		Played	Won	For	Against	Points
1	King William	22	18	101	53	101
2	Cwmbran	19	16	97	36	97
3	Newport	22	14	88	66	88
4	Abertillery	21	9	68	79	68
5	Risca	21	5	48	99	48
6	Legends	21	2	42	105	42