

12 Club Division Championship

01/09/2018

Newcastle Emlyn	v	Trebanos
Newbridge	v	Rhydyfelin
Cardiff Met	v	Maesteg Quins
Beddau	v	Narberth
Ystrad Rhondda	v	Pontypool
Tata	v	Bedlinog

08/09/2018

Rhydyfelin	v	Newcastle Emlyn
Trebanos	v	Cardiff Met
Narberth	v	Newbridge
Maesteg Quins	v	Ystrad Rhondda
Bedlinog	v	Beddau
Pontypool	v	Tata

15/09/2018

Cardiff Met	v	Newcastle Emlyn
Ystrad Rhondda	v	Trebanos
Rhydyfelin	v	Narberth
Newbridge	v	Bedlinog
Tata	v	Maesteg Quins
Beddau	v	Pontypool

22/09/2018

Newcastle Emlyn	v	Narberth
Trebanos	v	Tata
Bedlinog	v	Rhydyfelin
Cardiff Met	v	Ystrad Rhondda
Pontypool	v	Newbridge
Maesteg Quins	v	Beddau

29/09/2018

Ystrad Rhondda	v	Newcastle Emlyn
Beddau	v	Trebanos
Rhydyfelin	v	Pontypool
Tata	v	Cardiff Met
Narberth	v	Bedlinog
Newbridge	v	Maesteg Quins

06/10/2018

Newcastle Emlyn	v	Bedlinog
Trebanos	v	Newbridge
Maesteg Quins	v	Rhydyfelin
Cardiff Met	v	Beddau
Pontypool	v	Narberth
Ystrad Rhondda	v	Tata

13/10/2018

Tata	v	Newcastle Emlyn
Rhydyfelin	v	Trebanos
Newbridge	v	Cardiff Met
Narberth	v	Maesteg Quins
Beddau	v	Ystrad Rhondda
Bedlinog	v	Pontypool

20/10/2018

Newcastle Emlyn	v	Pontypool
Trebanos	v	Narberth
Cardiff Met	v	Rhydyfelin
Ystrad Rhondda	v	Newbridge
Maesteg Quins	v	Bedlinog
Tata	v	Beddau

27/10/2018

Beddau	v	Newcastle Emlyn
Bedlinog	v	Trebanos
Rhydyfelin	v	Ystrad Rhondda
Narberth	v	Cardiff Met
Newbridge	v	Tata
Pontypool	v	Maesteg Quins

10/11/2018

Newcastle Emlyn	v	Maesteg Quins
Trebanos	v	Pontypool
Tata	v	Rhydyfelin
Cardiff Met	v	Bedlinog
Beddau	v	Newbridge
Ystrad Rhondda	v	Narberth

24/11/2018

Newbridge	v	Newcastle Emlyn
Rhydyfelin	v	Beddau
Pontypool	v	Cardiff Met
Narberth	v	Tata
Bedlinog	v	Ystrad Rhondda
Maesteg Quins	v	Trebanos

01/12/2018

Trebanos	v	Newcastle Emlyn
Rhydyfelin	v	Newbridge
Maesteg Quins	v	Cardiff Met
Narberth	v	Beddau
Pontypool	v	Ystrad Rhondda
Bedlinog	v	Tata

08/12/2018

Newcastle Emlyn	v	Rhydyfelin
Cardiff Met	v	Trebanos
Newbridge	v	Narberth
Ystrad Rhondda	v	Maesteg Quins
Beddau	v	Bedlinog
Tata	v	Pontypool

15/12/2018

Newcastle Emlyn	v	Cardiff Met
Trebanos	v	Ystrad Rhondda
Narberth	v	Rhydyfelin
Bedlinog	v	Newbridge
Maesteg Quins	v	Tata
Pontypool	v	Beddau

22/12/2018

Narberth	v	Newcastle Emlyn
Tata	v	Trebanos
Rhydyfelin	v	Bedlinog
Ystrad Rhondda	v	Cardiff Met
Newbridge	v	Pontypool
Beddau	v	Maesteg Quins

05/01/2019

Cup Round 1

12/01/2019

Newcastle Emlyn	v	Ystrad Rhondda
Trebanos	v	Beddau
Pontypool	v	Rhydyfelin
Cardiff Met	v	Tata
Bedlinog	v	Narberth
Maesteg Quins	v	Newbridge

19/01/2019

Bedlinog	v	Newcastle Emlyn
Newbridge	v	Trebanos
Rhydyfelin	v	Maesteg Quins
Beddau	v	Cardiff Met
Narberth	v	Pontypool
Tata	v	Ystrad Rhondda

26/01/2019

Cup Round 2

02/02/2019

Newcastle Emlyn	v	Tata
Trebanos	v	Rhydyfelin
Cardiff Met	v	Newbridge
Maesteg Quins	v	Narberth
Ystrad Rhondda	v	Beddau
Pontypool	v	Bedlinog

16/02/2019

Pontypool	v	Newcastle Emlyn
Narberth	v	Trebanos
Rhydyfelin	v	Cardiff Met
Newbridge	v	Ystrad Rhondda
Bedlinog	v	Maesteg Quins
Beddau	v	Tata

02/03/2019

Newcastle Emlyn	v	Beddau
Trebanos	v	Bedlinog
Ystrad Rhondda	v	Rhydyfelin
Cardiff Met	v	Narberth
Tata	v	Newbridge
Maesteg Quins	v	Pontypool

23/03/2019

Cup Round 3

Maesteg Quins	v	Newcastle Emlyn
Pontypool	v	Trebanos
Rhydyfelin	v	Tata
Bedlinog	v	Cardiff Met
Newbridge	v	Beddau
Narberth	v	Ystrad Rhondda

30/03/2019

Newcastle Emlyn	v	Newbridge
Beddau	v	Rhydyfelin
Cardiff Met	v	Pontypool
Tata	v	Narberth
Ystrad Rhondda	v	Bedlinog
Trebanos	v	Maesteg Quins