

1 East Central

03/09/2016

Llanharan	v	Llantwit Fardre
Heol y Cyw	v	Rumney
St Josephs	v	Mountain Ash
Rhiwbina	v	Dowlais
Ystrad Rhondda	v	Cardiff Quins
Treorchy	v	Porth Quins

10/09/2016

Rumney	v	Llanharan
Llantwit Fardre	v	St Josephs
Dowlais	v	Heol y Cyw
Mountain Ash	v	Ystrad Rhondda
Porth Quins	v	Rhiwbina
Cardiff Quin	v	Treorchy

17/09/2016

St Josephs	v	Llanharan
Ystrad Rhondda	v	Llantwit Fardre
Rumney	v	Dowlais
Heol y Cyw	v	Porth Quins
Treorchy	v	Mountain Ash
Rhiwbina	v	Cardiff Quins

24/09/2016

Llanharan	v	Dowlais
Llantwit Fardre	v	Treorchy
Porth Quins	v	Rumney
St Josephs	v	Ystrad Rhondda
Cardiff Quins	v	Heol y Cyw
Mountain Ash	v	Rhiwbina

01/10/2016

Ystrad Rhondda	v	Llanharan
Rhiwbina	v	Llantwit Fardre
Rumney	v	Cardiff Quins
Treorchy	v	St Josephs
Dowlais	v	Porth Quins
Heol y Cyw	v	Mountain Ash

08/10/2016

PLATE ROUND 1

15/10/2016

Llanharan	v	Porth Quins
Llantwit Fardre	v	Heol y Cyw
Mountain Ash	v	Rumney
St Josephs	v	Rhiwbina
Cardiff Quins	v	Dowlais
Ystrad Rhondda	v	Treorchy

22/10/2016

Treorchy	v	Llanharan
Rumney	v	Llantwit Fardre
Heol y Cyw	v	St Josephs
Dowlais	v	Mountain Ash
Rhiwbina	v	Ystrad Rhondda
Porth Quins	v	Cardiff Quins

29/10/2016

PLATE ROUND 2

12/11/2016

Llanharan	v	Cardiff Quins
Llantwit Fardre	v	Dowlais
St Josephs	v	Rumney
Ystrad Rhondda	v	Heol y Cyw
Mountain Ash	v	Porth Quins
Treorchy	v	Rhiwbina

26/11/2016

Rhiwbina	v	Llanharan
Porth Quins	v	Llantwit Fardre
Rumney	v	Ystrad Rhondda
Dowlais	v	St Josephs
Heol y Cyw	v	Treorchy
Cardiff Quins	v	Mountain Ash

03/12/2016

Llanharan	v	Mountain Ash
Llantwit Fardre	v	Cardiff Quins
Treorchy	v	Rumney
St Josephs	v	Porth Quins
Rhiwbina	v	Heol y Cyw
Ystrad Rhondda	v	Dowlais

10/12/2016

PLATE ROUND 3

17/12/2016

Heol y Cyw	v	Llanharan
Rumney	v	Rhiwbina
Cardiff Quins	v	St Josephs
Dowlais	v	Treorchy
Porth Quins	v	Ystrad Rhondda
Mountain Ash	v	Llantwit Fardre

07/01/2017

Llantwit Fardre	v	Llanharan
Rumney	v	Heol y Cyw
Mountain Ash	v	St Josephs
Dowlais	v	Rhiwbina
Cardiff Quins	v	Ystrad Rhondda
Porth Quins	v	Treorchy

14/01/2017

PLATE ROUND 4

21/01/2017

Llanharan	v	Rumney
St Josephs	v	Llantwit Fardre
Heol y Cyw	v	Dowlais
Ystrad Rhondda	v	Mountain Ash
Rhiwbina	v	Porth Quins
Treorchy	v	Cardiff Quins

28/01/2017

Llanharan	v	St Josephs
Llantwit Fardre	v	Ystrad Rhondda
Dowlais	v	Rumney
Porth Quins	v	Heol y Cyw
Mountain Ash	v	Treorchy
Cardiff Quins	v	Rhiwbina

04/02/2017

Dowlais	v	Llanharan
Treorchy	v	Llantwit Fardre
Rumney	v	Porth Quins
Ystrad Rhondda	v	St Josephs
Heol y Cyw	v	Cardiff Quins
Rhiwbina	v	Mountain Ash

18/02/2017

& PLATE ROUND 5

Llanharan	v	Ystrad Rhondda
Llantwit Fardre	v	Rhiwbina
Cardiff Quins	v	Rumney
St Josephs	v	Treorchy
Porth Quins	v	Dowlais
Mountain Ash	v	Heol y Cyw

04/03/2017

Porth Quins	v	Llanharan
Heol y Cyw	v	Llantwit Fardre
Rumney	v	Mountain Ash
Rhiwbina	v	St Josephs
Dowlais	v	Cardiff Quins
Treorchy	v	Ystrad Rhondda

11/03/2017

Llanharan	v	Treorchy
Llantwit Fardre	v	Rumney
St Josephs	v	Heol y Cyw
Mountain Ash	v	Dowlais
Ystrad Rhondda	v	Rhiwbina
Cardiff Quins	v	Porth Quins

25/03/2017

& PLATE ROUND 6

Cardiff Quins	v	Llanharan
Dowlais	v	Llantwit Fardre
Rumney	v	St Josephs
Heol y Cyw	v	Ystrad Rhondda
Porth Quins	v	Mountain Ash
Rhiwbina	v	Treorchy

01/04/2017

Llanharan	v	Rhiwbina
Llantwit Fardre	v	Porth Quins
Ystrad Rhondda	v	Rumney
St Josephs	v	Dowlais
Treorchy	v	Heol y Cyw
Mountain Ash	v	Cardiff Quins

08/04/2017

Mountain Ash	v	Llanharan
Cardiff Quins	v	Llantwit Fardre
Rumney	v	Treorchy
Porth Quins	v	St Josephs
Heol y Cyw	v	Rhiwbina
Dowlais	v	Ystrad Rhondda

15/04/2017

Llanharan	v	Heol y Cyw
Rhiwbina	v	Rumney
St Josephs	v	Cardiff Quins
Treorchy	v	Dowlais
Ystrad Rhondda	v	Porth Quins
Llantwit Fardre	v	Mountain Ash

16/04/2017

PLATE FINAL