

## Tennent's Light Women's National Competition

13 teams will be divided into two conferences and divided again into two pools within each conference

Teams within each pool will play each other twice (home and away) before playing twice home and away with teams from the opposing pool in their conference. The winners and three runners up from each conference will progress to the play offs. The winners of the Quarter Finals will progress to the Cup Semi Final with the runners up progressing to the Shield Semi Final.

### Conference 1 Pool 1

Watsonian FC 1XV  
Corstorphine RFC 1XV  
Heriot's Rugby 1XV  
Broughton RFC 1XV

### Conference 1 Pool 2

Stirling County RFC 1XV  
Garioch RFC 1XV  
Howe of Fife RFC 1XV

### Conference 2 Pool 1

Hillhead Jordanhill RFC 1XV  
Cartha Queens Park RFC 1XV  
West of Scotland RFC 1XV

### Conference 2 Pool 2

Stewartry RFC 1XV  
Ayr RFC 1XV  
Annan RFC 1XV

### Sunday 01 November 2020

Watsonian FC 1XV v Corstorphine RFC 1XV  
Heriot's Blues Women 1XV v Broughton RFC 1XV  
Stirling County RFC 1XV v Garioch RFC 1XV  
Hillhead Jordanhill RFC 1XV v Cartha Queens Park RFC 1XV  
Stewartry RFC 1XV v Ayr RFC 1XV

### Sunday 08 November 2020

Watsonian FC 1XV v Heriot's Blues Women 1XV  
Corstorphine RFC 1XV v Broughton RFC 1XV  
Stirling County RFC 1XV v Howe of Fife RFC 1XV  
Cartha Queens Park RFC 1XV v West of Scotland RFC 1XV  
Stewartry RFC 1XV v Annan RFC 1XV

### Sunday 15 November 2020

Broughton RFC 1XV v Watsonian FC 1XV  
Corstorphine RFC 1XV v Heriot's Blues Women 1XV  
Garioch RFC 1XV v Howe of Fife RFC 1XV  
West of Scotland RFC 1XV v Hillhead Jordanhill RFC 1XV  
Ayr RFC 1XV v Annan RFC 1XV

### Sunday 22 November 2020

Standby date

### Sunday 29 November 2020

Corstorphine RFC 1XV v Watsonian FC 1XV  
Broughton RFC 1XV v Heriot's Blues Women 1XV  
Garioch RFC 1XV v Stirling County RFC 1XV  
Cartha Queens Park RFC 1XV v Hillhead Jordanhill RFC 1XV  
Ayr RFC 1XV v Stewartry RFC 1XV

### Sunday 06 December 2020

Heriot's Blues Women 1XV v Watsonian FC 1XV  
Broughton RFC 1XV v Corstorphine RFC 1XV  
Howe of Fife RFC 1XV v Stirling County RFC 1XV  
West of Scotland RFC 1XV v Cartha Queens Park RFC 1XV  
Annan RFC 1XV v Stewartry RFC 1XV

### Sunday 13 December 2020

Standby date

### Sunday 10 January 2021

Watsonian FC 1XV v Broughton RFC 1XV  
Heriot's Blues Women 1XV v Corstorphine RFC 1XV  
Watsonian FC 1XV v Broughton RFC 1XV  
Howe of Fife RFC 1XV v Garioch RFC 1XV  
Hillhead Jordanhill RFC 1XV v West of Scotland RFC 1XV

Annan RFC 1XV v Ayr RFC 1XV

**Sunday 17 January 2021**

Watsonian FC 1XV v Stirling County RFC 1XV  
Corstorphine RFC 1XV v Garioch RFC 1XV  
Heriot's Blues Women 1XV v Howe of Fife RFC 1XV  
Hillhead Jordanhill RFC 1XV v Stewartry RFC 1XV  
Cartha Queens Park RFC 1XV v Ayr RFC 1XV  
West of Scotland RFC 1XV v Annan RFC 1XV

**Sunday 24 January 2021**

Garioch RFC 1XV v Watsonian FC 1XV  
Howe of Fife RFC 1XV v Corstorphine RFC 1XV  
Stirling County RFC 1XV v Broughton RFC 1XV  
Ayr RFC 1XV v Hillhead Jordanhill RFC 1XV  
Annan RFC 1XV v Cartha Queens Park RFC 1XV  
Stewartry RFC 1XV v West of Scotland RFC 1XV

**Sunday 31 January 2021**

Watsonian FC 1XV v Howe of Fife RFC 1XV  
Heriot's Blues Women 1XV v Stirling County RFC 1XV  
Broughton RFC 1XV v Garioch RFC 1XV  
Hillhead Jordanhill RFC 1XV v Annan RFC 1XV  
West of Scotland RFC 1XV v Ayr RFC 1XV  
Cartha Queens Park RFC 1XV v Stewartry RFC 1XV

**Sunday 07 February 2021**

Standby date

**Sunday 14 February 2021**

Standby date

**Sunday 21 February 2021**

Stirling County RFC 1XV v Watsonian FC 1XV  
Garioch RFC 1XV v Corstorphine RFC 1XV  
Howe of Fife RFC 1XV v Heriot's Blues Women 1XV  
Stewartry RFC 1XV v Hillhead Jordanhill RFC 1XV  
Ayr RFC 1XV v Cartha Queens Park RFC 1XV  
Annan RFC 1XV v West of Scotland RFC 1XV

**Sunday 28 February 2021**

Watsonian FC 1XV v Garioch RFC 1XV  
Corstorphine RFC 1XV v Howe of Fife RFC 1XV  
Broughton RFC 1XV v Stirling County RFC 1XV  
Hillhead Jordanhill RFC 1XV v Ayr RFC 1XV  
Cartha Queens Park RFC 1XV v Annan RFC 1XV  
West of Scotland RFC 1XV v Stewartry RFC 1XV

**Sunday 07 March 2021**

Howe of Fife RFC 1XV v Watsonian FC 1XV  
Stirling County RFC 1XV v Heriot's Blues Women 1XV  
Garioch RFC 1XV v Broughton RFC 1XV  
Annan RFC 1XV v Hillhead Jordanhill RFC 1XV  
Ayr RFC 1XV v West of Scotland RFC 1XV  
Stewartry RFC 1XV v Cartha Queens Park RFC 1XV

**Sunday 14 March 2021**

Standby date

**Sunday 21 March 2021**

Standby date

**Sunday 28 March 2021**

Standby date

**Saturday 03 April 2021**

(Quarter Final 1) Conference 1 1st place v Conference 2 3rd place  
(Quarter Final 2) Conference 1 2nd place v Conference 2 4th place  
(Quarter Final 3) Conference 2 1st place v Conference 1 3rd place  
(Quarter Final 4) Conference 2 2nd place v Conference 1 4th place

**Sunday 10 April 2021**

Standby date

**Saturday 17 April 2021**

Standby date

**Saturday 24 April 2021**

(Cup Semi Final 1) Quarter Final 2 winner v Quarter Final 1 winner  
(Cup Semi Final 2) Quarter Final 3 winner v Quarter Final 4 winner  
(Shield Semi Final 1) Quarter Final 2 runner up v Quarter Final 1 runner up  
(Shield Semi Final 2) Quarter Final 3 runner up v Quarter Final 4 runner up

**Saturday 01 May 2021**

Standby date

**Saturday 08 May 2021**

Standby date

**Saturday 15 May 2021**

(Cup Final) Semi Final 1 winner v Semi Final 2 winner  
(Shield Final) Semi Final 2 winner v Semi Final 1 winner

## Tennent's Light Women's East Competition

9 Teams will be divided into two pools with teams from each pool playing each other twice home and away before playing teams in the opposite pool once home or away. The winners and runners up of each pool will progress to play-offs.

### Pool 1

Dundee HS FP RFC 1XV  
Dunfermline RFC 1XV  
Grangemouth Stags RFC 1XV  
Kirkcaldy RFC 1XV  
Strathmore RFC 1XV

### Pool 2

Liberton RFC 1XV  
Lismore RFC 1XV  
Livingston RFC 1XV  
Kelso RFC 1XV  
RDVC 1XV

### Sunday 01 November 2020

Dunfermline RFC 1XV v Grangemouth Stags RFC 1XV  
Kirkcaldy RFC 1XV v Strathmore RFC 1XV  
Lismore RFC 1XV v RDVC 1XV  
Kelso RFC 1XV v Livingston RFC 1XV

### Sunday 08 November 2020

Grangemouth Stags RFC 1XV v Dundee HS FP RFC 1XV  
Strathmore RFC 1XV v Dunfermline RFC 1XV  
Liberton RFC 1XV v Lismore RFC 1XV  
RDVC 1XV v Kelso RFC 1XV

### Sunday 15 November 2020

Dunfermline RFC 1XV v Kirkcaldy RFC 1XV  
Dundee HS FP RFC 1XV v Strathmore RFC 1XV  
Kelso RFC 1XV v Liberton RFC 1XV  
Livingston RFC 1XV v RDVC 1XV

### Sunday 22 November 2020

Standby date

### Sunday 29 November 2020

Grangemouth Stags RFC 1XV v Kirkcaldy RFC 1XV  
Dundee HS FP RFC 1XV v Dunfermline RFC 1XV  
Liberton RFC 1XV v Livingston RFC 1XV  
Lismore RFC 1XV v Kelso RFC 1XV

### Sunday 06 December 2020

Strathmore RFC 1XV v Grangemouth Stags RFC 1XV  
Kirkcaldy RFC 1XV v Dundee HS FP RFC 1XV  
Livingston RFC 1XV v Lismore RFC 1XV  
RDVC 1XV v Liberton RFC 1XV

### Sunday 13 December 2020

Standby date

### Sunday 10 January 2021

Grangemouth Stags RFC 1XV v Dunfermline RFC 1XV  
Strathmore RFC 1XV v Kirkcaldy RFC 1XV  
RDVC 1XV v Lismore RFC 1XV  
Livingston RFC 1XV v Kelso RFC 1XV

### Sunday 17 January 2021

Dundee HS FP RFC 1XV v Grangemouth Stags RFC 1XV  
Dunfermline RFC 1XV v Strathmore RFC 1XV  
Lismore RFC 1XV v Liberton RFC 1XV  
Kelso RFC 1XV v RDVC 1XV

### Sunday 24 January 2021

Strathmore RFC 1XV v Dundee HS FP RFC 1XV

Kirkcaldy RFC 1XV v Dunfermline RFC 1XV  
Liberton RFC 1XV v Kelso RFC 1XV  
RDVC 1XV v Livingston RFC 1XV

**Sunday 31 January 2021**

Kirkcaldy RFC 1XV v Grangemouth Stags RFC 1XV  
Dunfermline RFC 1XV v Dundee HS FP RFC 1XV  
Livingston RFC 1XV v Liberton RFC 1XV  
Kelso RFC 1XV v Lismore RFC 1XV

**Sunday 07 February 2021**

Standby date

**Sunday 14 February 2021**

Standby date

**Sunday 21 February 2021**

Grangemouth Stags RFC 1XV v Strathmore RFC 1XV  
Dundee HS FP RFC 1XV v Kirkcaldy RFC 1XV  
Lismore RFC 1XV v Livingston RFC 1XV  
Liberton RFC 1XV v RDVC 1XV

**Sunday 28 February 2021**

Livingston RFC 1XV v Grangemouth Stags RFC 1XV  
Kirkcaldy RFC 1XV v Liberton RFC 1XV  
RDVC 1XV v Dundee HS FP RFC 1XV  
Strathmore RFC 1XV v Lismore RFC 1XV  
Kelso RFC 1XV v Dunfermline RFC 1XV

**Sunday 07 March 2021**

Grangemouth Stags RFC 1XV v Kelso RFC 1XV  
Lismore RFC 1XV v Kirkcaldy RFC 1XV  
Dundee HS FP RFC 1XV v Livingston RFC 1XV  
Liberton RFC 1XV v Strathmore RFC 1XV  
Dunfermline RFC 1XV v RDVC 1XV

**Sunday 14 March 2021**

RDVC 1XV v Grangemouth Stags RFC 1XV  
Kelso RFC 1XV v Dundee HS FP RFC 1XV  
Livingston RFC 1XV v Dunfermline RFC 1XV

**Sunday 21 March 2021**

Standby date

**Sunday 28 March 2021**

Grangemouth Stags RFC 1XV v Lismore RFC 1XV  
Kirkcaldy RFC 1XV v RDVC 1XV  
Strathmore RFC 1XV v Livingston RFC 1XV  
Dunfermline RFC 1XV v Liberton RFC 1XV

**Sunday 04 April 2021**

Liberton RFC 1XV v Grangemouth Stags RFC 1XV  
Livingston RFC 1XV v Kirkcaldy RFC 1XV  
Lismore RFC 1XV v Dundee HS FP RFC 1XV  
Kelso RFC 1XV v Strathmore RFC 1XV

**Sunday 11 April 2021**

Kirkcaldy RFC 1XV v Kelso RFC 1XV  
Dundee HS FP RFC 1XV v Liberton RFC 1XV  
Strathmore RFC 1XV v RDVC 1XV  
Dunfermline RFC 1XV v Lismore RFC 1XV

**Sunday 18 April 2021**

Standby date

**Saturday 24 April 2021**

(Semi Final 1) Pool 1 winner v Pool 2 runner up

(Semi Final 2) Pool 2 winner v Pool 1 runner up

**Saturday 01 May 2021**

Standby date

**Saturday 08 May 2021**

(Final) Semi Final 2 winner v Semi Final 1 winner

**Saturday 15 May 2021**

Standby date

## Tennent's Light Women's North Competition

7 Teams will be divided into two pools with teams from each pool playing each other twice home and away before playing teams in the opposite pool once home or away. The winners and runners up of each pool will progress to play-offs.

### Pool 1

Shetland RFC 1XV  
Orkney RFC 1XV  
Aberdeenshire RFC 1XV  
Peterhead RFC 1XV

### Pool 2

Inverness Craig Dunain RFC 1XV  
Stornoway RFC 1XV  
Fraserburgh RFC 1XV  
Huntly RFC 1XV

### Saturday 31 October 2020

Orkney Dragons 1XV v Shetland Ladies 1XV  
Aberdeenshire Quines 1XV v Peterhead RFC 1XV  
Inverness Craig Dunain RFC 1XV v Stornoway RFC 1XV  
Huntly RFC 1XV v Fraserburgh RFC 1XV

### Saturday 07 November 2020

Shetland Ladies 1XV v Aberdeenshire Quines 1XV  
Peterhead RFC 1XV v Orkney Dragons 1XV  
Fraserburgh RFC 1XV v Inverness Craig Dunain RFC 1XV  
Stornoway RFC 1XV v Huntly RFC 1XV

### Saturday 14 November 2020

Peterhead RFC 1XV v Shetland Ladies 1XV  
Orkney Dragons 1XV v Aberdeenshire Quines 1XV  
Huntly RFC 1XV v Inverness Craig Dunain RFC 1XV  
Fraserburgh RFC 1XV v Stornoway RFC 1XV

### Saturday 21 November 2020

Shetland Ladies 1XV v Orkney Dragons 1XV  
Peterhead RFC 1XV v Aberdeenshire Quines 1XV  
Stornoway RFC 1XV v Inverness Craig Dunain RFC 1XV  
Fraserburgh RFC 1XV v Huntly RFC 1XV

### Saturday 28 November 2020

Standby date

### Saturday 05 December 2020

Aberdeenshire Quines 1XV v Shetland Ladies 1XV  
Orkney Dragons 1XV v Peterhead RFC 1XV  
Inverness Craig Dunain RFC 1XV v Fraserburgh RFC 1XV  
Huntly RFC 1XV v Stornoway RFC 1XV

### Saturday 12 December 2020

Standby date

### Saturday 09 January 2021

Shetland Ladies 1XV v Peterhead RFC 1XV  
Aberdeenshire Quines 1XV v Orkney Dragons 1XV  
Inverness Craig Dunain RFC 1XV v Huntly RFC 1XV  
Stornoway RFC 1XV v Fraserburgh RFC 1XV

### Saturday 16 January 2021

Stornoway RFC 1XV v Shetland Ladies 1XV  
Orkney Dragons 1XV v Inverness Craig Dunain RFC 1XV  
Fraserburgh RFC 1XV v Aberdeenshire Quines 1XV  
Peterhead RFC 1XV v Huntly RFC 1XV

### Saturday 23 January 2021

Shetland Ladies 1XV v Fraserburgh RFC 1XV  
Aberdeenshire Quines 1XV v Stornoway RFC 1XV

Inverness Craig Dunain RFC 1XV v Peterhead RFC 1XV  
Huntly RFC 1XV v Orkney Dragons RFC 1XV

**Saturday 30 January 2021**

Inverness Craig Dunain RFC 1XV v Shetland Ladies 1XV  
Fraserburgh RFC 1XV v Orkney Dragons 1XV  
Stornoway RFC 1XV v Peterhead RFC 1XV  
Huntly RFC 1XV v Aberdeenshire Quines 1XV

**Saturday 06 February 2021**

Standby date

**Saturday 13 February 2021**

Standby date

**Saturday 20 February 2021**

Orkney Dragons 1XV v Stornoway RFC 1XV  
Aberdeenshire Quines 1XV v Inverness Craig Dunain RFC 1XV  
Peterhead RFC 1XV v Fraserburgh RFC 1XV  
Shetland RFC 1XV v Huntly RFC 1XV

**Saturday 27 February 2021**

Standby date

**Saturday 06 March 2021**

Standby date

**Saturday 13 March 2021**

(Semi Final 1) Pool 1 winner v Pool 2 runner up  
(Semi Final 2) Pool 2 winner v Pool 1 runner up

**Saturday 20 March 2021**

Standby date

**Saturday 27 March 2021**

Standby date

**Saturday 03 April 2021**

(Final) Semi Final 2 winner v Semi Final 1 winner

**Saturday 10 April 2021**

Standby date

**Saturday 17 April 2021**

Standby date

**Saturday 24 April 2021**

Standby date



## Tennent's Light Women's West Competition

Teams will be divided into two pools with teams from each pool playing each other twice home and away before playing teams in the opposite pool once home or away. The winners and runners up of each pool will progress to play-offs.

### Pool 1

Glasgow University Women  
Greenock Wanderers RFC 1XV  
Bishopton RFC 1XV  
Cartha Queens Park RFC 2XV  
Oban Lorne RFC 1XV

### Pool 2

Wigtownshire RFC 1XV  
Biggar RFC 1XV  
Hamilton RFC 1XV  
Ardrossan Academicals RFC 1XV

### Sunday 01 November 2020

Bishopton RFC 1XV v Glasgow University Women 1XV  
Greenock Wanderers RFC 1XV v Cartha Queens Park RFC 2XV  
Wigtownshire RFC 1XV v Biggar RFC 1XV  
Hamilton Rugby Club 1XV v Ardrossan Academicals RFC 1XV

### Sunday 08 November 2020

Cartha Queens Park RFC 2XV v Bishopton RFC 1XV  
Glasgow University Women v Oban Lorne RFC 1XV  
Wigtownshire RFC 1XV v Hamilton Rugby Club 1XV  
Ardrossan Academicals RFC 1XV v Biggar RFC 1XV

### Sunday 15 November 2020

Oban Lorne RFC 1XV v Greenock Wanderers RFC 1XV  
Glasgow University Women v Cartha Queens Park RFC 2XV  
Ardrossan Academicals RFC 1XV v Wigtownshire RFC 1XV  
Biggar RFC 1XV v Hamilton RFC 1XV

### Sunday 22 November 2020

Standby date

### Sunday 29 November 2020

Cartha Queens Park RFC 2XV v Oban Lorne RFC 1XV  
Greenock Wanderers RFC 1XV v Bishopton RFC 1XV  
Biggar RFC 1XV v Wigtownshire RFC 1XV  
Ardrossan Academicals RFC 1XV v Hamilton Rugby Club 1XV

### Sunday 06 December 2020

Oban Lorne RFC 1XV v Bishopton RFC 1XV  
Glasgow University Women v Greenock Wanderers RFC 1XV  
Hamilton Rugby Club 1XV v Wigtownshire RFC 1XV  
Biggar RFC 1XV v Ardrossan Academicals RFC 1XV

### Sunday 13 December 2020

Standby date

### Sunday 10 January 2021

Wigtownshire RFC 1XV v Ardrossan Academicals RFC 1XV  
Hamilton RFC 1XV v Biggar RFC 1XV

### Sunday 17 January 2021

Glasgow University Women 1XV v Bishopton RFC 1XV  
Cartha Queens Park RFC 2XV v Greenock Wanderers RFC 1XV  
Wigtownshire RFC 1XV v Oban Lorne RFC 1XV

### Sunday 24 January 2021

Bishopton RFC 1XV v Cartha Queens Park RFC 2XV  
Oban Lorne RFC 1XV v Glasgow University Women  
Greenock Wanderers RFC 1XV v Ardrossan Academicals RFC 1XV

**Sunday 31 January 2021**

Greenock Wanderers RFC 1XV Oban Lorne RFC 1XV  
Cartha Queens Park RFC 2XV v Glasgow University Women  
Hamilton Rugby Club 1XV v Bishopton RFC 1XV

**Sunday 07 February 2021**

Oban Lorne RFC 1XV v Cartha Queens Park RFC 2XV  
Bishopton RFC 1XV v Greenock Wanderers RFC 1XV  
Glasgow University Women v Wigtownshire RFC 1XV

**Sunday 14 February 2021**

Standby date

**Sunday 21 February 2021**

Oban Lorne RFC 1XV v Hamilton Rugby Club 1XV  
Wigtownshire RFC 1XV v Greenock Wanderers RFC 1XV  
Bishopton RFC 1XV v Ardrossan Academicals RFC 1XV  
Biggar RFC 1XV v Glasgow University Women

**Sunday 28 February 2021**

Bishopton RFC 1XV v Biggar RFC 1XV  
Greenock Wanderers RFC 1XV v Glasgow University Women  
Ardrossan Academicals RFC 1XV v Cartha Queens Park RFC 2XV

**Sunday 07 March 2021**

Oban Lorne RFC 1XV v Biggar RFC 1XV  
Hamilton Rugby Club 1XV v Glasgow University Women  
Wigtownshire RFC 1XV v Cartha Queens Park RFC 2XV

**Sunday 14 March 2021**

Ardrossan Academicals RFC 1XV v Oban Lorne RFC 1XV  
Biggar RFC 1XV v Greenock Wanderers RFC 1XV  
Cartha Queens Park RFC 2XV v Hamilton Rugby Club 1XV  
Bishopton RFC 1XV v Wigtownshire RFC 1XV

**Sunday 21 March 2021**

Standby date

**Sunday 28 March 2021**

Bishopton RFC 1XV v Oban Lorne RFC 1XV  
Glasgow University Women v Ardrossan Academicals RFC 1XV  
Greenock Wanderers RFC 1XV v Hamilton Rugby Club 1XV  
Cartha Queens Park RFC 2XV v Biggar RFC 1XV

**Sunday 04 April 2021**

Standby date

**Sunday 11 April 2021**

Standby date

**Sunday 18 April 2021**

Standby date

**Saturday 24 April 2021**

(Semi Final 1) Pool 1 winner v Pool 2 runner up  
(Semi Final 2) Pool 2 winner v Pool 1 runner up

**Saturday 01 May 2021**

Standby date

**Saturday 08 May 2021**

(Final) Semi Final 2 winner v Semi Final 1 winner

**Saturday 15 May 2021**  
Standby date