

| Day | Date | Team | Home/Away | Opponents | | | |
|----------|-------------|---------|-----------|-----------------|----------|--|--|
| Monday | 26 Sep 2011 | Mixed A | Away | Nomads A | | | |
| Tuesday | 27 Sep 2011 | | | Club night | | | |
| Sunday | 2 Oct 2011 | Mens C | Home | Llantwit Fadre | | | |
| Tuesday | 4 Oct 2011 | Mixed A | Home | UoG | | | |
| Sunday | 9 Oct 2011 | Mixed A | Home | Heath A | | | |
| Tuesday | 11 Oct 2011 | | | Club night | | | |
| Sunday | 16 Oct 2011 | Mens A | Home | Llantrisant A | | | |
| Tuesday | 18 Oct 2011 | Mens C | Home | Reardon Smith A | | | |
| Sunday | 23 Oct 2011 | Ladies | Home | Arches | | | |
| Tuesday | 25 Oct 2011 | | | Club night | | | |
| Sunday | 30 Oct 2011 | Mixed B | Away | Holm View B | | | |
| Sunday | 30 Oct 2011 | | | Club night | | | |
| Monday | 31 Oct 2011 | Mens A | Away | Nomads A | | | |
| Tuesday | 1 Nov 2011 | Mixed B | Home | Reardon Smith A | | | |
| Thursday | 3 Nov 2011 | Mixed A | Away | Penarth A | | | |
| Sunday | 6 Nov 2011 | Mens B | Home | Arches A | | | |
| Monday | 7 Nov 2011 | Mens C | Away | PD | | | |
| Tuesday | 8 Nov 2011 | Mens A | Home | Rebels | | | |
| Thursday | 10 Nov 2011 | Ladies | Away | Penarth | | | |
| Sunday | 13 Nov 2011 | | | Club night | | | |
| Monday | 14 Nov 2011 | Mixed B | Away | Cardiff A | | | |
| Tuesday | 15 Nov 2011 | | | Club night | | | |
| Sunday | 20 Nov 2011 | Mens A | Home | Penarth A | | | |
| Tuesday | 22 Nov 2011 | Ladies | Home | Holm View A | | | |
| Tuesday | 22 Nov 2011 | Mens B | Away | Holm View A | | | |
| Sunday | 27 Nov 2011 | Mens A | Home | UoG | | | |
| Monday | 28 Nov 2011 | Mens C | Away | Nomads C | | | |
| Tuesday | 29 Nov 2011 | | | Club night | | | |
| Sunday | 4 Dec 2011 | Ladies | Home | Llantrisant | | | |
| Tuesday | 6 Dec 2011 | | | Club night | | | |
| Thursday | 8 Dec 2011 | Mens B | Away | Penarth B | | | |
| Friday | 9 Dec 2011 | Mixed B | Away | Penarth Juniors | | | |
| Sunday | 11 Dec 2011 | Mens B | Home | Llantarnam | | | |
| Monday | 12 Dec 2011 | Mens C | Away | Star A | | | |
| Tuesday | 13 Dec 2011 | Mixed A | Home | Llantrisant A | | | |
| Sunday | 18 Dec 2011 | | | Christmas | | | |
| Tuesday | 20 Dec 2011 | | | Christmas | | | |
| Sunday | 25 Dec 2011 | | | Christmas | | | |
| Tuesday | 27 Dec 2011 | | | Christmas | | | |
| Sunday | 1 Jan 2012 | | | New Year | | | |
| Tuesday | 3 Jan 2012 | | | Club night | | | |
| Thursday | 5 Jan 2012 | Mens B | Away | Heath A | | | |
| Sunday | 8 Jan 2012 | Mixed B | Away | Holm View C | | | |
| Sunday | 8 Jan 2012 | | | Club night | | | |
| Tuesday | 10 Jan 2012 | Mens C | Home | Llantrisant B | | | |
| Thursday | 12 Jan 2012 | Ladies | Away | Heath A | | | |
| Sunday | 15 Jan 2012 | | | Club night | | | |
| Monday | 16 Jan 2012 | Mixed A | Away | Llantrisant A | | | |
| Tuesday | 17 Jan 2012 | Mens C | Away | Reardon Smith A | | | |
| Sunday | 22 Jan 2012 | Ladies | Home | Nomads | | | |
| Monday | 23 Jan 2012 | Mens B | Away | Llantarnam | | | |
| Tuesday | 24 Jan 2012 | Mixed B | Home | Holm View B | | | |
| Sunday | 29 Jan 2012 | Mens B | Home | Penarth B | | | |
| Tuesday | 31 Jan 2012 | | | Club night | | | |
| Thursday | 2 Feb 2012 | Mixed A | Away | UoG | | | |
| Sunday | 5 Feb 2012 | Mens B | Home | Holm View A | | | |
| Tuesday | 7 Feb 2012 | Mixed B | Home | Holm View C | | | |
| Friday | 10 Feb 2012 | Mens A | Away | Rebels | | | |
| Sunday | 12 Feb 2012 | Ladies | Home | Penarth | | | |
| Monday | 13 Feb 2012 | Mens A | Away | Nomads B | | | |
| Tuesday | 14 Feb 2012 | | | Club night | | | |
| Thursday | 16 Feb 2012 | Ladies | Away | Arches | | | |
| Sunday | 19 Feb 2012 | | | Club night | | | |
| Monday | 20 Feb 2012 | Ladies | Away | Nomads | | | |
| Tuesday | 21 Feb 2012 | Mens C | Home | Star A | | | |
| Sunday | 26 Feb 2012 | Ladies | Home | Heath A | | | |
| Tuesday | 28 Feb 2012 | Mixed B | Away | Reardon Smith A | | | |
| Thursday | 1 Mar 2012 | Mens A | Away | Penarth A | | | |
| Sunday | 4 Mar 2012 | Mens C | Home | Nomads C | | | |
| Tuesday | 6 Mar 2012 | Mens B | Away | Arches A | | | |
| Tuesday | 6 Mar 2012 | | | Club night | | | |
| Sunday | 11 Mar 2012 | Mens A | Home | Nomads A | | | |
| Tuesday | 13 Mar 2012 | Mixed B | Home | Penarth Juniors | | | |
| Sunday | 18 Mar 2012 | Mixed B | Home | Cardiff A | | | |
| Tuesday | 20 Mar 2012 | | | Club night | | | |
| Thursday | 22 Mar 2012 | Mens A | Away | UoG | | | |
| Sunday | 25 Mar 2012 | Mens B | Home | Heath A | | | |
| Tuesday | 27 Mar 2012 | Mixed B | Home | Heath C | | | |
| Sunday | 1 Apr 2012 | Mens C | Home | PD | | | |
| Tuesday | 3 Apr 2012 | Ladies | Away | Holm View A | | | |
| Tuesday | 3 Apr 2012 | Mens A | Home | Nomads B | | | |
| Thursday | 5 Apr 2012 | Mens C | Away | Llantwit Fadre | | | |
| Sunday | 8 Apr 2012 | | | Easter Sunday | | | |
| Tuesday | 10 Apr 2012 | Ladies | Away | Llantrisant | | | |
| Friday | 13 Apr 2012 | Mens A | Away | Llantrisant A | | | |
| Sunday | 15 Apr 2012 | | | Club night | | | |
| Tuesday | 17 Apr 2012 | Mixed A | Away | Penarth A | | | |
| Friday | 20 Apr 2012 | Mens C | Away | Llantrisant B | | | |
| Sunday | 22 Apr 2012 | | | Club night | | | |
| Tuesday | 24 Apr 2012 | Mixed A | Home | Nomads A | | | |
| Sunday | 29 Apr 2012 | | | Club night | | | |
| | | Mixed B | Away | Heath C | Date TBC | | |
| | | Mixed A | Away | Heath A | Date TBC | | |

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| Sunday | 23 Oct 2011 | Ladies | Home | Arches |
| Thursday | 10 Nov 2011 | Ladies | Away | Penarth |
| Tuesday | 22 Nov 2011 | Ladies | Home | Holm View A |
| Sunday | 4 Dec 2011 | Ladies | Home | Llantrisant |
| Thursday | 12 Jan 2012 | Ladies | Away | Heath A |
| Sunday | 22 Jan 2012 | Ladies | Home | Nomads |
| Sunday | 12 Feb 2012 | Ladies | Home | Penarth |
| Thursday | 16 Feb 2012 | Ladies | Away | Arches |
| Monday | 20 Feb 2012 | Ladies | Away | Nomads |
| Sunday | 26 Feb 2012 | Ladies | Home | Heath A |
| Tuesday | 3 Apr 2012 | Ladies | Away | Holm View A |
| Tuesday | 10 Apr 2012 | Ladies | Away | Llantrisant |

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| Sunday | 27 Nov 2011 | Mens A | Home | UoG |
| Friday | 10 Feb 2012 | Mens A | Away | Rebels |
| Monday | 13 Feb 2012 | Mens A | Away | Nomads B |
| Thursday | 1 Mar 2012 | Mens A | Away | Penarth A |
| Sunday | 11 Mar 2012 | Mens A | Home | Nomads A |
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| Tuesday | 3 Apr 2012 | Mens A | Home | Nomads B |
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| Tuesday | 22 Nov 2011 | Mens B | Away | Holm View A |
| Thursday | 8 Dec 2011 | Mens B | Away | Penarth B |
| Sunday | 11 Dec 2011 | Mens B | Home | Llantarnam |
| Thursday | 5 Jan 2012 | Mens B | Away | Heath A |
| Monday | 23 Jan 2012 | Mens B | Away | Llantarnam |
| Sunday | 29 Jan 2012 | Mens B | Home | Penarth B |
| Sunday | 5 Feb 2012 | Mens B | Home | Holm View A |
| Tuesday | 6 Mar 2012 | Mens B | Away | Arches A |
| Sunday | 25 Mar 2012 | Mens B | Home | Heath A |

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| Tuesday | 18 Oct 2011 | Mens C | Home | Reardon Smith A |
| Monday | 7 Nov 2011 | Mens C | Away | PD |
| Monday | 28 Nov 2011 | Mens C | Away | Nomads C |
| Monday | 12 Dec 2011 | Mens C | Away | Star A |
| Tuesday | 10 Jan 2012 | Mens C | Home | Llantrisant B |
| Tuesday | 17 Jan 2012 | Mens C | Away | Reardon Smith A |
| Tuesday | 21 Feb 2012 | Mens C | Home | Star A |
| Sunday | 4 Mar 2012 | Mens C | Home | Nomads C |
| Sunday | 1 Apr 2012 | Mens C | Home | PD |
| Thursday | 5 Apr 2012 | Mens C | Away | Llantwit Fadre |
| Friday | 20 Apr 2012 | Mens C | Away | Llantrisant B |

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| Day | Date | Team | Home/Away | Opponents |
|------------|-------------|-------------|------------------|------------------|
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| Tuesday | 1 Nov 2011 | Mixed B | Home | Reardon Smith A |
| Monday | 14 Nov 2011 | Mixed B | Away | Cardiff A |
| Friday | 9 Dec 2011 | Mixed B | Away | Penarth Juniors |
| Sunday | 8 Jan 2012 | Mixed B | Away | Holm View C |
| Tuesday | 24 Jan 2012 | Mixed B | Home | Holm View B |
| Tuesday | 7 Feb 2012 | Mixed B | Home | Holm View C |
| Tuesday | 28 Feb 2012 | Mixed B | Away | Reardon Smith A |
| Tuesday | 13 Mar 2012 | Mixed B | Home | Penarth Juniors |
| Sunday | 18 Mar 2012 | Mixed B | Home | Cardiff A |
| Tuesday | 27 Mar 2012 | Mixed B | Home | Heath C |
| | | | | |