

Cardiff Rugby Region

Cardiff Chiefs

Location: Llandaff RFC, CF5 2AZ

Training Day/Time: Sundays 11:00 – 12:30 (If no fixture)

Contact: Richard Rawlings | 07854095159 | rawlingsrichard@hotmail.com or Adrian Davies | 07977561144 | coch@btinternet.com

Dragons Region

Dragons Allstars (Mens & Womens)

Location: Risca RFC or Rodney Parade

Training Day/Time: Wednesday 19:15 – 20:30

Contact: Karen Burgess | 07939154187 | karen.burgess@dragonsrfc.wales

Facebook: Dragons A L L S T A R S

X: @DRA_ALLSTARS

North Wales Region

Colwyn Bay Stingrays

Location: Colwyn Bay RFC, LL28 4SW

Training: Every other Saturday (if no fixture) 10:30 – 12:00

Contact: Daf curry | Daf.curry@outlook.com | 07486431201

FB: Colwyn Bay Stingrays

X: @StingraysMAR

Newtown Dragons

Location: Newtown RFC, SY16 3AF

Training Day/Time: Wednesday 18:00 – 19:00

Contact: Sam Bayes | 07928437415 | sambayes126@gmail.com

X: @DragonsNewtown

Llewod y Bont

Location: Clwb Rygbi Porthaethwy, LL59 5EA

Training Day/Time: Second Sunday of the month (if no fixture) 11:00

Contact: Andy Hails | 07824697719 | hails4iron@aol.com

Ospreys Region

Swansea Gladiators RFC (Mens & Womens)

Location: Swansea Uplands RFC, SA2 7HP

Training Day/Time: Thursday 18:45 – 20:15

Contact: Matt Gemine | 07905603531 | m.gemine83@gmail.com

Instagram: Swanseagladiators

X: @swanseaglads

Facebook: Swansea Gladiators RFC

Port Talbot Panthers

Location: Aberavon Green stars, SA12 6BS

Training Day/Time: Thursday 18:30

Contact: Andrew Harris | 07792206017

Facebook: Port Talbot Panthers

Scarlets Rugby Region

Llanelli Warriors (Mens & Womens)

Location: Llanelli Wanderers RFC | SA15 3EF

Training Day/Time: Wednesday 18:00 – 20:00 and Sunday 14:00 – 16:00 (if no fixture).

Contact: Gwilym Lewis | 07837994901 or Jamie Evans | 07531725655

| llanelli.warriors95@gmail.com

X: @gwilwarriors

Facebook: Llanelliwarriors

Pembrokeshire Vikings (Mens & Womens)

Location ; Milford Haven Rugby Club, SA73 3ES

Training Day/Time: Fridays 18:45 – 20:00

Contact ; Simon Gardiner | 07581346832 or Andrew Meddings | 07580983069 or Steff Gibbs | 07733327678 | info@pembrokeshirevikings.co.uk

Website www.pembrokeshirevikings.co.uk

X: @PembrokeshireV

Instagram: pembrokeshirevikings

Facebook: Pembrokeshire Vikings