

Playing Schedule

Saturday 7 January

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| 2.00 | Dowlais v Cardiff University |
| 2.30 | Howardian v Cwmtawe |
| 3.00 | Dowlais v Howardian |
| 3.30 | Cardiff Universtiy v Cwmtawe |
| 4.00 | Dinefwr v Cardiff Athletic |
| 4.30 | Whitchurch Saints v Bridgend |
| 5.00 | Dinefwr v Bridgend |
| 5.30 | Whitchurch Saints v Cardiff Athletic |

Sunday 8 January

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| | Howardian v Swansea A |
| | Howardian v Swansea B |
| | Swansea A v Swansea B |
| | Cwmtawe v Whitchurch Saints |
| | Dowlais v Cardiff Athletic |
| | Dowlais v Whitchurch Saints |
| | Cwmtawe v Cardiff Athletic |

Saturday 14 January

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| 2.00 | Cwmtawe v Dinefwr |
| 2.30 | Dowlais v Swansea A |
| 3.00 | Cwmtawe v Swansea B |
| 3.30 | Swansea A v Dinefwr |
| 4.00 | Cwmtawe v Dowlais |
| 4.30 | Dowlais v Swansea B |
| 5.00 | Cardiff University v Dinefwr |
| 5.30 | Cardiff University v Swansea B |

Sunday 15 January

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| | Howardian v Dinefwr |
| | Howardian v Bridgend |
| | Dinefwr v Whitchurch Saints |
| | Cardiff Athletic v Bridgend |
| | Howardian v Whitchurch Saints |
| | Swansea A v Bridgend |
| | Swansea A v Cardiff Athletic |

Saturday 21 January

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|------|---------------------------------------|
| 2.00 | Cardiff University v Howardian |
| 2.30 | Howardian v Cardiff Athletic |
| 3.00 | Cardiff University v Bridgend |
| 3.30 | Cardiff University v Cardiff Athletic |
| 4.00 | Dowlais v Bridgend |
| 4.30 | Swansea B v Cardiff Athletic |
| 5.00 | Dowlais v Dinefwr |
| 5.30 | Swansea B v Dinefwr |

Sunday 22 January

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| | Cardiff University v Swansea A |
| | Swansea A v Cwmtawe |
| | Cardiff University v Whitchurch Saints |
| | Swansea A v Whitchurch Saints |
| | Cwmtawe v Bridgend |
| | Swansea B v Whitchurch Saints |
| | Swansea B v Bridgend |