



1 East

07/09/2019

Nelson	v	Newbridge
Monmouth	v	Penallta
Risca	v	Brynmawr
Blaenavon	v	Brecon
Dowlais	v	Senghenydd
Bedlinog	v	Pontypool Utd

14/09/2019

Penallta	v	Nelson
Newbridge	v	Risca
Brecon	v	Monmouth
Brynmawr	v	Dowlais
Pontypool Utd	v	Blaenavon
Senghenydd	v	Bedlinog

21/09/2019

Plate Rd 1

28/09/2019

Risca	v	Nelson
Dowlais	v	Newbridge
Penallta	v	Brecon
Monmouth	v	Pontypool Utd
Bedlinog	v	Brynmawr
Blaenavon	v	Senghenydd

05/10/2019

Nelson	v	Brecon
Newbridge	v	Bedlinog
Pontypool Utd	v	Penallta
Risca	v	Dowlais
Senghenydd	v	Monmouth
Brynmawr	v	Blaenavon

12/10/2019

Plate Rd 2

Dowlais	v	Nelson
Blaenavon	v	Newbridge
Penallta	v	Senghenydd
Bedlinog	v	Risca
Brecon	v	Pontypool Utd
Monmouth	v	Brynmawr

19/10/2019

Nelson	v	Pontypool Utd
Newbridge	v	Monmouth
Brynmawr	v	Penallta
Risca	v	Blaenavon
Senghenydd	v	Brecon
Dowlais	v	Bedlinog

26/10/2019

Bedlinog	v	Nelson
Penallta	v	Newbridge
Monmouth	v	Risca
Brecon	v	Brynmawr
Blaenavon	v	Dowlais
Pontypool Utd	v	Senghenydd

09/11/2019

Nelson	v	Senghenydd
Newbridge	v	Brecon
Risca	v	Penallta
Dowlais	v	Monmouth
Brynmawr	v	Pontypool Utd
Bedlinog	v	Blaenavon

16/11/2019

Plate Rd 3

Blaenavon	v	Nelson
Pontypool Utd	v	Newbridge
Penallta	v	Dowlais
Brecon	v	Risca
Monmouth	v	Bedlinog
Senghenydd	v	Brynmawr

23/11/2019

Nelson	v	Brynmawr
Newbridge	v	Senghenydd
Bedlinog	v	Penallta
Risca	v	Pontypool Utd
Blaenavon	v	Monmouth
Dowlais	v	Brecon

07/12/2019

Plate Rd 4

Monmouth	v	Nelson
Penallta	v	Blaenavon
Senghenydd	v	Risca
Brecon	v	Bedlinog
Pontypool Utd	v	Dowlais
Brynmawr	v	Newbridge

14/12/2019

Newbridge	v	Nelson
Penallta	v	Monmouth
Brynmawr	v	Risca
Brecon	v	Blaenavon
Senghenydd	v	Dowlais
Pontypool Utd	v	Bedlinog

28/12/2019

Nelson	v	Penallta
Risca	v	Newbridge
Monmouth	v	Brecon
Dowlais	v	Brynmawr
Blaenavon	v	Pontypool Utd
Bedlinog	v	Senghenydd

04/01/2020

Nelson	v	Risca
Newbridge	v	Dowlais
Brecon	v	Penallta
Pontypool Utd	v	Monmouth
Brynmawr	v	Bedlinog
Senghenydd	v	Blaenavon

11/01/2020

Plate QF

Brecon	v	Nelson
Bedlinog	v	Newbridge
Penallta	v	Pontypool Utd
Dowlais	v	Risca
Monmouth	v	Senghenydd
Blaenavon	v	Brynmawr

18/01/2020

Nelson	v	Dowlais
Newbridge	v	Blaenavon
Senghenydd	v	Penallta
Risca	v	Bedlinog
Pontypool Utd	v	Brecon
Brynmawr	v	Monmouth

25/01/2020

Pontypool Utd	v	Nelson
Monmouth	v	Newbridge
Penallta	v	Brynmawr
Blaenavon	v	Risca
Brecon	v	Senghenydd
Bedlinog	v	Dowlais

15/02/2020

Nelson	v	Bedlinog
Newbridge	v	Penallta
Risca	v	Monmouth
Brynmawr	v	Brecon
Dowlais	v	Blaenavon
Senghenydd	v	Pontypool Utd

29/02/2020

Senghenydd	v	Nelson
Brecon	v	Newbridge
Penallta	v	Risca
Monmouth	v	Dowlais
Pontypool Utd	v	Brynmawr
Blaenavon	v	Bedlinog

21/03/2020

Plate SF

Nelson	v	Blaenavon
Newbridge	v	Pontypool Utd
Dowlais	v	Penallta
Risca	v	Brecon
Bedlinog	v	Monmouth
Brynmawr	v	Senghenydd

28/03/2020

Brynmawr	v	Nelson
Senghenydd	v	Newbridge
Penallta	v	Bedlinog
Pontypool Utd	v	Risca
Monmouth	v	Blaenavon
Brecon	v	Dowlais

04/04/2020

Nelson	v	Monmouth
Blaenavon	v	Penallta
Risca	v	Senghenydd
Bedlinog	v	Brecon
Dowlais	v	Pontypool Utd
Newbridge	v	Brynmawr