

| Home Team | Result | Away Team | Date | Time | Status |
|------------------|---------------|------------------|---------------|-------------|---------------|
| Plymouth | 1 - 3 | Newton Abbot | Mon 22 Oct 18 | 19:00 | OU |
| Torquay BGS | 2½ - 1½ | Plymouth | Thu 8 Nov 18 | 19:00 | OU |
| Plymouth | 2½ - 1½ | South Hams | Mon 14 Jan 19 | 19:00 | OU |
| Newton Abbot | 2 - 2 | Plymouth | Thu 14 Feb 19 | 19:30 | OU |
| South Hams | 3½ - ½ | Plymouth | Thu 21 Mar 19 | 19:00 | OU |
| Plymouth | 1 - 3 | Torquay BGS | Wed 10 Apr 19 | 19:00 | OU |