

06-Oct	Home	vs	Away	05-Jan	Home	vs	Away
	UC Aber	vs	UW Swansea 2		UW Swansea 2	vs	UC Aber
	Sue Noakes	vs	Medics		Medics	vs	Sue Noakes
Week 1	Merthyr	vs	Newport 2	Week 10	Newport 2	vs	Merthyr
	Kington	vs	Llanelli		Llanelli	vs	Kington
	FREE WEEK	vs	Cardiff Uni 4		Cardiff Uni 4	vs	FREE WEEK
13-Oct	Home	vs	Away	19-Jan	Home	vs	Away
	UW Swansea 2	vs	Medics		Medics	vs	UW Swansea 2
	Newport 2	vs	Kington		Kington	vs	Newport 2
Week 2	UC Aber	vs	Merthyr	Week 11	Merthyr	vs	UC Aber
	Cardiff Uni 4	vs	Sue Noakes		Sue Noakes	vs	Cardiff Uni 4
	FREEWEEK	vs	Llanelli		Llanelli	vs	FREEWEEK
20-Oct	Home	vs	Away	02-Feb	Home	vs	Away
	Merthyr	vs	UW Swansea 2		UW Swansea 2	vs	Merthyr
	Sue Noakes	vs	UC Aber		UC Aber	vs	Sue Noakes
Week 3	Newport 2	vs	Llanelli	Week 12	Llanelli	vs	Newport 2
	Cardiff Uni 4	vs	Medics		Medics	vs	Cardiff Uni 4
	Kington	vs	FREE WEEK		FREE WEEK	vs	Kington
03-Nov	Home	vs	Away	16-Feb	Home	vs	Away
	UW Swansea 2	vs	Sue Noakes		Sue Noakes	vs	UW Swansea 2
	Cardiff Uni 4	vs	Kington		Kington	vs	Cardiff Uni 4
Week 4	Merthyr	vs	Llanelli	Week 13	Llanelli	vs	Merthyr
	Newport 2	vs	UC Aber		UC Aber	vs	Newport 2
	FREE WEEK	vs	Medics		Medics	vs	FREE WEEK
10-Nov	Home	vs	Away	01-Mar	Home	vs	Away
	UW Swansea 2	vs	Cardiff Uni 4		Cardiff Uni 4	vs	UW Swansea 2
	UC Aber	vs	Medics		Medics	vs	UC Aber
Week 5	Sue Noakes	vs	Llanelli	Week 14	Llanelli	vs	Sue Noakes
	Kington	vs	Merthyr		Merthyr	vs	Kington
	FREE WEEK	vs	Newport 2		Newport 2	vs	FREE WEEK
17-Nov	Home	vs	Away	08-Mar	Home	vs	Away
	Llanelli	vs	UW Swansea 2		UW Swansea 2	vs	Llanelli
	Newport 2	vs	Sue Noakes		Sue Noakes	vs	Newport 2
Week 6	Kington	vs	Medics	Week 15	Medics	vs	Kington
	Cardiff Uni 4	vs	UC Aber		UC Aber	vs	Cardiff Uni 4
	FREE WEEK	vs	Merthyr		Merthyr	vs	FREE WEEK
24-Nov	Home	vs	Away	15-Mar	Home	vs	Away
	Medics	vs	Newport 2		Newport 2	vs	Medics
	Sue Noakes	vs	Kington		Kington	vs	Sue Noakes
Week 7	UC Aber	vs	Llanelli	Week 16	Llanelli	vs	UC Aber
	Merthyr	vs	Cardiff Uni 4		Cardiff Uni 4	vs	Merthyr
	UW Swansea 2	vs	FREE WEEK		FREE WEEK	vs	UW Swansea 2
01-Dec	Home	vs	Away	29-Mar	Home	vs	Away
	UW Swansea 2	vs	Kington		Kington	vs	UW Swansea 2
	Medics	vs	Llanelli		Llanelli	vs	Medics
Week 8	Sue Noakes	vs	Merthyr	Week 17	Merthyr	vs	Sue Noakes
	Cardiff Uni 4	vs	Newport 2		Newport 2	vs	Cardiff Uni 4
	FREE WEEK	vs	UC Aber		UC Aber	vs	FREE WEEK
08-Dec	Home	vs	Away	05-Apr	Home	vs	Away
	Newport 2	vs	UW Swansea 2		UW Swansea 2	vs	Newport 2
	Merthyr	vs	Medics		Medics	vs	Merthyr
Week 9	Llanelli	vs	Cardiff Uni 4	Week 18	Cardiff Uni 4	vs	Llanelli
	Kington	vs	UC Aber		UC Aber	vs	Kington
	Sue Noakes	vs	FREE WEEK		FREE WEEK	vs	Sue Noakes