



NATIONAL LEAGUE 2022/23 FIXTURES

CHAMPIONSHIP

03/09/2022	Ystalyfera RFC	v	Cross Keys RFC
	Bedwas RFC	v	Glamorgan Wanderers RFC
	Maesteg Quins RFC	v	Pontypool RFC
	Narberth RFC	v	Ystrad Rhondda RFC
	Cardiff Met RFC	v	Trebanos RFC
	Beddau RFC	v	Tata Steel RFC
	Neath RFC	v	Bargoed RFC

10/09/2022	Bargoed RFC	v	Bedwas RFC
	Pontypool RFC	v	Ystalyfera RFC
	Glamorgan Wanderers RFC	v	Narberth RFC
	Trebanos RFC	v	Maesteg Quins RFC
	Ystrad Rhondda RFC	v	Beddau RFC
	Tata Steel RFC	v	Cardiff Met RFC
	Cross Keys RFC	v	Neath RFC

17/09/2022	Narberth RFC	v	Bargoed RFC
	Cross Keys RFC	v	Pontypool RFC
	Ystalyfera RFC	v	Trebanos RFC
	Beddau RFC	v	Glamorgan Wanderers RFC
	Maesteg Quins RFC	v	Tata Steel RFC
	Cardiff Met RFC	v	Ystrad Rhondda RFC
	Neath RFC	v	Bedwas RFC

24/09/2022	Bargoed RFC	v	Beddau RFC
	Trebanos RFC	v	Cross Keys RFC
	Bedwas RFC	v	Narberth RFC
	Tata Steel RFC	v	Ystalyfera RFC
	Glamorgan Wanderers RFC	v	Cardiff Met RFC
	Ystrad Rhondda RFC	v	Maesteg Quins RFC
	Pontypool RFC	v	Neath RFC

01/10/2022	Cardiff Met RFC	v	Bargoed RFC
	Cross Keys RFC	v	Tata Steel RFC
	Beddau RFC	v	Bedwas RFC
	Pontypool RFC	v	Trebanos RFC
	Ystalyfera RFC	v	Ystrad Rhondda RFC
	Maesteg Quins RFC	v	Glamorgan Wanderers RFC
	Neath RFC	v	Narberth RFC

08/10/2022	Bargoed RFC	v	Maesteg Quins RFC
	Ystrad Rhondda RFC	v	Cross Keys RFC
	Bedwas RFC	v	Cardiff Met RFC
	Tata Steel RFC	v	Pontypool RFC
	Narberth RFC	v	Beddau RFC
	Glamorgan Wanderers RFC	v	Ystalyfera RFC
	Trebanos RFC	v	Neath RFC

22/10/2022	Ystalyfera RFC	v	Bargoed RFC
	Cross Keys RFC	v	Glamorgan Wanderers RFC
	Pontypool RFC	v	Ystrad Rhondda RFC
	Cardiff Met RFC	v	Narberth RFC
	Trebanos RFC	v	Tata Steel RFC
	Maesteg Quins RFC	v	Bedwas RFC
	Neath RFC	v	Beddau RFC

29/10/2022	Bargoed RFC	v	Cross Keys RFC
	Bedwas RFC	v	Ystalyfera RFC
	Glamorgan Wanderers RFC	v	Pontypool RFC
	Narberth RFC	v	Maesteg Quins RFC
	Ystrad Rhondda RFC	v	Trebanos RFC
	Beddau RFC	v	Cardiff Met RFC
	Tata Steel RFC	v	Neath RFC

12/11/2022	Pontypool RFC	v	Bargoed RFC
	Cross Keys RFC	v	Bedwas RFC
	Ystalyfera RFC	v	Narberth RFC
	Trebanos RFC	v	Glamorgan Wanderers RFC
	Tata Steel RFC	v	Ystrad Rhondda RFC
	Maesteg Quins RFC	v	Beddau RFC
	Neath RFC	v	Cardiff Met RFC

03/12/2022	Bargoed RFC	v	Trebanos RFC
	Narberth RFC	v	Cross Keys RFC
	Bedwas RFC	v	Pontypool RFC
	Beddau RFC	v	Ystalyfera RFC
	Glamorgan Wanderers RFC	v	Tata Steel RFC
	Cardiff Met RFC	v	Maesteg Quins RFC
	Ystrad Rhondda RFC	v	Neath RFC

10/12/2022	Tata Steel RFC	v	Bargoed RFC
	Cross Keys RFC	v	Beddau RFC
	Trebanos RFC	v	Bedwas RFC
	Pontypool RFC	v	Narberth RFC
	Ystalyfera RFC	v	Cardiff Met RFC
	Ystrad Rhondda RFC	v	Glamorgan Wanderers RFC
	Neath RFC	v	Maesteg Quins RFC

17/12/2022	Bargoed RFC	v	Ystrad Rhondda RFC
	Cardiff Met RFC	v	Cross Keys RFC
	Bedwas RFC	v	Tata Steel RFC
	Beddau RFC	v	Pontypool RFC
	Maesteg Quins RFC	v	Ystalyfera RFC
	Narberth RFC	v	Trebanos RFC
	Neath RFC	v	Glamorgan Wanderers RFC

07/01/2023	Glamorgan Wanderers RFC	v	Bargoed RFC
	Cross Keys RFC	v	Maesteg Quins RFC
	Ystrad Rhondda RFC	v	Bedwas RFC
	Pontypool RFC	v	Cardiff Met RFC
	Tata Steel RFC	v	Narberth RFC
	Trebanos RFC	v	Beddau RFC
	Ystalyfera RFC	v	Neath RFC

14/01/2023	Cross Keys RFC	v	Ystalyfera RFC
	Glamorgan Wanderers RFC	v	Bedwas RFC
	Pontypool RFC	v	Maesteg Quins RFC
	Ystrad Rhondda RFC	v	Narberth RFC
	Trebanos RFC	v	Cardiff Met RFC
	Tata Steel RFC	v	Beddau RFC
	Bargoed RFC	v	Neath RFC

21/01/2023	Bedwas RFC	v	Bargoed RFC
	Ystalyfera RFC	v	Pontypool RFC
	Narberth RFC	v	Glamorgan Wanderers RFC
	Maesteg Quins RFC	v	Trebanos RFC
	Beddau RFC	v	Ystrad Rhondda RFC
	Cardiff Met RFC	v	Tata Steel RFC
	Neath RFC	v	Cross Keys RFC

28/01/2023	Bargoed RFC	v	Narberth RFC
	Pontypool RFC	v	Cross Keys RFC
	Trebanos RFC	v	Ystalyfera RFC
	Glamorgan Wanderers RFC	v	Beddau RFC
	Tata Steel RFC	v	Maesteg Quins RFC
	Ystrad Rhondda RFC	v	Cardiff Met RFC
	Bedwas RFC	v	Neath RFC

18/02/2023	Beddau RFC	v	Bargoed RFC
	Cross Keys RFC	v	Trebanos RFC
	Narberth RFC	v	Bedwas RFC
	Ystalyfera RFC	v	Tata Steel RFC
	Cardiff Met RFC	v	Glamorgan Wanderers RFC
	Maesteg Quins RFC	v	Ystrad Rhondda RFC
	Neath RFC	v	Pontypool RFC

04/03/2023	Bargoed RFC	v	Cardiff Met RFC
	Tata Steel RFC	v	Cross Keys RFC
	Bedwas RFC	v	Beddau RFC
	Trebanos RFC	v	Pontypool RFC
	Ystrad Rhondda RFC	v	Ystalyfera RFC
	Glamorgan Wanderers RFC	v	Maesteg Quins RFC
	Narberth RFC	v	Neath RFC

25/03/2023	Maesteg Quins RFC	v	Bargoed RFC
	Cross Keys RFC	v	Ystrad Rhondda RFC
	Cardiff Met RFC	v	Bedwas RFC
	Pontypool RFC	v	Tata Steel RFC
	Beddau RFC	v	Narberth RFC
	Ystalyfera RFC	v	Glamorgan Wanderers RFC
	Neath RFC	v	Trebanos RFC

01/04/2023	Bargoed RFC	v	Ystalyfera RFC
	Glamorgan Wanderers RFC	v	Cross Keys RFC
	Ystrad Rhondda RFC	v	Pontypool RFC
	Narberth RFC	v	Cardiff Met RFC
	Tata Steel RFC	v	Trebanos RFC
	Bedwas RFC	v	Maesteg Quins RFC
	Beddau RFC	v	Neath RFC

08/04/2023	Cross Keys RFC	v	Bargoed RFC
	Ystalyfera RFC	v	Bedwas RFC
	Pontypool RFC	v	Glamorgan Wanderers RFC
	Maesteg Quins RFC	v	Narberth RFC
	Trebanos RFC	v	Ystrad Rhondda RFC
	Cardiff Met RFC	v	Beddau RFC
	Neath RFC	v	Tata Steel RFC

15/04/2023	Bargoed RFC	v	Pontypool RFC
	Bedwas RFC	v	Cross Keys RFC
	Narberth RFC	v	Ystalyfera RFC
	Glamorgan Wanderers RFC	v	Trebanos RFC
	Ystrad Rhondda RFC	v	Tata Steel RFC
	Beddau RFC	v	Maesteg Quins RFC
	Cardiff Met RFC	v	Neath RFC

22/04/2023	Trebanos RFC	v	Bargoed RFC
	Cross Keys RFC	v	Narberth RFC
	Pontypool RFC	v	Bedwas RFC
	Ystalyfera RFC	v	Beddau RFC
	Tata Steel RFC	v	Glamorgan Wanderers RFC
	Maesteg Quins RFC	v	Cardiff Met RFC
	Neath RFC	v	Ystrad Rhondda RFC

29/04/2023	Bargoed RFC	v	Tata Steel RFC
	Beddau RFC	v	Cross Keys RFC
	Bedwas RFC	v	Trebanos RFC
	Narberth RFC	v	Pontypool RFC
	Cardiff Met RFC	v	Ystalyfera RFC
	Glamorgan Wanderers RFC	v	Ystrad Rhondda RFC
	Maesteg Quins RFC	v	Neath RFC

06/05/2023	Ystrad Rhondda RFC	v	Bargoed RFC
	Cross Keys RFC	v	Cardiff Met RFC
	Tata Steel RFC	v	Bedwas RFC
	Pontypool RFC	v	Beddau RFC
	Ystalyfera RFC	v	Maesteg Quins RFC
	Trebanos RFC	v	Narberth RFC
	Glamorgan Wanderers RFC	v	Neath RFC

13/05/2023	Bargoed RFC	v	Glamorgan Wanderers RFC
	Maesteg Quins RFC	v	Cross Keys RFC
	Bedwas RFC	v	Ystrad Rhondda RFC
	Cardiff Met RFC	v	Pontypool RFC
	Narberth RFC	v	Tata Steel RFC
	Beddau RFC	v	Trebanos RFC
	Neath RFC	v	Ystalyfera RFC