

RUGBY WORLD CUP 2019

POOL A

Ireland, Scotland, Japan, Russia, Samoa

Fri 20 Sep Japan v Russia (Tokyo), 11.45am
Sun 22 Sep Ireland v Scotland (Yokohama), 8.45am
Tue 24 Sep Russia v Samoa (Kumagaya), 11.15am
Sat 28 Sep Japan v Ireland (Shizuoka), 8.15am
Mon 30 Sep Scotland v Samoa (Kobe), 11.15am
Thu 3 Oct Ireland v Russia (Kobe), 11.15am
Sat 5 Oct Japan v Samoa (Toyota), 11.30am
Wed 9 Oct Scotland v Russia (Shizuoka), 8.15am
Sat 12 Oct Ireland v Samoa (Fukuoka), 11.45am
Sun 13 Oct Japan v Scotland (Yokohama), 11.45am

POOL B

New Zealand, South Africa, Italy, Namibia, Canada

Sat 21 Sep New Zealand v South Africa (Yokohama), 10.45am
Sun 22 Sep Italy v Namibia (Osaka), 6.15am
Thu 26 Sept Italy v Canada (Fukuoka), 8.45am
Sat 28 Sep South Africa v Namibia (Toyota), 10.45am
Wed 2 Oct New Zealand v Canada (Oita), 11.15am
Fri 4 Oct South Africa v Italy (Shizuoka), 10.45am
Sun 6 Oct New Zealand v Namibia (Tokyo), 5.45am
Tue 8 Oct South Africa v Canada (Kobe), 11.15am
Sat 12 Oct New Zealand v Italy (Toyota), 5.45am
Sun 13 Oct Namibia v Canada (Kamaishi), 4.15am

POOL C

England, France, Argentina, USA, Tonga

Sat 21 Sep France v Argentina (Tokyo), 8.15am
Sun 22 Sep England v Tonga (Sapporo), 11.15am
Thu 26 Sep England v USA (Kobe), 11.45am
Sat 28 Sep Argentina v Tonga (Osaka), 5.45am
Wed 2 Oct France v USA (Fukuoka), 8.45am
Sat 5 Oct England v Argentina (Tokyo), 9.00am
Sun 6 Oct France v Tonga (Kumamoto), 8.45am
Wed 9 Oct Argentina v USA (Kumagaya), 5.45am
Sat 12 Oct England v France (Yokohama), 9.15am
Sun 13 Oct USA v Tonga (Osaka), 6.45am

POOL D

Australia, Wales, Georgia, Fiji, Uruguay

Sat 21 Sep Australia v Fiji (Sapporo), 5.45am
Mon 23 Sep Wales v Georgia (Toyota), 11.15am
Wed 25 Sep Fiji v Uruguay (Kamaishi), 6.15am
Sun 29 Sep Georgia v Uruguay (Kumagaya), 6.15am
Sun 29 Sep Australia v Wales (Tokyo), 8.45am
Thu 3 Oct Georgia v Fiji (Osaka), 6.15am
Sat 5 Oct Australia v Uruguay (Oita), 6.15am
Wed 9 Oct Wales v Fiji (Oita), 10.45am
Fri 11 Oct Australia v Georgia (Shizuoka), 11.15am
Sun 13 Oct Wales v Uruguay (Kumamoto), 9.15am

KNOCKOUT STAGES

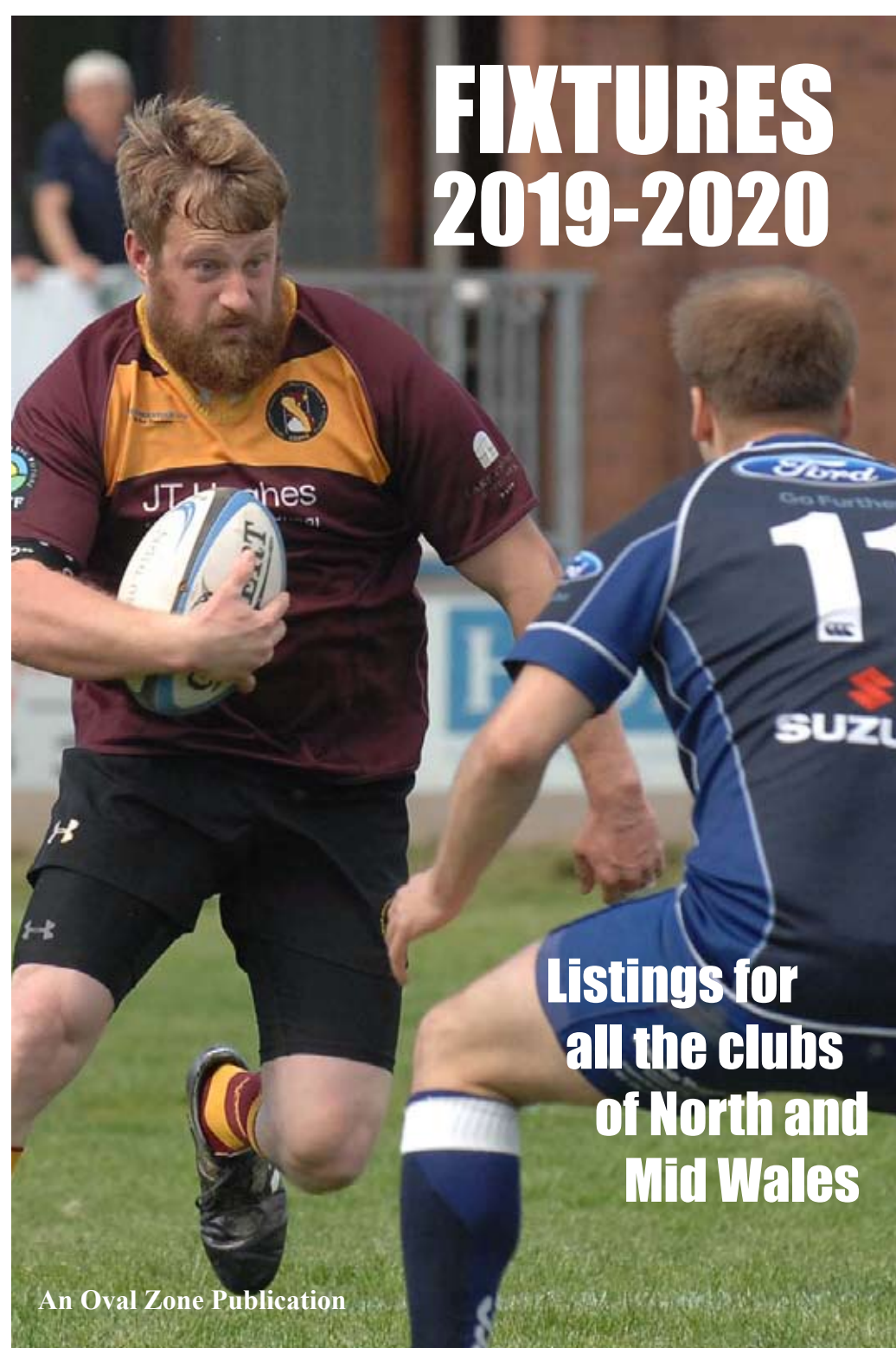
Sat 19 October
QF1 Winner Pool C v Runner-up Pool D (Oita), 8.15am
QF2 Winner Pool B v Runner-up Pool A (Tokyo), 11.15am
Sun 20 October
Oct QF3 Winner Pool D v Runner-up Pool C (Oita), 8.15am
QF4 Winner Pool A v Runner-up Pool B (Tokyo), 11.15am

Sat 26 Oct - Semi Finals
Winner QF1 v Winner QF2 (Yokohama), 9.00am
Sun 27 Oct - Semi Finals
Winner QF3 v Winner QF4 (Yokohama), 9.00am

Fri 1 Nov Third-place Play-off (Tokyo), 9.00am

Sat 2 Nov RWC 2019 Final (Yokohama), 9.00am

FIXTURES 2019-2020



Listings for
all the clubs
of North and
Mid Wales

An Oval Zone Publication

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DIVISION ONE NORTH

07/09/2019
 Llangefni v Caernarfon
 Nant Conwy v Bethesda
 Pwllheli v CR Dinbych
 Bro Ffestiniog v Llandudno
 Ruthin v COBRA
 Bala v Dolgellau

14/09/2019
 Bethesda v Llangefni
 Caernarfon v Pwllheli
 Llandudno v Nant Conwy
 CR Dinbych v Ruthin
 Bala v Bro Ffestiniog
 COBRA v Dolgellau

21/09/2019 Plate Rd 1

28/09/2019
 Pwllheli v Llangefni
 Ruthin v Caernarfon
 Bethesda v Llandudno
 Nant Conwy v Bala
 Dolgellau v CR Dinbych
 Bro Ffestiniog v COBRA

05/10/2019
 Llangefni v Llandudno
 Caernarfon v Dolgellau
 Bala v Bethesda
 Pwllheli v Ruthin
 COBRA v Nant Conwy
 CR Dinbych v Bro Ffestiniog

12/10/2019 Plate Rd 2
 Ruthin v Llangefni
 Bro Ffestiniog v Caernarfon
 Bethesda v COBRA
 Dolgellau v Pwllheli
 Llandudno v Bala
 Nant Conwy v CR Dinbych

19/10/2019
 Llangefni v Bala
 Caernarfon v Nant Conwy
 CR Dinbych v Bethesda
 Pwllheli v Bro Ffestiniog
 COBRA v Llandudno
 Ruthin v Dolgellau

26/10/2019
 Dolgellau v Llangefni
 Bethesda v Caernarfon
 Nant Conwy v Pwllheli
 Llandudno v CR Dinbych
 Bro Ffestiniog v Ruthin
 Bala v COBRA

09/11/2019
 Llangefni v COBRA
 Caernarfon v Llandudno
 Pwllheli v Bethesda
 Ruthin v Nant Conwy
 CR Dinbych v Bala
 Dolgellau v Bro Ffestiniog

16/11/2019 Plate Rd 3
 Bro Ffestiniog v Llangefni
 Bala v Caernarfon
 Bethesda v Ruthin
 Llandudno v Pwllheli
 Nant Conwy v Dolgellau
 COBRA v CR Dinbych

23/11/2019
 Llangefni v CR Dinbych
 Caernarfon v COBRA
 Dolgellau v Bethesda
 Pwllheli v Bala
 Bro Ffestiniog v Nant Conwy
 Ruthin v Llandudno

07/12/2019 Plate Rd 4
 Nant Conwy v Llangefni
 Bethesda v Bro Ffestiniog
 COBRA v Pwllheli
 Llandudno v Dolgellau
 Bala v Ruthin
 CR Dinbych v Caernarfon

14/12/2019
 Caernarfon v Llangefni
 Bethesda v Nant Conwy
 CR Dinbych v Pwllheli
 Llandudno v Bro Ffestiniog
 COBRA v Ruthin
 Dolgellau v Bala

28/12/2019
 Llangefni v Bethesda
 Pwllheli v Caernarfon
 Nant Conwy v Llandudno
 Ruthin v CR Dinbych
 Bro Ffestiniog v Bala
 Dolgellau v COBRA

04/01/2020
 Llangefni v Pwllheli
 Caernarfon v Ruthin
 Llandudno v Bethesda
 Bala v Nant Conwy
 CR Dinbych v Dolgellau
 COBRA v Bro Ffestiniog

11/01/2020 Plate QF
 Llandudno v Llangefni
 Dolgellau v Caernarfon
 Bethesda v Bala

Ruthin v Pwllheli
 Nant Conwy v COBRA
 Bro Ffestiniog v CR Dinbych

18/01/2020
 Llangefni v Ruthin
 Caernarfon v Bro Ffestiniog
 COBRA v Bethesda
 Pwllheli v Dolgellau
 Bala v Llandudno
 CR Dinbych v Nant Conwy

25/01/2020
 Bala v Llangefni
 Nant Conwy v Caernarfon
 Bethesda v CR Dinbych
 Bro Ffestiniog v Pwllheli
 Llandudno v COBRA
 Dolgellau v Ruthin

15/02/2020
 Llangefni v Dolgellau
 Caernarfon v Bethesda
 Pwllheli v Nant Conwy
 CR Dinbych v Llandudno
 Ruthin v Bro Ffestiniog
 COBRA v Bala

29/02/2020
 COBRA v Llangefni
 Llandudno v Caernarfon
 Bethesda v Pwllheli
 Nant Conwy v Ruthin
 Bala v CR Dinbych
 Bro Ffestiniog v Dolgellau

21/03/2020 Plate SF
 Llangefni v Bro Ffestiniog
 Caernarfon v Bala
 Ruthin v Bethesda
 Pwllheli v Llandudno
 Dolgellau v Nant Conwy
 CR Dinbych v COBRA

28/03/2020
 CR Dinbych v Llangefni
 COBRA v Caernarfon
 Bethesda v Dolgellau
 Bala v Pwllheli
 Nant Conwy v Bro Ffestiniog
 Llandudno v Ruthin

04/04/2020
 Llangefni v Nant Conwy
 Bro Ffestiniog v Bethesda
 Pwllheli v COBRA
 Dolgellau v Llandudno
 Ruthin v Bala
 Caernarfon v CR Dinbych

LLANDRINDOD

WRU 3 EAST CENTRAL C
 7 September 2019
 Tref y Clawdd v Llandrindod
 14 September 2019
 Llandrindod v Whitchurch
 21 September 2019
 Llanrumney v Llandrindod
 28 September 2019
 Girling v Llandrindod Wells
 5 October 2019
 Llandrindod v Old Tyleryan
 19 October 2019
 Llandrindod v Tredegar
 26 October 2019
 Llandrindod v Forgeside
 9 November 2019
 Glyncoch v Llandrindod
 16 November 2019
 Llandrindod v Ferndale
 23 November 2019
 Llandrindod v Cwmarn Utd
 7 December 2019
 Llandrindod v Cardiff Int
 14 December 2019
 Cardiff Sarries v Llandrindod
 28 December 2019
 Sully View v Llandrindod
 4 January 2020
 Llandrindod v Abersychan
 11 January 2020
 Trefil v Llandrindod Wells
 18 January 2020
 Llandrindod v Markham
 25 January 2020
 Brackla v Llandrindod Wells
 29th February
 Llanrumney v Llandrindod

TREFYCLAWDD

WRU 3 EAST CENTRAL C
 7 September 2019
 Tref y Clawdd v Llandrindod
 14 September 2019
 Old Tyleryan v Tref y Clawdd
 21 September 2019
 Tref y Clawdd v Tredegar
 28 September 2019
 Forgeside v Tref y Clawdd
 5 October 2019
 Tref y Clawdd v Glyncoch
 19 October 2019
 Ferndale v Tref y Clawdd
 26 October 2019
 Tref y Clawdd v Cwmarn
 9 November 2019
 Tref y Clawdd v Cardiff Int
 16 November 2019
 Cardiff Sarries v Trefyclawdd
 23 November 2019
 Tref y Clawdd v Sully View
 7 December 2019
 Abersychan v Tref y Clawdd
 14 December 2019
 Tref y Clawdd v Trefil
 28 December 2019
 Markham v Tref y Clawdd
 4 January 2020
 Tref y Clawdd v Brackla
 11 January 2020
 Girling v Tref y Clawdd
 18 January 2020
 Whitchurch v Tref y Clawdd
 25 January 2020
 Tref y Clawdd v Llanrumney

RHAYADER

WRU 3 EAST C
 7 September 2019
 Rhayader v Brynithel
 21 September 2019
 Rhayader v Crickhowell
 28 September 2019
 Pontllanfraith v Rhayader
 5 October 2019
 Rhayader v Crumlin
 19 October 2019
 Beaufort v Rhayader
 26 October 2019
 Rhayader v Rogerstone
 9 November 2019
 Rhayader v Malpas
 16 November 2019
 Hollybush v Rhayader
 23 November 2019
 Rhayader v Bettws
 7 December 2019
 West Mon v Rhayader
 14 December 2019
 Brynithel v Rhayader
 28 December 2019
 4 January 2020
 Crickhowell v Rhayader
 11 January 2020
 Rhayader v Pontllanfraith
 18 January 2020
 Crumlin v Rhayader
 25 January 2020
 Rhayader v Beaufort
 15 February 2020
 Rogerstone v Rhayader
 29 February 2020
 Malpas v Rhayader
 21 March 2020
 Rhayader v Hollybush
 28 March 2020
 Bettws v Rhayader
 4 April 2020
 Rhayader v West Mon

Please note: Fixtures may change from the dates published in this booklet.
 Please check with the home team that the game is going ahead as scheduled before travelling.

North Wales Women's League

Sunday, September 8th
Abergele v Llangollen
COBRA v Shotton
Holyhead v Caernarfon

Sunday, September 15th
Llangefni v COBRA
Caernarfon v Abergele
Shotton v Holyhead

Sunday, September 29th
Llangollen v Caernarfon
Holyhead v Llangefni
Abergele v Shotton

Sunday, October 6th
COBRA v Holyhead
Shotton v Llangollen
Llangefni v Abergele

Sunday, October 20th
Caernarfon v Shotton
Abergele v COBRA
Llangollen v Llangefni

Sunday, October 27th
Holyhead v Abergele
Llangefni v Caernarfon
COBRA v Llangollen

Sunday, November 10th
Shotton v Llangefni
Llangollen v Holyhead
Caernarfon v COBRA

ABERYSTWYTH

7 September 2019
Aberystwyth v Pembroke
14 September 2019
Newcastle E v Aberystwyth
28 September 2019
Aberystwyth v Llangennech
5 October 2019
Yr Hendy v Aberystwyth
12 October 2019
Aberystwyth v Crymych
19 October 2019
Gorseinon v Aberystwyth
26 October 2019
Aberystwyth v Felinfoel
9 November 2019
Aberystwyth v Whitland
16 November 2019
Penclawdd v Aberystwyth
23 November 2019
Aberystwyth v Llanelli Wanderers
7 December 2019
Gowerton v Aberystwyth
14 December 2019
Pembroke v Aberystwyth
28 December 2019
Aberystwyth v Newcastle Emlyn
4 January 2020
Llangennech v Aberystwyth
11 January 2020
Aberystwyth v Yr Hendy
18 January 2020
Crymych v Aberystwyth
25 January 2020
Aberystwyth v Gorseinon
15 February 2020
Felinfoel v Aberystwyth
29 February 2020
Whitland v Aberystwyth
21 March 2020
Aberystwyth v Penclawdd
28 March 2020
Llanelli Wanderers v Aberystwyth
4 April 2020
Aberystwyth v Gowerton

BUILTH WELLS

7 September 2019
Pyle v Builth Wells
14 September 2019
Builth Wells v Ystradgynlais
28 September 2019
Seven Sisters v Builth Wells
5 October 2019
Builth v Aberavon Quins
12 October 2019
Bridgend Sports v Builth
19 October 2019
Builth Wells v Pencoed
26 October 2019
Maesteg Celtic v Builth Wells
9 November 2019
Builth Wells v Morriston
16 November 2019
Resolven v Builth Wells
23 November 2019
Heol y Cyw v Builth Wells
7 December 2019
Builth Wells v Porthcawl
14 December 2019
Builth Wells v Pyle
28 December 2019
Ystradgynlais v Builth Wells
4 January 2020
Builth Wells v Seven Sisters
11 January 2020
Aberavon Quins v Builth
18 January 2020
Builth v Bridgend Sports
25 January 2020
Pencoed v Builth Wells
15 February 2020
Builth Wells v Maesteg Celtic
29 February 2020
Morriston v Builth Wells
21 March 2020
Builth Wells v Resolven
28 March 2020
Builth Wells v Heol y Cyw
4 April 2020
Porthcawl v Builth Wells

DIVISION TWO NORTH

07/09/2019
Colwyn Bay v Rhyl & District
Newtown v Mold
Abergele v Free
Nant 2nd XV v Llanidloes
Welshpool v Wrexham
Shotton Steel v Bangor

14/09/2019
Mold v Colwyn Bay
Rhyl & District v Abergele
Llanidloes v Newtown
Free v Welshpool
Bangor v Nant Conwy 2nd XV
Wrexham v Shotton Steel

21/09/2019 Bowl Rd 1

28/09/2019
Abergele v Colwyn Bay
Welshpool v Rhyl & District
Mold v Llanidloes
Newtown v Bangor
Shotton Steel v Free
Nant 2nd XV v Wrexham

05/10/2019
Colwyn Bay v Llanidloes
Rhyl & District v Shotton
Bangor v Mold
Abergele v Welshpool
Wrexham v Newtown
Free v Nant Conwy 2nd XV

12/10/2019 Bowl Rd 2
Welshpool v Colwyn Bay
Nant 2nd XV v Rhyl & District
Mold v Wrexham
Shotton Steel v Abergele
Llanidloes v Bangor
Newtown v Free

19/10/2019
Colwyn Bay v Bangor
Rhyl & District v Newtown
Free v Mold
Abergele v Nant 2nd XV
Wrexham v Llanidloes
Welshpool v Shotton Steel

26/10/2019
Shotton Steel v Colwyn Bay
Mold v Rhyl & District
Newtown v Abergele
Llanidloes v Free
Nant 2nd XV v Welshpool
Bangor v Wrexham

09/11/2019
Colwyn Bay v Wrexham
Rhyl & District v Llanidloes
Abergele v Mold
Welshpool v Newtown
Free v Bangor
Shotton Steel v Nant 2nd XV

16/11/2019 Bowl Rd 3
Nant 2nd XV v Colwyn Bay
Bangor v Rhyl & District
Mold v Welshpool
Llanidloes v Abergele
Newtown v Shotton Steel
Wrexham v Free

23/11/2019
Colwyn Bay v Free
Rhyl & District v Wrexham
Shotton Steel v Mold
Abergele v Bangor
Nant 2nd XV v Newtown
Welshpool v Llanidloes

07/12/2019 Bowl Rd 4
Newtown v Colwyn Bay
Mold v Nant Conwy 2nd XV
Wrexham v Abergele
Llanidloes v Shotton Steel
Bangor v Welshpool
Free v Rhyl & District

14/12/2019
Rhyl & District v Colwyn Bay
Mold v Newtown
Free v Abergele
Llanidloes v Nant 2nd XV
Wrexham v Welshpool
Bangor v Shotton Steel

28/12/2019
Colwyn Bay v Mold
Abergele v Rhyl & District
Newtown v Llanidloes
Welshpool v Free
Nant Conwy 2nd XV v Bangor
Shotton Steel v Wrexham

04/01/2020
Colwyn Bay v Abergele
Rhyl & District v Welshpool
Llanidloes v Mold
Bangor v Newtown
Free v Shotton Steel
Wrexham v Nant 2nd XV

11/01/2020 Bowl QF
Llanidloes v Colwyn Bay
Shotton Steel v Rhyl & Dist
Mold v Bangor

Welshpool v Abergele
Newtown v Wrexham
Nant Conwy 2nd XV v Free

18/01/2020
Colwyn Bay v Welshpool
Rhyl & District v Nant 2nd XV
Wrexham v Mold
Abergele v Shotton Steel
Bangor v Llanidloes
Free v Newtown

25/01/2020
Bangor v Colwyn Bay
Newtown v Rhyl & District
Mold v Free
Nant 2nd XV v Abergele
Llanidloes v Wrexham
Shotton Steel v Welshpool

15/02/2020
Colwyn Bay v Shotton Steel
Rhyl & District v Mold
Abergele v Newtown
Free v Llanidloes
Welshpool v Nant 2nd XV
Wrexham v Bangor

29/02/2020
Wrexham v Colwyn Bay
Llanidloes v Rhyl & District
Mold v Abergele
Newtown v Welshpool
Bangor v Free
Nant 2nd XV v Shotton Steel

21/03/2020 Bowl SF
Colwyn Bay v Nant 2nd XV
Rhyl & District v Bangor
Welshpool v Mold
Abergele v Llanidloes
Shotton Steel v Newtown
Free v Wrexham

28/03/2020
Free v Colwyn Bay
Wrexham v Rhyl & District
Mold v Shotton Steel
Bangor v Abergele
Newtown v Nant 2nd XV
Llanidloes v Welshpool

04/04/2020
Colwyn Bay v Newtown
Nant Conwy 2nd XV v Mold
Abergele v Wrexham
Shotton Steel v Llanidloes
Welshpool v Bangor
Rhyl & District v Free

DIVISION THREE NORTH

07/09/2019

Mold 2nd v Llangefni 2nd XV
Holyhead v Wrexham 2nd XV
Pwllheli 2nd v Dinbych 2nd
Rhos v Menai Bridge
Ruthin 2nd XV v Free
Machynlleth v Flint

14/09/2019

Wrexham 2nd v Mold 2nd XV
Llangefni 2nd v Pwllheli 2nd
Menai Bridge v Holyhead
Dinbych 2nd v Ruthin 2nd XV
Flint v Rhosllanerchrugog
Free v Machynlleth

21/09/2019

Pwllheli 2nd v Mold 2nd XV
Ruthin 2nd v Llangefni 2nd
Wrexham 2nd v Menai Bdge
Holyhead v Flint
Machynlleth v Dinbych 2nd X
Rhosllanerchrugog v Free

28/09/2019

Mold 2nd XV v Menai Bridge
Llangefni 2nd v Machynlleth
Flint v Wrexham 2nd XV
Pwllheli 2nd v Ruthin 2nd
Free v Holyhead
Dinbych 2nd XV v Rhos

05/10/2019

Ruthin 2nd XV v Mold 2nd XV
Rhos v Llangefni 2nd XV
Wrexham 2nd XV v Free
Machynlleth v Pwllheli 2nd
Menai Bridge v Flint
Holyhead v Dinbych 2nd XV

12/10/2019 Shield Bowl 1

19/10/2019

Mold 2nd XV v Flint
Llangefni 2nd XV v Holyhead
Dinbych 2nd v Wrexham 2nd
Pwllheli 2nd XV v Rhos
Free v Menai Bridge
Ruthin 2nd XV v Machynlleth

26/10/2019

Machynlleth v Mold 2nd XV
Wrexham 2nd v Llangefni 2nd
Holyhead v Pwllheli 2nd XV
Menai Bridge v Dinbych 2nd
Rhos v Ruthin 2nd XV
Flint v Free

09/11/2019

Mold 2nd XV v Free
Llangefni 2nd v Menai Bridge
Pwllheli 2nd v Wrexham 2nd
Ruthin 2nd XV v Holyhead
CR Dinbych 2nd XV v Flint
Machynlleth v Rhos

16/11/2019 Shield Rd 2

Rhos v Mold 2nd XV
Flint v Llangefni 2nd XV
Wrexham 2nd v Ruthin 2nd
Menai Bridge v Pwllheli 2nd
Holyhead v Machynlleth
Free v CR Dinbych 2nd XV

23/11/2019

Mold 2nd XV v Dinbych 2nd
Llangefni 2nd XV v Free
Machynlleth v Wrexham 2nd
Pwllheli 2nd XV v Flint
Rhos v Holyhead
Ruthin 2nd v Menai Bridge

07/12/2019 Shield Rd 3

Holyhead v Mold 2nd XV
Wrexham 2nd XV v Rhos
Free v Pwllheli 2nd XV
Menai Bridge v Machynlleth
Flint v Ruthin 2nd XV
Dinbych 2nd v Llangefni 2nd

14/12/2019

Llangefni 2nd v Mold 2nd XV
Wrexham 2nd XV v Holyhead
Dinbych 2nd v Pwllheli 2nd
Menai Bridge v Rhos
Free v Ruthin 2nd XV
Flint v Machynlleth

28/12/2019

Mold 2nd v Wrexham 2nd
Pwllheli 2nd v Llangefni 2nd
Holyhead v Menai Bridge
Ruthin 2nd v Dinbych 2nd X
Rhosllanerchrugog v Flint
Machynlleth v Free

04/01/2020

Mold 2nd v Pwllheli 2nd
Llangefni 2nd v Ruthin 2nd
Menai Bdge v Wrexham 2nd
Flint v Holyhead
Dinbych 2nd v Machynlleth
Free v Rhosllanerchrugog

11/01/2020 Shield QF

Menai Bridge v Mold 2nd XV
Machynlleth v Llangefni 2nd
Wrexham 2nd XV v Flint

Ruthin 2nd v Pwllheli 2nd
Holyhead v Free
Rhosllanerchrugog v CR
Dinbych 2nd XV

18/01/2020

Mold 2nd XV v Ruthin 2nd XV
Llangefni 2nd XV v Rhos
Free v Wrexham 2nd XV
Pwllheli 2nd v Machynlleth
Flint v Menai Bridge
Dinbych 2nd XV v Holyhead

25/01/2020

Flint v Mold 2nd XV
Holyhead v Llangefni 2nd XV
Wrexham 2nd v Dinbych 2nd
Rhos v Pwllheli 2nd XV
Menai Bridge v Free
Machynlleth v Ruthin 2nd XV

15/02/2020

Mold 2nd XV v Machynlleth
Llangefni 2nd v Wrexham 2nd
Pwllheli 2nd XV v Holyhead
Dinbych 2nd v Menai Bridge
Ruthin 2nd XV v Rhos
Free v Flint

29/02/2020

Free v Mold 2nd XV
Menai Bdge v Llangefni 2nd
Wrexham 2nd v Pwllheli 2nd
Holyhead v Ruthin 2nd XV
Flint v CR Dinbych 2nd XV
Rhos v Machynlleth

21/03/2020

Mold 2nd v Rhos
Llangefni 2nd XV v Flint
Ruthin 2nd v Wrexham 2nd
Pwllheli 2nd v Menai Bridge
Machynlleth v Holyhead
CR Dinbych 2nd XV v Free

28/03/2020 Shield SF

Dinbych 2nd v Mold 2nd XV
Free v Llangefni 2nd XV
Wrexham 2nd v Machynlleth
Flint v Pwllheli 2nd XV
Holyhead v Rhos
Menai Bridge v Ruthin 2nd

04/04/2020

Mold 2nd XV v Holyhead
Rhos v Wrexham 2nd XV
Pwllheli 2nd XV v Free
Machynlleth v Menai Bridge
Ruthin 2nd XV v Flint
Llangefni 2nd v Dinbych 2nd

North Wales 2nd XV League

7th September

Bala v Dolgellau
Llandudno v Caernarfon

14th September

Llandudno v Bethesda
Rhyl v Bala

21st September

Caernarfon v Bethesda
Colwyn Bay v Rhyl
Dolgellau v Bala

28th September

Rhyl v Caernarfon

5th October

Bethesda v Bala
Caernarfon v Dolgellau
Colwyn Bay v Lalndudno

12th October

Bala v Llandudno

19th October

Bethesda v Rhyl
Dolgellau v Colwyn Bay

26th October

Bala v Caernarfon
Rhyl v Llandudno

9th November

Bethesda v Colwyn Bay
Caernarfon v Llandudno
Dolgellau v Rhyl

16th November

Bala v Bethesda

23rd November

Colwyn Bay v Caernarfon
Llandudno v Bala

7th December

Bala v Rhyl
Caernarfon v Colwyn Bay
Llandudno v Dolgellau

14th December

Rhyl v Bethesda

28th December

Bethesda v Caernarfon
Llandudno v Colwyn Bay

4th January

Caernarfon v Bala
Colwyn Bay v Dolgellau

11th January

Colwyn Bay v Bethesda
Dolgellau v Llandudno

18th January

Rhyl v Dolgellau

25th January

Bala v Colwyn Bay
Llandudno v Rhyl

15th February

Dolgellau v Bethesda
Rhyl v Colwyn Bay

29th February

Colwyn Bay v Bala
Dolgellau v Caernarfon

21st March

Bethesda v Llandudno
Caernarfon v Rhyl

28th March

Bethesda v Dolgellau

6 Nations Championship

1 February 2020

14:15 Wales v Italy

16:45 Ireland v Scotland

2 February 2020

15:00 France v England

8 February 2020

14:15 Ireland v Wales

16:45 Scotland v England

9 February 2020

15:00 France v Italy

22 February 2020

14:15 Italy v Scotland

16:45 Wales v France

23 February 2020

15:00 England v Ireland

7 March 2020

14:15 Ireland v Italy

16:45 England v Wales

8 March 2020

15:00 Scotland v France

14 March 2020

14:15 Wales v Scotland

16:45 Italy v England

20:00 France v Ireland

North Wales Youth Leagues 2019-20

NORTH EAST DIVISION

16/11/2019
Mold v Denbigh
Bala v COBRA
Newtown v Bro Ffestiniog
Wrexham v Rhyl

7/9/2019
COBRA v Rhyl
Wrexham v Mold
Ruthin v Bro Ffestiniog
Bala v Denbigh

14/9/2019
Newtown v Wrexham
Bro Ffestiniog v COBRA
Mold v Bala
Denbigh v Ruthin

5/10/2019
Rhyl v Bro Ffestiniog
Bala v Newtown
COBRA v Denbigh
Ruthin v Mold

12/10/2019
Wrexham v Bala
Denbigh v Rhyl
Newtown v Ruthin
Mold v COBRA

19/10/2019
Denbigh v Bro Ffestiniog
Wrexham v Ruthin
Mold v Rhyl
Newtown v COBRA

9/11/2019
Ruthin v Bala
Bro Ffestiniog v Mold
COBRA v Wrexham
Rhyl v Newtown

16/11/2019
Mold v Denbigh
Bala v COBRA
Newtown v Bro Ffestiniog
Wrexham v Rhyl

23/11/2019
COBRA v Ruthin
Denbigh v Newtown
Rhyl v Bala
Bro Ffestiniog v Wrexham

7/12/2019
Newtown v Mold
Ruthin v Rhyl
Wrexham v Denbigh
Bala v Bro Ffestiniog

NORTH WEST DIVISION

7/9/2019
Colwyn Bay v Nant Conwy
Llandudno v Pwllheli
Bangor v Dolgellau
Llangefni v Bethesda

14/9/2019
Caernarfon v Llandudno
Dolgellau v Colwyn Bay
Pwllheli v Llangefni
Bethesda v Bangor

5/10/2019
Nant Conwy v Dolgellau
Llangefni v Caernarfon
Colwyn Bay v Bethesda
Bangor v Pwllheli

12/10/2019
Llandudno v Llangefni
Bethesda v Nant Conwy
Caernarfon v Bangor
Pwllheli v Colwyn Bay

19/10/2019
Bethesda v Dolgellau
Llandudno v Bangor
Pwllheli v Nant Conwy
Caernarfon v Colwyn Bay

9/11/2019
Bangor v Llangefni
Dolgellau v Pwllheli
Colwyn Bay v Llandudno
Nant Conwy v Caernarfon

16/11/2019
Pwllheli v Bethesda
Llangefni v Colwyn Bay
Caernarfon v Dolgellau
Llandudno v Nant Conwy

23/11/2019
Colwyn Bay v Bangor
Bethesda v Caernarfon
Nant Conwy v Llangefni
Dolgellau v Llandudno

7/12/2019
Caernarfon v Pwllheli
Bangor v Nant Conwy
Llandudno v Bethesda
Llangefni v Dolgellau

WRU National Plate Rd 1

21 September 2019

Aberavon Quins v Porthcawl
Aberdare v Treharris
Aberystwyth v Milford Haven
Bedlinog v Barry
Bethesda v Dinbych
Blackwood v Monmouth
Brecon v Rhiwbina
Bridgend Sports v Ammanford

Brynamman v Resolven
Brynawr v Oakdale
Burry Port v Llangennech
Cambrian Welfare v Taffs Well

Carmarthen Athletic v Pembroke

COBRA v Pwllheli

Cowbridge v Cilfynydd
Croesyceiliog v Caldicot
Dinas Powys v Llanishen

Dolgellau v Bro Ffestiniog

Dowlais v Abergavenny
Dunvant v Nantyllyon
Felinfoel v Pontyberem
Fishguard v Crymych
Gilfach Goch v Bonymaen
Gorseinon v Pontarddulais
Kenfig Hill v Heol y Cw

Kidwelly v Tenby United
Llandudno v Caernarfon
Llanelli Wanderers v Mumbles

Llangefni v Bala

Llantrisant v Rhydyfelin
Llantwit Fardre v Abercwmboi
Morrison v Maesteg Celtic
Nant Conwy v Ruthin

Nantgaredig v Loughor
Newbridge v Blaenavon
Newcastle Emllyn v Yr Hendy
Newport HSOB v Caerphilly

Penallta v Caerleon
Penclawdd v Whitland
Pencoed v Skewen
Pontypool United v Ynysddu
Pyle v Bridgend Athletic
Risca v Hartridge
Rumney v Abercynon
Senghenydd v Pill Harriers

Seven Sisters v Glynneath
St Josephs v Porth Harlequins
St Peters v Mountain Ash
Talywain v Nelson
Treorchy v **Builth Wells**
Tycroes v Gowerton
Waunarwydd v Birchgrove
Ynysybwl v Cwmbran
Ystradgynlais v TondurWRU

National Bowl Rd 1

21 September 2019

Aberavon Green Stars v Vardre

Abercarn v Newport Saracens

Abercrave v Alltwen
Abertysswg v Chepstow
Banwen v Cwmllynfell
Blackwood Stars v New Tredegar

Blaina v RTB Ebbw Vale

Bryncethin v Glais
Bryncoch v Briton Ferry

Bynea v Laugharne
Cardiff Medicals v Wattstown
Cardigan v Furnace United

Cefn Cribbwr v Penlan
Colwyn Bay v Nant Conwy II

CR Cymry Caerdydd v Fairwater

Cwmgors v Nantymoel
Fleur De Lys v Deri

Gwernyfed v St Albans
Hafodyrynys v Tredegar

Ironsides
Haverfordwest v Betws

Hirwaun v Canton
Lampeter Town v Pembroke

Dock Quins
Llandaff North v Caerau Ely

Llandeilo v St Davids
Llandybie v Aberaeron

Llangadog v Tregaron
Llangwm v Cefneithin

Llanhilleth v Aberbargoed
Maesteg v Cwmavon

Nantyglo v Usk
Neath Athletic v Crynant

New Dock Stars v Tumble
New Panteg v Rhymney

Newtown v Llanidloes

Old Illydians v Tylorstown
Penarth v Llanharan
Pentyrch v Cefn Coed
Penygraig v Llandaff
Penygroes v Neyland
Pontrhydyfen v Taibach
Pontyclun v Llantwit Major
Rhyl v Abergel
St Clears v Llanybydder
St Julians HSOB v Garndiffaith

Swansea Uplands v Baglan
Tonmawr v Glyncoerrwg
Tonyrefail v Treherbert
Trimsaran v Amman United
Trinant v Machen

Welshpool v Bangor

Whitehead v Abertillery B G
Wrexham v Shotton Steel

Ynysowen v Old Penarthians
Byes: **Mold** & Cardiff Quins.

WRU National Shield Rd 1

12 October 2019

Round 1
Beaufort v Abersychan
Bettws v Trefil

Cardiff Internationals v Brackla

Cwmcarn United v Pontl-lanfraith

Cwmgwrach v Cwmtwrch
Dinbych II v

Rhosllanerchrugog

Fall Bay v Pontardawe
Ferndale v Pontycymmer

Flint v Machynlleth

Forgeside v Malpas
Girling v Crumlin

Holyhead v Ruthin II

Llandrindod Wells v
Llanrumney

Llangefni II v Mold II

Menai Bridge v Wrexham II
Pontyates v Tonna

Rhayader v Cardiff Saracens
Rhigos v Glyncoch

Rogerstone v Brynithel
South Gower v Pontyffynnon

Tredegar v Hollybush
West Mon v Markham

Whitchurch v Ogmere Vale
Byes: Penybanc & **Pwllheli**

RGC

Indigo Group Premiership

07/09/2019
Bridgend v Aberavon
Carmarthen Quins v
Llandovery
Cardiff v Pontypridd
Ebbw Vale v Newport
Swansea v Llanelli

8/9/2019
RGC v Merthyr

14/09/2019
Specsavers Cup - Rd 1

21/09/2019
Aberavon v Swansea
Llandovery v RGC
Llanelli v Cardiff
Merthyr v Ebbw Vale
Newport v Bridgend
Pontypridd v Carmarthen
Quins

12/10/2019
Aberavon v Newport
Bridgend v Merthyr
Cardiff v Swansea
Carmarthen Quins v
Llanelli
RGC v Pontypridd
Ebbw Vale v Llandovery

19/10/2019
Cardiff v Carmarthen
Quins
Llandovery v Bridgend
Llanelli v RGC

Merthyr v Aberavon
Pontypridd v Ebbw Vale
Swansea v Newport

26/10/2019
Aberavon v Llandovery
Bridgend v Pontypridd
Carmarthen v Swansea
Ebbw Vale v Llanelli
Newport v Merthyr
RGC v Cardiff

02/11/2019
Swansea v Merthyr
Llanelli v Bridgend
Pontypridd v Aberavon
Cardiff v Ebbw Vale
Llandovery v Newport
Carmarthen v RGC

09/11/2019 Cup Round 2

16/11/2019
RGC v Swansea
Aberavon v Llanelli
Bridgend v Cardiff
Newport v Pontypridd
Ebbw Vale v Carmarthen
Merthyr v Llandovery

23/11/2019
Swansea v Llandovery
Llanelli v Newport
Cardiff v Aberavon
Carmarthen v Bridgend
Pontypridd v Merthyr
RGC v Ebbw Vale

07/12/2019
Ebbw Vale v Swansea
Merthyr v Llanelli
Aberavon v Carmarthen
Newport v Cardiff
Bridgend v RGC
Llandovery v Pontypridd

14/12/2019
Swansea v Pontypridd
Llanelli v Llandovery
RGC v Aberavon
Cardiff v Merthyr
Ebbw Vale v Bridgend
Carmarthen v Newport

21/12/2019
Bridgend v Swansea
Aberavon v Ebbw Vale
Llandovery v Cardiff
Newport v RGC
Merthyr v Carmarthen
Pontypridd v Llanelli

27/12/19
Merthyr v RGC

28/12/2019
Llanelli v Swansea
Aberavon v Bridgend
Pontypridd v Cardiff
Newport v Ebbw Vale
Llandovery v Carmarthen

04/01/2020
Swansea v Aberavon
Cardiff v Llanelli
Bridgend v Newport
Carmarthen v Pontypridd
Ebbw Vale v Merthyr
RGC v Llandovery

11/01/2020
Swansea v Cardiff
Llanelli v Carmarthen
Newport v Aberavon
Merthyr v Bridgend
Pontypridd v RGC
Llandovery v Ebbw Vale

18/01/2020
Newport v Swansea
RGC v Llanelli

Aberavon v Merthyr
Carmarthen v Cardiff
Bridgend v Llandovery
Ebbw Vale v Pontypridd

25/01/2020 Cup QF
Swansea v Carmarthen
Llanelli v Ebbw Vale
Llandovery v Aberavon
Cardiff v RGC
Merthyr v Newport
Pontypridd v Bridgend

15/02/2020
Merthyr v Swansea
Bridgend v Llanelli
Aberavon v Pontypridd
Ebbw Vale v Cardiff
Newport v Llandovery
RGC v Carmarthen

29/02/2020
Swansea v RGC
Llanelli v Aberavon
Cardiff v Bridgend
Pontypridd v Newport
Carmarthen v Ebbw Vale
Llandovery v Merthyr

07/03/2020
Llandovery v Swansea
Newport v Llanelli
Aberavon v Cardiff
Bridgend v Carmarthen
Merthyr v Pontypridd
Ebbw Vale v RGC

21/03/2020
Swansea v Ebbw Vale
Llanelli v Merthyr
Carmarthen v Aberavon
Cardiff v Newport
RGC v Bridgend
Pontypridd v Llandovery

28/03/2020 Cup SF
Pontypridd v Swansea
Llandovery v Llanelli
Aberavon v RGC
Merthyr v Cardiff
Bridgend v Ebbw Vale
Newport v Carmarthen

04/04/2020
Swansea v Bridgend
Ebbw Vale v Aberavon
Cardiff v Llandovery
RGC v Newport
Carmarthen v Merthyr
Llanelli v Pontypridd

RGC

Women's Regional Championship

10 August 2019
12:00 Scarlets v Cardiff
Blues
15:00 RGC v Ospreys
Both matches at Llandarcy

16 August 2019
19:00 Scarlets v Ospreys

18 August 2019
14:30 RGC v Cardiff Blues

1 September 2019
12:00 Ospreys v Cardiff
Blues
15:00 Scarlets v RGC

Specsavers Welsh Cup

14th September, 2019
Specsavers Cup Rd One:
RGC v Cardiff
Aberavon v Bargoed
Cardiff Met v Ystrad
Rhondda
Newport v Carmarthen
Llandovery v Ystalyfera
Neath v Trebanos
Tata Steel v Bedwas
Ebbw Vale v Narberth
Pontypool v Swansea
Beddau v Bridgend
Merthyr v Pontypridd
Maesteg Quins v Llanelli
Cross Keys v Glamorgan
Wanderers

RGC

RGC UNDER 16

1/9- H v Blues South
8/9- A v Dragons Black
15/9- H v Dragons Red
22/9- A v Scarlets West
2/2- H v Ospreys East
9/2- A v Ospreys West
16/2- H v Scarlets East
23/2- A v Blues North

5/4- A v Gloucester
(Under 17 Fixture)