

| DIVISION 1 | | | | |
|-------------------|--------------------------------|--------------|-------------------------|--------------|
| Weeks | Home Team | Score | Away Team | Score |
| 1 | W/E September 14th/15th | | | |
| | Thoroughbreds | 52 | v Billericay | 30 |
| | Crosskeys | 45 | v Hertford Hornets Blue | 50 |
| | Grangers | 31 | v Turnford 2 | 78 |
| | BYE | - | v Norfolk United 2 | - |
| | SAS Reds | 49 | v Hatfield Magpies | 56 |
| 2 | W/E September 21st/22nd | | | |
| | Thoroughbreds | 27 | v Hertford Hornets Blue | 42 |
| | Billericay | | v BYE | |
| | Turnford 2 | 64 | v SAS Reds | 28 |
| | Grangers | 48 | v Crosskeys | 60 |
| | Hatfield Magpies | 49 | v Norfolk United 2 | 41 |
| 3 | W/E September 28th/29th | | | |
| | Norfolk United 2 | 43 | v Thoroughbreds | 49 |
| | Billericay | 58 | v Grangers | 46 |
| | Hertford Hornets Blue | 78 | v Hatfield Magpies | 47 |
| | Crosskeys | 42 | v Turnford 2 | 59 |
| | SAS Reds | | v BYE | |
| 4 | W/E October 12th/13th | | | |
| | Thoroughbreds | 57 | v Crosskeys | 43 |
| | Hatfield Magpies | 55 | v Billericay | 50 |
| | Turnford 2 | 52 | v Hertford Hornets Blue | 41 |
| | Grangers | | v BYE | |
| | Norfolk United 2 | 41 | v SAS Reds | 53 |
| 5 | W/E October 19th/20th | | | |
| | Turnford 2 | 52 | v Thoroughbreds | 37 |
| | Billericay | 47 | v SAS Reds | 52 |
| | Hertford Hornets Blue | 68 | v Grangers | 42 |
| | Crosskeys | 50 | v Norfolk United 2 | 54 |
| | BYE | | v Hatfield Magpies | |
| 6 | W/E October 26th/27th | | | |
| | Thoroughbreds | | v Grangers | |
| | Norfolk United 2 | | v Billericay | |
| | SAS Reds | | v Hertford Hornets Blue | |
| | BYE | | v Turnford 2 | |
| | Hatfield Magpies | | v Crosskeys | |
| 7 | W/E November 16th/17th | | | |
| | SAS Reds | | v Thoroughbreds | |
| | Turnford 2 | | v Billericay | |
| | Hertford Hornets Blue | | v Norfolk United 2 | |
| | Grangers | | v Hatfield Magpies | |
| | Crosskeys | | v BYE | |
| 8 | W/E November 23rd/24th | | | |
| | Hatfield Magpies | | v Thoroughbreds | |
| | Billericay | | v Crosskeys | |
| | BYE | | v Hertford Hornets Blue | |
| | Norfolk United 2 | | v Turnford 2 | |
| | Grangers | | v SAS Reds | |
| 9 | W/E December 7th/8th | | | |
| | Thoroughbreds | | v BYE | |
| | Hertford Hornets Blue | | v Billericay | |
| | Turnford 2 | | v Hatfield Magpies | |
| | Norfolk United 2 | | v Grangers | |
| | Crosskeys | | v SAS Reds | |

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| 10 | W/E January 4th/5th Billericay Hertford Hornets Blue Turnford 2 Norfolk United 2 Hatfield Magpies | v Thoroughbreds v Crosskeys v Grangers v BYE v SAS Reds |
| 11 | W/E January 11th/12th Hertford Hornets Blue BYE SAS Reds Crosskeys Norfolk United 2 | v Thoroughbreds v Billericay v Turnford 2 v Grangers v Hatfield Magpies |
| 12 | W/E January 25th/26th Thoroughbreds Grangers Hatfield Magpies Turnford 2 BYE | v Norfolk United 2 v Billericay v Hertford Hornets Blue v Crosskeys v SAS Reds |
| 13 | W/E February 8th/9th Crosskeys Billericay Hertford Hornets Blue BYE SAS Reds | v Thoroughbreds v Hatfield Magpies v Turnford 2 v Grangers v Norfolk United 2 |
| 14 | W/E February 15th/16th Thoroughbreds SAS Reds Grangers Norfolk United 2 Hatfield Magpies | v Turnford 2 v Billericay v Hertford Hornets Blue v Crosskeys v BYE |
| 15 | W/E March 1st/2nd Grangers Billericay Hertford Hornets Blue Turnford 2 Crosskeys | v Thoroughbreds v Norfolk United 2 v SAS Reds v BYE v Hatfield Magpies |
| 16 | W/E March 8th/9th Thoroughbreds Billericay Norfolk United 2 Hatfield Magpies BYE | v SAS Reds v Turnford 2 v Hertford Hornets Blue v Grangers v Crosskeys |
| 17 | W/E March 22nd/23rd Thoroughbreds Crosskeys Hertford Hornets Blue Turnford 2 SAS Reds | v Hatfield Magpies v Billericay v BYE v Norfolk United 2 v Grangers |
| 18 | W/E April 5th/6th BYE Billericay Hatfield Magpies Grangers SAS Reds | v Thoroughbreds v Hertford Hornets Blue v Turnford 2 v Norfolk United 2 v Crosskeys |