



MEMBER CLUBS, DISTRICT MEMBERS AND AFFILIATED ORGANISATIONS
SEASON 2014 - 2015



MEMBER CLUBS OF THE WELSH RUGBY UNION LIMITED

<p>Aberaeron RFC</p>	<p>Hon Secretary: D G Evans, Brynhelyg, Maesymeillion, Aberaeron, Ceredigion SA46 ODY (H) 01545 570736 (M) 0796 8053743 Email: dgevens2011@gmail.com Fixture Secretary: Mr Parry Evans, Noddfa, Oakford, Llanarth, Aberaeron, SA47 ORW. Tel: 01545 580756 (h) 07778 559971 (m) Email: parry.evans@dwrwymru.com Royal Blue/Yellow Stripes: Yellow/Royal Blue Stripes. Parc Drefach, Aberaeron, Ceredigion, SA46 OTR</p>
<p>Aberavon RFC (Aberavon And Port Talbot RFC Ltd – Registration No: 4180072)</p>	<p>Hon Secretary: Stephen Wharmby, 56 Oakwood Street, Port Talbot, SA13 1BD. (H) 01639 767076 (W) 01639 881571 (M) 07970 820614. Email - swharmby@howspender.co.uk Or stephen.wharmby@ntlworld.com Fixture Secretary: David Condon, 2 Theodore Road, Port Talbot, SA13 1SW. Tel: 01639 894037 (h) 01639 882867 (Red/Black : White Talbot Athletic Ground, Manor Street, Port Talbot, SA13 1AB. 01639 883058 (Office/F)01639 882150 (Clubhouse) info@Aberavonwizards.co.uk</p>
<p>Aberavon Green Stars RFC</p>	<p>Hon Secretary: Mr Stephen O'Brien, 18 Sitwell Way, Port Talbot, SA12 6BL. Tel: 07980 910786 Email: steve.obrien1@ntlworld.com Fixture Secretary: Andrew Harris, 59 Oakwood Street, Port Talbot SA13 1BD. Tel: 01639 886627 (h) 07792 206017 (m) Green/White/Gold: Myrtle Green. Darwin Road, Little Warren, Port Talbot, SA12 6BP. 01639 882434 (HQ) 01639 769797 (F)</p>
<p>Aberavon Quins RFC</p>	<p>Hon Secretary: Mr Simon Morgan, 124 Western Avenue, Sandfields, Port Talbot, SA12 7NA. Tel: 07971 410807 (M) Email: svmorgan1@virginmedia.com Fixture Secretary: Tony Morris, 2 Penrhiwgoch, Baglan, Port Talbot, SA128LN. Tel: 07969 748369 (m) Email: tonymorris1954@btinternet.com Red/Black: Grey/Black. Harlequin Road, Aberavon, Port Talbot. SA12 6UB. 01639 884612 (HQ) 01639 884613 (F)</p>
<p>Abercarn RFC</p>	<p>Hon Secretary: Mr Craig Roch, 4 Foundry Road, Risca, NP11 6AL. Tel: 07790 210167 Email: arfc1895@gmail.com Fixture Secretary: Martyn Hopkins, 10 Main Street, Newbridge, Gwent. Tel: 01495 245331 (h) 07971 113446 (m) Emerald/Black: Black. High Street, Abercarn, NP11 5PR 01495 243052 (HQ)</p>
<p>Abercrave RFC</p>	<p>Hon Secretary: Duncan Donovan, 6 Heol Abram, Lower Cwmtwrch, Swansea, SA9 1EB. Tel: 01639 842943 (H) 07886 752679 (M) Email: ceriwyn@aol.com Fixture Secretary: As above Red/Black/Amber: Black. Plas Y Ddol, Henneuadd, Abercrave, Swansea. SA9 1XH. 01639 730213 (HQ)</p>



Abercwmbai RFC	<p>Hon Secretary: Tony Luke, Hon. Chairman, Rose Villa, George Street, Aberaman, Aberdare, RCT, CF44 6SH. Tel: 01685 883642 (H) 07841 459161 (M) Email: luke924@lcloud.com</p> <p>Fixture Secretary: Mr Alun James, 2 Cilhaul Terrace, Darren Las, Mountain Ash CF45 3ND – Tel: 01443 699002 (w) or 07772 052712 (m) or email: alun_djames@tiscali.co.uk</p> <p>Green/Black With White Hoops: Black/White Hoops/Green Trim. Maes Y Pantref.</p>
Abercynon RFC	<p>Hon Secretary: Michael Williams, 47 Albert Street, Miskin, Mountain Ash, CF45 3BA 01443 473167 (H) 07717 710046 (M) Email: abercynonrfc@talktalk.net</p> <p>Fixture Secretary: Geoff Robinson, 23 Bryntaf, Aberfan, Merthyr Tydfil, CF45 4PN. Tel: 07973 151288 (m)</p> <p>Red/Black: Blue The Clubhouse, Y Parc, Abercynon, Mountain Ash CF45 4RU. 01443 740586 (HQ)</p>
Aberdare RFC	<p>Hon Secretary: John Wrangham, 12 Plasdraw Road, Aberdare, CF44 0NR. Tel: 01685 879684 (H) 07828 178601 (M) Email: john.wrangham@btinternet.com</p> <p>Fixture Secretary: Gerry Thomas, 22 Graig y Darren, Cwmdare, Aberdare, CF44 8PY. Tel: 01685 882729 (h) 01792 817378 (b) 07904 854339 (m)</p> <p>Blue/Gold: Red/Black. 49 Gloucester Street, Aberdare, CF44 7BP 01685 871124 (HQ)</p>
Abergavenny RFC	<p>Hon Secretary: Mr. Andrew Morgan, 21 Plas Derwen View, Abergavenny, NP7 9SX. Tel: 07525 477218 (M) Email: andrew.morgan@tradaxgroup.co.uk 01873 890556 (H) 07931 590525 (M) Email: Griffab@Tiscali.Co.Uk</p> <p>Fixture Secretary: Mr Mike Preedy, 54 Lower Monk Street, Abergavenny, NP7 5LU. Tel: 01873 856736 (h) 07904 641683 (m) Email: mikepreedy1@aol.com</p> <p>Claret & Amber: Black. The Clubhouse, Bailey Park, Abergavenny, NP7 5SG. 01873 853855 (HQ)</p>
Abertillery RFC	<p>Hon Secretary: Michael Havard, 108 Cotswold Way, Risca, Gwent, NP11 6RG. Tel: 01633 615772 (H) 07866 081674 (M) E Mail: michael.havard@btopenworld.com</p> <p>Fixture Secretary: Neil Jones, 5 Smith Rd, Abertillery, Gwent, NP13 1SG. Tel: 07824 353171 Email: jonesneil5@aol.com</p> <p>Green/White: Black/Yellow/Red. The Railway Inn, Bridge St, Abertillery, Gwent, NP13 1UB (HQ) www.Abertillery-Rfc.Co.Uk</p>
Aberystwyth RFC	<p>Hon Secretary: Mr A Jones, Meiros, Llanbadarn Road, Aberystwyth, SY23 3QN. 01970 610167 (H) 01970 622826 (B) (Fax) 07761 814868 (M) Email: alan.jones@aber.ac.uk</p> <p>Fixture Secretary: Glanmor Thomas, Pengwern, Commins Coch, Aberystwyth, Dyfed, SY23 3BG, Tel: 01970 617787 (h) 01970 823175 (b) Email: glanmor.thomas@bbscr.ac.uk</p> <p>Light Blue And Dark Blue: Green. Plascrug, Aberystwyth, SY23 1HL. 01970 623800 (HQ)</p>



Aberystwyth University RFC	<p>Hon Secretary: Rhys Parry, Brynamlwg, Penuwch, Tregaron, Ceredigion, SY25 6RA. Tel: 01974 821775 Email: rrp@aber.ac.uk</p> <p>Fixture Secretary: Meirion Derrick, 1 Castle Street, Aberystwyth, SY23 1DT, Tel: 01970 615937 (h) 01970 622401 (University) Red/Green. Vicarage Fields, Llanbadarn Road, Aberystwyth, Ceredigion SY23 1HB 01970 623036 (HQ)</p>
Alltwen RFC	<p>Hon Secretary: David Gwyn Morgan, 35 Lon Hir, Alltwen, Pontardawe, Swansea, SA8 3DQ. 01792 863769 (H) 07532 153076 (M) Email: davidmorgan181@btinternet.com</p> <p>Fixture Secretary: Brian Thomas, 36 Lon Hir, Alltwen, Pontardawe, Swansea, SA8 3DE. Tel: 01792 865695 (h) Black: Blue, Black & White Horizontal Stripes. The Triangle, Alltwen Hill, Pontardawe, Swansea, SA8 3BP. 01792 864233 (HQ)</p>
Amman United RFC	<p>Hon Secretary: Brian Davies, 122 Cwmaman Road, Glanamman, Carmarthenshire, SA18 1EJ. Tel: 01269 826336 (H) 07837 266461 (M) Email: brdavies1@aol.com</p> <p>Fixture Secretary: As above Scarlet: White. 32 Cwmamman Road, Glanamman, Carms. 01269 822147 (HQ)</p>
Ammanford RFC	<p>Hon Secretary: Dylan Wyn Jones, Cwarter Coch, 20 Grenig Rd, Glanamman, Ammanford, Carmarthenshire, SA18 1HQ. Tel: 01269 825026 (H) 07999 861246 (M) Email: 55dylanwj@gmail.com</p> <p>Fixture Secretary: Glan Davies, Arosfa, Heol Las, Ammanford, SA18 3EB. Tel: 01269 595975 (h) 07578 454270 (m) Email: glandavies@btinternet.com Blue/Black Hoops: Red/Black Hoops. Manor Road, Recreation Ground, Ammanford, Carms, SA18 3AP 01269 597777 (HQ)</p>
Baglan RFC	<p>Hon Secretary: Jim Owen, 24 Rosewood Avenue, Baglan, Port Talbot, SA12 8UH 01639 822187 (H) Email: jamesowen11@sky.com</p> <p>Fixture Secretary: Terry Hampton, 6 Margarets Close, Briton Ferry, Neath. Tel: 01639 821153 (h) Maroon/White: Black. Ty-Isaf Field, Thorney Road, Baglan, SA12 8LW. 01639 812010 (HQ) 01639 820752 (Fax)</p>
Bala RFC (Clwb Rygby'r)	<p>Hon Secretary: Lois Griffiths, Llwyn Celyn, 17 Stryd Fawr, Y Bala, Gwynedd, LL23 7LG. Tel: 07899 894135 (M) Email: loisgriffiths16@gmail.com</p> <p>Fixture Secretary: Iolo Jones, Bryn Clochydd, Llangwm, Conwen, LL21 0RA. Tel: 01490 420087 (h) 07803 581106 (m)</p>
Bangor RFC (Bangor Rugby Club Ltd – Registration No: 29609 R)	<p>Hon Secretary: David Dunn, 9 Mill Bank, Llandegfan, Anglesey, LL59 5RD. Tel 01248 712068 (H) 07960 391118 (M) Email: daviddunn8@btinternet.com</p> <p>Fixture Secretary: Sean Kelly, 15 Caerau Penrallt, Lon Dryll, Llanfairpwll, Anglesey, LL61 8LA. Tel: 07725 894780 (m) Email: sfgkelly37@btinternet.com Green/White Cae Milltir, Llandygai, Nr Bangor, Gwynedd. LL57 4AA. 01248 371174 (HQ/F) Email: Admin@Bangor Rugby.Co.Uk</p>



Bangor University RFC	<p>Hon Secretary: Glyn Parry, Maes Glas Sports Centre, Ffriddoedd Road, Bangor, LL57 2EH. Tel: 01248 382571 Email: glyn.parry@bangor.ac.uk</p> <p>Fixture Secretary: Guy Croft, Athletic Union Student Union, Bangor, Gwynedd. Tel: 01248 388010 (b) 01248 388020 (fax) 07980 595461 (m)</p> <p>Green/Yellow Hoops. Maesglas, Ffriddoedd Road, Bangor, Gwynedd, LL57 2EH. 01248 382571 (HQ) 01248 382573 (Cf)</p>
Bangor Normal College RFC	<p>Hon Secretary: Tegid Phillips, Bryn Collen, Vale Street, Denbigh, LL163BW. Tel: 01745 812375 (H) 01248 383047 (B) 07901 973297 (M) Email: tegidphillips@hotmail.co.uk</p> <p>Fixture Secretary: as above.</p> <p>Red/Black Hoops: Back/Red Hoops</p> <p>Holyhead Road, Bangor, LL57 2PX. Tel: 01248 383047 (Hq)</p>
Banwen RFC	<p>Hon Secretary: Karen Cross, Tafarn Y Banwen, Banwen, Neath, SA10 9AA. Tel: 01639 700409 Email: karenlcross@hotmail.co.uk</p> <p>Fixture Secretary: Mark Harris, 11 Moorlands, Duffryn Cellwen, Neath, SA10 9HY. Tel: 01639 700396 (H) 07846 628712 (m)</p> <p>Red/Black, Amber/Black, Sky Blue. Clubhouse: Main Road, Dyffryn Cellwen, Neath SA10 9HR.</p>
Bargoed RFC	<p>Hon Secretary: Robert Butcher, New House, Heol Fargoed, Bargoed CF81 8PQ 01443 835734 (H) 07770 997992 (M) 01685 721725 (B) Email: rrobbutch@gmail.com</p> <p>Fixture Secretary: Bryn Butcher, Highfields, Heol Fargoed, Bargoed, CF81 8PQ. Tel: 01443 836372 (h) 07766113675 (m) Email: brynmorb@hotmail.com</p> <p>Dark/Light Blue: Red. 98-99 Gilfach Street, Bargoed CF81 8LQ 01443 839731 (HQ) Email: Bargoedrfc@Btinternet.Com</p>
Barry RFC	<p>Hon Secretary: Mr Colin Ham, 7 Slade Road, Barry, CF62 9AL. Tel: 01446 405726 Email: deanneham@ntlworld.com</p> <p>Fixture Secretary: Stuart Lock. Tel: 01446 410359 (H) 07960 877268 (m) Email: s.lock2@ntlworld.com</p> <p>Green/Black: Green/White Hoops. Reservoir Field, Merthyr Dyfan Road, Barry, Vale Of Glamorgan CF62 9TH 01446 734806 (HQ)</p>
Beddau RFC Ltd Reg. No. 30115R	<p>Hon Secretary: Mr Tony Goold (Club President), Beddau RFC, Castellau Road, Beddau, Pontypridd, RCT, CF38 2AA. Tel: 07779 123037 (M) Email: tonygoold@tiscali.co.uk</p> <p>Fixture Secretary: As above.</p> <p>Green: Gold/Green. The Clubhouse, Castellau Road, Beddau, Pontypridd, CF38 2AA. 01443 202320 (HQ) 01443 206348 (F)</p>



Bedlinog RFC	<p>Hon Secretary: Mr Arwyn Thomas, 2 Greenhill Cottages, Llwynceilyn Terrace, Nelson, Mid Glam, CF46 6HF. Tel: 01443 450178 (H) 07805 803219 (M) Email: arwyndianne@aol.com</p> <p>Fixture Secretary: Gareth Roberts, 2 Colly Row, Bedlinog, Merthyr, CF46 6UD. Tel: 01443 710471 (h) 07875 947724 (m) Email: garethroberts479@btinternet.com</p> <p>Black/Maroon/White: Yellow. The Clubhouse, The Square, Bedlinog, Treharris, Merthyr Tydfil CF46 6TG. 01443 710625 (HQ)</p>
Bedwas RFC (Bedwas Rugby Football & Social Club)	<p>Hon Secretary: Mr David Cousins, Bryn Dovey, 23 Tydfil Rd, Bedwas, CF83 8EF. Tel: 07720 554801 (M) E Mail: davecousins@Bedwasrfc.co.uk</p> <p>Fixture Secretary: As above.</p> <p>Black/White: Red/Green. Bridge Field, Newport Road, Bedwas CF83 8DZ 02920 883480 (HQ)</p>
Bethesda RFC	<p>Hon Secretary: Yvonne Dignam, 4/1 Stryd Y Ffynnon, Gerlan, Bethesda, Gwynedd, LL57 3TN. Tel: 01248 600056 (H) 07919522346 (M) Email: secretary@rygbipesda.com</p> <p>Fixture Secretary: Mr. Simon Dignam, 4/1 Well Street, Gerlan, Bethesda, Gwynedd, LL57 3TN. Tel: 07917 897927 (m) 01248 600056 (h)</p> <p>Black/Amber. Old Station Yard, Bethesda, Gwynedd, LL57 3NE 01248 601884 (HQ) Email: Info@Rygbipesda.Com</p>
Bettws (Newport) RFC	<p>Hon Secretary: Tracy Collett (Acting), 2 Lambourne Walk Bettws Newport NP20 7UB.Tel 01633 821026 (H) Email: tcoll8@hotmail.co.uk</p> <p>Fixture Secretary: Mr Steve Hackwood, 6 Sycamore Court, Henllys, Cwmbran, NP44 6HN. Tel: 01633 862106 (h) 07939 724619 (m) Email:steve@mosswoodsupsplies.com</p> <p>Blue/Maroon. Ty-Coed Playing Fields, Leach Road, Bettws, Newport, Gwent, NP20 7XE. 01633 850122 (HQ)</p>
Betws RFC	<p>Hon Secretary: Jeff Thomas, 14 Dyffryn Road, Ammanford, SA18 3TB 01269 595008 (H) 07891 351312 (M) Email: pcjeff58@yahoo.co.uk</p> <p>Fixture Secretary: Dylan Rees, 31 Grenig Rd, Glanamman, Ammanford, SA18 1HQ. Tel: 07977 931848 (m) Email: j_dylan_rees@hotmail.com</p> <p>Black/Red Hoops: Yellow/Black. Maes Y Felin, Mill Road, Betws, Ammanford, SA18 2HL. 01269 592551 (HQ)</p>
Birchgrove RFC	<p>Hon Secretary: Mr Carl Woodward, 38 Lon Ogwen, Birchgrove, Swansea, SA7 9LR. Tel: 01792 815859 (H) 07890 549505 (M) Email: carlbrfc8011@hotmail.co.uk</p> <p>Fixture Secretary: Michael Thomas, 66 Maes Y Wawr, Birchgrove, Swansea, SA7 0HL. Tel: 01792 774834 (h) 07977 553313 (m) Email: Michael_thomas13@sky.com</p> <p>Red/White: Black. Parc Bedw, Heol Dulais, Birchgrove, Swansea. 01792 814414 (HQ) 01792 643446 (F)</p>



Blackwood RFC	<p>Hon Secretary: Bruce Penfold, 4 Skenfrith Close, Grove Park, Blackwood, NP12 1GD 01495 221784 (H) 07816 143201 (M) Email: blackwoodrfc@btconnect.com</p> <p>Fixture Secretary: Gareth Lewis. 13 Meadow Road, Pontllanfraith ,NP12 2AG. Tel: 01495 220259 (h) 07815 839861 (m) 01443 624409 (b) Email: g.lewis17@sky.com</p> <p>Red/Black/Amber: Black. Glan Yr Afon Park, Hall Street, Blackwood, NP12 1NY. 01495 223206 (HQ) 01495 225646 (F)</p>
Blackwood Stars RFC	<p>Hon Secretary: Mr D Lewis, 76 Cwm Braenar, Pontllanfraith, Blackwood, NP12 2DS. Tel: 01495 227607 (H) 07906 995879 (M)</p> <p>Fixture Secretary: Richard Webley, 39 Crown Lane, Pontllanfraith, Blackwood.NP12 2GD. Tel 01495 229582. E-mail richardwebley@hotmail.co.uk</p>
Blaenavon RFC	<p>Hon Secretary: Mike Doolan, 65 St Augustine Road, Griffithstown, Pontypool, Torfaen, NP4 5EZ 01495 758152 (H) 07816 056391 (M) Email: michael@doolan208.orangehome.co.uk</p> <p>Fixture Secretary: Mr. Dale Wathen, 2 Woodley Houses. Blaenavon, Torfaen, Gwent, NP4 9HX. Tel: 01495 792010 (h) 07852 108325 (m) Email: dale_jen@hotmail.com</p> <p>Black/White Hoop: Red/White. Recreation Ground, Gauts Gate, Middle Coed Cae, Blaenavon, NP4 9PP. 01495 790446 (HQ)</p>
Blaengarw RFC	<p>Hon Secretary: Alan Griffiths, 2 Ffaldau Villa, Pontycymmer, Bridgend, CF32 8NP 01656 870153 (H) 07977 507148 (M) Email: alangriffiths2@yahoo.co.uk</p> <p>Fixture Secretary: Stuart Evans, 46 King Edward Street, Blaengarw, CF32 8ND. Tel: 01656 871802 Email: stu555e@aol.com</p> <p>Red/Blue: 40 Victoria Street, Pontycymmer, Bridgend CF32 8NN 01656 870326 (HQ)</p>
Blaina RFC	<p>Hon Secretary: Mr Chris Adams, Hillside Cottage, Cwrt-Y-Bella, Argoed, Blackwood, Gwent, NP12 0HR. Tel: 01495 651996 (H) 07810 357147 (M) Email: chris_adams@ukgateway.net</p> <p>Fixture Secretary: Gwyn Williams, 13, Limestone Road East, Nantyglo, Gwent. NP23 4NG. Tel: 01495 311414 (h) 07977 487334 (m) Email: willnant2@yahoo.co.uk</p> <p>Red: Yellow/Black. The Yew Tree Inn, West Side, Blaina.</p>
Bonymaen RFC	<p>Hon Secretary: Mr Alun Evans, 18, Llwyn-Y-Bryn, Crymlyn Parc, Skewen, Neath, Swansea, SA10 6DZ. Tel: 07411 838626 (M) Email: a.w.evans@btinternet.com</p> <p>Fixture Secretary: Wayne Sykes, 18 Heol Las, North Cornelly, Bridgend, CF33 4AS, tel. 07867 828 207, wsykesonline@gmail.com</p> <p>Red/Black Hoops: Black/Amber Hoops. Parc Mawr, Cefn Hengoed Road, Bonymaen, Swansea 01792 652859 (HQ)</p>



BP Llandarcy RFC	<p>Hon Secretary: David Phillips, 2 Neath Abbey Road, Neath. SA10 7BD. Tel: 01639 642714 (H) Email: davidphillips2@sky.com Fixture Secretary: Dave Phillips, 2 Neath Abbey Road, Neath, SA10 7BD. Tel: 01639 642714 Email: davidphillips2@btconnect.com Green/Red & White Hoops: Maroon. Llandarcy Park, Skewen, Neath, SA10 6JD, 01792 812036 (HQ)</p>
Brecon RFC	<p>Hon Secretary: Paul Hellard, 2 Aberyscir Road, Cradoc, Brecon Powys, LD3 9PB Tel: 01874 611784 (H) 07932 954458 (M) Email: taffhellard@btinternet.com Fixture Secretary: Mr Tony Davies, The Wern, Cantref, Brecon, Powys, LD3 8LW. Tel: 01874 665328 (h) 07836 587282 (m) Red/White Hoops: Green/White Hoops. 63 The Watton, Brecon, Powys, LD3 7EL. 01874 624848 (HQ) 01874 611719 (HQ Fax)</p>
Bridgend RFC (Bridgend Ravens Rugby Limited - Registration No: 05498406)	<p>Hon Secretary: Norman Spain, 9 Maes-Y-Fedwen, Broadlands, Bridgend, CF31 9DA. Tel. 01656 669341(H) 07860 786857 (M) Email: norm.spain@gmail.com Fixture Secretary: As above. Blue/White White, The Brewery Field, Tondy Road, Bridgend, CF31 4JE. Tel: 01656 838281</p>
Bridgend Athletic RFC	<p>Hon Secretary: Roy Huntley, 16 Grove Road, Bridgend, CF31 3EF. Tel: 01656 669192 (H) 01656 672475 (B) 07974 742892 (M) Email: rhuntley@hotmail.co.uk Fixture Secretary: Mr Keith Thomas, 49 Garfield Ave, Litchard, Bridgend, CF31 1QA. Tel: 01656 668501 (h) 07503 883156 (m) Green/Gold: Red/Black. 12 Ewenny Road, Bridgend, CF31 3HP. 01656 652263 (HQ)</p>
Bridgend Sports RFC	<p>Hon Secretary: Mr John Sawyer, 2, Maes-Y-Piod, Broadlands, Bridgend, CF31 5FJ. Tel: 01656 766293 (H) 07710 189375 (M) Email: john.sawyer@landmarc.mod.uk Fixture Secretary: As above. Blue/White: Blue/Gold. Bridgend Bowls And Tennis Club, Church Road, Off Merthyr Mawr Road, Bridgend, CF31 3AZ. 01656 662041 (HQ) 01656 651211 (F)</p>
Briton Ferry RFC	<p>Hon Secretary: Kerry Frey, 32 Giants Grave Road, Briton Ferry, Neath, SA11 2LS 01639 822866 (H) 01639 822866 (Fax) 07970 594866 (M) Fixture Secretary: Martyn Bate, 36 Manor Way, Briton Ferry, Neath, SA11 2TR. Tel: 01639769408 (h) 07981211985 (m) 01446723193 (w)E mail: martyn.bate@ntlworld.com Royal Blue/Gold: Gold. 40 Ynysmaerdy Road, Briton Ferry, Neath, SA11 2TR. 01639 812227 (HQ)</p>
Bro Ffestiniog RFC	<p>Hon Secretary: Mr R. D Williams, Gwyneddfa, Glanypwll, Blaenau Ffestiniog, Gwynedd. Tel: 01766 830145. Email: amsden@talktalk.net Fixture Secretary: Mr Adrian Roberts, 3 Dorfil Road, Blaenau Ffestiniog, Gwynedd, LL41 3YH. Tel: 07795 259580 (M) Email: robsadrian@517gmail.com</p>



Brynamman RFC	<p>Hon Secretary: Eric Griffiths, 18 Bryn Avenue, Brynamman, Ammanford, SA18 1BD 01269 822347 (H) Email: egriffiths49@hotmail.co.uk</p> <p>Fixture Secretary: Ian James, 186 Cwmgarw Road, Brynamman, Carmarthenshire, SA18 1DB. Tel: 01269 823452 (h) Green/Red. Amman Road, Lower Brynamman, SA18 1SW 01269 823342 (HQ)</p>
Bryncethin RFC	<p>Hon Secretary: Mr Ricky Stanton, 50 Wernlys Road, Pen Y Fai, Bridgend, Mid Glamorgan, CF31 4NS. Tel: 07738 674779 Email: rickenstanton@bryncethinrugby.co.uk</p> <p>Fixture Secretary: as above.</p>
Bryncoch RFC	<p>Hon Secretary: Alan Jones, 8 Bittern Court, Leiros Parc, Neath, West Glamorgan, SA10 7EX 01639 641183 (H) 07986 272548 (M) Email: akjones@wru.co.uk</p> <p>Fixture Secretary: Heather Smith, 11 Firwood Close, Bryncoch, Neath, West Glamorgan, SA10 7UR. Tel: 01639 637176 (h) 07866 525747 (m) Email: bryncochrfcyouth@yahoo.co.uk</p> <p>Royal Blue/White: Red. Memorial Ground, Bryncoch, Nr Neath, SA10 7DQ. 01792 812187 (HQ)</p>
Brynithel RFC	<p>Hon Secretary: Mr Jonathan Mark Pitt, 4 Bronawelon Terrace, Swffryd, Crumlin, Newport, Gwent, NP11 5ED. Tel: 01495 237780 (H) 07445 567847 (M) E-Mail: Jonpitt1612@hotmail.com</p> <p>Fixture Secretary: Mr Alan Deacon, 9 Brynhyfryd Tce, Brynithel, Abertillery, Gwent, NP13 2HJ. Tel: 07423 065124 (m) Email: weapon49@hotmail.com</p> <p>Emerald Green: Black/Maroon. The Potteries, Cemetery Road, Brynithel, Abertillery 01495 214355 (HQ)</p>
Brynmawr RFC	<p>Hon Secretary: Robert Kershaw, 5 Church Avenue, Beaufort, Ebbw Vale, NP23 5RD. Tel: 01495 301293 (H) 07886 282495 (M) Email: calkershaw@aol.com</p> <p>Fixture Secretary: As above.</p> <p>Red/Black/Canary: Red/Blue/White. Catholic Road, Brynmawr, NP23 4EF. 01495 310505 (HQ) 01495 313317 (Ground)</p>
Builth Wells RFC (Builth Wells Rugby Football Club Limited – Company No: 04170382)	<p>Hon Secretary: Mrs Annie Abraham, 6 Brynawelon, Llangammarch Wells, Powys, LD4 4AA 01591 620455 (H) 07786 674191 (M) Email: builthwellsrfc@btconnect.com</p> <p>Fixture Secretary: Tricia Davies, 15 Tyle Heulog, Builth Wells, Powys, LD2 3FD. Tel: 01982 552266 (h) 01432 270793 (b) 07971 410102 (m)</p> <p>Black/Black & Blue 11 Market Street, Builth Wells, Powys, LD2 3AG Website: www.Builthbulls.Com Tel: 01982 552696 (HQ –Weekend Evenings Only)</p>



Burry Port RFC	<p>Hon Secretary: Howard Evans, 12 Sussex Road, Burry Port, SA16 0SE 01554 835171 (H) 07815 808757 (M) Email: howardevans7@aol.com</p> <p>Fixture Secretary: Les Jones, 19 Pwll Road, Pwll, Llanelli, SA15 0BG. Tel: 01554 756516 (h) 07890 408897 (m) Black/Green. Memorial Park, Burry Port 01554 832314 (HQ)</p>
Bynea RFC	<p>Hon Secretary: Edward J C Davies, Ty'r Efail, 30 Heol Tanygraig, Llwynhendy, Llanelli, SA14 9LH 01554 750319 (H) 07767 480628 (M) 01792 325647 (B) Email: bynearfc@yahoo.co.uk</p> <p>Fixture Secretary: As above. Black/White: Black/Red. "The Club" 10 – 12 Cwmfelin Road, Bynea, Llanelli, SA14 9LR. NB. Not Clubhouse.</p>
Caerleon RFC	<p>Hon Secretary: Ms Alison Pankhurst, C/O Caerleon RFC, The Broadway, Caerleon, NP18 3AX. Tel: 01633 420441 (H) Email: alisonpank@hotmail.co.uk</p> <p>Fixture Secretary: Mr David Bevan. Tel: 01633 420731 (h) Email: david.a.bevan@ons.gsi.gov.uk</p>
Caernarfon RFC	<p>Hon Secretary: Ms. Ann Hopcyn, Penygraig, Aelygarth, Caernarfon. Tel: 01286 674024 (h) Email: ysgrifennydd@clwbrygbicaernarfon.co.uk. Please direct correspondence to Y Morfa, Lon Parc, Caernarfon LL55 2YF.</p> <p>Fixture Secretary: Myfyr Jones, 21 Tyddyn Llwydyn, Caernarfon, LL55 2LX. Tel: 07900 456534 (m) Maroon And Black: Red And Black. Y Morfa, Lon Parc, Caernarfon 01286 674513 (HQ)</p>
Caerphilly RFC (Caerphilly Rugby Football Club Ltd – Registration No: 04393274)	<p>Hon Secretary: Mike Johns, 2 Heol Y Ddol, Pontypandy, Caerphilly, CF83 3JF. 02920 869368 (H) Email: MIKE2811@btinternet.com</p> <p>Green/White: Red/Black. Virginia Parc, Caerphilly, CF83 3JA. 02920 882573 (HQ) 02920 867593 (HQ Fax)</p> <p>Fixture Secretary: Mr Mark Tamplin, 134, Caerphilly Road, Senghenydd, CF83 4FW. Tel 02920 832186 (h) 07855 313261 (m) Email: webmaster@caerphillyrugby.co.uk Email: Clubhouse@Caerphillyrfc.Com</p>
Caldicot RFC	<p>Hon Secretary: Mr Keith Mellens, 33 Wentwood View, Caldicot, Monmouthshire, NP26 4QG. Tel: 01291 423177 (H) 07919 071974 (M) Email: keith.mellens@btinternet.com</p> <p>Fixture Secretary: Jim Higginson, 31 Eagle Close, Caldicot, Monmouthshire, NP26 5FA. Tel: 01291 420663 (h) Black: Blue/White. Longfellow Road, Caldicot, Monmouthshire. NP26 4NF 01291 420178 (HQ)</p>
Canton RFC	<p>Hon Secretary: Jason Barnett, 36 Heol Waun Y Nant, Whitchurch, Cardiff, CF14 1JZ; E-Mail: Jason.Barnett1@Hmrc.Gsi.Gov.Uk (W) barnettj38@aol.com (H); Tel: 02920 529918 (H), 07846979632 (M)</p> <p>Fixture Secretary: Tim Rhoden, Address: 106 Pencisely Road, Llandaff, Cardiff, CF5 1DQ; e-mail: t.rhoden01@gmail.com; Tel: 02920 563075(H), 07799 132000 (M)</p> <p>Black/Gold: Black/Burgundy. Lawrenny Park, Lawrenny Avenue, Cardiff, 029 2031 2125 (HQ)</p>



Cardiff RFC	<p>Hon Secretary: Ms. Jill Parker (Hon Secretary), Cardiff Arms Park, Westgate Street, Cardiff, CF10 1JA Tel: 07775 713 016 (M) 029 2192 1828 (Landline) Email: jill1876@me.com Fixture Secretary: Clive Davies. Tel: 07902 819 911 (m) Email: fatcontroller1953@hotmail.co.uk 029 20 302000 (HQ) 029 20 302008 (HQ Fax)</p>
Cardiff Quins RFC	<p>Hon Secretary: Neil R O’Hara, 2 Chestnut Tree Close, Radyr, Cardiff, CF15 8RY 02920 419006 (H/B) 07982 244417 (M) Email: neilohara@ntlworld.com Fixture Secretary: Warren Perry, 8 Lime Tree Close, Church Village, Pontypridd, CF38 2GE. Tel: 01443 204097(h) 07920 520506(m) E mail: warren2412@hotmail.co.uk Blue/Magenta Quarters: Black (White, Yellow, Red Shoulder Stripes). The Diamond Ground, Forest Farm Road, Whitchurch, Cardiff.CF14 7JN. 02920 693552 (HQ/F) www.chsobrfc.co.uk</p>
Cardiff Medicals RFC	<p>Hon Secretary: Huw Davies, 94 Penylan Road, Penylan, Cardiff, CF23 5HX 029 20 493104 (H) 07785 387923 (M) Email: huw.cameoclub@live.co.uk Fixture Secretary: As above</p>
Cardiff University RFC	<p>Hon Secretary: Steve Wilford, Athletic Union Offices, Park Place, Cardiff, CF10 3QN. 02920 781358 (HQ) Email: wilfords@cardiff.ac.uk Fixture Secretary: as above. Black/Red/White: Green.</p>
Cardigan RFC	<p>Hon Secretary: Huw Evans (Acting Secretary), Brynarfor, Cwmins, St.Dogmaels, Cardigan, SA43 3HF. Tel: 01239 614761 (H) 07887 840713 (M) Email: huwevans31@yahoo.com Fixture Secretary: Mr. Paul Price, Awel y Mor, 16 Gotrel Estate, Ferwig Road, Cardigan, SA43 1PJ.Tel: 01239 614136 (H); 07584 094176 (M) email: paul3310price@yahoo.co.uk Black/Red/Amber: White/Amber/Red. King George Playing Fields, Gwbart Road, Cardigan, SA43 1PH 01239 612390 (HQ)</p>
Carmarthen RFC	<p>Hon Secretary: Don B Davies, Ashleigh, Wellfield Road, Carmarthen, SA31 1DS 01267 221874 (H & Fax) 07901 876421 (M) Email: dbdquins@yahoo.co.uk Fixture Secretary: Charlie Pirie. Tel: 07738 406901 (m) Email: talybont@sky.com Cardinal Amber & Black : Green The Clubhouse, Morfa Lane, Carmarthen, SA31 2AY Tel: 01267 234778 (HQ) 01267 221874 (Fax)</p>



Carmarthen Athletic RFC	<p>Hon Secretary: Mr Malcolm Jones, 1 Royal Oak Meadows, Johnstown, Carmarthen, SA31 3JF. Tel: 01267 233283 (H) 01267 246330 (W) 07896 029045 (M) Email: Dmjones@Carmarthenshire.Gov.Uk (W) davidj518@aol.com (H)</p> <p>Fixture Secretary: Anthony Maynard, Pantyfedwen, Peniel, Carmarthen SA32 7HN. Tel: 01267 220514 (h) 07975 944650 (m) Red/Black Hoops: White. Friars Park, Carmarthen, Carmarthenshire, SA31 3AN. 01267 236070 (HQ)</p>
Trinity St David Carmarthen RFC	<p>Hon Secretary: Rhun Llewellyn, Trinity College, Carmarthen, SA31 3EP. Tel: 07837 647490 (M) Email: rhllew@gmail.com Aaron Shakeshaft Vice President Student Activities. Tel: 07807 325221 (M) Email: suactivities@tsd.ac.uk</p> <p>Fixture Secretary: as above. Black/Yellow And Sky Blue Hoops. Students Union, Trinity College, Carmarthen SA31 3EP. 01267 237794 (HQ) 01267 222884 (Fax)</p>
Cefn Coed RFC	<p>Hon Secretary: Steve France, 24 Nant Morlais, Pant, Merthyr Tydfil, CF48 2AW 01685 371382 (H) 07866 633320 (m) Email: stevefrance49@gmail.com</p> <p>Fixture Secretary: Trevor Thomas, 23 Penybryn Estate, Penydarren, Merthyr Tydfil, CF47 9YY. Tel: 01685 386097 (h) Green/White: Red. Cae Rhodd Evan 01685 723101 (HQ)</p>
Cefn Cribbwr RFC	<p>Hon Secretary: Paul Wintle, 23 Waun Bant Road, Kenfig Hill, Bridgend, CF33 6DE. Email: thewintlefamily@talktalk.Net</p> <p>Fixture Secretary: Ross Parish, 26 Mayfield Avenue, Laleston, Bridgend, CF32 0LH. Tel: 01656 667811 (h) 07837380672 (m) Email: rparish@vanbots.co.uk Maroon/Gold/Black: Scarlet. Athletic Club, Cefn Road, Cefn Cribbwr, Bridgend, CF32 0AY 01656 740029 (HQ)</p>
Cefneithin RFC	<p>Hon Secretary: Adrian Nicholas Evans, 104 Heol Bryngwili, Cross Hands, Llanelli, SA14 6LU. Tel: 01269 843423 (H) 01792 544109 (W) 07980 896750 (M) Email: secretary@cefneithinrfc.co.uk</p> <p>Fixture Secretary: Mr Dennis Jones, 137 Heol y Parc, Cefneithin, Llanelli, SA14 7DS. Tel: 01269 841582 (h) Email: denowenj@yahoo.co.uk Green/Gold : Black 96 Carmarthen Road, Cross Hands, Llanelli, Carmarthenshire 01269 842307 (HQ)</p>
Chepstow RFC (Chepstow Rugby Football Club Ltd - Registration Number: 29425R)	<p>Hon Secretary: Mr. Chris Wheeler, Crossways, Mathern, Chepstow, Monmouthshire, NP16 6JH. Tel: 07803 171271 (M) Email: cwse.ltd@btinternet.com</p> <p>Fixture Secretary: Chris Johnson. Email: christopher@johnson1216.freeserve.co.uk Tel: 07842 165132 (m) Black/White: Royal Blue/White. Upton Memorial Ground, Lower Western Avenue, Bulwark, Chepstow, NP16 5NN 01291 624818 (HQ)</p>



Cilfynydd RFC	<p>Hon Secretary: Mr. Roger Stokes, 21 Common Road, Pontypridd, RCT, CF 37 4AE. Tel: 01443 407684. Email: Roger.Stokes@ Btopenworld.Com</p> <p>Fixture Secretary: Mark Jenkins, Nant Cae Dudwg, Park Place, Cilfynydd, Mid Glamorgan, CF37 4HS. Tel: 07515 025 341 (m) Email: mark.jenkins@costain.com</p> <p>Black/Amber: Green/Blue Nant-Cae-Dudwg, Park Place, Cilfynydd, CF37 4HS. 01443 403806 (HQ) 01443 403330 (Phone/Fax)</p>
Clwb Rygbi Cymry Caerdydd	<p>Hon Secretary: J Owen, 29 Hamilton Street, Canton, Cardiff. Tel: 02920 667024. Email: clwbrygbi@hotmail.Com</p> <p>Fixture Secretary: As above.</p>
COBRA RFC	<p>Hon Secretary: Mr. Lynne Owen, Cambrian House, Meifod, Powys, SY22 6BY. Tel: 01938 500115 Email: cobsec@btinternet.Com</p> <p>Fixture Secretary: As above</p>
Colwyn Bay RFC	<p>Hon Secretary: Max Eames – Hughes, 5 Marston Road, Rhos On Sea, Colwyn Bay, LL28 4SG Tel: 01492 530329 (M) 07770 845273 Email: meh@osbornslegal.co.uk</p> <p>Ms. Diane Ray, 19 Wynnstay Road, Colwyn Bay, LL29 8NB. Tel: 01492 530329 Email: dr@osbornslegal.co.uk</p> <p>Fixture Secretary: Mr Peter Rose Tel: 01492 549246 (h) 07899 706853 (m) Email: peter_h_rose@yahoo.co.uk</p> <p>Navy Blue & White. Brookfield Drive, Rhos On Sea, Colwyn Bay, LL28 4SW. 01492 547538 (HQ)</p>
TATA Steel (Port Talbot) RFC	<p>Hon Secretary: Mr Mark Williams, 3 Theodore Road, Port Talbot, SA13 1SW. Tel: 01639 775285 (H) 07768 530569 (M) Email: markwilliams217@hotmail.com</p> <p>Fixture Secretary: Mr Aled Williams, 42 Graig Y Tewgoed, Cwmavon, Port Talbot, SA12 9YE. Tel: 01639 891143 (h) 07966 648920 (m)</p> <p>Maroon/Gold: Blue. Corus Sports Club, Grues, Margam, Port Talbot, SA13 2AD 01639 897506 / 882066 (HQ) 01639 897506 (F)</p>
Cowbridge RFC	<p>Hon Secretary: D W Alun Griffiths, 28 Grange Gardens, Llantwit Major, CF61 2XB 01446 793552 (H) 07811 379062 (M) Email: alun.griffs@gmail.com</p> <p>Fixture Secretary: Robert Cater, 48 Hillside Drive, Cowbridge, CF71 7EA. Tel: 01446 775716 (h) 07966 112016 (m) Email: robert.cater@yahoo.co.uk</p> <p>Black/Green/White Hoops. Athletic Club, Cowbridge, Vale Of Glamorgan, CF7 7QU. 01446 772595 (HQ)</p>



Croesyceiliog RFC	<p>Hon Secretary: Martyn Paul (Acting Secretary) 4 The Willows, Croesyceiliog, Gwent, NP44 2LY. Tel: 01633 870320 Email: martynjohnpaul@aol.com Fixture Secretary: James Crowley, 73 Aran Court, Thornhill, Cwmbran, NP44 5SQ. Tel: 01633 766324 (h & Fax) 07749 576162 (m) www.Croesyceiliogrfc.Co.Uk Gold: Gold/Red And Black Hoops: Croesyceiliog Cricket And Rugby Club, The Highway, Croesyceiliog, Cwmbran NP44 2HJ. Tel 01633 483583 (HQ) Woodland Road, Croesyceiliog, NP44 2DZ(Ground)</p>
Cross Keys RFC (Cross Keys RFC Ltd – Company No: 4104342)	<p>Hon Secretary: Chris Clarke, 22 Mount Pleasant Road, Risca, NP1 6QB 01633 612091 (Phone/Fax) 07973 906548 (M) Email: cclarke091@aol.com Email: Crosskeysrfc@Btinternet.Com Fixture Secretary: Graham Coles, 27 Obden Street, Cross Keys, Newport, Gwent, NP1 7PF. Tel: 01495 270677 (h) Black/White: Red/White. Pandy Park, Cross Keys 01495 270289 (HQ).</p>
Crumlin RFC	<p>Hon Secretary: Mr R Johnston, 2 The Elms, Oakdale, Blackwood, Gwent, NP2 0EP. Tel: 01495 247372 (h) 07808 096338 (m) Email: robert.johnston@molsoncoors.com Fixture Secretary: Mr Martin Reese. Tel 07723 063631 (m) Black/Amber. Kendon Road, Crumlin, Newbridge NP11 4PN 01495 243053 (HQ)</p>
Clwb Rygbi Crymych	<p>Hon Secretary: Mr Gordon Eynon, Plas Y Bedw, Efailwen, Clynderwen, Narberth, SA66 7UT 01437 563340 (H)Email: gordoneynon@btinternet.Com Fixture Secretary: Mark Davies, 1 Stevenford Cottage, Crumdale, Haverfordwest, SA62 5QJ. Tel: 01633 432903 (b) 07929 589772 (m) Maroon/Grey. Y Clwg Rygbi, Crymych, Pembs, SA41 3RJ 01239 831846 (HQ)</p>
Crynant RFC (Creunant)	<p>Hon Secretary: Chris Hart, Ynys Y Bont Farm, Treforgan, Crynant, Neath, SA10 8PH 01639 750614 (H) Email: chrishart2004@tiscali.co.uk Fixture Secretary: As above. Black/Amber/Mauve: Green. 54 Main Road, Crynant, Neath, SA10 8NY. 01639 750297 (HQ)</p>
Cwmafon RFC	<p>Hon Secretary: Gareth Edwards, 13 Cunard Row, Cwmavon, Port Talbot, West Glamorgan, SA12 9ED. 01639 792281 (H) 07980 450913 (M) Email: cwmavonrfc@googlemail.com Fixture Secretary: As above. Red: Black. Depot Road, Cwmavon, Port Talbot, West Glamorgan, SA12 9BR. 01639 898356 (HQ)</p>



<p>Cwmbran RFC</p>	<p>Hon Secretary: Bryn Parker, 8 James Street, Penygarn, Pontypool, NP4 8BY 01495 758247 (H) 07811 149425 (M) Email: b.parker123@btinternet.com Fixture Secretary: Nicola Gould, 38 Laurel Green, Upper Cwmbran, NP44 5TL. Tel: 01633 863233 (h) 07880 568701 (m) Email: irisgraynicola@msn.com Black/White: Blue/Black. Station Road, Pontnewydd, Cwmbran, Torfaen, NP44 1NY 01633 483034 (HQ)</p>
<p>Cwmgors RFC</p>	<p>Hon Secretary: The Hon Secretary, Clubhouse, New Road, Heol Cae Gurwen, Gwaun Cae Gurwen, Ammanford, SA18 1UN Fixture Secretary: Jeff Bright, 7 Penyard Road, Neath Abbey, Neath, SA10 7EU. Tel: 01792 812791 (h) 01269 823401 (b) 07791 839973 (m) Fax: 01269 852873 Blue/White : Red/White: Club House, New Road, Gwaun Cae Gurwen, Ammanford, SA18 1UN 01269 823401 (HQ) 01269 825873 (Club Fax)</p>
<p>Cwmgwrach RFC</p>	<p>Hon Secretary: Randal Giddings, 5 Brynhyfryd, Glynneath, West Glamorgan, SA11 5BA. Tel: 01639 721126 (H) Email: rcgiddings@btinternet.com Fixture Secretary: Reg Jenkins, 3 Fothergill Road, Cwmgwrach, Neath, SA11 5PN. Tel: 01639 721953 (h) Blue/Amber: Red. Heol Y Felin, Cwmgwrach, SA11 5TB 01639 720242 (HQ)</p>
<p>Cwmllynfell RFC</p>	<p>Hon Secretary: Eirion Richards, 57 Bryn Road, Cwmllynfell, Swansea, SA9 2FR 01639 830703 (H) 01267 235791 (B) 07785 590768 (M) 01267 221714 (B.Fax) Email: eirionrichards@hotmail.co.uk Fixture Secretary: Mr Huw Evans, 4 Walters Road, Cwmllynfell, Swansea, SA9 2FG. Tel: 01639 830863 (h) 07841 164795 (m) Email: huw.evans@boskalis.com Navy/Sky Blue Hoops: Black/Amber/Red. 01639 831385 (Changing Rooms)</p>
<p>Cwmtwrch RFC</p>	<p>Hon Secretary: Roger Francis, 46 Spencer Terrace, Lower Cwmtwrch, Swansea SA9 1EE 01639 849966 (H) 01874 612315 (B) 07876 791245 (M) Email: roger.francis@powys.gov.uk Fixture Secretary: Raymond Davies, 14 Palleg Road, Lower Cwmtwrch, Swansea, SA9 2QE. Tel: 01639 844252 (h) 07929 304441 (m) Black/White: Red/White. 32Heol Gwys, Upper Cwmtwch, Swansea SA9 2XQ. 01639 830621(HQ)</p>



Denbigh RFC (Clwb Rygbi Dinbych)	<p>Hon Secretary: Jeff Jenkins, 12 Pont Y Bedol, Llanrhaeadr, Denbigh, LL16 4NF. 01745 890565 (H) Email: janjeffjenks@hotmail.com Fixture Secretary: Sam Jones, 29 Post Office Lane, Denbigh, Denbighshire, LL16 3UH. Tel: 07783 777780 (m) Email: CRDWebmaster@Hotmail.co.uk Black: Red Caeau Les Phillips, Ffordd Y Graig, Dinbych, LL16 5US 01745 814060 (HQ)</p>
Deri RFC (Deri Rugby Football Club Ltd - Registration Number 28398R)	<p>Hon Secretary: Liz Barrett, 27 School St, Deri, Bargoed, CF81 9GY. Tel: 07960 567787 (M) Email: lizbarrett81@hotmail.co.uk Fixture Secretary: Jeff Barrett. Tel: 07506 238011 (m) Email: barrett_j5@sky.com Black/Gold: Green/Red. Mill Road, Deri, Bargoed, CCBC, CF81 9HF. Tel: 01443 830205 Email: Members@Derirfc.Co.Uk</p>
Dinas Powys RFC	<p>Hon Secretary: Cameron Mackay, 6 Chestnut Close, Dinas Powys, Vale Of Glamorgan CF64 4TJ. 02920 512642 (H) 029 20528811 (B) 029 20 384965 (Fax) 07764 237307 (M) Email: cameron.mackay@bt.com Fixture Secretary: As above. Royal Blue/Gold: Yellow. The Common, Dinas Powys, Vale Of Glamorgan CF64 4DL 02920 513276 (HQ)</p>
Dolgellau RFC	<p>Hon Secretary: Selwyn Goldsworthy, Berwyn, Cae Deintur, Dolgellau, Gwynedd, LL40 2YS 01341 421346 (H. Phone/Fax) Email: selwyn.goldsworthy@talktalk.net Fixture Secretary: Mr Gareth Roberts, 4 Waterloo Street, Dolgellau, Gwynedd, LL40 1DD. Tel: 01341 423060 (h) 07737 738495 (m) Email: g.roberts22@btinternet.com Blue: Marian Mawr, Dolgellau, Gwynedd. LL40 1UU. 01341 423 091 (HQ)</p>
Dowlais RFC	<p>Hon Secretary: Darren Pritchard, 59 Brecon Rise, Pant Dowlais, Merthyr Tydfil, CF48 2EE 01685 374170 (H) 07799 132162 (M) Email: darren.c.pritchard@rhondda-cynon-taff.gov.uk Fixture Secretary: Keith Winstone, 18 Stable Court, Dowlais, Merthyr Tydfil, CF47 3TA . Tel: 01685 389821 (h) 07780 798749 (m) Black/Red: Red/Black. The Clubhouse, Dowlais Top, Merthyr Tydfil, CF47 0RJ. 01685 382322 (HQ)</p>



Dunvant RFC	<p>Hon Secretary: Mr Paul Loughlin, 18 Ashgrove, Killay, Swansea, SA2 7QY. 01792 520149 (H) 07785 344095 (M) Email: p.loughlin1@ntlworld.com Fixture Secretary: Gerald Roberts, 5 Rhiwlas, Dunvant, Swansea, SA2 7PW. Tel: 01792 207283 Email: dunvantrfc@btconnect.com Red/Green: Gold/Green. Broadacre, Killay, Swansea, SA2 7RU 01792 296363 (HQ) 01792 207291 (Fax) Dunvantrfc@btconnect.com</p>
Ebbw Vale RFC (Ebbw Vale RFC Ltd – Registration No: 3324272)	<p>Hon Secretary: Ian James, C/O Ebbw Vale RFC, Eugene Cross Park, Pontygof, Ebbw Vale, NP23 5AZ 01495 302995 (HQ) 07909 270503 (M) Email:ian.james@ge.com Fixture Secretary: As above. Red/White/Green: Light Blue.</p>
Fairwater RFC	<p>Hon Secretary: Ray Leigh, 39 Pentrebane Road, Fairwater, Cardiff, CF5 3PZ 02920 566797(H) 07952 935727 (M) Email: yarleigh@hotmail.com Fixture Secretary: Brendan McAloon, 19 Ollivant Close, Danescourt, Llandaff, Cardiff, CF5 2RJ. Tel: 02920 562386 (h) 02920 344882 (b) 07831 335499 (m) Email: bmac6@hotmail.co.uk Red/White/Black: Red/White. Plasmawr Road, Fairwater, Cardiff, CF5 3JU. 02920 311517 (HQ) 02920 344882 (HQ Fax)</p>
Felinfoel RFC	<p>Hon Secretary: Clive Richards 5 Heol Westfa, Felinfoel, Llanelli, SA14 8AU. 01554 754915 (H) 07813 160113 (M) Email: cliverichards5@hotmail.co.uk Fixture Secretary: Mr Geraint Havard, Hengoed Fach Farm, Felinfoel, Llanelli, Carmarthen, SA15 4PE . Email: gerainthavard@gmail.com Black/White: Blue/Black. The Club, Penygaer, Dafen Road, Felinfoel, Llanelli. 01554 772707 (HQ)</p>
Ferndale RFC	<p>Hon Secretary: Gerwyn Clement, 23 Church Street, Ferndale, Rhondda Cynon Taff, CF43 4PT. 01443 730826 (H) 07795 276623 (M) Email: gezclm@aol.com Fixture Secretary: Alun Clement, 30 Brynhyfryd Terrace, Ferndale, Rhondda Cynon Taff, CF43 4LD. Tel: 01443 755023 (h) Email: alun.clem@sky.com Web: www.pitchero.com/clubs/ferndalerfc Red/Blue/White: Blue/Red/White. Station Road, Ferndale, Rhondda, CF43 4NE. Tel: 01443 730999</p>



Fishguard & Goodwick RFC	<p>Hon Secretary: Mr. Gareth Griffiths, Llwynon, Dyffryn, Goodwick, Pembrokeshire, SA64 0AE. Tel: 01348 874320 (H) 07747 057586 (M) Email: gmgrugby@sky.com</p> <p>Fixture Secretary: James Roberts. Tel: 07773 386180 (m) Blue/Black/White. 61-63 West Street, Fishguard, SA65 9NG 01348 874855 (HQ)</p>
Fleur-De-Lys RFC (Registration Number 198)	<p>Hon Secretary: Allan Evans, 5 Cae Maen Llwyd, Cefn Hengoed, Hengoed, CF82 7LS 01443 814513 (H. Phone And Fax) 07989 978622 (M) Email: allanevans1953@btinternet.com</p> <p>Fixture Secretary: Mr. Tyronne Davies, 36 Woodfield Terrace, Tir-y-berth, Hengoed, CF82 8AH. Tel; 01443 875125 (h) 0707837 855161 (m) Email: strongbowman@btinternet.com Black/Amber: Red/Amber.27/29 High Street, Fleur-De-Lys, Blackwood, Gwent, NP12 3UD. 01443 830407 (HQ)</p>
Furnace United RFC	<p>Hon Secretary: Mr Kevin Jones, 14 Courtenay Road, Llanelli. SA15 3LB. Tel : 07582 557867 (M) Email kev.j.jones@sky.com</p> <p>Fixture Secretary: Noel Evans, 23 Cwm Terrace, Furnace, Llanelli, SA15 4EU. Tel: 01554 752846 (h) 01554 822452 (b) Cherry/White:Navy. Castle Colliery Road, Furnace, Llanelli, Carmarthenshire, SA15 4HT. 01554 754980 (Club Phone And Fax)</p>
Garndiffaith RFC	<p>Hon Secretary: Mandy Jones, 2 Chapel Close, Garndiffaith, Pontypool, Gwent, NP47QS. Tel: 01495 616001 Email katyp1088@gmail.com</p> <p>Fixture Secretary: Mike Bath, 23 Capel Newydd Ave, Blaenavon, Torfaen, NP4 9LN. Tel: 01495 790885 (h) 07901 987459 (m) Email: bathygang23@aol.com Red/Black: Blue/Black. Lasgarn View, Varteg, Pontypool, Torfaen, NP4 7SF 01495 773092 (HQ)</p>
Gilfach Goch RFC	<p>Hon Secretary: Mr. Matthew Banwell, 88 Mill Street, Tonyrefail, Mid Glamorgan, CF39 8AF. Tel: 01443 672183 (H) 07794120753 (M)</p> <p>Fixture Secretary: Kevin Williams. Tel: 01443 673374 (h) Email: Kevinhyswilliams48@yahoo.co.uk Blue/Amber: Red/Black. 73 High Street, Gilfach Goch, CF39 8SR. 01443 672301 (HQ) 01443 675718 (Fax) R.F.C@Gilfachgoch.Fslife.Co.Uk</p>
Glais RFC	<p>Hon Secretary: Mr Ian Williams, 4 Garth Road, Glais, Swansea, SA7 9HQ. Tel: 07768 752983 (M) Email: ian68@talktalk.net</p> <p>Fixture Secretary: As above. Royal Blue: Scarlet. 609 Birchgrove Road, Glais, Swansea, SA7 9EN. 01792 842392 (HQ)</p>



Glamorgan Wanderers RFC	<p>Hon Secretary: Carol Morgan, Glamorgan Wanderers RFC, Stirling Road, Ely, Cardiff, CF5 4SR. Email: glamwandsrfc@gmail.com</p> <p>Fixture Secretary: Gerry Blake, 24 Heol Ffynnon-wen, Pontmawr, Cardiff CF14 7TP. Tel: 07917 192205 (m) Email: blakegrwfc@gmail.com</p> <p>Cambridge Blue/Black/White: Red. Stirling Road, Ely, Cardiff, CF5 4SR. 029 20 591039 (HQ) 029 20 592998 (Fax)</p>
Glyncorrwg RFC	<p>Hon Secretary: John Thomas, 23 Cymmer Road, Glyncorrwg, Port Talbot, SA13 3AB 01639 851799 (H) 07969 250296 (M) Email: shona23@talktalk.net</p> <p>Fixture Secretary: Robert Morris. 25 Cymmer Road, Glyncorrwg, Port Talbot, SA13 3AB. Tel: 07989 122251 (m) Email: rfmorris900@hotmail.com</p> <p>Black/Red/Amber: Red/Black/Amber. Ynyscorrwg Park, Park Street, Glyncorrwg, Port Talbot, SA13 3DT 01639 851009 (HQ) 01639 851799 (F)</p>
Glynneath RFC	<p>Hon Secretary: Neil Francis, 37 Pontneathvaughan Road, Glynneath, SA11 5NT. Tel: 01639720416 (H) 07930278090 (M) Email: neil.francis@tatasteel.com</p> <p>Fixture Secretary: Michael Griffiths, 53 Pontneathvaughan Road, Glynneath, Neath, SA11 5NS. Tel: 01639 729144 (h) 07929 463283 (m) Email: mag2576@hotmail.co.uk</p> <p>Red/Black: Blue. Abernant House, Glynneath 01639 720442 (HQ)</p>
Gorseinon RFC	<p>Hon Secretary: Ian Wilcox, 15 Dantwyn Rd, Pontarddlais, Swansea, SA4 8NB. Tel: 07941 600584 (M) 01792 883949 (H) E-Mail: wilcox966@gmail.com</p> <p>Fixture Secretary: As above.</p> <p>Cherry Red/White: Red/Green. Welfare Ground, Lime Street, Gorseinon, Swansea, SA4 4AD</p>
Gowerton RFC	<p>Hon Secretary: Richard G. Jenkins, 56 Cecil Road, Gowerton, Swansea, SA4 3DE. Tel: 01792 411 988 (H) 07896 462 464 (M) Email gowertonrfc@gmail.com</p> <p>Fixture Secretary: David James, 213 Derlwyn, Dunvant, Swansea, SA2 7PE. Tel: 01792 520428 (h) 07968 504298 (m) Email: dpjames@ntlworld.com</p> <p>White : Red Victoria Road, Gowerton, Swansea, SA4 3AB. 01792 872486 (HQ)</p>
Gwernyfed RFC	<p>Hon Secretary: Brian Jones, 1 Gwernyfed Avenue, Three Cocks, Brecon, Powys, LD3 0RT 01497 847649 (H) 01874 624397 (B) 07800 758622 (M) Email: jones.m79@sky.com</p> <p>Fixture Secretary: Mr Ian Hill, 1 Brynheulog, Llanfilo, Brecon, Powys, LD3 0RD Tel: 01874 711997 (h) email: ianhill1954@live.com</p> <p>Green/White/Black: Black. The Malthouse, Trefecca Road, Talgarth, Nr Brecon. 01874 711975 (HQ)</p>



Haverfordwest RFC	<p>Hon Secretary: Graham Dalton, 7 Priory Av, Haverfordwest, Pembs, SA61 1SG. Tel: 01437 769862. Email: dalton_graham@hotmail.com</p> <p>Fixture Secretary: John Wray, 27 Castle High, Haverfordwest, SA61 2SP. Tel: 01437 767476 Email: scarlets55@aol.com Royal Blue:White. Pembroke Road, Merlins Bridge 01437 762832 (HQ)</p>
Hendy RFC	<p>Hon Secretary: David Timothy, 35 Bryngwili Road, Hendy, Carmarthenshire, SA4 OXB. Tel: 01792 884409 (H) 07773 895143 (M) Email: daitim35@hotmail.co.uk</p> <p>Fixture Secretary: Mr Craig Shingler, Clubhouse, 3 Iscoed Road, Hendy, Carmarthenshire. Tel: 07870 288576 (m) Red/White/Green 3 Iscoed Road, Hendy, Llanelli 01792 882779 (HQ)</p>
Heol Y Cyw RFC	<p>Hon Secretary: John Powson, "Llyscelyn", High Street, Heol Y Cyw, Bridgend, CF35 6HR 01656 863243 (H) 07980 750993 (M) Email: johnpowson@btinternet.com</p> <p>Fixture Secretary: Gareth Howe. Email: Garethhowe10@mail.com Tel: 07796 283300 (m) Blue/White : Red/White "Greenfields" 37 High Street, Heol Y Cyw, Bridgend, CF35 6HR 01656 860624 (HQ)</p>
Hirwaun RFC (Hirwaun Rugby Football Club Ltd – Registration No: 27254 R)	<p>Hon Secretary: Les Harris, 20 Bell Street, Trecynon, Aberdare, CF44 8NN. Tel: 01685 875739 (H) 01639 713010 (B) 07777 673660 (M) Email: les_harris@btinternet.com</p> <p>Fixture Secretary: Gregory Williams, 3 Auburn Rise, Hirwaun, Aberdare, RCT, CF44 9TS. Tel: 01685 810112 (h) 07917 276492 (m)Email:greg.will@tiscali.co.uk Black: Green. 32 High Street, Hirwaun, CF44 9SL. 01685 811063 (HQ) Hirwaunrugby@Btinternet.Com</p>
Kenfig Hill RFC	<p>Hon Secretary: Derek Lane, 5 St Davids Mews, Waunbant Road, Kenfig Hill, CF33 6DE. Tel: 01656 859068 (h) 07531 096513 (m) Email: ad.lane61@gmail.com</p> <p>Fixture Secretary: Richard Underhill, Please address any mail to The Clubhouse. Tel: 07801 348920 (m) Email: richard.underhill@tatasteel.com Dark/Light Blue: Amber. The Clubhouse, Pysgam Street, Kenfig Hill, CF33 6BU 01656 740375 (HQ) 01656 746811 (F)</p>
Kidwelly RFC	<p>Hon Secretary: Nigel Gower, Assistant Secretary, The Clubhouse, 2 Station Road, Kidwelly, Carmarthenshire, SA17 4UH Email: nigelgower@hotmail.co.uk Tel: 01554 890772 (H) 07971 563755 (M)</p> <p>Fixture Secretary: Mr. Paul John, 11 Parc Pendre, Kidwelly, Carmarthenshire, SA17 4TD. Tel: 07790 005880 (M) Carmarthenshire Black/Amber Hoops: Green. Club House, 2 Station Road, Kidwelly, SA17 4UU 01554 890256 (HQ)</p>



Trinity St David: Lampeter RFC	<p>Hon Secretary: Mr Samuel Stevens, Old Building, Trinity Saint David, College Street, Lampeter, Ceredigion, SA48 7ED. Email: 1102783@student.tsd.ac.uk Aaron Shakeshaft: Vice President Student Activities. Tel: 07807 325221 (M) Email: Suactivities@Tsd.Ac.Uk</p> <p>Fixture Secretary: As above. Black/Amber.</p>
Lampeter Town RFC (Clwb Rygbi Llambled Cyfyngedig – Company No. 5537732)	<p>Hon Secretary: Gary Davies, Treganna, North Road, Lampeter, Ceredigion, SA48 7HZ. Tel: 01570 423787 (H) 01570 423823 (W) 07971 550932 (M) Email: gary@cyfri.co.uk</p> <p>Fixture Secretary: Mark Jenkins, Glas Y Dorlan, Llanllwni, Pencader. Tel: 07816 335024. Email: daviestarcy7@aol.com Maroon. Memorial Playing Fields, North Road, Lampeter, SA48 7JA 01570 422785 (HQ)</p>
Laugharne RFC	<p>Hon Secretary: George Phillips, Aweltav, Stoney Way, Laugharne. Tel: 01994 427519 (H) 07970 146775 (M) Email: georgephillips147@googlemail.com</p> <p>Fixture Secretary: D R A Roberts, Or-Diwedd, Cross Inn, Laugharne, Carmarthen, SA33 4QR. Tel: 01994 427431 (h) 07702 309721 (m). Blue/Orange. Fountain Inn, Grist Square, Laugharne, SA33 4ST 01994 427392 (HQ)</p>
Llandaff RFC	<p>Hon Secretary: Bernard Green. Cartref, 20 Castle Road, Tongwynlais, Cardiff, CF15 7JQ. Tel: 02920 811558 (H) 07732 351940 (M) Email: bernardgreen1@hotmail.co.uk</p> <p>Fixture Secretary: Scott Kelly. Tel: 07812 015387 (m) 01633 654018 (W) Email: sjkelly1@sky.com scott.kelly@gocompare.com</p> <p>Light Blue/Dark Blue : Black/Amber. The Clubhouse, The Old Mill, Western Avenue, Cardiff, CF5 2AZ. 02920 562713 (HQ) Info@Llandaffrfc.Co.Uk</p>
Llandaff North RFC	<p>Hon Secretary: Mr Jeff Cruise, 42 Radyr Road, Llandaff North, Cardiff, CF14 2FU. 07973541078 (M) Email: cruzy11@hotmail.co.uk</p> <p>Fixture Secretary: Mr John Knight, 13 Rhiw'r Ddar, Taffs Well, Cardiff, CF15 7PA. Tel: 02920 337018 (h) 02920 228384 (b) 02920 821000 (f) 07745 972154 (m) Website: www.llandaffnorth.com</p> <p>Black/Amber : Red The Clubhouse, 42 Radyr Road, Llandaff North, Cardiff, CF14 2FU 02920 561803 (HQ)</p>
Llandeilo RFC	<p>Hon Secretary: Peter W. Williams, 37 Diana Road, Llandeilo, Carmarthenshire, SA19 6RR. Tel. 01558 822232 (H) 07770 780368 (M) Email: pwilliams11@Rmplc.Co.Uk</p> <p>Fixture Secretary: Rhys Williams, Manor Villa, Cwmifor, Llandeilo SA19 7AH . Tel: 01558 823146(h) 07966 552128 (m) Black/White: Green. Cae William Sports Feild, Carmarthen Road, Llandeilo, SA19 6DD.</p>



<p>Llandovery RFC</p>	<p>Hon Secretary: Mr Robin Barlow, Felin Fran, Myddfai, Llandovery, SA20 0PQ Tel 07742 886795 (M) 01550 721238 (H) Email: robinbarlow66@googlemail.com Email: Llandoveryrfc@Hotmail.Com Fixture Secretary: Gareth Jones, Mount Dyrfal, Llangadog, Carms , SA19 9EN. Tel: 01550 777407 (h) Red/Green: Green/Red. Church Bank, Llandovery, Carms, SA20 0DT 01550 721389(HQ) 01550 721110 (Fax)</p>
<p>Llandudno RFC (Llandudno Welsh Rugby Football Club Limited – Registration No: 1336154)</p>	<p>Hon Secretary: Heather Thomas, 1 Bryniau Place, West Shore, Llandudno, LL30 2PJ. Tel: 01492 879914 (H) 07890 564298 (M) Email: heatherthomas286@hotmail.com Fixture Secretary: Carol Edwards, 113 Penrhos Avenue, Llandudno, Junction, LL31 9EN. Tel: 01492 572356 (h) 07858 436694 (m) Email: caroled262@uwclub.net Black/White Stripes. Maesdu Road, Recreational Ground, Bodnant Road, Llandudno, LL30 1LH 01492 876992 (HQ) Email: Llandudnorugby@Yahoo.Co.Uk</p>
<p>Llandybie RFC (Llandybie Rugby Football Club Ltd Reg No: 5664691)</p>	<p>Hon Secretary: Mr Charles Cann, The Clubhouse, Woodfield Rd, Llandybie, SA18 3UT. Tel: 01269 850889 Email: llandybieRFC1@gmail.Com Fixture Secretary: Jeff Williams, 53 Caeffynnon, Llandybie, SA18 2TH. Tel: 01269 850177 (h) 07891 079863 (m) Red/Black: Blue/Black. The Clubhouse, Woodfield Road, Llandybie, Carms, SA18 3UJ. 01269 850367 (HQ)</p>
<p>Llanelli RFC (Llanelli RFC Ltd Registration Number 3389199)</p>	<p>Hon Secretary: Mark John, 39 Cwrt Myrddin, Pentre Doc Y Gogledd, Llanelli, Carmarthenshire, SA15 2LL. Tel 01554 899 957 Email: mark.j.john@hotmail.co.uk Ian Davies, Parc Y Scarlets, Pemberton, Llanelli, SA14 9UZ. Tel: 07974 722738 (M) Email: ldsooty@aol.com Anthony Buchannan (Head Of Rugby) Tel:07771 694644 (M) Email: anthony@acornchemical.Com Fixture Secretary: As above Scarlet: Navy Blue. Parc Y Scarlets, Pemberton Retail Parc, Llanelli, SA14 9UZ. Tel: 01554 783900 www.Llanellirugby.Com</p>
<p>Llanelli Wanderers RFC</p>	<p>Hon Secretary: Richard Keenan 55 Bryn Rd, Llanelli, Carms, SA152LW .Tel: 07771 887194 (M) 01554 755804 (H) Email: dkeenan1@sky.com Fixture Secretary: As above Maroon: Maroon/White. HQ: Llanelli Cricket Club, Stradey Park, Llanelli, SA15 4BY. Tel: 01554 773721</p>



Llangefni RFC	<p>Hon Secretary: Arnold Milburn, Tyn Llwyn, Lon Dywood, Llangristiolus, Ynys Mon, LL62 5PG. Tel: 01248 724400 Email: milburna@tiscali.co.uk</p> <p>Fixture Secretary: Mr Eirwyn Vaughan, Dolau Gwyrddion, Rhostrehwfa, Llangefni, Anglesey, LL77 7YP. Tel: 01248 723122 (h) Email: eirwyn_fychan@lineone.net Contact@Llangefnirfc.Com www.Llangefnirfc.Com White With Blue/Red/Green Hoops: Navy/Red Hoops Cae Smyrna, Llangefni, Ynys Mon, LL77 7EU. 01248 722206 (HQ)</p>
Llangennech RFC	<p>Hon Secretary: Martin Hurley, 5 Maes Y Bryn, Bryn, Llanelli, SA14 9RQ. Tel: 01554 820580 Email: lletyrdryw@gmail.com</p> <p>Fixture Secretary: Peter Williams, of 20 Station Road, Llangennech, Llanelli, SA14 8UE. Tel: 01554 820058 (h) 07828 452516 (m) Email: peterwilliams1256@talktalk.net Black/Red/White Hoops: Blue. Social Club, 12 Bank Road, Llangennech, Llanelli, Carm. SA14 8UB 01554 820495 (Between 6 And 9) (HQ) Llanrfc@Tiscali.Co.Uk</p>
Llangwm RFC	<p>Hon Secretary: Mr. Stephen Poole, Delfan1A Mill Street, Llangwm, Haverfordwest, Pembrokeshire, SA62 4HU. Tel: 01437 899322 (h) 07941 198865 (M) Email: llangwmrfcsec@hotmail.co.uk Mr. Richard Scriven (Dep Secretary) Email: scriven@Hotmail.Com</p> <p>Fixture Secretary: Mr Richard Scriven, Email: scriven@hotmail.com. Tel: 07538 810446 Black/Amber Hoops. The Green, Llangwm, Nr Haverfordwest. 01437 890462 (HQ)</p>
Llanharan RFC	<p>Hon Secretary: Keith Taylor 1 Grove Terrace, Llanharan, CF72 9PR 01443 226572(H) 07920 163272 (M) Email: thomaskeithtaylor@btinternet.com</p> <p>Fixture Secretary: As above Black/Blue: Red: Bridgend Road, Llanharan, CF72 9RD. 01443 222209 (HQ) Website: www.Llanharanrfc.Org.Uk</p>
Llanhilleth RFC (Llanhilleth RFC Ltd – Registration No: 29188R)	<p>Hon Secretary: David Went, 3, Graig View, Llanhilleth, Abertillery, Gwent, NP13 2HR. 01495 214000 (H) 01495 321878 (F) 07967 400424 (M) Email: dgwbuild@aol.com</p> <p>Fixture Secretary: Mel Yates, 10 Blenheim Road, Six Bells, Abertillery, NP13 2PU. Tel: 01495 213354 (h) 07989-662714 (m) Light Blue/Dark Blue: Red. Commercial Road, Llanhilleth, Abertillery, NP13 2HT. 01495 214366 (HQ)</p>



Llanidloes RFC (Llanidloes Rugby Football Club Ltd - Registration Number 29178R)	<p>Hon Secretary: Elaine Jones, 25 Smithfield Street, Llanidloes, Powys, SY18 6EJ. Tel: 01686 413002(h) 07866 490156 (m) Email: elainejonest0@talktalk.net</p> <p>Fixture Secretary: Geraint Jerman, Oerffrwd, Clatter, Caersws, Powys, SY17 5NP. Tel: 01686 420634 (h) 07989 130548 (m) Email: geraint@oerffrwd.freeserve.co.uk</p> <p>Black/Green & Yellow: Green/Yellow: Smithfield Street, Llanidloes, Powys SY18 6EJ. 01686 413254 (HQ) www.Llanidloesrugby.Co.Uk</p>
Llanishen RFC	<p>Hon Secretary: Ben Edwards, 1 The Tudors, Melrose Avenue, Penylan, Cardiff, CF24 9BA. 029 2025 5050 (H)Email: ben.edwards12@ntlworld.com</p> <p>Fixture Secretary: as above</p> <p>Black/Red: Blue. Ty-Glas Avenue, Llanishen, Cardiff, CF14 5DW. 029 2076 1688 (HQ) 029 2075 7824 (Fax)</p>
Llantrisant RFC	<p>Hon Secretary: Dean Evans, 52 Bridgend Rd. Llanharan, CF72 9RD. Tel: 07899 917728 Email: deanevansallied@aol.com</p> <p>Fixture Secretary: Mr Carl Groves, 31 Summerfield Drive, Southgate, Llantrisant, CF72 8QF. Tel: 01443 222230 (h) 07412 275733 (m) Email: carlgroves1@hotmail.co.uk</p> <p>Black/Green: Red/Green. The Clubhouse, St David's Place, Llantrisant, CF72 8HA. 01443 222231 (HQ)</p>
Llantwit Fardre RFC	<p>Hon Secretary: Jeff Lewis, 6 The Parade, Church Village, Pontypridd, CF38 1BU. Tel: 01443 202294 (H) 07771 878513 (M) Email: jlewis3@glam.ac.uk</p> <p>Fixture Secretary: Mark Goodfield, 49 The Ridings, Tonteg, Pontypridd, CF38 1PL. Tel: 01443 207018 (h) 01656 662488 (b) 07718 520062 (m) www.Llantwit-Rugby.Com</p> <p>Blue: Red. The Parade, Church Village, Pontypridd, CF38 1BU. 01443 202461 (HQ)</p>
Llantwit Major RFC	<p>Hon Secretary: Mr Mark Tabbener, 2 Llys Dewi, Llantwit Major, Vale Of Glamorgan, CF61 2UB. Tel: 07793 817390 (M) Email: secretary@lmrugby.com Email: marktabbener@gmail.com</p> <p>Fixture Secretary: Neil Evans, 4 Le Pouliguen Close, Llantwit Major, Vale of Glamorgan, CF61 1YJ. Tel 01446 796180 (h) 07557 907249 (m) Email: d4ddo@hotmail.co.uk</p> <p>Black/Red: Red/Green. Boverton Road, Llantwit Major, CF61 1XZ. 01446 792276 (HQ)</p>
Llanybydder RFC	<p>Hon Secretary: Mr. Aled Jones, 65 Parc-Yr-Ynn, Llandysul, Ceredigion, SA44 4JU. Tel:01559 363 225 (H) 07816 112 316 (M) Email aled@vpfs.com</p> <p>Fixture Secretary: Ken Jones, 33 Heol y Gaer, Llanybydder, Carmarthen, SA40 9RX. Tel: 01570 480835 (h) 07714 660441 (m) Red/ Green. Yr Hen Orsaf, Station Terrace, Llanybydder, SA40 9XX 01570 480524 (HQ) 01570 481090 (Ground)</p>



<p>London Welsh RFC (London Welsh RFC Ltd Registration Number 3385179)</p>	<p>Hon Secretary: Bleddyn Phillips, LWRFC, Old Deer Park, Kew Road, Richmond, Surrey, TW9 2AZ Email: bleddyn.phillips@cliffordchance.com Fixture Secretary: Gerald Davies, 187 Kew Road, Richmond, Surrey, TW9 2AZ. Tel: 0208 9402368 (HQ) 0208 940 1106 (HQ fax) Email: gdavies50@aol.com Red: White. Old Deer Park, 187 Kew Road, Richmond, Surrey, TW9 2AZ .0208 940 2368 (HQ) 0208 940 1106 (HQ Fax) Email: Commercial@London-Welsh.Co.Uk. Website: www.London-Welsh.Co.Uk</p>
<p>Loughor RFC</p>	<p>Hon Secretary: Kevin Lewis, 32 Llwynderw, Gorseinon, Swansea, SA4 6RJ. 01792 893893 (H/F) 07971 260266 (M) Email: kevilewis15@sky.com Fixture Secretary: Jeff Skidmore, 5 Cae Castell, Loughor, Swansea, SA4 6UJ. Tel: 01792 229440 (h) 07970 890473 (m) 01792 643797 (b) Email: jeff.skidmore@virgin.net Royal Blue: Red Or Navy Blue. Belgrave Road, Loughor, Swansea, SA4 6RF. 01792 894109 (HQ)</p>
<p>Machen RFC</p>	<p>Hon Secretary: Samuel Moore, Acting Secretary, 14A, Park View, Bassaleg, Newport, NP10 8LA. Tel: 01633 892578 (H) 02920 224810 (W) 07713 243389 (M) Email: uelmoore@hotmail.co.uk Fixture Secretary: Mr Roy Clarkson, Machen RFC Clubhouse, Tel: 07854 360894. Email: hr.clarkson@googlemail.com White/Royal Blue: Red. Chatham, Machen, Caerphilly, CF83 8SB. 01633 440685 (HQ) 029 2085 0111 (C Fax)</p>
<p>Maesteg RFC (Maesteg Rugby Football Club (1877) Ltd – Registration Number 5547568)</p>	<p>Hon Secretary: Lee Wanklyn, 3 Glan Yr Afon, Cwmfelin, Maesteg, Mid Glam, CF34 9HU. Tel: 01656 730949 (H) 07756 907800 (M) Email: lee.wanklyn@sky.com Fixture Secretary: Claire Marie Lewis, 2 Upper Street, Maesteg, CF34 9DU. Tel: (01656) 736552 (h) (01656) 657243 (w) 07530182370 (m) Black/Amber: Navy/Grey/Silver. The “Old Parish”, Llynfi Road, Maesteg, CF34 9DS. 01656 732283/732822 (HQ) 01656 734725 (Fax)</p>
<p>Maesteg Celtic RFC</p>	<p>Hon Secretary: Robert Mcgee, Hollybush, 11 Port Terrace, Maesteg, CF34 9BW 01656 736953 (H) 07976 763742 (M) Email: robmcgee1956@btinternet.com Fixture Secretary: Mr John Edwards, 6 Attlee Terrace, Caerau, Maesteg CF34 0YF. Tel: 01656 856864 (h) 07979702406 (m) Email: johnedwards1951@googlemail.com Black/Amber: Black/Red. Maesteg Celtic Athletic And Social Club, Bridgend Road, Garth, Maesteg, Mid Glam. CF34 0NE. 01656 732030 (HQ)</p>



Maesteg Harlequins RFC	<p>Hon Secretary: Alan Thomas, 127 Yr Ysfa, Maesteg, CF34 9BE. Tel: 01656 739267 (H) Email: athomas@wru.co.uk</p> <p>Fixture Secretary: Alun James, 67 Maes-y-Felin, Bridgend, CF31 1YN. Tel: 01656 659170 (h) Red/Black: Black/Amber. South Parade Playing Fields, Maesteg, 01656 732211 25a Talbot Street, Maesteg. CF34 9BW. 01656 732499 (HQ)</p>
Merthyr RFC (Merthyr Rugby Football Club Ltd Registration Number 29406R)	<p>Hon Secretary: Ray Davies, 12A, St Fagans Grove, Castle Park, Merthyr Tydfil, CF48 1JT. Tel: 01685 373467 (H) 07890 401890 (M) Email: jones_a26@sky.com</p> <p>Fixture Secretary: Paul Lewis, 12 Durham Close, Heolgerrig, Merthyr Tydfil, CF48 1SL. Tel: 01685 350827 (h) 01685 721222 (b) 07812 479361 (m) Email: pauljameslewis@aol.com</p> <p>White/Green/Gold: Maroon. The Clubhouse, Dynevor Street, Georgetown, Merthyr Tydfil, CF48 1BA 01685 722999</p>
Milford Haven RFC	<p>Hon Secretary: Simon Evans, 2 Croft Avenue, Hakin, Milford Haven, SA73 3HD Tel: 01646 694161 (H) 07815 941392 (M) Email: simon.evans21@Yahoo.co.uk</p> <p>Fixture Secretary: Robert Evans, 2 Croft Avenue, Hakin, Milford Haven, SA73 3HD. Tel: 01646 694161 (h) Red/White Hoops: Blue. Observatory Ground, Picton Road, Hakin, Milford Haven, SA73 3ES. 01646 693240 (HQ)</p>
Mold RFC (Mold Rugby Club/Clwb Rygbi Yr Wyddgrug Ltd) Registration No: 2275448)	<p>Hon Secretary: Sian Griffiths, Pen Y Graig, Village Road, Maeshafn, Mold, CH7 5LU. Tel: 01352 810612 (H) 07940 293481 (M) Email: moldunder15s@yahoo.co.uk</p> <p>Fixture Secretary: Mike Roberts, c/o Mold RFC, Chester Road, Mold, CH7 1UF. Tel. No - 07747 481473, Email: fixtures@moldrfc.co.uk</p> <p>Red/Black Hoops: Red/Green Square. The Clubhouse, Chester Road, Mold, CH7 1UF 01352 755635 (HQ)</p>
Monmouth RFC	<p>Hon Secretary: Mr Andrew Davies, Efail Newydd Cottage, Tregare, Dingestow, Monmouth, Monmouthshire, NP25 4DZ. Email: andrew_monmouthrfc@hotmail.com</p> <p>Fixture Secretary: Byron Hapgood, 7 Lancaster Way, Osbaston, Monmouth, NP25 3BE. Tel: 01600 716222 (h) 01600 714906 (b) Email: bs.hapgood@virgin.net</p> <p>Royal Blue/Gold. 'Old Druids Head' Chippenhamgate Street, Monmouth, NP25 3BH. 01600 712309 (HQ)</p>
Morrison RFC	<p>Hon Secretary: Mr. Huw Lloyd Roberts, 57 Bwllfa Road, Ynystawe, Swansea, SA6 5AL. Tel: 01792 843824 (H) Email: h.roberts45@btinternet.com</p> <p>Fixture Secretary: Robert Stubbs, 33 Horeb Road, Morrison, Swansea, SA6 7AJ. Tel: 01792 523678 (h) 07815 852187 (m) Email: robstubbs2010@hotmail.co.uk</p> <p>Black/Scarlet Hoops: Emerald/White Hoops. Maescollen, Cwmrhydyceirw, Morrison, Swansea, SA6 6JS. 01792 773874 (HQ)</p>



Mountain Ash RFC	<p>Hon Secretary: Mark Bennett, 1 London Street, Caegarw, Mountain Ash, CF45 4BN 01443 477900 (H) 07957 120806 (M) Email: mark.bennett@Hss-Ltd.com</p> <p>Fixture Secretary: Martin Ham, 7 Mount Pleasant Terrace, Miskin, Mountain Ash, CF45 3AN. Tel: 01443 478297 (h) 01443 680557 (b)</p> <p>Black/Amber : Maroon/Gold Old Glancynon Inn, Oxford Street, Mountain Ash, CF45 3PL. 01443 472918 (HQ)</p>
Mumbles RFC	<p>Hon Secretary: Mr Clive Davies, 12 The Orchard, Newton, Swansea SA3 4UQ. Tel 01792 360307 (H) 07971 273371 (M) Email: clivesdavies@hotmail.co.uk www.Mumblesrfc.Co.Uk</p> <p>Fixture Secretary: Norman Hopkins, 4 Green Close, Mayals, Swansea, SA3 5DW. Tel: 01792 405538 (h)</p> <p>Dark Blue/Light Blue: Red. 588 Mumbles Road, Mumbles, Swansea, SA3 4DL 01792 368989 (HQ)</p>
Nant Conwy RFC (Clwb Rygbi)	<p>Hon Secretary: Ifor Glyn Efans, Y Graig, Capel Curig, Conwy, LL24 0EL. Tel: 01690 720217; Mobile 07773 309382 Email iforglyn@talk21.com</p> <p>Fixture Secretary: Wyn Roberts, Rhandir Garage, Trofarth, Abergele, LL22 8BW. Tel: 01492 650449 (h) 07818 400259 (m) E-mail: wynrhandir@hotmail.com Website: www.Nantconwy.Org</p> <p>Green/Orange/Black: Black/Orange: Pant Carw, Trefriw, Llantrwst</p>
Nantgaredig RFC	<p>Hon Secretary: Bryan Phillips, 50 Hafod Cwnin, Carmarthen, Carmarthenshire SA31 1BD Tel: 01267-231596 (H) 07970-966594 (M) Email: myrddinsecurity@btinternet.com</p> <p>Fixture Secretary: as above</p>
Nanttyffyllon RFC	<p>Hon Secretary: Bernard Colston, 4 Kings Terrace, Nanttyffyllon, Maesteg, CF34 0HD Tel: 01656 737632 (H) 07814 237127 (M) Email: bernard@swie.co.uk</p> <p>Fixture Secretary: Graeme Uphill, 33 Nanttyffyllon Terrace, Nanttyffyllon, Maesteg, Bridgend, CF340HF. Tel: 01443 443060 (b) 01656 734823 (h) 07547642451 (m)</p> <p>Green/Red. Blossie Street, Nanttyffyllon, Maesteg, CF34 0HP. 01656 732371 (HQ)</p>
Nantyglo RFC	<p>Hon Secretary: Glyndwr Thomas, 1 Fair View, Tredegar, NP22 3EX Tel: 01495 725965 (H) Email: mikeodowd9@msn.com</p> <p>Fixture Secretary: Russell Davies, 18 Henderson Road, Brynmawr, NP23 4HT. Tel: 01495 312077 (h & fax) 07973 908229 (m)</p> <p>Black/Scarlet: Blue. The Clubhouse, Porters Road, Nantyglo, NP23 4NH 01495 311003 (HQ)</p>
Nantymoel RFC	<p>Hon Secretary: Paul Speck, 28 Cadogan Street, Nantymoel, Bridgend, CF32 7TB. Tel: 01656 842863 (H) 07966 594858 (M) email: paul@Speck.ndo.co.uk</p> <p>Fixture Secretary: As above</p> <p>Green/Red/Blue: 82-84 Ogwy Street, Nantymoel, Bridgend, CF32 7SH. 01656 840740 (HQ)</p>



<p>Narberth RFC (Narberth Rugby Football Club Ltd - Registration Number: 2509538)</p>	<p>Hon Secretary: Mark Rhys-Owens, "Coedraith", 19 Cherry Grove, Haverfordwest, Pembrokeshire, SA61 2NT. Tel: 01437 766877 (H) 07918 137123 (M) 05602 090967 (Fax) Email: hon.sec.narberthrfc@gmail.com Fixture Secretary: Neil Rossiter, 16, Garfield Gardens, Narberth, Pembrokeshire, SA67 7UW. Tel: 07760785519 (m) Email: cookierossiter@hotmail.com Navy Blue/Sky Blue: White/Sky Blue. Lewis-Lloyd Ground, Spring Gardens, Narberth, SA67 7BT. 01834 860462 (HQ)</p>
<p>Neath RFC (Neath Rugby Limited – Registration No: 4759413)</p>	<p>Hon Secretary: Mike Price, 1 Highbury Court, Neath, SA11 1TX. Tel: 01639 632600 (H) Email: m.j.l.price@talktalk.net Fixture Secretary: As above Black With White Maltese Cross: White With Black Maltese Cross. The Gnoll, Gnoll Park Road, Neath, SA11 3BU. 01639 643328 (HQ) Email: admin@neathrfc.com</p>
<p>Neath Athletic RFC</p>	<p>Hon Secretary: Mr. Robert Scourfield, 16 Main Road, Bryncoch, Neath SA10 7PD. Tel: 01639 644419 (H) 07813 490492 (M) Email: scourf@live.co.uk Fixture Secretary: Stuart McKay, 45 Underwood Road, Cadoxton, Neath, SA10 8BY. Tel: 01639 772878 (h) 07812 176997 (m) Email: stuartm131@btinternet.com Black With Maltese Cross: Red. 5 Bridge Street, Neath, SA11 1RR. 01639 639684 (HQ)</p>
<p>Nelson RFC</p>	<p>Hon Secretary: Chris Bax, 5 Lon Yr Ysgol, Bedwas, Caerphilly, Mid Glam, CF83 8PE. Tel: 07769 741990 (M) Email: christopher.bax@philips.com Fixture Secretary: Meirion Evans, 31 Mary Street, Treharris, Mid Glamorgan, CF46 5LH. Email: meirionjevans@gmail.com Tel: 07581 418411 Black/White. Red. The Park, Nelson, Treharris, CF64 6PA 01443 450394 (HQ)</p>
<p>Newbridge RFC</p>	<p>Hon Secretary: Cheryl Harris, 90A Fflorens Road, Treowen, Newbridge, NP11 3DU 01495 247019 (H/F) Email: cheryl154@hotmail.com Fixture Secretary: Graham Paterson, 86 Fflorens Road, Treowen, Newbridge, NP11 3DU. Tel: 07843 739609 (M) 07968 221364 (M) Email: graham_paterson@ymail.com Sky Blue/Black. The Welfare, Bridge Street, Newbridge, NP11 5FJ. 01495 248729 (HQ)</p>
<p>New Dock Stars RFC</p>	<p>Hon Secretary: Carl Lucas, 19 Margam Place, Llanelli, SA15 1DE. Tel 01554 770839 (H) 07951 246 812(M) Email: carl.lucas5@sky.com Fixture Secretary: Ray Edwards, 14 Heol Elfed, Llanelli, SA14 9EA. Tel: 01554 751669 Royal Blue: Maroon. St George's Field, Trostre Road, Llanelli, SA15 1JY. 01554 773369 (HQ)</p>



<p>Newcastle Emlyn RFC (Newcastle Emlyn Rugby Football Club Ltd – Registration No: 29256R)</p>	<p>Hon Secretary: Chris Jones, Dolcoed, Carmarthen Road, Newcastle Emlyn, Carmarthenshire, SA38 9DA 01239 710374 (H & Fax) 01545 570217 (B) 07968 038049 (M) Email: Jonescwj@btinternet.com Fixture Secretary: Huw Bowen, Clydfan, Bryn Road, Lampeter, SA48 7EE. Tel: 01570 422083 (h) 01559 382850 (b) 07973 443908 (m) Email: ahb1@aol.com 4 Red/White Hoops: Emerald Green. Tafarn Rygbi, Adpar, Newcastle Emlyn. 01239 710464 (HQ)</p>
<p>New Panteg RFC</p>	<p>Hon Secretary: Paula Hamer, 137, North Road, Croesyceiliog, Cwmbran, Torfaen, NP44 2LL. Tel: 01633 556170 07909 986443 (M) Email: secretary@newpantegrfc.co.uk Fixture Secretary: As above</p>
<p>Newport RFC (Newport Rugby Club Ltd – Registration No: 3559359)</p>	<p>Hon Secretary: Dennis Bennett, 546 Chepstow Road, Newport, NP19 9DA. Tel: 01633 674227 (H) 07870948977 (M) Email: dennis.bennett@ntlworld.com Fixture Secretary: as above Black/Amber: Black. 01633 670690 (HQ) 01633 670714 (F) Jon.Hall@rodneyparadeldtd.Com</p>
<p>Newport HSOB RFC</p>	<p>Hon Secretary: Liane Stroud, 6 Blackthorn Grove, Newport, NP18 3RG. Tel 01633 431155 (h) 07919 410427 (m) Email: lianestroud@sky.com Fixture Secretary: John Clements, “Woodlands”, College Crescent, Caerleon, Newport, S Wales, NP18 3NS. Tel 01633 421285 [h] 01633 214151 [b] 07503740669 [m] Email: franclements@yahoo.co.uk Navy/Gold/White: Green/Black. The Clubhouse, Yew Tree Lane, Caerleon, Newport, NP18 1LL. 01633 420533 (HQ)</p>
<p>Newport Saracens RFC</p>	<p>Hon Secretary: Mark Vickery, 537 Monnow Way, Newport, NP20 7DW. Tel: 07792 418192 Email: vickery627@btinternet.com Fixture Secretary: As above Red/Black: Black Maesglas Playing Fields, Docks Way, Maesglas, Newport, NP20 2NN.</p>
<p>Newtown RFC</p>	<p>Hon Secretary: Dai Davies, Awelfryn, 8 Bryn Meadows, Newtown, Powys, SY16 2DS Tel: 01686 626267 (H) 07939 309862 (M) 01686 624054 (B) Fax 01686 624064 Email: dai.davies8@yahoo.co.uk Fixture Secretary: Derek Murray, 14 Hawthorn Close, Barnfields, Newtown, Powys, SY16 2QJ. Tel: 01686 625380 (h) 07970 969844 (m) Fax: 01686 624064 Red/Black: Red/Green/Black. The Recreation Ground, Pool Road, Newtown, Powys 01686 626433 (HQ) 01686 624064 (F)</p>
<p>New Tredegar RFC</p>	<p>Hon Secretary: Ray Davies, 40 Queens Road, New Tredegar, NP24 6DY 01443 837794 (H) 07794 967061 Email: mulldoon1948@hotmail.com ntrfcmull@hotmail.co.uk (Club Email) Fixture Secretary: Peter Roderick, 3 Tredegar Road, New Tredegar, NP24 6AL. Tel: 01443 822144 Red/Green: Black. Bridgend House, Tirphil, New Tredegar, NP24 8SX 01443 834647 (HQ)</p>



Neyland RFC	<p>Hon Secretary: John F Laugharne, 43 John Street, Neyland, Milford Haven, SA73 1TH Tel: 01646 600971 (H) Email: johnlaugharne7@gmail.com</p> <p>Fixture Secretary: as above</p> <p>Black: White/Green/Black. 41 Frederick Street, Neyland, Milford Haven, Pembrokeshire, SA73 1TG 01646 600971 (HQ)</p>
Oakdale RFC	<p>Hon Secretary: Christopher Fisher, 18 Maesygarth Road, Oakdale, Blackwood, Gwent, NP12 ONA. Tel: 07415 460685 (M) Email: caf1231@hotmail.co.uk</p> <p>Fixture Secretary: Adrian Robins, 26 Ynys – y Coed, Oakdale, Blackwood, Gwent, NP12 OEG. Tel: 01495 231001 (h) 07891 147825 (m) Red/White:Navy. 12 Central Buildings, The Square, Oakdale, Blackwood, NP12 OLR. 01495 223261 (HQ)</p>
Ogmore Vale RFC	<p>Hon Secretary: Leighton Williams, 14 Adare Street, Wynham, Ogmore Vale, Nr Bridgend, Mid Glam, CF32 7HF Tel: 01656 841026 (H) 07952 725809 (M) 01656 841026 (F) 07952 725809 (M) Email: leighton.williams@tesco.net</p> <p>Fixture Secretary: Gareth Card, 20 Bryn Road, Ogmore Vale, Bridgend, CF32 7DW. Tel: 01656 842836 (h) 07835 330185 Email: cardy83@live.co.uk Black/Amber: Blue. 34-36 Tynwydd Row, Ogmore Vale, CF32 7EH. 01656 840383 (HQ)</p>
Old Illtydians RFC	<p>Hon Secretary: Frank Medina, 5 Celyn Grove, Cardiff, CF23 6SH. Tel: 02920 644624 (H) 02920 644625 Email: frank@fgmaccountants.co.uk</p> <p>Fixture Secretary: Mr Danny Mears. Tel: 02920 512620 (h) 07912 103097 (m) Green/White/Gold Hoops. 1-3 Splott Road, Splott, Cardiff CF24 1HA 02920 491987 (HQ)</p>
Old Penarthians RFC	<p>Hon Secretary: Tony Crimp, 14 Chantry Rise, Penarth, CF64 5RS. Tel: 029 20 707121 (H) 029 20 925216 (B) Email: tony.crimp@hydercousulting.com</p> <p>Fixture Secretary: Mr J Vaughan, 90 Westbourne Road, Penarth, Vale of Glamorgan, CF64 3HG. Tel: 029 20 350217(h) 07806 674134 (m) Email: jonavaughan@live.co.uk Blue/Gold Hoops: Red/Gold Hoops. St Marks Road, Penarth, CF64 3PF 029 20 701810 (HQ)</p>
Pembroke RFC	<p>Hon Secretary: John Purser, The Stables, Upper Portclew Farm, Freshwater East, Pembroke, SA71 5LA 01646 672541 (H/F) 07970 214776 (M) Email: jpurser54@btinternet.com</p> <p>Fixture Secretary: Ken Small, 15 Grove Drive, Pembroke, SA71 5QB. Tel: 01646 681441 (h) 07527 674698 (m) Scarlet. Crickmarren Field, Upper Lamphey Road, Pembroke, SA71 4AY. 01646 682209 (HQ) 01646 672541 (F)</p>
Pembroke Dock Harlequins RFC	<p>Hon Secretary: Dean Andrew Maiden, 54 Charles Thomas Avenue, Pembroke Dock, Pembrokeshire, SA72 6UR. Tel: 07779 905995 (M) 01646 649245 (W) 01646 622543 (H) Email: d.maiden@tesco.net ; ocdeano54@gmail.com</p> <p>Fixture Secretary: Berry Rogers, 17 Nelson Street, Pennar, Pembroke, SA72 6RU. Tel: 01646 681479 (h) Black/White: Red. The Clubhouse, Bierspool, London Rd, Pembroke Dock, Pembs, SA72 6DT 01646 683130 (HQ)</p>



Penallta RFC	<p>Hon Secretary: Wayne Jones, 14 The Avenue, Ystrad Mynach, Hengoed, CF82 8BA Tel: 01443 814608 (H) 01495 235236 (B) 07854 055780 (M) Email: i_w_jones@hotmail.co.uk</p> <p>Fixture Secretary: Sion Phenis, 137 Lansbury Avenue, Cefn Hengoed, Hengoed, CF82 7HB. Tel: 07712 658512 Email: sion@penalltarfc.org.uk</p> <p>Blue/Gold: Red/Blue. Rear Of Caerphilly CBC, Ystrad Fawr, Ystrad Mynach, Hengoed. 01443 814066 (HQ)</p>
Penarth RFC	<p>Hon Secretary: Mr Chris Thau, Flat 2, Bridge House, 49 Plymouth Road, Penarth, Vale of Glamorgan, CF64 3DD. Email: rugby@penarthrfc.co.uk</p> <p>Fixture Secretary: Peter Docherty, 23 Catkin Drive, Penarth, CF64 3RD. Tel: 02920 700492 (h) 07821 135971 (m) Email: peter.docherty7@btinternet.com</p> <p>royal Blue: Red With Royal Blue/White Hoops. The Athletic Field, Lavernock Road, Penarth 02920 708402 (HQ)</p>
Penclawdd RFC	<p>Hon Secretary: Jeremy Parkhouse, Homeleigh, Llanmorlais, Swansea SA4 3RY Tel: 01792 850879 (H) 01792 636016 (B) 07917 177161 (M) Email: penclawddrfc@hotmail.co.uk Or jpandkp@aol.com</p> <p>Fixture Secretary: Mr Mike Davies, 2a Penybank Lane, Penyrheol, Gorseinon, Swansea, SA4 4FZ. Tel: 07749 229142 (m) 01792 893021 ext 2261 (b) Email: mikeandkathy2a@msn.com</p> <p>Red/Black: Black. Parc Road, Penclawdd, Swansea, SA4 3LE. 01792 850607 (HQ) 01792 850515 (F)</p>
Penlan RFC	<p>Hon Secretary: Mr M Thomas, 543 Pentre Gethin Road, Ravenhill, Swansea, SA5 8AB. Tel: 01792 583756 (H) 07779 206275 (M) Email: hon.Sec@penlanrfc.com</p> <p>Fixture Secretary: Robert Lovell, 162 Penderry Road, Penlan, Swansea, SA5 7ES. Tel: 01792. 429020 (h) 07758 922934 (m) Email: fix.sec@penlanrfc.com</p>
Pencoed RFC	<p>Hon Secretary: Steven Pope, Whitethorn, New Road, Pencoed, Bridgend, CF35 5LD. Tel: 07771 637010 (m) Email: steven.pope10@talktalk.net</p> <p>Fixture Secretary: As above</p> <p>Red/White/Blue: Black/White. The Verlands, Felindre Road, Pencoed, Bridgend, CF35 5UH. 01656 860152 (HQ)</p>
Pentyrch RFC	<p>Hon Secretary: Gareth Williams, Pentyrch Rugby Football Club, Parc Y Dwrlyn, Penuel Road, Pentyrch, Cardiff CF15 9QJ. Tel: 02920 891168 (H) 07503 151289 (M) Email: garethew@hotmail.com</p> <p>Fixture Secretary: Bruce Robertson, 12 Heol Gam, Pentyrch, CF15 9QA. Tel: 029 20 890634 (h) 07760 495183 (m) Email: fixtures@pentyrchrugby.co.uk</p> <p>Black/White: Black/White/Red. Parc Y Dwrlyn, Penuel Road, Pentyrch, CF15 9QJ 029 20 890483 (HQ) Club@Pentyrchrugby.Co.Uk</p>



Penygraig RFC (Penygraig Rugby Football Club Ltd 29946R)	<p>Hon Secretary: Brian Newman, 127 Tylycelyn Road, Penygraig, RCT, CF40 1JR. Tel: 01443 430001 (Day Time) 07788 652593 (M)Email: brian.newman@ukwg.co.uk</p> <p>Fixture Secretary: Merlyn Port, 4 Green Acre Drive, Tonypanydy, Rhondda, CF40 1DA. Tel: 01443 436452 (h) 07779 007925 (m) Email: porty4@aol.com</p> <p>Black/Red/Amber: Red/Black/Amber. The Clubhouse, Tylycelyn Road, Penygraig, RCT, CF40 1JR. 01443 432830 (HQ)</p>
Penygroes RFC	<p>Hon Secretary: Mansel Rees, 12a, Brynglas, Penygroes, Llanelli, SA14 7PY. Tel: 01269 845992 (H) 07583 607475 Email: neil@rnaplant.co.uk</p> <p>Fixture Secretary: As above Red/Black: Black/Amber. The Clubhouse, Waterloo Road, Penygroes, Llanelli Carmarthenshire SA14 7NP 01269 842575 (HQ)</p>
Pill Harriers RFC	<p>Hon Secretary: Robert W Jones, 9 Llew A Dor Cwrt, Caerleon, Newport, NP18 1LG. Tel: 01633 422898 (H) Email: robertwyjones@googlemail.com</p> <p>Fixture Secretary: Allan Henderson, 3 Somerton Place, Chepstow Rd, Newport, NP19 9DE. Tel: 01633 290349 (h) 07881 730534 (m) White: Black. Courtybella Terrace, Newport, NP19 2LD 01633 662668 (HQ)</p>
Pontardawe RFC	<p>Hon Secretary: Colin Rees, 42 Ashwood Drive, Gellinudd, Pontardawe, Swansea, SA8 3HL 01792 864777 (H) Email: pontardawe.Rfc@hotmail.co.uk</p> <p>Fixture Secretary: Ryan Thomas, 19 Oakfield Road, Pontardawe, Swansea, SA8 4LD. Tel: 01792 865672 (h) 07531 354527 (m) Email: ryan.thomas@swansea.gov.uk</p> <p>Red/White: Green. The Clubhouse, Ynysderw Road, Pontardawe, Swansea, SA8 4EG. 01792 864811 (HQ)</p>
Pontarddulais RFC	<p>Hon Secretary: Huw Thomas, 187 St. Teilo Street, Pontarddulais, Swansea, SA4 8LQ. Tel: 01792 882521 (H) 01639 686204 (B) 07977 863026 (M) Email: huw79@btopenworld.com</p> <p>Fixture Secretary: As above. Black/Amber: Green The Clubhouse, Oakfield Street, Pontarddulais, Swansea, SA4 8LW. 01792 882489 (HQ) Email: Secretary@Pontarddulais-Rfc.Co.Uk</p>
Pontllanfraith RFC	<p>Hon Secretary: Mike Williams, 2 Courtfield Close, Court Gardens, Rogerstone, Newport, NP10 9ET. Tel: 01633 718166 (H) 07913 827367 (M) Email: tizzywizzy@ntlworld.com</p> <p>Fixture Secretary: Simon Deneen. Tel: 07788 310277 (w) 07715 520821 (personal) 01495 200793 (h) Blue With Black/White Hoops: Red With Black/White Hoops. Old Tram Road, Pontllanfraith, Blackwood, NP12 2JF. 01495 223264 (HQ) www.Pontllanfraith.Co.Uk</p>



Pontyates RFC	<p>Hon Secretary: Mr Dieter Wenz, 35 Heol Y Meinciau, Pontyates, Llanelli, Carmarthenshire, SA15 5RT 01269 860098 (H) Email: dieterwenz@hotmail.co.uk</p> <p>Fixture Secretary: Mr Kevin Worth, Swn Y Dail, Heol Banc yr offis, Pontyates, Llanelli, Carmarthenshire, SA15 5SA. Tel: 01269 860779 (h) 07875 251161 (m)</p> <p>Green/Black: Red/Black. 3 Heol Y Meinciau, Pontyates, Llanelli, Carmarthenshire, SA15 5TR. 01269 860444 (HQ)</p>
Pontyberem RFC	<p>Hon Secretary: John Griffith, Pontyberem RFC, 34 Green Field Terrace, Pontyberem, SA15 5AW. Tel: 01269 870 713 (H) 07817 956010 (M) Email: j.griffiths370@btinternet.com</p> <p>Fixture Secretary: Peter Lloyd, 58 Heol Llethryd, Pontyberem, Llanelli. Tel: 01269 871620 (h) 07580 751008 (m) Email: lloydpeter36@yahoo.com</p> <p>Blue/Black: Maroon And Amber. 28 Heol Y Parc, Pontyberem, Llanelli, SA15 5EA. 01269 870292 (HQ)</p>
Pontyclun RFC	<p>Hon Secretary: Greg Lamerton, 14 Firbanks Way, Talbot Green, Pontyclun, CF72 8LB Telephone: 07946 427782 (Mobile/Primary Number) 01443 265486 (Home) E Mail : lamertongreg@yahoo.com</p> <p>Fixture Secretary: Hywel Rees. Tel: 07800 869920 (m) Email: hywel.rees9@fsmail.net</p> <p>Black/White: Black. Windsor Park, Windsor Fields, Llantrisant Road, Pontyclun, CF72 9DQ. 01443 222240 (HQ) 01443 222600 (Fax)</p>
Pontycymer RFC	<p>Hon Secretary: Colin Campbell, 34 Upper Adare Street, Pontycymer, Bridgend, CF32 8LS. Tel: 07425 150728 (M) 01656 872352 (H)Email: colin_c@talktalk.net</p> <p>Fixture Secretary: As above. Green/Amber: Red/White. 83 – 87 Oxford Street, Pontycymer, Bridgend CF32 8DD 01656 870277 (HQ)</p>
Pontypool RFC (Park Promotion Ltd – Registration Number 5899237)	<p>Hon Secretary: Colin Tuckwell, 27 Usk Road, Pontypool, NP4 8AG. Tel: 01495 755553 (H. Phone/Fax) 07971 033172 (M) Email: colin.tuckwell@pontypoolrugby.co.uk</p> <p>Fixture Secretary: As above. Red/White/Black: Ground, Pontypool Park 01495 757472 (HQ)</p>
Pontypool United RFC	<p>Hon Secretary: Alan Williams, Lower Pentrench Barn, Plasycloed Rd, Pontnewynydd, Pontypool NP4 6TP Tel: 07768 273476 (M) 01495 762571 (Clubhouse) Email: williams_broadway@btopenworld.com</p> <p>Fixture Secretary: As above.</p> <p>Red/White/Black: Black. Conway Road, Pontypool, NP4 6HL. 01495 762571 (HQ)</p>
Pontypridd RFC (Ponty Rugby Ltd Registration Number 04907060)	<p>Hon Secretary: Stephen Reardon, 48 Coed Isaf Road, Maesycoed, Pontypridd, CF37 1EN. 01443 403789 (H) 07842868607 (M) 02920 562485 Email: reardons1959@hotmail.co.uk</p> <p>Fixture Secretary: As above. Black/White/Red Hoops : Red/White Hoops</p> <p>The Clubhouse, Sardis Road, Pontypridd, CF37 1HA. 01443 405006 (HQ) 01443 407087 (Fax) Email: Info@Ponty.Net</p>



Porthcawl RFC	<p>Hon Secretary: Ms. Sian Richards, 45 Rest Bay Close, Porthcawl, CF36 3UN. Tel: 07540 997998 Email: sian6161@yahoo.com</p> <p>Fixture Secretary: Kevin McCarthy, 151 Newton-Nottage Road, Porthcawl, Mid Glamorgan, CF36 5EA. Tel: 01656 786337 (h) 07977 980712 (m) Email: kevin-mccarthy1@sky.com</p> <p>Green/Black. South Road, Porthcawl, 01656 784242 (HQ) 01656 782252 (HQ Fax)</p>
Porth Harlequins RFC	<p>Hon Secretary: Roy Wilkinson, 62 Lewis Terrace, Llwynceilyn, Porth, R.C.T, CF39 9TY. Tel: 07976 221054 (M) Email: rwilkinson@lenstec.co.uk</p> <p>Fixture Secretary: Alun Davies, 20 Evans Terrace, Trealaw, RCT, CF40 2UX. Tel: 07888 692568 Email: alundavies123@talktalk.net</p> <p>Blue/ Gold: Red/Gold. Nythbran Terrace, Llwynceilyn, Porth, CF39 9TW. 01443 681066 (HQ)</p>
Pwllheli RFC	<p>Hon Secretary: Bryn Martin, Pant Y Wennol, Llannor, Pwllheli LL53 5UR. Tel: 01758 613307 (H) 01758 612042 (B) 01758 613815 / 701869 (F) Email: bryn@lawmn.Com ; brynmartin@btinternet.com</p> <p>Fixture Secretary: Kenneth Davies, Rhos-Bach, Llannor, Pwllheli, Gwynedd, LL53 5UG. Tel: 01758 614478 (h) 01758 704763 (b) 01758 704777 (f)</p> <p>Red/Green/White : White/Red Parc Bodegroes, Efainewydd, Pwllheli, LL53 5TH 01758 613676 (HQ) 01758 701751 (HQ Fax)</p>
Pyle RFC	<p>Hon Secretary: Mike Turton, 77a Marlas Road, Pyle, Bridgend, CF33 6AT. Tel: 01656 741202 (H/F) 07881 945093 (M) Email: pyle.rugby.club@btconnect.com</p> <p>Fixture Secretary: Kieron Ricketts. Email: rickettskieran7@live.co.uk Tel: 07846 686463 (m)</p> <p>Red: Royal Blue/White. Brynglas Field, Brynglas Terrace, Pyle, Bridgend, CF33 6AG 01656 740059 (HQ)</p>
Resolven RFC	<p>Hon Secretary: Gwyn Bishop, 4 Pentwyn Road, Resolven, SA11 4NH. Tel: 01639 710997 (H) 07771 974283 (M) Email: gbishop605@hotmail.co.uk</p> <p>Fixture Secretary: As above.</p> <p>Cambridge Blue/Black: Maroon. Vaughen Field, Maes Y Tyra Lane, Resolven, SA11 4LY 01639 710210 (HQ)</p>
Rhigos RFC	<p>Hon Secretary: Graham Lewis, "Min-Yr-Awel", 4a Heol Y Graig, Rhigos, Aberdare, CF44 9YY. Tel: 01685 811483 (H)</p> <p>Fixture Secretary: Brian Hodgekinson, 1 Cwrt-Glan-Rhyd, Rhigos, Nr Aberdare, CF44 9PJ. Tel: 01685 814276 (h)</p> <p>Black/Amber: Blue. Cwm-Hwnt Road, Rhigos, Aberdare, CF44 9DJ. 01685 811224 (HQ)</p>
Rhiwbina RFC	<p>Hon Secretary: Steve Juniper, Tel: 07969 506918 (M) Email: steve.juniper@sky.com</p> <p>Paul Warren (Asst Secretary) Tel: 07968 316442 (M) Email: paulwarren40@aol.com</p> <p>Fixture Secretary: Brian Crabbe, 7 Guenever Close, Thornhill, Cardiff, CF14 9AH. Tel: 02920 615605 (h) Email: briancrabbe@tiscali.co.uk Black: Blue. Rhiwbina Recreation Club, Lon Y Dail, Rhiwbina, Cardiff. 02920 693583 (HQ) 02920 747886 (F) Www.Rhiwbinarfc.Com</p>



Rhydyfelin RFC	<p>Hon Secretary: Paul Phillips, 1 – 1A Lionel Terrace, Rhydyfelin RFC, Rhydyfelin, Pontypridd, CF37 5HR. Tel: 07516 928877. Email: paul.phillips2@carillionplc.com</p> <p>Fixture Secretary: Chris Williams, 15 Coed Bychan Crescent, Llanharan, Nr Pontyclun, CF72 9PQ. Tel: 01443 227048 (h) 07531836600 (m) Email: rhydyfelinrfc@hotmail.co.uk</p> <p>Red/Black: Black/Red. 1-1A Lionel Terrace, Rhydyfelin, Pontypridd, CF37 5HR. 01443 406173 (HQ)</p>
Rhyl & District RFC	<p>Hon Secretary: Mr Tony Evans, 19 Westminster Avenue, Rhyl, Denbighshire, LL18 4HE. Tel: 01745 343371 (H) 07833 664967 (M) Email: anthonyevans889@btinternet.com</p> <p>Fixture Secretary: Bob E. Jones, 28 Llys-y-Tywysog, Rhyl, Denbighshire, LL18 4HJ. Tel: 01745 337331 (h) 0151 252 4770 (b)</p> <p>Red/White Hoops: Red. The Clubhouse, The Waen, Rhuddlan, Nr Rhyl LL18 5RS. 01745 337174 (HQ)</p>
Rhymney RFC	<p>Hon Secretary: Dale Zdzieblo, 17, Alfred Street, Abertyswg, Tredegar, Gwent, NP22 5BA. Tel: 07867 586181 Email: dalezdzieblo@hotmail.com</p> <p>Fixture Secretary: Ian Moseley, 4 Waterloo Terrace, Pontlottyn, Hengoed. Tel: 01685 842017 (h)</p> <p>Black/Red: Sky Blue/Black. Memorial Park, Rhymney, Gwent. 01685 840360 (HQ) www.Rhymneyrfc.Org.Uk</p>
Risca RFC	<p>Hon Secretary: Colin Wilks, 4 Pennine Close, Trenewydd Parc, Risca, Caerphilly NP11 6QS. Tel: 01633 619214 (H) 07976 981710 (M) Email: c.wilks1@sky.com</p> <p>Fixture Secretary: David Williams, 4 Pine Close, Risca, Newport, NP11 6JQ. Tel: 01633 614183(h) 07811 879432 (m) Email: sospan@risca22.freeseve.co.uk www.Riscarfc.Com Black/Amber Hoops: Blue. Stores Field, Risca, NP11 6BY. 01633 612586 (HQ)</p>
RTB (Ebbw Vale) RFC	<p>Hon Secretary: Shaun Jones, 41 Railway Terrace, West Side, Blaina, Gwent, NP13 3BU. Tel: 01495 291217 (H) 07772 707406 (M) Email: daff-o-dill@hotmail.com</p> <p>Fixture Secretary: Philip Swan, 18 North Street, Beaufort, Ebbw Vale, NP23 5RF. Tel: 01495 304459 (h) Email: jswn4@aol.com</p> <p>Green/White: Red/White. 45-46 High Street, Briery Hill, Ebbw Vale, NP23 6BP. 01495 306232 (HQ & Fax)</p>
Rumney RFC (Rumney Rugby Football Club Limited – Registration No: 29544R)	<p>Hon Secretary: Derrick Morgan, Hartland Rd, Riverside Park, Llanrumney, Cardiff, CF3 4JL. Email: delmorgan1@hotmail.co.uk Tel: 07967 506602 (M)</p> <p>Fixture Secretary: Richie Edwards, 63, Croyde Avenue, Llanrumney, Cardiff, CF3 5NA. Tel: 07905 538017 (m) Email: richieedwards67@yahoo.com</p> <p>Blue/Black Red/Blue. Riverside Park, Hartland Road, Cardiff, CF3 4JL 02920 777186 (HQ)</p>



Ruthin RFC	<p>Hon Secretary: Mr Pat Birkhill, Rhydyfen Bach, Corwen, LL21 0EN. Tel: 01490 460306 (H) Email: patrrfc@aol.com</p> <p>Fixture Secretary: John Hughes, Erw Las, Mold Road, Ruthin. Tel: 01824 702618 (h) Email: glenhughes@uwclub.net Royal Blue/White: Red/Green Squares. Clubhouse, Cae Ddol, Lon Fawr, Ruthin, Denbighshire, LL15 1LB. 01824 702457 (HQ)</p>
St Alban's RFC	<p>Hon Secretary: Nigel Pearson, 37 Glyn Eiddew, Pentwyn, Cardiff CF2 7BP. Tel: 02920 733466 (H) 02920 872109 (B) 02920 877012 (B Fax) Email: np_buns@hotmail.com</p> <p>Fixture Secretary: As above. Black/Amber: Green. Tremorfa Park, Cardiff 02920 496868 (HQ)</p>
St Clear's RFC	<p>Hon Secretary: Ian Thomas, Oak Crest, Pwll Trap Road, St Clears, Carmarthen, Carmarthenshire. SA33 4AJ. Tel: 01994 231356 (H) 07789 371029 (M) Email: ian.thomas07@btinternet.com</p> <p>Fixture Secretary: As above. Blue. Black Lion Hotel, Pentre Road, St Clears, SA33 4AA. 01994 231700 (HQ)</p>
St David's RFC	<p>Hon Secretary: Mr. John James, 15 Maes Yr Hedydd, St Davids, Pembrokeshire. SA626QW. Tel: 01437 720447 (H) 07811 193573 (M) Email: stdavidsrugbyclub@gmail.com</p> <p>Fixture Secretary: Paul Sage, 11 Maes Dyfed, St Davids, Pembs, SA62 6SR. Tel: 01437 720554 (h) 07970 482211 (m) Black/Amber: Red/Green. Clubhouse, Fishguard Road, St Davids, Pembs, SA62 6BP 01437 720330 (HQ)</p>
St Joseph's RFC	<p>Hon Secretary: Dawn Matthews, 36 Wenallt Road, Rhiwbina, Cardiff, CF14 6SE. Tel: 02920 624341. Email: matthewsdawn1@hotmail.com</p> <p>Fixture Secretary: Dave Williams, 57 St Benedict Crescent, Heath, Cardiff, CF14 4DP. Tel: 02920 256342 (h) 07557 001447 (m) Email: david.williams@proactis.com Old Gold/Brown: Black/White. St Josephs Social Club, 29 Whitchurch Road, Cardiff, CF14 6BX. 02920 619286 (HQ)</p>
St Peter's RFC	<p>Hon Secretary: Terry Thompson, 18 Sinclair Drive, Penylan, Cardiff, CF23 9AH. Tel: 07811 398626 (M) Email: terry.tom@ntlworld.com</p> <p>Fixture Secretary: Joe Dunleavy, 15 Bedavere Close, Thornhill, Cardiff, CF14 9AR. Tel: 02920 617987 (h) Emerald/Black: Minster Road, Roath, Cardiff. CF23 5AS 02920 460461 (HQ) Admin@Stpeters.Co.Uk</p>
Senghenydd RFC	<p>Hon Secretary: Viv Pitten, 2 Universal Villas, Senghenydd, Caerphilly, CF83 4HJ. Tel: 02920 830727 (H) 02920 460814 (B) 07410 975680 (M) 02920 490228 (F) Email: vpitten@yahoo.co.uk</p> <p>Fixture Secretary: Bill Phillips, 11 Ffordd Eynon Evans, Cwm Ifor Park, Caerphilly, CF83 4ET. Tel: 02920 884791 (h) 07800563115 (m) Royal Blue: Red. Welfare Park, Senghenydd, 02920 830467 HQ)</p>



Seven Sisters RFC	<p>Hon Secretary: Simon Griffiths (Hon Secretary) Direct Mail To: Mr Brian Howells, 95 Dulais Road, Seven Sisters, Neath. Email: simongriff@hotmail.co.uk</p> <p>Fixture Secretary: Mr Delwyn Howell, 37 Mary Street, Seven Sisters, Neath. Tel: 01639 700638 (h) 07837 398854 (m) Email: dely37@hotmail.co.uk</p> <p>Black/Green: Red/White. Clubhouse, Dulais Road, Seven Sisters, SA10 9EY. 01639 700354 (HQ)</p>
Skewen RFC	<p>Hon Secretary: Rachel Hopkins, 51 Wern Road, Skewen, SA10 6DL. Tel: 01792429762 (H) 07870164784 (M) Email: rachelahopkins40@yahoo.co.uk</p> <p>Fixture Secretary: John Grimes, 12 Penschanel, Neath Abbey, Neath. Tel: 01792 423852 (H) 07800 518407 (M) Email: grimes.1@ntlworld.com</p> <p>Black/Amber: Red. Tennat Park, Skewen, Neath 01792 812088 (HQ)</p>
Swansea RFC (Swansea Rugby Football Club Limited. Registration Number. 3305164)	<p>Hon Secretary: Meirion Howells, Swansea RFC, C/O Club Office, The Pavilion, St Helen's Ground, Bryn Road, Swansea, SA2 0AR. Email: meirion@Mhpm.Co.Uk Tel: 07831 392039 (M)</p> <p>Fixture Secretary: Ian Hopkins, 145 Saunders Way, Derwen Fawr, Swansea. Tel: 01792 280720 (h) 01792 610074 (b) 07790 185314 (m) 01792 424240 (fax) Email: ian.hopkins@ge.com</p> <p>White/Maroon/Navy: Navy/Maroon/White St Helens Ground, Bryn Road, Swansea, SA2 0AR. Tel: 01792 424242. Fax: 01792 424240</p>
Swansea University RFC	<p>Hon Secretary: Stan Addicott, 10 Park Drive, Uplands, Swansea, SA2 0PP. Tel: 01792 207112 (H) 01792 543563 (B) Email: stanaddicott@btinternet.Com</p> <p>Fixture Secretary: David Matthews, 64 Sidney Street, Brynhyfryd, Swansea, SA5 9JG. Tel: 01792 461424 (h)</p> <p>Green/White Stripes. Sports Centre Pavilion, Sketty Lane, Swansea, SA2 8PP. 01792 543555 (HQ)</p>
Swansea Uplands RFC	<p>Hon Secretary: Richard Gwynn, 668 Gower Road, Upper Killay, Swansea, SA2 7HE Tel: 01792 299013 (H) 07584 488255. (B) 07714 106696 (M) Email: richard.gwynn@btinternet.com</p> <p>Martin Bevan Jones (Assistant Sec), Eastfields, Lunnon, Parkmill, Swansea, SA32EJ. Email: dmbj@hotmail.co.uk Tel: 07766 708742 (M)</p> <p>Fixture Secretary: Simon Thomas, 2 Bryntywood, Llangyfelach, Swansea, SA5 7LE. Tel: 01792 792343 (h) 01792 298555 (b) 07967 125375 (m) Email: Sjthomas10@btinternet.com</p> <p>Green/White: Blue. Fairwood Lane, Upper Killay, Swansea, SA2 7HP. 01792 204347 (HQ)</p>



Taffs Well RFC	<p>Hon Secretary: Jill Watkins, 5 Garth View, Tawelfryn, Nantgarw, Cardiff CF15 7UL. Tel:01443 844 265 (H) 01685 727 482 (W) 078951 91912 (M) Email: head@caedraw.merthyr.sch.uk</p> <p>Fixture Secretary: Alan Edwards, 15 Crystal Glen, Heath, Cardiff, CF14 5QH. Tel: 02920 339614 (h) 02920 459201 (w) 07952 442178 (m)Email: alan@archenfield.co.uk</p> <p>www.taffswellrfc.co.uk Black/White: Red/White. Maes Gwyn, Glan Y Llyn Square, Taffs Well, CF15 7JD. 029 20811838 (HQ)</p>
Taibach RFC	<p>Hon Secretary: John V Daniel, 16 Heol Yr Orsedd, Margam, Port Talbot, SA13 2HL. Tel: 01639 893484. (H) 01639 898274 (B) 07901 512050 (M) Email: john.daniel@networkrail.co.uk</p> <p>Fixture Secretary: as above</p> <p>Black/Amber: Royal Blue. 23 Commercial Road, Taibach, Port Talbot, SA13 1LN. 01639 884599 (HQ) 01639 760009 (F)</p>
Talywain RFC	<p>Hon Secretary: Ruth Flower, 38 Brynamlwg, Talywain, NP4 7HE. Tel: 01495 775403 (H) Email flower.janice@yahoo.co.uk</p> <p>Fixture Secretary: Dai Harris, Dan y Deri, St David's Close, Penygarn, Pontypool, NP4 8BJ. Tel: 07976 505610 (m) 01495 758789 (h) Email: daiharris@icloud.com</p> <p>Black/Amber. New Road, Emlyn Park, Talywain, Pontypool, Gwent. NP4 7RF. 01495 772597/772839 (HQ) 01495 772682 (Fax) Talywainrfc@Webster.Uk.Net</p>
Tenby United RFC	<p>Hon Secretary: Martyn Williams, 18 Whitlow, Saundersfoot, Pembrokeshire, SA69 9AE. Tel: 01834 813039 Email: martynandcarol@btinternet.com</p> <p>Fixture Secretary: As above Red/Black Hoops: White. Upper Frog Street, Tenby, Pembs, SA70 7JD. 01834 843501 (HQ) Website: www.tenbyunitedrfc.co.uk</p>
Tondu RFC	<p>Hon Secretary: Mr David Lewis, 30, Park Place, Sarn, Bridgend. CF32 9UA, Tel: 01656 723085 (h) 07969 138461 (m) Email: daithebon@sky.com</p> <p>Fixture Secretary: As above</p> <p>Red/Blue: Yellow. Old Fire Station, Pandy Park, Aberkenfig, Bridgend, Mid Glam. CF32 9RE. 01656 720242 (HQ)</p>
Tonmawr RFC	<p>Hon Secretary: Cledwyn Edwards, 18b Blaenavon Terrace, Tonmawr, Port Talbot, SA12 9US. Tel: 01639 636412 (H) 07977 851052 (M)Email: cedwards20@sky.com</p> <p>Fixture Secretary: Desmond Jacob, 15 Dan-y-Coed, Tonmawr, Port Talbot, SA12 9UL. Tel: 07791 478137 (m) Email: d.jacob@gmx.co.uk</p> <p>Green/White: Red. Memorial Ground, Dan-Y-Coed, Tonmawr, Port Talbot, West Glam, SA12 9UL. 01639 642948 (HQ) 01639 636117 (Fax)</p>



Tonna RFC	<p>Hon Secretary: Mr. Stuart Arnold, 26 New Street, Tonna, Neath. SA11 3JJ. Tel: 01639 774476 (H) 07538 698278 (M) Email: chico26@sky.com</p> <p>Fixture Secretary: Mr Mark Hopkins, 25 Wenallt Road, Tonna, Neath, SA11 3HZ. Tel: 01639 410157 (h) 07874 963447 (m) Red/White/Black: Black/Amber. The Rugby Pavilion, Mount Pleasant, Tonna, Neath, SA11 3HX 01639 642804 (HQ)</p>
Tonyrefail RFC	<p>Hon Secretary: Mr Shaun Harding, 60 Tylcha Ganol, Tonyrefail. CF39 8BY. Email: tonyrefailrugbyclub@btconnect.Com</p> <p>Fixture Secretary: Graham Shalton, 12 Pritchard Street, Tonyrefail, R.C.T, CF39 8PA. Tel: 01443 676441 (h)07966 253313(m) Black/Amber: Red. 60 - 62 High Street, Tonyrefail. 01443 670409 (HQ)</p>
Trebanos RFC	<p>Hon Secretary: Jamie Watkins, 24 Glynmeirch Road, Trebanos, Swansea, SA8 4AP. Tel: 01792 865937 (M) 07918 029286 (M) Email: howard.Watkins@openreach.co.uk</p> <p>Fixture Secretary: As above. Navy/Sky Blue: Red/Black. 124 Swansea Road, Trebanos, Pontardawe, Swansea, SA8 4BN 01792 863096 (HQ)</p>
Tredegar RFC (Starlite Ltd Reg No 0508511)	<p>Hon Secretary: David Edwards, Acting Secretary, 23, Victoria Terrace, Georgetown, Tredegar, NP22 3JT. Tel: 01495 717874 (H)07593 269497 (M) Email: daieddie1@aol.com</p> <p>Fixture Secretary: Martin Williams. Tel: 07984 077014 (m) Black/Red/White: Red/Black/White. The Clubhouse, Park Hill, Tredegar, NP22 3NN</p>
Tredegar Ironsides RFC	<p>Hon Secretary: Paul Woodward, 83 Church Street, Tredegar, Gwent, NP22 3DS. Tel: 07525 465486 Email: paul@ruggiebug.Com</p> <p>Fixture Secretary: Martin Edwards, 12 Harford Street, Tredegar, Gwent, NP22 4QE. Tel: 07572 577546 (m) 07890 273044 (work mob) Email: martin.edwards06@yahoo.co.uk Web: http://www.Tredegar-Ironsides.Btck.Co.Uk/ Black/Green/White: Green/White. The Bush, Park Row, Tredegar, NP22 3NG. 01495 724515 (HQ)</p>
Treherbert RFC	<p>Hon Secretary: Rowley Pryse, 21 Clark Street, Treorchy, RCT, CF42 6BE. Tel: 01443 772101 (H) 07843 660821 (M) Email: m.pryse@btinternet.com</p> <p>Fixture Secretary: Paul Taylor, 21 Abertonllwyd Street, Treherbert, R.C.T, CF42 5PG. Tel 01443 773423 (H) 077428 86283 (M) Email treherbertfixtures@gmail.com Red/Black. Ty Draw, 55 Wyndham Street, Tynewydd, Rhondda, CF42 5BS. 01443 771428 (HQ)</p>
Treorchy RFC	<p>Hon Secretary: B L James, 1 Augusta Street, Ton Pentre, Rhondda, CF41 7EW. Tel: 01443 436587 (H) 07791 541732 (M) Email: bryan_james@live.co.uk</p> <p>Fixture Secretary: G Davies, 60 Stuart Street, Treorchy, Rhondda, CF42 6SN. Tel: 01443 773978 (h) 07837 798411 (m) Email: garwyndavies@hotmail.co.uk Black/White Lower Regent Street, Treorchy, Rhondda, CF42 6PN. 01443 432874 (HQ) 01443 776776(HQ Fax)</p>



Trimsaran RFC	<p>Hon Secretary: David Stuart Jones, 62 Trilwm, Trimsaran, Carmarthenshire, SA17 4AW 01554 810773 (H) 01554 712251 (B) Email: laurajonesd@aol.com</p> <p>Fixture Secretary: Mr Robert Sully, 3 Llys-y-Pinwydd, Bryn, Llanelli. Tel: 01554 750460 (H) 07794 130279 (M) Emerald/Black: Blue/White. 40 Heol Llanelli, Trimsaran, Carms, SA17 4AG. 01554 810270 (HQ)</p>
Trinant RFC	<p>Hon Secretary: Lyndon Lloyd (Acting Secretary), 30 Pentwyn Terrace, Trinant, Crumlin, Gwent, NP11 3JE. Tel: 01495 216619 (H) Email: lyndon.lloyd@hotmail.co.uk</p> <p>Fixture Secretary: as above. Green/Black. Trinant Sports & Social Club, Conway Road, Trinant, NP11 3JP. 07790 352981 and 01495 321341 (HQ)</p>
Tumble RFC	<p>Hon Secretary: Mr Phil Hewitt, 27 Troed Y Bryn, Upper Tumble, Llanelli, Carmarthenshire SA14 6BP. Tel: 01269 844662 (H) 07767 801186 (M) Email: phil.hewitt2@btinternet.com</p> <p>Fixture Secretary: As above. Black/White. 6 Heol Y Neuadd, Tumble, Llanelli, Carmarthenshire, SA14 6EL</p>
Tycroes RFC	<p>Hon Secretary: Mr Meirion Powell, Chairman, Cae Gelli, Tycroes, Ammanford, Carmarthenshire, SA18 3NY. Email: meirionpowell@hotmail.co.uk</p> <p>Fixture Secretary: Mr Mark Williams, 2 Tycroes Road, Tycroes, Ammanford, SA18 3QF. Tel: 01269 597569 (h) 07816 901565 (m) Black: Red. Cae Gelli, Penygarn Road, Tycroes, Ammanford, SA18 3NY. 01269 592673 (HQ)</p>
Tylorstown RFC	<p>Hon Secretary: Lionel Langford, 1 Heol Y Twyn, Wattstown, Rhondda, CF39 0PS. Tel: 01443 730649 (H/F) 07775 126479 (M) Email: lionel.langford@rhondda-cynon- taf.gov.uk</p> <p>Fixture Secretary: Mr. David Jenkins, 2 Llyn Crescent, Ferndale, Rhondda, CF43 4LH. Tel: 01443 730043 (h) 07787 423640 (m) Email m4dsj@aol.com</p> <p>Black/Amber: Red. Penrhys Uchaf, Tylorstown, Rhondda, CF43 3PN. 01443 730632/755224 (HQ) 01443 730649 (Fax)</p>
Cardiff Metropolitan University RFC	<p>Hon Secretary: Mr Ian I Campbell, 9, Coed-Y-Llyn, Cyncoed, Cardiff, CF23 6HR. Tel: 02920 751765 (H) Email: ianicampbell@yahoo.co.uk</p> <p>Fixture Secretary: As above. Maroon, Amber And Navy. Cyncoed Campus, Cyncoed Road, Cardiff, CF23 6XD. 02920 416581 (HQ) 02920 417256 (Fax)</p>
University Of South Wales East RFC	<p>Hon Secretary: Dr Ray Howell, Bryn Heulog, Llanfihangel Tor- Y-Mynydd, Star Hill, Gwent NP16 6NU 01600 860229 (H) 01633 432112 (B) 01633 432603 (Fax) Email: ray.howell@newport.ac.uk</p> <p>Fixture Secretary: as above Black/White/Green: Green. Caerleon Campus, PO Box 179, Newport, NP18 3YG 01633 43211 (HQ) 01633 432603 (HQ Fax)</p>



Usk RFC	<p>Hon Secretary: Mr. Gerry Hawkins, The Beeches, Llanhennock, Nr. Newport, Monmouthshire, NP18 1LT. Tel: 01633 450605 (H) 07881 786919 (M) Email: gerry@thebeeches.me.uk</p> <p>Fixture Secretary: John Evans, Sandeville, Croes y Brechan, Bryngwyn, Raglan, Gwent, NP15 2JQ. Tel: 01291 690854 (h) 01633 200301 (b) 07770 580756 (m) Website: www.Uskrfc.Co.Uk Black/White: Red. Redshed Meadow, Llanbadoc, Monmouthshire.</p>
Vardre RFC	<p>Hon Secretary: Wayne Griffiths, 173 Kingrosia Park, Clydach, Swansea, SA6 5PF 01792 842632 (H) 01269 833228 (B) Email: waynehgriffiths@msn.com</p> <p>Fixture Secretary: Mr. Peter Williams, 12 Brunant Road, Gorseinon, Swansea, SA4 4FL. Tel: 07815 134467 (m) Email: prd_will@hotmail.com</p> <p>Black/White: Green/Red. 3 High Street, Clydach, Swansea SA6 5LF 01792 845596 (HQ) 01792 846659 (Fax)</p>
Wattstown RFC	<p>Hon Secretary: Mr J Goldsworthy, 9 Bryn Terrace, Wattstown, Porth, CF39 0PH. Tel: 01443 756944 (H) 07817762517 (M) Email: johngoldsworthyw@outlook.com</p> <p>Fixture Secretary: as above.</p>
Waunarlwydd RFC	<p>Hon Secretary: Paul Phillips, 122, Victoria Road, Waunarlwydd, Swansea SA5 4TB Or 01792 874952 (Home) Or 01792 222300 (Work) Or 07990 542050 (M) Email: secretary@waunarlwyddrfc.org.uk</p> <p>Fixture Secretary: Cellan Thomas, 8 Downs Close, Fforestfach, Swansea, SA5 5AL. Tel: 01792 583348 (h) Email: cellan@waunarlwyddrfc.org.uk</p> <p>Black: Green/Black. Clubhouse, Roseland Road, Waunarlwydd, Swansea, SA5 4ST. 01792 873285 (HQ. Phone/Fax)</p>
Welshpool RFC	<p>Hon Secretary: Gary Williams, Wylfa Westwood Park, Welshpool, Powys, SY12 7QP. Tel: 01938 553286 (H) 07713 514375 (M) 01938 552260 (B) Email: gwcymru1@aol.com</p> <p>Fixture Secretary: Andrew Thomas, 43 Parc Caradog, Trewern, Welshpool, Powys, SY21 8DS. Tel: 01938 570890 (h) 07811 453358 (m) Email: thomas.andrew@wipak.com</p> <p>Blue/White: Green/White. Clubhouse, Maesydre Recreation Grounds, Welshpool. 01938 553274 (HQ)</p>
Whitland RFC	<p>Hon Secretary: Robert Benjamin, Raven House, St Mary Street, Whitland SA34 OPY. Tel: 01994 240834 (H) 01437 776276 (B) 01646 695350 (Fax) 07412 443606 (M) Email: benji1mawr@live.co.uk</p> <p>Fixture Secretary: Phil Davies, The Grange, Trevaughan, Whitland, SA34 0QL. Tel: 01994 240367 (h) 01994 240370 (b) 07968 597790 (m) Emerald Green With White Hoops. Caxton House, King Edward Street. Whitland SA34 OAA. 01994 240370 (HQ)</p>



Wrexham RFC	<p>Hon Secretary: Deborah Parry – Edwards, Glanrynd, Hill Street, Pentre Broughton, Wrexham, LL11 6DA. Tel: 01978 759540 (H) 07873 2508 22 (M) Email: darlequin@aol.com</p> <p>Fixture Secretary: Kevin Davies, Swnaderyn, Mold Road, Caergwrle, Nr Wrexham, LL12 9HA. Tel: 01978 760140 (h) 01978 760238 (b) 07742 826714 (m)</p> <p>Green/Red/White Bands: Blue. Bryn Estyn Lane, Wrexham, LL13 9TY 01978 261215 (HQ) Website: www.Wrufc.Org.Uk</p>
Ynysddu RFC	<p>Hon Secretary: Shaun Rendall, Ynysddu RFC, The Welfare Ground, High Street, Ynysddu NP11 7JG. Tel: 07831 122040 Email: shaun.rendall@btinternet.com</p> <p>Fixture Secretary: Gwyn Edwards, 38 Melin Street, Cwmfelinfach, Gwent, NP11 7GZ. Tel: 01495 201231 (h) 02920 327006 (w) 07929 961058 (m) Email: edwards-g9@sky.com</p> <p>Red/Black: Green. High Street, Ynysddu 01495 200377 (HQ)</p>
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