



**PRINCIPALITY**  
BUILDING SOCIETY  
*Premiership*

**29 August 2009**

Llanelli	v	Cross Keys
Bedwas	v	Neath
Pontypridd	v	Llandoverly
Newport	v	Carmarthen
Cardiff	v	Swansea
Pontypool	v	Aberavon
Glam Wdrs	v	Ebbw Vale

**05 September 2009**

Bedwas	v	Llanelli
Llandoverly	v	Neath
Carmarthen	v	Pontypridd
Swansea	v	Newport
Ebbw Vale	v	Cardiff
Aberavon	v	Glam Wdrs
Cross Keys	v	Pontypool

**12 September 2009**

Llanelli	v	Llandoverly
Neath	v	Carmarthen
Pontypool	v	Pontypridd
Newport	v	Ebbw Vale
Glam Wdrs	v	Cardiff
Cross Keys	v	Aberavon
Bedwas	v	Swansea

**18 September 2009**

Swansea	v	Llanelli
Ebbw Vale	v	Pontypridd
Glam Wdrs	v	Newport
Cardiff	v	Cross Keys
Aberavon	v	Bedwas

**19 September 2009**

Llandoverly	v	Carmarthen
Pontypool	v	Neath

**22 September 2009**

Llanelli	v	Aberavon
Cardiff	v	Neath
Newport	v	Pontypridd

**26 September 2009**

Llanelli	v	Pontypool
Neath	v	Ebbw Vale
Pontypridd	v	Cross Keys
Newport	v	Bedwas
Cardiff	v	Llandovery
Swansea	v	Aberavon
Carmarthen	v	Glam Wdrs

**03 October 2009**

Ebbw Vale	v	Llanelli
Glam Wdrs	v	Neath
Bedwas	v	Pontypridd
Cross Keys	v	Newport
Pontypool	v	Cardiff
Carmarthen	v	Aberavon
Llandovery	v	Swansea

**10 October 2009**

Llanelli	v	Glam Wdrs
Neath	v	Cross Keys
Pontypridd	v	Swansea
Newport	v	Llandovery
Cardiff	v	Carmarthen
Aberavon	v	Ebbw Vale
Bedwas	v	Pontypool

**17 October 2009**

Carmarthen	v	Llanelli
Swansea	v	Neath
Glam Wdrs	v	Pontypridd
Newport	v	Pontypool
Cardiff	v	Bedwas
Llandovery	v	Aberavon
Ebbw Vale	v	Cross Keys

**24 October 2009**

Aberavon	v	Llanelli
Neath	v	Cardiff
Pontypridd	v	Newport
Cross Keys	v	Glam Wdrs
Bedwas	v	Ebbw Vale
Pontypool	v	Llandoverly
Carmarthen	v	Swansea

**31 October 2009**

Aberavon	v	Newport
Cardiff	v	Pontypridd
Llanelli	v	Neath
Glam Wdrs	v	Swansea
Pontypool	v	Carmarthen
Ebbw Vale	v	Llandoverly
Cross Keys	v	Bedwas

**07 November 2009**

Neath	v	Aberavon
Pontypridd	v	Llanelli
Newport	v	Cardiff
Bedwas	v	Glam Wdrs
Llandoverly	v	Cross Keys
Carmarthen	v	Ebbw Vale
Swansea	v	Pontypool

**14 November 2009**

Cardiff	v	Aberavon
Newport	v	Llanelli
Pontypridd	v	Neath
Glam Wdrs	v	Pontypool
Ebbw Vale	v	Swansea
Cross Keys	v	Carmarthen
Bedwas	v	Llandoverly

**05 December 2009**

Aberavon	v	Pontypridd
Neath	v	Newport
Llanelli	v	Cardiff
Llandoverly	v	Glam Wdrs
Carmarthen	v	Bedwas
Swansea	v	Cross Keys
Pontypool	v	Ebbw Vale

**12 December 2009**

Newport	v	Aberavon
Pontypridd	v	Cardiff
Neath	v	Llanelli

**19 December 2009**

Llanelli	v	Bedwas
Neath	v	Llandovery
Pontypridd	v	Carmarthen
Newport	v	Swansea
Cardiff	v	Ebbw Vale
Glam Wdrs	v	Aberavon
Pontypool	v	Cross Keys

**26 December 2009**

Llandovery	v	Llanelli
Carmarthen	v	Neath
Pontypridd	v	Pontypool
Ebbw Vale	v	Newport
Cardiff	v	Glam Wdrs
Aberavon	v	Cross Keys
Swansea	v	Bedwas

**02 January 2010**

Llanelli	v	Swansea
Neath	v	Pontypool
Pontypridd	v	Ebbw Vale
Newport	v	Glam Wdrs
Cross Keys	v	Cardiff
Bedwas	v	Aberavon
Carmarthen	v	Llandovery

**09 January 2010**

Cross Keys	v	Llanelli
Neath	v	Bedwas
Llandovery	v	Pontypridd
Carmarthen	v	Newport
Swansea	v	Cardiff
Aberavon	v	Pontypool
Ebbw Vale	v	Glam Wdrs

**23 January 2010**

Pontypool	v	Llanelli
Ebbw Vale	v	Neath
Cross Keys	v	Pontypridd
Bedwas	v	Newport
Llandovery	v	Cardiff
Aberavon	v	Swansea
Glam Wdrs	v	Carmarthen

**30 January 2010**

Aberavon	v	Neath
Llanelli	v	Pontypridd
Cardiff	v	Newport

**06 February 2010**

Llanelli	v	Ebbw Vale
Neath	v	Glam Wdrs
Pontypridd	v	Bedwas
Newport	v	Cross Keys
Cardiff	v	Pontypool
Aberavon	v	Carmarthen
Swansea	v	Llandovery

**13 February 2010**

Glam Wdrs	v	Cross Keys
Ebbw Vale	v	Bedwas
Llandovery	v	Pontypool
Swansea	v	Carmarthen

**27 February 2010**

Swansea	v	Glam Wdrs
Carmarthen	v	Pontypool
Llandovery	v	Ebbw Vale
Bedwas	v	Cross Keys

**06 March 2010**

Glam Wdrs	v	Bedwas
Cross Keys	v	Llandovery
Ebbw Vale	v	Carmarthen
Pontypool	v	Swansea

**13 March 2010**

Glam Wdrs	v	Llanelli
Cross Keys	v	Neath
Swansea	v	Pontypridd
Llandovery	v	Newport
Carmarthen	v	Cardiff
Ebbw Vale	v	Aberavon
Pontypool	v	Bedwas

**19 March 2010**

Pontypool	v	Newport
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**20 March 2010**

Llanelli	v	Carmarthen
Neath	v	Swansea
Pontypridd	v	Glam Wdrs
Bedwas	v	Cardiff
Aberavon	v	Llandovery
Cross Keys	v	Ebbw Vale

**03 April 2010**

Aberavon	v	Cardiff
Llanelli	v	Newport
Neath	v	Pontypridd
Pontypool	v	Glam Wdrs
Swansea	v	Ebbw Vale
Carmarthen	v	Cross Keys
Llandovery	v	Bedwas

**10 April 2010**

Pontypridd	v	Aberavon
Newport	v	Neath
Cardiff	v	Llanelli
Glam Wdrs	v	Llandovery
Bedwas	v	Carmarthen
Cross Keys	v	Swansea
Ebbw Vale	v	Pontypool