

1 EC

01/09/2018

Treorchy	v	Gilfach Goch
Porth Quins	v	Cambrian Wel
Bridgend Ath	v	Dinas Powys
Mountain Ash	v	Llantrisant
Glamorgan Wdrs	v	St Josephs
Rumney	v	Rhiwbina

08/09/2018

Cambrian Wel	v	Treorchy
Gilfach Goch	v	Bridgend Ath
Llantrisant	v	Porth Quins
Dinas Powys	v	Glamorgan Wdrs
Rhiwbina	v	Mountain Ash
St Josephs	v	Rumney

15/09/2018

Bridgend Ath	v	Treorchy
Glamorgan Wdrs	v	Gilfach Goch
Cambrian Wel	v	Llantrisant
Porth Quins	v	Rhiwbina
Rumney	v	Dinas Powys
Mountain Ash	v	St Josephs

22/09/2018

Treorchy	v	Llantrisant
Gilfach Goch	v	Rumney
Rhiwbina	v	Cambrian Wel
Bridgend Ath	v	Glamorgan Wdrs
St Josephs	v	Porth Quins
Dinas Powys	v	Mountain Ash

29/09/2018 Plate Rd 1

06/10/2018

Glamorgan Wdrs	v	Treorchy
Mountain Ash	v	Gilfach Goch
Cambrian Wel	v	St Josephs
Rumney	v	Bridgend Ath
Llantrisant	v	Rhiwbina
Porth Quins	v	Dinas Powys

13/10/2018

Treorchy	v	Rhiwbina
Gilfach Goch	v	Porth Quins
Dinas Powys	v	Cambrian Wel
Bridgend Atl	v	Mountain Ash
St Josephs	v	Llantrisant
Glamorgan Wdrs	v	Rumney

20/10/2018

Rumney	v	Treorchy
Cambrian Wel	v	Gilfach Goch
Porth Quins	v	Bridgend Ath
Llantrisant	v	Dinas Powys
Mountain Ash	v	Glamorgan Wdrs
Rhiwbina	v	St Josephs

27/10/2018

Plate Rd 2

10/11/2018

Treorchy	v	St Josephs
Gilfach Goch	v	Llantrisant
Bridgend Ath	v	Cambrian Wel
Glamorgan Wdrs	v	Porth Quins
Dinas Powys	v	Rhiwbina
Rumney	v	Mountain Ash

24/11/2018

Mountain Ash	v	Treorchy
Rhiwbina	v	Gilfach Goch
Cambrian Wel	v	Glamorgan Wdrs
Llantrisant	v	Bridgend Ath
Porth Quins	v	Rumney
St Josephs	v	Dinas Powys

01/12/2018

Treorchy	v	Dinas Powys
Gilfach Goch	v	St Josephs
Rumney	v	Cambrian Wel
Bridgend Ath	v	Rhiwbina
Mountain Ash	v	Porth Quins
Glamorgan Wdrs	v	Llantrisant

08/12/2018

Plate Rd 3

Porth Quins	v	Treorchy
Cambrian Wel	v	Mountain Ash
St Josephs	v	Bridgend Ath
Llantrisant	v	Rumney
Rhiwbina	v	Glamorgan Wdrs
Dinas Powys	v	Gilfach Goch

15/12/2018

Gilfach Goch	v	Treorchy
Cambrian Wel	v	Porth Quins
Dinas Powys	v	Bridgend Ath
Llantrisant	v	Mountain Ash
St Josephs	v	Glamorgan Wdrs
Rhiwbina	v	Rumney

29/12/2018

Treorchy	v	Cambrian Wel
Bridgend Ath	v	Gilfach Goch
Porth Quins	v	Llantrisant
Glamorgan Wdrs	v	Dinas Powys
Mountain Ash	v	Rhiwbina
Rumney	v	St Josephs

05/01/2019

Treorchy	v	Bridgend Ath
Gilfach Goch	v	Glamorgan Wdrs
Llantrisant	v	Cambrian Wel
Rhiwbina	v	Porth Quins
Dinas Powys	v	Rumney
St Josephs	v	Mountain Ash

12/01/2019

Plate Rd 4

Llantrisant	v	Treorchy
Rumney	v	Gilfach Goch
Cambrian Wel	v	Rhiwbina
Glamorgan Wdrs	v	Bridgend Ath
Porth Quins	v	St Josephs
Mountain Ash	v	Dinas Powys

19/01/2019

Treorchy	v	Glamorgan Wdrs
Gilfach Goch	v	Mountain Ash
St Josephs	v	Cambrian Wel
Bridgend Ath	v	Rumney
Rhiwbina	v	Llantrisant
Dinas Powys	v	Porth Quins

26/01/2019

Rhiwbina	v	Treorchy
Porth Quins	v	Gilfach Goch
Cambrian Wel	v	Dinas Powys
Mountain Ash	v	Bridgend Ath
Llantrisant	v	St Josephs
Rumney	v	Glamorgan Wdrs

02/02/2019

Treorchy	v	Rumney
Gilfach Goch	v	Cambrian Wel
Bridgend Ath	v	Porth Quins
Dinas Powys	v	Llantrisant
Glamorgan Wdrs	v	Mountain Ash
St Josephs	v	Rhiwbina

16/02/2019

St Josephs	v	Treorchy
Llantrisant	v	Gilfach Goch
Cambrian Wel	v	Bridgend Ath
Porth Quins	v	Glamorgan Wdrs
Rhiwbina	v	Dinas Powys
Mountain Ash	v	Rumney

02/03/2019

Plate Rd 5

Treorchy	v	Mountain Ash
Gilfach Goch	v	Rhiwbina
Glamorgan Wdrs	v	Cambrian Wel
Bridgend Ath	v	Llantrisant
Rumney	v	Porth Quins
Dinas Powys	v	St Josephs

23/03/2019

Dinas Powys	v	Treorchy
St Josephs	v	Gilfach Goch
Cambrian Wel	v	Rumney
Rhiwbina	v	Bridgend Ath
Porth Quins	v	Mountain Ash
Llantrisant	v	Glamorgan Wdrs

30/03/2019

Plate Rd 6

Treorchy	v	Porth Quins
Mountain Ash	v	Cambrian Wel
Bridgend Ath	v	St Josephs
Rumney	v	Llantrisant
Glamorgan Wdrs	v	Rhiwbina
Gilfach Goch	v	Dinas Powys