

PEMBROKESHIRE ASSOCIATION FOOTBALL LEAGUE



**HANDBOOK SEASON
2025/26**



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Proud sponsors of the
Pembrokeshire Association Football League

HONORS LIST SEASON 2024/25

Champions & Runners Up

	WINNERS	RUNNERS UP
Division 1	Goodwick United	Hakin United
Division 2	Fishguard Sports	Narberth
Division 3	Goodwick United Reserves	New Hedges Sfoot United
Division 4	Pennar Robins Reserves	Tenby Reserves
Division 5	Milford United 3rds	Solva Reserves
Under 16s	Hakin United	Merlins Bridge
Under 15s	St Dogmaels	New Hedges Sfoot United
Under 14s	Merlins Bridge	Goodwick United
Under 13s	Tenby	Fishguard Sports
Under 12s	Merlins Bridge	Tenby
	WINNERS	RUNNERS UP
Senior Cup	Hakin United	Milford United
2 nd Div Cup	Fishguard Sports	Camrose
3 rd Div Cup	New Hedges Saundersfoot Utd	Pembroke Boro
4 th Div Cup	Fishguard Sports Reserves	Angle
5 th Div Cup	Solva Reserves	St Clears Reserves
U16s Cup	Hakin United	Solva
U15s Cup	New Hedges Sfoot United	Hakin United
U14s Cup	Merlins Bridge	Monkton Swifts
U13s Cup	Hakin United	Tenby
U12s Cup	Tenby	Milford United

PEMBROKESHIRE LEAGUE HANDBOOK 2025/26

All correspondence to the League

Secretary : Ian Baker

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The Green

Hundleton

Pembroke

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Mobile : 07887733265

Email : secretary@pembrokeshireleague.wales

To all Sports people

“For when the One Great Scorer comes to write against
your name, He writes, not that you won or lost, but how
you played the game!”

HONOURS LIST

PRESIDENTS

1945/50	LORD MERTHYR
1951/61	MR LESLIE ELLIS
1962/81	MR T H ARRAN
1981/83	MR W D OLIVER
1983/85	MR W EVANS
1985/87	MR B HARRIES
1987/88	MR W EVANS
1988/90	MR T HANDCOCK
1990/92	MR R G HOLMAN
1992/94	MR M JOHN
1994/96	MR R PUDNER
1996/98	MR T MORGANS
1998/00	MR D E JOHN
2001/02	MR A ROACH
2002/04	MR G FLOOD
2004/05	MR R WILLIAMS
2005/07	MR J DAWES
2007/09	MR E V OLIVER
2009/11	MR K SCOURFIELD
2011/13	MR R WOOD
2013/14	MR P DEVONALD
2015/16	MR D OLYOTT
2017/19	MRS R LLOYD
2019/23	MR S BRIERS
2023/25	MR C MORGAN
2025-	MR M JOHN

LIFE VICE PRESIDENTS

MR M JOHN	Kilgetty	(1983)
MR E V OLIVER	Simpson Cross	(1984)
MR T MORGANS	Haverfordwest	(1991)
MR K SCOURFIELD	Narberth	(1995)
MR S JENKINS	Letterston	(1995)
MR P DEVONALD	St Ishmaels	(1995)
MR R WILLIAMS	St Clears	(1999)
MR J DAWES	Roch	(2004)
MR M PHILLIPS	Haverfordwest	(2014)
MR D OLYOTT	Pembroke Dock	(2015)
MR D THOMAS	Pembroke	(2015)
MRS R LLOYD	Carew	(2018)
MR S BRIERS	Kilgetty	(2018)

LEAGUE CHAIRPERSONS

1945/47	MR LESLIE ELLIS, Haverfordwest
1947/48	MR M LAYCOCK, Milford Haven
1948/53	MR F REEVES, Neyland
1953/55	MR A E STEADMAN, Narberth
1955/57	MR T H ARRAN, Haverfordwest
1957/58	MR W T ROSCOE-HOWELLS
1958/60	MR T W EVANS, Fishguard
1960/62	MAJOR J A HAMBRIDGE, RASA
1962/66	MR W D OLIVER, Haverfordwest
1966/67	MR I ROWLANDS, Clarbeston Rd
1968/70	MR R F LLOYD, Pembroke Dock
1970/71	MR W EVANS, Fishguard
1971/73	MR J EVANS, Fishguard
1973	MR A PRYER, Milford Haven
1973/75	MR B HARRIES, Narberth
1975/76	MR J DAVIES, Hakin

LEAGUE CHAIRPERSONS (continued)

1976/77	MR B HARRIES, Narberth
1977/79	MR T HANDCOCK, Saundersfoot
1979/81	MR J E THOMAS, Haverfordwest
1981/83	MR A EAGLES, Saundersfoot
1983/85	MR R G HOLMAN, Milford Haven
1985/87	MR M JOHN, Kilgetty
1987/89	MR T MORGANS, Haverfordwest
1989/91	MR D E JOHN, Goodwick
1991/93	MR A ROACH, Hakin
1993/95	MR S JENKINS, Letterston
1995/97	MR G FLOOD, Camrose
1997/99	MR R WILLIAMS, St Clears
1999/01	MR J DAWES, Roch
2001/02	MR N HANLON, Tenby
2003/05	MR R WOOD, Martletwy
2005/07	MR E V OLIVER, Simpson Cross
2007/09	MR K SCOURFIELD, Narberth
2009/11	MR C D WILLIAMS, Narberth
2011/13	MR P DEVONALD, St Ishmaels
2013/14	MR D OLYOTT, Pembroke Dock
2015/16	MRS R LLOYD, Carew
2017/19	MR S BRIERS, Kilgetty
2019/23	MR C MORGAN, Haverfordwest

LEAGUE VICE CHAIRPERSONS

1945/47	MR M LAYCOCK, Milford Haven
1947/48	MR A J TEEVANS, Goodwick
1948/49	MR J AUSTIN, Goodwick
1949/53	MR A E STEADMAN, Narberth
1953/55	MR T H ARRAN, Haverfordwest
1955/57	MR W T ROSCOE-HOWELLS
1957/58	MR T W EVANS, Fishguard
1958/60	MAJOR J A HAMBRIDGE, RASA
1960/62	MR W D OLIVER, Haverfordwest
1962/64	MR R L JONES, Goodwick
1964/66	MR I ROWLANDS, Clarbeston Rd
1966/67	MR R L JONES, Goodwick
1968/70	MR W EVANS, Fishguard
1970/71	MR J EVANS, Fishguard
1971/73	MR A PRYER, Milford Haven
1973/75	MR J DAVIES, Hakin
1975/76	Mr J SCOTT, Johnston
1976/77	MR T HANDCOCK, Saundersfoot
1977/78	MR G JENKINS, Kilgetty
1978/79	MR J E THOMAS, Haverfordwest
1979/81	MR A EAGLES, Saundersfoot
1981/83	MR R G HOLMAN, Milford Haven
1983/84	MR H INKLE, New Hedges
1984/85	MR M JOHN, Kilgetty
1985/87	MR T MORGANS, Haverfordwest
1987/89	MR D E JOHN, Goodwick
1989/91	MR A ROACH, Hakin
1991/93	MR S JENKINS, Letterston
1993/94	MR J PHILLIPS, Tenby
1994/95	MR G FLOOD, Camrose
1995/97	MR R WILLIAMS, St Clears
1997/98	MR S WILDE, Kilgetty
1998/99	MR J DAWES, Roch
199/01	MR N HANLON, Tenby
2001/03	MR R WOOD, Martletwy
2003/04	MR S MAYTUM, Tenby
2004/05	MR E V OLIVER, Simpson Cross
2005/07	MR K SCOURFIELD, Narberth

LEAGUE VICE CHAIRPERSONS (cont)

2007/09	MR C D WILLIAMS, Narberth
2009/11	MR P DEVONALD, St Ishmaels
2011/13	MR D OLYOTT, Pembroke Dock
2013/14	MR M PHILLIPS, Haverfordwest
2014/15	MRS R LLOYD, Carew
2015/16	MR B HAWKINS, Milford Haven
2016/17	MR S BRIERS, Kilgetty
2017/19	MR C MORGAN, Haverfordwest
2019/23	MR I BAKER, Neyland
2023/25	MR M HARTS, Carew
2025-	MISS L DEVONALD, Haverfordwest

LEAGUE SECRETARIES

1945/51	MR C H BALDRY, Pembroke Dock
1951/52	MR A W DAVIES, Milford Haven
1952/74	MR J H Vernon, Pembroke
1974/02	MR E V OLIVER, Simpson Cross
2002/03	MR K SCOURFIELD, Narberth
2003/15	MR B HAWKINS, Milford Haven
2015/16	MR M PHILLIPS, Haverfordwest
2016/17	MR B HAWKINS / MR M PHILLIPS
2017/22	MR B HAWKINS, Milford Haven
2022-	MR I BAKER

LEAGUE ASSISTANT SECRETARIES

1971/78	CAPT A J SHEARS, Hundleton
1978/79	Mr W ALLEN, Llangwm
1979/81	MR H INKLE, New Hedges
1981/93	MR R PUDNER, Fishguard
1999/00	MR R MORSE, Haverfordwest
2000/01	MR J DAWES, Roch
2001/02	MR M PHILLIPS, Haverfordwest
2002/03	MR K HALDANE, Hook
2003/08	MR M PHILLIPS, Haverfordwest
2016/18	MR M PHILLIPS, Haverfordwest
2021/22	MR I BAKER, Neyland
2023-	MISS L DEVONALD, Haverfordwest

LEAGUE TREASURERS

1945/51	MR C H BALDRY, Pembroke Dock
1951/52	MR A W DAVIES, Milford Haven
1952/70	MR J H Vernon, Pembroke
19701/73	MR K SCOURFIELD, Narberth
1973/81	CAPT A J SHEARS, Hundleton
1981/85	MR J E THOMAS, Haverfordwest
1985/10	MR K SCOURFIELD, Narberth
2010/23	MR M PHILLIPS, Haverfordwest
2023-	MRS R LLOYD, Carew

REGISTRATION SECRETARY

1993/21	MR P DEVONALD, St Ishmaels
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JUNIOR/YOUTH SECRETARY

1981/82	MR N PARR, Milford Haven
1982/83	MR C D WILLIAMS, Narberth
1983/85	MR R BEYNON, Solva
1985/87	MR A W FLEMMING, Saundersfoot
1987-02	MR P DEVONALD, St Ishmaels
2002-03	MR K HALDANE, Llangwm
2004-	MR P DEVONALD, St Ishmaels

MINI FOOTBALL SECRETARY

2004-	MR T MORGANS, Haverfordwest
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LEAGUE SAFEGUARDING OFFICER

2008/23	MR T MORGANS, Haverfordwest
2024-	MRS R LLOYD, Carew

CLUB ACCREDITATION OFFICER

2015-	MR T MORGANS, Haverfordwest
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LEAGUE COUNCIL OFFICIALS

PRESIDENT

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FINANCE COMMITTEE

THE LEAGUE COUNCIL

PROTEST COMMITTEE

THE LEAGUE COUNCIL

SELECTION COMMITTEE

THE LEAGUE COUNCIL – POWERS TO CO-OPT

REFEREES SOCIETY SECRETARY

MR S WILLIAMS
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AUDITORS

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BANKERS

NATIONAL WESTMINSTER

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RULES

1. Name

This amalgamation of clubs shall be called the Pembrokeshire Association Football League, hereinafter called "The League"

2. Clubs

The League shall consist of clubs, the Headquarters of which are within the Pembrokeshire Area plus clubs who have had the sanction of the West Wales Football Association to join the League. No Club shall be admitted to the League unless it has a proper organizational structure with its own Chairman, Secretary, Treasurer and Safeguarding Officer where applicable. The League Secretary must be informed in writing or by email of any changes in these positions at any club. Last date for applications is 1st June annually or as stipulated on the League Entry Forms.

3. Affiliation

The League shall be affiliated to the West Wales Football Association, hereinafter called "The Association" and matters not covered by these rules shall be subject to and decided by the rules of the Association. No club shall be accepted into the League unless it has been duly affiliated to the Association, and a receipt obtained from the Association shall be produced to the League Secretary at the time of registering with the League.

4. Annual Meeting

An Annual General Meeting of the League shall be held each year in June/July. Each club shall send one representative who alone may vote. Other representatives may attend and speak but shall not vote. Not less than 28 clear days written notice of the place, date and time of such meeting shall be given to each club. Failure of any club to attend the Annual General Meeting shall result in the offending club being fined the sum of £50.

Life Vice-Presidents shall also be allowed to vote.

5. League Council

The League Council comprised of the following officials and council members – all with voting powers, shall manage the League.

- (a) President who will be elected at the appropriate Annual General Meeting and hold office for 2 years and will not be eligible for re-election until a lapse of 2 years.
- (b) Life Vice-Presidents who will be elected at the appropriate Annual General Meeting from persons with not less than 10 years of service on the League Council.
- (c) Chairperson who will be elected at the Annual General Meeting and will hold office for a period not exceeding 2 years.
- (d) Vice Chairperson who will be elected at the Annual General Meeting and will hold office for a period not exceeding 2 years.
- (e) Secretary, hereinafter called "the Secretary" who will be elected annually at the Annual General Meeting.
- (f) Treasurer, who will be elected annually at the Annual General Meeting.
- (g) Junior/Youth Secretary who will be elected annually at the Annual General Meeting.
- (h) Mini Football Secretary who will be elected annually at the Annual General Meeting.

- (i) Senior Fixture Secretary who will be elected annually at the Annual General Meeting.
- (j) Referee's Appointments Officer who will be elected at the Annual General Meeting.
- (k) Safeguarding Officer who will be elected at the Annual General Meeting.
- (l) Club Accreditation Officer who will be elected at the Annual General Meeting.
- (m) Seven League Council Members and One non-active member of the Pembrokeshire Referees Society, nominated by the Society and approved by the Council, will be elected at the Annual General Meeting and will hold office for one year and be eligible for immediate re-election. Any member of the Council absent without reasonable explanation from 2 consecutive meetings shall be deemed to have resigned and the Council shall be vested with powers to co-opt to fill the vacancy thus created and shall hold office and shall hold office until their successors have been elected. All League Council Members shall be paid the sum of 35pence per mile travelling expenses on League business
- (n) Nominations for seats on the League Council shall be called for from clubs annually, to be received by a date to be decided upon by the League Council and voting lists showing the names of nominees together with a record of attendance at Council meetings of retiring Council members will be handed to each club representative at the AGM, at Roll Call, Clubs not attending the AGM will not be entitled to a Vote. Voting Lists showing seven names will be handed in just prior to the election of Council Members and after the election of Officials. No player on any clubs books will be permitted to sit on the League Council.
- (o) Subject to these rules that the Council shall have jurisdiction over all matters. It may appoint Sub-Committees to which it may delegate any of its powers. The Secretary shall send to each club a copy of the minutes of every meeting of the Council. A quorum shall consist of at least 5 members.
- (p) Not more than one representative from any one club may sit on the League Council of the Elected Seven Members at any one time.
- (q) The Council shall, as required adjust the sum of travelling expenses for League Councillors and Referees.

6. Special General Meeting

- (a) The Secretary shall summon a Special General Meeting on the earliest convenient date upon the receipt by them of a written application, signed by an Officer or Representative of not less than five clubs and/or League Councillors.
- (b) Failure of any club to attend a Special General Meeting shall result in the offending Club being fined the sum of £50.
- (c) Life Vice-Presidents shall also be allowed to vote.

7. League Funds

All funds belonging to the League shall be banked in the name of the League at a bank to be decided upon by the League Council. All debts shall be paid by BACS, if paid by cheque it must be signed by a

minimum of 2 signatories who registered with the bank.

8. Subscriptions and Fees

- (a) Each club shall pay to the League annual subscriptions and fees at the rate recommended by the League Council and ratified at the Annual General Meeting. Such subscriptions and fees are paid via the COMET system on application.
- (b) **Annual Bond:**
Senior Teams £50 per team
Junior Teams £10 per team
This bond shall be returnable to the clubs at the end of the season if the League Council is satisfied that the clubs have fulfilled their obligations to the League and the clubs within it.
- (c) **Membership Fees:**
Senior Teams £50 per team
Junior Teams £10 per team
- (d) **Cup Entrance Fees:**
Senior Teams £20 per team
Junior Teams £10 per team
- (e) **Surety Bond:**
For new clubs/teams entering the league an additional Surety Bond will be required of £100 for the 1st Season.
This bond shall be returnable to the club at the end of the season if the League Council is satisfied that the clubs have fulfilled their obligations to the League and the clubs within it.
- (f) **Handbooks:**
An electronic handbook will be available on the league website free to download. If available 1 printed copy will be provided free of charge to each club. Other copies will be available at the cost of £5.00 each.

9. Annual Report and Balance Sheet.

A report on the working of the league for the previous season together with a detailed statement of accounts of all the League Funds, duly audited by suitably qualified accountants, shall be presented for adoption at the Annual General Meeting. A copy of these accounts shall be sent to each club not less than 7 clear days before the Annual General Meeting.

10. Infringement of League Rules

- (a) All cases of infringement of league rules will be dealt with by the League Council and any club against whom such charges are lodged shall have the right to send a representative or written evidence to the council meeting at which their cases are to be dealt with – the League Secretary to inform all concerned the dates of such meetings.
- (b) Any infringement of the Rules and any other matter not provided for by the Rules shall be dealt with by the League Council.
- (c) Any club found guilty of failing to fulfil League engagements shall be fined as follows:
Senior Clubs: 1st £40 fine, 2nd £50 fine, 3rd £60 fine
Junior Clubs: 1st £10 fine, 2nd £15 fine, 3rd £20 fine
And the offending team(s) will be deducted 3 points should they be unable to supply the

League Council with a satisfactory explanation.

On the 4th occasion the team shall forfeit their guarantee fee and be struck out of the competition should they be unable to supply the League Council with a satisfactory explanation.

- (d) The League Council shall have the right to exclude any club from the League whenever their playing or behaviour record is deemed not to be in accordance with the standards of the League.
- (e) Any team that withdraws and re-enters the league in the next season is to be charged a total bond of £250 in addition to League Entry Fees. Any team that withdraws or fails to complete their fixtures in a second consecutive season will be refused re-entry into the league for the following season.
- (f) In order that the League and Cup competitions may be carried out in a fair and sportsmanlike manner, the League Council shall have the power to suspend any registration of players or officials, guilty of bringing discredit to the game, to the League or its Officials. If a player or officials are suspended, the suspension is to include participation from all football activities.

11. Protests

The Protest Committee shall be the League Council. All protests by clubs against clubs shall be heard and decided by the protest committee. And must be received by the League Secretary, together with a deposit fee of £25 within 5 business days (excluding Saturday, Sunday and Bank Holidays), after the match to which it refers, and a copy of each protest shall be sent to the club against which it is made. Such protest fee shall be forfeited in the event of the protest not being upheld.

12. Appeals

All clubs shall have the right to appeal to the Association in accordance with their Rule 25. No appeal shall be entertained unless lodged within 7 business days of the meeting at which the decision appealed against was given, or if not present at the meeting, no more than 7 business days from the date such decision was mailed to them in writing or as an attachment to an email accompanied by the grounds of appeal, and the appropriate WWFA appeal fee.

13. Voting

No Official or member of the council or Protest Committee shall vote upon any matter in which any club they are connected to or are a concern with, nor shall they be permitted to remain in the room during the actual hearing of the case.

14. Insurance

A registration via Comet will provide basic cover of £30 per week and it is up to the club to check with the players if this is adequate.

15. League Competition

- (a) The League Council will decide the constitution of the League. New Clubs/Teams shall only be allowed to enter the League at the discretion of the League Council. The League Council shall arrange clubs into Divisions. No two Senior Teams from the same club shall be allowed to play in the same

division. At the commencement of season, the top two teams of every lower division shall change places with the bottom two teams of the higher division. In the event of a Club either promoted to or relegated from a higher League, then the following will supersede the above. Should any of the teams eligible for promotion belong to a Club that already has a team in the division immediately above, then that team shall no longer be eligible for promotion. When one or two teams cannot be promoted because the club or clubs already have a team in the higher division, the team or teams shall be promoted on the proviso that no team lower than 4th shall be promoted. When one or more teams are not promoted, similar number(s) from the higher division will not be relegated. If a club is relegated from a higher league to this league, then that club will be accepted into the higher division of this league and the top two teams of each division shall change places with the bottom THREE teams of the higher division (numbers permitting). Should any of the eligible teams for relegation belong to a Club which already has a team in the division immediately below then both that team and the team in the lower division will be relegated. If a club is promoted from this league to a higher league, then it can apply to enter a new team into the lowest division of the league. No club will be allowed to have two "First" teams in the league at the same time. (First team refers to the most senior team in the league).

- (b) New clubs will be accepted only into the Lowest Division of the League.
- (c) No Club will be permitted to compete in the League, unless they have at least 16 players registered on COMET and where a club has two or more teams competing in the League, it must have a sufficient number of players registered to fulfil all its commitments on any given date.
- (d) *Five substitutes may be named on the COMET teamsheet. Any Three of the Five players will be permitted to be used at any time during all League matches, except to replace a player suspended by the referee.*
- (e) Substitute players *one of which may be a goalkeeper* will be nominated to the referee and shown on the COMET team sheet prior to kick-off.
- (f) No League match shall be allowed to count as a cup match.
- (g) Any club having two or more teams in the Senior Divisions shall play their Senior Division match in preference to any other match when they are only able to field on team only.
- (h) Clubs entering two teams in the League must always field their strongest side in the senior division when this is the only game on that day.
- (i) In the event of no official referee being available, then it will be the responsibility of the home club to provide a substitute referee.
- (j) In the event of a club playing a second team or third team fixture, that club can be allowed a

maximum of three players from the last played senior team league fixture. Any club failing to carry out the requirements of this rule shall be fined in the sum of £30 and be dealt with in accordance with rule 27.

For clarification, where clubs have three teams, a maximum of three players PER CLUB are allowed to be demoted for the following league fixtures.

The total number of players that may drop from 1sts or 2nds to 2nds or 3rds must not exceed 3.

- (k) Any senior team failing to fulfil its fixtures, once entered into the League, will be fined £100. Junior Under 12, Under 13, Under 14, Under 15, and Under 16 will be fined £50.
- (l) In the event of the appointed Referee failing to arrive before the time of kick-off, the clubs concerned may appoint another person to act as referee. The person so appointed shall be deemed to be an official of the League for the time being.
- (m) Any Club(s) found guilty of causing a match to be abandoned will be deemed to have lost that match and the match awarded to their opponents (or in the case of both teams being guilty the match will be deemed Null and Void) and the offending team(s) will be deducted 3 points and be liable to a fine of £50.
- (n) **All Mini and Junior football matches must provide rope barriers along the touch line at a distance of 2 meters from the touch line, only coaches and substitutes allowed inside the barrier.**

16. Points

- (a) In the League Competitions three points shall be awarded for each game won, and one point for each game drawn.
- (b) At the end of each season, the club with the largest number of points shall be declared as champion club. In the event of two or more clubs having an equal number of points the champions and runners up will be awarded to the club with the better goal difference, the team scoring the highest number of goals will be declared champions. No cup match shall be allowed to count as a league match.

17. League Championships, Senior Cup & Divisional Cups

- (a) A Championship Cup shall be presented to the winning club of each division at the end of the Final Match or at some other convenient time and place as fixed by the Council. The winning club shall hold the cup until the 1st day of March next following. It shall hand to the secretary in writing a receipt for the cup with a guarantee that it will be returned in good condition. Then the holding club shall make good any damage that may be done to the cup while in its custody and may be liable to a fine up to £100. The cup(s) shall be property of the League and shall be insured by it. This also applies to Divisional Cup Competitions and the Senior Cup. Clubs will be responsible for the Cup(s) whilst in their possession.

- (b) No clubs shall cause any inscription to be made on the cup other than that authorized by the Council. Any Clubs doing so shall pay a fine not exceeding £30.
- (c) Failure to return the cup, which must be in the hands of the secretary by 1st March, will result in the offending club being fined the sum of £30 per cup.

18. Medals

In each division the championship club and runners-up shall each be awarded 16 medals or mementoes, and the clubs in the finals of various cup competitions shall each be awarded 16 medals or mementoes. The Council out of league funds will provide all medals and mementoes.

19. Rules for Cup Competitions

No Club shall enter more than one team for each competition.

The entire control and management of cup competitions shall be vested in the League.

1. The cups shall be called:

- (a) Senior Cup – open to all clubs
- (b) Second Division Cup – open to clubs in the Second Division.
- (c) Third Division Cup – Open to all clubs in the Third Division.
- (d) Fourth Division Cup - Open to all clubs in the Fourth Division.
- (e) Fifth Division Cup - Open to all clubs in the Fifth Division.
- (f) Junior Cups - Open to all clubs in accordance with Age Groups.
- (g) The winning club of each competition shall hold the cup for one year until 1st March next following. It should hand to the League Secretary in writing, a receipt for the cup with a written guarantee that it will be returned in good condition.
- (h) All Cups are property of the League and will be insured by the League.
- (i) No club shall cause any inscription to be made on the cup other than that as Authorised by the League.

2. Eligibility of Players:

- (a) No player who has played for one club in a cup match (excluding WWFA Intermediate Cup) shall play for any other club in a cup match in the same season.
- (b) Every player taking part in any cup match must be registered for the club on COMET 48 hours before taking part in a cup match (See Rule 25 (b) for transfers)
- (c) Once a player plays in the Senior Team's cup competition, he is unable to play for their Second or Third Team in their cup competition. If he plays for the Second Team, he is unable to play for the Third Team in their cup competition.
- (d) A player does not become Cup-Tied if he is a named substitute and his services are not utilised in the match in question.
- (e) No player who is registered or has played with a club that is not affiliated to the WWFA after 1st August shall be eligible to compete in any Pembrokeshire League Cup Competition. (This does not apply to Youth players who play in a recognised Youth League, or to players who play in up to three trial matches for a Professional

Football Club, or to players who play in certain competitions for their works teams).

(f) Any player who signs or transfers on or before the 31st January must show the transfer completed on Comet no later than 1st February. If not, they will not be allowed to play for the club in our cup competitions for that particular season.

(g) Five substitute players, one of which may be a goalkeeper will be permitted to be used at any time during all Cup Matches, except to replace a player suspended by the referee.

(h) Substitute players will be nominated to the referee and confirmed on the COMET team line up prior to Kick Off, and only those substitutes shall be permitted to play.

(i) Any second team cannot play in their divisional cup until their senior team have either played in the senior cup or their divisional cup. Any third team cannot play in their divisional cup until their senior team and their second team have played in either the senior cup or their divisional cup.

(j) Any junior player who plays in any Senior Cup Competition must have reached their 16th birthday on or before the 31st January to be eligible to play. Junior (U16s players) who play in Senior Cup Competitions will not be Cup Tied for any Junior Cups.

3(a) All cup matches shall be played on dates to be fixed by the League Council, and these dates shall be strictly adhered to.

(b) Any team failing to complete a cup fixture for reason other than non-fulfilment may be expelled from the competition and liable to a fine not exceeding £30.

Any club that withdraws from a League Cup competition through non-fulfilment of fixture and found guilty, shall be expelled from that Teams Senior Cup and or Divisional Cup competition (if not a division 1 side) for that season and banned from entering that/their Cup competitions the following season and be liable to a fine of £60.

(c) Senior Cup competitions:

The duration of each match will be 90 minutes, but extra time (15 minutes each way) must be played if the match is drawn after 90 minutes. If the scores are still level at the end of extra time, the winner will be determined by the taking of penalty kicks from the penalty mark in accordance with International Board Procedure. (See WWFA handbook for procedure).

(d) Junior Cup competitions: The duration of each match will be 80 minutes for Under 16s and Under 15s matches, 70 minutes for Under 14s, Under 13s and Under 12s matches. If scores are level extra time will be played in all rounds including Semi- Finals. (Extra time will be 10 minutes each way). If the scores are still level at the end of extra time, the winner will be determined by the taking of penalty kicks from the penalty mark in accordance with International Board Procedure. (See WWFA handbook for procedure).

(e) Semi-Finals as well as Finals shall be played on grounds as decided upon by the League Council. Each team shall provide the match referee with 2 match balls. Expenses for Semi-

Finals shall be shared equally between the two teams. The final result should be notified to the League Secretary as per COMET.

(f) Where possible Neutral Assistant Referees will be appointed to all Semi-Finals and Finals of Cup Matches.

(g) A 4th Official shall be appointed to all Senior Cup Finals and be entitled to receive travelling expenses.

(h) Any Club(s) found Guilty of causing a match to be abandoned will be deemed to have lost that match and that Team or both Teams will be automatically barred from the senior cup (s) competition for that season. All players named on the team sheet including named substitutes will, for the guilty team, also be barred for that Season in the Cup Competitions only and be **liable to a fine of £50**

(i) Should a match be postponed on two occasions the fixture shall be reversed, with the home advantage being awarded to the visiting team. In those circumstances the match expenses will be paid by the host club.

(j) All clubs must adhere to and be conversant with FAW Rules 55-91 in respect of Registration Contracts and Transfers. Failure to comply could result in charges being issued.

20. Gates

(a) Clubs who do not take a "gate" will receive the same privileges as other clubs in the competition, i.e. if they are drawn at home they will be permitted to play at home, but if drawn to play away they will not share the "gate".

(b) Notwithstanding (a) above the proceeds of the "gate" in all other cup competitions except the Semi-Final and Final rounds shall be equally divided between the competing clubs. Competing clubs shall be responsible for payment of the officials in ALL Semi-Finals.

(c) The proceeds of the Semi-Finals and Final tie gate, after all expenses incurred including match officials is to be divided as follows: 33% to each competing team and 34% to the League Funds.

21. Registration of Players

(a) A player may only register with one Club. A player will be eligible for registration by a Club provided he is not already registered for another Club in this League or is registered for any Club.

(b) A bona-fide senior playing member of a Club is one who has signed a registration form via Comet for the Club. If he has so signed, he remains a registered player with that Club for the season, unless by transfer as per Rule 25. If a player's registration is cancelled and he wishes to register for any other club in that season the registration form must be accompanied by a fee determined by Comet. A player cannot play SENIOR football until he reaches his 16th birthday.

(c) A bona-fide JUNIOR playing member of a club is one who has signed a registration form via Comet for the club and provided they have not signed a registration form for any other club. If they have so signed, he remains a registered player with that Club for the season, unless by transfer per Rule 25.

(d) Players registration must be confirmed as completed on Comet 24 hours before the club's first LEAGUE match of the season, and thereafter 24 hours prior to kick-off, before being eligible to play. No SENIOR or JUNIOR registration will be allowed after the last Thursday of March in the season.

(e) The League Council reserves the right to refuse, or cancel, any player's registration. Any player found guilty of playing under a false name shall have their registration withdrawn for up to 3 matches from the club who the player is registered. (The club will be dealt with under Rule 27 c – regarding playing an ineligible player).

(f) Any club or player in breach of any part of this Rule shall be liable to a fine of £30.

(g) All clubs must adhere to and be conversant with FAW Rules 55 -91 in respect of Registrations, Contracts and Transfers. Failure to comply could result in charges being issued.

22. Representative, Trial Matches and Coaching Sessions

(a) Any bona-fide player of a club belonging to the League shall be eligible to play in amatches arranged by the League. A player chosen to represent the League in anymatch must play in such match or be debarred from taking part in a match for his club on the date in question without permission from the League Council. If a club has four players or more selected to represent the League, the game in which the players would have played for the club on the same day, may be postponed on application to the League Council.

(b) The League Council has the right to cancel any matches on the day representativematches are played. Out of Pocket expenses for players, other than bona-fide travelling expenses are not admissible and will not be paid to any player.

(c) Any player selected to play in a match arranged by the league, failing or refusing to play, shall in the absence of any good or sufficient cause be judged to be guilty of misconduct, and registration withdrawn for not more than 14 days. Any club found guilty of having encouraged or instigated such conduct of the player, shall be deemed guilty and fined £30.

(d) Colours: The colours of the League shall be Gold and Black Shirts, Black Shorts and Gold and Black Socks

23. Selection of Club Grounds

The Council may call on any club to place its ground, properly marked and equipped, together with its lavatories and dressing rooms at the disposal of the League when these are required for its competitions or other matches arranged by them and reasonable expenses be paid to the clubs for costs incurred.

24. Closed Season

No Matches will be permitted to be played in the closed season, as defined by the FAW from time to time.

25. Transfers

(a) All transfers are completed via COMET and will follow the procedures set out in the COMET Rules and Regulations.

(b) All transfers must be approved on COMET not less than 24 hours before the player plays for his

new club in a League match and 48 hours before a Cup Tie.

(c) No transfers (both Senior and Junior) will be allowed after the LAST THURSDAY OF MARCH IN THE SEASON.

(d) A player is allowed to sign for 3 clubs but only play for 2 clubs in any one season.

(e) No player who is registered for an affiliated club, shall be allowed to join another club without first satisfying the officials of his old club that he has discharged his reasonable financial and other liabilities to the club for which he is a playing member. All transfer requests must fall in line with COMET rules.

(f) The League Council reserves the right to refuse a transfer request.

(g) Any player signed from Outside of Wales must get international clearance from the appropriate FA prior to being transferred.

(h) All clubs must adhere to and be conversant with FAW Rules 55 -91 in respect of Registrations, Contracts and Transfers. Failure to comply could result in charges being issued.

26. Any Other Matters

Any matter not covered in the Rules of the League shall be dealt with in accordance with the Rules of the West Wales Football Association or Football Association of Wales.

27. Ineligible Players

(a) Any club proved to have played an ineligible player or players in a League match may be fined £30 per player, £10 per junior player at the discretion of the League Council. The guilty team will forfeit the match and the points from that match shall be awarded to their opponents. Any goals scored by the guilty team will be forfeited for the purpose of goal difference. Should both clubs be proved to have played ineligible players in a League match, the game shall be declared void and not replayed, and they may be fined £30 per player.

(b) In the event of a club being proved to have played an ineligible player in a Cup-tie, the tie shall be awarded to its opponents, and they may be fined £30 per player. Should both Clubs be proved to have played ineligible players, either on protest or otherwise in a cup-tie, both clubs shall be expelled from the competition, and they may be fined £30 per player.

(c) If any club is found guilty of playing a player whose name does not appear on the team sheet, the club will be:

- I. fined £100
- II. The Person who confirmed the COMET team line up shall be suspended from all administration duties in Football for 12 months at the discretion of the League Council.
- III. The Match awarded to opponents
- IV. 3 points deducted

28. League Fixtures

All matches shall be arranged by the Council on a Home and Away basis following a system similar to that of the Football League.

(a) The Council may if a League Consists of 10 teams or less organise the fixtures so that each team play each team on three occasions.

(b) No fixtures shall be arranged which clash with a fixture date of a cup competition that a team is involved in.

(c) Any club failing to complete a League Fixture shall be liable to a fine and shall pay to its opponents such compensation as the Council shall order.

(d) The home clubs shall notify the referee of any postponed fixture. Any club that fails to do so shall be liable for a fine not exceeding £30.

(e) The monthly fixture lists issued by the League/Junior and Mini Football Secretaries take preference over the seasons fixture list, but these may also change on a week by weekly basis.

29. Duties of Club Secretaries

(a) The Secretary of the home club shall at least 3 days before the match notify the Secretary of the visiting club and the referee the location of the ground and dressingrooms, the time of Kick Off, and any other necessary information including, if necessary, directions of the most suitable route. Any club failing to notify their opponents and the referee, except in the case of short notice rearranged matches in accordance with this rule shall be liable to a fine of £30.

(b) If necessary, the home club may request the referee to be on the ground at any time not more than two and a half hours before the advertised kick off, to declare its fitness or otherwise. In the event of severe weather, snow frost or fog, the secretary of the home team shall after obtaining the agreement of the referee or an official referee of the League, cancel the match and immediately notify the visiting team. If the Secretary of the home team has not requested the match referee or official referee of the League, to inspect the ground not more than two and a half hours before the advertised time of Kick Off, and the official referee arrives at the ground in time for the game and declares the ground unplayable, with the opponents having arrived, the League Council reserves the right to make the home team pay the visiting teams travelling expenses.

(c) Communications from the League should be attended to without delay. Failure to answer correspondence from the League within 7 days may result in a fine not exceeding £30. If a club continually fails to answer correspondence, then further penalties may apply.

(d) Team sheets will be completed via the COMET system and must be confirmed at least 10 minutes prior to the Kick Off.

(e) It shall be the duty of the Secretary of the home club to notify the result of the match to

- the Mini-Football Secretary by 2.30pm on the day the match was played
- The Junior Secretary by 2.30pm on the day the match was played
- The Senior Secretary by 5pm on the day the match was played.
- The results of evening matches should be reported to the relevant secretary by 9pm on the day the match was played.

Any club failing to do so will be liable to a fine of £30.

(f) Each club will provide the Secretary details of a personal/club Email Address for the club Secretary and if different fixture secretary at each level – Senior/Junior and Minis - which will be used as the main method of communication between the League and Club.

(g) Should a match be cancelled for any reason whatsoever and the appointed referee not notified of such cancellation and they turn up at the ground in readiness for the match, they shall be entitled to half the match fee and full travelling expenses. The home club shall be responsible for the payment, and if applicable, reclaiming it from the League Council.

30. Grounds and Ball

(a) The home club shall provide the ground, in the event of their normal home ground not being available, with the leagues permission they can nominate an alternative ground of choice. This can be any sanctioned ground including 3G or 4G pitches and associated dressing rooms along with a minimum of 2 balls. The ball used in any match shall be considered property of the Association or Club on whose ground the match is played, and at the close of play it must be returned to the referee. If on a neutral ground then both clubs shall provide a match ball, which will be selected by the referee, whose responsibility it shall be to return the ball to that club.

(b) The ground shall be of regulation standard, and shall be marked, fitted with flags, goal posts and nets of regulation size, in accordance with the laws of the game and should if possible be enclosed either by railings or ropes. Each club shall take every precaution to keep its ground in proper playing condition. Balls should be of regulation size and weigh as outlined in the Laws of the Game.

(c) The League Council reserves the right to inspect the ground, lavatories and dressing rooms any time during the season and, if required, take disciplinary action.

(d) Each team shall have its own changing room with a minimum of three showers and the referee shall have their own dressing room with a shower, and private access i.e. they do not have to enter either teams dressing room to access it.

(e) The referee shall decide the fitness of the ground. The referee shall report upon each match to League Secretary. They shall also report late starts, postponed matches, or late arrival of any official.

(f) ALCOHOL – The consumption of alcohol is prohibited around the playing area of all football grounds and clubs must also comply with any current legislation regarding the consumption of alcohol.

**(g) Clubs with more than 2 teams at Senior/Junior level must have the minimum number of pitches and changing rooms available at all times as detailed below
3 or 4 Senior or Junior teams – minimum of 2 pitches and sets of changing rooms.**

4 or 5 Junior teams - minimum of 3 pitches and sets of changing rooms

Clubs that do not adhere to these requirements will not be permitted to enter more teams than they have pitches/changing rooms.

(h) League Grounds used for Semi-Final and Final Ties will result in a payment of £50 towards costs and expenses – Failure to comply with this rule will result in a fine of £100.

31. First Aid

No Club shall be allowed to enter the League unless it gives an undertaking that at all League and Cup matches a First Aid person shall be present who is capable of attending to minor injuries and that it shall always have a first aid-kit and stretcher at the ground.

32. Colours

Each club shall register its colours with the secretary. No two teams shall play a match against each other wearing the same colours.

In the event of two teams having the same colours, the visiting team shall change. In a Semi-Final or Final Cup ties, if two clubs are drawn together whose colours are similar, they must at least 3 days prior to the match – toss for choice or otherwise mutually agree.

Any club wishing to change the colours of any of their teams registered with the League after the season has started, should notify the League Council at least one month before the change is made. All clubs must provide their players with numbered shirts.

33. The Time of Kick Off

Senior League Matches will be 2.30pm, Evening Matches will be 6pm or as mutually agreed by both teams and the referee. Kick off times during November, December and January will be 2pm. The kick off time for Junior matches will be 11am or as mutually agreed for Saturday matches, Evening matches will be 6pm. *Sunday matches allowed provided both teams agree.

Cup matches other than Evening matches shall be 2pm for Seniors, 11am for Juniors.

During the months of November, December and January, Senior Cup matches will kick off at 1.45pm.

Any club failing to be ready for Kick Off at the prescribed time shall be liable to a fine of £30.

34. Duration of Matches

(a) Matches both League and Cup shall be played under the Rules of the Football Association of Wales, the duration of such matches shall be:
Seniors - 90 minutes

Under 16s and Under 15s - 80 minutes

Under 14s, Under 13s and Under 12s - 70 minutes

(b) In special circumstances and in case of bad weather the duration of such matches may be reduced to:

Senior matches - 70 minutes

Under 16s and Under 15s - 60 minutes

Under 14s Under 13s and Under 12s – 50 minutes

*Provided that that the referee and the two captains agree before the game.

Such agreement shall be in writing and signed by the referee and both captains and sent to the Secretary by the referee with their report of the match.

(c) In the event that a match for any reason not being played to a finish, the League Council may at its discretion may order an uncompleted match to stand as a completed match or order a replay. If a team is found guilty of causing a game to be abandoned then the match be awarded to the opponents. If both teams are guilty then the match may declared null and void.

35. Referees

Referees shall be appointed by the League Council should confirm the appointment on Comet. They shall not change appointments without permission from the Referees Appointments Officer. Any referee failing to fulfil an appointment having accepted such appointment shall be liable to a fine not exceeding Match Fee and reported to the Association. All referees must make themselves fully conversant with all Rules. Teams should be confirmed on Comet at least 10 minutes before kick-off.

The clubs will pay all referees and assistant referees immediately after each home match by the home team. Any club failing to pay officials immediately after each match shall be liable to a fine of £30.

Referees shall, before commencement of each match, inspect the footwear of all players to eliminate the danger of injury.

The Red/Yellow card system of sending off and cautioning players for misconduct will be used in the League as directed by the FAW and Area Association.

36. Referees Fees

(a) £35 plus 35p per mile travelling expenses for all Senior Matches including Cup matches less the Final tie. £17.50 and 35p per mile travelling expenses for all Youth and Junior matches, including Cup matches less the Final tie. Referees and assistant referees appointed for ALL cup finals will be presented with a miniature cup in lieu of fee. Where assistant referees are appointed to semi-finals their fee will be one half of the Referee's match fee.

(b) Payment of Referee's fees and travelling expenses shall be paid to the Referee in his dressing room.

(c) **In cases of misconduct the Referee shall report any player, spectator, official or club on Comet or via a white paper report to the WWFA disciplinary officer.**

37. Assistant Referees

When Assistant Referees are not appointed, each club shall provide a mature Assistant Referee. They shall act under the direction of the Referee whose ruling will be final. Any club failing to provide an Assistant Referee shall be liable to a fine not exceeding £30.

38. Clubs Resigning

Any club wishing to resign membership of the League shall give notice in writing to the Secretary not later than 31st May in any year. Such resignation shall be effective from the date of the notice.

39. Clubs Disbanding

In the event of a club disbanding or withdrawing from the League during the season, the results of the matches played and points awarded in connection with that club shall be ignored. Players of such a club may be registered for other clubs, with the consent of the Council.

40. Fines

All fines imposed by the league shall be paid to the Treasurer within 14 days of the notification from the Secretary or Junior Secretary, and in default the club(s) so fined shall be automatically suspended from the league until payment of the fine is received. Rule 10(c) will be enforced for any unplayed matches during the term of suspension

41. Rules

These rules shall not be amended, added to, or rescinded, except at the annual general meeting or at a special general meeting called for that purpose. Any club wishing to alter any rule shall give notice to the Secretary in writing in due time so that the suggested alteration may be placed on the agenda of the annual general meeting or special general meeting as the case may be. Any club wishing to call a special general meeting for this purpose shall submit the proposed alteration to the rules to the Secretary, signed by an officer or representative of not less than five clubs, and such special general meeting shall be called by notice in writing addressed to all clubs by the Secretary not less than 14 clear days before the date of the meeting. Only the representative of the club submitting it unless the mover has given his authority in writing to another person to move it may move a proposed alteration to the rules. Last date for proposed changes to Rules 1st February.

42. Junior Division Under 16

(a) Only players who are at least 15 on, but who have not attained the age 16 before the first day of September in the current season may take part in the competition.

(b) Junior Football - In the event of two teams being equal on points - then the results between those teams (including goal difference) determine who has won the League Title - should everything be equal including the seasonal goal difference then a play-off will take place.

(c) Duration of matches shall be 80 minutes and size 5 ball to be used.

(d) A Club who has four or more players selected to play in a representative Schools match on the same day, may request a postponement, provided that 7 clear days notice is given to the League. Any Club requesting a postponement that has sufficient registered players left to play a match must fulfil their obligations to the League

(e) Each team can include a maximum of 5 substitutes but substitutions will be allowed on a roll on roll off basis.

43. Junior Division Under 15

(a) Only players who are at least 14 on, but who have not attained the age 15 before the first day of September in the current season may take part in the competition.

(b) Junior Football - In the event of two teams being equal on points - then the results between those teams (including goal difference) determine who has won the League Title - should everything be equal including the seasonal goal difference then a play-off will take place.

(c) Duration of matches shall be 80 minutes and size 5 ball to be used.

(d) A Club who has four or more players selected to play in a representative Schools match on the

same day, may request a postponement, provided that 7 clear days notice is given to the League. Any Club requesting a postponement that has sufficient registered players left to play a match must fulfil their obligations to the League

(e) Each team can include a maximum of 5 substitutes but substitutions will be allowed on a roll on roll off basis.

44. Junior Division Under 15

(a) Only players who are at least 13 on, but who have not attained the age 14 before the first day of September in the current season may take part in the competition.

(b) Junior Football - In the event of two teams being equal on points - then the results between those teams (including goal difference) determine who has won the League Title - should everything be equal including the seasonal goal difference then a play-off will take place.

(c) Duration of matches shall be 70 minutes and size 4 ball to be used.

(d) A Club who has four or more players selected to play in a representative Schools match on the same day, may request a postponement, provided that 7 clear days notice is given to the League. Any Club requesting a postponement that has sufficient registered players left to play a match must fulfil their obligations to the League

(e) Each team can include a maximum of 5 substitutes but substitutions will be allowed on a roll on roll off basis.

45. Junior Division Under 13

See FAW – Small Sided Football Rules

46. Junior Division Under 12

See FAW – Small Sided Football Rules

47. Junior Cup Rules - Under 16

A cup competition to be known as the Under 16 Cup and open to all teams who are member teams of the Under 16 Division of the League, or clubs affiliated to the League.

Only players who are at least 15 on, but have not attained the age 16 before the first day of September in the current season may take part in the competition, and shall be registered on the appropriate registration form at least 48 hours prior to the first match in which they play. Remainder as per Youth Cup, except duration of game shall be 80 minutes. Refer to Rule 19.3(d). If scores remain level then extra time of 10 minutes each way shall be played –is scores remain level after this period then

penalty kicks shall take place to determine the winners. A Club who has four or more players selected to play in a representative Schools match on the same day, may request a postponement, provided that 7 clear days notice is given to the League. Any Club requesting a postponement that has sufficient registered players left to play a match must fulfil their obligations to the League.

Semi-Finals will be played at the ground of the first drawn team.

48. Junior Cup Rules - Under 15

A cup competition to be known as the Under 15 Cup and open to all teams who are member teams of the Under 15 Division of the League, or clubs affiliated to the League.

Only players who are at least 14 on, but have not attained the age 15 before the first day of September in the current season may take part in the competition, and shall be registered on the appropriate registration form at least 48 hours prior to the first match in which they play. Remainder as per Youth Cup, except duration of game shall be 80 minutes. Refer to Rule 19.3(d). If scores remain level then extra time of 10 minutes each way shall be played –is scores remain level after this period then penalty kicks shall take place to determine the winners. A Club who has four or more players selected to play in a representative Schools match on the same day, may request a postponement, provided that 7 clear days notice is given to the League. Any Club requesting a postponement that has sufficient registered players left to play a match must fulfil their obligations to the League.

Semi-Finals will be played at the ground of the first drawn team

49. Junior Cup Rules - Under 14

A cup competition to be known as the Under 14 Cup and open to all teams who are member teams of the Under 14 Division of the League, or clubs affiliated to the League.

Only players who are at least 13 on, but have not attained the age 14 before the first day of September in the current season may take part in the competition, and shall be registered on the appropriate registration form at least 48 hours prior to the first match in which they play. Remainder as per Youth Cup, except duration of game shall be 70 minutes. Refer to Rule 19.3(d). If scores remain level then extra time of 10 minutes each way shall be played –is scores remain level after this period then penalty kicks shall take place to determine the winners. A Club who has four or more players selected to play in a representative Schools match on the same day, may request a postponement, provided that 7 clear days notice is given to the League. Any Club requesting a postponement that has sufficient registered players left to play a match must fulfil their obligations to the League.

Semi-Finals will be played at the ground of the first drawn team.

50. Junior Cup Rules - Under 13

See FAW – Small Sided Football Rules

51. Junior Cup Rules - Under 12

See FAW – Small Sided Football Rules

52. Penalty Kick Procedure:

As stated in the WWFA Handbook.

FOR THE FULL JUNIOR AND MINI FOOTBALL RULES PLEASE REFER TO THE FAW WEBSITE

<https://faw.cymru/small-sided-football/>

SMALL-SIDED & JUNIOR FOOTBALL REGULATION CHANGES 2025-26 SEASON

SSF or Junior Football	Regulation	Regulation
Both – Competition football from U12-U17	SSF – 16.18.1 JF – 9	MANAGING UNBALANCED MATCHES IN JUNIOR COMPETITION FOOTBALL Matches that finish 18-0, 15-1 or even 35-0 are demoralising for the losing team and do nothing for the development of the players on the winning team. In addition, such scorelines can have a major impact on player enjoyment, well being and participation in the sport. In an attempt to prevent such high scorelines being recorded where matches are clearly unbalanced, the FAW have introduced the following mandatory rules for Junior competition football (Under 12 to Under 17): Introduction of the ‘Mercy’ rule. When one team is ahead by eight (8) goals, the match is declared over, the score is recorded on Comet and any remaining game time is to be played out as a friendly. For example, a scoreline may finish 8-0, 9-1, 10-2. When a goal difference of eight (8) has been reached, the Comet platform will automatically prevent further match events being added, meaning no additional workload for grassroots volunteers. Coaches are encouraged to use interventions to challenge players appropriately during unbalanced fixtures to aid player development. Guidance and resources on how to manage unbalanced matches will be made available.
Both – Competition football from U12-U17	SSF – 16.18.2 JF - 9.2	Goal Difference The recording of goal difference is not permitted to be used by junior leagues as a determining factor for league standings.
SSF (U12 & U13 9v9 format)	SSF – 16.4.2	GOAL FRAME – 9V9 In order to comply with the IFAB Laws of the Game (International Football Association Board) football clubs participating in 9v9 competition football will be required to ensure that the goal frames being used meet the requirements of the ‘FIFA Quality Programme for Football Goals’. ‘A rope or any <u>flexible</u> or dangerous material <u>may not</u> replace the crossbar’ as this reduces the stability of a goal frame.
Junior Regulations (U14-U17)	JF - 1.2	Two Year Age Band Leagues Removal of this regulation given that all players are now able to play up one year regardless of the playing format.
Both – Competition football from U12-U17	SSF – 16.20 JF – 5.3	Team Rosters in competition football (U12-U17 formats) • All teams (U12 to U17), competing in grassroots competitions provided by Area Associations, must complete a team roster on Comet, for each competition they have entered, which includes cup competitions. • Team rosters will be locked at the beginning of a league season, on a set date determined by the relevant Junior League. • The maximum number of players that can appear on a team roster is set out within each Area Association rule book. Clubs will need to request permission to add/remove players from a team roster to the relevant Junior League.

SSF or Junior Football	Regulation	Regulation
		• If a club has more than one team in a Junior League or cup competition at U12-U17, a player can only be assigned to one of those teams and appear on that team roster only. Failure to do so may result in Disciplinary Action being taken by the relevant League or Area Association. • Each Area Association is empowered to set internal transfer limits on team rosters for clubs wishing to move players. This is to maintain competition integrity. • A junior player can only be registered to one team roster at any given time. For example, where an U14 junior player is playing up a year at U15, the player can only represent the U15 team unless an internal transfer is made. This is to support the maintaining of competition integrity. Club wishing to make internal transfers should refer to their Area Association rules.
SSF & Junior Football (Competitive age groups)	SSF – 2.5.1 JF – 2.1.6	Junior Leagues – Age parameter settings on Comet (U12 & Above only) Where a Junior League operates single age bands, i.e. U12, U13, U14, U15 U16 & U17, the age parameters on Comet must reflect the single age groups being delivered and not be set at 2 year age band. Players wishing to play up or down a year can do so in accordance with Small-Sided Regulations 2.4, 2.5 & 2.6 and Junior Football Regulations 2.1.
SSF & Junior Football	SSF – 2.5.2 JF - 2.1.7	Players to be rostered to one team only A junior player can only be registered to one team roster at any given time. For example, where an U14 junior player is playing up a year at U15, the player can only represent the U15 team unless an internal transfer is made. This is to support the maintaining of competition integrity. Club wishing to make internal transfers should refer to their Area Association rules.
Junior Football (U14-U17)	JF - 5.2	Match Day squad Limits At the 11v11 junior football format, teams will be able to select a maximum of 18 players in the match day squad.
SSF (U12)	SSF – 3.7.1 (Organisation of Small-Sided Football section)	Under 12 – Competition Weeks to be extended from 20 to 24 weeks For the Under 12 format (9v9) Junior Leagues are now permitted to deliver a maximum of 24 weeks of competition football. This has been increased from 20 weeks. Junior Leagues are still required to ensure a non-competitive block of fixtures are delivered at the start of the season to ascertain team ability prior to structing teams into divisions. This will help to support the creation of ability banding leagues and an provide an appropriate playing offer.
Both – Competition football (U12-U17)	SSF – 16.19 JF - 10	Fixture flexibility In the spirit of promoting participation and enjoyment in competition junior football (U12 and above), teams are permitted to bring a scheduled fixture forward, provided the following conditions are met: • Mutual Agreement: Both teams must agree to the new date and time. This agreement must be confirmed in writing by email, by both club secretaries or their nominated deputy. • League Notification: The league secretary must be notified of the rescheduled fixture at least 72 hours in advance, with confirmation from both teams' club secretaries or their nominated deputy.

SSF or Junior Football	Regulation	Regulation
		- Referee Availability: It is the responsibility of the teams to ensure a qualified referee is available for the new date in accordance with League rules. The league will assist where possible but cannot guarantee referee availability. - Fairness and Integrity: No fixture may be moved to give an unfair advantage or to avoid playing with a weakened team
SSF (U6-U11)	SSF - 15	Power-Play Regulation Development football is designed to create the best learning and fun experiences for young players. To ensure an imbalance in ability does not affect the overall playing experience, the FAW has approved the 'optional use' for coaches to use the 'Power-Play' regulation for Small-Sided Football age groups (Under 6 – Under 11). How the Power-Play rule works: - If a team is losing by a four-goal margin, the coach has the option to implement the Power-Play by adding an additional player, for example a 5v5 becomes a 5v6. - If the score reduces the less than four goals, the team with an extra player is required to remove one player and return to equal numbers. <i>This does not have to be the same player!</i> - If the goal difference reaches six, the losing team may field another additional player (taking the total up to two additional players). When the goal difference reduces to five, one of the additional players is removed. The main objective of the 'Power-Play' rule is to: - Ensure that all players are being appropriately challenged. - Improve the overall playing experience through reducing high scorelines. - To be available through all Small-Sided Football festival age groups (U6-U11)
Both SSF & Competition football	SSF – 2.5.3 JF 2.1.8	Prohibit participation across multiple teams on same day A player may only participate in one team per match day. For example, a player representing an U11 team within a club cannot also play for the U12's on the same day. This is to protect player welfare by not overloading the participant and ensuring players do not exceed the maximum game duration in a 24 hour period.
Both SSF & Competition football	SSF – 16.20.7 JF - 5.3.7	Registered players participating that are not on a team roster Any registered player that participates in a match and does not appear on a team roster would be deemed as ineligible.

2025/26 Affiliated Referees List

Name		Mobile	Email
David	Badger	07375 304631	davidbadger2@aol.com
Alan	Boswell	07857 376388	alboswell3@gmail.com
Roy	Boswell	07773 894124	royjoolsboswell@aol.com
Neill	Crawshaw	07712 300091	neillcrawshaw@hotmail.co.uk
Dean	Driscoll	07909 613238	james.driscoll6@yahoo.com
Gareth	Elliott	07842 501997	garethwelliott@yahoo.com
Barry	Evans	07876 281085	barryevans4426@icloud.com
David	Farrow	07794 246501	davefarrow1994@gmail.com
Richard	Gwyther	07809 156889	richiegwyther@gmail.com
Mark	Hicks	07964 620677	m.hicksy@hotmail.co.uk
Daniel	James	07908 815221	daniel.james153@yahoo.com
Sion	Jenkins	07815 879609	sion_jenkins2@hotmail.com
Stefan	Jenkins	07798 657780	sjenx13@hotmail.com
Martin	Jones	07855 557950	martyandclaire@gmail.com
Gary	Lewis	07766 101349	gmlewis183145@gmail.com
Joe	Lewis	07494 430307	
Keith	McNiffe	07486 504696	keith.mcniffe@gmail.com
Carl	Morris	07814 270252	Carl.M@outlook.com
Ioan	Nevatte	07973 775467	ioannevatte@gmail.com
Jamie	O'Connor	07734 760966	jamieoconnor11@yahoo.com
Sean	O'Connor	07971 693191	sjoc57@aol.com
James	Olyott	07817 704702	jolyott@btinternet.com
Helmut	Reinhardt	07702 984608	helmutreinhardt@yahoo.co.uk
Paul	Rooney	07484 782958	footierref@aol.com
Angus	Scourfield	07779 022252	longisland@btinternet.com
Chris	Stapleton	07970 885240	chrisstapes55@yahoo.co.uk
Scott	Trayhern	07551 071827	scottjt98@gmail.com
Tudor	Walters	07701 344453	tudor.walters@btinternet.com
Steve	Williams	07792 051466	stevewilliams2206@yahoo.com

2025/26 Team Directory

Angle AFC

Windmill Lane, Angle

Secretary/Fixture Secretary: Richard Lewis
rlewis@tinyonline.co.uk

07825 321063

Club Safeguarding Officers: Jansen Parsley
Janpar01@aol.com

07971 751561

1st Team Colours: White Shirts, Blue Shorts

Broad Haven AFC

Peasy Park, Broad Haven, SA62 3JF

Secretary/Fixture Secretary: Paul Johnston
pauljohnstonav72@googlemail.com;

07794 455776

Club Safeguarding Officers: Visumuzi Siphika
vusiss@yahoo.co.uk

07968 198669

1st Team Colours: Black/Red Shirts, Black Shorts

2nd Team Colours: Pink Shirts, Black Shorts

Camrose AFC

Martin Mathias Memorial Ground, Folly Cross, Camrose, SA62 6HG

Secretary: Mark Collins
markcolls10@gmail.com;

07846 749728

Fixture Secretary: Kevin Phillips
Kevinp7@hotmail.co.uk

07748 632726

Club Safeguarding Officers: Darren Rogers
darbram@hotmail.co.uk

07881 811972

Mini Secretary: Ollie Dobson
ollie.dobson@yahoo.co.uk

07527 397725

Junior Secretary: As per the Seniors

Junior Fixture Secretary: As per the Seniors

1st Team Colours: Blue Shirts, Blue Shorts

2nd Team Colours: White Shirts, Black Shorts

Under 16s Colours: Blue/White Shirts, Blue Shorts

Under 15s Colours: Blue/White Shirts, Blue Shorts

Under 13s Colours: Blue/White Shirts, Blue Shorts

Under 12s Colours: Blue/White Shirts, Blue Shorts

Mini Teams U8, U9, U10, U11

Carew AFC

Gerald Hicks Recreation Ground, Carew, Tenby, SA70 8JL

Secretary/Fixture Secretary: Jeremy Griffiths
Jeremygriffiths65@googlemail.com

07956 920949

Club Safeguarding Officers: Leon Simes (Seniors)
ipsimes@icloud.com

07824 888269

Gareth Lewis (Mini Teams)

garethglewis@hotmail.com

07917 421322

Mini Secretary: Sion Jenkins
sion_jenkins2@hotmail.com

07815 879609

1st Team Colours: Red Shirts, Red Shorts

2nd Team Colours: Blue Shirts, Blue Shorts

Mini Teams: U6, U7, U8, U11

Clarbeston Road AFC

Rear of Clarbeston Road Memorial Hall, Clarbeston Road, SA63 4UL

Playing Fields: Knock Playing Fields, Clarbeston Road, SA63 4UL

Secretary: Steve Stretch
Steve.stretch@yahoo.co.uk
07976 944430

Fixture Secretary: Matthew Ellis
mattellis51773@live.co.uk
07519 659737

Club Safeguarding Officers: Owen Roberts
Oroberts80@hotmail.com
07966 068729 / 01348 840719

Junior/Mini Secretary: Steve Brown
steve.brown845@btinternet.com
07443 454952

1st Team Colours: Red Shirts, Black Shorts
2nd Team Colours: Red Shirts, Black Shorts
Under 16s Colours : Red Shirts, Black Shorts
Under 14s Colours : Red Shirts, Black Shorts
Under 13s Colours : Red Shirts, Black Shorts
Under 12s Colours : Red Shirts, Black Shorts
Mini Teams: U6, U7, U8, U9, U10, U11

Fishguard Sports AFC

Tregroes Park, Fishguard, SA65 9QF

Secretary: Sian James
sianjms@aol.com
07780 111025

Fixture Secretary: Deborah Bell
debbie2667@hotmail.co.uk;
07964 005538

Club Safeguarding Officers: Stephen Lewis
Stephenlewis27@msn.com
07816 256659

Junior Secretary: Ashley Bent
ashbent@hotmail.com
07940 561256

Mini Secretary: Matthew Davies
mashdavies1989@gmail.com
07872 090164

1st Team Colours: White with Navy Trim Shirts, White Shorts
2nd Team Colours: Navy/Sky Blue Shirts, Navy Shorts
Under 13s Colours: White Shirts, Navy Shorts
Under 13s Colours: White Shirts, Navy Shorts
Under 12s Colours: White Shirts, Navy Shorts
Mini Teams: U6, U7, U8, U9, U11

Goodwick United AFC

Phoenix Community Centre, 1 Wern Road, Goodwick, SA64 0AA

Secretary: Chris Sturman
c.sturman@sky.com
07368 132680

Fixture Secretary: Darren John
dapper1109@hotmail.com
07950 377788

Club Safeguarding Officers: Moira O'Sullivan
Osullivanmoira79@gmail.com
07399 253960

Junior Secretary: Naomi Dalton
naomiedalton@gmail.com
07900 651440

1st Team Colours: Red/Black Striped Shirts, Black Shorts
2nd Team Colours: Green Shirts, Black/Green Shorts
Under 16s Colours: Red Shirts, Black Shorts
Under 15s Colours: Red Shirts, Black Shorts

Hakin United AFC

Observatory Playing Field, Hakin, Milford Haven, SA73 3ES.

Secretary/Fixture Secretary: Jonny Lewis
jlewishufc@aol.com
07967 104634

Club Safeguarding Officers: Jonny Lewis
jlewishufc@aol.com
07967 104634

Junior Secretary: As per the Seniors

Mini Secretary: As per the Seniors

1st Team Colours: Blue/Black Striped Shirts, Black Shorts

2nd Team Colours: Green/Black Striped Shirts, Black Shorts

Under 16s Colours: Blue/Black Striped Shirts, Black Shorts

Under 14s Colours: Blue and Black Shirts, Black Shorts

Mini Teams: U6, U9, U10

Haverfordwest County AFC

Bridge Meadow Stadium, Haverfordwest, SA61 2EX

Club Safeguarding Officers: Melanie Sharrad-Hughes
melanie.sharrad@googlemail.com
07966 079899

Mini Secretary: Daniel Hawkins
d.hawkins@hcafc1899.football
07443 995774

Mini Teams: U10, U11

Haverfordwest Cricket Club AFC

Haverfordwest Cricket Club, Dale Road, Haverfordwest, SA61 1HZ

Playing Fields: Lower Racecourse, Dale Road, Haverfordwest, SA61 1HZ

Secretary: David Morris
davidbrianmorris@btinternet.com
07968 266560 / 01437 766447

Fixture Secretary: Julian James
jujames1@hotmail.com
07967 716902

Club Safeguarding Officers: David Loosemore
Dave.loosemore@btinternet.com
07713 501276

Junior Secretary: Samantha Maddocks
sammig1975@gmail.com
07881 367624

1st Team Colours: Light Blue Shirts, Navy Shorts

2nd Team Colours: Yellow Shirts, Blue Shorts

Under 15s Colours: Black/Gold Striped Shirts, Black Shorts

Herbrandston AFC

The Sports Field, Little Castle Grove, Herbrandston, SA73 3SP

Secretary/Fixture Secretary: Gary Davies
Gjdavies61@icloud.com
07398 462343

Club Safeguarding Officers: Edward Smith
tudorsmith81@gmail.com
07702 568469

Junior Secretary: Leigh Galdo
leighgaldo@gmail.com
07590 916512

Junior Fixture Secretary: Alex Lloyd
alexjlloyd@hotmail.com
07854 817693

Mini Secretary: As per the Junior Secretary

1st Team Colours: Yellow/Black Shirts, Black Shorts

2nd Team Colours: Yellow/Black Shirts, Black Shorts

Under 16s Colours: Yellow Shirts, Black Shorts

Under 13s Colours: Yellow Shirts, Black Shorts

Under 12s Colours: Yellow Shirts, Black Shorts

Mini Teams: U6, U7, U9, U10, U11

Hundleton AFC

The Pavillion, Hundleton Community Field, Hundleton, SA71 5RD

Secretary/Fixture Secretary: Melanie Sharrad-Hughes
secretaryhundyafc@gmail.com
07966 079899

Club Safeguarding Officers: Glyn Nevatte (*Seniors*)
glyn.nevatte@googlemail.com
07737 260184
Hayley Bennett (*JuniorsMini*)
haylaj@hotmail.co.uk
07837 530838

Junior Secretary: Emma Nevatte
Emma.hundletonjuniors@gmail.com
07964 055324

Mini Secretary: As per the Juniors

1st Team Colours: Yellow Shirts, Black Shorts

Under 13s Colours: Yellow/Black Shirts, Black Shorts

Under 12s Colours: Yellow/Black Shirts, Black Shorts

Mini Teams: U7, U8, U9, U10, U11

Johnston AFC

Glebelands, Johnston, SA62 3PW

Secretary/Fixture Secretary: Glenn Murray
Murrayglenn03@gmail.com
07833 205902

Club Safeguarding Officers: Brian Kelly
Briankelly63celtic@gmail.com
07398 567454

Junior Secretary: Scott Crawford
crawfordscot@googlemail.com
07497 211818

1st Team Colours: Orange Shirts, Black Shorts

2nd Team Colours: Orange Shirts, Black Shorts

Under 14s Colours: Orange Shirts, Black Shorts

Under 12s Colours: Orange Shirts, Black Shorts

Mini Teams: U6, U7, U8, U9, U11

Kilgetty AFC

Kingsmoor Sports Club, James Park, Kilgetty, SA68 0YD

Secretary: Sharron Hardwick
sec.kaafc@gmail.com
07714 005941

Fixture Secretary: Stuart Allen
stuarta19781@gmail.com
07534 029735

Club Safeguarding Officers: Matthew Davies
mattjdavies15@gmail.com
07779 245556
Lukas Gamble
lukas@lukasgamble.com
07872 594290

Junior Secretary: As per the Seniors

Junior Fixture Secretary: Duane Rossiter
Duano8@yahoo.com
0 7870 163378

Mini Secretary: As per the Junior Fixture Secretary

1st Team Colours: White with Navy Trim Shirts, White Shorts

2nd Team Colours: Navy/Sky Blue Shirts, Navy Shorts

3rd Team: Navy/Yellow Shirts, Blue Shorts

Under 15s Colours: Blue/Yellow Shirts, Blue/Yellow Shorts

Under 14s Colours: Blue/White Striped Shirts, Blue Shorts

Mini Teams: U9s

Lawrenny AFC

Lawrenny Sports Club, Broad Lane, Lawrenny, SA68 0PS

Secretary/Fixture Secretary: Jon Beff
Jonathan.beff@hotmail.co.uk
07794 245755

Club Safeguarding Officers: Jon Beff
Jonathan.beff@hotmail.co.uk
07794 245755

Junior Secretary: David Cole
david.cole43@btinternet.com
07977 095367

1st Team Colours: Yellow/Black Shirts, Black Shorts
2nd Team Colours: Gold/Black Shirts, Black Shorts
Under 14s Colours: Yellow Shirts, Black Shorts
Under 13s Colours: Yellow Shirts, Black Shorts
Under 12s Colours: Yellow Shirts, Black Shorts

Letterston AFC

Village Green, Letterston, SA62 5SN

Secretary: Jack Carter
jackmjcarter@gmail.com
07375 888233 / 01437 720711

Fixture Secretary: Bryan Mathias
bryanmathias@yahoo.co.uk
07501106338

Mini Secretary: As per the Seniors

Club Safeguarding Officers: Gareth Thomas
Alexathms@icloud.com
07929 629797

1st Team Colours: Yellow Shirts, Black Shorts
2nd Team Colours: Green Shirts, Black Shorts
Mini Teams: U8s

Llangwm Lions AFC

Cleddau Reach VC School, Llangwm, SA62 4NG

Junior/Mini Secretary: Mike Preddy
Preddy@hotmail.com
07968 360762

Club Safeguarding Officers: Mike Preddy
Preddy@hotmail.com
07968 360762

Under 15s Colours: Yellow Shirts, Black Shorts
Mini Teams: U6s, U7s, U8s, U9s, U11s

Manorbier United FC

Giraldus Centre, Manorbier, SA70 7TN

Secretary: Mark Lester
marklesterutd@gmail.com
07495 514453

Club Safeguarding Officers: Austyn John
Austyn1927@hotmail.com
07803 532586

1st Team Colours: Yellow/Blue Shirts, Blue Shorts
2nd Team Colours: Navy Shirts, Blue Shorts

Merlins Bridge AFC

Pembrokeshire Sports Village, Haverfordwest, SA61 2NX

Secretary: Joseph Sanders
josephsanders007@gmail.com
07534 622321

Fixture Secretary: Phil James
Philjames33@hotmail.co.uk
07787 868188

Club Safeguarding Officers: Mike Isaac
mtisaacuk@yahoo.com
07970 590988

Junior/Mini Secretary: Kevin Thomas
infor@space2storage.co.uk
07958 189139

1st Team Colours: Royal Blue Shirts, Royal Blue Shorts
2nd Team Colours: Royal Blue Shirts, Royal Blue Shorts
Under 16s Colours: Blue/Yellow Shirts, Blue/Yellow Shorts
Under 15s Colours: Blue/Yellow Shirts, Blue/Yellow Shorts
Under 13s Colours: Blue/Yellow Shirts, Blue/Yellow Shorts
Under 12s Colours: Blue/Yellow Shirts, Blue/Yellow Shorts
Mini Teams: U8s, U10s, U11s

Milford Athletic AFC

Pill Field, Pill Lane, Milford Haven, SA73 2QP

Secretary/Fixture Secretary: Paul Howard
duckytge@gmail.com
07854 400236

Club Safeguarding Officers: Shaun Barcoe (*Seniors*)
welshred@gmail.com
07867 422948

Junior/Mini Secretary: Pete Tunstall
ptunstall86@gmail.com
07723 115053

1st Team Colours: Red/Black Striped Shirts, Black Shorts
2nd Team Colours: Blue/Black Striped Shirts, Black Shorts
Under 16s Colours: Red Shirts, Black Shorts
Under 13s Colours: Red Shirts, Black Shorts
Under 12s Colours: Red Shirts, Black Shorts
Mini Teams: U6s, U7s, U8s, U10s, U11s

Milford United AFC

Marble Hall Road, Milford Haven, SA73 2PE

Alternative Dressing Rooms: Meads Sports Centre, Priory Road, Milford Haven

Secretary: Caroline Summons
Carolinesummons@gmail.com
07970 660719

Fixture Secretary: Andrew Burgoyne
andrewburgoyne05@gmail.com
07917 610551

Club Safeguarding Officers: Andrew Burgoyne
andrewburgoyne05@gmail.com
07917 610551

Junior Secretary: Dan Prettyman
Rock009@hotmail.co.uk
07532 111426

Mini Secretary: David Farrow
dave.v.h.farrow@icloud.com
07794 246501

1st Team Colours: Red Shirts, White Shorts
2nd Team Colours: Red Shirts, White Shorts
3rd Team Colours: Red Shirts, Red Shorts
Under 16s Colours: Red Shirts, Red Shorts
Under 15s Colours: Red Shirts, Red Shorts
Under 14s Colours: Red Shirts, Red Shorts
Under 13s Colours: Red Shirts, Red Shorts
Under 12s Colours: Red Shirts, Red Shorts

Mini Teams: U7s, U8s, U9s, U10s, U11s

Monkton Swifts AFC

Monkton Lane, Monkton, Pembroke, SA71 4LP

Secretary/Fixture Secretary: Lee Evans
Leeevz@hotmail.co.uk
07730 262644

Club Safeguarding Officers: Billy Everett
billyeverett10@gmail.com
07488 356368

Junior Secretary: Alison Lewis
Alimc_19@hotmail.com
07805 971288

1st Team Colours: Blue Shirts, Blue Shorts
2nd Team Colours: Blue Shirts, Blue Shorts
Under 15s Colours: Royal Blue Shirts, Royal Blue Shorts
Under 12s Colours: Royal Blue Shirts, Royal Blue Shorts
Mini Teams: U7s, U8s, U11s

Narberth AFC

R.A.O.B Social Club, Moorfield Road, Narberth, SA67 7AG

Pitch Location: Jesse Road, Narberth, SA67 7DP

Secretary: Tasha Evans
nme1997@hotmail.co.uk
07984 594291

Fixture Secretary: Peter Hughes
Phughes16@sky.com
07880 593748

Club Safeguarding Officers: Daniel James
daniel.james153@yahoo.com
07908 815221

Junior/Mini Secretary: Jordan Jones
Jonesjordan89@gmail.com
07813 758241

1st Team Colours: Blue/White Shirts, Blue Shorts
2nd Team Colours: Green/Black Shirts, Green Shorts
Under 14s Colours: Navy Blue Shirts, Sky Blue Shorts
Under 14s Colours: Royal Blue Shirts, Sky Blue Shorts
Under 14s Colours: Blue/White Striped Shirts, Royal Blue Shorts
Mini Teams: U8s, U9s, U10s, U11s

New Hedges Saundersfoot United

King George V Playing Fields, Milford Street, Saundersfoot, SA69 9NG

Secretary: Lisa Jenkins
Lisa.thomasbently@gmail.com
07973 915642

Fixture Secretary: Simon Brace
Brace.simon@gmail.com
07974 494486

Club Safeguarding Officers: Stuart McLaren (*Seniors*)
stueymac9@gmail.com
07772 843873

Junior/Mini Secretary: As per the Seniors

1st Team Colours: Red/Blue/White Shirts, Blue Shorts
2nd Team Colours: Red/Blue/White Shirts, Blue Shorts
Under 12s Colours: Red/Blue/White Shirts, Blue Shorts
Mini Teams: U7s, U8s

Newport Lions Cubs

Newport Playing Fields, Long Street, Newport, SA42 0TL

Secretary: Charlene Thomas
chachar123@hotmail.co.uk
07531 433832

Mini Teams: U11s

Newport Tigers AFC

Newport Playing Fields, Long Street, Newport, SA42 0TL

Secretary: Susan Williams
thatsmebiddy@gmail.com
07811 577892

Fixture Secretary: Matthew Lewis
Matthewlewis193@gmail.com
07811 324689

Club Safeguarding Officers: Jon Letten
jonletten@gmail.com
07779 867627

1st Team Colours: Red/White Shirts, Red Shorts

Neyland AFC

Community Hub, John Street, Neyland, SA73 1TH

Secretary/Fixture Secretary: Lyn Rees
mlynreese@aol.com
07990 436149 / 01646 601594

Club Safeguarding Officers: Hollie Morris (*Seniors*)
holliet0905@gmail.com
07969 127571

Junior Secretary: Martyn Smith
neylandjuniorsecretary@hotmail.co.uk
07966 033475

Junior Fixture Secretary: Mike Chandler
neylandjuniorsecretary@hotmail.co.uk
07464 783946

Mini Secretary: As per Junior Fixture Secretary

1st Team Colours: White/Black Striped Shirts, Black Shorts

2nd Team Colours: Green/Black Shirts, Black Shorts

Under 15s Colours: White/Black Striped Shirts, Black Shorts

Under 14s Colours: White/Black Striped Shirts, Black Shorts

Under 13s Colours: White/Black Striped Shirts, Black Shorts

Under 12s Colours: White/Black Striped Shirts, Black Shorts

Mini Teams: U6s, U7s, U8s, U9s, U10s, U11s

Pembroke Borough AFC

London Road, Pembroke Dock, SA72 6EW

Secretary/Fixture Secretary: Helen Matthews
pemboroafc@outlook.com
07964 813041

Club Safeguarding Officers: Matthew Goodman (*Seniors*)
Goodman.matthew@rocketmail.com
07875 170343

Martyn Carroll (*Minis*)
martyncarroll17@gmail.com
07932 474466

Junior Secretary: Sian Marie Dorman
Sdorman16@gmail.com
07446 984837

Mini Secretary: Hannah Carroll
hannahrw18@gmail.com
07972 054979

1st Team Colours: White/Black Striped Shirts, Black Shorts

2nd Team Colours: White/Black Striped Shirts, Black Shorts

Under 14s Colours: Grey Shirts, Black Shorts

Mini Teams: U9s

Pendine AFC

Llanmiloe Community Association, Pendine, SA33 4TY

Playing Field: Llanmiloe Playing Fields, Pendine, SA33 4TY

Secretary: Julian Blewitt
Julian.blewitt@gmail.com
07532447697 / 01994 453270

Fixture Secretary: James Stephenson
jamestevo10@gmail.com
07375 512487

Club Safeguarding Officers: Justin Blewitt
blewittj@hotmail.co.uk
07779 271032

1st Team Colours: Yellow Shirts, Blue Shorts

Pennar Robins AFC

Bush Camp Playing Fields, St Johns Road, Pembroke Dock, SA72 6HS

Secretary/Fixture Secretary: Ali Lewis
pennarrobins@outlook.com
07772 069515

Club Safeguarding Officers: Alanna John
alanna_4@hotmail.com
07900 294802

Junior Secretary: Craig Butland
Craigbutland1995@gmail.com
07827 668812

Junior Fixture Secretary: Allana John
Allan_4@hotmail.com
07900 294802

Mini Secretary: As per the Junio Fixture Secretary

1st Team Colours: Red Shirts, Black Shorts

2nd Team Colours: Red Shirts, Black Shorts

Under 16s Colours: Red Shirts, Black Shorts

Under 15s Colours: Red Shirts, Black Shorts

Under 14s Colours: Red Shirts, Black Shorts

Under 13s Colours: Red Shirts, Black Shorts

Mini Teams: U6s, U10s, U11s

Prendergast Villa AFC

Bridge Meadow Stadium, Haverfordwest, SA61 2EX

Alternative Dressing Rooms: Ysgol Caer Ellen, Haverfordwest, SA62 4BN

Secretary: Ian Morgans
Prendergastvilla2019@yahoo.com
07790 613982

Fixture Secretary: Sarah Wills
sarahwills2@btinternet.com;
07920 714957

Club Safeguarding Officers: Ian Morgans (Seniors)
Prendergastvilla2019@yahoo.com
07790 613982
Martyn Lewis (Juniors)
prendergastvilla2019@yahoo.com
07525 487725

Junior Secretary: As per the Seniors

Junior Fixture Secretary: As per the Seniors

Mini Secretary: As per the Seniors

1st Team Colours: Burgundy/Navy Shirts, Navy Shorts

2nd Team Colours: Burgundy/Navy Shirts, Navy Short

Under 14s Colours: Burgundy/Navy Shirts, Navy Shorts

Under 12s Colours: Burgundy/Navy Shirts, Navy Shorts

Mini Teams: U7s, U9s, U10s

Solva AFC

Maes Y Mor, Solva, SA62 6XW

Secretary/Fixture Secretary: Medi George
imedig@hotmail.com
07854 241589

Club Safeguarding Officers: Heidi Holland (*Senior*)
heidihive@hotmail.com
07970 669046

Junior/Mini Secretary: As per the Seniors

1st Team Colours: Green/White Striped Shirts, Green Shorts

2nd Team Colours: Green/Black Striped Shirts, Green Shorts

Under 14s Colours: Green Shirts, Green Shorts

Under 13s Colours: Green Shirts, Green Shorts

Under 12s Colours: Green Shirts, Green Shorts

Mini Teams: U7s, U10s

St Clears AFC

St Clears Leisure Centre, Station Road, St Clears, SA33 4BT

Secretary/Fixture Secretary: Peter Griffiths
stclearsaafc@yahoo.com
07766 672762

Club Safeguarding Officers: Kayleigh Arundel
N/A
07714 255623

Club Safeguarding Officers: Lucy Brown
brown.lucy1@outlook.com
07765 645900

Junior Secretary: Leon Paoletta
leonpaoletta@gmail.com
07961 632788

Mini Secretary: Julie Mcdowall
juliemc21@icloud.com
07879 426900

1st Team Colours: Claret/Blue Shirts, Claret Shorts

2nd Team Colours: Claret/Blue Shirts, Claret Shorts

Under 16s Colours: Claret/Blue Shirts, Claret/Blue Shorts

Under 15s Colours: Claret/Blue Shirts, Claret/Blue Shorts

Under 14s Colours: Claret/Blue Shirts, Claret/Blue Shorts

Under 13s Colours: Claret/Blue Shirts, Claret/Blue Shorts

Under 12s Colours: Claret/Blue Shirts, Claret/Blue Shorts

Mini Teams: U7s, U8s, U9s, U10s, U11s

St Florence United

Playing Fields, Fiddlers Lane, St Florence, SA70 8NB

Secretary/Fixture Secretary: Benjamin Wood
benwood96@hotmail.com
07900255333

Club Safeguarding Officers: Matthew Lewis
mattlewis270@gmail.com
07930359282

1st Team Colours: Yellow Shirts, Black Shorts

St Ishmaels AFC

St Ishmaels Sports Ground, St Ishmaels, SA62 3TA

Secretary: Martyn Cheshire
mjchesh@aol.com
07974 944745

Fixture Secretary: Robert Thomas
gemma.thomas74@btinternet.com
07800 728740

Club Safeguarding Officers: Wendy Bradshaw
w.bradshaw1@btinternet.com
07974 678329

1st Team Colours: Blue/White Striped Shirts, Blue Shorts

2nd Team Colours: Blue Shirts, Blue Shorts

Tenby AFC

The Clicketts Playing Fields, Clickett Lane, St Florence, SA70 8NB

Secretary/Fixture Secretary: Gareth Noot
tenbyafc1@gmail.com
07815 189374

Club Safeguarding Officers: Angela Nicholls
Angienicholls5@btinternet.com
07760 474502

Junior Secretary: Carly Thomas
Cmblake48@outlook.com
07380 853169

Mini Secretary: Emily Nash
ecwp@hotmail.co.uk
07584304504

1st Team Colours: Red/Black Striped Shirts, Black Shorts
2nd Team Colours: Red/Black Striped Shirts, Black Shorts
Under 16s Colours: Red/Black Striped Shirts, Black Shorts
Under 15s Colours: Red/Black Striped Shirts, Black Shorts
Under 14s Colours: Red/Black Striped Shirts, Black Shorts
Under 13s Colours: Red/Black Striped Shirts, Black Shorts
Under 12s Colours: Red/Black Striped Shirts, Black Shorts
Mini Teams: U7s, U8s, U9s, U11s

AMENDMENTS TO ABOVE

Senior Cup Final

Season	Winners	Score	Runners Up
46-47	RNAS Dale	4-1	Letterston
47-48	Narberth	6-2	Letterston
48-49	Pembroke Boro	6-1	Pencw United
49-50	HMS Harrier	1-0	Milford United
50-51	RAF Pembroke Dock	2-1	Milford United
51-52	Goodwick United	3-2	Narberth
52-53	RAF Pembroke Dock	6-0	Fishguard Sports
53-54	RA Manorbier	2-0	RAF Pembroke Dock
54-55	Goodwick United	3-2	Clynderwen
55-56	RAF Pembroke Dock	1-0	Fishguard Sports
56-57	Narberth	3-1	Haverfordwest County
57-58	Clynderwen	2-0	Pembroke Boro
58-59	Hakin United	2-1	SAAA Manorbier
59-60	Milford United	3-2	Clynderwen
60-61	Milford United	1-0	Haverfordwest County
61-62	Milford United	3-2	Haverfordwest County
62-63	Milford United	2-1	Fishguard Sports
63-64	HMS Goldcrest	3-2	Narberth
64-65	Fishguard Sports	5-3	Hakin United
65-66	Fishguard Sports	3-1	RAFA Sports
66-67	Fishguard Sports	2-1	Haverfordwest County
67-68	Fishguard Sports	2-1	Pembroke Boro
68-69	Hakin United	1-0	Carew
69-70	HMS Goldcrest	3-1	Merlins Bridge
70-71	FINAL NOT PLAYED		
71-72	Fishguard Sports	2-1	Carew
72-73	Fishguard Sports	3-1	Carew
73-74	Carew	2-1	Fishguard Sports
74-75	Fishguard Sports	3-0	Monkton Swifts
75-76	Carew	1-0	Merlins Bridge
76-77	Monkton Swifts	1-0	Kilgetty
77-78	Merlins Bridge	2-1	Kilgetty
78-79	Merlins Bridge	1-0	Kilgetty
79-80	Merlins Bridge	5-0	St Clears
80-81	Monkton Swifts	5-1	Goodwick United
81-82	Johnston	2-1	St Ishmaels
82-83	New Hedges S/Foot	2-0	Johnston
83-84	Carew	3-1	Goodwick United
84-85	Johnston	3-0	Solva
85-86	Carew	2-1	St Ishmaels
86-87	Merlins Bridge	3-2	Goodwick United
87-88	Goodwick United		Milford Athletic
88-89	Fishguard Sports		Narberth
89-90	Merlins Bridge	3-2	Goodwick United
90-91	New Hedges S/Foot	3-0	Milford United
91-92	New Hedges S/Foot	4-0	St Ishmaels
92-93	Monkton Swifts	3-2	Merlins Bridge
93-94	Saundersfoot Sports	2-1	Carew
94-95	Narberth	1-0	Merlins Bridge
95-96	Merlins Bridge	3-0	Goodwick United
96-97	Pennar Robins	1-0	Goodwick United
97-98	Narberth	2-1	Saundersfoot Sports
98-99	Goodwick United	3-2	Hakin United
99-00	Hakin United	3-2	Narberth

00-01	Hakin United	3-0	Camrose
01-02	Hakin United	2-1	Narberth
02-03	Hakin United	5-0	St Ishmaels
03-04	Merlins Bridge	2-0	Monkton Swifts
04-05	St Ishmaels	2-0	Carew
05-06	Hakin United	1-0	Narberth
06-07	Monkton Swifts	2-1	Herbrandston
07-08	Pennar Robins	2-0	Monkton Swifts
08-09	Hakin United	4-3	Merlins Bridge
09-10	Goodwick United	3-1	Merlins Bridge
10-11	Hakin United	4-1	Haverfordwest County
11-12	Hakin United	5-0	Monkton Swifts
12-13	Johnston	3-2	West Dragons
13-14	Tenby	2-0	Merlins Bridge
14-15	Goodwick United	1-0	Neyland
15-16	Goodwick United	2-1	Hakin United
16-17	Merlins Bridge	2-1	Clarbeston Road
17-18	Hakin United	7-1	Clarbeston Road
18-19	Merlins Bridge	2-1	Carew
19-20	** Not played (Covid)		
20-21	** Not played (Covid)		
21-22	Hakin United	3-1	Kilgetty
22-23	Goodwick United	5-1	Kilgetty
23-24	Clarbeston Road	3-2	Goodwick United
24-25	Hakin United	2-0	Milford United

Second Division Cup Final

Season	Winners	Score	Runners Up
54-55	SAAA Manorbier II	4-3	HMS Goldcrest
55-56	Kilgetty	2-1	RAF Folly
56-57	Pembroke Town	4-0	Carew
57-58	22 nd LAA Regiment	5-1	HMS Harrier
58-59	Pembroke Town	1-0	Carew
59-60	Pembroke Town	4-1	Manorbier United
60-61	Haverfordwest Youth Club	2-0	Manorbier United
61-62	Kilgetty	4-2	Milford Athletic
62-63	Fishguard Sports II	4-1	Milford Athletic
72-73	Fishguard Sports II	1-0	Milford Athletic
73-74	Milford Athletic	3-1	Pembroke Boro
74-75	New Hedges	2-1	Milford United
75-76	Solva	3-1	Haverfordwest County
76-77	Fishguard Sports II	3-1	St Ishmaels
77-78	Fishguard Sports II	3-0	Angle
78-79	RAF Brawdy		St Ishmaels
79-80	Newcastle Emlyn	2-1	St Clears
80-81	RAF Brawdy	3-0	St Ishmaels
81-82	St Ishmaels	1-0	Neyland
82-83	Milford Athletic	5-3	St Ishmaels
83-84	Milford Athletic	2-1	Manorbier United
84-85	Manorbier United	1-0	Milford Athletic
85-86	Solva	3-2	Milford Athletic
86-87	Steynton United		Quarterdeck
87-88	RAF Brawdy	3-2	Steynton United
88-89	Goodwick United II	2-0	Lamphey
89-90	New Hedges S/Foot	1-0	St Clears
90-91	Kilgetty	2-1	Angle

91-92	Kilgetty	1-0	Lamphey
92-93	Angle	1-0	Kilgetty
93-94	Fishguard Sports	3-0	Merlins Bridge II
94-95	Bancyfelin	4-2	Solva
95-96	Monkton Swifts	4-0	Solva
96-97	Monkton Swifts	3-2	St Clears
97-98	Milford United	4-1	Haverfordwest Cricket Club
98-99	Prendergast Villa	3-2	Milford Athletic
99-00	Lawrenny		Saundersfoot Sports
00-01	St Ishmaels	1-0	Kilgetty
01-02	Herbrandston	1-0	Johnston
02-03	Pendine	1-0	Johnston
03-04	Neyland	4-2	Johnston
04-05	Milford Athletic	1-0	Letterston
05-06	Milford Athletic	2-1	Solva
06-07	Pennar Robins	1-0	Pendine
07-08	Kilgetty	5-1	Saundersfoot Sports
08-09	Milford United	2-1	Prendergast Villa
09-10	St Ishmaels	1-0	Johnston
10-11	Monkton Swifts	3-2	St Ishmaels
11-12	West Dragons	2-0	Carew
12-13	Prendergast Villa	3-2	Milford Athletic
13-14	Clarbeston Road	2-0	Solva
14-15	Hundleton	2-1	Prendergast Villa
15-16	Clarbeston Road	3-2	Monkton Swifts
16-17	Merlins Bridge II	2-0	Hundleton
17-18	St Clears	6-1	Prendergast Villa
18-19	Johnston		Kilgetty
19-20	** Not played (Covid)		
20-21	** Not played (Covid)		
21-22	Herbrandston	3-2	Milford United
22-23	Hakin United II	5-1	Monkton Swifts II
23-24	Johnston	3-2	Monkton Swifts II
24-25	Fishguard Sports	4-3 AET	Camrose

Third Division Cup Final

<u>Season</u>	<u>Winners</u>	<u>Score</u>	<u>Runners Up</u>
66-67	Johnston	1-0	RAFA Sports II
67-68	Milford Athletic		Carew II
68-69	Pennar Robins II	4-1	Carew II
71-72	Kilgetty	1-0	MHPC
72-73	Goodwick United II	2-1	New Hedges
73-74	Solva II	1-0	Monkton Swifts II
74-75	RAF Brawdy	3-1	Steynton United
75-76	RAF Brawdy	4-0	Monkton Swifts II
76-77	Angle	3-0	Merlins Bridge II
77-78	New Hedges S/Foot II	2-1	Johnston II
78-79	Kilgetty II	6-0	Hakin United II
79-80	Letterston		New Hedges S/Foot II
80-81	Steynton United	2-1	Johnston II
81-82	Pembroke Boro	2-0	Steynton United
82-83	Pembroke Boro	4-2	Scotfit
83-84	Lamphey	2-1	Clarbeston Road
84-85	Hakin United II	1-0	Clarbeston Road
85-86	Pennar Robins II	3-2	Fishguard Sports II
86-87	Angle		Pendine

87-88	Angle	1-0	Fishguard Sports II
88-89	Angle	3-0	Camrose
89-90	Narberth	3-2	Haverfordwest Cricket Club
90-91	Herbrandston	2-1	Crundale
91-92	Herbrandston	2-1	Merlins Bridge II
92-93	Herbrandston		Hakin United II
93-94	Templeton	2-1	Johnston II
94-95	Prendergast Villa	1-0	Tenby
95-96	St Clears	3-0	Pembroke Boro
96-97	Hwest Cricket Club	2-1	Pendine
97-98	Hundleton	2-1	Pendine
98-99	Hundleton	5-1	St Florence
99-00	St Davids City		Letterston
00-01	Angle	3-2	Hubberston
01-02	Hubberston	2-1	Templeton
02-03	Hundleton	2-1	Clarbeston Road
03-04	Lamphey	1-0	Hundleton
04-05	Pembroke United	1-0	Lawrenny
05-06	Clarbeston Road	2-1	Angle
06-07	St Florence	4-1	Manorbier United
07-08	Hwest Cricket Club	3-0	Lamphey
08-09	St Clears	1-0	Lamphey
09-10	Hakin United II		Goodwick United II
10-11	West Dragons	3-2	Broad Haven
11-12	Pennar Robins II	(1-1) 7-6 p	St Clears
12-13	Lawrenny	3-2	Tenby II
13-14	Hwest Cricket Club	2-1	Tenby II
14-15	Merlins Bridge II	(1-1) 4-1 p	Lamphey
15-16	Broad Haven	3-1	Clarbeston Road
13-14	Hwest Cricket Club	2-1	Tenby II
14-15	Merlins Bridge II	(1-1) 4-1 p	Lamphey
15-16	Broad Haven	3-1	Clarbeston Road
16-17	Broad Haven	1-0	Kilgetty
17-18	Broad Haven	3-0	Milford Athletic
18-19	Not Recorded		
19-20	** Not played (Covid)		
20-21	** Not played (Covid)		
21-22	Clarbeston Road II	1-0	Goodwick United II
22-23	Camrose	2-1	Lawrenny
23-24	Goodwick United II	(1-1) 6-5 p	Solva
24-25	New Hedges S/Foot	2-1 AET	Pembroke Boro

Fourth Division Cup Final

Season	Winners	Score	Runners Up
78-79	Letterston	3-0	Pennar Robins II
79-80	St Ishmaels II	2-1	Llawhaden
80-81	Pembroke Power Station	4-3	St Florence
81-82	Scotfit	4-0	Pennar Robins II
82-83	Cosheston	6-0	Angle II
83-84	Neyland II	3-2	Tenby
84-85	Pennar Robins II	4-2	Tenby
85-86	Wythybush Hospital	3-2	St Florence
86-87	Carew		Wythybush
87-88	Merlins Bridge		Blackbridge United
88-89	Crundale	3-2	Scarrowscant United
89-90	Herbrandston	1-0	Milford Athletic
90-91	Camrose		Bancyfelin

91-92	Templeton	2-1	Haverfordwest County
92-93	Carew II	3-2	St Florence
93-94	St Ishmaels II	1-0	Saundersfoot Sports III
08-09	St Ishmaels II	5-4	Herbrandston II
09-10	Tenby II	3-1	St Florence
10-11	Johnston II	1-0	Carew II
11-12	Milford United II	3-2	St Florence
12-13	Clarbston Road II	2-1	Neyland II
13-14	Carew II	2-0	Milford United
14-15	Pennar Robins III	(3-3) 4-1 Pens	Neyland II
15-16	Pennar Robins III	2-1	Angle
16-17	Lamphey II	1-0	Pennar Robins III
17-18	Monkton Swifts II	1-0	Pennar Robins III
18-19	Cosheston		Hundleton
19-20	** Not played (Covid)		
20-21	** Not played (Covid)		
21-22	St Ishmaels II	(0-0) 5-4 pens	St Florence
22-23	Kilgetty II	3-1	Camrose
23-24	New Hedges S/Foot Utd	7-1	St Ishmaels
24-25	Fishguard Sports	2-1 AET	Angle

Fifth Division Cup Final

Season	Winners	Score	Runners Up
84-85	St Florence	(3-3) 4-1 Pens	Angle II
85-86	Lawrenny	2-1	St Clears II
86-87	Merlins Bridge	3-0	Cilgeran Rovers
87-88	Steynton United II	4-0	Lawrenny
88-89	Herbrandston II	4-1	Hook Sports
89-90	Hundleton	4-0	Hook Sports
90-91	Haverfordwest County	1-0	New Hedges S/Foot III
91-92	Neyland	3-0	St Clears
92-93	St Clears II	3-1	Monkton Swifts III
93-94	St Davids City		Lamphey
08-09	West Dragons	6-1	Tenby II
09-10	Kilgetty II	4-3	Hundleton II
10-11	Pennar Robins III	3-1	Haverfordwest Cricket Club II
11-12	St Clears II		Letterston II
12-13	St Clears II	(0-0) 3-0 pens	Fishguard Sports II
13-14	Herbrandston II	1-0	Angle II
14-15	Angle II	(3-3) 6-5 pens	Narberth III
15-16	Lawrenny II	3-1	Monkton Swifts III
16-17	Monkton Swifts III	3-1	Hundleton II
17-18	Milford United III	5-1	Hundleton II
18-19	Carew III		Newport Tigers
19-20	** Not played (Covid)		
20-21	** Not played (Covid)		
21-22	Prendergast Villa	3-1	Tenby II
22-23	St Clears II	7-1	Cosheston II
23-24	Narberth II	(2-2) 4-2 pens	Hundleton
24-25	Solva II	1-0	St Clears

Reserve Division Cup Final

Season	Winners	Score	Runners Up
94-95	Narberth II		Pennar Robins II
95-96	Narberth II	2-1	Saundersfoot Sports II
96-97	Narberth II	5-1	Pennar Robins II
97-98	Goodwick United II	2-0	Milford Athletic II
98-99	Goodwick United II	4-0	Hakin United II
99-00	Goodwick United II		Milford Athletic II
00-01	Merlins Bridge II	2-1	Carew II
01-02	Narberth II	2-0	Carew II
02-03	Hakin United II	2-0	Merlins Bridge II
03-04	Hakin United II	1-0	Narberth II
04-05	Narberth II	2-1	Carew II
05-06	Merlins Bridge II	3-0	Monkton Swifts II
06-07	Narberth II	1-0	Monkton Swifts II
07-08	Hakin United II	4-0	Merlins Bridge II

Wiltshire Cup Final

Season	Winners	Runners Up	Season	Winners	Runners Up
46-47	Neyland United	Pembroke Boro	77-78	Hakin United	New Hedges
S/foot47-48		Neyland United		Villa United	78-79
	Pembroke Boro	Hakin United			
48-49	St Davids City	Pembroke Boro	79-80	Pembroke United	Clarboston
Road49-50		St Davids City		Pembroke Boro	80-81
	St Clears	Kilgetty			
50-51	Milford United	Pennar Robins	81-82	Merlins Bridge	Solva
51-52	Milford United	Narberth	82-83	Pembroke	United
		Narberth 52-53			Narberth
		Hakin United	82-83	Pembroke	United
		Narberth 53-54		Hakin	United
		Narberth	83-84	No Competition	
54-55	Fishguard Sports	Johnston Institute	84-85	Solva	New Hedges
S/foot55-56		Hakin United		Goodwick United	85-86
	New Hedges S/Foot	Solva			
56-57	Hakin United	Goodwick United	86-87	Milford Athletic	St Davids
City 57-58		Clunderwen		Goodwick United	87-88
	Solva	Goodwick United58-59		Milford Athletic	Fishguard
Spotts 88-89		Milford Athletic		Solva	
59-60	Fishguard Sports	Milford Athletic	89-90	Hundleton	St Davids City
60-61	Fishguard Sports	Narberth	90-91	Goodwick United	New Hedges
S/Foot61-62	Hakin United	Kilgetty	92-93	Hakin United	New Hedges
S/Foot62-63	Pembroke Boro	Fishguard Sports	93-94	Hakin United	Saundersfoot
Sports63-64	Solva	Merlins Bridge	94-95	Fishguard Sports	Hakin United
64-65	Solva	Fishguard Sports	95-96	Narberth	Merlins
Bridge 65-66		Solva	Kilgetty 96-97		
	Pembroke Boro	Herbrandston 66-67	Kilgetty St Clears		97-98
	Tenby	Monkton Swifts67-68	Kilgetty Fishguard Sports		98-99
	Herbrandston	Tenby			
68-69	Fishguard Sports	Solva	99-00	Herbrandston	Pennar
Robins69-70		Haverfordwest County	Carew 00-01		Merlins
Bridge Solva					
70-71	Fishguard Sports	Hubberston Youth Club	01-02	Solva	
	Herbrandston71-72	Fishguard Sports		Hubberston Youth Club	02-03
	Pennar Robins	Tenby			
72-73	Llawhaden	Fishguard Sports	03-04	Milford United	
	Tenby73-74	Solva		Monkton Swifts	
	04-05	No Competition			
74-75	Johnston	Monkton			
Swifts75-76	Fishguard Sports	Pembroke			
Boro76-77	St Clears	Johnston			

1st / 2nd / 3rd Division Cup Final

Season	Winners	Score	Runners Up
69-70	Monkton Swifts	4-2	Johnston
70-71	Milford Athletic	3-0	Milford United

2nd / 3rd Division Cup Final

Season	Winners	Score	Runners Up
63-64	Fishguard Sports	4-3	School of Artillery
64-65	Manchester Club	5-1	RNAD Milford Haven
65-66	St Clears	3-2	10 (Assaye) Battery
66-67	Merlins Bridge	2-1	Letterston
67-68	HMS Goldcrest II	4-0	RAFA Sports II
68-69	Steynton United	1-0	HMS Goldcrest II
69-70	Carew II		Hakin United II
70-71	Hakin United II	3-0	Milford Athletic
71-72	Hakin United II	4-1	Milford Athletic

Junior Division Winners

U18 Division

Season	Winners	Runners Up	Season	Winners	Runners Up
54-55	Milford United	Johnston Institute	66-67	Kilgetty	Fishguard Sports
55-58	No Competition		67-68	Fishguard Sports	Milford Sea Cadets
59-60	Fishguard Sports		68-69	Hakin United	Fishguard Sports
60-61	Fishguard Sports		69-70	Fishguard Sports	Neyland Youth Centre
61-62	Narberth	Fishguard Sports	70-71	Fishguard Sports	Haverfordwest County
62-63	Pembroke Boro	Fishguard Sports	71-72	Fishguard Sports	Hubberston Youth Club
63-64	Fishguard Sports	Pembroke Boro	72-73	Llawhaden	Monkton Swifts
64-65	Fishguard Sports	Solva			
65-66	RAFA	Solva			

U17 Division

Season	Winners	Runners Up	Season	Winners	Runners Up
73-74	Monkton Swifts	Fishguard Sports	78-79	Hakin United	Pembroke Boro
74-75	Fishguard Sports	Milford United	79-80	Milford United	Pembroke United
75-76	Milford United	Fishguard Sports	80-81	New Hedges S/Foot	Merlins Bridge
76-77	Pembroke Boro	Johnston	81-82	Lamphey	Merlins Bridge
77-78	Pembroke Boro	Hakin United	82-83	Milford United	Narberth

U16 North Division

Season	Winners	Runners Up
92-93	Hakin United	Fishguard Sports

U16 South Division

Season	Winners	Runners Up
92-93	New Hedges S/Foot	Monkton Swifts

U16 Division

Season	Winners	Runners Up	Season	Winners	Runners Up
83-84	Pembroke United	Milford Athletic	06-07	Milford United	Lamphey
84-85	Crundale United	Scarrowscant United	07-08	Clarboston Road	Tenby
12-13	West Dragons	Kilgetty	08-09	Tenby	Camrose
85-86	Milford Athletic	St Davids City	09-10	Milford United	Tenby
86-87	Hundleton	Carew	10-11	Hakin United	Milford United
87-88	Hundleton	Goodwick United	11-12	Milford United	Tenby
88-89	Monkton Swifts	Goodwick United	12-13	West Dragons	Kilgetty
89-90	Milford United	New Hedges S/Foot	13-14	Goodwick United	Clarb Road/Hundleton
90-91	Goodwick United	Tenby	14-15	Milford United	Prendergast Villa
91-92	Hakin United	Goodwick United	15-16	Camrose	Tenby
92-93	New Hedges S/Foot	Hakin United	16-17	Hakin United	Merlins Bridge

93-94	Saundersfoot Sports	Hakin United	17-18	Tenby	Prendergast Villa
94-95	Monkton Swifts	Hakin United	18-19	Camrose	Clarbeston Road
95-96	Goodwick United	Herbrandston	19-20	Milford United	Tenby
96-97	Tenby	Goodwick United	20-21	** No Played (Covid)	
97-98	Herbrandston	Monkton Swifts	21-22	Goodwick United	Camrose
98-99	Merlins Bridge	Hundleton	22-23	Hakin United	Pennar Robins
99-00	Merlins Bridge	Tenby	23-24	Hakin United	Monkton Swifts
00-01	Merlins Bridge	Herbrandston	24-25	Hakin United	Merlins Bridge
01-02	Monkton Swifts	Milford United			
02-03	Milford United	Monkton Swifts			
03-04	Hundleton	Milford United			
04-05	Haverfordwest County	Hundleton			
05-06	Tenby	Pennar Robins			

U15 Division

SeasonWinners		Runners Up	SeasonWinners		Runners Up
71-72	Monkton Swifts	Solva	11-12	Tenby	Clarbeston Road
72-73	Solva	Pennar Robins	12-13	Prendergast Villa	Tenby
73-74	Saundersfoot United	Monkton Swifts	13-14	Hwest Cricket Club	Milford United
74-75	Saundersfoot United	Narberth	14-15	Herbrandston	Tenby
75-76	Pembroke Boro	St Ishmaels	15-16	Hakin Untied	Merlins Bridge
76-77	Pembroke Boro	Hakin United	16-17	Tenby	Clarbeston Road
77-78	Pembroke Boro	Hakin United	17-18	Milford United	Tenby
78-79	New Hedges S/Foot	Pembroke Boro	18-19		
79-80	New Hedges S/Foot	Pembroke United	19-20	Tenby	Clarbeston Road
80-81	Lamphey	Narberth	20-21	** No Played (Covid)	
81-82	Pembroke United	Scarrowcant United	21-22	H'west Blue Birds	Neyland Pirates
82-83	Milford Athletic	Pembroke United	22-23	Hakin Untied	Milford United
03-04	Hakin United	Kilgetty	23-24	Merlins Bridge	Hakin Untied
04-05	Tenby	Hakin United	24-25	St Dogmaels	New Hedges S/Foot
05-06	Monkton Swifts	Camrose			
06-07	Clarbeston Road	Herbrandston			
07-08	Camrose	Tenby			
08-09	Tenby	Pembroke Boro			
09-10	Camrose	Tenby			
10-11	Tenby	Lamphey			

U14 Division

SeasonWinners		Runners Up	SeasonWinners		Runners Up
94-95	Milford United	Herbrandston	11-12	Prendergast Villa	Kilgetty
95-96	Pennar Robins	Merlins Bridge	12-13	Hwest Cricket Club	Goodwick United
96-97	Fishguard Sports	Hundleton	13-14	Camrose	Tenby
97-98	Merlins Bridge	Monkton Swifts	14-15	Hakin United	Pennar Robins
98-99	Merlins Bridge	St Clears	15-16	Clarbeston Road	Tenby
99-00	Camrose	St Clears	16-17	Tenby	Milford United
00-01	Hundleton	Pennar Robins	17-18	Tenby	Hakin United
01-02	Milford United	Merlins Bridge	18-19		
02-03	Kilgetty	Tenby	19-20	Prendergast Villa	Kilgetty
03-04	Tenby	Hakin United	20-21	** No Played (Covid)	
04-05	Camrose	Monkton Swifts	21-22	Neyland Pirates	Hakin United
05-06	Tenby	Clarbeston Road	22-23	Tenby	Hakin United
06-07	Tenby	Camrose	23-24	New Hedges S/Foot	Camrose
07-08	Tenby	Pembroke Boro	24-25	Merlins Bridge	Goodwick United
08-09	Camrose	Hakin United			
09-10	Tenby	Pembroke Boro			
10-11	Clarbeston Road	Tenby			

U14 North Division

SeasonWinners		Runners Up	SeasonWinners		Runners Up
83-84	St Davids City	Milford Athletic	89-90	Goodwick United	Hakin United
84-85	Scarrowcant United	Milford Athletic	90-91	Hakin United	Fishguard Sports
85-86	Goodwick United	Scarrowcant United	91-92	Fishguard Sports	Hakin United
86-87	Kilgetty Sports	Monkton Swifts	92-93	Hakin United	Herbrandston
87-88	Kilgetty	Pembroke Boro	93-94	Solva	
88-89	Goodwick United	Scarrowcant United			

U14 South Division

Season	Winners	Runners Up	Season	Winners	Runners Up
83-84	Pembroke United	Tenby	89-90	Hakin United	Monkton Swifts
84-85	Hundleton	Narberth	90-91	Tenby	Monkton Swifts
85-86	Hundleton	Kilgetty	91-92	Tenby	Monkton Swifts
86-87	Kilgetty Sports	Monkton Swifts	92-93	Tenby	Monkton Swifts
87-88	Kilgetty	Monkton Swifts	93-94	Herbrandston	
88-89	Hakin United	Monkton Swifts			

U13 Division

78-79	Pembroke Boro	Scarrowscant United	12-13	Camrose	Tenby
80-81	Scarrowscant United	Tenby United	13-14	Hakin United	Pembroke Boro
81-82	Pembroke United	Scarrowscant United	14-15	Tenby	Clarbeston Road
82-83	Milford Athletic	Pembroke United	15-16	Tenby	Camrose
00-01	Milford United	Tenby United	16-17	Tenby	Camrose
01-02	Tenby United	Kilgetty	17-18	Prendergast Villa	Narberth
02-03	Pennar Robins	Tenby	18-19		
03-04	Camrose	Monkton Swifts	19-20	Goodwick United	H'west Blue Birds
04-05	Tenby	Clarbeston Road	20-21	** No Played (Covid)	
05-06	Camrose	Tenby	21-22	Tenby	Merlins Bridge
06-07	Tenby	Milford United	22-23	Narberth	Goodwick United
07-08	Camrose	Hakin United	23-24	Merlins Bridge	Monkton Swifts
08-09	Lamphey	Tenby	24-25	Tenby	Fishguard Sports
09-10	Camrose	Hakin United			
10-11	Prendergast Villa	Tenby			
11-12	Goodwick United	Haverfordwest County			

U12 Division

Season	Winners	Runners Up	Season	Winners	Runners Up
83-84	Hundleton	Scarrowscant United	13-14	Tenby	Hakin United
96-97	Merlins Bridge	St Clears	14-15	Tenby	Hakin United
97-98	Merlins Bridge/St	St Clears – shared	15-16	Tenby	Cosheston Cougars
98-99	Monkton Swifts	Merlins Bridge	16-17	Merlins Bridge	Prendergast Villa
99-00	Tenby	Merlins Bridge	17-18	Camrose	Tenby
00-01	Tenby United	Merlins Bridge	18-19		
01-02	Hakin United	Clarbeston Road	19-20	Milford United	Camrose
02-03	Hakin United	Hundleton	20-21	** No Played (Covid)	
03-04	Hakin United	Tenby	21-22	Tenby	Camrose
04-05	Tenby	Camrose	22-23	Tenby	Goodwick United
05-06	Pennar Robins	Tenby	23-24	Tenby	Hakin United
06-07	Camrose	Tenby	24-25	Merlins Bridge	Tenby
07-08	Lamphey	Camrose			
08-09	Tenby	Clarbeston Road			
09-10	Lamphey	Camrose			
10-11	Hakin United	Haverfordwest County			
11-12	Camrose	Tenby			

U12 North Division

Season	Winners	Runners Up	Season	Winners	Runners Up
84-85	Goodwick United	St Ishmaels	89-90	Fishguard Sports	Goodwick United
85-86	Goodwick United	St Davids City	90-91	Herbrandston	Fishguard Sports
86-87	Goodwick United	Hakin United	91-92	Solva	Fishguard Sports
87-88	Goodwick United	Scarrowscant United	92-93	Goodwick United	Fishguard Sports
88-89	Fishguard Sports	Goodwick United			

U12 South Division

<u>SeasonWinners</u>	<u>Runners Up</u>	<u>SeasonWinners</u>	<u>Runners</u>
Up 84-85 Tenby Monkton Swifts	Pembroke United Monkton Swifts85-86 Tenby	New Hedges S/Foot Kilgetty Pembroke United	89-90 90-91
86-87 Tenby	Monkton Swifts	91-92 Herbrandston	Kilgetty
87-88 Monkton Swifts	Kilgetty	92-93 Tenby	Pennar
Robins88-89	Hakin United	Monkton Swifts	

U12 Central Division

<u>SeasonWinners</u>	<u>Runners Up</u>
92-93 Milford United	Herbrandston

U11 Division

<u>SeasonWinners</u>	<u>Runners Up</u>	<u>SeasonWinners</u>	<u>Runners Up</u>
78-79 Goodwick United	Milford Colts	84-85 Kilgetty	Goodwick United
79-80 Scarrowscant United	Milford Colts	85-86 Goodwick United	Pembroke Boro
80-81 Milford Colts	St Davids City	86-87 Goodwick United	Monkton Swifts
81-82 St Davids City	Llandissillio	87-88 Monkton Swifts	Tenby
82-83 Hundleton	St Davids City	88-89 Fishguard Sports	Monkton Swifts
83-84 Goodwick United	St Davids City	89-90 Monkton Swifts	Tenby

U11 North Division

<u>SeasonWinners</u>	<u>Runners Up</u>
90-91 Fishguard Sports United91-92 Herbrandston	Goodwick Goodwick
United	
92-93 Solva	Haverfordwest County

U11 South Division

<u>SeasonWinners</u>	<u>Runners Up</u>
90-91 Herbrandston	Pennar Robins
91-92 Pennar Robins	Tenby
92-93 Pennar Robins	Tenby

Victory League

<u>SeasonWinners</u>	<u>Runners Up</u>
46-47 Neyland United	Clunderwen

Junior Cup Winners and Runners Up Under 16 Cup

<u>SeasonWinners</u>	<u>Runners Up</u>	<u>Season</u>	<u>Winner</u>	<u>Runners Up</u>
83-84 Solva	Milford Athletic	14-15	Prendergast Villa	Tenby
84-85 Crundale United	Pembroke United	15-16	Camrose	Tenby
85-86 Milford Athletic	St Davids City	16-17	Hakin United	Tenby
86-87 Carew	Milford Athletic	17-18	Prendergast Villa	Pennar Robins
87-88 Hundleton	Milford Athletic	18-19		
88-89 Goodwick United	Milford United	19-20	Milford United	Camrose
89-90 Milford United	St Davids City	20-21	** No Played (Covid)	
90-91 Tenby	Hakin United	21-22	Goodwick United	Hakin United
91-92 Goodwick United	Hakin United	22-23	Hakin United	H'west Blue Birds
92-93 Hakin United	Fishguard Sports	23-24	Hakin United	Monkton Swifts
93-94 Hakin United	Saundersfoot Sports	24-25	Merlins Bridge	Solva
94-95 Monkton Swifts	Narberth			
95-96 Goodwick United	Narberth			
96-97 Tenby	Goodwick United			
98-98 Herbrandston	Monkton Swifts			
98-99 Herbrandston	St Clears			
99-00 Merlins Bridge	Camrose			

00-01	Merlins Bridge	Prendergast Villa
01-02	Monkton Swifts	Hakin United
02-03	Monkton Swifts	Milford United
03-04	Merlins Bridge	Milford United
04-05	Haverfordwest County	Hundleton
05-06	Hakin United	Tenby
06-07	Camrose	Hundleton
07-08	Clarbested Road	Tenby
08-09	Camrose	Tenby
09-10	Milford United	Tenby
10-11	Hakin United	Clarbested Road
11-12	Milford United	Camrose
12-13	Carew	West Dragons
13-14	Carew	Camrose

Under 15 Cup

Season	Winners	Runners Up	Season	Winner	Runners Up
73-74	Saundersfoot	Narberth	11-12	West Dragons	Clarbested Road
74-75	Narberth	Saundersfoot United	12-13	Prendergast Villa	Narberth
75-76	Pembroke Boro	Dinas Cross	13-14	Goodwick United	Hwest Cricket Club
76-77	Pembroke Boro	Narberth	14-15	Herbrandston	Camrose
77-78	Merlins Bridge	Kilgetty	15-16	Hakin United	Merlins Bridge
78-79	New Hedges S/Foot	Kilgetty	16-17	Clarbested Road	Pennar Robins
79-80	Pembroke United	Scarrowscant United	17-18	Clarbested Road	Camrose
80-81	Lamphey	New Hedges S/Foot	18-19		
81-82	Pembroke United	Johnston	19-20	West Dragons	Clarbested Road
82-83	Sacrowscant United	Narberth	20-21	** No Played (Covid)	
03-04	Kilgetty	Hundleton	21-22	Neyland Pirates	Pennar Robins
04-05	Tenby	Pennar Robins	22-23	Milford United	Monkton Swifts
05-06	Milford United	Hundleton	23-24	Hakin United	Clarbested Road
06-07	Herbrandston	St Clears	24-25	New Hedges S/Foot	Hakin United
07-08	Tenby	Johnston			
08-09	Tenby	Haverfordwest County			
09-10	Hakin United	Tenby			
10-11	Kilgetty	Narberth			

Under 14 Cup

Season	Winners	Runners Up	Season	Winner	Runners Up
83-84	Pembroke United	Tenby	10-11	Tenby	Clarbested Road
84-85	Hundleton	Goodwick United	11-12	Prendergast Villa	Tenby
85-86	Hundleton	Scarrowscant United	12-13	Tenby	Hwest Cricket Club
86-87	Tenby United	Kilgetty Sports	13-14	Camrose	Clarbested Road
87-88	Kigetty	Pembroke Boro	14-15	Hakin United	Tenby
88-89	Goodwick United	New Hedges S/Foot	15-16	Tenby	Clarbested Road
89-90	Goodwick United	Scarrowscant United	16-17	Angle	Milford United
90-91	Fishguard Sports	Hakin United	17-18	Tenby	Hakin United
91-92	Fishguard Sports	Monkton Swifts	18-19		
92-93	Monkton Swifts	Hakin United	19-20	Prendergast Villa	Tenby
93-94	Narberth	Solva	20-21	** No Played (Covid)	
94-95	Solva	Tenby	21-22	Neyland Pirates	Hakin United
95-96	Pennar Robins	Solva	22-23	Tenby	Cosheston Strikers
96-97	Fishguard Sports	Hundleton	23-24	New Hedges S/Foot	Hwest Cricket Club
97-98	Merlins Bridge	Herbrandston	24-25	Merlins Bridge	Monkton Swifts
98-99	Merlins Bridge	Herbrandston			
99-00	Merlins Bridge	Hakin United			
00-01	Monkton Swifts	Hundleton			
01-02	Tenby United	St Clears			
02-03	Camrose	Clarbested Road			
03-04	Hakin United	Tenby			
04-05	Camrose	Monkton Swifts			
05-06	Tenby	Clarbested Road			
06-07	Camrose	Tenby			
07-08	Milford United	Tenby			
08-09	Camrose	Monkton Swifts			
09-10	Lamphey	Milford United			

Under 13 Cup

Season	Winners	Runners Up	Season	Winner	Runners Up
78-79	Pembroke Boro	Scarrowscant United	12-13	Camrose	Clarbeston Road
79-80	Pembroke Boro	Milford Colts	13-14	Camrose	Tenby
80-81	Lamphey	No Runners Up	14-15	Tenby	St Clears
81-82	Scarrowscant United	New Hedges S/Foot	15-16	Clarbeston Road	Tenby
82-83	Scarrowscant United	Tenby	16-17	Tenby	Camrose
00-01	Milford United	Cosheston	17-18	Prendergast Villa	Merlins Bridge
01-02	Herbrandston	Merlins Bridge	18-19		
02-03	Hakin United	Tenby	19-20	Camrose	Tenby
03-04	Monkton Swifts	Tenby	20-21	** No Played (Covid)	
04-05	Tenby	St Clears	21-22	Tenby	Hakin United
05-06	Camrose	Tenby	22-23	Hakin United	Goodwick United
06-07	Tenby	Pennar Robins	23-24	Goodwick United	Merlins Bridge
07-08	Tenby	Hakin United	24-25	Hakin United	Tenby
08-09	Tenby	Kilgetty			
09-10	Tenby	Clarbeston Road			
10-11	Tenby	Prendergast Villa			
11-12	Hakin United	Haverfordwest County			

Under 12 Cup

Season	Winners	Runners Up	Season	Winner	Runners Up
83-84	Hundleton	Goodwick United	07-08	Lamphey	Narberth
84-85	Kilgetty	Goodwick United	08-09	Clarbeston Road	St Clears
85-86	Goodwick United	Tenby	09-10	Goodwick United	Kilgetty
86-87	Tenby United	Kilgetty Sports	10-11	Hakin United	Tenby
87-88	Monkton Swifts	Kilgetty	11-12	Camrose	Tenby
88-89	Monkton Swifts	Hakin United	12-13	Hakin United	Tenby
89-90	Fishguard Sports	Monkton Swifts	13-14	Clarbeston Road	Hakin United
90-91	Monkton Swifts	Herbrandston	14-15	Tenby	Camrose
91-92	Narberth	Kilgetty	15-16	Tenby	Hakin United
92-93	Kilgetty	Milford United	16-17	Prendergast Villa	Narberth
96-97	St Clears	Monkton Swifts	17-18	Tenby	St Clears
97-98	Merlins Bridge	Milford Athletic	18-19		
98-99	St Clears	Monkton Swifts	19-20	Camrose	Tenby
99-00	Tenby	Herbrandston	20-21	** No Played (Covid)	
00-01	Merlins Bridge	Herbrandston	21-22	** No Competition	
01-02	Hakin United	Pennar Robins	22-23	Tenby	Llangwm Lions
02-03	Hundleton	Tenby	23-24	Hakin United	Tenby
03-04	Hakin United	Clarbeston Road	24-25	Tenby	Milford United
04-05	Tenby	Monkton Swifts			
05-06	Tenby	Milford United			
06-07	Tenby	Milford United			

Under 11 Cup

Season	Winners	Runners Up	Season	Winner	Runners Up
78-79	Scarrowscant United	Goodwick United	86-87	Monkton Swifts	Fishguard Sports
79-80	Scarrowscant United	Milford Colts	87-88	Monkton Swifts	Fishguard Sports
80-81	Milford Colts	New Hedges S/Foot	88-89	Monkton Swifts	Tenby
81-82	Tenby United	Scarrowscant United	89-90	Tenby	Fishguard Sports
82-83	Hundleton	St Davids City	90-91	Tenby	Fishguard Sports
83-84	New Hedges S/Foot	Goodwick United	91-92	Pennar Robins	Goodwick United
84-85	Kilgetty	Pembroke United	92-93	Tenby	Kilgetty
85-86	Tenby	Goodwick United			

Junior Cup

Season	Winners	Season	Winners
73-74	RAFA	77-78	Johnston
74-75	Narberth	78-79	Kilgetty Youth
75-76	Narberth	79-80	Narberth Junior
76-77	Narberth		



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