

## 4 Nations Cup 2010

Celtic Manor, Monday 15 & Tuesday 16 March

TEAM WALES	Hcp
Richard Willis (Captain)-Gwent	9
Martin Case-Vale of Glamorgan	18
Kevin Cook-Gwent	22
Gareth Williams-Cwmbran	15
Shan Lewis-Carmarthen	16
Michael Overton-Caerleon	16
Neil Merry-Swansea	27
Mal Dalby-Dorset	26