

1 E

01/09/2018

Penallta	v	Risca
Brecon	v	Nelson
Ynysybwł	v	Dowlais
Pontypool Utd	v	Blaenavon
Brynmawr	v	Hartridge
Cwmbran	v	Caerleon

08/09/2018

Nelson	v	Penallta
Risca	v	Ynysybwł
Blaenavon	v	Brecon
Dowlais	v	Brynmawr
Caerleon	v	Pontypool Utd
Hartridge	v	Cwmbran

15/09/2018

Ynysybwł	v	Penallta
Brynmawr	v	Risca
Nelson	v	Blaenavon
Brecon	v	Caerleon
Cwmbran	v	Dowlais
Pontypool Utd	v	Hartridge

22/09/2018

Penallta	v	Blaenavon
Risca	v	Cwmbran
Caerleon	v	Nelson
Ynysybwł	v	Brynmawr
Hartridge	v	Brecon
Dowlais	v	Pontypool Utd

29/09/2018

Plate Rd 1

06/10/2018

Brynmawr	v	Penallta
Pontypool Utd	v	Risca
Nelson	v	Hartridge
Cwmbran	v	Ynysybwł
Blaenavon	v	Caerleon
Brecon	v	Dowlais

13/10/2018

Penallta	v	Caerleon
Risca	v	Brecon
Dowlais	v	Nelson
Ynysybwł	v	Pontypool Utd
Hartridge	v	Blaenavon
Brynmawr	v	Cwmbran

20/10/2018

Cwmbran	v	Penallta
Nelson	v	Risca
Brecon	v	Ynysybwł
Blaenavon	v	Dowlais
Pontypool Utd	v	Brynmawr
Caerleon	v	Hartridge

27/10/2018

Plate Rd 2

10/11/2018

Penallta	v	Hartridge
Risca	v	Blaenavon
Ynysybwł	v	Nelson
Brynmawr	v	Brecon
Dowlais	v	Caerleon
Cwmbran	v	Pontypool Utd

24/11/2018

Pontypool Utd	v	Penallta
Caerleon	v	Risca
Nelson	v	Brynmawr
Blaenavon	v	Ynysybwł
Brecon	v	Cwmbran
Hartridge	v	Dowlais

01/12/2018

Penallta	v	Dowlais
Risca	v	Hartridge
Cwmbran	v	Nelson
Ynysybwł	v	Caerleon
Pontypool Utd	v	Brecon
Brynmawr	v	Blaenavon

08/12/2018

Plate Rd 3

Brecon	v	Penallta
Nelson	v	Pontypool Utd
Hartridge	v	Ynysybwl
Blaenavon	v	Cwmbran
Caerleon	v	Brynmawr
Dowlais	v	Risca

15/12/2018

Risca	v	Penallta
Nelson	v	Brecon
Dowlais	v	Ynysybwl
Blaenavon	v	Pontypool Utd
Hartridge	v	Brynmawr
Caerleon	v	Cwmbran

29/12/2018

Penallta	v	Nelson
Ynysybwl	v	Risca
Brecon	v	Blaenavon
Brynmawr	v	Dowlais
Pontypool Utd	v	Caerleon
Cwmbran	v	Hartridge

05/01/2019

Penallta	v	Ynysybwl
Risca	v	Brynmawr
Blaenavon	v	Nelson
Caerleon	v	Brecon
Dowlais	v	Cwmbran
Hartridge	v	Pontypool Utd

12/01/2019

Plate Rd 4

Blaenavon	v	Penallta
Cwmbran	v	Risca
Nelson	v	Caerleon
Brynmawr	v	Ynysybwl
Brecon	v	Hartridge
Pontypool Utd	v	Dowlais

19/01/2019

Penallta	v	Brynmawr
Risca	v	Pontypool Utd
Hartridge	v	Nelson
Ynysybwl	v	Cwmbran
Caerleon	v	Blaenavon
Dowlais	v	Brecon

26/01/2019

Caerleon	v	Penallta
Brecon	v	Risca
Nelson	v	Dowlais
Pontypool Utd	v	Ynysybwl
Blaenavon	v	Hartridge
Cwmbran	v	Brynmawr

02/02/2019

Penallta	v	Cwmbran
Risca	v	Nelson
Ynysybwl	v	Brecon
Dowlais	v	Blaenavon
Brynmawr	v	Pontypool Utd
Hartridge	v	Caerleon

16/02/2019

Hartridge	v	Penallta
Blaenavon	v	Risca
Nelson	v	Ynysybwl
Brecon	v	Brynmawr
Caerleon	v	Dowlais
Pontypool Utd	v	Cwmbran

02/03/2019

Plate Rd 5

Penallta	v	Pontypool Utd
Risca	v	Caerleon
Brynmawr	v	Nelson
Ynysybwl	v	Blaenavon
Cwmbran	v	Brecon
Dowlais	v	Hartridge

23/03/2019

Dowlais	v	Penallta
Hartridge	v	Risca
Nelson	v	Cwmbran
Caerleon	v	Ynysybwl
Brecon	v	Pontypool Utd
Blaenavon	v	Brynmawr

30/03/2019

Plate Rd 6

Penallta	v	Brecon
Pontypool Utd	v	Nelson
Ynysybwl	v	Hartridge
Cwmbran	v	Blaenavon
Brynmawr	v	Caerleon
Risca	v	Dowlais