| Nome   |  |  |  | Δ.   |  | 11  |  | <b>A</b> .  |
|--|--|--|--|--|--|---|--|---|
| Cardiff University   vs   Cardiff Uni 2nds   Cardiff University   Penarth   vs   Cardiff University   Penarth   vs   Cardiff Athletic   vs   Penarth 2nds    |  |  |  |  |  |   |  |   |
| 2509/2010         Penarth         vs         Cardiff Athletic         04-Dec         Cardiff Athletic         vs         Howards           2010         Howards         vs         Saints         2010         Saints         vs         Howards           Home         vs         Away         Home         vs         Away           Howards         vs         Cardiff Unizensiv         Howards         vs         Howards ands           Cardiff Athletic         vs         Howards         Howards         vs         Lordiff Athletic           2010         Penarth 2nds         vs         Cardiff University         2011         Cardiff University         vs         WWIC           2010         Penarth 2nds         vs         Bridgend         vs         Saints         vs         Saints           Home         vs         Away         Home         vs         Saints         vs         Cardiff University         vs         Cardiff Un  |  |  |  |  |  |   | _  |   |
| December 2010  | 05/00/0040   |  |  |  | 04.0                                     |   |  |   |
| Bridgend   Vs  |  |  | _  |  |  |   |  |   |
| Home   | 2010   |  |  |  | 2010                                     |   |  |   |
| Howards 2nds   |  |  | _  |  |  |   |  | Ĭ   |
| Cardiff Athletic   Vs  |  |  |  |  |  |   |  |   |
| O2-Oct   UWIC   Vs   Penarth   O5-Feb   Penarth   Vs   Penarth 2nds   Vs   Penarth 2nds   Vs   Penarth 2nds   Vs   Penarth   Vs   Penarth 2nds   Vs   Penarth     |  |  |  |  |  |   |  |   |
| Penarth 2nds   | 00.0-4   |  | _  |  | 05 F.h                                   |   |  |   |
| Saints   Vs   Bridgend   Bridgend   Vs   Saints  |  |  | _  |  |  |   |  |   |
| Home   | 2010   |  |  |  | 2011                                     |   |  |   |
| Penarth Cardiff University VS UWIC UWIC UWIC VS Cardiff University VS Penarth 2nds VS Penarth 2nds VS Penarth 2nds Penarth 2nds VS Penarth 2nds VS Penarth 2nds VS Penarth 2nds VS Penarth 19-Feb Penarth VS Saints VS Penarth 19-Feb Penarth 2nds VS Penarth 2nds VS Penarth 2nds VS Penarth 19-Feb Penarth VS Saints VS Penarth 2nds VS Penarth  |  |  |  |  |  |   |  |   |
| Cardiff University   |  |  |  |  |  |   |  |   |
| Og-Oct   Saints   vs   Cardiff Athletic   12-Feb   Cardiff Athletic   vs   Saints   Saints   Og-Oct   Saints   vs   Cardiff Uni 2nds   Saints   S   |  |  | _  |  |  |   |  |   |
| 2010         Penarth 2nds         vs         Cardiff Uni 2nds         Cardiff Uni 2nds         vs         Penarth 2nds         Bridgend         vs         Howards         Home         vs         Penarth 2nds         vs         Away         Home         vs         Away           Howards 2nds         vs         Cardiff University         Cardiff University         vs         Howards 2nds         vs         Howards         vs         Howards 2nds         vs         Howards 2nds         vs         Penarth 2nds         vs         Penarth 2nds         vs         Penarth 2nds         vs         Penarth 2nds         vs         Cardiff Mthetic         vs         Cardiff University vs         Cardiff University vs         Cardiff University vs         vs         Penarth 2nds         vs   | 00.004   |  |  |  | 40 Fab                                   |   |  |   |
| Bridgend   |  |  |  |  |  |   | _  |   |
| Home   | 2010   |  |  |  | 2011                                     |   |  |   |
| Howards 2nds   Vs   Cardiff University   Penarth 2nds   Penarth 2nds   Howards   Howards   Vs   Penarth 2nds   Penarth 2nds   Vs   Penarth 2nds   Penarth 2nds   Vs   Penarth 2nds   Vs   Penarth 2nds   Vs   Penarth 2010   Cardiff Athletic   Vs   UWIC   2011   UWIC   Vs   Cardiff Athletic   Vs   Cardiff Uni 2nds   Vs   Penarth 2nds   Penarth 2nds   Penarth 2nds   Vs   Penarth 2nds   Penarth 2nds   Penarth 2nds   Vs   Penarth 2nds   Penarth 2nds   Vs   Cardiff University   Vs   Saints   UWIC   Vs   Cardiff University   Vs   Saints   Os-Mar   Saints   Vs   Cardiff University   Saints   Os-Mar   Saints   Vs   Cardiff University   Saints   Vs   Cardiff University   Saints   Os-Mar   Saints   Vs   Cardiff University   Saints   Vs   Cardiff University   Cardiff Athletic   Vs   Saints   Os-Mar   Saints   Vs   Saints   Os-Mar   Saints   Vs   Howards   Saints   Os-Mar   Saints   Vs   Howards   Saints   Os-Mar   Saints   Os-Ma   |  |  | _  |  |  |   |  |   |
| Penarth 2nds   Vs  |  |  |  |  |  |   |  |   |
| 16-Oct   |  |  |  |  |  |   | _  |   |
| Description  | 16 Oct   |  | _  |  | 10 Eob                                   |   | _  |   |
| Bridgend   Vs   Cardiff Uni 2nds   Cardiff Uni 2nds   Vs   Away   Home   Vs   Howards 2nds   UWIC   Vs   Cardiff Uni 2nds   Cardiff Uni 2nds   Vs   Cardiff Uni 2nds   Vs   Cardiff University   Vs   Saints   UWIC   Saints   Vs   Cardiff University   Vs   Saints   UWIC   Cardiff Athletic   Cardiff Athletic   Vs   Bridgend   Home   Vs   Away   Home   Vs   Away   Howards 2nds   Howards 2nds   Howards 2nds   Howards 2nds   Vs   Cardiff University   Cardiff University   Cardiff University   Vs   Cardiff University   Cardiff University   Vs   Cardiff University   Cardiff University   Vs   Penarth 2nds   Penarth   Vs   Penarth 2nds   Pena   |  |  | _  |  |  |   | _  |   |
| Home   vs   Away   Home   vs   Away   Home   Vs   Away   Howards 2nds   Vs   Penarth 2nds   Penarth 2nds   Vs   Howards 2nds   Vs   Cardiff Uni 2nds   Vs   Cardiff University   vs   Saints   O5-Mar   Saints   vs   Cardiff University   Vs   Saints   O5-Mar   Saints   Vs   Cardiff University   Vs   Saints   Vs   Cardiff University   Vs   Saints   Vs   Howards   Vs   Howards   Mome   Vs   Away   Home   Vs   Away   Home   Vs   Away   Home   Vs   Away   Home   Vs   Away   Howards 2nds   Cardiff Athletic   Vs   Cardiff University   Cardiff University   Vs   Penarth   Penarth   Vs   Penarth 2nds   Penarth   Penarth   Vs   Penarth 2nds   Penarth   Penarth   Vs   Cardiff University   Vs   Penarth 2nds   P   | 2010   |  |  |  | 2011                                     |   | _  |   |
| Howards 2nds vs Penarth 2nds Cardiff Uni 2nds vs UWIC  23-Oct Cardiff University vs Saints O5-Mar Saints vs Cardiff University  2010 Howards vs Penarth 2011 Penarth vs Howards 2nds  Home vs Away Home vs Away  For Penarth 2nds vs Cardiff University  Cardiff University vs Cardiff University  Cardiff Athletic vs Cardiff University vs Cardiff University  Cardiff University vs DWIC 2011 UWIC vs Penarth 2nds vs Penarth Penarth vs Bridgend  Home vs Away Home vs Away  Cardiff University vs Howards Howards vs Cardiff University vs Cardiff University vs Howards Penarth 2nds vs Cardiff University vs Howards Howards vs Cardiff University vs Howards Howards vs Cardiff University vs Penarth 2nds Penarth 2nds vs Cardiff University vs Bridgend Bridgend vs Penarth 2nds Vs Cardiff University Vs Penarth 2nds |  |  | _  |  |  |   |  |   |
| UWIC   vs   Cardiff Uni 2nds   Saints   O5-Mar   Saints   vs   Cardiff University  |  |  |  |  |  |   |  |   |
| 23-OctCardiff UniversityvsSaints05-MarSaintsvsCardiff University2010HowardsvsPenarth2011PenarthvsHowardsBridgendvsCardiff AthleticCardiff AthleticvsBridgendHomevsAwayHomevsAwaySaintsvsHowards 2ndsvsSaintsCardiff AthleticvsCardiff UniversityCardiff UniversityvsCardiff Athletic06-NovHowardsvsCardiff UniversityvsCardiff UniversityvsCardiff Athletic06-NovHowardsvsCardiff Uni 2ndsvsHowardsvsHowards2010Penarth 2ndsvsUWIC2011UWICvsPenarth 2ndsBridgendvsPenarthPenarthvsAwayCardiff Uni 2ndsvsCardiff AthleticvsCardiff UniversityCardiff UniversityvsSaints19-MarSaintsvsCardiff University13-NovUWICvsSaints19-MarSaintsvsCardiff University13-NovUWICvsSaints19-MarSaintsvsUWIC2010PenarthvsPenarth 2ndsvsPenarthvsPenarthHowards 2ndsvsHowardsusHowards 2ndsvsHowards 2nds20-NovCardiff UniversityvsPenarthvsCardiff AthleticvsPe  |  |  | _  |  |  |   |  |   |
| Penarth  | 23-Oct   |  | _  |  | 05-Mar                                   |   |  |   |
| Bridgend vs Cardiff Athletic Home vs Away Home vs Away Saints vs Howards 2nds Howards 2nds Vs Cardiff Athletic vs Cardiff University Vs Howards Vs Penarth Vs Penarth 2nds Penarth Vs Bridgend Vs Penarth Vs Bridgend Vs Cardiff University Vs Cardiff Athletic Vs Cardiff University Vs Cardiff University Vs Howards Vs Cardiff University Vs Howards Vs Cardiff University Vs Howards Vs Cardiff University Vs Cardiff University Vs Denarth Vs Penarth 2nds Vs Cardiff University Vs Denarth Vs Penarth 2nds Vs Denarth 2nds Denarth 2nds Vs Denarth 2nd |  | •  |  |  |  |   |  |   |
| Home   Vs   Away   Home   Vs   Away   Saints   Vs   Howards 2nds   Howards 2nds   Cardiff Athletic   Vs   Cardiff University   Cardiff University   Vs   Cardiff Athletic   Cardiff University   Vs   Howards   Howards   Penarth   Penarth   Vs   Penarth 2nds   Penarth   Penarth   Penarth   Vs   Penarth 2nds   Penarth   Penarth   Penarth   Vs   Penarth 2nds   Penarth   P   | 2010   |  |  |  | 2011                                     |   | _  |   |
| Saints vs Howards 2nds Cardiff Athletic vs Cardiff University vs Howards vs DWIC 2011 UWIC vs Penarth 2nds Penarth 2nds vs Penarth Penarth vs Bridgend Penarth 2nds vs Cardiff University vs Howards Penarth vs Cardiff University vs Cardiff Athletic vs Cardiff University vs Howards Penarth 2nds vs Cardiff University vs Howards Penarth 2nds vs Cardiff University vs Penarth 2nds Penarth 2nds vs Penarth 2nds Penarth 2nds vs Penarth 2nds Penarth 2nds Penarth 2nds Penarth 2nds Penarth 2nds Penarth 2nds Vs Penarth 2nds Penarth 2nds Vs Penarth 2nds Pen |  |  | ٧٥                                       |  |  | Ourain / tunotio  | ٧.                                       |   |
| Cardiff AthleticvsCardiff UniversityvsCardiff UniversityvsCardiff Athletic06-NovHowardsvsCardiff Uni 2ndsvsHowardsvsHowards2010Penarth 2ndsvsUWIC2011UWICvsPenarth 2ndsBridgendvsPenarthPenarthvsBridgendHomevsAwayHomevsAwayCardiff Uni 2ndsvsCardiff AthleticCardiff AthleticvsCardiff UniversityCardiff UniversityvsHowardsHowardsvsCardiff University13-NovUWICvsSaints19-MarSaintsvsCardiff University2010PenarthvsPenarth 2ndsvsHowards 2ndsvsHowards 2ndsHowards 2ndsvsHowardsHowardsvsHowards 2ndsCardiff Uni 2ndsvsHowardsHowardsvsHowards 2nds20-NovCardiff UniversityvsPenarth26-MarPenarthvsCardiff University2010Penarth 2ndsvsCardiff AthleticvsPenarth 2ndsvsPenarth 2nds2010Penarth 2ndsvsCardiff AthleticvsPenarth 2ndsvsCardiff AthleticCardiff Uni 2ndsvsHowards 2ndsHowards 2ndsvsCardiff University2010HomevsAwayHowards 2ndsvsCardiff UniversityCardiff Uni 2ndsvs<  |  | HOME   | VS                                       | Δway   |  | Home  | VS                                       |   |
| 06-NovHowardsvsCardiff Uni 2nds12-MarCardiff Uni 2ndsvsHowards2010Penarth 2ndsvsUWIC2011UWICvsPenarth 2ndsBridgendvsPenarthPenarthvsBridgendHomevsAwayHomevsAwayCardiff Uni 2ndsvsCardiff AthleticCardiff AthleticvsCardiff Uni 2ndsCardiff UniversityvsHowardsHowardsvsCardiff University13-NovUWICvsSaints19-MarSaintsvsUWIC2010PenarthvsPenarth 2ndsvsPenarth 2ndsvsPenarthHowards 2ndsvsBridgendvsHowards 2ndsHowards 2ndsHowards 2ndsvsHowardsHowardsvsHowards 2ndsCardiff Uni 2ndsvsSaintsSaintsvsCardiff Uni 2nds20-NovCardiff UniversityvsPenarth26-MarPenarthvsCardiff University2010Penarth 2ndsvsCardiff Athletic2011Cardiff AthleticvsPenarth 2ndsBridgendvsUWICUWICvsBridgendHomevsAwayHomevsCardiff AthleticCardiff Uni 2ndsvsHowards 2ndsvsCardiff Uni 2ndsCardiff Uni 2ndsvsPenarthPenarthvsCardiff Uni 2ndsCardiff Uni 2ndsvsPenarthPenarth   |  |  |  |  |  |   |  | Away  |
| 2010Penarth 2ndsvsUWIC2011UWICvsPenarth 2ndsBridgendvsPenarthPenarthPenarthvsBridgendHomevsAwayHomevsAwayCardiff Uni 2ndsvsCardiff AthleticCardiff AthleticvsCardiff Uni 2ndsCardiff UniversityvsHowardsHowardsvsCardiff Uni 2nds13-NovUWICvsSaints19-MarSaintsvsUWIC2010PenarthvsPenarth 2ndsvsPenarthHowards 2ndsvsBridgendvsHowards 2ndsHomevsAwayHomevsAwayHowards 2ndsvsHowardsvsHowards 2ndsCardiff Uni 2ndsvsSaintsSaintsvsCardiff Uni 2nds20-NovCardiff UniversityvsPenarthvsCardiff Uni 2nds20-NovCardiff UniversityvsPenarthvsCardiff AthleticvsPenarth 2nds2010Penarth 2ndsvsCardiff Athletic2011Cardiff AthleticvsPenarth 2ndsBridgendvsUWICUWICvsBridgendHomevsAwayHowards 2ndsvsCardiff AthleticCardiff Uni 2ndsvsPenarthvsCardiff Uni 2nds27-NovSaintsvsPenarthvsCardiff Uni 2nds2010HowardsvsUWICvsHowards <th></th> <th>Saints</th> <th>VS</th> <th>Howards 2nds</th> <th></th> <th>Howards 2nds</th> <th>VS</th> <th>Away<br/>Saints</th>  |  | Saints   | VS                                       | Howards 2nds   |  | Howards 2nds  | VS                                       | Away<br>Saints  |
| Bridgend vs Penarth Penarth vs Bridgend Home vs Away Home vs Away Cardiff Uni 2nds vs Cardiff Athletic Cardiff University vs Howards Howards vs Cardiff University  13-Nov UWIC vs Saints Howards Saints vs UWIC  2010 Penarth vs Penarth 2nds Howards 2nds Home vs Away Home vs Away Howards 2nds Howards 2nds Howards 2nds Howards 2nds Findgend vs Howards Findgend vs Howards Findgend vs Howards vs Findgend Findgend vs Howards 2nds Findgend vs Findgend Findgend Findgend vs Findgend | 06-Nov   | Saints<br>Cardiff Athletic   | vs<br>vs                                 | Howards 2nds<br>Cardiff University   | 12-Mar                                   | Howards 2nds<br>Cardiff University  | VS<br>VS                                 | Away Saints Cardiff Athletic  |
| HomevsAwayHomevsAwayCardiff Uni 2ndsvsCardiff AthleticCardiff AthleticvsCardiff Uni 2ndsCardiff UniversityvsHowardsHowardsvsCardiff University13-NovUWICvsSaints19-MarSaintsvsUWIC2010PenarthvsPenarth 2ndsvsPenarthvsPenarthHowards 2ndsvsBridgendvsHowards 2ndsvsHowards 2ndsHowards 2ndsvsHowardsHowardsvsHowards 2ndsCardiff Uni 2ndsvsSaintsvsCardiff Uni 2nds20-NovCardiff UniversityvsPenarthvsCardiff AthleticvsCardiff Athletic2010Penarth 2ndsvsCardiff Athletic2011Cardiff AthleticvsPenarth 2ndsBridgendvsUWICUWICvsBridgendHomevsAwayHomevsCardiff AthleticCardiff AthleticvsHowards 2ndsvsCardiff Uni 2ndsCardiff Uni 2ndsvsPenarthPenarthvsCardiff Uni 2nds27-NovSaintsvsPenarth 2nds02-AprPenarth 2ndsvsSaints2010HowardsvsUWIC2011UWICvsHowards   |  | Saints Cardiff Athletic Howards  | VS<br>VS<br>VS                           | Howards 2nds Cardiff University Cardiff Uni 2nds   |  | Howards 2nds Cardiff University Cardiff Uni 2nds  | VS<br>VS<br>VS                           | Away Saints Cardiff Athletic Howards  |
| Cardiff Uni 2nds vs Cardiff Athletic Vs Cardiff Uni 2nds Cardiff University vs Howards Howards vs Cardiff University Vs Howards Howards vs Cardiff University Vs Penarth 2nds Vs Howards 2nds Vs Howards 2nds Vs Howards Vs Howards 2nds Vs Saints Vs Cardiff Uni 2nds Vs Saints Vs Cardiff Uni 2nds Vs Saints Vs Cardiff University Vs Penarth Vs Cardiff Athletic Vs Penarth Vs Cardiff Athletic Vs Penarth 2nds Vs DWIC UWIC Vs Bridgend Vs DWIC Vs Bridgend Vs Cardiff Uni 2nds Vs Cardiff Uni 2nds Vs Penarth Vs Cardiff University Vs Penarth Vs Cardiff Athletic Vs Penarth 2nds Vs Cardiff Athletic Vs Penarth 2nds Vs Cardiff Uni 2nds Vs Penarth Vs Cardiff Uni 2nds Vs Cardiff Uni 2nds Vs Penarth Ns Penarth Vs Cardiff Uni 2nds Vs Penarth Ns Penarth Vs Cardiff Uni 2nds Vs Penarth 2nds Vs Penarth 2nds Vs Saints Vs DWIC Vs Howards  |  | Saints Cardiff Athletic Howards Penarth 2nds   | VS<br>VS<br>VS                           | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC  |  | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC   | VS<br>VS<br>VS                           | Away Saints Cardiff Athletic Howards Penarth 2nds   |
| Cardiff University   Vs  |  | Saints Cardiff Athletic Howards Penarth 2nds Bridgend  | VS<br>VS<br>VS<br>VS                     | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth  |  | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth   | VS<br>VS<br>VS<br>VS                     | Away Saints Cardiff Athletic Howards Penarth 2nds Bridgend  |
| 13-NovUWICvsSaints19-MarSaintsvsUWIC2010PenarthvsPenarth 2ndsvsPenarth 2ndsvsPenarthHowards 2ndsVsBridgendBridgendvsHowards 2ndsHowards 2ndsVsHowardsHowardsvsHowards 2ndsCardiff Uni 2ndsVsSaintsSaintsvsCardiff Uni 2nds20-NovCardiff UniversityVsPenarth26-MarPenarthvsCardiff University2010Penarth 2ndsvsCardiff Athletic2011Cardiff AthleticvsPenarth 2ndsBridgendvsUWICUWICvsBridgendHomevsAwayHomevsAwayCardiff AthleticvsHowards 2ndsvsCardiff AthleticCardiff Uni 2ndsvsPenarthPenarthvsCardiff Uni 2nds27-NovSaintsvsPenarth 2ndsvsSaints2010HowardsvsUWICUWICvsHowards   |  | Saints Cardiff Athletic Howards Penarth 2nds Bridgend Home   | VS VS VS VS VS                           | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Away   |  | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Home  | VS VS VS VS VS VS                        | Away Saints Cardiff Athletic Howards Penarth 2nds Bridgend Away   |
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| Howards 2nds vs Bridgend Bridgend vs Howards 2nds Home vs Away Home vs Away Howards 2nds vs Howards Howards vs Howards 2nds Cardiff Uni 2nds vs Saints Saints vs Cardiff Uni 2nds  20-Nov Cardiff University vs Penarth 26-Mar Penarth vs Cardiff University 2010 Penarth 2nds vs Cardiff Athletic 2011 Cardiff Athletic vs Penarth 2nds Bridgend vs UWIC UWIC vs Bridgend Home vs Away Home vs Away Cardiff Athletic vs Howards 2nds Howards 2nds vs Cardiff Uni 2nds Cardiff Uni 2nds vs Penarth Penarth vs Cardiff Uni 2nds  27-Nov Saints vs Penarth 2nds 02-Apr Penarth 2nds vs Saints  1 Howards 2nds Vs Howards 1 Howards Vs Howards 1 Howards Vs Howards 1 Howards Vs Howards 1 Howards 1 Howards Vs Howards 1 Howards 2 H | 2010   | Saints Cardiff Athletic Howards Penarth 2nds Bridgend Home Cardiff Uni 2nds Cardiff University   | VS VS VS VS VS VS VS                     | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Away Cardiff Athletic Howards  | 2011                                     | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Home Cardiff Athletic Howards   | VS VS VS VS VS VS VS VS                  | Away Saints Cardiff Athletic Howards Penarth 2nds Bridgend Away Cardiff Uni 2nds Cardiff University   |
| HomevsAwayHomevsAwayHowards 2ndsvsHowardsHowardsvsHowards 2ndsCardiff Uni 2ndsvsSaintsSaintsvsCardiff Uni 2nds20-NovCardiff UniversityvsPenarth26-MarPenarthvsCardiff University2010Penarth 2ndsvsCardiff Athletic2011Cardiff AthleticvsPenarth 2ndsBridgendvsUWICUWICvsBridgendHomevsAwayHomevsAwayCardiff AthleticvsHowards 2ndsvsCardiff AthleticCardiff Uni 2ndsvsPenarthPenarthvsCardiff Uni 2nds27-NovSaintsvsPenarth 2ndsvsSaints2010HowardsvsUWIC2011UWICvsHowards   | 2010<br>13-Nov                                     | Saints Cardiff Athletic Howards Penarth 2nds Bridgend Home Cardiff Uni 2nds Cardiff University UWIC  | VS VS VS VS VS VS VS VS VS               | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Away Cardiff Athletic Howards Saints   | 2011<br>19-Mar                           | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Home Cardiff Athletic Howards Saints  | VS VS VS VS VS VS VS VS VS               | Away Saints Cardiff Athletic Howards Penarth 2nds Bridgend Away Cardiff Uni 2nds Cardiff University UWIC  |
| Howards 2nds vs Howards Howards vs Howards 2nds Cardiff Uni 2nds vs Saints Saints vs Cardiff Uni 2nds  20-Nov Cardiff University vs Penarth 26-Mar Penarth vs Cardiff University  2010 Penarth 2nds vs Cardiff Athletic 2011 Cardiff Athletic vs Penarth 2nds Bridgend vs UWIC UWIC vs Bridgend  Home vs Away Home vs Away  Cardiff Athletic vs Howards 2nds Howards 2nds vs Cardiff Athletic  Cardiff Uni 2nds vs Penarth  Penarth vs Cardiff Uni 2nds  27-Nov Saints vs Penarth 2nds 02-Apr Penarth 2nds vs Saints  1 Howards 2nds Vs Saints  1 Howards 2nds Vs Cardiff Uni 2nds  2010 Howards Vs UWIC 2011 UWIC Vs Howards  | 2010<br>13-Nov                                     | Saints Cardiff Athletic Howards Penarth 2nds Bridgend Home Cardiff Uni 2nds Cardiff University UWIC Penarth  | VS            | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Away Cardiff Athletic Howards Saints Penarth 2nds  | 2011<br>19-Mar                           | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Home Cardiff Athletic Howards Saints Penarth 2nds   | VS            | Away Saints Cardiff Athletic Howards Penarth 2nds Bridgend Away Cardiff Uni 2nds Cardiff University UWIC Penarth  |
| 20-NovCardiff UniversityvsPenarth26-MarPenarthvsCardiff University2010Penarth 2ndsvsCardiff Athletic2011Cardiff AthleticvsPenarth 2ndsBridgendvsUWICUWICvsBridgendHomevsAwayHomevsAwayCardiff AthleticvsHowards 2ndsvsCardiff AthleticCardiff Uni 2ndsvsPenarthPenarthvsCardiff Uni 2nds27-NovSaintsvsPenarth 2ndsvsSaints2010HowardsvsUWIC2011UWICvsHowards   | 2010<br>13-Nov                                     | Saints Cardiff Athletic Howards Penarth 2nds Bridgend Home Cardiff Uni 2nds Cardiff University UWIC Penarth Howards 2nds   | VS         | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Away Cardiff Athletic Howards Saints Penarth 2nds Bridgend   | 2011<br>19-Mar                           | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Home Cardiff Athletic Howards Saints Penarth 2nds Bridgend  | VS         | Away Saints Cardiff Athletic Howards Penarth 2nds Bridgend Away Cardiff Uni 2nds Cardiff University UWIC Penarth Howards 2nds   |
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| 2010Penarth 2ndsvsCardiff Athletic2011Cardiff AthleticvsPenarth 2ndsBridgendvsUWICUWICvsBridgendHomevsAwayHomevsAwayCardiff AthleticvsHowards 2ndsvsCardiff AthleticCardiff Uni 2ndsvsPenarthPenarthvsCardiff Uni 2nds27-NovSaintsvsPenarth 2ndsvsSaints2010HowardsvsUWIC2011UWICvsHowards   | 2010<br>13-Nov                                     | Saints Cardiff Athletic Howards Penarth 2nds Bridgend Home Cardiff Uni 2nds Cardiff University UWIC Penarth Howards 2nds Home Howards 2nds   | VS V | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Away Cardiff Athletic Howards Saints Penarth 2nds Bridgend Away Howards  | 2011<br>19-Mar                           | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Home Cardiff Athletic Howards Saints Penarth 2nds Bridgend Home Howards   | VS   | Away Saints Cardiff Athletic Howards Penarth 2nds Bridgend Away Cardiff Uni 2nds Cardiff University UWIC Penarth Howards 2nds Away Howards 2nds   |
| Bridgend vs UWIC UWIC vs Bridgend Home vs Away Home vs Away Cardiff Athletic vs Howards 2nds Howards 2nds vs Cardiff Athletic Cardiff Uni 2nds vs Penarth Penarth vs Cardiff Uni 2nds  27-Nov Saints vs Penarth 2nds O2-Apr Penarth 2nds vs Saints  2010 Howards vs UWIC 2011 UWIC vs Howards  | 13-Nov<br>2010                                     | Saints Cardiff Athletic Howards Penarth 2nds Bridgend Home Cardiff Uni 2nds Cardiff University UWIC Penarth Howards 2nds Home Howards 2nds Cardiff Uni 2nds  | VS V | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Away Cardiff Athletic Howards Saints Penarth 2nds Bridgend Away Howards Saints   | 19-Mar<br>2011                           | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Home Cardiff Athletic Howards Saints Penarth 2nds Bridgend Home Howards Saints Penarth  | VS V | Away Saints Cardiff Athletic Howards Penarth 2nds Bridgend Away Cardiff Uni 2nds Cardiff University UWIC Penarth Howards 2nds Away Howards 2nds Cardiff Uni 2nds  |
| HomevsAwayHomevsAwayCardiff AthleticvsHowards 2ndsHowards 2ndsvsCardiff AthleticCardiff Uni 2ndsvsPenarthPenarthvsCardiff Uni 2nds27-NovSaintsvsPenarth 2nds02-AprPenarth 2ndsvsSaints2010HowardsvsUWIC2011UWICvsHowards   | 2010<br>13-Nov<br>2010<br>20-Nov                   | Saints Cardiff Athletic Howards Penarth 2nds Bridgend Home Cardiff Uni 2nds Cardiff University UWIC Penarth Howards 2nds Home Howards 2nds Cardiff Uni 2nds Cardiff University   | VS V | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Away Cardiff Athletic Howards Saints Penarth 2nds Bridgend Away Howards Saints Penarth   | 19-Mar<br>2011<br>26-Mar                 | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Home Cardiff Athletic Howards Saints Penarth 2nds Bridgend Home Howards Saints Penarth  | VS V | Away Saints Cardiff Athletic Howards Penarth 2nds Bridgend Away Cardiff Uni 2nds Cardiff University UWIC Penarth Howards 2nds Away Howards 2nds Cardiff Uni 2nds Cardiff Uni 2nds   |
| Cardiff Uni 2nds vs Penarth Penarth vs Cardiff Uni 2nds  27-Nov Saints vs Penarth 2nds 02-Apr Penarth 2nds vs Saints  2010 Howards vs UWIC 2011 UWIC vs Howards  | 2010<br>13-Nov<br>2010<br>20-Nov                   | Saints Cardiff Athletic Howards Penarth 2nds Bridgend Home Cardiff Uni 2nds Cardiff University UWIC Penarth Howards 2nds Home Howards 2nds Cardiff Uni 2nds Cardiff University   | VS V | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Away Cardiff Athletic Howards Saints Penarth 2nds Bridgend Away Howards Saints Penarth 2nds Cardiff Athletic                                   | 19-Mar<br>2011<br>26-Mar                 | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Home Cardiff Athletic Howards Saints Penarth 2nds Bridgend Home Howards Saints Penarth Cardiff Athletic   | VS V | Away Saints Cardiff Athletic Howards Penarth 2nds Bridgend Away Cardiff Uni 2nds Cardiff University UWIC Penarth Howards 2nds Away Howards 2nds Cardiff Uni 2nds Cardiff University   |
| 27-NovSaintsvsPenarth 2nds02-AprPenarth 2ndsvsSaints2010HowardsvsUWIC2011UWICvsHowards   | 2010<br>13-Nov<br>2010<br>20-Nov                   | Saints Cardiff Athletic Howards Penarth 2nds Bridgend Home Cardiff Uni 2nds Cardiff University UWIC Penarth Howards 2nds Home Howards 2nds Cardiff Uni 2nds Cardiff University UNIC Penarth Howards 2nds Home Howards 2nds Cardiff University Penarth 2nds Bridgend  | VS V | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Away Cardiff Athletic Howards Saints Penarth 2nds Bridgend Away Howards Saints Penarth Cardiff Athletic UWIC                                   | 19-Mar<br>2011<br>26-Mar                 | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Home Cardiff Athletic Howards Saints Penarth 2nds Bridgend Home Howards Saints Cardiff Athletic UWIC  | VS V | Away Saints Cardiff Athletic Howards Penarth 2nds Bridgend Away Cardiff Uni 2nds Cardiff University UWIC Penarth Howards 2nds Away Howards 2nds Cardiff Uni 2nds Cardiff University Enarth Cardiff University Bridgend  |
| 2010 Howards vs UWIC 2011 UWIC vs Howards  | 2010<br>13-Nov<br>2010<br>20-Nov                   | Saints Cardiff Athletic Howards Penarth 2nds Bridgend Home Cardiff Uni 2nds Cardiff University UWIC Penarth Howards 2nds Home Howards 2nds Cardiff Uni 2nds Cardiff Uni 2nds Bridgend Cardiff Uni 2nds Cardiff Uni 2nds Cardiff Uni 2nds Cardiff Uni 2nds Cardiff University Penarth 2nds Bridgend Home                | VS V | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Away Cardiff Athletic Howards Saints Penarth 2nds Bridgend Away Howards Saints Penarth Cardiff Athletic UWIC Away                              | 19-Mar<br>2011<br>26-Mar                 | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Home Cardiff Athletic Howards Saints Penarth 2nds Bridgend Home Howards Saints Cardiff Athletic UWIC Home   | VS V | Away Saints Cardiff Athletic Howards Penarth 2nds Bridgend Away Cardiff Uni 2nds Cardiff University UWIC Penarth Howards 2nds Away Howards 2nds Cardiff Uni 2nds Cardiff University UWIC Penarth Away Howards 2nds Cardiff Uni 2nds Cardiff Uni 2nds Cardiff Uni 2nds Cardiff University Penarth 2nds Bridgend Away   |
| 2010 Howards vs UWIC 2011 UWIC vs Howards  | 2010<br>13-Nov<br>2010<br>20-Nov<br>2010           | Saints Cardiff Athletic Howards Penarth 2nds Bridgend Home Cardiff Uni 2nds Cardiff University UWIC Penarth Howards 2nds Home Howards 2nds Cardiff University USIC Penarth Cardiff University Home Cardiff Uni 2nds Cardiff Uni 2nds Cardiff Uni 2nds Cardiff University Penarth 2nds Bridgend Home Cardiff Athletic   | VS V | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Away Cardiff Athletic Howards Saints Penarth 2nds Bridgend Away Howards Saints Penarth Cardiff Athletic UWIC Away Howards 2nds                 | 19-Mar<br>2011<br>26-Mar                 | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Home Cardiff Athletic Howards Saints Penarth 2nds Bridgend Home Howards Saints Penarth Cardiff Athletic UWIC Home Howards 2nds                      | VS V | Away Saints Cardiff Athletic Howards Penarth 2nds Bridgend Away Cardiff Uni 2nds Cardiff University UWIC Penarth Howards 2nds Away Howards 2nds Cardiff Uni 2nds Cardiff University Enarth Away Cardiff Uni 2nds Cardiff University Penarth 2nds Bridgend Away Cardiff Athletic         |
| O TRAIL TO THE TOTAL THE TOTAL TO THE TOTAL THE TOTAL TO  | 2010<br>13-Nov<br>2010<br>20-Nov<br>2010           | Saints Cardiff Athletic Howards Penarth 2nds Bridgend Home Cardiff Uni 2nds Cardiff University UWIC Penarth Howards 2nds Home Howards 2nds Cardiff Uni 2nds Cardiff University Penarth 2nds Bridgend Home Cardiff Athletic Cardiff Uni 2nds        | VS V | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Away Cardiff Athletic Howards Saints Penarth 2nds Bridgend Away Howards Saints Penarth Cardiff Athletic UWIC Away Howards 2nds Penarth         | 19-Mar<br>2011<br>26-Mar<br>2011         | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Home Cardiff Athletic Howards Saints Penarth 2nds Bridgend Home Howards Saints Penarth Cardiff Athletic UWIC Home Howards Home                      | VS V | Away Saints Cardiff Athletic Howards Penarth 2nds Bridgend Away Cardiff Uni 2nds Cardiff University UWIC Penarth Howards 2nds Away Howards 2nds Cardiff Uni 2nds Cardiff University Enarth Howards 2nds Cardiff Uni 2nds Cardiff Uni 2nds Cardiff Uni 2nds Cardiff Uni 2nds Cardiff University Penarth 2nds Bridgend Away Cardiff Athletic Cardiff Uni 2nds |
| Cardiff University vs Bridgend Bridgend vs Cardiff University  | 2010<br>13-Nov<br>2010<br>20-Nov<br>2010<br>27-Nov | Saints Cardiff Athletic Howards Penarth 2nds Bridgend Home Cardiff Uni 2nds Cardiff University UWIC Penarth Howards 2nds Home Howards 2nds Cardiff Uni 2nds Cardiff University Penarth 2nds Bridgend Home Cardiff Athletic Cardiff Uni 2nds Saints | VS V | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Away Cardiff Athletic Howards Saints Penarth 2nds Bridgend Away Howards Saints Penarth Cardiff Athletic UWIC Away Howards 2nds Penarth Penarth | 2011<br>19-Mar<br>2011<br>26-Mar<br>2011 | Howards 2nds Cardiff University Cardiff Uni 2nds UWIC Penarth Home Cardiff Athletic Howards Saints Penarth 2nds Bridgend Home Howards Saints Penarth Cardiff Athletic UWIC Home Howards 2nds Penarth Penarth 2nds | VS V | Away Saints Cardiff Athletic Howards Penarth 2nds Bridgend Away Cardiff Uni 2nds Cardiff University UWIC Penarth Howards 2nds Away Howards 2nds Cardiff Uni 2nds Cardiff University Penarth Away Cardiff Uni 2nds Cardiff Uni 2nds Cardiff Uni 2nds Cardiff University Penarth 2nds Bridgend Away Cardiff Athletic Cardiff Uni 2nds Saints                  |