

Session 1									
	8	7	6	5	4	3	2	1	
S1	Cardiff	Cardiff	Newport	Rhondda Caerphilly Nofio	Bridgend CSS	Bridgend CSS Ledbury Chepstow Merthyr	Cwmbrian Southwold	HOVY Abertillery	Each Warmup session lasts 15 mins
S2	Cardiff	Nexus Cardiff	Newport	Newport	Bridgend CSS	Nexus	Southwold	HOVY	Each Warmup session lasts 15 mins
S3	Cardiff	Cardiff	Cardiff	Newport	Bridgend CSS	Nexus	Cwmbrian	Ledbury	Each Warmup session lasts 15 mins
S4	Cardiff	Cardiff	Cardiff	Newport	Rhondda	Caerphilly	Chepstow Merthyr	Abertillery	Each Warmup session lasts 15 mins
	8	7	6	5	4	3	2	1	
S1	10	10	10	3 4 1	10	2 2 2 2	8	7 2	
S2	10	7 4	9	10	7	7	9	8	
S3	10	10	10	10	7	8	6	6	
S4	10	10	7	9	11	9	4 4	6	

Session 2									
	8	7	6	5	4	3	2	1	
S1	Cardiff	Cardiff	Newport	Rhondda Caerphilly Nofio	Bridgend CSS	Ledbury Chepstow Merthyr	Cwmbrian Southwold	HOVY Abertillery	Each Warmup session lasts 15 mins
S2	Cardiff	Cardiff	Newport	Newport	Bridgend CSS	Nexus	Southwold	HOVY	Each Warmup session lasts 15 mins
S3	Cardiff	Cardiff	Newport	Newport	Rhondda	Nexus	Cwmbrian	Ledbury	Each Warmup session lasts 15 mins
S4	Cardiff	Cardiff		Newport		Caerphilly	Chepstow Merthyr	Abertillery	Each Warmup session lasts 15 mins
	8	7	6	5	4	3	2	1	
S1	9	9	7	3 4 1	9	2 2 2	3 4	6 1	
S2	9	8	7	7	8	5	6	9	
S3	9	9	7	7	7	8	4	7	
S4	9	9		8		5	2 2	4	

Session 3									
	8	7	6	5	4	3	2	1	
S1	Cardiff	Cardiff	Newport	Ledbury	Bridgend CSS	Caerphilly	Cwmbrian	HOVY	Each Warmup session lasts 15 mins
S2	Cardiff	Cardiff	Newport	Southwold	Rhondda	Nexus	Cwmbrian	Abertillery	Each Warmup session lasts 15 mins
S3	Cardiff	Cardiff	Newport	Merthyr	Chepstow	Ledbury Merthyr	Cwmbrian Rhondda Caerphilly	HOVY Abertillery	Each Warmup session lasts 15 mins
S4	Cardiff	Cardiff	Newport	Southwold Nofio	Bridgend CSS	Nexus			Each Warmup session lasts 15 mins
	8	7	6	5	4	3	2	1	
S1	9	9	9	9	4	7	5	8	
S2	9	9	9	8	10	9	6	4	
S3	10	9	7	3	4	2 2	1 2 3	4 1	
S4	7	9	6	2 1	8	6			

Session 4									
	8	7	6	5	4	3	2	1	
S1	Cardiff	Cardiff	Newport	Rhondda BSCY	Bridgend CSS	Nexus	Cwmbrian	HOVY Abertillery	Each Warmup session lasts 15 mins
S2	Cardiff	Cardiff	Newport	Caerphilly	Bridgend CSS	Nexus	Southwold	HOVY Abertillery	Each Warmup session lasts 15 mins
S3	Cardiff	Cardiff	Newport	Newport	Bridgend CSS Nexus	Merthyr Chepstow	Ledbury	Abertillery Cwmbrian	Each Warmup session lasts 15 mins
S4	Cardiff	Cardiff	Cardiff	Newport	Ledbury Rhondda	Chepstow Monnow Merthyr	Southwold Caerphilly	HOVY	Each Warmup session lasts 15 mins
	8	7	6	5	4	3	2	1	
S1	10	10	10	8 1	7	7	11	7 3	
S2	10	10	10	10	7	6	11	6 3	
S3	9	10	9	9	5 5	6 5	10	3 3	
S4	10	10	10	9	4 4	1 3	5 5	9	

Session 5									
	8	7	6	5	4	3	2	1	
S1	Cardiff	Cardiff	Newport	Bridgend CSS	Southwold	Nexus	Caerphilly Merthyr	HOVY	Each Warmup session lasts 15 mins
S2	Cardiff	Cardiff	Newport	Bridgend CSS	Southwold Bridgend CSS	Nexus Rhondda	Cwmbrian Chepstow	HOVY Abertillery	Each Warmup session lasts 15 mins
S3	Cardiff	Cardiff	Newport	Newport	Ledbury Severn triton	Nexus Caerphilly	Cwmbrian	HOVY Abertillery	Each Warmup session lasts 15 mins
S4	Cardiff	Cardiff	Cardiff	Newport	Newport	Bridgend CSS Southwold	Rhondda Ledbury Merthyr	Cwmbrian Chepstow	Each Warmup session lasts 15 mins
	8	7	6	5	4	3	2	1	
S1	10	11	8	9	6	10	8	10	
S2	10	10	8	4	5 1	5 6	4 3	3 7	
S3	10	10	8	5	8 1	2 4	8	5 3	
S4	8	8	6	8	8	2 3	4 3 2	2 1	

Session 6									
	8	7	6	5	4	3	2	1	
S1	Cardiff	Cardiff	Cardiff	Newport	Bridgend CSS	Southwold Caerphilly	Rhondda Merthyr	HOVY	Each Warmup session lasts 15 mins
S2	Cardiff	Cardiff	Chepstow Merthyr SevernT	Newport	Nexus	Rhondda Caerphilly	Cwmbrian Ledbury Monnow	Abertillery	Each Warmup session lasts 15 mins
S3	Cardiff	Cardiff	Cardiff	Newport	Bridgend CSS	Southwold	Cwmbrian	HOVY	Each Warmup session lasts 15 mins
S4	Cardiff	Cardiff	Cardiff	Newport	Nexus	Ledbury	Cwmbrian	Abertillery	Each Warmup session lasts 15 mins
	8	7	6	5	4	3	2	1	
S1	7	7	6	8	6	4 2	3 1	4	
S2	6	6	2 1 1	8	5	4 2	2 1	3	
S3	8	7	6	5	7	7	6	4	
S4	8	8	8	5	7	7	5	4	