

WEST WALES RUGBY UNION

PLATE COMPETITION 2019-20



SPONSORED BY



Team	PI	W	D	L	PF	PA	Diff	TF	Pts
South Gower	7	7	0	0	278	68	210	42	14
Cwmgwrach	8	7	0	1	211	91	120	35	14
Furnace United	8	6	0	2	178	110	68	26	12
Trimsaran	8	6	0	2	144	70	74	18	12
St. Clears	8	5	1	2	257	120	137	37	11
Amman United	7	5	1	1	229	102	127	31	11
Tumble	8	5	1	2	191	109	82	26	11
Lampeter Town	7	5	0	2	230	80	150	32	10
Pontardawe	7	5	0	2	174	74	100	27	10
Penybanc	6	5	0	1	155	106	49	24	10
Betws	8	4	1	3	113	73	40	14	9
Laugharne	5	4	0	1	189	78	111	29	8
Vardre	5	4	0	1	154	62	92	23	8
Llanybydder	7	4	0	3	160	98	62	22	8
Abercrave	7	4	0	3	160	106	54	21	8
Cefneithin	7	4	0	3	156	80	76	18	8
Pontyates	7	4	0	3	123	148	-25	17	8
Cwmllynfell	7	4	0	3	109	136	-27	16	8
Penygroes	8	3	1	4	151	121	30	19	7
New Dock Stars	7	3	0	4	181	113	68	24	6
Llandeilo	8	3	0	5	151	115	36	19	6
Glais	8	3	0	5	141	200	-59	19	6
Swansea Uplands	8	3	0	5	132	158	-26	18	6
Crynant	5	3	0	2	104	102	2	14	6
Banwen	4	3	0	1	98	44	54	12	6
Llandybie	8	2	1	5	126	169	-43	15	5
Penlan	8	2	0	6	158	219	-61	22	4
Alltwen	5	2	0	3	65	137	-72	7	4
Cwmtwrch	8	1	1	6	85	222	-137	8	3
Cwmgors	8	1	0	7	105	225	-120	10	2
Bryncoch	6	1	0	5	53	149	-96	4	2
Pantyyffynnon	8	0	0	8	36	348	-312	4	0
Bynea	8	0	0	8	18	431	-413	2	0

TABLES AS AT 8TH DEC 2019

**** RULES ****

- NOTE MATCHES ARE BASED ON FIRST 4 HOME GAMES AND FIRST 4 AWAY GAMES PLAYED
- Table standings are as follows:- Points, Tries For and then Points Difference