

Ladies Pools

| Ladies Pool 1/6 | Ladies Pool 2 | Ladies Pool 3 | Ladies Pool 4 |
|-----------------------|------------------------|-------------------|------------------------|
| Hampstead Ladies RFC1 | Oban Lorne | Shelford Peacocks | Furies |
| Fresh Meat | Hampstead Ladies RFC2 | Pencoed Phoenix | Wrinkleys |
| Swans 2 | CQP Belters | CQP Queens | Swans 1 |
| Blackheath Bengals ^ | Romford Ravens1 | Romford Ravens 2 | New Ash Green Ladies ^ |
| Withdrawn | Blackheath Siberians ^ | El Toro Ladies | Ponent Ladies |

Men's Pools

| Men's Pool 1 | Men's Pool 2 | Men's Pool 3 | Men's Pool 4 |
|--------------------|-------------------|----------------------|------------------------|
| Paggers Pirates | Cruisers ^ | Shoreham Sharks ^ | Bruceopton |
| Wigtownshire RFC ^ | Brokeback Cowboys | Spartan Naked Pandas | Cuttlefish Crusaders ^ |
| Stag 7's | Dartford Valley 2 | Burst Baw Bags ^ | Marple RUFC |
| OPM Jesters | Barefoot Bandits | Vanimals RFC | Blades ^ |
| Bahia | Mosborough Bulls | Mosborough Steers | Belgrave Sultans |
| Shoreham Sharks 2 | | | |

| Men's Pool 5A | Men's Pool 5B | Men's Pool 6 |
|-----------------|-------------------|-------------------|
| Hull all Blacks | Hafodyrynys RFC | Heol y cyw RFC |
| Ogmore Vale RFC | Half Pint Heroes | Brokeback Babies |
| Horus 7's ^ | OPM's | Dartford Valley 1 |
| Bandits ^ | Brigands ^ | Bronze Ballers |
| Secret Saracens | Bremen Barbarians | Buccaneers ^ |
| | | Ponent |

| | Time | Pitch 1 | Pool 1 (M) | Pool 1/6 (F) | | | |
|----|-------|-----------------------|-----------------------|--------------|--|---|--|
| 1 | 12.30 | Wigtownshire RFC ^ | Paggers Pirates | | | : | |
| 2 | 12.45 | OPM Jesters | Bahia | | | : | |
| 3 | 13.00 | Hampstead Ladies RFC1 | Blackheath Bengals ^ | | | | |
| 4 | 13.15 | Fresh Meat | Swans 2 | | | | |
| 5 | 13.30 | Stag 7's | Shoreham Sharks 2 | | | : | |
| 6 | 13.45 | Wigtownshire RFC ^ | Bahia | | | : | |
| 7 | 14.00 | Blackheath Bengals ^ | Fresh Meat | | | | |
| 8 | 14.15 | Swans 2 | Hampstead Ladies RFC1 | | | | |
| 9 | 14.30 | Stag 7's | OPM Jesters | | | : | |
| 10 | 14.45 | Shoreham Sharks 2 | Paggers Pirates | | | : | |
| 11 | 15.00 | Wigtownshire RFC ^ | Stag 7's | | | | |
| 12 | 15.15 | Paggers Pirates | Bahia | | | | |
| 13 | 15.30 | Shoreham Sharks 2 | OPM Jesters | | | : | |
| 14 | 15.45 | Bahia | Stag 7's | | | : | |
| 15 | 16.00 | OPM Jesters | Paggers Pirates | | | | |
| 16 | 16.15 | Shoreham Sharks 2 | Wigtownshire RFC ^ | | | | |
| 17 | 16.30 | Paggers Pirates | Stag 7's | | | : | |
| 18 | 16.45 | Bahia | Shoreham Sharks 2 | | | : | |
| 19 | 17.00 | OPM Jesters | Wigtownshire RFC ^ | | | : | |
| 20 | 17:15 | | | | | : | |

| | Time | Pitch 2 | Pool 2 (M) | Pool 2 (F) | | | |
|----|-------|------------------------|------------------------|------------|--|---|--|
| 1 | 12.30 | Cruisers ^ | Barefoot Bandits | | | : | |
| 2 | 12.45 | Brokeback Cowboys | Dartford Valley 2 | | | : | |
| 3 | 13.00 | Oban Lorne | Romford Ravens1 | | | | |
| 4 | 13.15 | Hampstead Ladies RFC2 | CQP Belters | | | | |
| 5 | 13.30 | Dartford Valley 2 | Cruisers ^ | | | : | |
| 6 | 13.45 | Barefoot Bandits | Mosborough Bulls | | | : | |
| 7 | 14.00 | CQP Belters | Oban Lorne | | | | |
| 8 | 14.15 | Romford Ravens1 | Blackheath Siberians ^ | | | | |
| 9 | 14.30 | Mosborough Bulls | Dartford Valley 2 | | | : | |
| 10 | 14.45 | Cruisers ^ | Brokeback Cowboys | | | : | |
| 11 | 15.00 | Blackheath Siberians ^ | CQP Belters | | | | |
| 12 | 15.15 | Oban Lorne | Hampstead Ladies RFC2 | | | | |
| 13 | 15,30 | Brokeback Cowboys | Mosborough Bulls | | | : | |
| 14 | 15.45 | Dartford Valley 2 | Barefoot Bandits | | | : | |
| 15 | 16.00 | Hampstead Ladies RFC2 | Blackheath Siberians ^ | | | | |
| 16 | 16.15 | CQP Belters | Romford Ravens1 | | | | |
| 17 | 16.30 | Barefoot Bandits | Brokeback Cowboys | | | : | |
| 18 | 16.45 | Mosborough Bulls | Cruisers ^ | | | : | |
| 19 | 17.00 | Romford Ravens1 | Hampstead Ladies RFC2 | | | : | |
| 20 | 17.15 | Blackheath Siberians ^ | Oban Lorne | | | : | |

| | Time | Pitch 3 | Pool 3 (M) | Pool 3 (F) | | | |
|----|-------|----------------------|----------------------|------------|--|---|--|
| 1 | 12.30 | Shoreham Sharks ^ | Vanimals RFC | | | : | |
| 2 | 12.45 | Spartan Naked Pandas | Burst Baw Bags ^ | | | : | |
| 3 | 13.00 | Shelford Peacocks | Romford Ravens 2 | | | | |
| 4 | 13.15 | Pencoed Phoenix | CQP Queens | | | | |
| 5 | 13.30 | Burst Baw Bags ^ | Shoreham Sharks ^ | | | : | |
| 6 | 13.45 | Vanimals RFC | Mosborough Steers | | | : | |
| 7 | 14.00 | CQP Queens | Shelford Peacocks | | | | |
| 8 | 14.15 | Romford Ravens 2 | El Toro Ladies | | | | |
| 9 | 14.30 | Mosborough Steers | Burst Baw Bags ^ | | | : | |
| 10 | 14.45 | Shoreham Sharks ^ | Spartan Naked Pandas | | | : | |
| 11 | 15.00 | El Toro Ladies | CQP Queens | | | | |
| 12 | 15.15 | Shelford Peacocks | Pencoed Phoenix | | | | |
| 13 | 15,30 | Spartan Naked Pandas | Mosborough Steers | | | : | |
| 14 | 15.45 | Burst Baw Bags ^ | Vanimals RFC | | | : | |
| 15 | 16.00 | Pencoed Phoenix | El Toro Ladies | | | | |
| 16 | 16.15 | CQP Queens | Romford Ravens 2 | | | | |
| 17 | 16.30 | Vanimals RFC | Spartan Naked Pandas | | | : | |
| 18 | 16.45 | Mosborough Steers | Shoreham Sharks ^ | | | : | |
| 19 | 17.00 | Romford Ravens 2 | Pencoed Phoenix | | | : | |
| 20 | 17.15 | El Toro Ladies | Shelford Peacocks | | | : | |

| | Time | Pitch 4 | Pool 4 (M) | Pool 4 (F) | | | |
|----|-------|------------------------|------------------------|------------|--|---|--|
| 1 | 12.30 | Bruceopton | Blades ^ | | | : | |
| 2 | 12.45 | Cuttlefish Crusaders ^ | Marple RUFC | | | : | |
| 3 | 13.00 | Furies | New Ash Green Ladies ^ | | | | |
| 4 | 13.15 | Wrinkleys | Swans 1 | | | | |
| 5 | 13.30 | Marple RUFC | Bruceopton | | | : | |
| 6 | 13.45 | Blades ^ | Belgrave Sultans | | | : | |
| 7 | 14.00 | Swans 1 | Furies | | | | |
| 8 | 14.15 | New Ash Green Ladies ^ | Ponent Ladies | | | | |
| 9 | 14.30 | Belgrave Sultans | Marple RUFC | | | : | |
| 10 | 14.45 | Bruceopton | Cuttlefish Crusaders ^ | | | : | |
| 11 | 15.00 | Ponent Ladies | Swans 1 | | | | |
| 12 | 15.15 | Furies | Wrinkleys | | | | |
| 13 | 15,30 | Cuttlefish Crusaders ^ | Belgrave Sultans | | | : | |
| 14 | 15.45 | Marple RUFC | Blades ^ | | | : | |
| 15 | 16.00 | Wrinkleys | Ponent Ladies | | | | |
| 16 | 16.15 | Swans 1 | New Ash Green Ladies ^ | | | | |
| 17 | 16.30 | Blades ^ | Cuttlefish Crusaders ^ | | | : | |
| 18 | 16.45 | Belgrave Sultans | Bruceopton | | | : | |
| 19 | 17.00 | New Ash Green Ladies ^ | Wrinkleys | | | : | |
| 20 | 17.15 | Ponent Ladies | Furies | | | : | |

| | Time | Pitch 5 | Pool 5A (M) | Pool 5B (M) | | | |
|----|-------|-------------------|-------------------|-------------|--|---|--|
| 1 | 12.30 | Hull all Blacks | Bandits ^ | | | : | |
| 2 | 12.45 | Ogmore Vale RFC | Horus 7's ^ | | | : | |
| 3 | 13.00 | Hafodyrynys RFC | Brigands ^ | | | | |
| 4 | 13.15 | Half Pint Heroes | OPM's | | | | |
| 5 | 13.30 | Horus 7's ^ | Hull all Blacks | | | : | |
| 6 | 13.45 | Bandits ^ | Secret Saracens | | | : | |
| 7 | 14.00 | OPM's | Hafodyrynys RFC | | | | |
| 8 | 14.15 | Brigands ^ | Bremen Barbarians | | | | |
| 9 | 14.30 | Secret Saracens | Horus 7's ^ | | | : | |
| 10 | 14.45 | Hull all Blacks | Ogmore Vale RFC | | | : | |
| 11 | 15.00 | Bremen Barbarians | OPM's | | | | |
| 12 | 15.15 | Hafodyrynys RFC | Half Pint Heroes | | | | |
| 13 | 15.30 | Ogmore Vale RFC | Secret Saracens | | | : | |
| 14 | 15.45 | Horus 7's ^ | Bandits ^ | | | : | |
| 15 | 16.00 | Half Pint Heroes | Bremen Barbarians | | | | |
| 16 | 16.15 | OPM's | Brigands ^ | | | | |
| 17 | 16.30 | Bandits ^ | Ogmore Vale RFC | | | : | |
| 18 | 16.45 | Secret Saracens | Hull all Blacks | | | : | |
| 19 | 17.00 | Brigands ^ | Half Pint Heroes | | | : | |
| 20 | 17.15 | Bremen Barbarians | Hafodyrynys RFC | | | : | |

| | Time | Pitch 6 | Pool 6 (M) | Pool 1/6 (F) | | | |
|----|-------|-----------------------|----------------------|--------------|--|---|--|
| 1 | 12.30 | Brokeback Babies | Heol y cyw RFC | | | : | |
| 2 | 12.45 | Bronze Ballers | Buccaneers ^ | | | : | |
| 3 | 13.00 | Dartford Valley 1 | Ponent | | | | |
| 4 | 13.15 | Brokeback Babies | Buccaneers ^ | | | | |
| 5 | 13.30 | Dartford Valley 1 | Bronze Ballers | | | : | |
| 6 | 13.45 | Ponent | Heol y cyw RFC | | | : | |
| 7 | 14.00 | Brokeback Babies | Dartford Valley 1 | | | | |
| 8 | 14.15 | Heol y cyw RFC | Buccaneers ^ | | | | |
| 9 | 14.30 | Ponent | Bronze Ballers | | | : | |
| 10 | 14.45 | Buccaneers ^ | Dartford Valley 1 | | | : | |
| 11 | 14.45 | Hampstead Ladies RFC1 | Fresh Meat | | | | |
| 12 | 15.00 | Swans 2 | Blackheath Bengals ^ | | | | |
| 13 | 15.15 | Bronze Ballers | Heol y cyw RFC | | | | |
| 14 | 15.30 | Ponent | Brokeback Babies | | | | |
| 15 | 15.45 | Pool 1st | Pool 2nd | | | : | |
| 16 | 16.00 | Pool 3rd | Pool 4th | | | : | |
| 17 | 16.15 | Heol y cyw RFC | Dartford Valley 1 | | | : | |
| 18 | 16.30 | Buccaneers ^ | Ponet | | | | |
| 19 | 16.45 | Bronze Ballers | Brokeback Babies | | | : | |
| | 17.00 | | | | | : | |

