

29-Sep	Home	vs	Away	01-Dec	Home	vs	Away
	UWIC	vs	Cardiff University		Cardiff University	vs	UWIC
	Newport 1	vs	Penarth		Penarth	vs	Newport 1
Week 1	Cardiff Athletic	vs	Bridgend	Week 10	Bridgend	vs	Cardiff Athletic
	Haverfordwest	vs	Penarth 2		Penarth 2	vs	Haverfordwest
	Swansea 2	vs	Howards		Howards	vs	Swansea 2
06-Oct	Home	vs	Away	08-Dec	Home	vs	Away
	Cardiff University	vs	Penarth		Penarth	vs	Cardiff University
	Bridgend	vs	Haverfordwest		Haverfordwest	vs	Bridgend
Week 2	UWIC	vs	Cardiff Athletic	Week 11	Cardiff Athletic	vs	UWIC
	Howards	vs	Newport		Newport	vs	Howards
	Swansea 2	vs	Penarth 2		Penarth 2	vs	Swansea 2
13-Oct	Home	vs	Away	16-Feb	Home	vs	Away
	Cardiff Athletic	vs	Cardiff University		Cardiff University	vs	Cardiff Athletic
	Newport 1	vs	UWIC		UWIC	vs	Newport 1
Week 3	Bridgend	vs	Penarth 2	Week 12	Penarth 2	vs	Bridgend
	Howards	vs	Penarth		Penarth	vs	Howards
	Haverfordwest	vs	Swansea 2		Swansea 2	vs	Haverfordwest
20-Oct	Home	vs	Away	01-Mar	Home	vs	Away
	Cardiff University	vs	Newport		Newport	vs	Cardiff University
	Howards	vs	Haverfordwest		Haverfordwest	vs	Howards
Week 4	Cardiff Athletic	vs	Penarth 2	Week 13	Penarth 2	vs	Cardiff Athletic
	Bridgend	vs	UWIC		UWIC	vs	Bridgend
	Swansea 2	vs	Penarth		Penarth	vs	Swansea 2
27-Oct	Home	vs	Away	08-Mar	Home	vs	Away
	Cardiff University	vs	Howards		Howards	vs	Cardiff University
	UWIC	vs	Penarth		Penarth	vs	UWIC
Week 5	Newport	vs	Penarth 2	Week 14	Penarth 2	vs	Newport
	Haverfordwest	vs	Cardiff Athletic		Cardiff Athletic	vs	Haverfordwest
	Swansea 2	vs	Bridgend		Bridgend	vs	Swansea 2
03-Nov	Home	vs	Away	15-Mar	Home	vs	Away
	Penarth 2	vs	Cardiff University		Cardiff University	vs	Penarth 2
	Bridgend	vs	Newport		Newport	vs	Bridgend
Week 6	Haverfordwest	vs	Penarth	Week 15	Penarth	vs	Haverfordwest
	Howards	vs	UWIC		UWIC	vs	Howards
	Swansea 2	vs	Cardiff Athletic		Cardiff Athletic	vs	Swansea 2
10-Nov	Home	vs	Away	29-Mar	Home	vs	Away
	Penarth	vs	Bridgend		Bridgend	vs	Penarth
	Newport	vs	Haverfordwest		Haverfordwest	vs	Newport
Week 7	UWIC	vs	Penarth 2	Week 16	Penarth 2	vs	UWIC
	Cardiff Athletic	vs	Howards		Howards	vs	Cardiff Athletic
	Cardiff University	vs	Swansea 2		Swansea 2	vs	Cardiff University
17-Nov	Home	vs	Away	12-Apr	Home	vs	Away
	Cardiff University	vs	Haverfordwest		Haverfordwest	vs	Cardiff University
	Penarth	vs	Penarth 2		Penarth 2	vs	Penarth
Week 8	Newport	vs	Cardiff Athletic	Week 17	Cardiff Athletic	vs	Newport
	Howards	vs	Bridgend		Bridgend	vs	Howards
	Swansea 2	vs	UWIC		UWIC	vs	Swansea 2
24-Nov	Home	vs	Away	19-Apr	Home	vs	Away
	Bridgend	vs	Cardiff University		Cardiff University	vs	Bridgend
	Cardiff Athletic	vs	Penarth		Penarth	vs	Cardiff Athletic
Week 9	Penarth 2	vs	Howards	Week 18	Howards	vs	Penarth 2
	Haverfordwest	vs	UWIC		UWIC	vs	Haverfordwest
	Newport	vs	Swansea 2		Swansea 2	vs	Newport