



MEMBER CLUBS AND ORGANISATIONS, SEASON 2010-2011

MEMBER CLUBS OF THE WELSH RUGBY UNION LIMITED

Aberaeron	D G Evans, Brynhelyg, Maesymeillion, Aberaeron, Ceredigion SA46 ODY 01545 570736 (h) 0796 8053743 (m) email: dgevens@hotmail.co.uk Royal Blue/Yellow Stripes : Yellow/Royal Blue Stripes. Parc Drefach, Aberaeron, Ceredigion, SA46 OTR
Aberavon (Aberavon and Port Talbot RFC Ltd – Registration No: 4180072)	Stephen Wharmby, 77 Beechwood Road, Margam, Port Talbot SA13 2AF E mail - swharmby@howespender.co.uk OR stephen.wharmby@ntlworld.com Tel - 01639 767076 (H) 01639 881571 (W) 07970 820614 (M) Red/black : white Talbot Athletic Ground, Manor Street, Port Talbot, SA13 1AB. 01639 883058 (Office/f)01639 882150 (Clubhouse) INFO@aberavonwizards.co.uk
Aberavon Green Stars	John Cerasuolo, 128 Victoria Road, Port Talbot, SA12 6AR 01639 774709 (h) 07504 816813 (m) green/white/gold : myrtle green. Darwin Road, Little Warren, Port Talbot, SA12 6BP. 01639 882434 (HQ) 01639 769797 (f)
Aberavon Quins	Steve Grange, 25 Mariners Point, Port Talbot, SA12 6DL 01639 881460 (h/f) 07971737221 (m) 01639 633319 (b) email: S.L.GRANGE@TALKTALK.NET red/black : grey/black. Harlequin Road, Aberavon, Port Talbot. SA12 6UB. 01639 884612 (HQ) 01639 884613 (f)
Abercarn	Andrew Chetland, 10 Ael y Bryn, Newbridge, Newport, NP11 3DG 01495 245822 (h) 07977 560196 (m) emerald/black : black. High Street, Abercarn, NP11 5PR 01495 243052 (HQ)
Abercrave	Stephen Thomas, 1 Heol Tawe, Abercrave, Nr Swansea, SA9 1XP Tel: 01639 730986 (h) 07824395986 (m) Email: sjtabercraverfc@aol.com red/black/amber : black. Plasyddol, Henneuadd, Abercrave, Swansea. SA9 1XH. 01639 730213 (HQ)
Abercwmboi	Andrew Stubbs, 10 Greenfield Terrace, Abercynon, Mid Glamorgan, CF45 4TL. 01443 741921(h) green/black with white hoops: black/white hoops/green trim. Maes y Pantref.

Abercynon (Abercynon RFC 2005. Awaiting number)	Michael Williams, 47 Albert Street, Miskin, Mountain Ash, CF45 3BA 01443 473167 (h) 07717 710046 (m) abercynonrfc@talktalk.net red/black : blue The Clubhouse, Y Parc, Abercynon, Mountain Ash CF45 4RU. 01443 740586 (HQ)
Aberdare	Mark Strong, 39 Fothergill Street, Abernant, Aberdare. Tel: 01685 878180 (h) 07963 257966 (m) Email: aberdarerugby@hotmail.com blue/gold : red/black. 49 Gloucester Street, Aberdare, CF44 7BP 01685 871124 (HQ)
Abergavenny	A B Griffiths, 36 Werngifford, Pandy,Abergavenny, NP7 8RT 01873 890556 (h) 07931 590525 (m) email: griffab@tiscali.co.uk claret & amber: black. The Clubhouse, Bailey Park, Abergavenny, NP7 5SG. 01873 853855 (HQ)
Abertillery Blaenau Gwent	Mr D Mason, 33 Rowan Way, Rassau, Ebbw Vale, NP23 5TH 01495 309861 (h) 07832 221446 (m) email: dmason6563@aol.com or AberBGRFC@aol.com green/white : black/yellow/red. Penndragon, Oak Street, Abertillery 01495 212555 (HQ) www.abertillery-rfc.co.uk
Aberystwyth	Mr A Jones, Meiros, Llanbadarn Road, Aberystwyth, SY23 3QN. 01970 610167 (h) 01970 622826 (b) (fax) 07761 814868 (m) email: alan.jones@aber.ac.uk light blue and dark blue: green. Plascrug, Aberystwyth, SY23 1HL. 01970 623800 (HQ)
Aberystwyth University	Rhys Parry, Rhiwlas Uchaf, Cilcennin, Lampeter, SA48 8RT 01570 471545 (h) 01970 622427 (b) red/green. Vicarage Fields, Llanbadarn Road, Aberystwyth, Ceredigion SY23 1HB 01970 623036 (HQ)
Alltwen	David Gwyn Morgan, 35 Lon Hir, Alltwen, Pontardawe, Swansea, SA8 3DQ. 01792 863769 (h) 01656 629832 (b) 07532 153076 (m) black : blue, black & white horizontal stripes. The Triangle, Alltwen Hill, Pontardawe, Swansea, SA8 3BP. 01792 864233 (HQ)
Amman United	Brian Davies, 122 Cwmaman Road, Glanamman, Carmarthenshire, SA18 1EJ. Tel: 01269 826336 (h) 07837 266461 (m) Email: BrDavies1@aol.com . scarlet : white. 32 Cwmamman Road, Glanamman, Carms. 01269 822147 (HQ)
Ammanford	Mr. Calvin Griffiths,175 Cwmamman Road, Glanamman, Ammanford, Carmarthenshire, SA18 1EJ. Tel: 07879 632059 (m) Email: calvin150@btinternet.com sky blue/black hoops: red/black hoops. Manor Road, Recreation Ground, Ammanford, Carms, SA18 3AP 01269 597777 (HQ)
Baglan	Jim Owen, 24 Rosewood Avenue, Baglan, Port Talbot, SA12 8UH 01639 822187 (h) Email: james.1.owen@btinternet.com maroon/white:black. Ty-Isaf Field, Thorney Road, Baglan, SA12 8LW. 01639 812010 (HQ) 01639 820752 (fax)
Bala (Clwb Rygby'r)	G Hughes, Bronydd,111 Stryd Fawr, Bala, Gwynedd, LL23 7AE 01678 520977 (h) 01678 520348 (b) 07971 463610 (m) Email: gwyndaf2@aol.com

Bangor (Bangor Rugby Club Ltd – Registration No: 29609 R)	David Dunn, 9 Mill Bank, Llandegfan, Anglesey, LL59 5RD. Tel 01248 712068 (h) 07960 391118 (M) email: daviddunn8@btinternet.com green/white Cae Milltir, Llandygai, Nr Bangor, Gwynedd. LL57 4AA. 01248 371174 (HQ/f) email: admin@bangor-rugby.co.uk
Bangor Normal College	Tegid Phillips, Bryn Collen, 68 Vale Street, Denbigh, LL16 3BW 01745 812375 (h) 01248 383047 (b) 07901 973297 (m) t.g.phillips@bangor.ac.uk red/black hoops : black/red hoops. Holyhead Road, Bangor, LL57 2PX 01248 383047 (HQ)
Bangor University	A.J Gray, The Secretary, Athletic Union, Students Union, Deiniol Road, Bangor, Gwynedd, LL57 2TH 01248 388020 01248 388000 (f) green/yellow hoops. Maesglas, Ffriddoedd Road, Bangor, Gwynedd, LL57 2EH. 01248 382571 (HQ) 01248 382573 (cf)
Banwen	Karen Cross, Tafarn Y Banwen, Banwen, Neath, SA10 9AA. Tel: 01639 700409 red/black, amber/black, sky blue. Clubhouse : Main Road, Dyffryn Cellwen, Neath SA109HR.
Bargoed	Robert Butcher, New House, Heol Fargoed, Bargoed CF81 8PQ 01443 835734 (h) 07770 997992 (m) 01685 721725 (b) 01685 721053 (fax) email: butcherr@cyfarthfahigh.merthyr.sch.uk dark/light blue : red. 98-99 Gilfach Street, Bargoed CF81 8LQ 01443 830053 (HQ)
Barry	Mr Steve Williams, 51 Maesycwm Street, Barry, CF63 7XL. Tel 01446 721747 (h) 07595 151303 (m) E mail: STEVE_PALEFACE@HOTMAIL.COM green/black : green/white hoops. Reservoir Field, Merthyr Dyfan Road, Barry, Vale of Glamorgan CF62 9TH 01446 734806 (HQ)
Beddau RFC Ltd Reg. No. 30115R	Mr Jamie Willis, 29 Clos Y Dolydd, Manor Chase, Beddau, Pontypridd, RCT, CF38 2TG. Tel: 01443 201188 (h) 07967 211365 (m) email: winko@btinternet.com Club: info@beddaurfc.co.uk Web: www.pitchero.com/clubs/beddaurfc/ Mr Wilkins Tel: 07896181658 (m). Mr Taylor Tel: 079771160 (m) Email: info@beddaurfc.co.uk green : gold/green. The Clubhouse, Castellau Road, Beddau, Pontypridd, CF38 2AA. 01443 202320 (HQ) 01443 206348 (f)
Bedlinog	Mr Lyn Jones, Llys – Y - Fran, Station Terrace, Bedlinog, Mid Glamorgan, CF46 6TT. Tel: 01443 710848 (h) 07790294871 (m) black/maroon/white: yellow. The Clubhouse, The Square, Bedlinog, Treharris, Merthyr Tydfil CF46 6TG. 01443 710625 (HQ)
Bedwas (Bedwas Rugby Football & Social Club)	Mr David. Cousins, 15 Tor View, Bedwas, Caerphilly, CF83 8HE. Tel: 07720 554801 (m) E mail: dave.cousins@hydro.com . black/white: red/green. Bridge Field, Newport Road, Bedwas CF83 8DZ 02920 883480 (HQ)
Bethesda	Yvonne Dignam, 4/1 Stryd y Ffynnon, Gerlan, Bethesda, Gwynedd, LL57 3TN. Tel: 01248 600056 (h) 07919522346 (m) Email: yvonedignam@btinternet.com black/amber. Old Station Yard, Bethesda, Gwynedd, LL57 3NE 01248 601884 (HQ) email: info@rygbipesda.com

Bettws (Newport)	Stuart Grant, 40 Barrack Hill, Newport, Gwent, NP20 5FY. Tel 01633 850147 (h) 01633 754251 (w), Email: ssgran@solutia.com . blue/maroon. Ty-Coed Playing Fields, Leach Road, Bettws, Newport, Gwent, NP20 7XE. 01633 850122 (HQ)
Betws	Jeff Thomas, 14 Dyffryn Road, Ammanford, SA18 3TB 01269 595008 (h) 07891 351312 (m) pcjeff58@yahoo.co.uk black/red hoops : yellow/black. Maes y Felin, Mill Road, Betws, Ammanford, SA18 2HL. 01269 592551 (HQ)
Birchgrove	Tony Evans, 78 Eaton Road, Brynhyfryd, Swansea, SA5 9JH 01792 646468 (h) 07774 493779 (m) 01792 643446 (fax) email: tonyfromswansea@hotmail.co.uk red/white : black. Parc Bedw, Heol Dulais, Birchgrove, Swansea. 01792 814414 (HQ) 01792 643446 (f)
Blackwood	Bruce Penfold, 4 Skenfrith Close, Grove Park, Blackwood, NP12 1GD 01495 221784 (h) 07816 143201 (m) email: blackwoodrfc@btconnect.com red/black/amber : black. Glan yr Afon Park, Hall Street, Blackwood, NP12 1NY. 01495 223206 (HQ) 01495 225646 (f)
Blaenavon	Mike Doolan, 65 St Augustine Road, Griffithstown, Pontypool, Torfaen, NP4 5EZ 01495 758152 (h) 07816 056391 (m) email: m.doolan@btinternet.com black/white hoops : red/white. Recreation Ground, Gauts Gate, Middle Coed Cae, Blaenavon, NP4 9PP. 01495 790446 (HQ)
Blaengarw	Alan Griffiths, 2 Ffaldau Villa, Pontycymmer, Bridgend, CF32 8NP 01656 870153 (h) 02920 826126 (b) 07977 507148 (m) email: alangriffiths2@yahoo.co.uk red/blue: 40 Victoria Street, Pontycymmer, Bridgend CF32 8NN 01656 870326 (HQ)
Blaina	Terry Wicket, 94, East Pentwyn, Blaina, Gwent. NP13 3JD. Tel: 07970 482796 (m) red : yellow/black. The Castle, 23 High Street, Blaina, 01495 209215 (HQ)
Bonymaen	Mr Stuart Williams, 155 Fredrick Place, Llansamlet, Swansea SA7 9TT Tel 01792 410141 Mob 079663 65217 email: stuart.williams630@ntlworld.com red/black hoops: black/amber hoops. Parc Mawr, Cefn Hengoed Road, Bonymaen, Swansea 01792 652859 (HQ)
BP Llandarcy	Derek Haste, 63 Brookfield, Neath, SA10 7EH. 01639 635655 (h) 01792 782104 (b) 01639 635655 (fax) 07932 480397 (m) green/red&white hoops: maroon. Llandarcy Park, Skewen, Neath, SA10 6JD, 01792 812036 (HQ)
Brecon	Peter Owens, 59 Pendre Gardens, Brecon, Powys, LD3 9EP. 01874 624381 (h) 01874 623390 (b) 01874 611719 (fax) 07967 698213 (m) email: peterowens@btinternet.com red/white hoops:green/white hoops. 63 The Watton, Brecon, Powys, LD3 7EL. 01874 624848 (HQ) 01874 611719 (HQ Fax) (c fax)
Bridgend (Bridgend Ravens Rugby Limited - Registration No: 05498406)	Norman Spain, 9 Maes-Y-Fedwen, Broadlands, Bridgend, CF31 9DA. Tel.01656 669341(h) 07816835869 (m) blue/white. White, The Brewery Field, Tondy Road, Bridgend, CF31 4JE. Tel: 01656 838281 (HQ) 01656 648287 (HQ fax)

Bridgend Athletic	Roy Huntley, 16 Grove Road, Bridgend, CF31 3EF 01656 669192 (h) 01656 672475 (b) 07974 742892 (m) rhuntley@hotmail.co.uk green/gold: red/black. 12 Ewenny Road, Bridgend, CF31 3HP. 01656 652263 (HQ)
Bridgend Sports	Mr John Sawyer, 2, Maes-y-Piod, Broadlands, Bridgend, CF31 5FJ. Tel: 01656 766293 (h) 07710 189375 (m) email: john.sawyer@landmarc.mod.uk blue/white : blue/gold. Bridgend Bowls and Tennis Club, Church Road, Off Merthyr Mawr Road, Bridgend, CF31 3AZ. 01656 662041 (HQ) 01656 651211 (f)
Briton Ferry	Kerry Frey, 32 Giants Grave Road, Briton Ferry, Neath, SA11 2LS 01639 822866 (h) 01639 822866 (fax) 07970 594866 (m) royal blue/gold : gold. 40 Ynysmaerdy Road, Briton Ferry, Neath, SA11 2TR. 01639 812227 (HQ)
Brynamman	Eric Griffiths, 18 Bryn Avenue, Brynamman, Ammanford, SA18 1BD 01269 822347 (h) email: egriffiths49@hotmail.co.uk green/red. Amman Road, Lower Brynamman, SA18 1SW 01269 823342 (HQ)
Bryncoch	Alan Jones, 8 Bittern Court, Leiros Parc, Neath, West Glamorgan, SA10 7EX 01639 641183 (h) 07986 272548 (m) akjones@wru.co.uk Royal blue/white: Red. Memorial Ground, Bryncoch, Nr Neath, SA10 7DQ. 01792 812187 (HQ)
Brynithel	Phillip Taylor, 44 Partridge Road, Llanhilleth, Abertillery, Gwent, NP13 2JE. Tel: 01495 212517 (h) 07791 426572 (m) Email: philltaylor83@yahoo.co.uk emerald green: black/maroon. The Potteries, Cemetery Road, Brynithel, Abertillery 01495 214355 (HQ)
Brynmawr	Robert Kershaw, 5 Church Avenue, Beaufort, Ebbw Vale, NP23 5RD. Tel: 01495 301293 (H) 07886 282495 (M) Email: calkershaw@aol.com red/black/canary: red/blue/white. Catholic Road, Brynmawr, NP23 4EF. 01495 310505 (HQ) 01495 313317 (Ground)
Builth Wells (Builth Wells Rugby Football Club Limited – Company No: 04170382)	Mrs Annie Abraham, 6 Brynawelon, Llangammarch Wells, Powys, LD4 4AA 01591 620455 (h) 07786 674191 (m) black/black & Blue 11 Market Street, Builth Wells, Powys, LD2 3AG Website: www.builthbulls.com Tel: 01982 552696 (HQ –weekend evenings only)
Burry Port	Howard Evans, 12 Sussex Road, Burry Port, SA16 0SE 01554 835171 (h) 07815 808757 (m) black/green. Memorial Park, Burry Port 01554 832314 (HQ)
Bynea	Edward J C Davies, Ty'r Efail, 30 Heol Tanygraig, Llwynhendy, Llanelli, SA14 9LH 01554 750319 (h) 07767 480628 (m) 01792 325647 (b) black/white: black/red. "The Club" 10 – 12 Cwmfelin Road, Bynea, Llanelli, SA14 9LR. NB. Not Clubhouse.

Caernarvon	Meilyr Gwilym, Y Morfa, Lon Parc, Caernarvon, Gwynedd, LL55 2YF 07815 891441 (m) email: mei@meigwil.co.uk maroon and black: red and black. Y Morfa, Lon Parc, Caernarfon 01286 674513 (HQ)
Caerphilly (Caerphilly Rugby Football Club Ltd – Registration No: 04393274)	Mike Johns, 2 Heol y Ddol, Pontypandy, Caerphilly, CF83 3JF. 02920 869368 (h) green/white : red/black. Virginia Parc, Caerphilly, CF83 3JA. 02920 882573 (HQ) 02920 867593 (HQ fax) email: clubhouse@caerphillyrfc.com
Caldicot	Mr Keith Mellens, 33 Wentwood View , Caldicot, Monmouthshire, NP26 4QG. Tel: 01291 423177 (h) 07919 071974 (m) Email: keith.mellens@btinternet.com black : blue/white. Longfellow Road, Caldicot, Monmouthshire. NP26 4NF 01291 420178 (HQ)
Canton	Richard Pitt, 45 Stafford Road, Cardiff, CF11 6SW 07767 833215 (m) black/gold: black/burgundy. Lawrenny Park, Lawrenny Avenue, Cardiff, 029 2031 2125 (HQ)
Cardiff	Gafyn Cooper, Cardiff Arms Park, Westgate Street, Cardiff, CF10 1JA Email: gafyn.cooper@cardiffblues.com 029 20 302000 (HQ) 029 20 302008 (HQ fax)
Cardiff HSOB	Neil R O'Hara, 2 Chestnut Tree Close, Radyr, Cardiff, CF15 8RY 02920 419006 (h/b) 07982 244417 (m) email: neilohara@ntlworld.com blue/magenta quarters : black(white, yellow, red shoulder stripes). The Diamond Ground, Forest Farm Road, Whitchurch, Cardiff, CF14 7JN. 02920 693552 (HQ/f) www.chsobrfc.co.uk
Cardiff Medicals	Huw Davies, 94 Penylan Road, Penylan, Cardiff, CF23 5HX 029 20 493104 (h) 07785 387923 (m)
Cardiff University	Martin Fowler, Athletic Union, Park Place, Cardiff, CF10 3QN 02920 781358 (HQ) 02920 781414 (fax) 07969675210 (m) fowlerm2@cardiff.ac.uk black/red/white: green.
Cardigan	Graham Rees, Brynteifi, Penrhiw, St Dogmaels , Pembrokeshire. Tel: 01239 613949 (h) 07980 500118 (m) Email: brynteifi@googlemail.com black/red/amber: white/amber/red. King George Playing Fields, Gwbert Road, Cardigan, SA43 1PH 01239 612390 (HQ)
Carmarthen	Don B Davies, Ashleigh, Wellfield Road, Carmarthen, SA31 1DS 01267 221874 (h & fax) 07901 876421 (m) Email: dbdquins@yahoo.co.uk Cardinal Amber & Black : Green The Clubhouse, Morfa Lane, Carmarthen, SA31 2AY 01267 234778 (HQ) 01267 221874 (fax)

Carmarthen Athletic	Mr Malcolm Jones, 1 Royal Oak Meadows, Johnstown, Carmarthen, SA31 3JF. Tel: 01267 233283 (h) 01267 246330 (w) 0787 9891111 (m) Email: DMJones@Carmarthenshire.gov.uk (w) davidj518@aol.com (h) red/black hoops : white. Friars Park, Carmarthen, Carmarthenshire, SA31 3AN. 01267 236070 (HQ)
Trinity College Carmarthen	Dr Brian Clarke, Director of Resources and Operations, Trinity College, Carmarthen SA31 3EP 01267 67816 (b) 01267 676777 (fax) email: b.clarke@trinity-cm.ac.uk black/yellow and sky blue hoops. Students Union, Trinity College, Carmarthen SA31 3EP. 01267 237794 (HQ) 01267 222884 (fax)
Cefn Coed	Steve France, 24 Nant Morlais, Pant, Merthyr Tydfil, CF48 2AW 01685 371382 (h) 01685 726162 (b) green/white: red. Cae Rhodd Evan 01685 723101 (HQ)
Cefn Cribbwr	Paul Wintle, 23 Waun Bant Road, Kenfig Hill, Bridgend, CF33 6DE. Email: thewintlefamily@talktalk.net Maroon/gold/black: scarlet. Athletic Club, Cefn Road, Cefn Cribbwr, Bridgend, CF32 0AY 01656 740029 (HQ)
Cefneithin	Mr Dennis Jones, 137 Heol y Parc, Cefneithin, Llanelli. Tel No. 07811 479425. e-mail: denowenj@yahoo.co.uk green/gold : black 96 Carmarthen Road, Cross Hands, Llanelli, Carmarthenshire 01269 842307 (HQ)
Chepstow (Chepstow Rugby Football Club Ltd - Registration Number: 29425R)	Mrs Janet King, 24 Huntfield Road, Chepstow, NP16 5SA. Tel: 01291 629868 (h) 07749 758728 (m) Email: janethopkinking@yahoo.co.uk black/white : royal blue/white. Upton Memorial Ground, Lower Western Avenue, Bulwark, Chepstow, NP16 5NN 01291 624818 (HQ)
Cilfynydd	Nigel E Jones, 65 Llantrisant Road, Pontyclun, CF72 9DP 01443 239425 (h) 07854 173875 (m) Email: nevanj1805@btopenworld.com black/amber : green/blue Nant-cae-Dudwg, Park Place, Cilfynydd, CF37 4HS. 01443 403806 (HQ) 01443 403330 (phone/fax)
Colwyn Bay	Max Eames-Hughes, 5 Marston Road, Rhos on Sea, Colwyn Bay, LL28 4SG. Tel: 07770 845273 (m) Email: meh@osbornslegal.co.uk navy blue & white. Brookfield Drive, Rhos on Sea, Colwyn Bay, LL28 4SW. 01492 547538 (HQ)
Corus (Port Talbot)	Elwyn Morgan, 21 Beechwood Road, Margam, Port Talbot SA13 2AD 01639 761071 (h) 07967 113418 (m) Email: elwyn.corusrfc@live.co.uk maroon/gold : blue. Corus Sports Club, Grues, Margam, Port Talbot, SA13 2AD 01639 897506 / 882066 (HQ) 01639 897506 (f)
Cowbridge	D W Alun Griffiths, 28 Grange Gardens, Llantwit Major, CF61 2XB 01446 793552 (h) 07811 379062 (m) alun.griffiths@28grangegardens.fsnet.co.uk black/green/white hoops. Athletic Club, Cowbridge, Vale of Glamorgan, CF7 7QU. 01446 772595 (HQ)

Croesyceiliog	Andrew Mason, 17 Celandine Court, Ty Canol, Cwmbran, NP44 6JU. Email: Andrew.mason80@ntlworld.com www.croesyceiliogrfc.co.uk Gold:Gold,red and black hoops: Croesyceiliog Cricket and Rugby Club, The Highway, Croesyceiliog, Cwmbran NP44 2HJ. Tel 01633 483583 (HQ) Woodland Road, Croesyceiliog, NP44 2DZ(ground)
Cross Keys (Cross Keys RFC Ltd – Company No: 4104342)	Chris Clarke, 22 Mount Pleasant Road, Risca, NP1 6QB 01633 612091 (phone/fax) 07973 906548 (m) Email: cclarke091@aol.com Email: crosskeysrfc@btinternet.com black/white: red/white. Pandy Park, Cross Keys 01495 270289 (HQ).
Crumlin	Robert Whitlock, 30 Willow Park, Croespenmaen, Crumlin, Newbridge, NP11 3LS 01495 245303 (h) black/amber. Kendon Road, Crumlin, Newbridge NP11 4PN 01495 243053 (HQ)
Crymych	Mr Gordon Eynon, Plas y Bedw, Efailwen, Clynderwen, Narberth, SA66 7UT 01437 563340 (h) Email: address-gordoneynon@btinternet.com maroon/grey. Y Clwg Rygbi, Crymych, Pembs, SA41 3RJ 01239 831846 (HQ)
Crynant (Creunant)	Chris Hart, Ynys Y Bont Farm, Treforgan, Crynant, Neath, SA10 8PH 01639 750614 (h) black/amber/mauve: green. 54 Main Road, Crynant, Neath, SA10 8NY. 01639 750297 (HQ)
Cwmafon	Gareth Edwards, 13 Cunard Row, Cwmavon, Port Talbot, West Glamorgan, SA12 9ED. 01639 792281 (h) 07833 118069 (m) red : black. Depot Road, Cwmavon, Port Talbot, West Glamorgan, SA12 9BR. 01639 898356 (HQ)
Cwmbran	Bryn Parker, 8 James Street, Penygarn, Pontypool, NP4 8BY 01495 758247 (h) 07811 149425 (m) email: b.parker123@btinternet.com . Black/White : Blue/Black. Station Road, Pontnewydd, Cwmbran, Torfaen, NP44 1NY 01633 483034 (HQ)
Cwmgors	The Hon Secretary, Clubhouse, New Road, Heol Cae Gurwen, Gwaun Cae Gurwen, Ammanford, SA18 1UN blue/white : red/white: Club House, New Road, Gwaun Cae Gurwen, Ammanford, SA18 1UN 01269 823401 (HQ) 01269 825873 (club fax)
Cwmgwrach	The Secretary, Clubhouse, Cwmgwrach, Neath, SA11 5TB. Email: rcgiddings@btinternet.com blue/amber : red. Heol y Felin, Cwmgwrach, SA11 5TB 01639 720242 (HQ)

Cwmllynfell	Eirion Richards, 57 Bryn Road, Cwmllynfell, Swansea, SA9 2FR 01639 830703 (h) 01267 235791 (b) 07785 590768 (m) 01267 221714 (b.fax) navy/sky blue hoops: black/amber/red. 01639 831385 (changing rooms)
Cwmtwrch	Roger Francis, 46 Spencer Terrace, Lower Cwmtwrch, Swansea SA9 1EE 01639 849966 (h) 01874 612315 (b) 07876 791245 (m) email: roger.francis@powys-gov.uk black/white: red/white. 32Heol Gwys, Upper Cwmtwch, Swansea SA9 2XQ. 01639 830621(HQ)
Denbigh (Clwb Rygbi Dinbych)	Jeff Jenkins, 12 Pont y Bedol, Llanrhaeadr, Denbigh, LL16 4NF. 01745 890565 (h) Email: janjeffjenks@hotmail.com Black : Red Caeau Les Phillips, Ffordd y Graig, Dinbych, LL16 5US 01745 814060 (HQ)
Deri (Deri Rugby Football Club Ltd - Registration number 28398R)	Michael Iles, 9 Ogilvie Terrace, Deri, Bargoed, CF81 9JB. 01443 836775 (h) 07944 340928 (m) mikeiles@yahoo.co.uk black/gold : green/red. Mill Road, Deri, Bargoed, CF81 9HF. 01443 830205 (HQ) secretary@deribrongos.co.uk
Dinas Powys	Cameron Mackay, 6 Chestnut Close, Dinas Powys, Vale of Glamorgan CF64 4TJ. 02920 512642 (h) 029 20528811 (b) 029 20 384965 (fax) 07764 237307 (m) email: cameron.mackay@bt.com royal blue/gold:yellow. The Common, Dinas Powys, Vale of Glamorgan CF64 4DL 02920 513276 (HQ)
Dolgellau	Selwyn Goldsworthy, Berwyn, Cae Deintur, Dolgellau, Gwynedd, LL40 2YS 01341 421346 (h. phone/fax) Email: selwyn.goldsworthy@talktalk.net blue:. Marian Mawr, Dolgellau, Gwynedd. LL40 1UU. 01341 423 091 (HQ)
Dowlais	Darren Pritchard, 59 Brecon Rise, Pant Dowlais, Merthyr Tydfil, CF48 2EE 01685 374170 (h) 07799 132162 (m) Email: nattybot@sky.com black/red : red/black. The Clubhouse, Dowlais Top, Merthyr Tydfil, CF47 0RJ. 01685 382322 (HQ)
Dunvant	Mr Paul Loughlin, 18 Ashgrove, Killay, Swansea, SA2 7QY. 01792 520149 (h) 07785 344095 (m) Email: p.loughlin1@ntlworld.com red/green : gold/green. Broadacre, Killay, Swansea, SA2 7RU 01792 296363 (HQ) 01792 207291 (fax) dunvantrfc@btconnect.com
Ebbw Vale (Ebbw Vale RFC Ltd – Registration No: 3324272)	Ruth Pratten, c/o Ebbw Vale RFC, Eugene Cross Park, Pontygod, Ebbw Vale, NP23 5AZ 01495 302995 (HQ) 01495 306814 (fax) 07838 086763 (m) red/white/green : light blue. email: ruth.pratten@btconnect.com
Fairwater	Ray Leigh, 39 Pentrebane Road, Fairwater, Cardiff, CF5 3PZ 02920 566797(h) 07952 935727 (m) email: yarleigh@hotmail.com red/white/black: red/white. Plasmawr Road, Fairwater, Cardiff, CF5 3JU. 02920 311517 (HQ) 02920 344882 (HQ Fax)

Felinfoel	Clive Richards 5 Heol Westfa, Felinfoel, Llanelli, SA14 8AU. 01554 754915 (h) 07813 160113 (m) Email: cliverichards5@hotmail.co.uk black/white : blue/black. The Club, Penygaer, Dafen Road, Felinfoel, Llanelli. 01554 772707 (HQ)
Ferndale	Gerwyn Clement, 23 Church Street, Ferndale, Rhondda Cynon Taff, CF43 4PT 01443 730826 (h) 01443 755337 (b) 07976 901402 (m) email: gezcllem@aol.com . Web: : www.pitchero.com/clubs/ferndalerfc red/blue/white : blue/red/white. Greenwood Park, Ferndale CF43 4NE. Clubhouse: Ferndale Labour Club, Lake Street, Ferndale, Rhondda, Tel: 01443 730310.
Fishguard & Goodwick	Mr. Tony Lucas, Bank House, 23 High Street, Fishguard, Pembrokeshire, SA65 9AW. Tel: 01348 872807. blue/Black/white. 61-63 West Street, Fishguard, SA65 9NG 01348 874855 (HQ)
Fleur-de-Lys (registration number 198)	Allan Evans, 5 Cae Maen Llwyd, Cefn Hengoed, Hengoed, CF82 7LS 01443 814513 (h. phone and fax) 07989 978622 (m) eallan5@aol.com black/amber: red/amber.27/29 High Street, Fleur-de-Lys, Blackwood, Gwent, NP12 3UD. 01443 830407 (HQ)
Furnace United	Mr Kevin Jones, 14 Courtenay Road, Llanelli. SA15 3LB. Tel : 07527843214 (m) email kev.j.jones@sky.com cherry/white:navy. Castle Colliery Road, Furnace, Llanelli, Carmarthenshire, SA15 4HT. 01554 754980 (club phone and fax)
Garndiffaith	Richard Randell, 125 Las Garn View, Varteg, Pontypool, NP4 3SF. Tel: 01495 775410 Email: rich1jan@btinternet.com red/black : blue/black. Lasgarn View, Varteg, Pontypool, Torfaen, NP4 7SF 01495 773092 (HQ)
Gilfach Goch	Mr. Neil Elliot, 95 Mountain View, Tonyrefail, Mid Glamorgan, CF39 8JG. blue/amber: red/black. 73 High Street, Gilfach Goch, CF39 8SR. 01443 672301 (HQ) 01443 675718 (fax) R.F.C@gilfachgoch.fslife.co.uk
Glais	Mr Carwyn Thomas, 60, Ynysmond Road, Glais, Swansea, SA7 9JA. Tel: 07875 753061 (m) Email: carwynthomas1958@hotmail.co.uk royal blue : scarlet. 609 Birchgrove Road, Glais, Swansea, SA7 9EN. 01792 842392 (HQ)
Glamorgan Wanderers	Derek W Patterson, 15 Mansel Avenue, Cardiff, CF5 4TB 02920 659190 (h) 02920 591039 (b) 02920 592998 (fax) email: Derek-gwrfc@supanet.com Cambridge blue/black/white : red. Stirling Road, Ely, Cardiff, CF5 4SR. 029 20 591039 (HQ) 029 20 592998 (fax)
Glyncorrwg	John Thomas, 23 Cymmer Road, Glyncorrwg, Port Talbot, SA13 3AB 01639 851799 (h/fax) 01639 765067/765068 (b) 07969 250296 (m) email: glennlewis60@hotmail.com black/red/amber: red/black/amber. Ynyscorrwg Park, Park Street, Glyncorrwg, Port Talbot, SA13 3DT 01639 851009 (HQ) 01639 851799 (f)

Glynneath	Keith Power, Station House, Whitting Street, Glynneath, SA11 5DH. 01639 721611 (h) 01656 642552 (b) email: powers@hughesy1.fsnet.co.uk red/black: blue. Abernant House, Glynneath 01639 720442 (HQ)
Gorseinon	Alan Powell, 5 Howards Way, Parc Melin Mynach, Gorseinon, Swansea, SA4 4PP 01792 892492 (h) 07989 940238 email: alanspowell@hotmail.com cherry red/white : red/green. Welfare Ground, Lime Street, Gorseinon, Swansea, SA4 4AD 01792 892988 (HQ)
Gowerton	Richard G. Jenkins, 56 Cecil Road, Gowerton, Swansea, SA4 3DE. Tel: 01792 411 988 (h) 07896 462 464 (m) Email rg.jenkins@ntlworld.com white : red Victoria Road, Gowerton, Swansea, SA4 3AB. 01792 872486 (HQ)
Gwernyfed	Brian Jones, 1 Gwernyfed Avenue, Three Cocks, Brecon, Powys, LD3 0RT 01497 847649 (h) 01874 624397 (b) 07800 758622 (m) email: jones.m79@sky.com Green/white/black: black. The Malthouse, Trefecca Road, Talgarth, nr Brecon. 01874 711975 (HQ)
Haverfordwest	Graham Dalton, 7 Priory Av, Haverfordwest, Pembs, SA61 1SG. Tel: 01437 769862. Email: dalton_graham@hotmail.com royal blue:white. Pembroke Road, Merlins Bridge 01437 762832 (HQ)
Hendy	John Davies, Chairman, Clubhouse, 3 Iscoed Road, Hendy, Carmarthenshire. Tel: 01792 881125 (h) 07734102 443 (m) Email: Johndavies100@talktalk.net red/white/green 3 Iscoed Road, Hendy, Llanelli 01792 882779 (HQ)
Heol y Cyw	John Powson, "Llyscelyn", High Street, Heol Y Cyw, Bridgend, CF35 6HR 01656 863243 (h) 07980 750993 (m) blue/white : red/white "Greenfields" 37 High Street, Heol y Cyw, Bridgend, CF35 6HR 01656 860624 (HQ)
Hirwaun (Hirwaun Rugby Football Club Ltd – Registration No: 27254 R)	Les Harris, 20 Bell Street, Trecynon, Aberdare, CF44 8NN 01685 875739 (h) 01639 713010 (b) 07777 673660 (m) les_harris@btinternet.com black : green. 32 High Street, Hirwaun, CF44 9SL. 01685 811063 (HQ) Hirwaunrugby@btinternet.com
Kenfig Hill	Gerald O'Sullivan, 78 Heol Tegfryn, Pyle, Bridgend, CF33 6LL 01656 742951 (h) Email: Geraldosullivan@tiscali.co.uk dark/light blue: amber. The Clubhouse, Pysgam Street, Kenfig Hill, CF33 6BU 01656 740375 (HQ) 01656 746811 (f)
Kidwelly	Stuart Northcote, 3, Alstred Street, Kidwelly, Carmarthenshire, SA17 4TN Tel: 01554 890102 (h) 07773 458179 (m) Email: stuart.northcote@tesco.net black/amber hoops : Green. Club House, 2 Station Road, Kidwelly, SA17 4UU 01554 890256 (HQ)

Trinity St David: Lampeter RFC	Brinley Smith, St Davids Buliding, University of Wales, Lampeter, SA 48 7ED. Email: smithyboy87@hotmail.com black/amber.
Lampeter Town (Clwb Rygbi Llambled Cyfyngedig – Company No. 5537732)	Gary Davies, Treganna, North Road, Lampeter, Ceredigion, SA48 7HZ 01570 423787 (H) 01570 423823 (W) 07971 550932 (M)Email: gary@cyfri.co.uk maroon. Memorial Playing Fields, North Road, Lampeter, SA48 7JA 01570 422785 (HQ)
Laugharne	George Phillips, Aweltav, Stoney Way, Laugharne. Tel: 01994 427519 (h) 07970 146775 (m) Email: georgephillips147@googlemail.com blue/orange. Fountain Inn, Grist Square, Laugharne, SA33 4ST 01994 427392 (HQ)
Llandaff	Bernard Green, "Cartref", 20 Castle Road, Tongwynlais, Cardiff, CF15 7JQ 02920 811558 (h) 02920 351874 (b) 029 20351323 (fax) 07881556458.. (m) bgreen@celsauk.com light blue/dark blue : black/amber.The Clubhouse, The Old Mill, Western Avenue, Cardiff, CF5 2AZ. 02920 562713 (HQ) info@llandaffrfc.co.uk
Llandaff North	Mr Jeff Cruise, 42 Radyr Road, Llandaff North, Cardiff, CF14 2FU. 07973541078 (m) Website: www.landaffnorth.com black/amber : red The Clubhouse, 42 Radyr Road, Llandaff North, Cardiff, CF14 2FU 02920 561803 (HQ)
Llandeilo	Gareth Peters, Ardwyn, Cwmifor, Llandeilo, SA19 7AW 01558 824239 (h) 07970 237197 (m) speters@aol.com black/white: green. Cae William Sports Feild, Carmarthen Road, Llandeilo, SA19 6DD.
Llandovery	John Kendrick, Tal yr Ynn, Llandovery, SA20 0EY. 01550 720191 (h) 07833 708957 (m) Email: llandoveryrfc@hotmail.com kendrickjmk@aol.com red/green : green/red. Church Bank, Llandovery, Carms, SA20 0DT 01550 721389(HQ) 01550 721110 (Fax)
Llandudno (Llandudno Welsh Rugby Football Club Limited – Registration No: 1336154)	Heather Thomas, 1 Bryniau Place, West Shore, Llandudno, LL30 2PJ. 01492 879914 (h) 07890 564298 (m) email: heatherthomas286@hotmail.com black/white stripes.Maesdu Road, Recreational Ground, Bodnant Road, Llandudno, LL30 1LH 01492 876992 (HQ) email: llandudnorugby@yahoo.co.uk
Llandybie (Llandybie Rugby Football Club Ltd Reg no: 5664691)	Jeff Williams, c/o 53 Caeffynnon Road, Llandybie, Ammanford, SA18 2TH. Tel: 01269 851433 (h) 07891 079863 (m) Email: mandy.williams72@yahoo.co.uk ; mandy@djdaviesfuels.co.uk red/black : blue/black. The Clubhouse, Woodfield Road, Llandybie, Carms, SA18 3UJ. 01269 850367 (HQ)

Llanelli (Llanelli RFC Ltd registration number 3389199)	Steve Jenkins, Parc Y Scarlets, Pemberton Retail Parc, Llanelli, SA14 9UZ. Tel: 01554 783937 (W) 07974 722738 (M) Email: steve@scarlets.co.uk . scarlet : navy blue. Parc Y Scarlets, Pemberton Retail Parc, Llanelli, SA14 9UZ. Tel: 01554 783900 www.llanellirugby.com
Llanelli Wanderers	Steve J Pike, 95 New Road, Llanelli, SA15 3DS 01554 774535 (h) 01554 741371 (b) 07855 286581 (m) maroon : maroon/white. HQ: Llanelli Cricket Club, Stradey Park, Llanelli, SA15 4BY. Tel: 01554 773721
Llangefni	Mr. Fergie MacDonald, Penclegir, Tyn Lon, Holyhead, Anglesey. LL65 3BJ. Tel: 01407 720740 (h) 07762 551506 (m) Email: fergie@clara.co.uk . contact@llangefnirfc.com www.llangefnirfc.com white with blue/red/green hoops :navy/red hoops Cae Smyrna, Llangefni, Ynys Mon, LL77 7EU. 01248 722206 (HQ)
Llangennech	Peter Williams, 20 Station Road, Llangennech, Llanelli, SA14 8UE. 01554 820058 (h) 01554 822588 (w) 07828 452516 (m) email: peterwilliams1256@talktalk.net black/red/white hoops : blue. Social Club, 12 Bank Road, Llangennech, Llanelli, Carm. SA14 8UB 01554 820495 (between 6 and 9) (HQ) llanrfc@tiscali.co.uk .
Llangwm	Brian W E James, 11 St Clements Park, Freystrop, Haverfordwest, SA62 4EX 01437 891251 (h/fax) 07974 105422(m) black/amber hoops. The Green, Llangwm, Nr Haverfordwest. 01437 890462 (HQ)
Llanharan	Keith Taylor 1 Grove Terrace, Llanharan, CF72 9PR 01443 226572(h) 07778 559882 (m) email: ktaylor@supanet.com Black/blue : red.. Bridgend Road, Llanharan, CF72 9RD. 01443 222209 (HQ) Website: www.llanharanrfc.org.uk
Llanhilleth (Llanhilleth RFC Ltd – Registration No: 29188R)	David Went, 3, Graig View, Llanhilleth, Abertillery, Gwent. NP13 2HR. 01495 214000 (h) 01495 321878 (f) 07967 400424 (m) email: llanhillethrugbyclub@btconnect.com light blue/dark blue : red. Commercial Road, Llanhilleth, Abertillery, NP13 2HT. 01495 214366 (HQ)
Llanidloes (Llanidloes Rugby Football Club Ltd - Registration number 29178R)	Mike Griffiths, Lower Tynfron, Deildre, Llanidloes SY18 6NZ 01686 412159 (h) e-mail: griffiths.tynfron@btinternet.com black/green & yellow: green/yellow: Smithfield Street, Llanidloes, Powys SY18 6EJ. 01686 413254 (HQ) www.llanidloesrugby.co.uk
Llanishen	Ben Edwards, 1 The Tudors, Melrose Avenue, Penylan, Cardiff, CF24 9BA. 029 2025 5050 (h) black/red : blue. Ty-Glas Avenue, Llanishen, Cardiff, CF14 5DW. 029 2076 1688 (HQ) 029 2075 7824 (fax)
Llantrisant	Dean Evans, 52 Bridgend Rd. Llanharan, CF72 9RD. Tel: 07899 917728 Email: deanevansallied@aol.com black/green : red/green. The Clubhouse, St Davids Place, Llantrisant, CF72 8HA. 01443 222231 (HQ)

Llantwit Fardre	<p>Jeff Lewis, 6 The Parade, Church Village, Pontypridd, CF38 1BU 01443 202294 (h) 07771 878513 (m) www.llantwit-rugby.com Blue: red. The Parade, Church Village, Pontypridd, CF38 1BU. 01443 202461 (HQ)</p>
Llantwit Major	<p>Rick Bawden, C/o Llantwit Major RFC, Boverton Road, Llantwit Major, Vale of Glamorgan, CF61 1XZ Tel: 01446 792276 (Club) 07855 664830 (m) Email: rick@valecaravansales.co.uk black/red: Red/Green. Boverton Road, Llantwit Major, CF61 1XZ. 01446 792276 (HQ)</p>
Llanybydder	<p>Graham Wilson, 6 Heol y Gaer, Llanybydder, Carmarthen, SA40 9RX 01570 480348 (h/fax) 07807 431934 (m) Grahamwilson@tiscali.co.uk red/ green. Yr Hen Orsaf, Station Terrace, Llanybydder, SA40 9XX 01570 480524 (HQ) 01570 481090 (Ground)</p>
London Welsh (London Welsh RFC Ltd registration number 3385179)	<p>Mr. David Barrett, Old Deer Park, 187 Kew Road, Richmond, Surrey, TW9 2AZ. 01763 274121 (b.fax) Email: d.barrett90@ntlworld.com red : white. Old Deer Park, 187 Kew Road, Richmond, Surrey, TW9 2AZ .0208 940 2368 (HQ) 0208 940 1106 (HQ fax) email: commercial@london-welsh.co.uk. Website: www.london-welsh.co.uk</p>
Loughor	<p>Kevin Lewis, 32 Llwynderw, Gorseinon, Swansea, SA4 6RJ. 01792 893893 (h/f) 07971 260266 (m) royal blue: red or navy blue. Belgrave Road, Loughor, Swansea, SA4 6RF. 01792 894109 (HQ)</p>
Machen	<p>Andrew Lewis, 16 Dan-y-Draig, Machen, Caerphilly, CF83 8RF. Tel: 02920 888114 (h) 07920 000610 (m) Email: fam.lewis@btinternet.com . Correspondence to be sent to the Clubhouse: Clubhouse, Chatham, Machen, Caerphilly, CF83 8SB. white/royal blue: red. Chatham, Machen, Caerphilly, CF83 8SB. 01633 440685 (HQ) 029 2085 0111 (c fax)</p>
Maesteg (Maesteg Rugby Football Club (1877) Ltd – registration number 5547568)	<p>Keith David, 3 Golden Terrace, Maesteg, Bridgend, CF34 9BX 01656 737934 (h) 07805 361847 (m) Email: Maesteg7777@btinternet.com black/amber : navy/grey/silver. The "Old Parish", Llynfi Road, Maesteg, CF34 9DS. 01656 732283/732822 (HQ) 01656 734725 (fax)</p>
Maesteg Celtic	<p>Robert McGee, Hollybush, 11 Port Terrace, Maesteg, CF34 9BW 01656 736953 (h) 07976 763742 (m) black/amber : black/red. Maesteg Celtic Athletic and Social Club, Bridgend Road, Garth, Maesteg, Mid Glam. CF34 ONE. 01656 732030 (HQ)</p>

Maesteg Harlequins	Alan Thomas, 127 Yr Ysfa, Maesteg, CF34 9BE 01656 739267 (h) red/black : black/amber. South Parade Playing Fields, Maesteg, 01656 732211 25a Talbot Street, Maesteg. CF34 9BW. 01656 732499 (HQ)
Merthyr (Merthyr Rugby Football Club Ltd Registration number 29406R)	Mr. Brian Garrad, 10 Penybryn View, Incline top, Merthyr Tydfil, CF47 OGB. Tel: 01685 371767 (h) 07884 367254 (m) E-Mail brian-garrad@hotmail.co.uk White/green/gold :maroon. The Clubhouse, Dynevor Street, Georgetown, Merthyr Tydfil, CF48 1BA 01685 722999 (HQ)
Milford Haven	Simon Evans, 2 Croft Avenue, Hakin, Milford Haven, SA73 3HD 01646 694161 (h) 07815 941392 (m) red/white hoops : blue. Observatory Ground, Picton Road, Hakin, Milford Haven, SA73 3ES. 01646 693240 (HQ)
Mold (Mold Rugby Club/ Clwb Rygbi Yr Wyddgrug Ltd) Registration No: 2275448)	Keith Nicholls, 7 Llys Menden, Mold, Flintshire, CH7 1GF. Tel: 01244 671117 (w) 01352 750925 (h) 07799 888372 (m) Email: keithandkaren@tiscali.co.uk Red/black hoops: red/green square. The Clubhouse, Chester Road, Mold, CH7 1UF 01352 755635 (HQ)
Monmouth	Mr Peter Walters, "The Plain", Pen y fan, Monmouth, NP25 4QY 01600 860399 (h) 0780 1701177 (m) email: pete@theplain.plus.com royal blue/gold. 'Old Druids Head' Chippenhamgate Street, Monmouth, NP25 3BH. 01600 712309 (HQ)
Morrison	David V Jones, 2 Llys y Brenin, Kingsbridge, Swansea, SA4 6SX 01792 895348 (h) black/scarlet hoops : emerald/white hoops. Maescollen, Cwmrhydyceirw, Morrison, Swansea, SA6 6JS. 01792 773874 (HQ)
Mountain Ash	Mark Bennett, 1 London Street, Caegarw, Mountain Ash, CF45 4BN 01443 477900 (h) 07957 120806 (m) black/amber : maroon/gold Old Glancynon Inn, Oxford Street, Mountain Ash, CF45 3PL. 01443 472918 (HQ)
Mumbles	Mr Clive Davies, 12 The Orchard, Newton, Swansea SA3 4UQ. Tel 01792 360307 (h) 07971 273371 (m) Email: clivesdavies@hotmail.co.uk www.mumblesrhc.co.uk dark blue/light blue: red. 588 Mumbles Road, Mumbles, Swansea, SA3 4DL 01792 368989 (HQ)
Nant Conwy (Clwb Rygbi)	Ifor Glyn Efans, Y Graig, Capel Curig, Conwy, LL24 0EL. Tel: 01690 720217; mobile 07773 309382 e-mail iforglyn@talk21.com . website: www.nantconwy.org green/orange/black: Black/orange: Pant Carw, Trefriw, Llantrwst

Nantyffyllon	Bernard Colston, 4 Kings Terrace, Nantyffyllon, Maesteg, CF34 0HD 01656 737632 (h) 07814 237127 (m) bcolston@tiscali.co.uk green/red. Blossie Street, Nantyffyllon, Maesteg, CF34 0HP. 01656 732371 (HQ)
Nantyglo	Glyndwr Thomas, 1 Fair View, Tredegar, NP22 3EX 01495 725965 (h) Black/scarlet: blue. The Clubhouse, Porters Road, Nantyglo, NP23 4NH 01495 311003 (HQ)
Nantymoel	Mr Alun James, 21 Waun Fach, Nantymoel, Bridgend, CF32 7PR 01656 840562 (h) 07967 883207 (m) Email: alun.james@ogmore-vale.co.uk green/red/blue: 82-84 Ogwy Street, Nantymoel, Bridgend, CF32 7SH. 01656 840740 (HQ)
Narberth (Narberth Rugby Football Club Ltd - Registration number: 2509538)	Mark Rhys-Owens, 12 Northmead, Narberth, SA67 7DN Tel: 01834 861715 (h) 07760 785517 (m) 05602 090967 (fax) email: Mark.Rhys-Owens@btconnect.com navy blue/sky blue : white/sky blue. Lewis-Lloyd Ground, Spring Gardens, Narberth, SA67 7BT.01834 860462 (HQ)
Neath (Neath Rugby Limited – Registration No: 4759413)	Mike Price, 1 Highbury Court, Neath, SA11 1TX 01639 632600 (h) black with white maltese cross : white with black maltese cross. The Gnoll, Gnoll Park Road, Neath, SA11 3BU. 01639 643328 (HQ) email: admin@neathrfc.com
Neath Athletic	Huw Lewis, 2 Osprey Close, Leiros Parc, Rhyddings, Neath, SA10 7EP 01639 637419 (h) 07780 631362 black with maltese cross : red. 5 Bridge Street, Neath, SA11 1YR. 01639 639684 (HQ) email: jhuwlewis@aol.com
Nelson	Alen Candy, 4 Pine Tree Way, Nelson, Treharris, CF46 6PA 01443 450863 (h) 07850 167713 (m) black/white. Red. The Park, Nelson, Treharris, CF64 6PA 01443 450394 (HQ)
Newbridge	Cheryl Harris, 90A Fflorens Road, Treowen, Newbridge, NP11 3DU 01495 247019 (h/f) Cheryl154@hotmail.com sky blue/black. The Welfare, Bridge Street, Newbridge, NP11 5FJ. 01495 248729 (HQ)
New Dock Stars	Carl Lucas, 19 Margam Place, Llanelli, SA15 1DE. Tel 01554 770839 (h) 07951 246 812(m) Email: carl.lucas5@btinternet.com royal blue : maroon. St George's Field, Trostre Road, Llanelli, SA15 1JY. 01554 773369 (HQ)
Newcastle Emlyn (Newcastle Emlyn Rugby Football Club Ltd – Registration No: 29256R)	Chris Jones, Dolcoed, Carmarthen Road, Newcastle Emlyn, Carmarthenshire, SA38 9DA 01239 710374 (h & fax) 01545 570217 (b) 07968 038049 (m) email: jonescwj@btinternet.com 4 red/white hoops : emerald green. Tafarn Rygbi, Adpar, Newcastle Emlyn. 01239 710464 (HQ)

Newport (Newport Rugby Club Ltd – Registration No: 3559359)	Dennis Bennett, 546 Chepstow Road, Newport, NP19 9DA 01633 674227 (h) 07870948977 (m) email: dennis.bennett@ntlworld.com black/amber : black. 01633 670690 (HQ) 01633 670714 (f) jon.hall@rodneyparadeltd.com
Newport HSOB	Caroline Studley, 576 Caerleon Road, Newport, NP18 1QA 01633 253654(h) 07771 777970 (m) 01633 671811 (b) 01633 671809 (fax) email: caroline@studley.me.uk navy/gold/white: green/black. The Clubhouse, Yew Tree Lane, Caerleon, Newport, NP18 1LL. 01633 420533 (HQ)
Newport Saracens	Mark Levenson, 5 Springfield Lane, Rhiwderin, Newport, NP10 8QZ 01633 894678 (h) 07743 939226 (m) red/black: black Maesglas Playing Fields, Docks Way, Maesglas, Newport, NP20 2NN. 07743 939226
Newtown	Dai Davies, Awelfryn, 8 Bryn Meadows, Newtown, Powys, SY16 2DS 01686 626267 (h) 07939 309862 (m) 01686 624054 (b) fax 01686 624064 ro.southwales@fsb.org.uk red/black: red/green/black. The Recreation Ground, Pool Road, Newtown, Powys 01686 626433 (HQ) 01686 624064 (f)
New Tredegar	Ray Davies, 40 Queens Road, New Tredegar, NP24 6DY 01443 837794 (h) 01443 878090 (b) 01443 878098 (f) rdavieswrrc@caerphilly.org.uk Red/green : Black. Bridgend House, Tirphil, New Tredegar, NP24 8SX 01443 834647 (HQ)
Neyland	John F Laugharne, 43 John Street, Neyland, Milford Haven, SA73 1TH 01646 600971 (h) black: white/green/black. 41 Frederick Street, Neyland, Milford Haven , Pembrokeshire, SA73 1TG 01646 600971 (HQ)
Oakdale	David Higgins, 18 Waungoch Road, Oakdale, Blackwood, NP12 0LL 01495 225991 (h) 07977 716066 (m) red/white:navy. 12 Central Buildings, The Square, Oakdale, Blackwood, NP12 0LR. 01495 223261 (HQ)
Ogmore Vale	Leighton Williams, 14 Adare Street, Wynham, Ogmore Vale, Nr Bridgend, Mid Glam, CF32 7HF 01656 841026 (h) 07952 725809 (m) 01656 841026 (f) 07952 725809 (m) email: leighton.williams@tesco.net black/amber : blue. 34-36 Tynewydd Row, Ogmore Vale, CF32 7EH. 01656 840383 (HQ)
Old Illtydians	Frank Medina, 5 Celyn Grove, Cardiff, CF23 6SH 02920 644624 (h) 02920 644625 email: frank@medinalynch.com green/white/gold hoops. 1-3 Splott Road, Splott, Cardiff CF24 1HA 02920 491987 (HQ)
Old Penarthians	Tony Crimp, 14 Chantry Rise, Penarth, CF64 5RS 029 20 707121 (h) 029 20 925216 (b) email: tony.crimp@hydercousulting.com blue/gold hoops: red/gold hoops. St Marks Road, Penarth, CF64 3PF 029 20 701810 (HQ)

Pembroke	John Purser, The Stables, Upper Portclew Farm, Freshwater East, Pembroke, SA71 5LA 01646 672541 (h/f) 07970 214776 (m) scarlet. Crickmarren Field, Upper Lamphey Road, Pembroke, SA71 4AY. 01646 682209 (HQ) 01646 672541 (f)
Pembroke Dock Harlequins	Mr David Griffiths, 1 Cleggar Park, Lamphey, Pembroke, Pembrokeshire, SA71 5NP 01646 672614 (h) Email: tessa.griffiths@virgin.net black/white : red. The Clubhouse, Bierspool, London Rd, Pembroke Dock, Pembs, SA72 6DT 01646 683130 (HQ)
Penallta	Wayne Jones, 14 The Avenue, Ystrad Mynach, Hengoed, CF82 8BA. 01443 814608 (h) 01495 235236 (b) email: i_w_jones@hotmail.co.uk blue/gold: red/blue. Rear of Caerphilly CBC, Ystrad Fawr, Ystrad Mynach, Hengoed. 01443 814066 (HQ)
Penarth	David Hughes, 23 St. Teilos Way, Caerphilly CF83 1FA 02920 882817 (h) 07702 445515 (m) email: david@physiotherapy-services.co.uk royal blue : red with royal blue/white hoops. The Athletic Field, Lavernock Road, Penarth 02920 708402 (HQ)
Penclawdd	Jeremy Parkhouse, Homeleigh, Llanmorlais, Swansea SA4 3RY. 01792 850879 (h) 01792 636016 (b) 07917 177161 (m) email: penclawddrfc@hotmail.co.uk or jpandkp@aol.com red/black: Black. Parc Road, Penclawdd, Swansea, SA4 3LE. 01792 850607 (HQ) 01792 850515 (f)
Pencoed	Ian Griffiths (Fixture Secretary), 26 Coychurch Road , Pencoed, Bridgend, CF35 5NG. Tel: 01656 863099 (h) 07963 436057 (m) red/white/blue : black/white. The Verlands, Felindre Road, Pencoed, Bridgend, CF35 5UH. 01656 860152 (HQ)
Pentyrch	David Hughes, 8 Temperance Court, Bronllwyn, Pentyrch, Cardiff, CF15 9TN. 02920 890662 (h/f) 07780 666014 (m). Email: dav1hughes@talktalk.net black/white: black/white/red. Parc y Dwrllyn, Penuel Road, Pentyrch, CF15 9QJ 029 20 890483 (HQ) club@pentyrchrugby.co.uk
Penygraig (Penygraig Rugby Football Club Ltd 29946R)	Alun Pope, 127 Tylycelyn Road, Penygraig, RCT, CF40 1JR. 01443 437722 (h) Black/red/amber : red/black/amber. The Clubhouse, Tylycelyn Road, Penygraig, RCT, CF40 1JR. 01443 432830 (HQ)
Penygroes	Mansel Rees, 1 Glanrhyd, Nebo Road, Capel Hendre, Ammanford, SA18 3NG 01269 845992 (h), 02920 433100 (b), red/black: black/amber. The Clubhouse, Waterloo Road, Penygroes, Llanelli Carmarthenshire SA14 7NP 01269 842575 (HQ)
Pill Harriers	Robert W Jones, 9 Llew a Dor Cwrt, Caerleon, Newport, NP18 1LG. Tel: 01633 422898 (h) Email: Robertwyjones@googlemail.com white: Black. Courtybella Terrace, Newport, NP19 2LD 01633 662668 (HQ)

Pontardawe	Colin Rees, 42 Ashwood Drive, Gellinudd, Pontardawe, Swansea, SA8 3HL 01792 864777 (h) red/white: green. The Clubhouse, Ynysderw Road, Pontardawe, Swansea, SA8 4EG. 01792 864811 (HQ)
Pontarddulais	Huw Thomas, 187 St. Teilo Street, Pontarddulais, Swansea, SA4 8LQ. 01792 882521 (h) 01639 686204 (b) 07977 863026 (m) huw79@btopenworld.com black/amber : Green The Clubhouse, Oakfield Street, Pontarddulais, Swansea, SA4 8LW. 01792 882489 (HQ) Email: secretary@pontarddulais-rfc.co.uk
Pontllanfraith	Mike Williams, 2 Courtfield Close, Court Gardens, Rogerstone, Newport, NP10 9ET 01633 718166 (h) 07913 827367 (m) blue with black/white hoops : red with black/white hoops. Old Tram Road, Pontllanfraith, Blackwood, NP12 2JF. 01495 223264 (HQ) www.pontllanfraith.co.uk
Pontyates	Mr Dieter Wenz, 35 Heol y Meinciau, Pontyates, Llanelli, Carmarthenshire, SA15 5RT 01269 860098 (h) green/black : red/black. 3 Heol y Meinciau, Pontyates, Llanelli, Carmarthenshire, SA15 5TR. 01269 860444 (HQ)
Pontyberem	Peter Warn, 6 Mynachlog Terrace, Pontyberem, Llanelli, SA15 5EE 01269 871017 (h) 07817 956010 (m) peter.warn6+rugby@gmail.com blue/black: maroon and amber. 28 Heol y Parc, Pontyberem, Llanelli, SA15 5EA. 01269 870292 (HQ)
Pontyclun	Neil Stuart McIntosh, The Clubhouse, Windsor Park, Windsor Fields, Llantrisant Road, Pontyclun, R.C.T, CF72 9DQ. Tel: 07926 151457 (m) Email: neilmcintosh61@btinternet.com black/white: black. Windsor Park, Windsor Fields, Llantrisant Road, Pontyclun, CF72 9DQ. 01443 222240 (HQ) 01443 222600 (fax)
Pontycymmer	Steven Thomas, c/o the Clubhouse 07779 728116 (m) green/amber: red/white. 83 – 87 Oxford Street, Pontycymmer, Bridgend CF32 8DD 01656 870277 (HQ)
Pontypool (Park Promotion Ltd – registration number 5899237)	Colin Tuckwell, 27 Usk Road, Pontypool, NP4 8AG 01495 755553 (h. phone/fax) 07971 033172 (m) Email: colintuckwell@pontypoolrugby.co.uk red/white/black: Ground, Pontypool Park 01495 757472 (HQ)
Pontypool United	The Hon Secretary, Clubhouse, Conway Road, Pontypool, NP4 6HL. red/white/black: black. Conway Road, Pontypool, NP4 6HL. 01495 762571 (HQ)

Pontypridd (Ponty Rugby Ltd registration number 04907060)	Stephen Reardon, 48 Coed Isaf Road, Maesycloed, Pontypridd, CF37 1EN. 01443 403789 (h) 07842868607 (m) 02920 562485 (b) Black/white/red hoops : red/white hoops The Clubhouse, Sardis Road, Pontypridd, CF37 1HA. 01443 405006 (HQ) 01443 407087 (fax) email: info@ponty.net
Porthcawl	Mrs Sian Richards, 45 Rest Bay Close, Rest Bay, Porthcawl CF36 3UU Tel: 01656-771919 (H) 07528 593602 (M) Email: sianandian.45@btopenworld.com green/black. South Road, Porthcawl, 01656 784242 (HQ) 01656 782252 (HQ fax)
Porth Harlequins	Mr. Clayton Wilce, 24 Gethin Terrace, Llwyncelyn, Porth, CF39 9TS. Tel: 01443 686683 (h) 07780680818 (m) Email: clayton67@sky.com Blue/ gold: red/gold. Nythbran Terrace, Llwyncelyn, Porth, CF39 9TW. 01443 681066 (HQ)
Pwllheli	Bryn Martin, Pant y Wennol, Llannor, Pwllheli LL53 5UR 01758 613307 (h) 01758 612042 (b) 01758 613815 / 701869 (f) email: clwb.rygbi.pwllheli@lineone.net red/green/white : white/red Parc Bodegroes, Efainewydd, Pwllheli, LL53 5TH 01758 613676 (HQ) 01758 701751 (HQ fax)
Pyle	Mike Turton, 77a Marlas Road, Pyle, Bridgend, CF33 6AT 01656 741202 (h/f) 07881 945093 (m) red : royal blue/white. Brynglas Field, Brynglas Terrace, Pyle, Bridgend, CF33 6AG 01656 740059 (HQ)
Resolven	Gwyn Bishop, 4 Pentwyn Road, Resolven, SA11 4NH 01639 710997 (h) 07771 974283 (m) Cambridge Blue/Black : Maroon. Vaughen Field, Maes y Tyra Lane, Resolven, SA11 4LY 01639 710210 (HQ)
Rhigos	Graham Lewis, "Min-yr-Awel", 4a Heol y Graig, Rhigos, Aberdare, CF44 9YY 01685 811483 (h) black/amber : blue. Cwm-Hwnt Road, Rhigos, Aberdare, CF44 9DJ. 01685 811224 (HQ)
Rhiwbina	Scott Kennedy, 7 St Malo Road, Cardiff , CF14 4HL. Tel: 07899 915063 e-mail: scott.kennedy@ntlworld.com black : blue. Rhiwbina Recreation Club, Lon y Dail, Rhiwbina, Cardiff. 02920 693583 (HQ) 02920 747886 (f) www.rhiwbinarfc.com
Rhydyfelin	Chris Williams, 15 Coed Bychan Crescent, Llanharan, Nr Pontyclun, CF72 9PQ. Tel: 01443 227048 (H) 07545 892832 (m) red/black : black/red. 1-1A Lionel Terrace, Rhydyfelin, Pontypridd, CF37 5HR. 01443 406173 (HQ)
Rhyl & District	Sion Hughes, 177 Vale Road, Rhyl, LL18 2PH. Email: SionandSallyHughes@talktalk.net Red/white hoops : red. The Clubhouse, The Waen, Rhuddlan, Nr Rhyl LL18 5RS. 01745 337174 (HQ)

Rhymney	Kevin Prosser, 45 High Street, Rhymney, Tredegar, Gwent, NP22 5LP. 01685 840902 (h) 01443 624244 (b) email: kevin.prosser@talktalk.net black/red: sky blue/black. Memorial Park, Rhymney, Gwent. 01685 840360 (HQ) www.rhymneyrfc.org.uk
Risca	John Hayes, 38 Bridge Street, Risca, NP11 6DE 01633 613436 (h) 07969 148625 (m) email: CAR1638YS@aol.com black/amber hoops : blue. Stores Field, Risca, NP11 6BY. 01633 612586 (HQ) email: riscarfc@aol.com
RTB (Ebbw Vale)	Mark Davies, 68, Alexandra Street, Ebbw Vale, Gwent.NP23 6JF. Tel: 07506 343477 Email: gus35@hotmail.co.uk green/white : red/white. 45-46 High Street, Briery Hill, Ebbw Vale, NP23 6BP. 01495 306232 (HQ & fax)
Rumney (Rumney Rugby Football Club Limited – Registration No: 29544R)	Ian Riby, 29 Church Road, Rumney, Cardiff, CF3 3BB 02920 778441 (h) 02920 495455 (b) 07768 865060 (m) email: i.riby@ntlworld.com blue/black : red/blue. Riverside Park, Hartland Road, Cardiff, CF3 4JL 02920 777186 (HQ)
Ruthin	Mr Pat Birkhill, Rhydyfen Bach, Corwen,LL21 0EN 01490 460306 (h) patrfc@aol.com royal blue/white: red/green squares. Clubhouse, Cae Ddol, Lon Fawr, Ruthin, Denbighshire, LL15 1LB. 01824 702457 (HQ)
St Alban's	Nigel Pearson, 37 Glyn Eiddew,Pentwyn, Cardiff CF2 7BP 02920 733466 (h) 02920 872109 (b) 02920 877012 (b fax) black/amber : green. Tremorfa Park, Cardiff 02920 496868 (HQ)
St Clear's	J Philip Jones, Cwm Teg, Backe Road, St Clears, Carmar, SA33 4EU 01994 230714 (h) 07880 504401 (b) 07980968574 or 07901712402 (m – evenings and weekends) philannj@aol.com blue . Black Lion Hotel, Pentre Road, St Clears, SA33 4AA. 01994 231700 (HQ)
St David's	Michael Ryan, 3 Maes yr Hedydd, St Davids, Pembrokeshire, SA62 6QW 01437 720999 (h) 07812 172804 (m) black/amber : red/green. Clubhouse, Fishguard Road, St Davids, Pembs, SA62 6BP 01437 720330 (HQ)
St Joseph's	Mr Martin Tumelty, 15 Pilton Place, Cardiff, CF14 3DS. Tel: 02920 711001 (h) 07710362629 (m) Email: MARTIN@HOMERITE.ORG old gold/brown : black/white. St Josephs Social Club, 29 Whitchurch Road, Cardiff, CF14 6BX.02920 619286 (HQ)
St Peter's	Terry Thompson, 18 Sinclair Drive, Penylan, Cardiff, CF23 9AH 07811 398626 (m) terry.tom@ntlworld.com emerald/black: Minster Road, Roath, Cardiff. CF23 5AS 02920 460461 (HQ) admin@stpeters.co.uk

Senghenydd	Viv Pitten, 2 Universal Villas, Senghenydd, Caerphilly, CF83 4HJ 02920 830727 (h) 02920 460814 (b) 07890 404536 (m) 02920 490228 (f) Email: vpitten@yahoo.co.uk royal blue : red. Welfare Park, Senghenydd, 02920 830467 HQ)
Seven Sisters	Simon Griffiths (Hon Secretary) direct mail to: Mr Brian Howells, 95 Dulais Road, Seven Sisters, Neath. Email: simongriff@hotmail.co.uk black/green: red/white. Clubhouse, Dulais Road, Seven Sisters, SA10 9EY. 01639 700354 (HQ)
Skewen	Neil Ranft, 3 Grove Lane, Skewen, Neath, SA10 6HB 01792 425133 (h) 01972 637275 (b) n.ranft@ntlworld.com Black/amber : Red. Tennat Park, Skewen, Neath 01792 812088 (HQ)
South Wales Police	Lyndsey Griffiths, 12, Glanogwr Rd, Bridgend, Mid Glam CF31 3PF 01656 655555 Extn 32 580 or 01446 731603 (b) 07780 547974 (m) Email: Lynsey.griffiths@south-wales.pnn.police.uk Red/Blue/White: Blue/Red/White. Police Club, Waterton Cross, Bridgend, 01656 655555 ext 28 796/28 795 (HQ)
Swansea (Swansea Rugby Football Club Limited. Registration number. 3305164)	Byron Mugford, Swansea RFC, C/o Club Office, The Pavilion, St Helen's Ground, Bryn Road, Swansea, SA2 0AR white/maroon/navy: navy/maroon/white St Helens Ground, Bryn Road, Swansea, SA2 0AR. Tel: 01792 424242. Fax: 01792 424240
Swansea University	Stan Addicott, 10 Park Drive, Uplands, Swansea, SA2 0PP 01792 207112 (h) 01792 543563 (b) Green/white stripes. Sports Centre Pavilion, Sketty Lane, Swansea, SA2 8PP. 01792 543555 (HQ)
Swansea Uplands	Richard Gwynn, 668 Gower Road, Upper Killay, Swansea, SA2 7HE Tel: 01792 299013 (h) 01792 638521 (b) 07714 106696 (m) email: richard.gwynn@openreach.co.uk Green/white: blue. Fairwood Lane, Upper Killay, Swansea, SA2 7HP. 01792 204347 (HQ)
Taffs Well	Mike Gibbons, 8 Abbey Close, Taffs Well, Cardiff. CF15 7RS 029 20 337547 (h) 029 20 822009 (b) 07941 543882 (m) 029 20 822151 (b.fax) mjgibbons@wru.co.uk www.taffswellrfc.co.uk black/white: red/white. Maes Gwyn, Glan y Llyn Square, Taffs Well, CF15 7JD. 029 20811838 (HQ)
Taibach	John V Daniel, 16 Heol yr Orsedd, Margam, Port Talbot, SA13 2HL 01639 893484. (h) 01639 898274 (b) 07901 512050 (m) black/amber : royal blue. 23 Commercial Road, Taibach, Port Talbot, SA13 1LN. 01639 884599 (HQ) 01639 760009 (f)
Talywain	Mr. Gavin Watkins, 111, Sunny Bank Road, Griffithstown, Pontypool, Gwent, NP4 5LL. Tel: 01495 763710 (h) 07540 155346 (m). black/amber. New Road, Emlyn Park, Talywain, Pontypool, Gwent. NP4 7RF. 01495 772597/772839 (HQ) 01495 772682 (fax) talywainrfc@webster.uk.net

Tenby United	Martyn Williams, 18 Whitlow, Saundersfoot, Pembrokeshire, SA69 9AE. Tel: 01834 813039 Email: mwilliams22@toucansurf.com red/black hoops : white. Upper Frog Street, Tenby, Pembs, SA70 7JD. 01834 843501 (HQ) Website: www.tenbyunitedrfc.co.uk
Tondu	Mr David R Davies, 3 Cae Helig Cottages, Bryncethin, Bridgend, CF32 9YD 01656 721144 (h) 07581371264 (m) email: davidrdavies@sky.com red/blue : yellow. Old Fire Station, Pandy Park, Aberkenfig, Bridgend, Mid Glam. CF32 9RE. 01656 720242 (HQ)
Tonmawr	Cledwyn Edwards, 18b Blaenavon Terrace, Tonmawr, Port Talbot, SA12 9US 01639 636412 (h) 07977 851052 (m) email: clededwards@tiscali.co.uk green/white : red. Memorial Ground, Dan-y-Coed, Tonmawr, Port Talbot, West Glam, SA12 9UL. 01639 642948 (HQ) 01639 636117 (fax)
Tonna	Mr Stuart James, 90 Cimla Road, Neath. SA11 3UD. 01639 779868 (h) 07793 588337 (m) email: stuljames99@aol.com red/white/black : black/amber. The Rugby Pavilion, Mount Pleasant, Tonna, Neath, SA11 3HX 01639 642804 (HQ)
Tonyrefail	Mr Shaun Harding, 60 Tylcha Ganol, Tonyrefail. CF39 8BY black/amber : red. 60 - 62 High Street, Tonyrefail. 01443 670409 (HQ)
Trebanos	Stuart Fjaelberg, 8 Close Pentyle, Trebanos, Pontardawe, Swansea, SA8 4DT 01792 869094 (h) 07865 067001 (m) navy/sky blue: Red/black. 124 Swansea Road, Trebanos, Pontardawe, Swansea, SA8 4BN 01792 863096 (HQ)
Tredegar (Starlite Ltd Reg no 0508511)	Mr B I Williams, c/o 105 Charles Street, Tredegar, NP22 4AE. Tel: 07710 204160 (m) e-mail: williams.cymru@tesco.net black/red/white : red/black/white. The Clubhouse, Park Hill, Tredegar, NP22 3NN
Tredegar Ironsides	Katie Edwards, 18 Southend, Tredegar, Gwent, , NP22 3JN 01495 726425 (h) 07505 597012 (m) Email: katie.edwards93@yahoo.com Black/green/white : green/white. The Bush, Park Row, Tredegar, NP22 3NG. 01495 724515 (HQ)
Treherbert	Allun Jones, 56 Hendrewen Road, Blaen – Y – Cwm, Treorchy, RCT, CF42 5DR 01443 776470 (h) 07855 814351 (m) red:black. Ty Draw, 55 Wyndham Street, Tynewydd, Rhondda, CF42 5BS. 01443 771428 (HQ)

Treorchy	B L James, 1 Augusta Street, Ton Pentre, Rhondda, CF41 7EW. 01443 436587 (h) 07791 541732 (m) black/white Lower Regent Street, Treorchy, Rhondda, CF42 6PN. 01443 432874 (HQ) 01443 776776(HQ fax)
Trimsaran	David Stuart Jones, 62 Trilwm, Trimsaran, Carmarthenshire, SA17 4AW 01554 810773 (h) 01554 712251 (b) email: laurajonesd@aol.com emerald/black: blue/white. 40 Heol Llanelli, Trimsaran, Carms, SA17 4AG. 01554 810270 (HQ)
Trinant	Mark Dixon, 7 Thorne Avenue, Newbridge, Gwent, NP11 4EP. Tel: 01495 249484 (h) 07539 079103 (m) Email: mwdixon1@hotmail.com green/black. Trinant Sports & Social Club, Conway Road, Trinant, NP11 3JP. 07790 352981and 01495 321341 (HQ)
Tumble	Mr Phil Hewitt, 27 Troed y Bryn, Upper Tumble, Llanelli, Carmarthenshire SA14 6BP. 01269 844662 (h) 07767 801186 (m) Black/white. 6 Heol y Neuadd, Tumble, Llanelli, Carmarthenshire, SA14 6EL
Tycroes	Mr Meirion Powell, Chairman, Cae Gelli, Tycroes, Ammanford, Carmarthenshire, SA18 3NY. Email: Meirionpowell@hotmail.co.uk black : red. Cae Gelli, Penygarn Road, Tycroes, Ammanford, SA18 3NY. 01269 592673 (HQ)
Tylorstown	Lionel Langford, 1 Heol y Twyn, Wattstown, Rhondda, CF39 0PS 01443 730649 (h/f) 07775 126479 m) Black/amber: Red. Penrhys Uchaf, Tylorstown, Rhondda, CF43 3PN. 01443 730632/755224 (HQ) 01443 730649 (fax)
UWIC	M J Wall, Ty Gwyn, Ffrwd Road, Abersychan, Pontypool, Torfaen, NP4 8PF. 01495 773436 (h) 02920 416581 (b) 02920 417256 (f) 07950 025424 (m) mwall@uwic.ac.uk Maroon, amber and navy. Cyncoed Campus, Cyncoed Road, Cardiff, CF23 6XD. 02920 416581 (HQ) 02920 417256 (fax)
University of Wales,Newport	Dr Ray Howell, Bryn Heulog, Llanfihangel Tor- y-Mynydd, Star Hill, Gwent NP16 6NU 01600 860229 (h) 01633 432112 (b) 01633 432603 (fax) email: ray.howell@newport.ac.uk black/white/green: green. Caerleon Campus, PO Box 179, Newport, NP18 3YG 01633 43211 (HQ) 01633 432603 (HQ fax)
Usk	Mr. Brian Williams, 24 Bridge Street, Usk, Monmouthshire, NP15 1BG. Tel: 07815 312104 (m) Email: secretary@uskrfc.co.uk . Website: www.uskrfc.co.uk Black/white: red. Redshed Meadow, Llanbadoc, Monmouthshire.
Vardre	Wayne Griffiths, 173 Kingrosia Park, Clydach, Swansea, SA6 5PF 01792 842632 (h) 01269 833228 (b) Email: wgriffiths@altron.co.uk black/white: green/red. 3 High Street, Clydach, Swansea SA6 5LF 01792 845596 (HQ) 01792 846659 (fax)
Waunarlywydd	Paul Charlton, 68 Briithwen Road, Waunarlywydd, Swansea, SA5 4QT. 01792 539338 (h) 01792 796644 (w) 07976981857 (m) email: secretary@waunarlywyddrfc.org.uk black : green/black. Clubhouse, Roseland Road, Waunarlywydd, Swansea, SA5 4ST. 01792 873285 (HQ. phone/fax)

Welshpool	Barry Williams, Wylfa, Westwood Park, Welshpool, SY21 7QP Tel: 01938 553286 (h) 07891 122292 (m) email: barrywilliams779@hotmail.com blue/white :green/white. Clubhouse, Maesydre Recreation Grounds, Welshpool. 01938 553274 (HQ)
Whitland	Robert Benjamin, Raven House, St Mary Street, Whitland SA34 OPY 01994 240834 (h) 01437 776276 (b) 01646 695350 (fax) 07855 657005 (m) email: amjprint@supanet.com emerald green with white hoops. Caxton House, King Edward Street. Whitland SA34 OAA. 01994 240370 (HQ)
Wrexham	Gareth Lewis, 6 Meadowcroft, Cross Lanes, Wrexham, LL13 0UJ 01978 780863 (h) 01978 346800 (b) 07909 693827 (m) email: gareth@lewismeadowcroft.freeserve.co.uk green/red/white bands : blue. Bryn Estyn Lane, Wrexham, LL13 9TY 01978 261215 (HQ) website: www.wrufc.org.uk
Ynysddu	Sean Phillips, Whitegates, 2 Chapel View, Cwmfelinfach, Newport, Gwent, NP11 7GT. Tel: 01495 200611 (h) 07791 453919 (m) Email: mail.seanphillips@yahoo.co.uk red/black: green. High Street, Ynysddu 01495 200377 (HQ)
Ynysybwl	Clive Reed, 33 Danylan Road, Maesycod, Pontypridd, CF37 1ES 01443 650656 (h) 07854 618114 (m) email: clive.reed2557@ntlworld.com scarlet:green. Heol y Plwyf, Ynysybwl, Pontypridd, CF37 3HU. 01443 790661 (HQ)
Ystalyfera	Noir James, 33 Varteg Road, Ystalyfera, Swansea, SA9 2EJ 01639 845292 (h) 07748 207576 (m) noirjames@hotmail.co.uk black/red/Green hoops : blue/black/green. Ffordd Glandwr, Ystalyfera, West Glam, SA9 2ER 01639 843165 (HQ)
Ystradgynlais	Alun Jenkins, 96 Brecon Road, Ystradgynlais, Swansea, SA9 1HJ. 01639 843724 (h) blue/white : black/white. The Clubhouse, Ynyscedwyn Road, Ystradgynlais, SA9 1HB. 01639 842446 (HQ) 01639 842948 (fax)
Ystrad Rhondda	David Carmichael, 11 Uplands, Ystrad Rhondda, CF41 7PG 01443 433918 (h) navy blue/sky blue:red/black. William Street, Ystrad Rhondda, Mid Glamorgan. 01443 435267 (HQ)