

Team	Pool	Team	Pool	Team	Pool	Team	Pool
Aberaeron	3	Cefneithin	10	Llangennech	2	Porthcawl	4
Aberavon Green Stars	4	Chargers Female Hub	12	Llangwm	12	Porthcawl Ladies	13
Aberavon Quins	15	Chepstow	8	Llanharan	11	Pyle	1
Abercarn	14	Cilfynydd	15	Llantwit Fardre	7	Resolven	9
Abercrave	7	Cilfynydd Ladies	15	Llantwit Fardre Ladies	3	Rhiwbina	5
Abercwmbai	7	COBRA	16	Llanybydder	13	Rhydyfelin	13
Abercynon	9	Colwyn Bay	8	London Welsh	6	Rhydyfelin Ladies	12
Aberdare	10	Colwyn Bay Stingrays	10	Loughor	16	Rhymney	3
Abergavenny	16	CRC Caerdydd	12	Maesteg	6	Risca	10
Abergele	11	CRC Caerdydd Ladies	10	Maesteg Celtic	15	Rumney	6
Abertyswg	11	Cross Keys	11	Maesteg Quins	9	Sea View	11
Aberystwyth	5	Crymych	4	Magor	14	Senghenydd	8
Alltwen	2	Crynant	8	Malpas	2	Senghenydd Ladies	8
Amman United	10	Cwmcarn United	7	Morrison Ladies	9	Skewen	9
Ammanford	5	Cwmgwrach	4	Mumbles	9	South Wales Police	8
Baglan	4	Cwmllynfell	13	Nantgaredig	2	St Clears	10
Bargoed	14	Cwmtwrch	4	Nantymoel	1	St Davids	6
Beddau	1	Cwmtwrch Ladies	8	Nantymoel Ladies	2	St Julians HSOB	7
Bedling	5	Deri	9	Narberth	7	St Peters	2
Bedwas	1	Deri Ladies	13	Neath	5	Swansea	5
Bethesda	1	Dinas Powys	4	Nelson	3	Swansea Gladiators	15
Bettws (Newport)	1	Dinbych	13	Nelson Belles	16	Swansea Uplands	1
Betws	10	Dunvant	2	New Dock Stars	1	Tata Steel	5
Bonymaen	7	Dyfed Powys Police	11	New Tredegar	9	Tondu	8
Bonymaen Ladies	11	Fall Bay	9	Newcastle Emlyn	16	Tonmawr	12
Brackla	16	Felinfoel	4	Newport	14	Tonyrefail	6
Brawdy Signals Regt.	12	Ferndale	10	Newport Saracens	15	Trebanos	13
Brecon	3	Ferryside	8	Newtown	8	Tredegar Ironsides	7
Bridgend Athletic	16	Fishguard & Goodwick	1	Oakdale	4	Trefil	1
Bridgend Sports	2	Forgeside	12	Ogmore Vale	9	Tregaron	13
Briton Ferry	12	Furnace United	16	Ogwr Hawks	11	Treharris	4
Brynamman	5	Gilfach Goch	13	Old Illydians	4	Trimsaran	1
Bryncethin	14	Glyncorrwg	16	Old Penarthians	5	Tumble	14
Bryncoch	2	Glynneath	13	Old Pens Ladies	5	Tumble Ladies	5
Builth Wells	16	Gowerton	8	Old Tyleryan	2	Tycroes	6
Burry Port	5	Gwernyfed	6	Pantyyffnon	4	Tylorstown	1
Burry Port Ladies	4	Gwernyfed Ladies	3	Pembroke Ladies	7	Vardre	11
Bynea	15	Hartridge	14	Penallta	12	Wales Police (Men)	13
Caerau Ely	14	Haverfordwest	10	Penarth	3	Wales Police (Women)	13
Caerleon	10	Haverfordwest Ladies	8	Penclawdd	16	Wattstown	9
Caernarfon	3	Heol y Cyw	14	Pencoed	15	Waunarlwydd	12
Caerphilly	10	Hirwaun	2	Penlan	2	Welsh Charitables	5
Caldicot	2	Kenfig Hill	16	Penybanc	3	Welsh Fire Service	15
Cambrian Welfare	6	Kidwelly	12	Penygraig	9	Welshpool	15
Cardiff	8	Lampeter Ladies	6	Penygroes	15	Whitchurch	6
Cardiff Chiefs	7	Lampeter Town	5	Pontardawe	6	Whitchurch Ladies	14
Cardiff Met	11	Laugharne	11	Pontarddulais	2	Whitehead	6
Cardiff Met Ladies	3	Llandaff	9	Pontyates	13	Whitland	3
Cardiff Quins	3	Llandeilo	7	Pontyberem	14	Whitland Ladies	1
Cardiff Saracens	6	Llandovery	7	Pontyclun Falcons	12	Ynysddu	14
Cardiff University	12	Llandrindod Wells	16	Pontycymmer	9	Ynysowen	12
Carmarthen Athletic	8	Llandybie	11	Pontypool	10	Yogits	15
Carmarthen Quins	7	Llanelli	14	Pontypool United	6	Yr Hendy	7
Castell Howell	3	Llanelli Wanderers	11	Port Talbot Panthers	15	Ystalyfera	3
Cefn Coed	11	Llanelli Warriors	10	Porth Harlequins	13	Ystrad Rhondda	16
Cefn Cribwr	4	Llangadog	1	Porth Ladies	14	Ystradgynlais	15