

Cardiff Rugby Region

Cardiff Chiefs

Location: Llandaff RFC | CF5 2AZ

Training Day/Time: Every Sunday (If no fixture) | 11:00-12:30

Contact: Wayne Boxall | 07843381345 | wayneboxall@googlemail.com

Twitter: @CardiffChiefsRU

Dragons Region

Dragons All Stars

Location: Risca RFC | NP11 6BY

Training Day/Time: Every Wednesday | 19:30-20:30

Contact: Karen Burgess | 07939154187 | Karen.burgess@dragonsrugby.wales

Twitter: @DragAllStars

North Wales Region

Colwyn Bay Stingrays

Location: Colwyn Bay RFC | LL28 4SW

Training Day/Time: One Saturday a month | 10:30-12:00

Contact: Daf Curry | 07919003646 | Daf.curry@outlook.com

Twitter: @StingraysMAR

Llewod Y Bont

Location: Menai Bridge RFC | LL59 5EA

Training Day/Time: Second Sunday of every month | 11:00-12:30

Contact: Andy Hails | hails4iron@aol.com

Twitter: @CRPorthaethwy

Newtown Dragons

Location: Newtown RFC | SY16 3AF

Training Day/Time: Every other Tuesday | 18:00-19:00

Contact: Gareth Kelly | garethk@brynllwarch.powys.sch.uk

Twitter: @DragonsNewtown

Ospreys Region

Swansea Gladiators

Location: Swansea Uplands RFC | SA2 7HP

Training Day/Time: Every Thursday | 18:30-20:30

Contact: Matthew Gemine | m.gemine83@gmail.com

Twitter: @SwanseaGlads

Port Talbot Panthers

Location: Aberavon Greenstars | SA12 6BS

Training Day/Time: Every Wednesday | 18:30-19:30

Contact: Andrew John Harris | ptpanthersrfc@outlook.com

Twitter: @PTPantherss

Scarlets Region**Llanelli Warriors**

Location: Burry Port RFC | SA16 0RT

Training Day/Time: Every Sunday (If no fixture) | 15:00-17:00

Contact: Gwilym Lewis | 07837 994901 | Llanelli.warriors95@gmail.com

Twitter: @GwilWarriors

Pembrokeshire Vikings

Location: Milford Haven RFC | SA73 3QT

Training Day/Time: Every Friday | 18:45-20:00

Contact: Andrew Meddings | 07580983069 | info@pembrokeshirevikings.co.uk

Twitter: @PembrokeshireV