

| Regular Season                  | ABE  | AIR | BAL | CAE | CMU | CQN | FTU | HAV | NTW | PYB | PON | TNS |
|---------------------------------|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Aberystwyth Town                |      | 2-1 | 1-4 | 2-1 | 0-4 | 2-1 | 2-1 | 2-1 | 1-2 | 0-3 | 2-1 | 0-2 |
| Airbus UK Broughton             | 1-2  |     | 0-6 | 0-3 | 0-2 | 1-2 | 1-3 | 1-2 | 4-4 | 0-3 | 0-4 | 0-8 |
| Bala Town                       | 3-0  | 2-1 |     | 3-0 | 2-0 | 0-0 | 1-0 | 1-1 | 3-0 | 1-1 | 3-0 | 0-5 |
| Caernarfon Town                 | 2-1  | 3-1 | 1-5 |     | 5-1 | 0-2 | 2-0 | 2-1 | 2-3 | 0-2 | 2-0 | 0-1 |
| Cardiff Metropolitan University | 2-1  | 3-1 | 1-0 | 0-3 |     | 2-0 | 1-0 | 2-0 | 2-1 | 0-0 | 3-0 | 0-7 |
| Connah's Quay Nomads            | 3-0  | 1-0 | 1-0 | 3-3 | 2-0 |     | 2-0 | 1-0 | 3-1 | 2-0 | 1-0 | 1-1 |
| Flint Town United               | 1-1  | 1-0 | 1-1 | 2-1 | 1-1 | 0-0 |     | 0-1 | 1-4 | 1-1 | 4-1 | 1-8 |
| Haverfordwest County            | 3-1  | 3-0 | 1-4 | 1-0 | 1-0 | 2-1 | 1-1 |     | 2-3 | 2-1 | 1-1 | 1-3 |
| Newtown                         | 6-1  | 2-1 | 0-2 | 2-1 | 0-1 | 0-0 | 0-2 | 2-0 |     | 2-3 | 4-2 | 0-0 |
| Penybont                        | 3-1  | 2-0 | 2-0 | 5-1 | 1-3 | 0-1 | 2-1 | 3-2 | 3-0 |     | 1-1 | 0-0 |
| Pontypridd United               | 2-1  | 1-0 | 2-1 | 3-1 | 0-1 | 0-5 | 0-1 | 3-2 | 1-4 | 0-1 |     | 0-2 |
| The New Saints                  | 11-0 | 7-0 | 3-0 | 3-0 | 4-0 | 2-1 | 6-2 | 3-1 | 4-1 | 1-0 | 2-0 |     |

| Table |                                                   | Pl | W  | D | L  | F  | A  | Pt |
|-------|---------------------------------------------------|----|----|---|----|----|----|----|
| 1.    | The New Saints of Oswestry T. & Llansantffraid FC | 22 | 19 | 3 | 0  | 83 | 8  | 60 |
| 2.    | Connah's Quay Nomads FC                           | 22 | 13 | 5 | 4  | 33 | 14 | 44 |
| 3.    | Pen-y-Bont FC                                     | 22 | 12 | 5 | 5  | 37 | 19 | 41 |
| 4.    | Cardiff Metropolitan University FC                | 22 | 13 | 2 | 7  | 29 | 29 | 41 |
| 5.    | Bala Town FC                                      | 22 | 12 | 4 | 6  | 42 | 21 | 40 |
| 6.    | Newtown AFC                                       | 22 | 10 | 3 | 9  | 41 | 39 | 33 |
| 7.    | Haverfordwest County AFC                          | 22 | 8  | 3 | 11 | 29 | 35 | 27 |
| 8.    | Caernarfon Town FC                                | 22 | 8  | 1 | 13 | 33 | 41 | 25 |
| 9.    | Flint Town United FC                              | 22 | 6  | 6 | 10 | 24 | 37 | 24 |
| 10.   | Aberystwyth Town FC                               | 22 | 7  | 1 | 14 | 23 | 58 | 22 |
| 11.   | Pontypridd United AFC                             | 22 | 6  | 2 | 14 | 22 | 42 | 20 |
| 12.   | Airbus UK Broughton FC (*)                        | 22 | 0  | 1 | 21 | 13 | 66 | -2 |

(\*) 3 points deducted

| Championship Playoff            | BAL | CMU | CQN | NTW | PYB | TNS |
|---------------------------------|-----|-----|-----|-----|-----|-----|
| Bala Town                       |     | 0-0 | 1-2 | 1-2 | 0-0 | 0-2 |
| Cardiff Metropolitan University | 2-1 |     | 0-2 | 0-0 | 2-3 | 3-2 |
| Connah's Quay Nomads            | 1-1 | 2-1 |     | 2-0 | 0-0 | 0-0 |
| Newtown                         | 3-2 | 1-2 | 1-1 |     | 0-1 | 0-5 |
| Penybont                        | 2-2 | 2-1 | 1-1 | 2-1 |     | 2-5 |
| The New Saints                  | 2-1 | 7-1 | 4-1 | 1-0 | 1-1 |     |

| Table |                                                   | Pl | W  | D  | L  | F   | A  | Pt |
|-------|---------------------------------------------------|----|----|----|----|-----|----|----|
| 1.    | The New Saints of Oswestry T. & Llansantffraid FC | 32 | 26 | 5  | 1  | 112 | 17 | 83 |
| 2.    | Connah's Quay Nomads FC                           | 32 | 17 | 10 | 5  | 45  | 23 | 61 |
| 3.    | Pen-y-Bont FC (*)                                 | 32 | 16 | 10 | 6  | 51  | 32 | 52 |
| 4.    | Cardiff Metropolitan University FC                | 32 | 16 | 4  | 12 | 41  | 49 | 52 |
| 5.    | Bala Town FC                                      | 32 | 12 | 8  | 12 | 51  | 37 | 44 |
| 6.    | Newtown AFC                                       | 32 | 12 | 5  | 15 | 49  | 56 | 41 |

(\*) 6 points deducted

| Relegation Playoff   | ABE | AIR | CAE | FTU | HAV | PON |
|----------------------|-----|-----|-----|-----|-----|-----|
| Aberystwyth Town     |     | 1-1 | 3-2 | 1-0 | 0-1 | 3-3 |
| Airbus UK Broughton  | 1-7 |     | 0-2 | 1-3 | 1-4 | 0-3 |
| Caernarfon Town      | 0-1 | 4-0 |     | 2-2 | 2-0 | 1-2 |
| Flint Town United    | 5-0 | 2-1 | 2-3 |     | 0-2 | 0-0 |
| Haverfordwest County | 1-1 | 4-0 | 2-2 | 3-1 |     | 2-0 |
| Pontypridd United    | 1-1 | 4-0 | 1-0 | 3-2 | 2-1 |     |

12/08/2022 Airbus UK-Aberystwyth Town 1-2

Airbus UK: Lewis Dutton, Steve Tomassen, Joe Palmer (Finn Savage 86'), Ryan Edwards, Dan Roberts, Jake Phillips, Elliott Orton (Owen Payne 70'), Jamie Crowther, George Peers, Beau Cornish, Jake Eyre

Aberystwyth Town: Lewis Webb, Jack Rimmer, Philip Perry, Harri Horwood, Benjamin Erickson, Jack Thorn, Jonathan Evans (Alex Darlington 73'), Iwan Lewis, Niall Flint, Steffan Davies, Charley Edge (Sam Phillips 67')

Referee: Rob Jenkins

Goals: 0-1 Joe Palmer (40', o.g.); 1-1 George Peers (71'); 1-2 Alex Darlington (76')

13/08/2022 Cardiff Metropolitan-Connah's Quay Nomads 2-0

Cardiff Metropolitan: Alex Lang, Matt Chubb, Kyle McCarthy, Emlyn Lewis, Chris Craven, Tom Price, Chris Baker, Eliot Evans (Dixon Kabongo 78'), Lewis Rees (Craig Davies 84'), Harry Owen, Samuel Jones (Dan Bowen 89')

Connah's Quay Nomads: Andy Firth, John Disney, Ryan Harrington, George Horan, Danny Holmes (Josh Williams 80'), Benjamin Nash, Callum Morris, Harry Franklin, Aeron Edwards (Callum Bratley 27'), Michael Wilde, Aron Williams (Joe Malkin 61')

Referee: Aaron Wyn Jones

Goals: 1-0 Samuel Jones (22'); 2-0 Lewis Rees (83')

13/08/2022 Haverfordwest County-Caernarfon Town 1-0

Haverfordwest County: Lewis Brass, Jazz Richards, Rhys Abbruzzese, Dylan Rees, Ricky Watts, Lee Jenkins, Ryan George (Elliot Scotcher 76'), Henry Jones, Ben Fawcett (Iori Humphreys 90'+6'), Jordan Davies, Jack Wilson

Caernarfon Town: Joshua Tibbetts, Gruffydd John, Iwan Cartwright, Laurence Bell, Sion Bradley, Danny Gosset (Darren Thomas 83'), Noah Edwards, Ryan Williams, Ben Wynne (Rob Hughes 58'), Joe Faux, Mike Hayes (Osian Evans 65')

Referee: Huw Jones

Goals: 1-0 Jordan Davies (80')

13/08/2022 Newtown AFC-The New Saints 0-0

Newtown AFC: David Jones, Callum Roberts, Ryan Sears, Shane Sutton, Craig Williams, Jake Walker, Henry Cowans, Zeli Ismail (sent off 61'), George Hughes, Louis Robles (Rhys Hesden 87'), Aaron Williams

The New Saints: Connor Roberts, Chris Marriott, Keston Davies (Blaine Hudson 90'+6'), Ryan Astles, Jon Routledge, Joshua Daniels, Daniel Redmond, Jordan Williams, Ben Clark (Leo Smith 90'+6'), Declan McManus, Adrian Cieřlewicz

Referee: Tom Owen

Goals: -

13/08/2022 Pontypridd United-Flint Town United 0-1

Pontypridd United: Ashley Morris, Luke Cummings, Oliver Dalton (Lee Baldock 68'), Jordan Knott, Joe Evans, Jarrad Wright, James Saddler, Kurtis Rees, Corey Jenkins (Aaron Hillier 68'), Lewys Twamley, Owain Jones

Flint Town United: Dawid Szczepaniak, Tony Stephens, Brandon Diau, Bobby Beaumont, Omar Ibrahim, Harry Owen, Danny Harrison, Jay Owen, Ben Hughes (Larnell Cole 55'), Okera Simmonds (Liam Ellis 90'+5'), Jean-Louis Akpa-Akpro

Referee: Iwan Griffiths

Goals: 0-1 Okera Simmonds (45'+1')

14/08/2022 Penybont FC-Bala Town 2-0

| HAVERFORDWEST COUNTY AFC | Position | Games | Goals |
|--------------------------|----------|-------|-------|
| Lewis Brass              | G        | 2     | 0     |
| Zac Jones                | G        | 25    | 0     |
| Lee Idzi                 | G        | 9     | 0     |
| John Chesters            | G        | 1     | 0     |
| Lee Jenkins              | D        | 33    | 1     |
| Jazz Richards            | D        | 16    | 1     |
| Rhys Abbruzzese          | D        | 32    | 2     |
| Dylan Rees               | D        | 27    | 2     |
| Oscar Borg               | D        | 10    | 0     |
| Kyle Patten              | D        | 17    | 2     |
| Lucas Davies             | D        | 1     | 0     |
| Iori Humphreys           | D        | 14    | 1     |
| Ryan George              | D        | 17    | 0     |
| Corey Shephard           | M        | 14    | 1     |
| Henry Jones              | M        | 20    | 2     |
| Jamie Veale              | M        | 29    | 2     |
| Ioan Evans               | M        | 20    | 3     |
| Harri John               | M        | 20    | 0     |
| Elliot Scotcher          | M        | 13    | 1     |
| Ricky Watts              | M        | 21    | 0     |
| Seth Woodhouse           | M        | 1     | 0     |
| Jordan Davies            | F        | 34    | 15    |
| Jack Wilson              | F        | 31    | 6     |
| Daniel Hawkins           | F        | 8     | 2     |
| Jack Leahy               | F        | 11    | 1     |
| Ben Fawcett              | F        | 26    | 6     |
| Elliott Dugan            | F        | 19    | 2     |
| Ivan Watkins             | F        | 5     | 0     |
| Daniel James             | F        | 3     | 0     |