

South Wales Women's Hockey Association
Mansel Griffiths a'i fab
Division 4 West
2009/2010

| Team | Played | Won | Drawn | Lost | For | Against | Diff | Points |
|-----------------|---------------|------------|--------------|-------------|------------|----------------|-------------|---------------|
| Bow Street | 7 | 5 | 0 | 2 | 39 | 11 | 28 | 15 |
| Llanybydder | 6 | 3 | 2 | 1 | 21 | 11 | 10 | 11 |
| Fishguard | 5 | 3 | 1 | 1 | 10 | 3 | 7 | 10 |
| Tenby | 5 | 2 | 2 | 1 | 23 | 6 | 17 | 8 |
| Llandysul | 4 | 2 | 1 | 1 | 10 | 4 | 6 | 7 |
| Newcastle Emlyn | 4 | 2 | 1 | 1 | 6 | 6 | 0 | 7 |
| Aberaeron | 6 | 2 | 0 | 4 | 8 | 37 | -29 | 6 |
| Crymych | 4 | 1 | 1 | 2 | 4 | 13 | -9 | 4 |
| Aberystwyth Uni | 7 | 0 | 0 | 7 | 3 | 33 | -30 | 0 |