

4 East

05/09/2009

Abertillery BG	v	New Tredegar
Talywain	v	Old Illtydian
Nantyglo	v	Abercarn
Chepstow	v	Risca
Crumlin	v	Monmouth
St Josephs	v	Machen

12/09/2009

Old Illtydian	v	Abertillery BG
New Tredegar	v	Nantyglo
Risca	v	Talywain
Abercarn	v	Crumlin
Machen	v	Chepstow
Monmouth	v	St Josephs

19/09/2009

Nantyglo	v	Abertillery BG
Crumlin	v	New Tredegar
Old Illtydian	v	Risca
Talywain	v	Machen
St Josephs	v	Abercarn
Chepstow	v	Monmouth

26/09/2009

Abertillery BG	v	Risca
		St Josephs
New Tredegar	v	Josephs
Machen	v	Old Illtydian
Nantyglo	v	Crumlin
Monmouth	v	Talywain
Abercarn	v	Chepstow

03/10/2009

Crumlin	v	Abertillery BG
Chepstow	v	New Tredegar
Old Illtydian	v	Monmouth
St Josephs	v	Nantyglo
Risca	v	Machen
Talywain	v	Abercarn

10/10/2009

Abertillery BG	v	Machen
New Tredegar	v	Talywain
Abercarn	v	Old Illtydian
Nantyglo	v	Chepstow
Monmouth	v	Risca
		St
Crumlin	v	Josephs

17/10/2009

St Josephs	v	Abertillery BG
Old Illtydian	v	New Tredegar
Talywain	v	Nantyglo
Risca	v	Abercarn
Chepstow	v	Crumlin
Machen	v	Monmouth

24/10/2009

Abertillery BG	v	Monmouth
New Tredegar	v	Risca
Nantyglo	v	Old Illtydian
Crumlin	v	Talywain
Abercarn	v	Machen
St Josephs	v	Chepstow

14/11/2009

Chepstow	v	Abertillery BG
Machen	v	New Tredegar
Old Illtydian	v	Crumlin
Risca	v	Nantyglo
		St
Talywain	v	Josephs
Monmouth	v	Abercarn

05/12/2009

Abertillery BG	v	Abercarn
New Tredegar	v	Monmouth
St Josephs	v	Old Illtydian
Nantyglo	v	Machen
Chepstow	v	Talywain
Crumlin	v	Risca

19/12/2009

Talywain	v	Abertillery BG
Old Illtydian	v	Chepstow
Monmouth	v	Nantyglo St
Risca	v	Josephs
Machen	v	Crumlin
Abercarn	v	New Tredegar

02/01/2010

New Tredegar	v	Abertillery BG
Old Illtydian	v	Talywain
Abercarn	v	Nantyglo
Risca	v	Chepstow
Monmouth	v	Crumlin St
Machen	v	Josephs

09/01/2010

Abertillery BG	v	Old Illtydian
Nantyglo	v	New Tredegar
Talywain	v	Risca
Crumlin	v	Abercarn
Chepstow	v	Machen
St Josephs	v	Monmouth

16/01/2010

Abertillery BG	v	Nantyglo
New Tredegar	v	Crumlin
Risca	v	Old Illtydian
Machen	v	Talywain St
Abercarn	v	Josephs
Monmouth	v	Chepstow

23/01/2010

Risca	v	Abertillery BG
St Josephs	v	New Tredegar
Old Illtydian	v	Machen
Crumlin	v	Nantyglo
Talywain	v	Monmouth
Chepstow	v	Abercarn

30/01/2010

Abertillery BG	v	Crumlin
New Tredegar	v	Chepstow
Monmouth	v	Old Illtydian St
Nantyglo	v	Josephs
Machen	v	Risca
Abercarn	v	Talywain

20/02/2010

Machen	v	Abertillery BG
Talywain	v	New Tredegar
Old Illtydian	v	Abercarn
Chepstow	v	Nantyglo
Risca	v	Monmouth
St Josephs	v	Crumlin

06/03/2010

		St
Abertillery BG	v	Josephs
New Tredegar	v	Old Illtydian
Nantyglo	v	Talywain
Abercarn	v	Risca
Crumlin	v	Chepstow
Monmouth	v	Machen

27/03/2010

Monmouth	v	Abertillery BG
Risca	v	New Tredegar
Old Illtydian	v	Nantyglo
Talywain	v	Crumlin
Machen	v	Abercarn St
Chepstow	v	Josephs

03/04/2010

Abertillery BG	v	Chepstow
New Tredegar	v	Machen
Crumlin	v	Old Iltydian
Nantyglo	v	Risca
St Josephs	v	Talywain
Abercarn	v	Monmouth

10/04/2010

Abercarn	v	Abertillery BG
Monmouth	v	New Tredegar
		St
Old Iltydian	v	Josephs
Machen	v	Nantyglo
Talywain	v	Chepstow
Risca	v	Crumlin

24/04/2010

Abertillery BG	v	Talywain
Chepstow	v	Old Iltydian
Nantyglo	v	Monmouth
St Josephs	v	Risca
Crumlin	v	Machen
New Tredegar	v	Abercarn