	Home	VS	Away		Home	VS	Away
	Newport 2nds	vs	Brecon		Brecon	vs	Newport 2nds
	UW Swansea 2	vs	Pembroke		Pembroke	vs	UW Swansea 2
02-Oct	Rhondda 2nds	vs	Carmarthen	29-Jan	Carmarthen	vs	Rhondda 2nds
2010	Gwernyfed	vs	Saints 4ths	2011	Saints 4ths	vs	Gwernyfed
	Home	vs	Away		Home	vs	Away
	Brecon	vs	Pembroke		Pembroke	vs	Brecon
	UW Swansea 2	vs	Newport 2nds		Newport 2nds	vs	UW Swansea 2
09-Oct	Carmarthen	vs	Gwernyfed	12-Feb	Gwernyfed	vs	Carmarthen
2010	Saints 4ths	vs	Rhondda 2nds	2011	Rhondda 2nds	vs	Saints 4ths
	Home	vs	Away		Home	vs	Away
	Newport 2nds	VS	Saints 4ths		Saints 4ths	vs	Newport 2nds
	Pembroke	VS	Carmarthen		Carmarthen	vs	Pembroke
16-Oct	Gwernyfed	VS	Brecon	19-Feb	Brecon	vs	Gwernyfed
2010	UW Swansea 2	VS	Rhondda 2nds	2011	Rhondda 2nds	vs	UW Swansea 2
	Home	vs	Away		Home	VS	Away
	Carmarthen	VS	Newport 2nds		Newport 2nds	vs	Carmarthen
	Rhondda 2nds	VS	Brecon		Brecon	VS	Rhondda 2nds
06-Nov	Gwernyfed	VS	UW Swansea 2	05-Mar	UW Swansea 2	vs	Gwernyfed
2010	Saints 4ths	VS	Pembroke	2011	Pembroke	vs	Saints 4ths
	Home	VS	Away		Home	VS	Away
	Newport 2nds	VS	Pembroke		Pembroke	vs	Newport 2nds
	Gwernyfed	vs	Rhondda 2nds		Rhondda 2nds	vs	Gwernyfed
13-Nov	UW Swansea 2	VS	Carmarthen	12-Mar	Carmarthen	vs	UW Swansea 2
2010	Saints 4ths	VS	Brecon	2011	Brecon	vs	Saints 4ths
	Home	VS	Away		Home	VS	Away
	Gwernyfed	VS	Newport 2nds		Newport 2nds	vs	Gwernyfed
	UW Swansea 2	VS	Brecon		Brecon	vs	UW Swansea 2
20-Nov	Rhondda 2nds	VS	Pembroke	19-Mar	Pembroke	vs	Rhondda 2nds
2010	Saints 4ths	VS	Carmarthen	2011	Carmarthen	vs	Saints 4ths
	Home	VS	Away		Home	VS	Away
	Newport 2nds	VS	Rhondda 2nds		Rhondda 2nds	vs	Newport 2nds
	Brecon	VS	Carmarthen		Carmarthen	vs	Brecon
27-Nov	Pembroke	VS	Gwernyfed	26-Mar	Gwernyfed	vs	Pembroke
2010	Saints 4ths	VS	UW Swansea 2	2011	UW Swansea 2	vs	Saints 4ths