon started in sombre fashion however as all present took a minute to reflect on the recent tragic losses borne by Bleddyn Jones, one of the most loyal of former Aberystwyth players with over 25 years' experience.

Aberystwyth showed great urgency from the start and Penclawdd were forced to defend inside their own 22 for most of the opening ten minutes. The visiting forwards seemed to struggle against the Aber pack but managed to just stop them from pushing over their line; but from a lineout five metres out the home pack grouped in classic pose to go for the line again where flanker Lee Evans claimed the touch-down for the opening score to put Aber 5-0 up after 11 minutes.

But a feature of this encounter was how one side responded to the other scoring and the next ten minutes saw Penclawdd grow in confidence as the home outfit were forced to exhibit their defensive skills. The visitors patiently put together a multi-phase sequence, keeping possession all the while until eventually a gap opened to take play to the Aber line. Penclawdd threequarter Kris Corbisiero was tackled just short but with good skill reached out to get his side's opening try, levelling the scores at the end of the first quarter.

Aber went at the visitors from the restart and just four minutes later forced Penclawdd to concede a penalty for handling in a ruck 35 metres out. The angle was not in his favour but a majestic kick from skipper Jason Rees slotted a penalty for an 8-5 lead. The script continued with the visitors moving into top gear and barely two minutes on Aber conceded a penalty 8 metres from their own line. This time scrum half Lee Gunnell took a quick penalty and passed for prop Dan Tucker to get Penclawdd's second try. Fly half Dan Guarneri converted and Aber were now 8-12 down. Aber's restart sailed out of play conceding a scrum on halfway. But they spoiled Penclawdd possession and powered their way up the field deep into the visitors' half. It was almost a repeat of the recipe that gave them their first try that gave them their second, Evans again touching down. This time Rees struck another fine kick to convert the try and his side were 15-12 ahead after 34 minutes. Both sides in turn tried to gain the next advantage, but the scoreboard remained inactive for the remainder of the half.

The opening minutes of the second half saw play contained between the 22s but when Aber were penalised for holding on some 30 metres from their own line the scores were levelled again after 46 minutes, Guarneri's kick just creeping over the crossbar. The home side took possession from the restart and when the ball was fed out to Rees some 25 metres out the skipper dropped a very neat goal – the stalemate had only lasted two minutes and Aber were 18-15 ahead. There followed a period of just under half an hour when neither side scored even though both tried their best. Aberystwyth had a real chance in the 65th minute when they broke away from their own 22 and were instantly going for the line at the other end of the field. Although limited in numbers, the Penclawdd defenders forced Aber to kick ahead and chase, but the defenders got to the line first. Injuries forced Aber to call on their replacements and Penclawdd took full advantage of the time it took for their opponents to regroup and settle down again. Penclawdd were desperately close to the Aber line but they were deftly kept out; unfortunately the home side conceded a penalty near the posts and Penclawdd opted for the points, Guarneri's successful kick tying the scores yet again at 18-18 with 7 minutes left on the clock.

Penclawdd were then caught on the hop at the restart and when Aber spread out the ball a hole appeared in the visitors' defence and centre Paul Stubbs glided through and ran to the line to score under the posts. Rees converted to put Aber 25-18 up, five minutes of proper time remaining. This spurred the visitors into frantic attempts to score again and soon seemed destined to get there along the left touchline, a try saving tackle from Aber centre Myles Hamilton ending the move five metres short of the line. Penclawdd however retained possession and used the whole width of the field as they tried to break through the Aber defence. When they lost the ball, Aber's clearance kick failed to find touch and the visitors came at them again for a full three minutes until they were penalised for holding on. Aber cleared to secure a famous victory.

Despair for Caernarfon Ladies as they lose double-header in last minute



Caernarfon Ladies 15 v Whitland Ladies 19

Following report kindly supplied by Eifion Harding

Caernarfon lost this double header, being both league and cup quarter final fixture during the last play of the match. Ironically they lost a league encounter last week at Cardiff Met to the same scenario.

The game itself was a tense affair from start to finish with neither side being

able to dominate and keep possession for any substantial period of time.

Caernarfon probably had the best of the opening exchanges through driving at the heart of the Whitland defence and recycling well with Number 8 Olwyn Jones being a prominent handful.

However it was centre Alaw Davies who made the initial break for the first try before feeding Jones who released

scrumhalf Jess Kavanagh Williams who outsprinted the cover and then converted to record the first seven pointer on ten minutes.

Sadly Caernarfon relaxed and on Whitland's first incursion into Cofi territory a Nat Walsh angled run from a feed from the back of the scrum saw them draw level almost immediately. Composed and dependent fullback Karen Mayze added the conversion to tie the score. Some twenty minutes followed with few opportunities being created by either side.

Caernarfon's breaks close to the scrum were being stifled by solid tackling from flankers Jenny Collins and Angharad Williams whilst space out wide was limited to both sides.

The encounter called for the unexpected and on the half hour a quickly taken penalty by Kavanagh Williams caught Whitland unaware as she weaved her way to the try line but not close enough to the posts to slot the conversion. The Whitland scrum was functioning well with Sara Davies marshalling her pack effectively.

As half time loomed a scrum close to the Cofi line afforded good quick ball and fullback Karen Mayze joined the

line to create the required addition to outnumber the defenders so as to ground out wide and tie the scores at the break.

The second half was equally as cagey with everyone aware that a minor error could prove very costly. Neither team appeared to have the ability to undo the others defence but Whitland were a little more composed when closing in on the Cofi line.

However it was a kick up field and combined chase that led to a holding on call that nudged Caernarfon three points clear with Kavanagh Williams's successful penalty conversion with ten minutes remaining.

Whitland were reliant on their senior players to claw their way back into the game. Makeshift centre Natalie Walsh had two effective charges that found her brought to ground inches short whilst standoff Rachel Norris also came close after a powerful run.

With time running out and nerves frayed Whitland got possession and Norris found Mayze at her side to deal the knockout blow as she waltzed through to ground between the sticks and once again slot the conversion.

For Caernarfon there was no way back as full time was signalled, meaning that a coveted cup run was not be.



Bethesda/Nant/Caernarfon U18 Girls 0 v Whitland U18 Girls 47

Following report and picture kindly supplied by Eifion Harding.

The Whitland under 18 squad travelled with their senior counterparts to face a combined and inexperienced team from Bethesda, Nant Conwy and Caernarfon.

The gap in experience soon became apparent as Whitland were able to spin the ball wide and constantly find players in support to score at regular intervals.

Winger Marged Williams was supplied with a constant supply of ball scoring the first and creating a number of others. Forward charges brought two tries for effective Number 8 Amy Morgan with hooker Lauren Morgan's good support work bringing her a deserved grounding.

Powerful Libby Jones secured two tries as a result of her charges whilst scrumhalf Ceulyn Davies drifted through to score the final try. One other impressive feat was the place kicking of standoff Lauren George who slotted six from seven attempted conversions, with some from distance and from an acute angle.

The home teams best contributions came from the tackling of Elin Owen, the charges and stealing of Ruby Roberts and the running of Gemma Owen and Ela Thomas. However this was a valuable experience for the home squad as the number of fifteen a side matches that they have had the opportunity to play has been very limited.

Keep up to date with North/Mid Wales rugby news at www.ovalzone.co.uk

Ruthin U16 host touring side Blaydon U16 RFC



Pictured above, from left: Ruthin's Andy Edwards and U16 Captain ??????? with the touring Blaydon side.

Sterling effort by the Mold RFC ballboys at Parc Eirias



Let's face it, if you're going to have your photo taken before a hard day's ballboying at Parc Eirias, who better to grab than Ryan Jones! The boys put in a four-game stint at the recent Conwy U16 International Rugby Festival.

Machynlleth withdraw from Division Two North

The Cae Glas club announced its decision following another blank weekend brought about by being unable to raise a team.

A spokesman from the WRU confirmed that Machynlleth would not be playing any further league games this season.

Mach have punched above their weight for many seasons and despite a small pool of players and no youth team the club has managed to hold its own in the second tier of North Wales rugby.

'Due to the injuries and departures to our squad, we will be unable to fulfill the fixtures this season' said a club spokesman.

'Hopefully we'll rebuild and come back stronger. We offer our apologies to all teams in the division and hope to play them all again in the not too distant future'.

The loss of an established Mid Wales club, although hopefully for this season only, was also felt by their rivals.

'Wer'er sad to hear Machynlleth have withdrawn and all at Llanidloes RFC wish Mach well and we hope to see them back in action next season' said Llanidloes spokesman Adam Gaca.

Newtown coach Alan Owen and Welshpool's Secretary, Gary Williams, both echoed Llanidloes' sentiments and wished Mach a speedy return to full-time playing.

Rhun Williams off to the Blues



The 18-year-old full-back, who was one of the shining lights of the Six Nations clean-sweep, has signed an Academy contract with the Arms Park outfit

Wales Under 20s Grand Slam hero Rhun Williams will be with Cardiff Blues from next season.

The 18-year-old full-back, who was one of the shining lights of the Six Nations clean-sweep, has signed an Academy contract with the Arms Park outfit.

He started all five matches during the Grand Slam campaign, catching the eye with his rangy running and the way he straightens the line and draws the man, playing a key part in a couple of tries.

Born in Bangor, this young north Walian talent came up through the ranks with Caernarfon RFC, having attended the town's Ysgol Uwchradd Brynrefail.

He progressed to RGC 104 and has played his part this season as the Colwyn Bay-based club have been pushing for promotion from the Championship to the Premiership.

Previously capped by Wales at U18s level, he's currently doing a sports science course at Bangor University.

Williams had an outing for the Blues Premiership Select against the Ospreys Select at the Arms Park in November and could have a big future ahead of him with the region.

"I'm very happy to have signed for Cardiff Blues," he said.

"It's a big opportunity for me to continue to develop as a player in a professional and elite environment, which is what I've come through in RGC with both their facilities and their pathway.

"I'm looking forward to the future and what it holds for me. You only need to look at some of the players in the senior ranks at Cardiff Blues who I can look to as an inspiration."

Williams will add further to the Blues resources at full-back, with Dan Fish and new recruit from Bristol, Matthew Morgan, set to be vying for the position from the start of next season.



RGC South U15 prove to be great ambassadors in Italy



RGC South under 15s returned from Italy on Easter Monday following a successful rugby tour to the Venice region. For many, it was their first time in Italy and for some their first experience of travelling by air.

The squad of 22 players together with their coaches and parents were based in Sottomarina, a seaside town south of Venice. From there, the team travelled by coach to the two tournaments held on the Good Friday and Easter Saturday.

The first tournament for the boys was the Carwyn James Easter Trophy held at Pieve di Cento, a small town just north of Bologna. Here they were welcomed by Llyr James, grandson of the legendary Carwyn James, former Welsh international player and coach of Llanelli and The British Lions. He had flown over from Camarthen and kept a close eye on how the tournament was progressing.

The seven teams that faced RGC were from Italy, Croatia and England and most were under 16s - a year older and much bigger. RGC played one of the tournament's favourites first, I Dogi CRV Rosso, an under 16s regional side from the Venice area who were to become the eventual winners. They lost 0:34, though they showed signs of the skills they had been practising in training and bounced back to win their next 2 matches against Italian teams 5-0 and 12-10.

RGC finished in second place in their group and were set to play against the English representatives, the Angmering School from West Sussex, who had also finished runners-up in the other group. RGC won this encounter 14-5 with tries from Freddie Jones and Dewi Morgan to finish in third place. A good result, a great tournament and experience for the boys and coaches.

Easter Saturday saw the team travel north to compete in the Montgomery Cup, named after an English World War One pilot who was shot down near Oderzo, where the tournament was held. The pitch was surprisingly bare for this time of year, with only a small patch of grass on one of the wings. However, there was a nice touch of formality when the 6 teams lined up with their national anthems playing at full volume before the games started.

The first match saw RGC up against the Centro di Formazione U16 de Udine, again the eventual tournament winners. Despite demonstrating superior skills to their larger and more powerful opponents, RGC lost the encounter 17-0. They bounced back to beat Rak Olimpija from Ljubljana, the Slovenian capital, 7-0 to compete again for third place. This time they lost to the local team Grifoni Rugby Oderzo 7-0 after a very close and competitive game.

So RGC finished in 4th place but throughout the tournament they had thrilled the spectators with their rugby skills and were applauded off the field after every game. Indeed, one of the players from the local club congratulated tour captain Kai Lewis on the level of skills RGC had displayed. A nice touch confirmed a little later by COBRA player Tom Lydford winning player of the tournament.

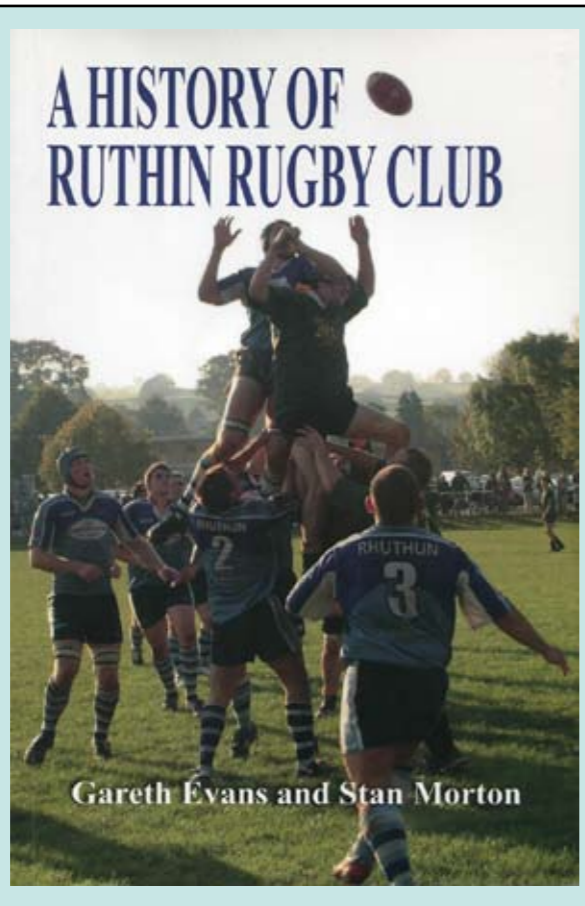
RGC South would like to acknowledge all who have helped make the tour a success. Thanks to Goldstars, Welshpool Rotary Club and COBRA RFC for their donations and to Technocover and Cambrian Training Company for their generous sponsorship. Thanks also to boys and parents who have worked very hard fundraising for the tour which included a raffle and bag packing at Tesco Welshpool.

A History of Ruthin Rugby Club/Hanes Clwb Rygbi Rhuthin

by Gareth Evans and Stan Morton.

This bilingual book is available at £10 plus P+P from Ruthin Rugby Club. Please send your order to info@rygbirhuthun.com

A big thank you to the authors and Ruthin RFC for permission to serialise the book.



The club reforms - 1960-1990

The Club re-forms and recovers its pre-eminent position in North Wales and the North West of England - September 1960 - May 1972

After the collapse of Ruthin Rugby Club in 1934 only Ruthin School continued playing the game in the area. A number of players from Ruthin travelled to play at either Mold or Wrexham. The Second World War, however, prevented any opportunity of reviving the club for several years and it was not until 1960 that any further thought was given to re-introducing the game in the Ruthin area.

Four local players travelled regularly to play for Rhyl: namely, John Hughes, Berwyn Evans, Huw Francis and Colin Evans. During their car journeys they discussed trying to re-form Ruthin Rugby Club. They teamed up with a number of keen local players, from the 1924/34 era, and Ruthin School teachers. Eventually they placed a notice in the Denbighshire Free Press dated 22 October, 1960, calling all interested parties to a meeting at the Wynnstay Hotel, Ruthin, on 25 October.

A report in the DFP on 29 October stated that 'a well-attended meeting decided to resuscitate the Ruthin Rugby Club. Arrangements would be made to play fixtures in the next fortnight. The support of many members from the pre-war club was immediately forthcoming. Mr John Hughes, Sunnyside, is secretary and all interested to contact him immediately.'

At that time John had only just left school and has since served the club with distinction up to the present day from player to president. Berwyn Evans moved from the area to teach in London soon after but eventually returned to the Denbigh area and maintained a keen interest in rugby. Colin, the club's first captain, and later co-founder of Llanelwyr Rugby Club, was responsible for supplying the club with the first fixture cards of the new era. Huw, another local Ruthin schoolboy, was a farmer's son from Rhewl. He persuaded his father to allow the club to use a piece of his land free of charge as a pitch before the

proved with Ruthin winning three of their last four games. At the end of the season the first representative game was played at Rhewl between Birkenhead Park and a North Wales side that included John Hughes.

Off the pitch the social side of the club's activities were developing. A formal dinner dance was held at Neuadd Eleanor, Llanfair DC. There was no bar available at that time, drinks being served from a landrove at the back to the hall. Regular folk dances (Dawns Werin) were organised in both Ruthin and Denbigh Town Halls.

The re-formed club was now formalised and a General Meeting called in May 1961 resulted in the following officers being appointed:

President Major F. A. Frost; Chairman J. Hattersley Williams; Captain Colin Evans; Treasurer M. C. Jones; Secretary V. Kellett Jones, Fixture Secretary Berwyn Evans; Match Secretary Gilbert Kelly.

The 1961-62 season was the first official year of the re-established Ruthin Rugby Club. Officers were now in place to organise fixtures and handle the day to day running of the club. Enough members had registered to allow the club to be able to field two teams on a regular basis particularly during college vacations. Two training evenings were organised on Tuesdays and Thursdays. A great deal of levelling and drainage work was still being carried out on the Recreational Field and club members were asked to help with the work in the evenings. In the meantime games were still played at Rhewl, thanks to Mr Francis.

The fixture secretary had compiled a full list of 32 matches for the season; because of bad weather and cancellations only 20 were played. There was a good balance between Welsh and English opposition in the re-formed club's first year fixture list: 14 were from Wales and 18 from England. The first two games of the 1961-2 season resulted in good wins but then Ruthin went through a bad patch, losing several matches in October and November before beating Colwyn Bay and Birkenhead Park in December. In their game against Birkenhead Park, David Cunnah, who was to become club secretary for many years, was then a 16-year old Denbigh schoolboy and scored his first try.

The second half of the season proved to be the most successful with the club having a run of ten games without defeat against St Mary's OB (A), Old Whitchurchians 2nd XV (H), Beaumaris (H), Chester 3rds (A), Capenhurst (H), Dolgellau (A), Old Anselmians 3rds (H), Old Birkonians (H), Chester College of FE (A). Arthur Pritchard and Huw Davies from Denbigh both represented North Wales during the season.

The club's AGM was held in May 1962. Mr Hattersley Williams did not seek re-election. Roy Roberts (Cambrian Mineral Wates) was elected chairman with George Edwards being appointed Secretary. £150 had been spent on draining, levelling and re-seeding the Rec ground ready for September. The committee expressed grateful thanks to Mr W. F. Francis of Rhewl for kindly having allowed the club to play their games on his land.

In the 1962-3 season, the majority of matches were against teams from the Wirral, Cheshire and Shropshire in England. New clubs entering the fixture list for the first time were Widnes, Lymm and Shell. Arthur Pritchard was elected club captain. Once again, enough players were available during college vacations to allow a second team fixture list to be arranged. Players and officials eagerly awaited playing rugby on their own Rec ground.

The early part of the season was very successful, the team registering six wins and two draws from the first twelve games. The arctic weather, however, at the beginning of 1963, made rugby impossible to play and very few fixtures were completed in the second half of the season. It was during this period that John Millward and Gareth Lynch became associated with the club as players. They both eventually became

stalwarts whose contribution to the club became immeasurable.

During the winter of the 1962/3 season the committee decided to explore the possibility of building a clubhouse on the Rec Ground. The decision was deferred, however, by the Ruthin Town Council as it had been decided to give part of the land over to industrial use. They did agree to the building of a temporary unit which could be dismantled at a later date. At the end of the season the club faced a crisis very reminiscent of the one they had to resolve in the early days of the setting up of the original club in 1924.

Many members were concerned about the viability of the club which had now incurred an overdraft of £50. In fact, it was decided that the club should be disbanded unless something positive was done. It was John Millward who acted as coordinator and, after much hard work and persuasion, managed to keep the club as a viable proposition.

A late AGM on October 5, 1963, elected: Trevor Jones President; Roy Roberts Chairman; George Edwards Secretary; Gareth Lynch Match Secretary; John Millward Captain; R. M. Plant Treasurer. The meeting recorded that: 'Rugger enthusiasts are to be congratulated on their decision to continue in the face of the accommodation and ground difficulties that have to be overcome'. The dynamic committee immediately went about expanding the club's playing base.

The Castle Hotel became the club's headquarters and changing area instead of the Wynnstay. Rumour has it that the club were asked to leave the Wynnstay due to the flooding of the bath area and water seeping through the ceiling on to the ground floor! Facilities were not a great deal better in their new home where 30 players (plus the referee) regularly shared one old cast iron bath in an outhouse, after which they were all able to tuck in to a hearty dish of soup, served from a huge pan, prepared by chef Gareth Lynch! On one occasion three teams played which meant 90 players plus three officials bathed in the old bath.

John Millward, the captain, organised fortnightly meetings at the Castle Hotel throughout the 1963-64 season. The value of playing two sides during college vacations started to prove worthwhile. John's visits, too, to schools and teachers in Flintshire, encouraged a number of new playing members to join Ruthin Rugby Club, in particular, 'Big' Graham P. Williams, Pete Reay, John Beattie and Roger Jones. By December 1963 there were nine club members from Flintshire. The Denbigh area also proved to be a fruitful recruiting ground. At that time there was no rugby club in either Mold or Denbigh.

The new clubs appearing on a full fixture list this season were Hoylake, BICC Helsby, Liverpool University Vets, Tonfanau, and Denbighshire Police. After a good start during which Ruthin held their own winning and losing three games each in the first six fixtures, they lost eight out of their nine next matches

1965/6 at Mold. Back: Ll. Evans, L.Parry, G. Evans, G. P. Williams, R. Reay, J. Beattie, G. Lynch, A. Roberts, E. Hughes, J. Millward (R). Front: R. Griffiths, E. Howells, D. Jones, J. Pugh (C), R. Jones, N. Taylor.



1961/2. Back: J. Millward, J. Parry, J. Hughes, H. Francis, T. Rees. Centre: P. Eytton-Jones, J. Fletcher, G. Madog Jones, L. Jones, R. Edwards, D. Whitley. Front: I. Craft, J. Hughes, C. Evans (C), A. Pritchard, P. Michael

winning only two games throughout October, November and December. They fared much better in the latter half of the season, however, recording seven wins in March and April. The overall match stats for the season were: P32, W11, L18, D3. The 1963-64 season eventually became the foundation stone for the newly re-formed club.

Once again hopes were very high for the new 1964-65 season. The only change to the committee was a new secretary, Barry 'George' Prenton with Gareth Lynch elected club captain. George went on to become another of the Ruthin Rugby Club stalwarts and has served the club with distinction up to the present day. He has also given great service to North Wales rugby.

This season's fixture list featured more clashes with North Wales sides and playing strength was greatly improved thanks to the arrival of former Bangor Normal and University students, Llew Evans, Meirion Jones, Alan Roberts, Elwyn 'Wes' Hughes and Gareth Newman who were now teaching in the area.

On 7 August John Millward wrote to all club members informing them that training would begin on the 12th and every Wednesday afterwards. Fitness would 'now become a major qualification for selection'. All players were asked to familiarise themselves with the new laws of the game. Brynhyfryd School PE teacher, Gareth Evans, was able to put his coaching skills to great advantage at this time. More and more 'home' games were now being played in the Mold area due to the demands of a large number of players from the

area. Many people thought that the Club should be renamed 'Ruthin and District'. Mold Council officials gave their full support even offering to build a permanent home for the club in the town.

Altogether it was quite a successful season with the 1sts winning 20, losing 11 and drawing 8. In the period from 9 January to 6 March the team recorded nine successive wins. Some of the players were already gaining prominence; three players represented Denbighshire in the North Wales Counties League: Robin Roger Jones (hooker), John Hughes (fly half) and Gareth Evans (number 8). John also represented North Wales together with Eric Howells. A full fixture list was arranged for the 2nd XV who played 25 games. For the first time a 3rd XV was formed.

The financial side of the club's affairs was also improving. The committee set up a fund for buying a ground and building a clubhouse. Match expenses were cut but players were required to buy their own jerseys. In March 1965 the Club began their application for membership of the Welsh Rugby Union with the support of Bangor Normal College and the North Wales Rugby Union.

Throughout the summer of 1965 there was a great deal of activity on behalf of the committee as they attempted to acquire or buy land for a permanent home. A joint venture with the Cricket Club was proposed but came to no avail. Members of the committee also led a delegation to Trusthouses, owners of the Castle Hotel, with a view to converting a disused outside toilet into changing rooms for the teams. The delegation was successful and it was agreed to install a slipper bath and changing facilities for players.

Later in the year the club requested the addition of the band room (which was leased by the Council for storage of instruments since the band had discontinued) to add a committee room to the changing room. The tenancy by the Council had actually terminated and so Ruthin Rugby Club was free to use the band room at a cost of £25 per year for the licence. There was enough building expertise among the club members to carry out some of the alterations.

In any event the club was showing a healthy financial position and various fund-raising activities had led to a surplus in the accounts. This led John Millward to inform the Secretary of the Welsh Rugby Union that the committee had decided to work towards buying a ground and building a clubhouse in order to enhance its application for Affiliation to the WRU.

To be continued next issue



9th April, 2016 - North Wales Division One

Bala 17 v Caernarfon 7

Following match report kindly supplied by Bala RFC.

Dau sy'n dilyn canlyniadau clwb rygbi Caernarfon yn selog bob Sadwrn ydi Lizzie a'i mab hynaf Charles. Mae yna gryn dynnu coes rhyngddynt, gyda Charles, mewn acen Cofi, yn ffonio ei fam gan ddweud "Sumai Co**?" a gofyn be wnaeth yr hogia heddiw yn erbyn Y Wa's anwaraidd.

Y bobol yma o'r mynyddoedd sy' wedi creu trafferthion i'r teulu brenhinol erioed – yn gymaint felly nes i ryw Frenin Edward roedgr adeiladu castell a muriau o loegr adeiladu castell a muriau o loegr a dre i'w cadw nhw allan a chwalu ffyrdd a phontydd oedd yn arwain i'r dre. Ond wnaeth y cynllun ddim gweithio gan i dacsis Goddards dorri'r gwarchae a chludo pobol y berfeddwlad i'r dre ar nos Sadwrn i fwynhau'r croeso unigryw sy' yno. Mae'r Cofis yn siarad yn ddi-flewyn-ar-dafod a dyna sut maen' nhw ar y cae rygbi hefyd, yn dangos fawr o barch at y gwrthwynebwyr.

Dyna mae Charlie a'i fam yn licio amdany'n' nhw, er nad ydi o'n gallu bod mor agored â nhw - mae o eto i ofyn i'w fam yn stret pryd geith o chwarae i Gaernarfon a chael ei goroni yn frenin. "Cau hi Co**," ydi ymateb Lizzie, "a cher i siarad efo dy flode".

Dechreuodd Y Bala ar dân, yn awchus i wneud iawn am y golled yr wythnos ddiwethaf. Roedd tempo i'r chwarae, gyda'r blaenwyr yn cario'r bêl yn rymus ac yn dominyddu'r sgrym a'r olwyr yn edrych yn beryg' wrth dderbyn y bêl ar y droed flaen. Er



Many thanks to Trevor Edwards, Lynne Owen and John Palmer for supplying the photographs for this Division One North Reports Round-up

hyn, rhwysredig fu eu hymweliadau â 22ain Caernarfon, wrth i amddiffyn yr ymwelwyr gadw'n gadarn.

Wedi rhyw chwarter awr, anelwyd cic gosb i'r gornel, gan roi'r cyfrifoldeb i'r blaenwyr, ennill tafliaid ac o'r sgarmes symudol ddilynodd, gwrthiodd y pac yn eu blaenau gydag Endaf yn y cefn yn turo am gais haeddiannol i'r Bala, 5-0.

Cyfnod o amddiffyn oedd i ddilyn ond roedd taclô'r Bala'n ddigyfaddawd a rhwystrwyd Caernarfon rhag sgorio. Y Bala oedd yn ymosod ar ddiwedd yr hanner, gyda sgrym yn gyrru 'mlaen am linell gais Caernarfon, ond roedd sgrym yr ymwelwyr yn dymchwel bob tro ac yn rhyfeddol ni ddarfanyw'r 'run gic gosb. 5-0 felly ar yr hanner.

Yr un patrwm oedd i ddilyn yn yr ail hanner ond y tro yma, wrth i sgrym Y Bala hyrddio am y llinell, a gyda Caernarfon yn mynd i lawr eto, darfanyw'r cais cosb, 12-0.

Digon blêr fu'r gêm o hyn allan, gyda'r amodau mwdlyd yn ei gwneud yn anodd trafod y bêl, a llwyddodd Caernarfon gyda chais yn dilyn gwaith da gan eu rhif 8 yn torri'r dacl, i wneud y 10 munud olaf yn rhai nerfus, 12-7.

Deffrôdd y tîm cyntaf ar ôl hyn, gan gadw'r bêl ymysg y blaenwyr a gyrru 'mlaen yn araf cyn rhyddhau'r blaenwyr, ac ar ôl amsugno amddiffyn Caernarfon, gwelodd Clwyd y bwlech a drwadd â fo am gais i selio'r gêm, 17-7.



9th April, 2016 - North Wales Division One

Abergele 32 v Dolgellau 14

Following report kindly supplied by Abergele RFC.

Gele were keen to halt the recent run of losses and knew that they needed to get out of the blocks and take a hold of the game early on, and how they did that.

The intent was shown as early as the 3rd minute, Dave Taylor filling the big boots of Josh Woods hit the target of Man of the Match Gareth Beach at the first line out and a typical Gele drive, expertly coached by Paul Evans, saw Jordan Grimshaw touch down from the driving maul, this was quickly followed by a great run in by full back Richie Williams following great hands from the Gele three quarters.

This spurred Gele and despite a number of Dolgellau incursions the home defence held firm and broke out of their own half at every opportunity, it was from one of these breaks Gele's next try came the 3rd in the first quarter, Owain Davies broke down the right wing and as he looked like he was going to be forced into touch a sublime inside pass to Rich Medicott



Team	P	W	D	L	Pts
Nant Conwy	20	18	1	1	86
Pwllheli	16	13	1	2	64
Bala	18	12	1	5	54
Caernarfon	20	9	0	11	47
Abergele	21	9	1	11	46
Ruthin	20	8	2	10	45
Bethesda	18	9	0	9	44
Mold	20	9	1	10	44
Llandudno	17	7	0	10	37
COBRA	20	7	0	13	35
Llangefni	18	4	0	14	22
Dolgellau	16	3	1	12	20

saw the outside half gallop over for the first of his two tries.

The try of the game came from a long kick into the Gele half, Ben Jones took the ball superbly under pressure and evaded tackles to set Tomo Coathup free, Tomo still had it all to do but outpaced the defence to score in the corner.

With 5 tries and a couple of conversions the 29-0 score line had the home crowd looking for the flood gates to open in the second half, Dolgellau however had other ideas.

The visitors made replacements and lifted the tempo of their game, they kept Gele pinned back and probed at every opportunity, the Gele tackling was good, it needed to be, but in the final quarter, following a yellow card by referee Craig Roberts for persistent infringement at the breakdown, Dolgellau crossed for the first of their two tries, despite a further yellow Gele held on for a well deserved victory which was made in the first half's attacking display and the defence of the second half.



9th April, 2016 - North Wales Division One

Llangefni 19 v COBRA 3

Following report kindly supplied by County Times Sport.

COBRA suffered a disappointing day on the island as Llangefni celebrated a morale boosting victory.

The home side proved more than a match for the men from the Meifod area who went in to the game without a host of players, most notably regular kicker Llew Williams, with Harry Jukes taking over penalty duties in his absence.

However, Gefni proved superior on the day with tries from Richard Foulkes, Sior Grieves and Gethin Andrew ensuring the points, Grives adding two conversions.



9th April, 2016 - North Wales Division One

Pwllheli 39 v Llandudno 13

Following report kindly supplied by Llandudno RFC.

This away encounter score line, does not reflect how well Llandudno played, they made too many playing mistakes which the home side exploited, and turned into match winning bonus points.

Osian Jones opened there scoring with a converted penalty, Llan responded to this also with a penalty conversion by Ryan Pike. A lineout inside of the Llan half, saw the home side forwards drive over the try line for an unconverted try.

They further increased their score when there backs at pace, pierced the Llan defence due to a number of missed tackles.

Llan again responded with a penalty conversion by Ryan Pike.

At this point, both sides were evenly match, with Llan having a number of chances to score match points, and it was from a quickly taken penalty, catching the home side off guard, that Bobbie Lee Davies scored their only try of the match under the posts, with Ryan Pike converting.

However it was the home side that had the final say of this half with a try just before the break.

Llan during the course of the second half had many opportunities to score, but failed to turned any into match points, and again during this half they made too many mistakes which allowed the home side to counter attack, using the pace of their two wingers to score two more tries, one which was converted, and added to this with three kickable penalty conversions, ending the match with maximum winning points, keeping them firmly in second place in Div 1 North behind leaders Nant, who they entertain next week at home.



9th April, 2016 - North Wales Division One

Mold 7 v Nant Conwy 13

Followig report kindly supplied by Nant Conwy RFC

Sleet and strong wind whist travelling to Mold up until around 10 miles of the town, but then, sunshine through-out the match.

All the play during the first quarter occurred in the Nant Conwy half with the visitors defending stoutly and not attacking in any form or manner. Then, in their first attack of note, the first try arrived after 26 minutes play. The try scorer was Carwyn, the Captain again but this time from open play rather than the usual pushover try from a set scrum. From a series of 'pick up and go' by the forwards, Carwyn gathered the ball and leapt over several bodies to touch down for a try. Delwyn turned the try into a seven pointer with his conversion. Indeed, this was the last score of the 1st half.

Only a minute of the 2nd half had elapsed when Delwyn converted a

penalty attempt from 40 metres+ to extend the visitors' lead. The home team replied within thirteen minutes in scoring a controversial try from a line out. The defending side claimed that the ball had been knocked forward over the try line but the 'try' was awarded. It was scored by Alex and converted by Tyler to give a score of 7 – 10.

By now the wind had dropped almost completely but the majority of the play was between both '22' lines! What turned out to be the last score of the match arrived on 28 minutes when substitute Fly Half, Arthur converted a penalty attempt from the '22' line.

The last ten minutes of the game became a series of attacks across the pitch by the Mold players and continuous tackling and defending by the Nant Conwy players. Several supporters felt that Nant could have defended stoutly for a longer period if needed.



9th April, 2016 - North Wales Division One

Ruthin 25 v Bethesda 6

Following report kindly supplied by Ruthin RFC.

On a wet and slippery pitch at Cae Ddol Ruthin started strongly against Bethesda and were 5 points up within 10 minutes with a try from prop Richard Sullivan.

The Blues continued to pressure Pesda but couldn't get past their solid defence. The visitors made their first foray into Ruthin's half after the try and were awarded a penalty which Daniel Pritchard slotted over.

The Blues continued to play in the visitors half without reward and then after a Ruthin player was sin-binned Bethesda got another penalty in the Blues half and Pritchard did the honours again.

Pesda tried to widen the gap further whilst Ruthin were down to 14 men but the Blues defence held and the whistle blew for half time with Bethesda 6-5 ahead.

After the break the Blues continued their pressure but with more reward than in the first half. Almost immediately 2nd row Chris Davies and centre Emyr Gwynedd combined to put No 8 Joe Jordan over for a fine try which fly half Jamie Jones converted.

Bethesda responded but Ruthin defended well and went further ahead with a try by scrum half Will Mitchelmore. Again Pesda tried to reduce the arrears but to no avail and after 75 minutes Emyr got the Blues their bonus point try.

Bethesda still continued to try to reduce the arrears but Ruthin's defence held and they came away with a 25-6 win.





9th April, 2016 - WRU Championship

Swansea 39 v RGC 38

Following report kindly supplied by RGC News.

Pictures courtesy of Liz Bryan

A last kick drop goal was the cruellest of endings as RGC lost out by a point to Swansea.

As the All Whites celebrated promotion RGC were left on the floor after putting in a 5 try double bonus point performance at St Helens.

With 6 minutes left on the clock RGC were 9 points up but a try from Jack Perkins converted by and a drop goal gave the All Whites the win.

It was RGC that opened the score after the Gogs survived an opening onslaught when James Lang made a break and Afon Bagshaw was in support for the pass to run in. Extras added by Lang.

The All Whites hit straight back when the ball fell kindly for them and Gallagher went over for the try.

The tempo of the game slowed down mid-way through the half and the intensity resulted in 2 Swansea substitutes.

RGC were standing tall in defence and were quick to chase down the ball carrier, forcing plenty of handling errors.

RGC picked up try number 2 when the kept the ball moving in the contact leading to Tiaan Loots to touchdown.

RGC were looking composed with ball in hand and made some good breaks every time they were in the visitors half.

The direct play from RGC led to another score when Lang's picked up a grubber kick and bounced down the field and it was picked went in. Schwarz added the extras with the boot.

The home-side looked to get a foothold in the match and the forwards began to put the pressure on. They were held up on the line after a 5m scrum and from another scrum they were given a penalty try.

Lang missed a long range penalty before Schwarz edged the scoreboard with a penalty.

The next RGC score was a combination of pace and opportunity when Danny Cross kicked ahead and Afon Bagshaw outran everyone to chase down. It was a tremendous half for RGC who headed into with a 27-12 lead.

Early in the 2nd half James Lang went off with a head knock being replaced by Tom Hughes, and Danny Cross dropped into fly-half.

Swansea started with more pressure on the RGC defence and they were using their pack to cause some damage. The forwards drove over and Gallagher got another try. Flye hit a difficult kick from the touchline.



The boot of Schwarz added to penalties in between a kick from Flye as the game reached the 60 minute mark.

Danny Cross was using the boot well, with some good kicks to get behind the Swansea defence and the RGC attack were running hard to put the pressure on.

RGC were also continuing to defend with intensity and the All Whites knocked on a number of times as a result.

Over the past couple of weeks the RGC line-out has been working well, and RGC were looking to use it as an attacking weapon when they got into the Swansea half.

Swansea were given another penalty try and with the conversion they were back in the game at 29-33.

With all the direct running and line-

breaks from RGC it was sheer power that made the 5th try for RGC. They took a lineout and drove from the halfway line, with what looked like a 13 man rolling maul. It kept on going before Zygimantus Radzius came up with the ball.

With 10 minutes left Swansea attacked looking for the scores and picked up the try Jack Perkins and Flye booted the conversion.

With minutes left on the clock and a 2 point lead RGC failed to hit touch with a Bagshaw penalty and the pressure was back on the Gogs. They then knocked on near the line giving Swansea one more play and it was a knock-out blow when the Jac Wilson drop kick sailed over to clinch the win.

RGC will have to pick themselves up for the upcoming games with Llanharan next week and a crucial away trip to Pontypool the week after.



DOLGELLAU U15 31 v WITNEY U15 17



Dolgellau U15s enjoyed win over touring Witney U15 in a great game of rugby. This was a great advert for junior rugby as Oxfordshire touring side, Witney RFC, gave the home side a stern test in an enjoyable encounter.

Dol's try scorers were Gwion Jones (2) and one apiece for Gwern Uwchlyn Rowlands, Ifan Malone and Ifan Jones. Gwion converted three of the tries. Witney responded with three tries and one conversion. Pictures by Rod Davies Photography





Welshpool U18 v Bethesda U18 Llanidloes U15 v Bethesda U15



Bala 2nds 6 v Nant Conwy 2nds 19

Following report kindly supplied by Bala RFC.

Bala seconds slumped to their sixth consecutive defeat in a brave performance against Nant Conwy.

With their ears still ringing from Branas' telling off last weekend, the lads did not need any more motivation going into this big game against their old enemy.

The game got off to a promising start for Bala, as they spent the first few minutes testing out the Nant defence. However, it looked as though things were going to fall apart after ten minutes when simple hands along the line created an overlap for Nant's winger to score under the posts.

The Bala lads picked themselves up and took the game back to Nant. Young flankers Dan Morgan and Robin Jones carried the ball well into contact and scrum half Wil Bryn Gwyn provided quick ball to the backs. Fly half Huw John popped up everywhere to link with centres Iolo Defaidty and Dafydd Jones. However, there was no way through the aggressive Nant defence and Bala had to settle for two penalties to bring the half time score to 6-7.

As the game wore on Bala started to tire and gaps began to open up in their defence. Ten minutes into the second half, Nant's dangerous outside centre shrugged off a tackle to extend their lead to 6-14.

Full back Jack Evans and winger Dyl Mawr made rare forays into the Nant half but there was no way through the wall of yellow and green jerseys!

Bala spent most of the remaining game defending wave after wave of attack from Nant. Daf Drewgoed thought he was back on the farm rounding up sheep as he wrestled players to the ground and Huw John made an incredible last ditched try saving tackle. Despite Bala's valiant defence, Nant's forwards crossed again to make the final score 6-19.

There was no telling off from Branas after today's game because the lads gave everything; they were simply outclassed by the best team in the second team Premiership.



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NANT CONWY U13 v WIGAN U13



Conwy International Rugby Festival pulls in the crowds at Eirias



A fantastic first day to get proceedings underway at Parc Eirias. Tegid Phillips reports.

If today is anything to go by, the Conwy International Rugby Festival (CIRF) at Parc Eirias is going to produce some exciting and high quality rugby.

Eight teams from four different countries- France East, France West, Italy 1, Italy 2, Scotland Blues, Scotland West, Welsh Academicals and RGC1404 are taking part in a Festival

of rugby for some of the best 16 year olds which the four countries possess.

Today, during match day 1, played mainly in bright sunshine, there were entertaining classic encounters as all teams attempted to play expansive and entertaining rugby.

Match 1 saw Welsh Academicals beat a skilful Scotland Red team by 29-12. In this match, it was the driving maul from the line out which was to prove the difference as the 'Accies' scored three tries from such situations. The

Blues had to rely on less possession but scored two quality tries.

Matches 2 and 3 saw clashes between some powerful teams as the two French teams took on the two sides from Italy. In both matches, it was the Italians who came out on top, I very close encounters, with Italy 1 beating France West by 28-24, whilst Italy 2 edged out France East by 17-15. In both matches, there were some thrilling tries scored by teams which, undoubtedly, included Six Nations players of the future.



In the concluding match of the day, the proceedings came to a perfect end from a North Wales perspective as RGC beat Scotland Blues by 22-5. Again both teams played an attacking brand of rugby- fitting of the standard and style of play which had been evident throughout the four matches.



Match Day 2 of the Conwy International Rugby Festival (CIRF) saw another day of sparkling rugby.

There were comfortable wins for Italy 1 over the Welsh Academicals (31-0) and also for France East over Scotland Red (41-5). Despite the score lines, both losing teams contributed much to the games.

In a most exciting game, France West defeated Scotland Red by 19-0. On numerous occasions, the Scots came close to scoring by playing a brand of rugby which enthralled the crowd and caused problems to their more powerful opposition.

However, the best game of the day involved RGC and Italy 2. Having been pressurised in their own 22 for most of the second half and defended for their lives, RGC broke out and scored a high quality try in the corner to win the game with the last move of the match- dramatic indeed!



With over 800 spectators having attended the first two days of the event, the organisers are hoping for a bumper crowd on Saturday for this Festival which has produced some of the best rugby and tries seen in North Wales.

The three days of rugby has proved a major success with over 1300 spectators being treated to some outstanding running and flowing rugby.

Today's first match saw the Welsh Academicals making it two wins out of three with a 26-18 win against Scotland Blues. Although it was not the best performance by the 'Accies', it was sufficient against a Blues team who made numerous line breaks but were unable to take advantage of some excellent running by forwards and backs alike. The Scots have contributed much to the event, not only on the pitch but also by the quantity and enthusiasm of their large contingent of supporters.

In the second game, much of which was played in heavy rain, RGC made it a remarkable three wins out of three during the Festival with a 20-12 victory over Scotland Reds. For the second consecutive game, an outstanding defensive performance early in the second half laid the foundation from which the North Wales players displayed their attacking skills and eventually come out worthy winners against a skilful and creative Reds team.



The third match saw the battle of the two most physically powerful teams in the festival as France East took on Italy 1. In a real ding dong battle, the Italians came out on top by 15-12, and celebrated in true Italian style with a full and high quality rendition of their national anthem.

The 12th and last match of the Festival involved France West and Italy 2. The match was a fitting conclusion to this highly successful event with no quarter being given. Eventually, it was the French who won another impressive game by 14-7. It was also symptomatic of the camaraderie of the Festival that, at the end of the game, both teams were pictured arms in arms between the posts.

What a week of rugby these youngsters have provided. For some, this Festival may well be the highlight of their rugby careers. Undoubtedly, for some others it will be a stepping stone onto Under 20 and full international honours. Whatever their future, all the players have been a credit to their country and themselves.

What about next year? Well, here's hoping that the various Unions decide that the event should return to Parc Eirias!!



Photos by Tony Bale





THANKS
for the
fantastic
pictures
Hope you
like them!





16th April, 2016 - North Wales Division One

Pwllheli 18 v Nant Conwy 13



Following report kindly supplied by Nant Conwy RFC

Bu i'r frwydr 'pen y tabl' hon gadw'i haddewid a gorffen yn gêm lle roedd pawb a oedd yn bresennol yn nodi iddi fod y gêm orau iddynt wyllo'r tymor hwn. Naill dim na'r llall yn rhoi dim i'w gilydd a gallai unrhyw ochr neu'r llall fod wedi ennill yn y diwedd! Pac cryf Pwllheli yn chwarae'n dda yn yr hanner cyntaf ond pac Nant Conwy'n ennill goruchafiaeth yn yr ail; Nant Conwy'n ennill y mwyafrif o daffliadau i mewn i'r linell a chefnwy'r ddwy ochr yn gymharol debyg o ran toriadau trwy'r amddiffynfeydd.

Fel canlyniad i'r gêm hon, mae sawl peth i'w ystyried wrth geisio dyfalu'r pencampwyr am y tymor Os y llwydda Nant i ennill eu gêm olaf ym Methesda (ar ddyddiad sydd heb ei drefnu eto), ac ni fydd hynny'n dasg hawdd o gwbl, bydd raid i Bwllheli ennill eu PUM gêm olaf (sydd i ffwrdd i gyd) gyda phedair ohonynt, o leiaf, gyda phwynt bonws am sgorio pedwar cais. O ran Nant Conwy, byddai i Fethesda, Bala, Llandudno, Dolgellau a'r Wyddgrug sicrhau nad yw'r tîm o Llyn yn sgorio pedwar cais yn eu gemau yn ei gwneud yn rhydddach i Nant gipio'r bencampwriaeth! Oes – mae dyddiau difyr i ddod cyn diwedd y tymor!

Pob dymuniad da i Nant i'r dyfodol ac os y cyrhaedda Pwllheli gyrraedd eu nôd, gellir nodi y byddent wedi haeddu ennill y gynghrair! Amser a ddengys!

This 'top of the table' contest really lived up to its billing with an excellent match of rugby being observed and ALL spectators from both sides agreeing that it was the best match seen this season.

Neither team giving an inch to the opponents and either side could have won in the end! The home pack were stronger in the 1st half but the visitors pack gained superiority during the 2nd session; Nant winning most of the line outs and both sets of backs very comparable to each other in succeeding with breaks etc.

As a result of this match, there are several issues that need to be sorted before the 'League Champions' will be known for this season.

If, and it is a big if, Nant were to gain a bonus point win away at Bethesda (on a date not yet set), Pwllheli would have to win ALL of their remaining FIVE AWAY matches with four of them to be with a bonus point!

Thus, a couple of Bethesda, Llandudno, Mold, Dolgellau and Bala can do Nant a favour by ensuring that the team from the Llyn Peninsula DO NOT gain bonus points in their matches! If it turns out like that, then Nant would be crowned champions.

Best of luck to Nant Conwy but if Pwllheli reach their aim, one can argue that they would have deserved to win the League! Only time will tell!



16th April, 2016 - North Wales Division One

Dolgellau 32 v Bethesda 3



Following report kindly supplied by Dolgellau RFC.

Dolgellau bounced back to winning ways with an impressive bonus point win, their fourth successive home win, and set up a nail biting finale to the season, with all still to play for to stay in the top division. An inexperienced but hard working Bethesda contributed fully to the entertainment, where both sides were willing to use their threequarters whenever the chance came to play a wide game, and four of Dolgellau's five tries came via their threequarters.

Dolgellau took the lead after twelve minutes with skipper, Gerwyn Thomas slotting over a penalty. Their first try came after quarter of an hour. Scrum half Owain Thomas, and flanker Guto Jones prizing the ball loose from a Bethesda scrum, and wing Rob Pugh was away to release full-back Dylan Evans for a great score to make it 8-0.

Going into the second quarter Dolgellau scored their second try, with prolific try scorer and hooker, Geraint Evans crossing for his 8th try of the season. Stand off Gerwyn Thomas was accurate with the conversion to give Dolgellau a 15-0 cushion.

It was Thomas that switched play to blind side to set up, in form full-back, Dylan Evans for his second try of the match, his 6th try of this campaign,

only three minutes later following some hard yardage gained by second row, Marios Jones. Thomas slotted over the conversion. Bethesda had occasional flurries into Dolgellau territory, but could not breach their solid defence, and had to settle for a penalty to full-back Daniel Prichard to put them on the score board after half an hour.

All the points were scored in the first half of this free flowing match, and Dolgellau centre, Gareth Hughes finished off a sweeping backs move to score Dolgellau's fourth try with five minutes of the half remaining, and to secure a most important bonus point and make it 27-3.

On the stroke of half time Dolgellau's fifth try came with, the inspirational Dewi Thomas carving out an opening for skipper, Gerwyn Thomas to find centre, Hughes, to break through for his second of the game and cap a fine performance to make the score 32-3 at the interval.

Bethesda's youngsters showed plenty of spirit in the second half, and prop Dylan Owen came close to scoring, but there was no denying Dolgellau their richly deserved victory today, and set up what will become a shoot out with the clubs around them at the base of the division, starting next Saturday at Llandudno.

Team	P	W	D	L	Pts
Nant Conwy	21	18	1	2	87
Pwllheli	17	14	1	2	68
Bala	19	12	1	6	54
Caernarfon	21	9	0	12	47
Llandudno	19	9	0	10	47
Abergele	21	9	1	11	46
Mold	21	9	1	11	45
Ruthin	20	8	2	10	45
Bethesda	19	9	0	10	44
COBRA	20	7	0	13	35
Llangefni	19	5	0	14	27
Dolgellau	17	4	1	12	25



16th April, 2016 - North Wales Division One

Llandudno 45 v Bala 12

Following match report kindly supplied by Llandudno RFC.

Llandudno with a devastating team performance, took revenge on their early season defeat away at Bala, scoring a total of seven tries earning them maximum league points, and moving them further up the table.

They opened the scoring after only seven minutes of play, when Cameron Davies made a telling break from just over the halfway line, and his cousin Dave Davies was in support to continue the move, giving the final try scoring pass to Nick Maxwell.

The pressure mounted on the visitors in defence, and they gave away a number of penalties, and from one of these that Cameron Davies caught them off guard with a quickly taken penalty to score a try by the posts, which Ryan Pike converted.

Llan continued to keep Bala on the back foot, and a sweeping movement from within their own half that took them up to the Bala try line that Elliot Crowe touched down, and Ryan Pike added two more points with the conversion.

The forwards were winning the forward exchanges, and were setting up a strong attacking platform, and it was from a Maul that Cameron Davies broke through a number of tackles to score his second try.

Llan now were on top of their game, and did not take their foot off the accelerator, and their pack got their just rewards when Bobby Lee Davies crossed the try line for a touch down, with Ryan Pike completing the first half scoring.

At the start of the second half Llan continued were they left off, and scored yet another try which started from within their own half, when full back Sam McClean was on hand to take the final pass to score a try, with Ryan Pike kicking his fourth conversion.

Bala rallied in the final quarter of the match with Iestyn Dylan scoring their two tries, one which was converted by Llew Thomas, but it was Llan who had they last say, in a match which they dominated from start to finish, with a try by Huw Griffith and Ryan Pike converting on the final whistle.

Man of the Match Tom Hocknell.



16th April, 2016 - North Wales Division One

Llangefni 45 v Mold 12

Pictures kindly supplied by Liz Bryan



Dolgellau RFC Girls win AEG Grassroots Rugby competition

Following report and picture kindly supplied by Rod Davies Photography, Dolgellau.

Dolgellau RFC's newly formed girls rugby team have won the national AEG Grassroots Rugby competition to win a training session with rugby legend Scott Quinnell.

They had already received a momentous amount of team kit and a new AEG washing machine for winning the the first part of the competition.

The Marian girls were previously one of twenty teams country wide to win the kit and also gain entry into the next stage of the competition. Amongst the bundle of full Canterbury rugby strip which consisted of shirts, shorts and socks, were twenty boot bags, water bottles, two ball bags and twenty balls. Along with the kit the club also won a top of the range AEG washing machine which has been put to good use considering this winters weather conditions.

To win the competition the girls had to forward a team photograph and in true Mawddach Valley tradition entered a stunning parody of 'Bread of Heaven'. It was videoed at Ysgol Y Gader and can be seen on <https://youtu.be/WILsvL2siUo>

The girls are now looking forward to 'Rugby Legend' Scott Quinnell visiting the Marian Ground to give them a coaching session this summer.

Last weekend the girls were on tour visiting the Principality Stadium and playing Cardiff Quinns U14. It was then on to Llandaff North to watch Dolgellau' Welsh International Elen Evans play.

The words for the parody are below.

We were sad as we looked stupid playing rugby in a dress! But we won a special competition That got us from this awful mess!

Chorus:
Kit from heaven, kit from heaven, Washed and clean as can be, as can be Washed and cleaned by AEG!

Now we're proud and looking so much better Made us feel a proper team; Our coaches are so dedicated But coached by a LEGEND would be our dream!

Kit is 'perfect in form and function' In it we'll kick our opponents to touch! We will be the envy of our rivals, so AEG, we thank you so much!

In it we'll kick our opponents to touch! We will be the envy of our rivals, so AEG, we thank you so much!



16th April, 2016 - WRU Championship

RGC 86 v Llanharan 15

Following report kindly supplied by RGC News.

RGC ran in 14 tries as they played their last home game of the season at Eirias.

Josh Leach had spoken before the game on making sure they picked up the Bonus Point whilst looking to improve the point difference in the table, and it was job done against the Championship bottom side.

“For periods of the game we looked brilliant, we carried, broke tackles and finished opportunities, and at other times we forced the ball and got frustrated when Llanharan kept the ball well and gave away penalties which stopped our momentum.

That said at the end of the day we picked up the bonus point and increased our point difference.

This week we will build towards Saturday and we will be well prepared. The importance of the game is obvious and it is a case of putting in a big performance and all elements have to come together”

The Gogs were 2 tries to the good early on when Mareddydd Francis and Tiaan Loots scored with a conversion from Alex Schwarz making it 17 nil.



The early pressure and intensity ebbed away when Mei Parry was given a yellow card and the away side got back into the game. RGC were being made to work hard in defence as Llanharan camped themselves on the Gogs 5 metre line.

Llanharan couldn't break the wall of RGC bodies but got on the scoreboard with a Scott Jones penalty.

As soon as RGC returned to 15 men they picked up another try, when Danny Cross and Tiaan Loots combined before Tom Hughes collected the pass to run in. Schwarz added the extras.

It was Schwarz that claimed the bonus point try before knocking over the kick.

RGC were looking dangerous with every attack and it was Kelvin Davies's turn to show some skill with a great one handed offload to the supporting winger Hopkins to run down the line to touchdown.

Joe Simpson got in on the scoring act when he spotted a gap and made a run under the posts. Another simple conversion from Schwarz.

The visitors did get a try and the first half edged to the break, before RGC picked up try number 7 when some quick hands from the backline spread the ball to Hopkins to sprint down the pitch.

The second half started brightly with Tom Hughes picking up his 2nd and 3rd try of the game.

Schwarz then finished off a good run with his 2nd try of the game. RGC were reduced to 14 men again when Rhys Williams was yellow carded but the Gogs remained in control and the gaps in the Llanharan defence increased.

The man they capitalised on Llanharan tiring was Tiaan Loots, as the centre scored 2 great individual tries showing pace, power and great feet.

Danny Cross added 4 conversions in the 2nd half

Tom Seddon and Sam Jones went over for scores before Llanharan picked up a try from Kieron Martins and Scott Jones kicked the conversion.



16th April, 2016 - North Wales Division Two

Colwyn Bay 18 v Bro Ffestiniog 15

Promotion gamed after thrilling win

Match report kindly supplied by Colwyn Bay RFC and picture by Tony Bale.

There was some nail biting action at Brookfield Drive where fellow promotion chasers and Division 2 Champion wannabes Colwyn Bay and Blaenau Ffestiniog fought it out to the very end.

The hosts had much of the play in the opening encounters and on thirteen minutes put the first points on the board with a Pat Atkinson penalty. Further pressure yielded another 3 pointer from Pat 12 minutes later & it started to look like it could be The Bay's day. The Bro supporters were starting to chew their nails. Crucially though whilst playing some adventurous wide attacking rugby Colwyn Bay could not breach Bro's well organised and tenacious defence to secure a try.

Then on the half hour with Bro on their first visit of the game to the Bay's 22. A catch and drive line out provided the visitors with an opportunity. A ruck followed on the Bay's try line & the support reacted more quickly than the defence and Aaron Roberts at scrum half for the visitors crossed the line unopposed from short range. The conversion was missed.

Seven minutes later further joy for Bro and now it was the turn of the Seasiders to start-a-chewing.

Bro kicked long down the middle and full back Connah Harding collected for the Bay, saw a gap and went on the counter attack from deep. The gap however had narrowed significantly more quickly than was judged and Harding found himself being taken to ground still in possession. But Harding was resolute in sticking firm to the Bay back's adventurous nature and tried the "Sonny Bill" offload to the supporting Matt Jones.

Unfortunately, on this occasion it turned out to be neither the time nor the place and whilst the ball popped invitingly into the air Bro's Dewi Atherton flew onto the ball without checking his stride. Harding was left devastated on the ground and the Bay's defence helpless as they chased back to no avail to see winger Atherton crossing the line to put Bro in front. Visiting Fly half Daniel McCormick slotted the extras. Further nibbling on the touchline for the Bay supporters.

At 6 points to 12 down in the dying embers of the first half the tables had turned and the Bay were in danger of misfiring once to often. It was beginning to look like it may not be the home teams day after all. But there was another twist to the first half tail as Bay probed the Bro's stout defence.

“Was there no way through ?” - No, as it happened there wasn't but there proved to be a way over & around. After dragging the defence wide to the left, fly half

Atkinson heard the call from the fleet footed Dan Parry wide out on the right & Atkinson went airborne, the kick was a good one, the chase even better, the bounce awkward for the defender & the dexterity & footwork of Parry superb, the ever present Astbury was present, & some how he got the ball and got it to ground for the score. The conversion was missed but the Bay had an all important try before the break.

Half time 11 points to 12. Nervous muttering on both touchlines. A tense game held almost perfectly in balance. Who, if either, would take the win ?

Play resumed and the nail biting stopped.....it was too nail biting to bite your nails. - Bro came out of the break with renewed energy determined to stay ahead and on 46 minutes McCormick slotted a penalty to extend the lead, 11 - 15. Bro were now having more of the play and the Bay were having to play deep in their own half. The visitors kept on smashing at the door, the Bay repeatedly stopped drive after drive but time and energy were starting to ebb away.

The nail biting had started again in earnest and I for one was getting fed up with the taste. Was this really not going to be the day for the Bay? Then the game was nearly over and the Bay had spent little time deep in Bro territory but the final twist was yet to come.

Colwyn Bay, literally in the last moments of the game fashioned a kick for a line out on Bro's 5 metre line. The line out was won, the ball found it's way to the centers, a ruck ensued on Bro's line and a cynical infringement was adjudged against Bro Captain. The yellow was brandished and the penalty awarded but 3 points wasn't enough, the Bro captain is their influential No.8 and they were down to a 7 man pack so it was a "no-brainer".

“Scrum please ref.” - With fresh legs in the front, second and back row this was it. Twice more the defenders were penalised and twice more the scrum was re-set.

It was all too muchreally it was. For both sides.

At the third scrum the home Captain & No.8 decided this was it, the Bro scrum was in pieces and the pick up and score was on but no. Once again thwarted, but the ball emerged quickly from the ruck, there was space on the right-hand blind side, the ball was fed to center Tommy Williams on the crash, the ref was on the spot and Williams managed to get the ball to ground regardless of the effort of the two Bro defenders.

Utter joy for the Colwyn Bay faithful. Agony for Bro. Atkinson had the final word in taking the the final 2 points, 18 points to 15 and the final whistle blew. (All nail-biting over).

Colwyn Bay secure promotion and a fine Bro side will regather themselves with Menai Bridge, Flint and crucially Shotton still to play in the league and a North Wales Plate Final to look forward to at Eirias Park. Good luck to them.

Captain John Astbury put in a man of the match performance as did a few other for the Bay but he nominated hooker Dan Lycett and so it was, Dan was the Man.



Former Rydal Penrhos pupils achieve memorable double with Macclesfield Rugby Club

A pair of former Rydal Penrhos pupils are now one step further up the rugby ladder after achieving promotion with Macclesfield.

Rhodri Mayor and Lewis Barker were part of the side that clinched the National League 2 North title with three games to spare, meaning the pair will now be playing in League 1 next season.

This is the latest in a long line of successes for the Blues, who achieved cup success earlier on in the campaign.

Head coach Giles Heagerty, said: “We were just thrilled. The team were quite rightly over the moon, and as you would expect they celebrated in style.

“After all the trials and tribulations we went through last season, reaching this point has been doubly satisfying. So yes, the best word to describe the feeling is thrilling.”

There could be even more trophies to celebrate before the season is over for Rhys and Lewis, with Macclesfield in the latter stages of the Cheshire Cup.





23rd April, 2016 - North Wales Division One

Bala 20 v Ruthin 17



Following report kindly supplied by Ruthin RFC.

Bala got off to a good start at Maes Y Gwyniad with a converted try from Rhydian Jones in the first five minutes.

The Blues responded after some pressure with fly half Mike Evans running through the Bala defence for a try with wing Sion Roberts converting.

Both sides were playing open rugby and after some pressure the Blues missed an opportunity to go ahead with a penalty goal attempt. From the restart Bala worked their way into Ruthin's half and the ball was kicked over the visitor's defence and Dan Roberts picked up and scored a try which Rhydian Jones converted.

Bala went further ahead with a penalty goal from Jones. The remaining 20 minutes of the first half were dominated by defences and there was no further score with Bala 17-7 ahead at half time.

Despite the 10 point gap the Blues were still in the game and after a great run by captain Kyle Davies he passed to No 8 Ben Taylor who jiggled over for a try. The home side responded immediately with a penalty goal.

With the score at 20-12 to Bala and about 20 minutes to go the Blues upped the pressure. The gap was narrowed further with a try by flanker Tom Crawford after Bala lost the ball from their own scrum 5 yards from the line.

Ruthin continued to pressure but could not break through the Bala defence.

Bala also forayed into Ruthin's half but with no score and the game played out with Blues still trying to get those elusive points.

The whistle blew on an entertaining match with the score 20-17 to Bala and a loser's bonus point for Ruthin.



23rd April, 2016 - North Wales Division One

Caernarfon 10 v Llangefni 7



Following report kindly supplied by Caernarfon RFC.

The curtain fell on another season on the Morfa with a win conjured by one inspirational intervention amid what was in general a fairly uneventful affair. Caernarfon as a consequence will sit mid table whereas Llangefni needed a win to have offered any hope of avoiding relegation.

Caernarfon began with the slope but were finding it difficult to trouble the Cefni defence with centre John Pritchard especially solid in the tackle area. The scrums were a lottery with early calls favouring the home side, thus allowing fullback Dominic Yau to open the Cofi account with a three pointer from the kicking tee.

Llangefni to their credit were undaunted and soon responded with a swift counterattack of their own. A tackle and steal saw the ball fed quickly to impressive running prop Jordan Scott who fended off a number of would be tacklers to score a fine individual try from twenty metres.

However over eagerness saw Llangefni stray offside on a number of occasions and with Dominic Yau in fine kicking form such transgressions were to cost the visitors dearly as he slotted one effort from close to the posts followed by another from fully forty five meters with twenty five minutes played.

A comedy of defensive errors nearly afforded the Cofis a simple try but for the remaining ten minutes of the half Cefni were at their most dangerous, driving with purpose and thus securing phase after phase of possession. Good tackling by home flanker Mac Jones and the combined efforts of the forwards saw their best effort held up beyond the try line with the half time whistle bringing relief for the under siege home side.

More urgency was expected in the second half but strangely this did not materialise. It took nearly all of twenty minutes before play became concentrated in the danger zone and to the relief of the Cefni supporters the persistence of their forwards was finally rewarded when second row Aron Oliver peeled clear to cross the whitewash.

Cefni in retrospect should have pushed on for a further score to create a slight cushion but despite the best efforts of livewire scrumhalf Mark Gray nothing of significance developed.

The Cofis themselves were limited as an attacking force although a point adrift but with six minutes remaining up stepped wing Iolo Hughes to add the inspiration required. Having received a pass on the half way line he set off on a barnstorming run that saw him leave a trail of would be tacklers in his wake and on finally being closed down he found replacement Liam Leung at hand to collect the try scoring pass that with Yau's conversion ensured that Cefni would have to score a converted try of their own to take the spoils.

The game however nearly had the dream finish that Llangefni had longed for, into injury time a scrum five yards out gave them the ideal platform to take the honours but with a clean strike and an advancing pack the ball suddenly and unexpectedly popped out and the chance and match was lost.



23rd April, 2016 - North Wales Division One

COBRA 21 v Abergele 9



A victory for COBRA today would ease their relegation worries and they took to the field intent on getting the win. Gele's availability issues meant that neither of their teams could muster a front row between them so uncontested scrums was the order of the day at Meifod.

The lack of scrums usually takes the competitive edge off the game however, today was an exception, both sides keenly contested the contact area and a well contested match was enjoyed by both sets of supporters.

Gele, with the wind on their backs in the first half, used the boot of Owain Davies to good effect to gain the territorial advantage. COBRA took the lead however with an early penalty, Davies levelled the score and then gave the visitors the lead with a couple of well struck penalties.

The hosts looked to spread the ball but were finding it difficult to break through Gele's stubborn defence. A change of tack saw COBRA drive through the forwards and cross close to the posts, a sliced kick meant an extra couple of points went begging.

Penalties were exchanged before half time giving COBRA a slender 2 points lead.

The second half was as competitive as the first Gele getting close on a couple of occasions being foiled by last gasp tackles or passes not going to hand. Cobra extended their lead with another penalty and late on a moment of brilliance by the home full back saw him collect a long kick in his own half and somehow weave his way to the opposite side of the pitch and find a way through to the try line to score under the posts which put his side the magical two scores ahead.

Despite Gele's best efforts they couldn't cross the line to gain a losing bonus point, leaving empty handed, but knowing that 1st Division rugby was assured next season thanks to some excellent performances throughout the season.

Cobra will be hoping they continue in Division 1 and today's victory will have gone a long way in helping them achieve their goal.



23rd April, 2016 - North Wales Division One

Llandudno 42 v Dolgellau 10

Following report kindly supplied by Dolgellau RFC.

Llandudno dominated the second half here at Maesdu Road, running out worthy winners, and scoring three tries in the last seven minutes to end Dolgellau's brave resistance and put a rather one sided look on the scoresheet on this entertaining encounter.

The contest was pretty even during the first half, where Dolgellau had the benefit of a stiff breeze. However it was Llandudno who drew first blood when no.8 Morgan Owen found stand-off Ryan Pike down the blind side to score the try after five minutes play.

Dolgellau skipper, Gerwyn Thomas pinned the home side deep in their own half, and the visitors went ahead after twenty five minutes. No.8 Dewi Thomas and flanker Marios Jones carving out an opening for second row Rhys Roberts to go over for the try. Full back Dion Jones added the conversion to make it 5-7.

Six minutes later Dolgellau were awarded a penalty a couple of metres in side their own half. Stand-off Gerwyn Thomas stepped up and hoisted a huge kick that sailed through the posts to put his team 5-10 ahead.

Whilst Dolgellau followers were dreaming of a major upset, Llandudno were level in five minutes. They have an outstanding back row, and no.8 Morgan Owen squeezed through the narrowest of gaps from a tap penalty. 10-10 at the interval and the visitors still very much in the hunt.

Llandudno held Dolgellau in a vice like grip during the second half. They went ahead with a Ryan Pike penalty after four minutes, and flanker Bobby Lee-Davies went over on right blind side after quarter of an hour. Pike drilled over the extra points, and put Llandudno 20-10 ahead.

Dolgellau could not relieve the constant pressure to go in search of a valuable bonus point, and as a result discipline became an issue, but they held on bravely. However with Llandudno running all penalties coming their way, flanker Elliot Crowe crossed with seven minutes remaining.

Full back Nick Maxwell then went over with two minutes remaining, and then repeated his feat with the last move of the match. All three tries were converted by stand-off Ryan Pike to end the scoring at 41-10.



23rd April, 2016 - North Wales Division One

Bethesda 31 v Pwllheli 36

Following report kindly supplied by Bethesda RFC.

backline. Parry's try and conversion cut the deficit to 2 points.

In the 48th minute of the second half in a ding dong battle at Dôl Ddafydd, Pwllheli scored a try to claim the bonus point victory they needed.

Second row Rhun Morris crossed for Bethesda before Dafydd Anwyl scored from a Pwllheli driving maul and the scores were even on 26 points after 32 minutes of the half.

Pwllheli still need 4 similar results if they are to retain their Division 1 North title while Bethesda will be glad of the 2 points to stop the slide which has seen them fall from 4th position down to 9th.

With 42 minutes on the clock Jones kicked a penalty goal to give Pwllheli a lifeline but Bethesda were far from finished.

Both sides had scored 2 tries apiece in the first half. Mathew Parry, back to his best following a bout of illness, and No 8 Arwyn Griffith had scored for Bethesda while Geraint Parry and Deio Brunelli had crossed for the visitors.

An audacious chip from Morris was gathered by fellow second row Huw Williams and he found Jon Armstrong in support. The centre shrugged off a tackle before scoring a great try in the corner giving Bethesda a 2 point lead.

With one try each converted, Osian P Jones' 2 penalty goals accounted for Pwllheli being 18 points to 12 ahead at the interval.

With 45 minutes gone the home supporters were astounded when play was allowed to continue. Bethesda were penalised near their own try-line and Pwllheli second row Huw Williams used his considerable bulk to crash over. Jones' successful conversion was the last event of a pulsating and evenly fought contest.

Jones kicked Pwllheli further ahead early in the second period before Parry struck again. He was on Llion Lloyd's shoulder when the centre made a typical clean break through Pwllheli's



23rd April, 2016 - WRU Championship

Pontypool 17 v RGC 20

Following report kindly supplied by RGC News.

RGC but in a huge defensive effort in the 2nd half to take the win against Pontypool. The visitors faced a wave of attacks but stifled the Pooler attack after the homeside through everything at them.

Pontypool started the game brightly as they looked to get the score and the home crowd behind them, and looked to the forwards to build on some phase play. RGC were being penalised at the breakdown and unsurprisingly they took the lead with a penalty from Clayton Gullis.

RGC hit back with a penalty from James Lang and it was the fly-half who got the first try of the game after he kicked ahead and chased the ball down to run over unchallenged. For the only time in the match the crowd from both sides went silent for a few seconds before the referee blew for the score. Lang booted the conversion from the touchline.

Pontypool thought they were over for a try when the ball popped out a scrum, but they were called back by the referee.

Pooler picked up a second penalty from Gullis to close the gap to 4 points mid-way through the half.

Even though Pontypool were having more of the ball they weren't really making much were through the RGC defence and were being closed down time and time again.

The line-out and scrum were a bit of a lottery for both sides with the referee penalising both sides on a number occasions.

Lang had an opportunity to kick another penalty but he hooked it wide.

The travelling crowd were making sure they were not drowned out by the home support and the chant s of "RGC" were getting louder as the game went on.

Pooler were given a yellow when Pat Lewis took out Carwyn Ap Myrddin out in the air. RGC didn't capitalize on the extra man, and after missing a penalty Gullis knocked over a kick to make it 9-10.

Just before halftime RGC got a crucial try, when Alex Schwarz picked the ball from the back of the ruck and made a dart before passing to Afon Bagshaw who did well to stay in touch to score. Lang's conversion sailed over to the delight of the away support.

The 2nd half was full of defence work as Pooler drove forward time and time again. RGC were struggling to clear their lines and as soon as they kicked clear the ball was back in the North Walian half.

Territory and possession was all in the home-sides favour, but the tackles, turnovers and work at the breakdown went to RGC.

Gullis kicked another penalty and the pressure increased on RGC. When Pontypool did cross the line they were held up by a sea on RGC bodies.

The try did come after the pack drove forward and Harris was given the try. 15 failed with the conversion so the game was tied at 17 all.

The Gogs had a couple of breaks from their own half, and when they did work an opportunity a Kelvin Davies pass was knocked on as the try looked on.

As the game wore on both sides had players on their knees, especially in the front five were much of the game was being won or lost.

The winning kick came from the cool head and accurate boot of James Lang, and whilst a few in the crowd closed their eyes as the fly-half took his run up, the cheers from the away support could be heard back in Colwyn Bay.

The clock ticked on and the tackle count continued to increase as the North Walian players stopped any attack.

With minutes remaining Gullis missed a penalty opportunity but Pontypool were still in the game.

A couple of weeks ago RGC were in the same situation away at Swansea, and lost to a last kick drop goal so the nerves from the crowd were visible. Unlike 2 weeks ago though the players kept the ball, went through the phases and saw the clock down.

It was pressure rugby and to a man each player but in a performance that keeps them in the Premiership Promotion race.



Nant Conwy Youth win Youth Cup and Division 1 North title

NANT CONWY 26 - 0 BALA

The weather was fine and the ground firm at Colwyn Bay who were kindly holding the North Wales Youth finals.

Nant started very strongly playing with the wind and up the slope in the first half. The early pressure turned to points after 3 minutes play when Bala infringed in front of their posts. Gerallt slotted the kick. Nant continued pressurising and were rewarded with a further penalty after 13 minutes, Gerallt again converting. Bala with their dogged challenge at the breakdown frustrated Nant who started to give away penalties of their own fortunately in Bala's half. It wasn't until the 29th minute that another kickable penalty was awarded and up stepped Gerallt again. The first half was drawing to a close when the first try of the game came Nants way with Caron popping the ball to his centre partner Tom who ran in under the posts, Gerallt converted and the first half ended 16 - 0.

The message at half time was to keep the ball in hand more as we were now playing into the wind. The Nant team really stepped up with some hard running, Geth Vaughan playing at 8 was carrying very strongly, but credit to Bala they continued to fight for everything. Geth was finally rewarded for his hard work going over for the first try of the second half. The conversion was missed. Penalties were being given away by both sides keeping the referee busy. When Bala tried attacking Nants well drilled defence kept them at bay often driving them backwards. The final score came when Ellis playing on the wing at this point he had come on to start with as a scrum half replacement for Guto Dafydd who had broken his nose. Ellis ran the ball well and put a chip in past his wing defender and chased regathered and popped the ball to Tom who was up in support to go over for his second. The conversion was missed leaving the final score 26 - 0 and the celebrations began.



Bangor Youth win Youth Plate and Division 2 North title

BANGOR 13 - 11 PWLLHELI

Bangor youth have not only run away with the division 2 title but have run away with some silverware after winning a close and exciting plate final at Colwyn Bay against League 2 team Pwllheli.

Bangor started with a stiff breeze behind them and put in some fine touch kicks to keep them well on top of their opponents and were rewarded with a penalty that prop Ashley Rowlands popped over for a 3 point lead. Bangor spurned the chance of more kicks at goal preferring instead to kick for the corner and despite coming close to scoring Pwllheli did well to stop them grounding the ball. Bangor was also ready to run the ball and had plenty of opportunity to do so and centre Cameron Owen went over for a fine try converted by Rowlands.

Bangor started the second half with another penalty from Rowlands but they lost some rhythm and found it hard to get their hands on the ball. It was the turn of Pwllheli to use the wind and apply pressure and were awarded several penalties two of which were firmly struck by full back Gethin Owen to narrow the gap.

Bangor attempted to run the ball along the back line but was too close to their try line and when they spilled the ball it went to Harri Moncrieffe who touched down. Luck now proved to be with Bangor as the conversion went wide and a little later Pwllheli missed a kickable penalty. Bangor regained their first half form in the last ten minutes and worked their way out of their half and hung on to the end.





23rd April, 2016 - North Wales Division Two

Colwyn Bay 41 v Llanidloes 18

Following match report and pictures kindly supplied by Colwyn Bay RFC.

On a bright and sunny but cold spring afternoon Colwyn Bay welcomed Llanidloes to Brookfield Drive and with promotion guaranteed this was a game that could have lacked passion, commitment and energy from the home side. There was however the small matter of an unbeaten league record to maintain & Llanidloes would no doubt be happy to scupper that record & spoil the party.

Within 50 seconds Colwyn Bay were on the scoreboard with a penalty converted from 30m by Cal Morris, playing his first game at stand off. The next attack resulted in Sean Powell

scoring a try after powerful play by the forwards resulted in the ball being fed to full back Romain Reboul who bemused the Llanidloes defence with some silky hip movements & a couple of dummies to create the two on one with the Llan full back. Powell had tracked the Reboul's break & received the eventual the pass 20 meters out. There was some covering defence but Powell rode the tackle on the try line to score a very good try.

Shortly after the restart Bay retained possession and clever one handed off load by Lem Hocknell on the half way line saw Dan Parry collect the ball at speed & beat four defenders to score what is now recognised at Brookfield Drive as a trade mark Dan Parry try,

Morris converted. The next points came for the visitors after a transgression at the break down, 15 points to 3.

Only sixteen minutes had gone when Parry made another break & looked like he was going to make the line. But for a great tackle from the Llanidloes covering defence he would have done. Powell was on hand again but this time to secure possession at the ruck, more support arrived & second row Jay Williams seized the opportunity pick up & drive close to the ruck & scored, unconverted. The Bay's final score of the half came on the half hour from left winger Adam Lowndes who showed good strength & acceleration before dotting down wide on the left, scrum half Antony Edwards added the extras.

Llanidloes finished the half well, scoring a converted try and a penalty, all from the fly half.

The second half was similarly exciting

& saw a quick try for number eight Samuel Ryan, 44 minutes, converted by Edwards. Llanidloes replied 2 minutes later with an unconverted try from the scrum half.

The last ten minutes promised more points for the home side as they picked up the tempo for a final flourish and Cal Morris scored a well deserved try on 72 minutes, again converted by Edwards. More should & could have come the Bay's way but with a party mood atmosphere developing on the touch line the boys on the pitch were pleased to finish with a final score of 41-18 another bonus point win & a job well done.

Man of the match Dan Parry.

Division 2 North Championship winners, promotion back up to Division One North and 16 league wins out of 16 all adds up to a fantastically successful season. Next season will be an entirely different proposition.



23rd April, 2016 - North Wales Division Two

Bro Ffestiniog 69 v Menai 3

Following report kindly supplied by Bro Ffestiniog RFC.

With only three league matches left this was a must win game for Edwyn Roberts men if they are to challenge for the second promotion spot into Division 1 North - but it was soon evident that Bro were much too strong for lowly Menai Bridge. The home side crossing no fewer than 11 times including a hat trick for flanker Dylan Daniels and bagging the bonus point within twenty minutes.

The first try came on two minutes after Bro won a scrum against the head on the halfway, number 8 Dewi James combining well with his back row team mates Huw Parry and Daniels the latter crossing over under the posts. Fly half Daniel McCormick converting.

Bro prop Tom James pounced on a knock on by Bridge and with the referee playing advantage found hooker Aron Hughes started another attack down the flank before offloading to Dewi James who scored an unconverted try in the corner.

Soon the visitors were penalised for engaging a scrum too early a quick tap and go from scrum half Aron Roberts found Daniels to claim his second try converted by McCormick. Both sides were then down to 14 as referee Richard Rees Davies red carded Bro's scrum half and Menai Bridge's number 8 for fighting.

The bonus point try came shortly afterwards, Bridge were penalised for offside and McCormick kicked for touch. Quick ball off the top was spread out to the backs with centre Lee Aspden side-stepping his way over the whitewash with McCormick adding the extras.

The hosts were then awarded another kickable penalty but once more chose to kick for touch. A training ground move culminated with prop James crashing over for an unconverted try.

Menai Bridge then had a good passage of play, centre Llion Owen found a gap in Bro's defence and went very close but for a try saving tackle by full back Mathew Hayden. Bridge recycled well and pressurised Bro into being penalised for offside. Scrum half Darren Jones splitting the posts for the visitors only points.

The final try of the half came after prop Paul Kalafusz stole turnover ball in mid-field, lock Osian Jones gained the yardage before offloading to Hayden to score and McCormick adding the conversion from out wide.

The sides went into the break with Bro having a commanding 38 - 3 lead.

Bro played with the same high tempo from the restart and were soon awarded another try. A poor clearance kick by Menai Bridge was gathered at pace by Hayden who put flanker Marc Morris through to score under the posts - McCormick embarrassed by missing his easiest kick of the match.

Aspden then claimed his brace of tries from another lineout, once more quick ball through the hands and there was no stopping the big centre. McCormick converted.

Bro were then awarded a penalty 5 meters from Bridge's try line, a quick tap penalty from Hayden found prop Dylan Jones who crashed over McCormick once more converting.

The visitors were looking distinctively tired, with ten minutes left they were now down to 13 after a head injury to their hooker but credit to them they never gave up and were still going for a score.

Ffestiniog's tenth try came after winning turnover ball and quickly spreading one way then the other, the move finished off by centre Steve Price scoring an unconverted try in the corner.

The final play of the match saw Bro running out of defence through Aspden and Dewi Atherton, the right wing crossing the try line but unselfishly passed the ball to man of the match Daniels, as ever in support, to claim his hat trick converted by McCormick.



27th April, 2016 - North Wales Division One

Dolgellau 3 v Pwllheli 33



Following report kindly supplied by Dolgellau RFC.

Pwllheli achieved what they came here for, a winning bonus point, but they were made to sweat right up to the last ten minutes of the match to score their fourth try by a spirited Dolgellau, who defended heroically for most of this match. Their own survival now hangs by the slimmest of threads, a near impossible task of needing bonus point wins in their last three matches. Pwllheli need to do the same if they are to win the league.

Pwllheli took the lead after four minutes, second row Huw Williams charging down a clearance kick to score near the posts. Wing Osian P Jones put over the conversion to put the Llein men 0-7 ahead. Dolgellau pulled back a penalty after twelve minutes from wing, Dion Jones, but went down to fourteen men with full back, Dylan Evans harshly penalised for an alleged spear tackle. Closest Dolgellau came to scoring was by centre Jac Roberts who was held up well short of the line. But for the remainder of the half



Dolgellau held on bravely, and the half ended with the score 3-7.

Four minutes into the second half Pwllheli scored their second try, again second row Huw Williams involved, with wing Osian Jones crossing wide out. He duly added the conversion to make it 3-14. Dolgellau were now soaking up so much pressure, and received a second yellow to second row Carwyn Hughes after a series of infringements. Pwllheli capitalised and scored their third through second row, Williams crossing for his second try after twenty four minutes of the half. Jones added the conversion to make it 3-21.

Going into the last ten minutes, Pwllheli scored their fourth try to wing Osian P Jones again, crossing for his second of the match clinching a critical bonus point in the process.

Wing Robin Hughes Jones crossing for their fifth try with two minutes remaining. Jones added the conversion to make the final score 3-33.



30th April, 2016 - North Wales Division One

Mold 7 v Pwllheli 47

This was the third of a sequence of five away matches Pwllheli faced in the run in to the end of the season. Away successes at Bethesda and Dolgellau had come at a cost with several injuries including flanker Harry Roberts fracturing his eye socket last Wednesday. Thankfully he is making good progress.

Thankfully the weather had cleared by the time the Llein side arrived at Mold but the rain and sleet made for a slippery surface.

Pwllheli played against the slope but with the wind at their backs in the first half. They could not have asked for a better start. After only a minute Mold were penalised for handling in a ruck. Wing Osian P.Jones calmly slotted the penalty. Playing with precise and well executed phases Pwllheli created a gap on the left. Quick passing saw second row Huw Williams put clear twelve metres out and he brushed aside two would be tacklers to score wide out. The conversion attempt missed. Mold began peppering the Pwllheli back three with some high and long kicks but the visitor's cover was up to the challenge

The packs were generally evenly matched with Pwllheli edging the scrums and the home side the lines out. Any loose ball was fiercely contested but Pwllheli's back rowers tended to be quicker to the ball to secure possession for their backs. On fifteen minutes Pwllheli set up a rolling maul close to the half way line. They drove Mold back some fifteen metres. Scrum half and captain Nick Butterworth made a break which took him clear of the first line of defence. As he was about to be tackled he popped a pass to the supporting winger and Robin Hughes Jones soared through to score. Once again the conversion missed. Three minutes later Pwllheli again rolled back Mold's cover. Butterworth saw the gap and his pace and power saw him touch down under the posts. Osian P.Jones added the two points to give Pwllheli a twenty points to nil lead.

On twenty four minutes Mold took advantage of having a player down who needed treatment. They worked themselves into the Pwllheli twenty two. They set up two powerful driving



4th May, 2016 - North Wales Division One

Bethesda 24 v Bala 19

mauls and on the second their number eight Richard Whalley touched down. Mold's full back Tyler Bridges slotted the conversion to bring Mold back in the game. Mold's comeback was short lived however. Within two minutes Pwllheli conjured up their fourth and try bonus point winning try. John Pugh playing at fly half wrong footed the opposition defence to touch down. Osian P.Jones added the conversion.

Mold threw everything at Pwllheli to try to claw back the deficit but Pwllheli organised defence was at its best.

The score at half time was Mold seven, Pwllheli twenty seven.

Pwllheli lost a prop to an innocuous yellow card after only a minute of the second half. Aled Griffiths came on as a replacement and flanker Caron Jones was the player who had to give way. Despite being a player down it was Pwllheli who created two try scoring opportunities in the following ten minutes but they failed to capitalise. A few minutes after Pwllheli were back up to fifteen players it was Mold's turn to have a player yellow carded. Number eight and try scorer Whalley was carded for killing the ball in the red zone. Osian P.Jones stretched his side's leads with the ensuing penalty.

Unlike Mold Pwllheli took advantage of the opposition being a player short and on seventeen minutes wing Robin Hughes Jones crafted a well taken try. Osian P.Jones kicked the wide angled penalty. Pwllheli then pulled off both their half backs.

Although Pwllheli still had the territorial advantage Mold held firm until the thirty second minute. Now playing at scrum half Robin Hughes Jones saw a gap at the base of a scrum and his pace and strength took him away from the cover to score an impressive individualist's try. The coup de grace came from number eight Tom Billington Parry who capped his comeback match with a well taken score. The match ended shortly after.

This was an impressive controlled performance by a Pwllheli side who are reaping the benefits of regular game time following what has been a frustrating stop start season.

One hundred plus from Dolgellau head off to Judgement Day



One hundred and twenty five junior players, parents and coaches from Dolgellau RFC head to Cardiff for Judgement Day.

Report and picture kindly supplied by Rod Davies Photography, Dolgellau

One hundred and twenty five junior players, parents and coaches from Dolgellau RFC had an 8:00 start Saturday morning when they left the Marian ground to travel the 135 miles for 'Judgement Day' in the capitol.

The Under 8s, under 10s' and Under 12s will join around 70,000 supporters that are expected to pack into the Principality Stadium for the Guinness Pro12 double-header between first the Blues and Ospreys, then the Dragons and Scarlets

Long day ahead for little players.....!!!!



New York financial adviser sponsors Dolgellau RFC Under 15s

A New York financial adviser who has offices in London and America has sponsored the Dolgellau under 15 rugby team with new training tops.

Report and picture kindly supplied by Rod Davies Photography, Dolgellau

A New York financial adviser who has offices in London and America has sponsored the Dolgellau under 15 rugby team with new training tops.

Adrian Ellis' of AE Consulting New York, along with AutoMax Garage and Tyre shop in Dolgellau have supplied the youngsters with much needed pre and post match 'Polo' tops for the 2016-17 season.

Pictured with the team is Under 15s coach Justin Kelly before the game at the Marian against Aberystwyth on Friday evening.

Dolgellau went on to win 24-15 with scorers, Ifan Jones 1 try Owain Thomas 2 tries Ben Davies 1 try, Gwion Jones 2 conversions.

Fantastic honour for Pwllheli singer who will sing anthem at the three New Zealand tests

Congratulations to Pwllheli's Elin Tomos who will sing the Welsh National Anthem prior to the three New Zealand v Wales tests.



The whole of North Wales, and especially Pwllheli, will be delighted to hear that Elin Thomas, of Llanerch Pwllheli has been asked to sing Hen Wlad Fy Nhadau prior to the start of all three of Wales' games against the All Blacks in New Zealand this summer.

This is a considerable honour for Pwllheli RFC supporter Elin who now lives in Blenheim in the South island of New Zealand.

Congratulations to Caernarfon's Rhun Williams and Newtown's Tom Williams, both in Wales U20 Squad

Wales Under 20 head coach Jason Strange believes his side have the potential to improve further ready for the World Rugby U20 Championship next month.

The side swept all before them to clinch a first Grand Slam at this age group, but Strange knows the competition will step up a gear in Manchester (June 7 - 25).

Lock Seb Davies, hooker Liam Belcher, back row Josh Macleod and wing Tom Williams have all returned to full fitness in order to boost the squad that produced a series of memorable performances in the spring, and Strange is confident the togetherness in the squad can only build in the coming weeks.

"It was a tough selection process," said Strange. "It was difficult to cut a squad that had performed so well in the Six Nations, but the players coming back in certainly add an extra dimension." "It's good to get the players back into training and they are confident on the back of a major achievement in winning the Six Nations.

"We will certainly need to step up a level in order to compete with the top nations at the World Rugby U20 Championship, and the exciting part is that the coaches and players all feel we can improve by an extra 20 or 30%, so if we get that right, we have the opportunity to do well, and we will be working hard over the next six weeks to get that right.

"It's a huge honour for the players to represent their country at a global tournament and we want to ensure they do themselves justice and enjoy every moment."

Strange's players earned plaudits in the Six Nations, not only with their results but through their attacking style of play. That won't change says the former Wales A outside half.

"We will continue with our attacking style of rugby and our other strong points from the Six Nations. Our togetherness and the team culture we've created are some of our key strengths too as demonstrated in the Six Nations. We will build on that during this period and at a three day training camp based at Monmouth RFC in a fortnight's time."

Wales have Ireland, Georgia and New Zealand in Pool A of the England-based tournament. "Although we beat Ireland in Dublin, they made significant improvements during the tournament and beat England away from home," added Strange. "Georgia have improved enormously at age grade level, earning their place in this tournament by winning the World Rugby U20 Trophy, beating Canada in the final last year, while playing champions New Zealand is exactly the kind of test we want in order to develop our players to their full potential."

The WRU and Ospreys have agreed that centre Owen Watkin will undergo a period of rest and rehab following the rugby season and partake in a full pre-season in order to allow him to train at full intensity next season and reach his full potential.

All of Wales' World Rugby U20 matches will be televised by S4C.

John Bentley presents awards at Colwyn Bay RFC Dinner

Many thanks to Colwyn Bay RFC for kindly supplying the following report and pictures.

A great night was had by all at this Season's Division 2 North Champions Colwyn Bay Annual Players Awards night on Friday..

A full house of past and present players, members and sponsors gathered to celebrate the Season's achievement's in the company of Special Guest John Bentley.

Bentos, the dual code International & British Lion legend gave a very entertaining forty minute speech before presenting the awards with Head Coach Tony Lumby and 1st XV Captain Ben Evans

Awards winners were
 Most Improved Player - Anthony Edwards, 1st XV Scrum Half
 Club Person - Debbie Hughes, 2nd XV Manager
 1st XV Players Player - John Astbury, Vice Captain, open-side flanker,
 2nd XV Coaches Player - Sean Powell, Wing
 1st XV Coaches Player - Pat Atkinson, Stand-off half
 2nd XV Players Player - Elgan Jones

1st XV ties were awarded to Dewi Hughes, Pat Atkinson, Sam Ryan and season top try scorer Dan Parry, all of whom have achieved 60 plus 1st XV appearances.



Carmarthen Quins U14 21 v Caernarfon U14 46

A fantastic weekend for the young Cofis ended with a convincing 46-21 win against Carmarthen Quins.

Due to a clash between the annual club tour and having to forfeit playing in the final of the Eryri Cup Caernarfon's U14s the trip to South Wales was worthwhile with a fantastic win over Carmarthen Quins U14s.

The squad travelled down to Swansea on Friday night, had the Saturday afternoon at Parc y Scarlets before the short trip to Carmarthen on Sunday morning.

The game started quite tightly, each side testing the strengths of the other but after about 15 minutes it was the Cofis who crossed the line first with Jac Davies flying down the wing after receiving the ball via a series of quick passes from the base of a ruck.

It wasn't long after that the other wing Josh Eden Jones showed that both wings had the beating of their counterparts. The next two tries came from the centre Thomas Devine, the first virtually the length of the pitch and scoring under the posts, the extra 2 points being scored by Rhys Jones.

Dafydd Thirsk Caernarfon's No8 was impressive in and around the ruck as was Naajib Islam. By half time Jac Davies scored his second and scrum half Rhys Williams had also scored, 34-0 at the half way mark. Again it was Caernarfon scoring first in the second half with Josh going over for his second try and Jac Davies getting his hatrick.

With the replacing of some of the Caernarfon players and the awarding of a penalty try for a high tackle in the corner the Quins forwards started to exert pressure, this resulted in two further tries before the final whistle went with the score at 46-21.

This game made it 14 wins out of 14 for the Cofi U14s this season with wins over all the local sides and Aberdare from South Wales.





7th May 2016 - WRU Championship

Cardiff Met 10 v RGC 50

Following report kindly supplied by Scott Lawson of RGC News.

Cardiff Met Looted as Tiaan Runs Wild.

RGC racked up 50 points against Cardiff Met and picked up the needed win in their promotion push.

The North Walians knew that nothing less than a win was needed, and having never won in the capital the task in hand was not to be taken lightly.

The Gogs settled into the game and the first class performance in the 2nd half made it a more comfortable win in the end.

The Students made a positive start and with the heat the running game was on from the kick off. Over the past two seasons RGC have failed to contain the pace of the Met attack in Cardiff and it looked like a similar story.

The home side kept moving the ball and testing the RGC defence, but some good tackling stifled much of the danger.

Lang made an important clearance do give some rest bite, and then Alex Schwarz and Ian Williams made a break before spilling the ball.

One the first occasion of RGC moving through the phases a try came, with Afon Bagshaw crossing in the corner. James Lang nailed the conversion from the touchline. Cardiff Met replied with a penalty from Tom Morgan and the Students kept more of the ball.

Smith picked up the try for Cardiff Met after some decent build up play, with Morgan adding the extras. RGC were forcing a lot of the play, and taking the wrong options when they had the ball and some frustration set it both on and off the field. They were also bringing problems onto themselves with the line-out and Cardiff Met took a couple of missed throws to attack the line.

Schwarz cleared the danger with a big kick, but the attack came on coming.

As the half went on RGC began to gain more control, and gained composure on the ball. Mei Parry made a big break to spark some life into the game.

The scrum worked well and the ball came to Tim Grey to dive over for the try, and the relief could be felt as the hooker came up with the ball and the points.

RGC were running he lines well, but the support in the breakdown was slow which resulted in plenty of turnover ball for the students.

The pivotal score came on the 38th minute and it was Loots who got the try, with the relief being felt both on and off the field. Lang out over the conversion and the half time score was 19-10.

If RGC were suffering from nerves in the 1st half the 2nd was one to enjoy. Lang stroked over a penalty in the opening minutes. The running rugby continued as RGC went through phase after phase with Andrew Williams and Kelvin Davies making some huge gains with the ball in hand. Loots picked up the try after the ball was driven forward. The boot of Lang was on target again.

The lessons were clearly learnt from the 1st half and they kept the ball far better.

Mei Parry was next up to spot a gap in the defence and charge forward and he offloaded to Loots for his hatrick.

The support running from the Gogs was superb and the passes were finding runners time and time again.

RGC have used the kicking game well this year, with Bagshaw, Lang and Schwarz all getting the ball behind the homesides defence. One of the kicks was chased down by Carwyn Ap Myrddin but the speedster was unable to collect the bouncing ball.

Ap Myrddin set up try number four for Loots when he offloaded a perfect pass for the centre to take on the run to smash over under the posts. It was another great kick from Lang.

Cardiff Met kept looking for the try, but the Gogs defence didn't wilt in the heat. The tackles kept on being hit and the chances were cleared.

It was pretty apt at the last try came from another Mei Parry break, as his running was non-stop in the 2nd half. He made the break before Danny Cross picked up the ball to smash over. The 50 point mark was hit when Cam Davies scored the conversion on the final whistle.



7th May 2016 - North Wales Division One

Bala 10 v Pwllheli 27



Following match report kindly supplied by Pwllheli RFC.

Pwllheli travelled to Bala for their rearranged league match knowing that not many teams manage a win on the pitch besides the lake. Only two teams have league wins there this season - Abergele by 5 points and Nant Conwy by 4 points. Pwllheli not only needed to win to match Nant Conwy at the top of the league table but a tries bonus point to go one ahead.

The first half was very much both sides matching each other in all aspects of the game which ended with the visitors edging the home team by 12-10. The team from Llyn opened the scoring after slick passing allowing centre Deio Brunelli to ground the ball after ten minutes. Osian Parry Jones had no problem converting.

The hosts took the game into the 22m area of the visitors for most of the next ten minutes and eventually managed to break the stout defending when winger John Emrys squeezed in at the corner.

Rhydian Jones the outside half converted a difficult conversion for a 7-7 score and then ten minutes later was successful with a penalty kick for a ruck offence. The Pwllheli forwards steadily increased the pressure on their opponents in the line and scrums but Bala's tenacity thwarted many attacking options until eventually second row veteran Geraint Parry forced his way to the try line to give his team the advantage at half time.

Ten minutes into the second half, winger Robin Hughes Jones side stepped his way over the try line for a third touchdown for the visitors who were then reduced to 14 players a the result of a yellow card.

The Llyn players kept their cool and were becoming increasingly dominant in all aspects of play and it was not a surprise when number 8 Tom Parry picked up and darted towards the line to ground the fourth and bonus earning try between the posts. Jones converted and three minutes later increased the score with a second penalty kick with more than ten minutes to go. There was no more scoring despite the efforts of the hosts.



7th May, 2016 - North Wales Division One

Llangefni 57 v Dolgellau 12



10th May 2016 - North Wales Division One

Llandudno 28 v Ruthin 24

Following report and picture kindly supplied by Ruthin RFC.

One would have thought after the winter we have had that by the time we got to May Ruthin would not have to play another game on a soggy pitch in the pouring rain.

However it was not to be with the Blues last game of the season away at Llandudno on Tuesday.

Nevertheless despite the conditions both sides put on an a display of exciting, open, attacking rugby.

The home side were up 7 points with a converted try within the first few minutes and although fly half Callum Bennett kicked a penalty goal Dudno added to their tally with another converted try shortly afterwards.

The Blues upped their game and after a period of pressure and a missed penalty goal, prop Jason Humphreys got the honours with a pushover try which Bennett converted.

The Blues missed another penalty goal and then the home side added to their tally with a converted try and the players went in for half time with the score 21-10 in favour of Llandudno.

After the break Llandudno increased their lead with a converted bonus point try.

The Blues responded immediately with centre Emyr Gwynedd breaking through and offloading to hooker Danny Miller to score between the posts with Bennett converting.

Ruthin again exerted great pressure on a well-organised Llandudno defence with effective pick and run.

One of the home side's players was sin-binned and the Blues took advantage of the extra man and wing Sion Roberts went over the whitewash with Bennett again converting.

With the score at 28-24 to Llandudno Ruthin could see a win in sight but Llandudno's sterling defence held and the whistle blew for full time with the Blues having to be content with a loser's bonus point.

This was a good display for Ruthin to end the season on particularly as 4 current youth team players Oliver Powell-Jones, Nathan Jones, Owain Jones and Declan Gabbana played a full part in the game.





It's Newtown at the Double!

Winners of North Wales Intermediate Plate and WRU Division Three North 2015-16

Newtown 24 v Llangollen 6

The following report was kindly supplied by Barry Williams, Secretary of North Wales Rugby Union.

Newtown secured a league and cup double with a comprehensive win over their nearest challengers in Division 3, running out 24-6 winners over Llangollen.

With a strong wind at their backs, it was the Clwyd side who began the game more brightly, with their pack doing good work in the loose and at set

pieces, and took a 3-0 lead from a successful penalty kick after 11 minutes.

After a slow start from the Mid Wales side, they began to impress themselves upon the game, and after putting pressure on the Llangollen back line, they were able to turn the ball over in a strong position, which resulted in the first try of the day after 20 minutes, which put Newtown into a lead they wouldn't relinquish for the rest of the game.

With the control of the game now firmly in the hands of Newtown, they

were able to stretch their lead to 10-3 with a second try, which again went unconverted. Llangollen were able to bring themselves back within striking distance with another penalty shortly before half time, giving a half time scoreline of 10-6 in Newtown's favour.

With the water bottles barely carried off the pitch after the interval, Newtown stretched their lead again with a third try, this time converted to give a 17-6 lead.

Despite the tireless efforts of the Llangollen pack, Newtown kept

a stranglehold on the game, with another try coming on 52 minutes to put Newtown firmly in control at 24-6. Even after being reduced to 13 men for a spell, they were determined not to allow their line to be breached, and despite plenty of pressure from Llangollen, they held them at bay to secure a convincing 24-6 win and their second trophy of the season.



Nant win North Wales cup for tenth time



Nant Conwy 20 v Bala 9

Following report kindly supplied by Barry Williams, Secretary of the North Wales Rugby Union Council.

Nant Conwy secured the North Wales Cup after overcoming Bala in a game that never really got going, despite the efforts of both sides.

For long periods, the two sides held each other at arm's length, with two strong defences putting attacking chances at a premium.

The first score came the way of Nant, who took a 3-0 lead inside the opening 10 minutes from a penalty kick. Bala responded with a penalty of their own, before Nant took advantage of a period of pressure to claim their first try in the 23rd minute.

Before the half hour mark, they had crossed for their second try, putting them in a commanding 13-3 lead. Bala kept themselves in the hunt with their second penalty, and at 13-6, they were still in with a chance at the break.

The second half was a frustrating spectacle, with both teams putting together phases of play before spilling or losing the ball, with Bala coming out on top of the opening dozen minutes, with a third penalty putting them within 4 points at 13-9.

After a failed penalty effort from Bala, Nant Conwy completed their scoring. After hitting the post with a drop goal attempt, the ball was eagerly snapped up for their third try, which was converted for a 20-9 lead.

Despite a secure lead, Nant were never able to get comfortable in the game, and Bala were never able to find a way to take advantage of their time on the ball, and despite the obvious effort being put in by both sides, there were no further scores.





Llandudno cap fine season with North Wales Senior Plate win

Bro Ffestiniog 18 v Llandudno 35

Many thanks to Bro Ffestiniog for kindly supplying the following report.

Having reached the final of the North Wales Senior Plate for the second year in succession it was a disappointing second half for Bro as Llandudno came back from a 15 - 10 deficit to win 18 - 35.

On seven minutes Bro won a lineout inside Tudno's 25, the pack drove towards the try line with prop Dylan Jones going close before offloading to scrum half Aron Roberts to cross over for an unconverted try.

Bro went close soon afterwards but for a knock on. Llandudno were then awarded a penalty and stand off Lee Davies splitting the posts from 30m.

A handling error following a scrum was pounced on by Bro's Tom James and quick recycling sent the ball out through the backs to centre Steve Price to score a try under the posts converted by fly half Danial McCormick.

From the re-start Llandudno gathered the ball and went close but they too knocked on with the try line beckoning. The sea siders were soon awarded an attacking scrum 5. Bro kept them out through three phases but hooker Mike Hughes found a gap and crashed over with Davies adding the conversion.

Two successful McCormick penalties either side of the break gave Bro an eight point lead but Davies soon narrowed the gap with another penalty as Bro were penalised for offside.

From the restart Llandudno then scored the try of the match, Davies started and finished the move from inside his own half which included forward and backs, creative angles of running and great support play. Davies also converting put Tudno into the lead for the first time.

This spurred on the Division 1 North team and they gained momentum from a scrum on the half way, a move involving Llandudno's back row trio of Josh Griffiths, Billy McQueeney and Josh Williams finished off in style by Mike McQueeney which went unconverted.

Bro were then penalised for a high tackle and Llandudno chose to kick for touch. Clean ball off the top of the lineout was spread out one way then the other and quickly recycled for scrum half Lewis Griffiths to score an unconverted try.

The final try of the match was another for Tudno's Davies. A poor clearance kick by Bro was gathered by the fly half who chipped over the oncoming defence and crossing over to claim his brace but failed to add the conversion.

Both sides should be complemented on what was a highly entertaining Final. Bro will learn a lesson from this match that the standard of play in Division 1 North is that much higher - something they must take with them if they are promoted this year. The second promotion spot decider against Shotton is at Bro this Saturday 7th May - kick off 2:30 pm - another must see match !!

(Apologies to Llandudno players if names are incorrect !)



Llanidloes return to Mid Wales with North Wales Intermediate Cup after thriller against Wrexham at Parc Eirias





Judge Elen dishes out the Discipline at Dolgellau RFC

Welsh International winger Elen Evans was on hand as Judge Rinder to dish out the discipline at the Girls Presentation Evening when she officiated a 'kangaroo court'.

As well as collecting the annual player awards the girls and some parents were charged with numerous club offences which they had committed throughout the season.

All were found guilty beyond reasonable doubt (surprise surprise) and thrown in the clubhouse 'scrum' by coaches and Court Police Joanne Roberts and Ceris Davies.

Said Judge Elen "Dolgellau Rugby Club will not tolerate such behaviour and the defendants should think themselves lucky to get the lenient sentences they have".

On a brighter note the awards were as follows.

U13 Player of the Year – Glesni Jones ,
 Player of the Year – Glesni Jones ,
 Most Improved – Llio Roberts,
 Players Player – Els Jones (not present),
 Coaches Award – Ffion Gittins

U15s Player of the Year - Catrin Williams,
 Most Improved - Malen Meredydd (not present),
 Players Player – Sarah James ,
 Coaches Award 1 – Kerry Morris,
 Coaches Award 2 – Erain Edwards



Foster's culminates summer of sevens

Along with Foster's' Chris Lloyd, Scarlets flanker James Davies conducted the Foster's 7s draw at Aberavon beach today which sees his former club Carmarthen Quins place Neath in Round 1. Current champions Llandovery were drawn against Bedwas in Round 1, while last year's finalists Pontypridd face Premier-ship newcomers Bargoed first up.

Last season's Plate winners Llanelli play Swansea one of the other promoted Championship teams, Swansea in Round 1 while the other confirmed newcomer to the Principality Premiership, Merthyr, were drawn against Cross Keys, who reached the last four last season. The other seeded team, Aberavon, will play Newport while the remaining first round fixtures are Ebbw Vale v Cardiff and RGC v Bridgend with that final place going to the fourth promoted Championship team.

The Women's teams will play preliminary matches on the day of the Foster's 7s, with the semi-finals and final taking place at BT Sport Cardiff Arms Park. The Scarlets are defending champions.

Wales Sevens head coach Gareth Williams said, "The Foster's National 7s not only gives us a chance to look at the form of potential Wales Sevens squad members ahead of the build up to the international season. It is always good to see fresh new talent put their hands up for consideration too."

"The knock-on effect of being an Olympic sport will be huge and the Foster's 7s is a great example of the entertaining nature of the game, both in terms of the quality of rugby on offer on the field and the carnival atmosphere off it."

Sevens will be on a high this summer and if you're not going to Rio, or enjoy Rio and want to see Welsh sevens talent in action, look no further than Cardiff Arms Park on bank Holiday weekend.



The Foster's 7s will take place on Sunday 28 August at BT Sport Cardiff Arms Park. By Liz Jones, Welsh Rugby Union

GB Sevens training squad member James Davies has made the draw for the fourth annual Foster's 7s.

The tournament, which also includes the Radler's Women's Sevens competition, will take place on Bank Holiday Sunday 28 August at BT Sport Cardiff Arms Park and will culminate a summer where rugby sevens will enjoy unprecedented profile thanks to its inclusion at the Olympic Games in Rio.

The Principality Premiership and the Foster's 7s are key breeding grounds for Wales Sevens, with the likes of Sam Cross and Luke Treharne, who have today been named in the GB Sevens training squad ahead of Rio having played at the Foster's 7s in recent years, and James Davies and Luke Morgan who have also been included having come through the Principality Premiership.

Titanic clash for final promotion place ends in stalemate



BRO FFESTINIOG 15 v SHOTTON STEEL RFC 15

Following report kindly supplied by Bro Ffestiniog RFC.

Billed as the most important match this season for both clubs this Division 2 North encounter failed to decide the second promotion spot but the large crowd at Cae Dolawel were treated to a highly entertaining, hard hitting and physical match.

From the off neither side showed any signs of nerves the only errors were both teams failing to find touch.

It was the visitors who dominated the first quarter and went close following a scrum on the half way, quick ball spread out through the backs to Sean Middleton, the right wing only stopped by a try saving tackle from Bro's Dewi Atherton.

The steel men went close once more following a catch and drive from a lineout, this time it was centre Josh Kettland who was denied by full back Mathew Hayden.

The first points came after Shotton

were penalised for offside and fly half Edwyn Roberts converted from 30m.

Referee Dylan Llyr had previously warned the visitors for continuous infringements and soon Shotton were down to 14 as inside centre Steve Elson was binned for handling in a ruck. This spurred the home side and they started to dominate.

Bro kicked for touch and gained a lineout 10m from the try line, a catch and drive took the hosts close but they recycled well and created an overlap for Dewi James - the number 8 finding himself out wide but the pass went astray and a try scoring chance missed.

An untidy Shotton lineout was pounced on by Bro's Paul Kalafuz, the prop powering over from 5m for a try converted by Roberts.

Back to full strength Shotton rallied through scrum half Adam Lynskey's sniping runs and powerful drives by number 8 Huw Sargeant put Bro on the back foot. The hosts fine defence held out Shotton's forwards through 8

phases but when the ball was finally sent to fly half Matt Condran, his fine cross kick found Middleton who crossed for an unconverted try in the corner.

As the ref blew for half time Bro had a slender 10 - 5 lead., Shotton started the second period as they started the first and were camped inside bro's 25 but as said previously the hosts defence held firm.

Fifteen minutes into the half the visitors were down to 14 once more after number 8 Sargeant was binned for not releasing, Roberts kicked for touch and gained a 5m lineout. A catch and drive was finished off by hooker Aron Hughes but the try went unconverted.

The steel men hit back immediately and spread the ball out one way then the other, the move finished off in style by Kettland and converted by Elson.

Soon after being back to full strength the visitors found themselves once more down to 14 but this time wing Middleton was red carded for a punch.

Minutes later Shotton were awarded a penalty but chose to kick for touch, Bro won the lineout and were able to clear.

Ffestiniog found themselves down to 14 after Karl Fozz was binned for a high tackle. Shotton's Elson kept his nerve and split the posts from 38m to tie the score at 15 - 15.

With a big number of visiting supporters behind them the Steel men went for the win. Phase after phase for the last five minutes they put Bro's defence under an enormous strain but the Quarymen held firm and a draw was a fair reflection of the match.

Both clubs will have to put the champagne on ice but Bro will have their destiny in their own hands as they entertain Flint in the final league match this Saturday 14th of May kick off 2:30pm. A family fun day has also been arranged and all are welcome.



Former Rydal pupil Andy Fenby announces retirement from rugby

A former Rydal Penrhos pupil and professional rugby star has announced his retirement from the sport. Andrew Fenby, aged 30, a member of the London Irish squad this season, has decided to call it a day in order to "pursue a new opportunity".

The qualified chartered accountant, said: "Can't believe this day has finally arrived. Incredibly fortunate to have played professionally for two great clubs, made many great friends and memories that will last a lifetime. "I have really enjoyed my time with London Irish and it's with a heavy heart I've come to make this decision and pursue a new opportunity. "Thank you all for your support."

The winger scored two Premiership tries this term, in addition to a hat-trick against Edinburgh in the European Challenge Cup pool stage.

Fenby, who also played for Newcastle and Scarlets before joining Irish in 2013, returns to Rydal Penrhos every summer to take part in the Old Boys game, continuing his association with the school. He began his career playing for the school sides as well as turning out for Llandudno Rugby Club.

Director of Sport Allen Boyd, said: "Everyone at the school followed Andrew's career with great interest and we would like to congratulate him on a wonderful career. "He is someone that our aspiring players have looked up to, so they can see just how far you can go if you work hard and reach your potential. "We wish Andrew well in both his retirement and his new venture."



11th May 2016 - North Wales Division One

Bethesda 5 v Nant Conwy 26

Following match report kindly supplied by Nant Conwy RFC.

The games between these two valley teams are always occasions for their supporters to relish, and last night's game was no exception.

For the first fifteen minutes, Bethesda showed their attacking intentions, pinning Nant in their own half, and receiving their reward with a try from Dylan Hughes after seven minutes.

As usual the Nant response was immediate, spending the majority of the remainder of the half attacking the Bethesda defensive line. With minutes to go before the break, Delwyn Jones breached the Bethesda defence to score a fine try to bring the score level.

The second half started as the first had finished with Nant showing their determination to seek a bonus point win. Within two minutes, Carwyn Ellis scored a push over try after some fine forwards play and Delwyn Jones successfully converting the conversion.

As the game became more open, Nant's superiority became more evident despite some aggressive Bethesda defending.

Two further Nant tries were scored, Carwyn Davies after eleven minutes, and to secure the bonus point win, Rob Parry after seventeen minutes. With Delwyn Jones converting both tries successfully to make the final score Bethesda 5 – Nant Conwy 26.

a try to wing Carwyn Owen which was converted by stand-off Hughes, and so make the score 15-13.

But that is how the match ended and credit must be given to both teams for playing the fixture in a good, hard, competitive spirit, and they will meet again next year, but this time in Division 2 North !



18th May 2016 - North Wales Division One

COBRA 0 v Dolgellau 10

Following report kindly supplied by Dolgellau RFC.

Any thoughts that this was going to be an end of season run around, were quickly dismissed as these two local rivals went about this full-blooded local derby determined to gain the local bragging rights. Dolgellau emerged victorious, and deservedly so, to end their season with two wins, thanks to a winning try with only seven minutes remaining from replacement wing Kage Jakubiec.

The match was played at a frantic pace all night and it was the visitors who had the upperhand throughout, but the home side did look dangerous with ball in hand. Dolgellau went ahead after two minutes with a penalty to full-back Dion Jones. With large percentage of possession Dolgellau failed to make any further in-roads through a pretty resolute home defence and the half ended 0-3 to the visitors.

The second half was played mainly in the Cobra half, but it seemed that Dolgellau would never score the elusive try to seal the match. Prop Greg Smithies came close but clear cut chances were at a premium.

However Dolgellau's reward for continued pressure on the home defence came with only seven minutes remaining. It was a try worth waiting for. It started in Dolgellau territory and centre Jac Roberts and wing Gerwyn Pugh deftly put replacement Kage Jakubiec in space along the right touchline. The try was on, but there was still a lot of work to do, but he managed to out manoeuvre the home cover and his strength took him over the line for a great score.

Skipper, Gerwyn Thomas was accurate with the conversion to seal it for the visitors at 0-10 and ensure a positive end to what has been a very difficult season.



14th May, 2016 - North Wales Division One

Dolgellau 15 v Llangefni 14



Following report kindly supplied by Dolgellau RFC.

Whilst there were more important games going on elsewhere, Dolgellau and Llangefni served up their own cracking contest here on the Marian despite both clubs already having relegated status, with Dolgellau just about edging it courtesy of two tries from wing, Llion Lloyd.

Still smarting from a woeful performance only a week ago at Cae Smyrna on the Island, it was Dolgellau who grasped the initiative and went ahead with a penalty to full-back, Dion Jones after five minutes.

However hard working Llangefni were always a threat and clawed their way level after a quarter of an hour with a penalty to stand-off Rhys Hughes. Three minutes later a speculative kick for position from Dolgellau No.8, Dewi Thomas, was well short but was gathered by flanker Iwan Pugh, who sped away down the right touchline before releasing wing, Llion Lloyd to go over for his first try. Full back Dion Jones converted to put Dolgellau 10-3 ahead.

Llangefni dominated the second quarter and prop Jordan Scott went close and some great home defending ensured the half ended on the same score.

Stand-off, Hughes, put over his second penalty within five minutes of the restart to bring Llangefni within four points, however the pendulum swung again in Dolgellau's favour after quarter of an hour. Skipper, Gerwyn Thomas put centre, Jac Roberts & full back Dion Jones free in space to see wing Llion Lloyd cross for a great score and put Dolgellau 15-6 ahead.

Going into the last ten minutes, outstanding no.8 Dewi Thomas received a yellow card, and a tense ending was guaranteed as Llangefni hit back immediately with

PWLLHELI - NORTH WALES CHAMPIONS 2015-16



14th May 2016 - North Wales Division One

Llandudno 33 v Pwllheli 38

Following match report kindly supplied by Pwllheli RFC.

Another thrilling bonus points win for Pwllheli which clinched the Division One North title and back to back championship for the Llyn side, pipping arch rivals Nant Conwy by a point at the top of the table.

The game was allowed to flow by referee Andrew Davies and in the first ten minutes one successful penalty kick each for Ryan Pike of Llandudno and Osian Parry Jones for Pwllheli gave a 3-3 score before the visitors opened a gap with centre Dafydd Anwyl and No 8 Tom Parry touch downs,

the latter try converted together, and another penalty kick from Jones to give a score of 18-3 in favour of Pwllheli inside thirty minutes.

The home team, however, were not discouraged and fought back bravely to earn two penalties which Pike converted to give a half time score of 9-18 and a Pwllheli player in the sin-bin at the interval.

The second half was as exciting as the first and it was the home side who dominated the third quarter with an opening try after just four minutes from wing Huw Griffith and a further try from lively flanker Bobby Davies on twenty minutes, both converted by Pike. In between, both teams earned a penalty each which were converted and by now Llandudno were ahead 26 - 21.

The Pwllheli players realised the severity of the situation and were rejuvenated on resumption of play and within three minutes, Jones had succeeded with another penalty attempt and five minutes later outside half John Pugh side stepped his way from mid field and finished his run between the post for an easy conversion for Jones.

Having re-gained the lead, the visitors went further ahead when Dafydd Anwyl scrambled over the line for his second and bonus gaining try and Jones duly converted to give a 38 - 26 score.

Llandudno were not finished and came back again and two minutes before the final whistle, full back Pike spotted a gap in the Pwllheli defence to touch down for the third home try and he added the extras to give a final score of 38 - 33.

In the last month, Pwllheli have played six re-arranged matches, one at home against Nant Conwy and five away games and have won all of them scoring 199 points - 97 against and 26 tries - 11 against, and dropping one league point out of a possible thirty . An excellent effort by the players and coaches who deserve all the credit and congratulations they have received.





14th May 2016 - WRU Championship

Glynneath 7 v RGC 19

Following report kindly supplied by Scott Lawson of RGC News.

RGC claimed the prize of promotion to the Premiership with a victory at Glynneath.

The Gogs have faced a number of must win games in the last month and today task was clear. The team were cheered on by a huge travelling support making it feel like a Gog extravaganza

The job was done in the first half with 3 tries, and some good controlled rugby.

James Lang's opening penalty crashed off the post but RGC continued to play the ball in good areas.

Mei Parry has been in good form and he continued to cause danger with ball in hand. Lang was next to have a go making a good run down the middle.

Glynneath missed a penalty opportunity before RGC put the first score on the board. Afon Bagshaw collected an aerial ball and made a break before he gave the ball to Tiaan Loots to power over for the try.

RGC were made to make some big tackles as Glynneath looked to get back the game, and Danny Cross took some pressure off with a big clearance kick and chase.

It was reverse for try number 2 when Loots set up Bagshaw for the try and Lang nailed the conversion.

RGC were doing everything right and Lang soon made try number 3 when he ran through 2 tackles to go on in the corner. Lang made the difficult conversion to make it 19-nil.

RGC went looking for the bonus point run, but the homeside stifled the attacks from Hopkins and Andrew Williams.

The second half didn't really kick on for RGC as passes failed to go to hand and the knock-ons racked on.

Carwyn ap Myrddin made a fast break down the wing before the ball was swung to Lang but he was stopped in his tracks.

The pace of the game slowed and RGC were working hard defensively but couldn't stop Glynneath driving over for the score and conversion.

Most of the play as now in Glynneath's half and when they were heading towards the line Joe Simpson made a crucial tackle and got the turn over.

The clocked ticked down and the job was done. RGC claim the points and the 4th place finish and can look forward to Premiership rugby next season.



CONGRATULATIONS! RGC 1404 PROMOTED



Saturday, 14th May, 2016 at Glynneath RFC



Nant Conwy 2nds win League and Gwynedd Cup

Llangefni 2nds 17 v Nant Conwy 2nds 23

Following report kindly supplied by Nant Conwy RFC.

Enillodd Nant sgrym gyntaf wedi 30 eiliad a thorodd y canolwr, Steffan, drwy'r amddiffyn i sgorio ar y chwith. Methwyd y trosiad ond bu i Euros wneud iawn am hynny o fewn ychydig funuadaw drwy hollti'r pyst gyda chic gosb. Daeth pac mawr a chryf Llangefni i mewn i'r gêm wedyn a bu i Rhys agor eu sgôr drwy gic gosb wedi 13munud. Wedi cyfnod o bwysio pellach gan y tîm cartref, aeth Nant ymhellach ar y blaen wedi symudiad taclus gan y cefnwyr wedi 29 munud a orffenwyd gyda chais gan rhif 15, Euros. Troswyd y cais hwn i roi sgôr o 3 – 15 ar yr hanner.

Dangosodd pac Llangefni eu bwriad yn ystod yr ail hanner wrth chwarae gyda'r awel gref. Lleihawyd y flaenoriaeth wedi 9 munud pan fu i Iwan sgorio cais a droswyd gan Rhys. Chwaraeodd Nant gydag 14 dyn am 10 munud ac yn ystod y cyfnod hwn, sgoriodd Euros [Clwydfan] ei ail gais i roi Nant ymhellach ar y blaen cyn i'r tîm cartref ymateb gyda chais gan rif 14, Endaf a throsiad arall gan Rhys. Sgôr o 17 – 20 yn awr gyda bron i 18 munud i fynd! Gwlelwyd newidiadau ac eilyddio gan y ddau dîm wrth fynd amdani ond llwyddodd Nant i amddiffyn yn ardderchog ac, yn wir, en-nill y gwpan am yr ail flwyddyn yn olynol trwy gic gosb lwyddiannus arall gan Euros [Llwyn].

Llongyfarchiadau i'r ddau dîm am gêm o safon ag i Nant ar eu buddugoliaeth.

Nant won the first set scrum of the match straight from the kick off [30 seconds] and Centre, Steffan, muscled his way over the line for a try timed at 57 seconds. Euros [Llwyn] increased the lead after 4 minutes with a successful penalty.

Llangefni's bigger and stronger pack came into the match then and it was no surprise when Rhys, no. 15, scored their first points with a penalty. After 29 minutes, a slick move by the visitors' back line ended with a try on the right by no. 15, Euros [Clwydfan] which was converted by Euros [Llwyn] – a half time score of 3 – 15.

The home pack showed their determination whilst playing with the strong breeze in the second half. They scored a deserved try through Iwan after 9 minutes – a try that was converted by Rhys.

Nant were then reduced to 14 men for 10 minutes then and during this period, Euros [Clwydfan] scored his second try of the match to give a score of 10 – 20. Back came Llangefni two minutes later with a try by Endaf [14] converted again by Rhys to give a score of 17 – 20 with 18 minutes of the match left!

Both teams introduced several substitutes and Llangefni were pounding the Nant line with the visitors defending heroically. Two minutes of added time had been played when Nant were awarded a penalty about 35 metres out.

Euros [Llwyn] decided to kick for the points rather than down the line. The kick was successful and the Referee ended the match with Nant winning the Gwynedd Cup for the second year in succession with a result of 17 – 23.

Congratulations to both teams for an exciting and excellent final.



Tiaan Loots confirms he'll be back with RGC after helping Gogs seal promotion

Tiaan Loots says he will be back with RGC next season after playing a major role in helping the North Walians earn a place in the Premiership.

South African Loots scored one try and set up another as RGC ran out 19-7 winners over third from bottom Glynneath on Saturday.

The win ensured RGC made history as they became the first North Wales based side to earn promotion to the Welsh top flight.

And Loots is hopeful of a return to Colwyn Bay next season as RGC look to mix it with the best club sides in the country.

“Being promoted, it means a lot for me and the team, it means I can come back here again next season and play for them in the Premiership, and it means a lot for all the local boys,” said the South African centre.

“I have been here now two seasons and I know what it is for them to go up and play at the highest level of rugby and stay in North Wales.

“I am flying to Australia on Monday for the summer and now I will be coming back. If we didn't go up I probably would have gone back home (South Africa),

I don't know really. But the idea is there for the Premiership next season, I can't wait, we are really excited about it already.”

It was hardly a vintage performance from RGC at Abernant Park, the Gogs stuttering for large spells against a side with nothing more than pride to play at stake.

The game was called to an early halt after a sickening injury to Glynneath No8 Stuart Leach, the back-row being taken off the pitch on a stretcher before being taken by ambulance to hospital.

And Loots believes nerves almost got the better of RGC as they allowed the home side back into the game despite taking a 19-0 lead into the interval.

He added: “I think second half, the guys got a bit frantic and nervous and made mistakes and we just didn't control the game, we should have controlled the game and been patient, but it was a bit of nerves coming in.

“It was a bit of an anti-climax the way it ended, but a win is a win and we are happy about that.

“Pre-season will start in a month or two so we will go hard and try and do well in the Premiership.”



Hard work has finally paid off for RGC says Carwyn ap Myrddin

Many thanks to Rob Griffiths, North Wales Daily Post for the articles on this page

Carwyn ap Myrddin was in an emotional mood after seeing five years of hard work finally pay off for RGC as the North Walians earned their place in next season's Premiership.

A 19-7 win over Glynneath on Saturday at Abernant Park ensured RGC will compete in the top flight next season, the culmination of years of hard work and planning for so many involved in the North Wales set up.

Ap Myrddin is one of those that has been involved with RGC since the beginning, stepping up from his club side Nant Conwy to play a pivotal role with the North Wales regional side.

So it was with a huge sense of pride that ap Myrddin was part of the side that ensured promotion to the top flight, even if they did make heavy weather of beating a Glynneath outfit who sit third from bottom in the Championship standings.

“It is hard to put into words that, I don't get emotional very often, but I am really feeling it,” said ap Myrddin.

“It has been nearly five years of really hard work, and just this season we have been up and down in terms of performances, but we have really pulled it off in the last month, a really good push to the end.

“Credit to them (Glynneath), it is always hard no matter where we go down south, there are some really tough places to go to. They are all really passionate people and proud clubs and want to the best for their clubs. To begin with we were a bit

nervous, we got the 19 points and maybe held back when we should have pushed on in the season half but we are just delighted to get the win and we are going up now.”

Saturday's win capped off a remarkable season for RGC who saw off Pontypool in the race for the fourth and final spot to join a newly expanded Premiership next season, which is being ring-fenced for the next three terms.

RGC crucially claimed a 20-17 win at Pooler last month, but still needed Bargoed, who finished in third place to see off Pontypool to be in with a chance of promotion.

And ap Myrddin believes two bonus points gained in a narrow loss at Swansea a fortnight before the win at Pontypool proved to be key for the Gogs.

He added: “We have been building for so many seasons now.

“The Swansea game (a 39-38 loss), I have never been a changing room where it has been so quiet, everyone was down hearted but the two points from that game has really put us in this position, and thankfully we were able to get the win in Pontypool and we have driven on since then.

“You can't fault any of the lads, we have been up there with our performance.

“It is incredible to think, I remember my first game was Cobra away in Wrexham and now we will be playing Llanelli, Cardiff, Pontypridd, it means everything, just for people from North Wales to have a chance of playing in North Wales at the highest level.

North Wales Youth Division One

Team	P	W	D	L	Pts
Nant Conwy	20	17	1	2	87
Ruthin	20	14	1	5	75
Caernarfon	19	15	0	4	73
Denbigh	20	15	1	4	73
Wrexham	17	8	0	9	44
Pwllheli	19	8	0	11	41
Bala	18	7	1	10	40
Llandudno	19	7	0	12	35
Llangefni	18	4	1	13	21
Mold	16	4	0	12	20
Colwyn Bay	20	1	1	18	8

North Wales Youth Division Two

Team	P	W	D	L	Pts
Bangor	16	15	0	1	70
Dolgellau	14	9	0	5	45
Bethesda	15	8	0	7	44
Newtown	13	8	0	5	41
COBRA	14	7	0	7	31
Llanidloes	14	6	0	8	29
Rhyl	10	2	0	8	15
Bro Ffestiniog	10	3	0	7	13
Welshpool	12	1	0	11	10

North Wales 2nd XV Premiership

Team	P	W	D	L	Pts
Nant Conwy	9	8	0	1	38
Pwllhelli	9	6	0	3	29
Llangefni	10	4	1	5	21
Caernarfon	7	2	1	4	10
Bala	8	2	0	6	10
Mold	5	1	0	4	6

North Wales 2nd XV Championship

Team	P	W	D	L	Pts
Denbigh	8	5	0	3	26
Ruthin	5	5	0	0	24
Dolgellau	5	3	0	2	12
Bethesda	4	1	1	2	9
Abergele	8	0	1	7	4

WRU Women's Premiership

Team	P	W	D	L	Pts
Whitland	12	6	0	6	34
Caernarfon	10	6	1	3	33
Skewen	7	6	1	0	32
Pontyclun	9	6	0	3	31
Llandaff North	8	5	0	3	24
Cardiff Met	11	4	0	7	20
Gwernyfed	10	2	0	8	9
Barry	7	1	0	6	6



North Wales Championship Crown heads to Caeau Les Phillips

After a tough first half to the season, Dinbych's 2nd Team fought back to become the first Champions of the North Wales 2nds League - Championship.

Following report kindly supplied by Sam Jones, Denbigh RFC.

Following a difficult campaign in the North Wales 2nds League - Eastern Division, Clwb Rygbi Dinbych's 2nds restarted the 2015/16 season within the newly created 'Championship' division.

The new campaign started with a heavy defeat at local rivals Ruthin, before Dinbych found some good form to claim a bonus point victory over Dolgellau RFC at Caeau Les Phillips.

With 6 Nations fixtures taking up most of February, the 2nds played no rugby until the beginning of March, when a scratch team of 15 travelled to Dolgellau in a tough 17-8 loss against the men in blue.

April saw the 2nds back in action regularly, the first opponent of the month were Abergele at Pentre Mawr. A good blend of youth and experience saw the men in red return to Caeau Les Phillips with a hard earned bonus point win.

A Thursday night thriller saw Dinbych host local rivals Ruthin in a nail biting encounter at Caeau Les Phillips, a late try for the Blues giving them a 2 point lead at the final whistle.

Dinbych's next fixture saw them travel to Bethesda RFC for a League double header, a key game for both side's as they looked to keep up with league leaders Ruthin. Once again Dinbych would travel with only 15 players, a mix of experienced elders and exuberant youngsters. The blend worked a treat with the Dinbych returning to Caeau Les Phillips with a bonus point victory.

The 2nd team's season came to a close at Caeau Les Phillips, a strong Abergele side the visitors in what would be a pivotal game for Clwb Rygbi Dinbych. The tough encounter ended with the Home team banking a 4 try bonus point as well as the win, this saw Dinbych leap frog Ruthin RFC to the summit of the North Wales 2nds League - Championship.

At the close of the season Dinbych remained at the top of the Championship and today were announced as the winners of the inaugural North Wales 2nds League - Championship.

Congratulations to 2nd Team Captain Simon Robertshaw and his Players, Team Managers David Lowe and Ivor Williams, a great reward for completing all 18 League fixtures over the course of this season.

A big thank you to Denbigh's Sam Jones for keeping the 2nd XV fixtures and table updated on the websites

Ruthin 2nds make it eight on the trot in Clwyd Cup with 22-20 win against Mold 2nds



Wrexham 2nds defeat Shotton Steel 2nds to secure Clwyd Plate



Following match report kindly supplied by John Palmer, Ruthin RFC.

Ruthin 2nd team won the Clwyd Cup for the 8th successive year on Saturday but in an exciting game against Mold at Colwyn Bay the result was not decided until the last minute.

The Blues got off to a strong start in the first ten minutes with a try by flanker Ben Taylor converted by Nathan Jones. Playing open rugby with ascendancy in the pack 2nd row Oliver Powell-Jones went over for a second shortly afterwards with Jones again converting.

Mold responded and were awarded a penalty on Ruthin's 22 which winger Jack Martin kicked for goal. The Blues returned to the attack and after some good phase play full back Mike Evans went over in the corner for Ruthin's 3rd try. With the score 19-3 to Ruthin at half time it looked as though the Blues would win comfortably but Mold were having none of it.

Virtually straight after the break they were over the Blues whitewash for an unconverted try.

With some of Ruthin's kicks going astray and the pack having lost its ascendancy the Blues were under pressure and Mold with tails up were playing some good flowing rugby.

Mold got two more tries, one of which was converted, putting them 20-19 ahead with a few minutes to go.

The Blues steadied and began to put some better play together and were themselves awarded a penalty in Mold's half. Jones calmly stepped up to the mark and put the ball over the bar and Ruthin were back in the lead 22-20. With seconds to go Mold attempted a drop goal which went wide and the whistle blew with Ruthin again keeping the cup, but only just!

Mold's try scorers were Chris Ellis, Steve Holmes and Rich Cochran.





Prop Dylan Jones went over for a try with Price converting and kicking a penalty before COBRA could reduce the arrears with a James Thomas try.

The club will now look to use their success as a springboard ahead of their return to competitive rugby next season.

Meanwhile, hosts Llanidloes won the Mid Wales Under 14's Cup after a thrilling 15-10 win over Newtown Under 14s.



Cambrian Training Mid Wales Finals a great success once again

Llanidloes Rugby Club's Cae Hafren facilities hosted the end of season Cambrian Training Mid Wales Finals.

The main prize, the Mid Wales Cup, was won by Aberystwyth University who overcame Llandrindod Wells 18-5 in the final with Jonny Davies scoring the Spamen's consolation try.

Earlier in the day Machynlleth brought a troubled campaign to a successful conclusion with a 19-12 win over COBRA 2nds in the Shield Final.

Steffan Price kicked three penalties to give Mach the lead before Matthew Jones went over for a COBRA try for Rhodri Davies to convert.





STATISTICS

RGC

21 May 2016
Glynneath 16 43 Merthyr

14 May 2016
Beddau 21 26 Cardiff Met
Glynneath 7 19 RGC 1404
Llanharan 42 24 Narberth

7 May 2016
Bargoed 29 46 Glynneath
Cardiff Met 10 50 RGC 1404
Llanharan 10 48 Swansea
Narberth 55 26 Beddau
Newbridge 5 94 Merthyr

30 April 2016
Bargoed 17 8 Pontypool
Glynneath 23 30 Bridgend Athletic
Newbridge 28 36 Tata Steel
Newcastle Emlyn 23 19 Beddau

23 April 2016
Cardiff Met 27 30 Glynneath
Narberth 18 22 Newbridge
Newcastle Emlyn 79 0 Llanharan
Pontypool 17 20 RGC 1404
Tata Steel 25 76 Bargoed

20 April 2016
Newbridge 35 9 Glynneath

16 April 2016
Bargoed 24 11 Swansea
Bridgend Athletic 11 35 Pontypool
Glynneath 22 10 Newcastle Emlyn
Merthyr 38 17 Beddau
Narberth 27 32 Tata Steel
Newbridge 32 41 Cardiff Met
RGC 1404 86 15 Llanharan

9 April 2016
Bargoed 35 8 Bridgend Athletic
Glynneath 33 5 Llanharan
Merthyr 78 17 Newcastle Emlyn
Narberth 7 18 Cardiff Met
Newbridge 20 13 Beddau
Swansea 39 38 RGC 1404
Tata Steel 24 39 Pontypool

2 April 2016
Beddau 19 19 Swansea
Bridgend Athletic 15 13 Newbridge
Cardiff Met 46 49 Tata Steel
Llanharan 5 60 Merthyr
Newcastle Emlyn 6 33 Bargoed
Pontypool 76 3 Glynneath
RGC 1404 56 14 Narberth

26 March 2016
Bargoed 43 13 Llanharan
Newbridge 17 18 Newcastle Emlyn
Pontypool 38 17 Cardiff Met
Swansea 33 0 Bridgend Athletic
Tata Steel 17 12 RGC 1404

19 March 2016
Llanharan 0 80 RGC 1404

18 March 2016
Bargoed 24 0 Cardiff Met
Narberth 15 20 Newcastle Emlyn
Pontypool 13 33 Merthyr

12 March 2016
Bargoed 23 20 RGC 1404
Narberth 20 11 Bridgend Athletic

9 March 2016
Tata Steel 10 27 Swansea

5 March 2016
Bargoed 12 5 Merthyr

Beddau 22 6 Tata Steel
Bridgend Athletic 10 10 Narberth
Glynneath 33 19 Cardiff Met
Llanharan 7 54 Newbridge
Newcastle Emlyn 5 19 Swansea
RGC 1404 25 11 Pontypool

27 February 2016
Glynneath 10 33 Bargoed
Pontypool 29 20 Beddau
Swansea 70 7 Llanharan
Tata Steel 20 24 Bridgend Athletic

20 February 2016
Bargoed 21 7 Newbridge
Merthyr 3 0 Swansea
Newcastle Emlyn 19 7 Tata Steel

12 February 2016
Llanharan 6 17 Bridgend Athletic

30 January 2016
Cardiff Met 39 20 Bridgend Athletic
Narberth 0 51 Merthyr
Pontypool 27 13 Newcastle Emlyn
RGC 1404 39 19 Beddau
Swansea 30 24 Bargoed
Tata Steel 67 8 Llanharan

23 January 2016
Bargoed 50 20 Narberth
Bridgend Athletic 7 39 RGC 1404
Glynneath 6 16 Beddau
Llanharan 14 64 Pontypool
Merthyr 38 5 Tata Steel
Newbridge 21 34 Swansea
Newcastle Emlyn 22 8 Cardiff Met

16 January 2016
Beddau 21 16 Bridgend Athletic
Cardiff Met 60 7 Llanharan
RGC 1404 38 6 Newcastle Emlyn
Swansea 68 7 Glynneath

2 January 2016
Merthyr 55 13 Cardiff Met
Swansea 27 20 Narberth

28 December 2015
Bridgend Athletic 5 40 Newcastle Emlyn
RGC 1404 17 62 Merthyr

26 December 2015
Beddau 53 8 Llanharan
Narberth 43 3 Glynneath
Pontypool 38 8 Newbridge

19 December 2015
Swansea 21 16 Pontypool

12 December 2015
Beddau 9 19 Bargoed
Bridgend Athletic 11 36 Merthyr
Cardiff Met 12 33 Swansea
Pontypool 22 10 Narberth
RGC 1404 31 0 Newbridge
Tata Steel 41 29 Glynneath

5 December 2015
Beddau 20 13 Newbridge
Bridgend Athletic 11 7 Bargoed
Cardiff Met 26 32 Narberth
Llanharan 14 16 Glynneath
Newcastle Emlyn 7 19 Merthyr
Pontypool 50 14 Tata Steel
RGC 1404 12 16 Swansea

28 November 2015
Bargoed 36 5 Newcastle Emlyn
Glynneath 15 19 Pontypool
Merthyr 99 0 Llanharan
Narberth 16 21 RGC 1404
Newbridge 10 16 Bridgend Athletic
Swansea 30 9 Beddau
Tata Steel 38 15 Cardiff Met

21 November 2015
Beddau 16 20 Narberth
Bridgend Athletic 12 39 Swansea
Cardiff Met 10 45 Pontypool
Glynneath 15 51 Merthyr
Llanharan 0 74 Bargoed
Newcastle Emlyn 8 24 Newbridge
RGC 1404 57 0 Tata Steel

14 November 2015
Merthyr 33 14 Bargoed
Newbridge 50 3 Llanharan

Swansea 27 13 Newcastle Emlyn
Tata Steel 26 15 Beddau

7 November 2015
Beddau 9 10 Pontypool
Bridgend Athletic 16 5 Tata Steel
Merthyr 49 0 Newbridge
Newcastle Emlyn 24 21 Narberth
RGC 1404 50 22 Cardiff Met

24 October 2015
Cardiff Met 35 24 Beddau
Narberth 40 15 Llanharan
Newbridge 13 19 Bargoed
Pontypool 31 7 Bridgend Athletic
RGC 1404 64 15 Glynneath
Swansea 20 33 Merthyr
Tata Steel 33 34 Newcastle Emlyn

17 October 2015
Beddau 20 26 RGC 1404
Bridgend Athletic 24 32 Cardiff Met
Glynneath 32 12 Newbridge
Llanharan 16 30 Tata Steel
Merthyr 53 20 Narberth
Newcastle Emlyn 19 40 Pontypool

10 October 2015
Beddau 10 3 Glynneath
Cardiff Met 34 17 Newcastle Emlyn
Narberth 17 41 Bargoed
Pontypool 60 18 Llanharan
RGC 1404 41 6 Bridgend Athletic
Swansea 66 10 Newbridge
Tata Steel 28 40 Merthyr

3 October 2015
Bargoed 29 17 Tata Steel
Bridgend Athletic 12 19 Beddau
Glynneath 12 25 Swansea

DIVISION ONE NORTH

18 May 2016
COBRA 0 10 Dolgellau

14 May 2016
Dolgellau 15 14 Llangefni
Llandudno 33 38 Pwllheli

11 May 2016
Bethesda 5 26 Nant Conwy

10 May 2016
Llandudno 28 24 Ruthin

7 May 2016
Bala 10 27 Pwllheli
Llangefni 57 12 Dolgellau

4 May 2016
Bethesda 24 19 Bala

30 April 2016
Mold 7 47 Pwllheli

27 April 2016
Dolgellau 3 33 Pwllheli

23 April 2016
Bala 20 17 Ruthin
Bethesda 31 36 Pwllheli
Caernarfon 10 7 Llangefni
COBRA 21 9 Abergele
Llandudno 42 10 Dolgellau

20 April 2016
Llandudno 29 13 Caernarfon

16 April 2016
Dolgellau 32 3 Bethesda
Llandudno 45 12 Bala
Llangefni 24 17 Mold
Pwllheli 18 13 Nant Conwy

9 April 2016
Abergele 32 14 Dolgellau
Bala 17 7 Caernarfon
Llangefni 19 3 COBRA
Mold 7 13 Nant Conwy
Pwllheli 39 13 Llandudno
Ruthin 25 6 Bethesda

2 April 2016
Bethesda 10 13 Mold

Llanharan 19 58 Cardiff Met
Merthyr 13 20 Pontypool
Newbridge 18 19 Narberth
Newcastle Emlyn 16 28 RGC 1404

26 September 2015
Beddau 46 15 Newcastle Emlyn
Bridgend Athletic 16 21 Glynneath
Cardiff Met 10 56 Merthyr
Narberth 32 39 Swansea
Pontypool 19 19 Bargoed
Tata Steel 24 30 Newbridge

19 September 2015
Cardiff Met 20 38 Bargoed
Glynneath 12 20 Narberth
Llanharan 8 48 Beddau
Merthyr 54 14 RGC 1404
Newbridge 17 25 Pontypool
Newcastle Emlyn 18 23 Bridgend Athletic
Swansea 41 17 Tata Steel

12 September 2015
Beddau 5 51 Merthyr
Bridgend Athletic 29 10 Llanharan
Cardiff Met 13 19 Newbridge
Newcastle Emlyn 20 22 Glynneath
Pontypool 16 32 Swansea
RGC 1404 27 25 Bargoed
Tata Steel 29 28 Narberth

5 September 2015
Bargoed 14 21 Beddau
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Merthyr 45 5 Bridgend Athletic
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Swansea 45 20 Cardiff Met

14 November 2015
Caernarfon 22 20 Mold
COBRA 3 7 Ruthin
Pwllheli 34 13 Abergele

7 November 2015
Abergele 8 13 Bethesda
Bala 13 12 Dolgellau
Llangefni 17 16 Pwllheli
Mold 24 13 COBRA
Nant Conwy 10 11 Caernarfon
Ruthin 17 15 Llandudno

24 October 2015
Caernarfon 29 13 Bethesda
COBRA 6 24 Nant Conwy
Dolgellau 22 22 Ruthin
Llandudno 44 15 Mold
Llangefni 3 43 Abergele

18 May 2016
Caernarfon 37 13 Ruthin
COBRA 26 3 Bala
Llangefni 0 8 Llandudno
Nant Conwy 42 23 Abergele

26 March 2016
Abergele 6 23 Pwllheli
Bala 22 12 Llandudno
Mold 12 6 Caernarfon
Nant Conwy 19 3 Bethesda
Ruthin 24 18 COBRA

10 March 2016
Pwllheli 27 3 Bala

5 March 2016
Bethesda 40 17 Abergele
Caernarfon 13 27 Nant Conwy
COBRA 10 14 Mold
Dolgellau 9 6 Bala
Pwllheli 32 17 Llangefni

20 February 2016
Abergele 3 9 Llangefni
Bethesda 10 5 Caernarfon
Mold 27 3 Llandudno
Nant Conwy 37 3 COBRA
Ruthin 9 8 Dolgellau

30 January 2016
Caernarfon 10 13 Abergele
COBRA 9 7 Bethesda
Dolgellau 8 5 Mold
Llandudno 5 22 Nant Conwy
Llangefni 10 17 Bala
Pwllheli 29 5 Ruthin

23 January 2016
Abergele 6 23 Bala
Bethesda 45 10 Llandudno
Caernarfon 17 18 COBRA
Nant Conwy 33 8 Dolgellau
Ruthin 31 15 Llangefni

2 January 2016

Abergele 20 16 Ruthin
Caernarfon 22 0 Dolgellau
COBRA 40 5 Llandudno

Mold 10 18 Bala
Nant Conwy 57 0 Llangefni

19 December 2015
Abergele 10 8 Llandudno
Bala 5 9 Nant Conwy
Dolgellau 10 13 COBRA
Llangefni 10 20 Bethesda
Pwllheli 31 7 Caernarfon
Ruthin 10 3 Mold

5 December 2015
COBRA 9 23 Pwllheli
Mold 6 10 Abergele

28 November 2015
Bethesda 21 12 Ruthin
Caernarfon 7 15 Bala
COBRA 7 5 Llangefni
Dolgellau 15 25 Abergele
Nant Conwy 29 11 Mold

21 November 2015
Abergele 13 21 Nant Conwy
Bala 17 10 COBRA
Llandudno 31 17 Llangefni
Mold 16 10 Bethesda
Pwllheli 56 8 Dolgellau
Ruthin 12 13 Caernarfon

14 November 2015
Caernarfon 22 20 Mold
COBRA 3 7 Ruthin
Pwllheli 34 13 Abergele

7 November 2015
Abergele 8 13 Bethesda
Bala 13 12 Dolgellau
Llangefni 17 16 Pwllheli
Mold 24 13 COBRA
Nant Conwy 10 11 Caernarfon
Ruthin 17 15 Llandudno

24 October 2015
Caernarfon 29 13 Bethesda
COBRA 6 24 Nant Conwy
Dolgellau 22 22 Ruthin
Llandudno 44 15 Mold
Llangefni 3 43 Abergele

DIVISION TWO NORTH

14 May 2016
Bro Ffestiniog 43 0 Flint

7 May 2016
Bro Ffestiniog 15 15 Shotton Steel

23 April 2016
Bro Ffestiniog 69 3 Menai Bridge
Colwyn Bay 41 18 Llanidloes
Harlech 22 7 Flint

16 April 2016
Colwyn Bay 18 15 Bro Ffestiniog
Wrexham 5 38 Shotton Steel

9 April 2016
Flint 41 13 Llanidloes

2 April 2016
Harlech 31 31 Llanidloes
Wrexham 0 35 Colwyn Bay

30 March 2016
Flint 25 38 Shotton Steel

12 March 2016
Bro Ffestiniog 51 0 Denbigh

5 March 2016
Colwyn Bay 72 12 Flint
Denbigh 47 15 Llanidloes
Shotton Steel 67 12 Menai Bridge
Wrexham 6 13 Bro Ffestiniog

27 February 2016
Harlech 19 25 Shotton Steel
Llanidloes 13 21 Flint
Menai Bridge 3 15 Wrexham

20 February 2016
Denbigh 32 0 Menai Bridge
Flint 0 19 Bro Ffestiniog
Wrexham 20 0 Harlech

10 October 2015
Abergele 16 13 Caernarfon
Bala 21 18 Llangefni
Bethesda 25 3 COBRA
Mold 17 16 Dolgellau
Nant Conwy 29 27 Llandudno
Ruthin 41 27 Pwllheli

3 October 2015
Bala 23 20 Abergele
COBRA 9 13 Caernarfon
Dolgellau 13 40 Nant Conwy
Llandudno 38 12 Bethesda
Llangefni 33 18 Ruthin
Pwllheli 25 13 Mold

26 September 2015
Abergele 20 23 COBRA
Bethesda 22 15 Dolgellau
Caernarfon 23 25 Llandudno
Mold 15 11 Llangefni
Nant Conwy 17 17 Pwllheli
Ruthin 25 25 Bala

19 September 2015
Bala 28 15 Mold
Dolgellau 8 29 Caernarfon
Llandudno 31 10 COBRA
Llangefni 5 38 Nant Conwy
Pwllheli 28 12 Bethesda
Ruthin 26 32 Abergele

12 September 2015
Bethesda 22 19 Llangefni
Caernarfon 18 19 Pwllheli
Llandudno 25 22 Abergele
Mold 23 5 Ruthin
Nant Conwy 10 9 Bala

5 September 2015
Abergele 24 24 Mold
Bala 18 17 Bethesda
Dolgellau 42 12 Llandudno
Llangefni 16 32 Caernarfon
Pwllheli 35 7 COBRA
Ruthin 7 38 Nant Conwy

9 April 2016
Benllech 7 50 Rhyll
Holyhead 7 29 Rhosllanerchrugog
Welshpool 3 20 Llangollen

26 March 2016
Holyhead 5 24 Welshpool

5 March 2016
Rhosllanerchrugog 13 8 Bangor

27 February 2016
Holyhead 29 39 Rhyll
Welshpool 26 26 Bangor

20 February 2016
Bangor 45 3 Benllech
Rhyll 5 43 Newtown
Welshpool 12 12 Rhosllanerchrugog

6 February 2016
Benllech 34 20 Holyhead

30 January 2016
Llangollen 31 12 Bangor
Rhyll 12 0 Rhosllanerchrugog

9 January 2016
Llangollen 32 12 Benllech

2 January 2016
Bangor 22 10 Rhyll
Rhosllanerchrugog 8 12 Llangollen
Welshpool 8 22 Newtown

28 November 2015
Denbigh 5 13 Colwyn Bay
Harlech 18 8 Menai Bridge
Shotton Steel 15 11 Llanidloes
Wrexham 12 10 Flint

21 November 2015
Bro Ffestiniog 42 3 Wrexham
Flint 14 38 Colwyn Bay
Llanidloes 12 13 Denbigh
Menai Bridge 5 36 Shotton Steel

14 November 2015
Denbigh 8 37 Bro Ffestiniog

Shotton Steel 22 0 Harlech
Wrexham 26 16 Menai Bridge

7 November 2015
Harlech 7 8 Wrexham
Llanidloes 7 15 Colwyn Bay
Menai Bridge 0 18 Denbigh

24 October 2015
Colwyn Bay 25 15 Shotton Steel
Denbigh 55 22 Harlech
Flint 40 18 Menai Bridge
Llanidloes 6 12 Bro Ffestiniog

10 October 2015
Bro Ffestiniog 15 29 Colwyn Bay
Menai Bridge 7 27 Llanidloes
Shotton Steel 27 22 Wrexham

3 October 2015
Colwyn Bay 56 0 Wrexham
Denbigh 16 19 Shotton Steel
Llanidloes 66 8 Harlech

DIVISION THREE NORTH

14 May 2016
Benllech 10 29 Welshpool
Newtown 48 7 Holyhead
Rhyll 27 62 Llangollen

7 May 2016
Rhosllanerchrugog 80 5 Holyhead

30 April 2016
Benllech 25 29 Rhosllanerchrugog

23 April 2016
Newtown 47 0 Bangor

16 April 2016
Newtown 62 7 Rhosllanerchrugog

9 April 2016
Benllech 7 50 Rhyll
Holyhead 7 29 Rhosllanerchrugog
Welshpool 3 20 Llangollen

2 April 2016
Holyhead 0 42 Bangor
Newtown 16 10 Llangollen
Rhosllanerchrugog 19 18 Benllech

26 March 2016
Holyhead 5 24 Welshpool

5 March 2016
Rhosllanerchrugog 13 8 Bangor

27 February 2016
Holyhead 29 39 Rhyll
Welshpool 26 26 Bangor

20 February 2016
Bangor 45 3 Benllech
Rhyll 5 43 Newtown
Welshpool 12 12 Rhosllanerchrugog

6 February 2016
Benllech 34 20 Holyhead

30 January 2016
Llangollen 31 12 Bangor
Rhyll 12 0 Rhosllanerchrugog

9 January 2016
Llangollen 32 12 Benllech

2 January 2016
Bangor 22 10 Rhyll
Rhosllanerchrugog 8 12 Llangollen
Welshpool 8 22 Newtown



19 September 2015
Harlech 7 36 Bro Ffestiniog
Menai Bridge 8 28 Colwyn Bay
Shotton Steel 60 15 Flint
Wrexham 37 17 Denbigh

12 September 2015
Colwyn Bay 52 0 Denbigh
Flint 21 38 Wrexham
Llanidloes 21 31 Shotton Steel
Menai Bridge 22 12 Harlech

5 September 2015
Denbigh 27 14 Flint
Shotton Steel 24 29 Bro Ffestiniog
Wrexham 11 16 Llanidloes

5 December 2015
Llangollen 9 15 Newtown

28 November 2015
Holyhead 0 65 Llangollen
Rhyll 0 14 Welshpool

21 November 2015
Bangor 24 10 Rhosllanerchrugog
Holyhead 3 80 Newtown
Llangollen 49 5 Rhyll

14 November 2015
Bangor 45 3 Welshpool
Rhosllanerchrugog 0 40 Newtown
Rhyll 51 0 Holyhead

7 November 2015
Benllech 0 60 Bangor
Newtown 56 5 Rhyll
Rhosllanerchrugog 5 5 Welshpool

24 October 2015
Llangollen 34 17 Rhosllanerchrugog
Rhosllanerchrugog 34 27 Rhyll
Welshpool 19 12 Benllech

17 October 2015
Holyhead 16 19 Benllech

10 October 2015
Llangollen 41 15 Welshpool

8 October 2015
Bangor 64 3 Holyhead

3 October 2015
Bangor 15 41 Newtown
Benllech 0 52 Llangollen
Welshpool 86 0 Holyhead

19 September 2015
Llangollen 34 17 Rhosllanerchrugog
Newtown 26 7 Welshpool
Rhyll 39 7 Bangor

12 September 2015
Benllech 5 61 Newtown
Llangollen 52 13 Holyhead
Welshpool 30 10 Rhyll

BUILTH WELLS

17 May 2016
Ammanford 0 48 Skewen

Skewen 49 5 Seven Sisters
Tondu 15 15 Ystalyfera
Trebanos 30 24 Pencoed

14 May 2016
Maesteg Quins 21 0 Pencoed
Trebanos 39 19 Skewen

7 May 2016
Ammanford 30 45 Maesteg Quins
Tondu 33 10 Pencoed
Trebanos 26 12 Ystalyfera

4 May 2016
Maesteg Quins 23 28 Tondu

30 April 2016
Kenfig Hill 56 12 Bonymaen
Maesteg Quins 10 39 Skewen
Pencoed 19 33 Ammanford
Tondu 23 7 Trebanos

28 April 2016
Ystalyfera 10 17 Maesteg

27 April 2016
Seven Sisters 28 20 Kenfig Hill

23 April 2016
Maesteg Quins 24 26 Kenfig Hill
Tondu 30 18 Seven Sisters
Trebanos 20 30 Ammanford
Ystalyfera 22 20 Pencoed

21 April 2016
Ystalyfera 31 31 Bonymaen

20 April 2016
Kenfig Hill 12 38 Skewen
Maesteg 42 22 Pencoed

19 April 2016
Seven Sisters 29 13 Trebanos

16 April 2016
Kenfig Hill 25 38 Ystalyfera
Pencoed 15 22 Builth Wells
Tondu 34 22 Ammanford
Trebanos 34 29 Maesteg Quins

9 April 2016
Ammanford 16 15 Tondu
Bonymaen 27 20 Maesteg Quins
Maesteg 48 18 Ystalyfera
Pencoed 16 22 Seven Sisters
Trebanos 33 0 Builth Wells

2 April 2016
Builth Wells 14 38 Ammanford
Tondu 14 24 Maesteg

26 March 2016
Kenfig Hill 61 0 Maesteg Quins
Maesteg 43 0 Bonymaen
Pencoed 9 6 Ystalyfera
Tondu 7 5 Builth Wells
Trebanos 13 10 Seven Sisters

5 March 2016
Bonymaen 34 21 Pencoed
Builth Wells 19 15 Maesteg
Maesteg Quins 13 20 Trebanos
Seven Sisters 28 28 Ammanford
Skewen 40 3 Tondu
Ystalyfera 17 17 Kenfig Hill

27 February 2016
Builth Wells 20 15 Tondu
Seven Sisters 34 10 Maesteg Quins

20 February 2016
Builth Wells 12 19 Skewen

30 January 2016
Bonymaen 27 20 Trebanos
Pencoed 18 13 Kenfig Hill
Seven Sisters 16 17 Builth Wells
Skewen 23 15 Maesteg
Ystalyfera 3 18 Ammanford

23 January 2016
Ammanford 35 0 Bonymaen
Builth Wells 14 7 Maesteg Quins
Maesteg 16 8 Kenfig Hill

12 September 2015
Ammanford 25 20 Trebanos
Builth Wells 5 16 Pencoed
Kenfig Hill 41 15 Builth Wells
Maesteg Quins 29 26 Maesteg
Seven Sisters 34 22 Ystalyfera
Skewen 60 16 Bonymaen
Tondu 8 17 Kenfig Hill

ABERYSTWYTH

14 May 2016
Hendy 33 39 Tycroes
Mumbles 48 19 Amman United

Pontyberem 18 8 Llanybydder

7 May 2016
Fishguard 27 26 Amman United
Mumbles 23 34 Carmarthen Athletic
Pontyberem 40 29 Hendy

12 February 2016
Carmarthen Athletic 18 3 Penclawdd

30 January 2016
Aberystwyth 22 0 Carmarthen Athletic
Amman United 39 0 Tregaron
Hendy 10 21 Fishguard
Penclawdd 16 3 Pontyberem
Tycroes 30 0 Llanybydder

23 January 2016
Amman United 27 7 Pontarddulais
Carmarthen Athletic 16 13 Hendy
Fishguard 14 30 Tycroes
Llanybydder 10 14 Penclawdd
Tregaron 24 58 Pontyberem

16 January 2016
Amman United 6 17 Hendy
Fishguard 20 22 Pontarddulais
Tycroes 30 5 Tregaron

9 January 2016
Penclawdd 3 3 Fishguard
Pontarddulais 24 13 Tregaron

2 January 2016
Pontarddulais 24 27 Aberystwyth
Tregaron 16 30 Llanybydder

26 December 2015
Penclawdd 36 10 Mumbles
Pontyberem 23 18 Carmarthen Athletic
Tregaron 13 36 Aberystwyth

5 December 2015
Aberystwyth 7 0 Hendy
Amman United 3 23 Penclawdd
Carmarthen Athletic 8 0 Llanybydder
Fishguard 19 6 Tregaron
Mumbles 22 36 Pontyberem
Pontarddulais 10 22 Tycroes

28 November 2015
Aberystwyth 26 7 Tycroes
Carmarthen Athletic 22 0 Fishguard
Hendy 37 0 Tregaron
Mumbles 13 10 Llanybydder
Pontarddulais 6 31 Penclawdd

21 November 2015
Fishguard 9 9 Carmarthen Athletic
Llanybydder 37 22 Mumbles
Penclawdd 42 37 Pontarddulais
Pontyberem 18 33 Amman United
Tregaron 0 29 Hendy
Tycroes 19 14 Aberystwyth

14 November 2015
Aberystwyth 31 9 Pontyberem
Penclawdd 32 0 Hendy

7 November 2015
Carmarthen Athletic 17 10 Amman United
Llanybydder 31 20 Aberystwyth
Penclawdd 14 3 Tycroes
Tregaron 16 50 Mumbles

24 October 2015
Aberystwyth 33 19 Fishguard
Amman United 17 26 Mumbles
Hendy 12 6 Llanybydder
Penclawdd 36 6 Tregaron
Pontarddulais 31 14 Carmarthen Athletic
Tycroes 35 34 Pontyberem

10 October 2015
Carmarthen Athletic 0 34 Aberystwyth
Fishguard 16 14 Hendy

Llanybydder 23 14 Tycroes
Mumbles 30 32 Pontarddulais
Pontyberem 12 24 Penclawdd
Tregaron 18 23 Amman United

3 October 2015
Aberystwyth 30 29 Mumbles
Hendy 20 18 Carmarthen Athletic
Penclawdd 20 10 Llanybydder
Pontarddulais 69 17 Amman United
Pontyberem 59 21 Tregaron
Tycroes 15 14 Fishguard

26 September 2015
Amman United 31 38 Aberystwyth
Carmarthen Athletic 6 12 Tycroes
Fishguard 17 23 Penclawdd
Mumbles 38 29 Hendy

19 September 2015
Aberystwyth 31 27 Pontarddulais
Hendy 29 28 Amman United

LLANDRINDOD WELLS

21 May 2016
Abercwmbi 59 5 Llandrindod Wells
Cefn Coed 10 23 Tylorstown
Tonyrefail 26 6 Cowbridge

19 May 2016
Cowbridge 15 8 Taffs Well

17 May 2016
Taffs Well 43 0 Llandrindod Wells
Tonyrefail 19 26 Caerau Ely

16 May 2016
Abercwmbi 34 11 Taffs Well
Cowbridge 40 26 St Albans

15 May 2016
Penygraig 48 12 Llandrindod Wells

14 May 2016
Caerau Ely 20 3 Cowbridge
Cefn Coed 12 55 Taffs Well
Tylorstown 48 18 Tonyrefail

12 May 2016
Tonyrefail 13 34 Taffs Well

11 May 2016
Cefn Coed 14 18 Llandrindod Wells

10 May 2016
Cowbridge 17 21 Abercwmbi
St Albans 20 34 Taffs Well

7 May 2016
Canton 33 7 Tonyrefail
Cefn Coed 41 50 Cowbridge
Penygraig 14 24 Taffs Well
St Albans 20 15 Caerau Ely
Tylorstown 40 8 Llandrindod Wells

4 May 2016
Caerau Ely 26 51 Taffs Well

30 April 2016
Llandrindod Wells 24 31 Canton
St Albans 60 17 Cefn Coed

26 April 2016
St Albans 12 48 Abercwmbi

23 April 2016
Penygraig 15 26 Canton
Tylorstown 29 18 Caerau Ely

19 April 2016
Abercwmbi 46 8 Caerau Ely

16 April 2016
Cefn Coed 17 18 Tonyrefail
Cowbridge 8 50 Tylorstown
St Albans 28 21 Canton

13 April 2016
Penygraig 22 21 Cowbridge

12 April 2016
Abercwmbi 55 0 Cefn Coed

Llanybydder 78 0 Tregaron
Penclawdd 28 10 Carmarthen Athletic
Pontyberem 35 14 Fishguard
Tycroes 10 18 Mumbles

12 September 2015
Aberystwyth 81 0 Tregaron
Amman United 6 9 Tycroes
Carmarthen Athletic 23 28 Pontyberem
Fishguard 31 27 Llanybydder
Mumbles 12 27 Penclawdd
Pontarddulais 13 12 Hendy

5 September 2015
Hendy 11 30 Aberystwyth
Llanybydder 34 31 Carmarthen Athletic
Pontyberem 23 17 Mumbles
Tregaron 13 52 Fishguard
Tycroes 24 13 Pontarddulais

9 April 2016
Canton 19 24 Tylorstown
Llandrindod Wells 14 11 St Albans
Penygraig 10 0 Tonyrefail

2 April 2016
Caerau Ely 13 14 Cefn Coed
St Albans 32 38 Cowbridge
Taffs Well 36 17 Penygraig
Tonyrefail 19 29 Canton
Tylorstown 5 36 Abercwmbi

26 March 2016
Abercwmbi 28 3 Tonyrefail
Llandrindod Wells 25 22 Cowbridge
Penygraig 43 5 St Albans

22 March 2016
Abercwmbi 60 0 Penygraig
Canton 5 33 Taffs Well

18 March 2016
Canton 26 17 Cowbridge
Penygraig 33 13 Caerau Ely

12 March 2016
Caerau Ely 17 11 Canton

5 March 2016
Caerau Ely 48 10 Llandrindod Wells
Canton 17 20 St Albans
Cowbridge 10 17 Penygraig
Taffs Well 18 17 Abercwmbi
Tonyrefail 10 55 Cefn Coed

27 February 2016
Abercwmbi 53 0 St Albans
Caerau Ely 8 10 Tylorstown
Cefn Coed 27 22 Canton
Llandrindod Wells 7 41 Penygraig

23 January 2016
Canton 12 10 Abercwmbi
Penygraig 21 8 Cefn Coed
Taffs Well 34 0 Tylorstown
Tonyrefail 30 3 Llandrindod Wells

16 January 2016
Old Tyleryan 31 20 Caerau Ely
St Albans 13 18 Tonyrefail

9 January 2016
Llandrindod Wells 0 141 Abercwmbi
Tylorstown 13 7 St Albans

2 January 2016
Llandrindod Wells 0 55 Taffs Well

26 December 2015
Taffs Well 66 0 St Albans
Tylorstown 15 3 Penygraig

19 December 2015
Caerau Ely 20 12 Abercwmbi

5 December 2015
St Albans 27 12 Llandrindod Wells
Taffs Well 33 14 Cowbridge

Tonyrefail 12 15 Penygraig
Tylorstown 31 25 Canton

28 November 2015
Abercwmbi 22 7 Tylorstown
Cefn Coed 5 5 Caerau Ely

21 November 2015
Cowbridge 67 5 Llandrindod Wells
St Albans 26 13 Penygraig
Taffs Well 34 12 Canton
Tonyrefail 24 66 Abercwmbi
Tylorstown 17 13 Cefn Coed

14 November 2015
Llandrindod Wells 8 12 Caerau Ely

7 November 2015
Cowbridge 21 23 Canton
Taffs Well 20 10 Cefn Coed

24 October 2015
Abercwmbi 55 0 Cowbridge
Caerau Ely 30 15 Tonyrefail
Canton 13 7 Penygraig
Cefn Coed 24 6 St Albans
Llandrindod Wells 12 48 Tylorstown

10 October 2015
Canton 71 10 Llandrindod Wells

TREFYCLAWDD AND RHAYADER

21 May 2016
Abersychan 31 17 Rhayader

18 May 2016
Malpas 32 24 Abersychan

14 May 2016
Rhayader 37 19 Abersychan
West Mon 34 31 Cefn Fforest

7 May 2016
Cefn Forest 75 8 Old Tyleryan
Markham 100 0 Abersychan

30 April 2016
Cefn Forest 0 10 Markham
Girling 36 14 Rhayader
Malpas 47 10 Forgeiside

23 April 2016
Cwmcam United 31 14 Old Tyleryan
Forgeiside 68 0 Abersychan
Girling 20 49 Markham
West Mon 17 33 Malpas

16 April 2016
Abersychan 0 103 Markham
Cefn Forest 40 11 Cwmcam United
Forgeiside 0 15 Girling
Rhayader 26 10 Old Tyleryan
Tref y Clawdd 0 28 Malpas

9 April 2016
Cwmcam United 34 20 Abersychan
Forgeiside 50 5 Tref y Clawdd
Girling 27 66 Cefn Fforest
Markham 81 3 Old Tyleryan
Rhayader 7 57 Malpas

2 April 2016
Cwmcam United 26 20 West Mon
Markham 37 16 Malpas
Old Tyleryan 7 35 Girling
Tref y Clawdd 52 10 Abersychan

26 March 2016
Abersychan 0 45 West Mon
Markham 46 8 Cwmcam United

12 March 2016
Forgeiside 0 6 Malpas

5 March 2016
Cwmcam United 12 10 Girling
Forgeiside 22 0 Old Tyleryan
West Mon 11 21 Markham

27 February 2016
Girling 18 26 West Mon
Rhayader 5 35 Cwmcam United
Tref y Clawdd 53 6 Old Tyleryan

Cowbridge 29 23 Cefn Coed
Penygraig 0 32 Abercwmbi
Taffs Well 32 5 Caerau Ely
Tonyrefail 3 31 Tylorstown

3 October 2015
Abercwmbi 51 12 Canton
Caerau Ely 27 17 St Albans
Cefn Coed 45 13 Penygraig
Llandrindod Wells 25 24 Tonyrefail
Tylorstown 12 25 Taffs Well

19 September 2015
Canton 20 14 Cefn Coed
St Albans 11 23 Tylorstown
Taffs Well 48 14 Tonyrefail

12 September 2015
Caerau Ely 14 14 Penygraig
Cefn Coed 20 19 Abercwmbi
Tonyrefail 31 32 St Albans
Tylorstown 43 20 Cowbridge

5 September 2015
Canton 13 13 Caerau Ely
Cowbridge 62 17 Tonyrefail
Llandrindod Wells 3 66 Cefn Coed
Penygraig 0 26 Tylorstown

20 February 2016
Cwmcam United 10 0 Forgeiside
Old Tyleryan 0 32 Malpas
West Mon 34 7 Rhayader

30 January 2016
Abersychan 14 29 Girling
Forgeiside 13 6 West Mon
Rhayader 3 79 Markham
Tref y Clawdd 10 21 Cwmcam United

23 January 2016
Cwmcam United 7 34 Malpas
Markham 75 0 Forgeiside
Old Tyleryan 35 10 Abersychan
West Mon 37 7 Tref y Clawdd

16 January 2016
Abersychan 20 17 Cwmcam United
Cefn Forest 15 24 Malpas
Old Tyleryan 8 35 Forgeiside

26 December 2015
Tref y Clawdd 28 17 Rhayader

12 December 2015
Old Tyleryan 0 22 West Mon

5 December 2015
Cefn Fforest 19 5 Girling
Old Tyleryan 3 82 Markham
Tref y Clawdd 12 17 Forgeiside

28 November 2015
Abersychan 15 34 Tref y Clawdd
Girling 31 9 Old Tyleryan
Rhayader 0 31 Cefn Fforest
West Mon 26 10 Cwmcam United

21 November 2015
Cefn Forest 50 12 Forgeiside
Cwmcam United 5 107 Markham
Old Tyleryan 17 5 Rhayader
West Mon 62 0 Abersychan

14 November 2015
Abersychan 0 42 Malpas
Girling 21 7 Cwmcam United
Markham 25 0 West Mon

7 November 2015
Cwmcam United 17 0 Rhayader
Old Tyleryan 17 26 Tref y Clawdd

24 October 2015
Abersychan 0 133 Cefn Fforest
Forgeiside 64 10 Cwmcam United
Malpas 53 3 Old Tyleryan
Rhayader 5 22 West Mon

10 October 2015
Cwmcarn United 28 20 Tref y Clawdd
Girling 64 8 Abersychan
Markham 103 3 Rhayader
Old Tyleryan 3 63 Cefn Fforest
West Mon 17 20 Forgeside

Markham 94 5 Tref y Clawdd
West Mon 5 38 Malpas

3 October 2015
Abersychan 7 19 Old Tyleryan
Forgeside 10 40 Markham
Malpas 73 11 Cwmcarn United
Rhayader 22 18 Girling
Tref y Clawdd 27 17 West Mon

12 September 2015
Cefn Fforest 29 14 West Mon
Forgeside 59 3 Rhayader
Malpas 17 36 Markham
Old Tyleryan 6 12 Cwmcarn United
Tref y Clawdd 32 29 Girling

5 September 2015
Abersychan 7 85 Forgeside
Girling 10 19 Malpas
Markham 58 22 Cefn Fforest
Rhayader 20 48 Tref y Clawdd
West Mon 43 3 Old Tyleryan

19 September 2015
Cwmcarn United 19 35 Cefn Fforest
Girling 13 17 Forgeside

NORTH WALES YOUTH DIVISION TWO

7 May 2016
Bethesda 24 10 COBRA
Llanidloes 21 34 Bangor
Rhyl 5 27 Dolgellau

2 January 2016
Bangor 7 10 Dolgellau
Bro Ffestiniog 10 17 Bethesda
Rhyl 10 15 COBRA

30 April 2016
Dolgellau 17 19 Bangor
Welshpool 20 26 Bro Ffestiniog

19 December 2015
Bangor 59 5 Bro Ffestiniog

23 April 2016
Dolgellau 12 10 Llanidloes
Welshpool 20 26 Newtown

12 December 2015
Bangor 10 0 Rhyl

16 April 2016
Welshpool 10 27 Bethesda

28 November 2015
Bangor 42 0 Llanidloes
COBRA 26 7 Bro Ffestiniog
21 November 2015
Llanidloes 7 24 Bethesda
Newtown 38 12 Bro Ffestiniog

2 April 2016
Bethesda 24 0 Llanidloes
COBRA 9 21 Bangor

14 November 2015
Bethesda 29 0 Welshpool

30 March 2016
Bro Ffestiniog 0 12 Newtown

7 November 2015
Bethesda 5 14 Dolgellau
COBRA 3 33 Welshpool

26 March 2016
Llanidloes 13 15 COBRA

17 October 2015
Dolgellau 24 0 COBRA
Llanidloes 5 15 Rhyl
Newtown 12 18 Bangor

10 March 2016
Bethesda 29 6 Rhyl

10 October 2015
Bethesda 10 19 Bangor
Bro Ffestiniog 10 26 Dolgellau
Llanidloes 15 12 Newtown

5 March 2016
Welshpool 0 53 Bangor

3 October 2015
Bangor 55 7 COBRA
Newtown 15 5 Bethesda
Welshpool 12 26 Llanidloes

27 February 2016
Bangor 50 0 Welshpool
COBRA 43 17 Rhyl

20 February 2016
COBRA 12 0 Llanidloes

26 September 2015
Bro Ffestiniog 8 36 Bangor
COBRA 10 25 Bethesda
Llanidloes 19 7 Dolgellau

30 January 2016
Dolgellau 29 10 Bethesda
Newtown 13 7 Rhyl
Welshpool 8 10 COBRA

25 September 2015
Newtown 54 3 Welshpool

23 January 2016
Bangor 17 10 Newtown
COBRA 12 7 Dolgellau
Rhyl 18 19 Llanidloes

19 September 2015
Bangor 25 16 Rhyl
Bethesda 0 5 Bro Ffestiniog
Newtown 26 6 COBRA
Welshpool 15 21 Dolgellau

16 January 2016
Bangor 15 6 Bethesda
Dolgellau 10 12 Bro Ffestiniog
Newtown 3 6 Llanidloes

5 September 2015
Dolgellau 31 10 Newtown
Rhyl 26 5 Bethesda

9 January 2016
Welshpool 12 20 Llanidloes



NORTH WALES YOUTH DIVISION ONE

13 May 2016
Caernarfon 26 25 Denbigh

7 May 2016
Bala 50 28 Colwyn Bay
Nant Conwy 60 10 Pwllheli

3 May 2016
Bala 12 33 Ruthin
Denbigh 8 0 Nant Conwy

30 April 2016
Pwllheli 20 36 Wrexham

27 April 2016
Pwllheli 43 17 Colwyn Bay

26 April 2016
Llandudno 0 48 Caernarfon
Nant Conwy 53 0 Llangefni

23 April 2016
Caernarfon 20 10 Mold
Denbigh 17 11 Ruthin

20 April 2016
Colwyn Bay 0 22 Pwllheli

13 April 2016
Llandudno 38 12 Llangefni

9 April 2016
Caernarfon 26 0 Bala
Pwllheli 10 0 Ruthin

6 April 2016
Mold 19 17 Llandudno
Wrexham 62 22 Colwyn Bay

2 April 2016
Caernarfon 33 5 Llandudno
Colwyn Bay 17 26 Mold
Llangefni 7 38 Ruthin
Wrexham 39 5 Pwllheli

29 March 2016
Denbigh 23 21 Bala
Ruthin 29 0 Llangefni

23 March 2016
Nant Conwy 53 0 Colwyn Bay

21 March 2016
Pwllheli 12 21 Caernarfon

16 March 2016
Colwyn Bay 0 52 Nant Conwy

12 March 2016
Llandudno 8 27 Denbigh
Llangefni 17 29 Bala
Mold 10 12 Nant Conwy
Ruthin 31 0 Colwyn Bay

10 March 2016
Llangefni 10 10 Colwyn Bay

5 March 2016
Pwllheli 5 22 Denbigh
Ruthin 7 17 Nant Conwy
Wrexham 5 15 Caernarfon

27 February 2016
Caernarfon 27 9 Llandudno
Denbigh 19 5 Wrexham
Llangefni 5 3 Pwllheli
Mold 5 23 Ruthin
Nant Conwy 19 0 Bala

20 February 2016
Llangefni 29 12 Mold

6 February 2016
Llandudno 10 24 Nant Conwy
Wrexham 33 7 Llangefni

30 January 2016
Colwyn Bay 0 50 Wrexham
Llangefni 13 26 Caernarfon
Pwllheli 6 5 Nant Conwy
Ruthin 22 20 Bala

23 January 2016
Caernarfon 29 0 Colwyn Bay
Denbigh 50 0 Llangefni
Llandudno 3 33 Ruthin
Wrexham 14 24 Nant Conwy

16 January 2016
Colwyn Bay 12 31 Denbigh
Nant Conwy 22 7 Caernarfon
Ruthin 25 3 Pwllheli

9 January 2016
Pwllheli 15 5 Bala
Wrexham 5 31 Ruthin

19 December 2015
Bala 10 5 Wrexham
Llandudno 0 5 Pwllheli
Mold 0 37 Denbigh
Ruthin 15 3 Caernarfon

12 December 2015
Wrexham 12 15 Llandudno

28 November 2015
Bala 10 10 Denbigh
Mold 43 0 Colwyn Bay

21 November 2015
Bala 32 0 Llangefni
Caernarfon 13 8 Pwllheli
Colwyn Bay 0 55 Ruthin
Denbigh 53 14 Llandudno
Nant Conwy 46 0 Mold

14 November 2015
Colwyn Bay 0 12 Bala
Denbigh 13 8 Pwllheli
Llangefni 25 24 Llandudno
Ruthin 22 22 Nant Conwy

7 November 2015
Bala 5 15 Nant Conwy
Llandudno 17 0 Colwyn Bay
Pwllheli 17 10 Llangefni
Ruthin 26 0 Mold
Wrexham 10 13 Denbigh

31 October 2015
Denbigh 34 5 Caernarfon
Mold 12 24 Bala
Nant Conwy 22 6 Llandudno

17 October 2015
Caernarfon 35 14 Llangefni
Llandudno 25 12 Mold

10 October 2015
Colwyn Bay 10 33 Caernarfon
Llangefni 18 34 Denbigh
Mold 14 29 Pwllheli
Nant Conwy 34 12 Wrexham
Ruthin 38 17 Llandudno

3 October 2015
Caernarfon 21 24 Nant Conwy
Denbigh 53 17 Colwyn Bay
Llandudno 58 7 Bala
Wrexham 27 6 Mold

26 September 2015
Bala 23 8 Pwllheli
Colwyn Bay 15 35 Llangefni
Mold 12 50 Caernarfon
Nant Conwy 34 5 Denbigh
Ruthin 26 33 Wrexham

19 September 2015
Caernarfon 23 7 Ruthin
Denbigh 3 21 Mold
Llandudno 14 12 Pwllheli
Llangefni 7 58 Nant Conwy
Wrexham 38 15 Bala

5 September 2015
Bala 8 29 Caernarfon
Llandudno 20 12 Wrexham
Ruthin 34 17 Denbigh

WRU Championship

Team	P	W	D	L	Pts
Merthyr	26	24	0	2	118
Swansea	26	22	1	3	108
Bargoed	26	19	1	6	97
RGC 1404	26	19	0	7	96
Pontypool	26	19	1	6	94
Beddau	26	10	1	15	52
Cardiff Met	26	9	0	17	51
Tata Steel	26	11	0	15	50
Newcastle Emlyn	26	10	0	16	47
Newbridge	26	9	0	17	47
Glynneath	26	9	0	17	45
Bridgend Athletic	26	9	1	16	43
Llanharan	26	1	0	25	7

WRU North Wales Division One

Team	P	W	D	L	Pts
Pwllheli	22	19	1	2	93
Nant Conwy	22	19	1	2	92
Bala	22	13	1	8	59
Llandudno	22	11	0	11	58
Bethesda	22	10	0	12	51
Caernarfon	22	10	0	12	51
Ruthin	22	8	2	12	47
Abergele	22	9	1	12	46
Mold	22	9	1	12	45
COBRA	22	8	0	14	39
Llangefni	22	6	0	16	34
Dolgellau	22	6	1	15	33

WRU North Wales Division Two

Team	P	W	D	L	Pts
Colwyn Bay	16	16	0	0	73
Bro Ffestiniog	16	13	1	2	65
Shotton Steel	16	12	1	3	61
Wrexham	16	7	0	9	36
Denbigh	16	7	0	9	34
Llanidloes	16	5	1	10	28
Flint	16	5	0	11	25
Harlech	16	4	1	11	24
Menai Bridge	16	1	0	15	0

WRU North Wales Division Three

Team	P	W	D	L	Pts
Newtown	13	13	0	0	62
Llangollen	14	11	0	3	55
Bangor	14	8	1	5	41
Welshpool	14	6	3	5	34
Rhosllanerchrugog	14	6	2	6	33
Rhyl	14	6	0	8	28
Benllech	13	2	0	11	12
Holyhead	14	0	0	14	2

WRU Division One East Central

Team	P	W	D	L	Pts
Skewen	22	20	0	2	96
Ammanford	22	16	1	5	80
Trebanos	22	14	0	8	69
Seven Sisters	22	12	1	9	62
Bonymaen	22	11	3	8	59
Maesteg	22	11	0	11	57
Maesteg Quins	22	7	1	14	45
Ystalyfera	22	7	3	12	43
Kenfig Hill	22	7	2	13	42
Builth Wells	22	8	0	14	37
Tondu	22	7	2	13	37
Pencoed	22	5	1	16	29

Team	P	W	D	L	Pts
Aberystwyth	22	19	0	3	93
Penclawdd	22	19	1	2	91
Tycroes	22	14	0	8	67
Pontyberem	22	13	0	9	66
Mumbles	22	10	0	12	56
Fishguard	22	10	2	10	53
Llanybydder	22	10	0	12	52
Hendy	22	9	0	13	49
Carmarthen Athletic	22	9	2	11	49
Pontarddulais	22	9	0	13	48
Amman United	22	7	0	15	40
Tergaron	22	0	1	21	4

Team	P	W	D	L	Pts
Taffs Well	20	18	0	2	90
Abercwmboi	20	16	0	4	82
Tylorstown	20	16	0	4	72
Canton	20	10	1	9	53
Caerau Ely	20	8	3	9	46
Cowbridge	20	8	0	12	44
Penygraig	20	9	1	10	43
Cefn Coed	20	7	1	12	42
St Albans	20	7	0	13	37
Tonyrefail	20	4	0	16	17
Llandrindod Wells	20	4	0	16	17

Team	P	W	D	L	Pts
Markham	18	18	0	0	87
Malpas	16	14	0	2	66
West Mon	19	10	0	9	53
Forgeside	18	11	0	7	52
Cwmcarn United	20	10	0	10	46
Cefn Fforest	14	10	0	4	43
Trefyclawdd	15	8	0	7	41
Girling	16	7	0	9	39
Rhayader	17	3	0	14	15
Old Tyleryan	20	3	0	17	14
Abersychan	19	2	0	17	2

WRU Division Two West

Division Three East Central B

WRU Division Three East D

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