



ADMIRAL MEN'S NATIONAL LEAGUE STRUCTURE

2026-27

PREMIERSHIP

PREMIERSHIP
Bargoed RFC
Beddau RFC
Bedwas RFC
Bonymaen RFC
Cross Keys RFC
Llanelli Wanderers RFC
Llangennech RFC
Merthyr RFC
Narberth RFC
Neath RFC
Newbridge RFC
Pontypridd RFC
Ystrad Rhondda RFC

CHAMPIONSHIP

CHAMPIONSHIP EAST	CHAMPIONSHIP WEST
Aberdare RFC	Abercrave RFC
Blaina RFC	Aberystwyth RFC
Bridgend Athletic RFC	Ammanford RFC
Cardiff Met RFC	Brecon RFC
Glamorgan Wanderers RFC	Burry Port RFC
Llanharan RFC	Dunvant RFC
Mountain Ash RFC	Glynneath RFC
Penallta RFC	Gowerton RFC
Rumney RFC	Kenfig Hill RFC
St. Josephs RFC	Newcastle Emlyn RFC
St. Peters RFC	Tata Steel RFC
Talywain RFC	Tondu RFC
Treorchy RFC	Trebanos RFC

DIVISION 1

1 EAST	1 EAST CENTRAL	1 WEST CENTRAL	1 WEST	1 NORTH
Abercarn RFC	Abercwmboi RFC	Aberavon Green Stars RFC	Aberaeron RFC	Bala RFC
Abertillery Blaenau Gwent RFC	Abercynon RFC	Aberavon Harlequins RFC	Cardmarthen Athletic RFC	Bethesda RFC
Bedlinog RFC	Caerphilly RFC	Builth Wells RFC	Crymych RFC	Caernarfon RFC
Blackwood RFC	Cambrian Welfare RFC	Heol y Cyw RFC	Felinfoel RFC	Clwb Rygbi Rhuthun
Brynmawr RFC	Clwb Rygbi Cymry Caerdydd RFC	Nantyyffyllon RFC	Gorseinon RFC	COBRA
Monmouth RFC	Dowlais RFC	Neath Athletic RFC	Lampeter Town RFC	Llandudno RFC
Nelson RFC	Llanishen RFC	Skewen RFC	St. Clears RFC	Llangefni RFC
Newport HSOB RFC	Penarth RFC	Waunarlwydd RFC	Swansea Uplands RFC	Mold RFC
Rhymney RFC	St. Albans RFC	Ystalyfera RFC	Tenby United RFC	Nant Conwy RFC
Ynysddu RFC	Wattstown RFC	Ystradgynlais RFC	Yr Hendy RFC	Newtown RFC
				Pwllheli RFC
				Wrexham RFC

DIVISION 2

2 EAST	2 EAST CENTRAL	2 WEST CENTRAL	2 WEST	2 NORTH
Abergavenny RFC	Barry RFC	Brynamman RFC	Fishguard and Goodwick RFC	Abergele RFC
Caldicot RFC	Cardiff Quins RFC	Bryncoch RFC	Haverfordwest RFC	Bangor RFC
Croesyceiliog RFC	Cowbridge RFC	Cwmavon RFC	Kidwelly RFC	Bro Ffestiniog RFC
Cwmbran RFC	Llandaff RFC	Maesteg Harlequins RFC	Laugharne RFC	Colwyn Bay RFC
Gwernyfed RFC	Llantrisant RFC	Morriston RFC	Loughor RFC	Dolgellau RFC
Nantyglo RFC	Llantwit Fardre RFC	Mumbles RFC	Nantgaredig RFC	Machynlleth RFC
Newport Saracens RFC	Pentyrch RFC	Pencoed RFC	New Dock Stars RFC	Nant Conwy RFC Athletic
Pill Harriers RFC	Porth Harlequins RFC	Porthcawl RFC	Penclawdd RFC	Rhyl and District RFC
Pontypool United RFC	Rhydyfelin RFC	South Gower RFC	Pontarddulais RFC	Welshpool RFC
Usk RFC	Ynysybwl RFC	Varдре RFC	Tycroes RFC	Wrexham RFC Athletic

DIVISION 3

3 EAST	3 EAST CENTRAL	3 WEST CENTRAL	3 WEST	3 NORTH EAST	3 NORTH WEST
Caerleon RFC	Cilfynydd RFC	Birchgrove RFC	Amman United RFC	Clwb Rygbi Bro Gwernant	Bala RFC Athletic
Chepstow RFC	Dinas Powys RFC	Bonymaen RFC Athletic	Cardigan RFC	Clwb Rygbi Rhuthun Athletic	Bethesda RFC Athletic
Deri RFC	Fairwater RFC	Bryncethin RFC	Llandeilo RFC	COBRA Athletic	Caernarfon RFC Athletic
Fleur de Lys RFC	Ferndale RFC	Maesteg Celtic RFC	Llangadog RFC	Denbigh (Dinbych) RFC	Colwyn Bay RFC Athletic
Garndiffaith RFC	Llantwit Major RFC	Maesteg RFC	Milford Haven RFC	Flint RFC	Llangefni RFC Athletic
Machen RFC	Penygraig RFC	Resolven RFC	Neyland RFC	Llanidloes RFC	Menai Bridge RFC
New Panteg RFC	Pontyclun RFC	Rhigos RFC	Pontyberem RFC	Mold RFC Athletic	Porthmadog RFC
RTB (Ebbw Vale) RFC	Rhiwbina RFC	Seven Sisters RFC	Trimsaran RFC	Newtown RFC Athletic	Pwllheli RFC Athletic
Senghenydd RFC	Taffs Well RFC	Tonmawr RFC	Tumble RFC	Rhoslanerchrugog RFC	Rhyl and District RFC Athletic
Whiteheads RFC	Tylorstown RFC	Tonna RFC	Whitland RFC	Shotton Steel RFC	

DIVISION 4

4 EAST	4 EAST CENTRAL	4 WEST CENTRAL	4 WEST A	4 WEST B
Bargoed RFC Athletic	Brecon RFC Athletic	Baglan RFC	Aberystwyth RFC Athletic	Betws RFC
Bedwelty RFC	Canton RFC	Banwen RFC	Crymych RFC Athletic	Bynea RFC
Blackwood Stars RFC	Cardiff Met RFC Athletic	Briton Ferry RFC	Llangwm RFC	Cefneithin RFC
Crickhowell RFC	Gilfach Goch RFC	Cefn Cribbwr RFC	Llanybydder RFC	Fall Bay RFC
Crumlin RFC	Ogmore Vale RFC	Crynant RFC	Narberth RFC Athletic	Furnace United RFC
Llanhilleth RFC	Old Iltydians RFC	Cwmgors RFC	Newcastle Emlyn RFC Athletic	Llandybie RFC
Oakdale RFC	Pontycymer RFC	Cwmgwrach RFC	Pembroke Dock Harlequins RFC	Pantyffynon RFC
Pontllanfraith RFC	Tonyrefail RFC	Nantymoel RFC	Pembroke RFC	Penybanc RFC
Risca RFC	Treharris RFC	Penlan RFC	St. Davids RFC	Pontyates RFC
Tredegar Ironsides RFC	Ynysybwl RFC	Pontardawe RFC	Tenby United RFC Athletic	Tregaron RFC

DIVISION 5

5 EAST	5 EAST CENTRAL	5 WEST CENTRAL
Abersychan Alexanders RFC	Beddau RFC Athletic	Bridgend Sports Club RFC
Abertysswg Falcons RFC	Brackla RFC	Burry Port RFC Athletic
Bettws RFC	Caerau Ely RFC	Cwmlynfell RFC
Brynithel RFC	Cefn Coed RFC	Cwmtwrch RFC
Hafodyrynys RFC	Glyncoch RFC	Dunvant RFC Athletic
Hollybush RFC	Llandaff North RFC	Glais RFC
New Tredegar RFC	Llandrindod Wells RFC	Glyncorrwg RFC
Penallta RFC Athletic	Old Penarthians RFC	Pontrhydyfen RFC
St Julians HSOB RFC	Tondu RFC Athletic	Pyle RFC
Trinant RFC	Tref-Y-Clawdd RFC	Taibach RFC

DIVISION 6

6 EAST	6 WEST CENTRAL
Beaufort RFC	Bridgend Athletic RFC 2nd XV
Blaenavon RFC	Cardiff Saracens RFC
Cwmcarn United RFC	CRCC RFC Athletic
Forgeside RFC	Kenfig Hill RFC Atheltic
Girling RFC	Llanrumney RFC
Hartridge RFC	Rumney RFC Athletic
Hirwaun RFC	St Peters RFC Athletic
Magor RFC	Sully Sports RFC
Old Tyleryan RFC	Treherbert RFC
	Whitchurch RFC