



WRU LEAGUE STRUCTURE 2023-24

INDIGO PREMIERSHIP

PREMIERSHIP
Cardiff
Llandoverly
Merthyr
Newport
Ebbw Vale
Aberavon
RGC
Bridgend
Cardiff Quins
Swansea
Pontypridd
Pontypool
Neath



ADMIRAL CHAMPIONSHIP

CHAMPIONSHIP EAST	CHAMPIONSHIP WEST
Bargoed	Narberth
Ystrad Rhondda	Maesteg Harlequins
Cardiff Met	Ystalyfera
Cross Keys	Trebanos
Bedwas	Tata Steel
Beddau	Bonymaen
Glamorgan Wanderers	Dunvant
Newbridge	Ammanford
Penallta	Llangennech
Rumney	Crymych
St. Peters	Newcastle Emlyn
Treorchy	Brecon



ADMIRAL LEAGUE 1

1 EAST	1 EAST CENTRAL	1 WEST CENTRAL	1 WEST	1 NORTH
Brynmawr	Rhydyfelin	Kenfig Hill	Gorseinon	Nant Conwy
Bedlinog	Mountain Ash	Skewen	Gowerton	Pwllheli
Blaenavon	Cambrian Welfare	Waunarlwydd	Aberystwyth	Ruthin
Nelson	St. Josephs	Glynneath	Felinfoel	Caernarfon
Pontypool United	Barry	Birchgrove	Llanelli Wanderers	Llandudno
Dowlais	Ynysybwl	Tondu	Yr Hendy	COBRA
Monmouth	Porth Harlequins	Bridgend Athletic	Penclawdd	Llangefni
Senghennydd	Rhiwbina	Nantyllyn	Whitland	Bala
Risca	Abercynon	Brynamman	Pontarddulais	Bethesda
Talywain	Abercwmboi	Builth Wells	Kidwelly	Dolgellau
Abergavenny	Aberdare	Morrison	Burry Port	Wrexham
Ynysddu		Ystradgynlais		Mold

ADMIRAL LEAGUE 2

2 EAST	2 EAST CENTRAL	2 WEST CENTRAL	2 WEST	2 NORTH
NHSOB	Caerphilly	Aberavon Quins	Nantgaredig	Bro Ffestiniog
Pill Harriers	Cilfynydd	Heol Y Cyw	Mumbles	Ruthin 2nd XV
Cwmbran	Llanishen	Pencoed	Cardiff Athletic	Colwyn Bay
Caldicot	Cowbridge	Portcawl	Tenby United	Nant Conwy 2nd XV
Blackwood	Treharris	Resolven	Loughor	Rhyl and District
Croesyceiliog	Llantwit Fardre	Maesteg Celtic	Fishguard & Goodwick	Abergele
Caerleon	Llantrisant	Bridgend Sports	Ty Croes	Welshpool
Oakdale	Taffs Well	Pyle	Milford Haven	Bangor
Abertillery	Gilfach Goch	Swansea Uplands	Pontyberem	Newtown
Usk	Penarth	Aberavon Green Stars	Lampeter Town	Shotton Steel
Garndiffaith	Llanharan	Vardre	St. Clears	Denbigh
	Pentyrch		Amman United	Mold

ADMIRAL LEAGUE 3

3 EAST	3 EAST CENTRAL	3 WEST CENTRAL	3 WEST A	3 WEST B	3 NORTH EAST	3 NORTH WEST
Rhymney	St. Albans	Abercrave	Laugharne	Trimsaran	Mold 2nd XV	Menai Bridge
Abercarn	Fairwater	Nantymoel	Aberaeron	Penygroes	Wrexham 2nd XV	Caernarfon 2nd XV
Abertyswg	Pontyclun	Cwmavon	Haverfordwest	Cefneithin	Flint RFC	Pwllheli 2nd XV
Machen	CRCC	Bryncoch	Neyland	New Dock Stars	Bro Gwynant	Porthmadog
Blaina	Canton	Tonmawr	Cardigan	Furnace United	COBRA 2nd XV	Llangefni 2nd XV
RTB	Penygraig	Baglan	St. Davids	Turnble	Bala 2nd XV	Bethesda 2nd XV
Llanhilleth	Cardiff Quins	Taibach	Pembroke Dock Quins	Llandeilo	Rhoslanerchrugog	Llandudno 2nd XV
Nantyllyn	Tylorstown	Cwmgors	Llangwm	Llangadog	Denbigh 2nd XV	Holyhead
Chepstow	Old Iltydians	Cwmllynfell	Llanbydder	Llandybïe	Llanidloes	Rhyl and District 2nd XV
Fleur De Lys	Llandaff	Bryncethin	Pembroke	Betws	Machynlleth	Colwyn Bay 2nd XV
	Wattstown	Neath Athletic		Bynea		Dolgellau 2nd XV
	Treherbert	Cefn Cribbwr		Tregaron		

ADMIRAL LEAGUE 4

4 EAST	4 EAST CENTRAL	4 WEST CENTRAL
Whiteheads	Llantwit Major	Maesteg
Newport Saracens	Caerau Ely	Briton Ferry
New Panteg	Tonyrefail	Crynant
Bedwellty	Ynysowen	Glais
St. Julians	Cefn Coed	Alltwen
Hafodyrynys	Gwernyfed	Pontrhydyfen
New Tredegar	Llandaff North	Glynconrwg
Blackwood Stars	Old Penarthians	Tonna
Bettws	Ferndale	South Gower
Crumlin	Pontycymer	Pontardawe
Crickhowell	Brackla	

ADMIRAL LEAGUE 5

5 EAST	5 EAST CENTRAL	5 WEST CENTRAL
Hollybush	Cardiff Saracens	Seven Sisters
Pontllanfraith	Hirwaun	Rhigos
Beaufort	Llandrindod Wells	Banwen
Brynithel	CIACS	Cwmwrcwrch
Forgeside	Sully View	Fall Bay
Abersychan	Whitchurch	Cwmgwrach
West Mon	Ogmore Vale	Pontyates
	Tref Y Clawdd	Penybanc
	Dinas Powys	Pantylfynnon
		Penlan

ADMIRAL LEAGUE 6

6 EAST
Magor
Trefil
Hartridge
Girling
Old Tyleryan
Cwmcarn United
Tredegar Ironsides
Trinant
Deri