



MEN'S NATIONAL LEAGUE 2024/25 FIXTURES



ADMIRAL PREMIERSHIP

07/09/2024	Bargoed RFC	∨	Llangennech RFC
	Neath RFC	∨	Merthyr RFC
	BYE	∨	Pontypridd RFC
	Cross Keys RFC	∨	Bonymaen RFC
	Ystrad Rhondda RFC	∨	Narberth RFC
	Newcastle Emlyn RFC	∨	Cardiff Met RFC
	Newbridge RFC	∨	Brecon RFC

14/09/2024	Brecon RFC	∨	Neath RFC
	Pontypridd RFC	∨	Bargoed RFC
	Merthyr RFC	∨	Cross Keys RFC
	Narberth RFC	∨	BYE
	Bonymaen RFC	∨	Newcastle Emlyn RFC
	Cardiff Met RFC	∨	Ystrad Rhondda RFC
	Llangennech RFC	∨	Newbridge RFC

21/09/2024	Cross Keys RFC	∨	Brecon RFC
	Llangennech RFC	∨	Pontypridd RFC
	Bargoed RFC	∨	Narberth RFC
	Newcastle Emlyn RFC	∨	Merthyr RFC
	BYE	∨	Cardiff Met RFC
	Ystrad Rhondda RFC	∨	Bonymaen RFC
	Newbridge RFC	∨	Neath RFC

28/09/2024	Brecon RFC	∨	Newcastle Emlyn RFC
	Narberth RFC	∨	Llangennech RFC
	Neath RFC	∨	Cross Keys RFC
	Cardiff Met RFC	∨	Bargoed RFC
	Merthyr RFC	∨	Ystrad Rhondda RFC
	Bonymaen RFC	∨	BYE
	Pontypridd RFC	∨	Newbridge RFC

12/10/2024	Ystrad Rhondda RFC	∨	Brecon RFC
	Llangennech RFC	∨	Cardiff Met RFC
	Newcastle Emlyn RFC	∨	Neath RFC
	Pontypridd RFC	∨	Narberth RFC
	Bargoed RFC	∨	Bonymaen RFC
	BYE	∨	Merthyr RFC
	Newbridge RFC	∨	Cross Keys RFC

19/10/2024	Brecon RFC	∨	BYE
	Bonymaen RFC	∨	Llangennech RFC
	Neath RFC	∨	Ystrad Rhondda RFC
	Cardiff Met RFC	∨	Pontypridd RFC
	Cross Keys RFC	∨	Newcastle Emlyn RFC
	Merthyr RFC	∨	Bargoed RFC
	Narberth RFC	∨	Newbridge RFC

02/11/2024	Bargoed RFC	∨	Brecon RFC
	Llangennech RFC	∨	Merthyr RFC
	Pontypridd RFC	∨	Bonymaen RFC
	Ystrad Rhondda RFC	∨	Cross Keys RFC
	Narberth RFC	∨	Cardiff Met RFC
	BYE	∨	Neath RFC
	Newbridge RFC	∨	Newcastle Emlyn RFC

09/11/2024	Brecon RFC	∨	Llangennech RFC
	Neath RFC	∨	Bargoed RFC
	Merthyr RFC	∨	Pontypridd RFC
	Cross Keys RFC	∨	BYE
	Bonymaen RFC	∨	Narberth RFC
	Newcastle Emlyn RFC	∨	Ystrad Rhondda RFC
	Cardiff Met RFC	∨	Newbridge RFC

16/11/2024	Pontypridd RFC	∨	Brecon RFC
	Llangennech RFC	∨	Neath RFC
	Bargoed RFC	∨	Cross Keys RFC
	Narberth RFC	∨	Merthyr RFC
	Cardiff Met RFC	∨	Bonymaen RFC
	BYE	∨	Newcastle Emlyn RFC
	Newbridge RFC	∨	Ystrad Rhondda RFC

30/11/2024	Brecon RFC	∨	Narberth RFC
	Cross Keys RFC	∨	Llangennech RFC
	Neath RFC	∨	Pontypridd RFC
	Newcastle Emlyn RFC	∨	Bargoed RFC
	Merthyr RFC	∨	Cardiff Met RFC
	Ystrad Rhondda RFC	∨	BYE
	Bonymaen RFC	∨	Newbridge RFC

07/12/2024	Cardiff Met RFC	∨	Brecon RFC
	Llangennech RFC	∨	Newcastle Emlyn RFC
	Narberth RFC	∨	Neath RFC
	Pontypridd RFC	∨	Cross Keys RFC
	Bargoed RFC	∨	Ystrad Rhondda RFC
	Bonymaen RFC	∨	Merthyr RFC
	Newbridge RFC	∨	BYE

14/12/2024	Brecon RFC	∨	Bonymaen RFC
	Ystrad Rhondda RFC	∨	Llangennech RFC
	Neath RFC	∨	Cardiff Met RFC
	Newcastle Emlyn RFC	∨	Pontypridd RFC
	BYE	∨	Bargoed RFC
	Cross Keys RFC	∨	Narberth RFC
	Newbridge RFC	∨	Merthyr RFC

21/12/2024	Merthyr RFC	∨	Brecon RFC
	Llangennech RFC	∨	BYE
	Bonymaen RFC	∨	Neath RFC
	Pontypridd RFC	∨	Ystrad Rhondda RFC
	Cardiff Met RFC	∨	Cross Keys RFC
	Narberth RFC	∨	Newcastle Emlyn RFC
	Bargoed RFC	∨	Newbridge RFC

04/01/2025	Llangennech RFC	∨	Bargoed RFC
	Merthyr RFC	∨	Neath RFC
	Pontypridd RFC	∨	BYE
	Bonymaen RFC	∨	Cross Keys RFC
	Narberth RFC	∨	Ystrad Rhondda RFC
	Cardiff Met RFC	∨	Newcastle Emlyn RFC
	Brecon RFC	∨	Newbridge RFC

11/01/2025	Neath RFC	∨	Brecon RFC
	Bargoed RFC	∨	Pontypridd RFC
	Cross Keys RFC	∨	Merthyr RFC
	BYE	∨	Narberth RFC
	Newcastle Emlyn RFC	∨	Bonymaen RFC
	Ystrad Rhondda RFC	∨	Cardiff Met RFC
	Newbridge RFC	∨	Llangennech RFC

18/01/2025	Brecon RFC	∨	Cross Keys RFC
	Pontypridd RFC	∨	Llangennech RFC
	Narberth RFC	∨	Bargoed RFC
	Merthyr RFC	∨	Newcastle Emlyn RFC
	Cardiff Met RFC	∨	BYE
	Bonymaen RFC	∨	Ystrad Rhondda RFC
	Neath RFC	∨	Newbridge RFC

25/01/2025	Newcastle Emlyn RFC	∨	Brecon RFC
	Llangennech RFC	∨	Narberth RFC
	Cross Keys RFC	∨	Neath RFC
	Bargoed RFC	∨	Cardiff Met RFC
	Ystrad Rhondda RFC	∨	Merthyr RFC
	BYE	∨	Bonymaen RFC
	Newbridge RFC	∨	Pontypridd RFC

01/02/2025	Brecon RFC	∨	Ystrad Rhondda RFC
	Cardiff Met RFC	∨	Llangennech RFC
	Neath RFC	∨	Newcastle Emlyn RFC
	Narberth RFC	∨	Pontypridd RFC
	Bonymaen RFC	∨	Bargoed RFC
	Merthyr RFC	∨	BYE
	Cross Keys RFC	∨	Newbridge RFC

15/02/2025	BYE	∨	Brecon RFC
	Llangennech RFC	∨	Bonymaen RFC
	Ystrad Rhondda RFC	∨	Neath RFC
	Pontypridd RFC	∨	Cardiff Met RFC
	Newcastle Emlyn RFC	∨	Cross Keys RFC
	Bargoed RFC	∨	Merthyr RFC
	Newbridge RFC	∨	Narberth RFC

01/03/2025	Brecon RFC	∨	Bargoed RFC
	Merthyr RFC	∨	Llangennech RFC
	Bonymaen RFC	∨	Pontypridd RFC
	Cross Keys RFC	∨	Ystrad Rhondda RFC
	Cardiff Met RFC	∨	Narberth RFC
	Neath RFC	∨	BYE
	Newcastle Emlyn RFC	∨	Newbridge RFC

22/03/2025	Llangennech RFC	∨	Brecon RFC
	Bargoed RFC	∨	Neath RFC
	Pontypridd RFC	∨	Merthyr RFC
	BYE	∨	Cross Keys RFC
	Narberth RFC	∨	Bonymaen RFC
	Ystrad Rhondda RFC	∨	Newcastle Emlyn RFC
	Newbridge RFC	∨	Cardiff Met RFC

29/03/2025	Brecon RFC	∨	Pontypridd RFC
	Neath RFC	∨	Llangennech RFC
	Cross Keys RFC	∨	Bargoed RFC
	Merthyr RFC	∨	Narberth RFC
	Bonymaen RFC	∨	Cardiff Met RFC
	Newcastle Emlyn RFC	∨	BYE
	Ystrad Rhondda RFC	∨	Newbridge RFC

05/04/2025	Narberth RFC	∨	Brecon RFC
	Llangennech RFC	∨	Cross Keys RFC
	Pontypridd RFC	∨	Neath RFC
	Bargoed RFC	∨	Newcastle Emlyn RFC
	Cardiff Met RFC	∨	Merthyr RFC
	BYE	∨	Ystrad Rhondda RFC
	Newbridge RFC	∨	Bonymaen RFC

12/04/2025	Brecon RFC	∨	Cardiff Met RFC
	Newcastle Emlyn RFC	∨	Llangennech RFC
	Neath RFC	∨	Narberth RFC
	Cross Keys RFC	∨	Pontypridd RFC
	Ystrad Rhondda RFC	∨	Bargoed RFC
	Merthyr RFC	∨	Bonymaen RFC
	BYE	∨	Newbridge RFC

19/04/2025	Bonymaen RFC	∨	Brecon RFC
	Llangennech RFC	∨	Ystrad Rhondda RFC
	Cardiff Met RFC	∨	Neath RFC
	Pontypridd RFC	∨	Newcastle Emlyn RFC
	Bargoed RFC	∨	BYE
	Narberth RFC	∨	Cross Keys RFC
	Merthyr RFC	∨	Newbridge RFC

26/04/2025	Brecon RFC	∨	Merthyr RFC
	BYE	∨	Llangennech RFC
	Neath RFC	∨	Bonymaen RFC
	Ystrad Rhondda RFC	∨	Pontypridd RFC
	Cross Keys RFC	∨	Cardiff Met RFC
	Newcastle Emlyn RFC	∨	Narberth RFC
	Newbridge RFC	∨	Bargoed RFC