Men 2020 (Page 1)					
Apr					
18	Sat			Opening Day	
21	Tue	ALN	A	St Fagans	02:30
22	Wed	MWL	H	Whitchurch Hosp	06:00
25	Sat	PG1	H	Pentyrch	02:30
28	Tue	ALN	H	Penarth	02:30
29	Wed	MWL	A	Whitchurch	06:00
May					
2	Sat	WBA	A	Whitchurch Hosp	02:30
5	Tue	ALN	A	Whitchurch Hosp	02:30
6	Wed	MWL	H	St Fagans	06:00
9	Sat	WBA	H	Ystrad Mynach	02:30
12	Tue	ALN			02:30
13	Wed	MWL	A	Rhiwbina	06:00
16	Sat	WBA	A	Cardiff Athletic	02:30
19	Tue	ALN	H	Whitchurch	02:30
20	Wed	MWL	H	Penylan	06:00
23	Sat	FR	H	Firbank	02:30
26	Tue	ALN	H	Windsor	02:30
27	Wed	MWL	A	Pentyrch	06:00
30	Sat	WBA	H	Rumney	02:30

Men 2020 (Page 2)					
Jun					
2	Tue	ALN	H	Cardiff Athletic	02:30
3	Wed	MWL	H	Taffs Well	06:00
6	Sat	PG1	H	Guest Memorial	02:30
7	Sun		H	**Joe Carpanini**	TBA
9	Tue	ALN	H	Rumney	02:30
10	Wed	MWL	A	Cardiff Athletic	06:00
13	Sat				02:30
16	Tue	ALN	A	Cardiff Athletic	02:30
17	Wed	MWL	A	Cardiff Sophia	06:00
20	Sat	PG1	H	St Josephs	02:30
23	Tue	ALN	H	Rhiwbina	02:30
24	Wed	MWL	A	Whitchurch Hosp	06:00
27	Sat	PG1	A	Penarth	02:30
30	Tue	ALN	H	Penylan	02:30
Jul					
1	Wed	MWL	A	Whitchurch	06:00
4	Sat	PG1	A	Sully Sports	02:30
5	Sun		H	**John Lloyd**	TBA
7	Tue	ALN	H	St Fagans	02:30
8	Wed	MWL	A	St Fagans	06:00
11	Sat	PG1	A	St Josephs	02:30

Men 2020 (Page 3)					
Jul					
14	Tue	ALN	A	Penarth	02:30
15	Wed	MWL	H	Rhiwbina	06:00
18	Sat	PG1	H	Troedyrhiw	02:30
21	Tue	ALN	H	Whitchurch Hosp	02:30
22	Wed	MWL	A	Penylan	06:00
25	Sat	PG1	A	Cowbridge	02:30
28	Tue	ALN	A	Rumney	02:30
29	Wed	MWL	H	Pentyrch	06:00
Aug					
1	Sat	PG1	A	Pentyrch	02:30
2	Sun		H	**Vic George**	TBA
4	Tue	ALN	A	Whitchurch	02:30
5	Wed	MWL	A	Taffs Well	06:00
8	Sat	PG1	A	Guest Memorial	02:30
11	Tue	ALN	A	Windsor	02:30
12	Wed	MWL	H	Cardiff Athletic	06:00
15	Sat	PG1	H	Sully Sports	02:30
18	Tue	ALN	H	Pontyclun	02:30
19	Wed	MWL	A	Cardiff Sophia	06:00
22	Sat	PG1	A	Troedyrhiw	02:30
25	Tue	ALN			02:30

Men 2020 (Page 4)					
Aug					
26	Wed	MWL			06:00
29	Sat	PG1			02:30
Sep					
1	Tue	ALN	A	Rhiwbina	02:30
2	Wed	MWL			05:30
5	Sat	PG1	H	Cowbridge	02:30
8	Tue	ALN	A	Penylan	02:30
9	Wed	MWL			05:30
12	Sat		H	Finals Weekend	TBA
13	Sun		H	Finals Weekend	TBA
15	Tue	ALN	A	Murch	02:30
16	Wed	FR	H	Fairoak	05:30
19	Sat	PG1	A	Cardiff Athletic	02:30
22	Tue	ALN	A	Pontyclun	02:30
23	Wed	MWL			05:30
26	Sat		H	Captains Day	

Ladies 2020 (Page 1)					
Apr					
18	Sat		H	Opening Day	02:30
24	Fri	TWI	A	Murch	02:30
May					
5	Tue	EVE	H	Rectory Road	06:00
12	Tue	EVE	A	Penarth Windsor	06:00
14	Thu	AFT	H	Pengelli	02:30
18	Mon	EVE	H	Penylan	06:00
21	Thu	AFT	A	Rectory Road	02:30
26	Tue	EVE	A	Rumney Gardens	06:00
28	Thu			BYE	
Jun					
1	Mon	EVE	H	Roath Park	06:00
4	Thu	AFT	H	Pencoed	02:30
7	Sun		H	**Joe Carpanini**	TBA
8	Mon			BYE	
11	Thu			INTERNATIONAL	
16	Tue	EVE	A	Murch	06:00
18	Thu	AFT	A	Rumney Gardens	02:30
23	Tue	EVE	A	Rectory Road	06:00
25	Thu	AFT	H	Cowbridge	02:30
29	Mon	EVE	H	Penarth Windsor	06:00

Ladies 2020 (Page 2)					
Jul					
2	Thu	AFT	A	Roath Park	02:30
5	Sun		H	**John Lloyd**	TBA
6	Mon	EVE	A	Penylan	06:00
9	Thu	AFT	H	Penylan	02:30
13	Mon	EVE	H	Rumney Gardens	06:00
16	Thu	AFT	A	Penarth Windsor	02:30
21	Tue	EVE	A	Roath Park	06:00
23	Thu	AFT	H	Millwood	02:30
27	Mon			BYE	
28	Tue	TWI	A	Pentyrch	05:30
30	Thu	AFT	A	Murch	02:30
Aug					
2	Sun		H	**Vic George**	TBA
3	Mon	EVE	H	Murch	06:00
6	Thu	AFT	A	Caerphilly	02:30
10	Mon	TWI	H	Penylan	06:00
13	Thu	AFT	H	Llantwit Major	02:30
17	Mon	TWI	H	Rectory Road	05:30
24	Mon	TWI	H	St Fagans	05:30

Ladies 2020 (Page 3)					
Sep					
12	Sat		H	Finals Weekend	
13	Sun		H	Finals Weekend	
26	Sat		H	Captains Day	

Ladies 2020 (Page 4)					