



Division 1 East

06/09/2008

Beddau	v	Newport Saracens
Caerphilly	v	Newbridge
Penallta	v	Blackwood
Bargoed	v	Rumney
UWIC	v	Ystrad Rhondda
Merthyr	v	Llanharan

13/09/2008

Merthyr	v	Beddau
Llanharan	v	UWIC
Ystrad Rhondda	v	Bargoed
Rumney	v	Penallta
Blackwood	v	Caerphilly
Newbridge	v	Newport Saracens

20/09/2008

Beddau	v	Newbridge
Newport Saracens	v	Blackwood
Caerphilly	v	Rumney
Penallta	v	Ystrad Rhondda
Bargoed	v	Llanharan
UWIC	v	Merthyr

27/09/2008

UWIC	v	Beddau
Merthyr	v	Bargoed
Llanharan	v	Penallta
Ystrad Rhondda	v	Caerphilly
Rumney	v	Newport Saracens
Blackwood	v	Newbridge

04/10/2008

Beddau	v	Blackwood
Newbridge	v	Rumney
Newport Saracens	v	Ystrad Rhondda
Caerphilly	v	Llanharan
Penallta	v	Merthyr
Bargoed	v	UWIC



Division 1 East

11/10/2008

Bargoed	v	Beddau
UWIC	v	Penallta
Merthyr	v	Caerphilly
Llanharan	v	Newport Saracens
Ystrad Rhondda	v	Newbridge
Rumney	v	Blackwood

18/10/2008

Beddau	v	Rumney
Blackwood	v	Ystrad Rhondda
Newbridge	v	Llanharan
Newport Saracens	v	Merthyr
Caerphilly	v	UWIC
Penallta	v	Bargoed

25/10/2008

Penallta	v	Beddau
Bargoed	v	Caerphilly
UWIC	v	Newport Saracens
Merthyr	v	Newbridge
Llanharan	v	Blackwood
Ystrad Rhondda	v	Rumney

01/11/2008

Ystrad Rhondda	v	Beddau
Rumney	v	Llanharan
Blackwood	v	Merthyr
Newbridge	v	UWIC
Newport Saracens	v	Bargoed
Caerphilly	v	Penallta

06/12/2008

Beddau	v	Caerphilly
Penallta	v	Newport Saracens
Bargoed	v	Newbridge
UWIC	v	Blackwood
Merthyr	v	Rumney
Llanharan	v	Ystrad Rhondda



Division 1 East

13/12/2008

Newport Saracens	v	Beddau
Newbridge	v	Caerphilly
Blackwood	v	Penallta
Rumney	v	Bargoed
Ystrad Rhondda	v	UWIC
Llanharan	v	Merthyr

27/12/2008

Beddau	v	Llanharan
Merthyr	v	Ystrad Rhondda
Rumney	v	UWIC
Bargoed	v	Blackwood
Newbridge	v	Penallta
Caerphilly	v	Newport Saracens

03/01/2009

Beddau	v	Merthyr
UWIC	v	Llanharan
Bargoed	v	Ystrad Rhondda
Penallta	v	Rumney
Caerphilly	v	Blackwood
Newport Saracens	v	Newbridge

10/01/2009

Newbridge	v	Beddau
Blackwood	v	Newport Saracens
Rumney	v	Caerphilly
Ystrad Rhondda	v	Penallta
Llanharan	v	Bargoed
Merthyr	v	UWIC

17/01/2009

Beddau	v	UWIC
Bargoed	v	Merthyr
Penallta	v	Llanharan
Caerphilly	v	Ystrad Rhondda
Newport Saracens	v	Rumney
Newbridge	v	Blackwood



Division 1 East

31/01/2009

Blackwood	v	Beddau
Rumney	v	Newbridge
Ystrad Rhondda	v	Newport Saracens
Llanharan	v	Caerphilly
Merthyr	v	Penallta
UWIC	v	Bargoed

07/03/2009

Beddau	v	Bargoed
Penallta	v	UWIC
Caerphilly	v	Merthyr
Newport Saracens	v	Llanharan
Newbridge	v	Ystrad Rhondda
Blackwood	v	Rumney

28/03/2009

Rumney	v	Beddau
Ystrad Rhondda	v	Blackwood
Llanharan	v	Newbridge
Merthyr	v	Newport Saracens
UWIC	v	Caerphilly
Bargoed	v	Penallta

04/04/2009

Beddau	v	Penallta
Caerphilly	v	Bargoed
Newport Saracens	v	UWIC
Newbridge	v	Merthyr
Blackwood	v	Llanharan
Rumney	v	Ystrad Rhondda

11/04/2009

Llanharan	v	Beddau
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Division 1 East

Ystrad Rhondda	v	Merthyr
UWIC	v	Rumney
Blackwood	v	Bargoed
Penallta	v	Newbridge
Newport Saracens	v	Caerphilly

18/04/2009

Beddau	v	Ystrad Rhondda
Llanharan	v	Rumney
Merthyr	v	Blackwood
UWIC	v	Newbridge
Bargoed	v	Newport Saracens
Penallta	v	Caerphilly

25/04/2009

Caerphilly	v	Beddau
Newport Saracens	v	Penallta
Newbridge	v	Bargoed
Blackwood	v	UWIC
Rumney	v	Merthyr
Ystrad Rhondda	v	Llanharan