

2009

Date		Home		Away	Time	Comment
October	3	Cheltenham Cougars	10 v 0	Penarth	2:00pm	West1
	10	Penarth	7 v 7	Portsmouth Univ.	2:00pm	West1
	17	Bristol Bombers	11 v 3	Penarth	2:00pm	West1
	31	Penarth	7 v 9	Swansea Hawks	2:00pm	West1
November	14	Penarth	P v P	Cardiff Harlequins	2:00pm	West1
	21	Exeter Univ.	P v P	Penarth	2:00pm	West1
	28	Croydon	10 v 0	Penarth	2:00pm	Int Flags R1
December	5	Warwick Univ.	P v P	Penarth	2:00pm	West1
	12	Penarth	7 v 9	Southampton City	2:00pm	West1

2010

Date		Home		Away	Time	Comment
January	9	Penarth	P v P	Cheltenham Cougars	2:00pm	West1
	16	Portsmouth Univ.	P v P	Penarth	2:00pm	West1
	23	Penarth	P v P	Cheltenham Cougars	2:00pm	West1

	30	Penarth	2 v 5	Bristol Bombers	2:00pm	West1
February	6	Swansea Hawks	13 v 4	Penarth	2:00pm	West1
	13	Cardiff Harlequins	P v P	Penarth	2:00pm	West1
	21	Portsmouth Univ.	P v P	Penarth	2:00pm	West1
	27	Cardiff Harlequins	16 v 3	Penarth	2:00pm	West1
March	6	Penarth	4 v 7	Exeter Univ.	2:00pm	West1
	7	Penarth	10 v 0	Cheltenham Cougars	2:00pm	West1
	13	Portsmouth Univ.	P v P	Penarth	2:00pm	West1
		Warwick Univ.	P v P	Penarth	2:00pm	West1
	20	Penarth	19 v 4	Warwick Univ.	2:00pm	West1
	27	Southampton City	12 v 3	Penarth	2:00pm	West1