



SEMLA
Handbook
2011/12

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CLUB CONTACTS & GROUNDS

Aberystwyth University

Ground: Vicarage Playing Fields, Llanbadarn Fawr, Aberystwyth SY23 1HA

Directions: **From the South**

The A487 from Llanrhystud takes you into Aberystwyth - Turn right at the first roundabout onto the A4120 - Straight across the Safeway's roundabout (the Blaendolau playing fields are on the right) - Left at the next junction onto the A44, the Vicarage Playing Fields are approximately one kilometer along, on the left.

From the East

Take the A470 from Newtown - At Llangurig, take the A44 all the way into Aberystwyth - The Vicarage Playing Fields are approximately 1km beyond the junction with the A4120 in Llanbadarn Fawr.

Club President: Samuel Pike sap8@aber.ac.uk

Captain: Richard Macey 07984 260409 (M) rgm2@aber.ac.uk

Vice-Captain: Nick Pearce 07896 261084 (M) nip1@aber.ac.uk

Bath

Ground: Bath Recreation Ground, William St, off Great Pulteney Street, Bath BA2 4DE

Directions: From M4 Jct 18 - Follow signs to Bath, entering Bath on the A4. Turn left at the first main set of traffic lights into Cleveland Place/Bathwick Street. Turn right at the roundabout at the end. Turn second right into Great Pulteney Street, then second left in to William Street.

1st Team Captain: Will Finlayson 07890 588013 (M) wbfmfinlayson@gmail.com

2nd Team Captain: Nik Roberts 01225 769297 (H) 07734 725258 (M) nik.roberts@bathlacrosse.com

Secretary: Simon Griffiths 07703 538246 (M) simon.griffiths@bathlacrosse.com

Birmingham City

Ground: Metchley Park Road, Edgbaston, Birmingham B15 2QU

Note: 3G Astroturf pitch: please bring appropriate footwear

Directions: **From the NW or SE along the M6** Leave at Jct 6 (Birmingham Central) to join the A38. At the end of the motorway keep to the right, go over a flyover, then through three underpasses to join the A38 Bristol Road. Two and a half miles from the city centre follow the signs for the University right into Edgbaston Park Road.

Take the first proper left (not the one into the Uni) on to Pritchatts Road, cross a narrow railway bridge, and go straight over the mini roundabout.

After 300 yds turn left into Pritchatts Park Village, continue all the way down the hill, turn left and park next to Ashcroft. The game will either be played on the astro that is visible ahead, or the pitch just behind it.

From the M42 North Leave at Jct 8 to join the M6 northbound and follow the instructions above.

From the SW along M5 Leave the M5 at Junction 4 (signposted Birmingham SW) to join the motorway follow the motorway follow the signs for the University left into Edgbaston Park Road, and follow directions above.

From the M40 It is easier to turn south on the M42 and leave at Jct 1, heading north on the A38 Bristol Road. Approx 8 miles from the motorway follow the signs for the University left into Edgbaston Park Road, and follow directions above.

Ground: Edgbaston High School For Girls Playing Fields, Richmond Hill Road, Birmingham B15 3RL

Directions: Follow directions above for Metchley Park, but at the turn for Pritchatts Park Village instead continue straight on. At the mini roundabout continue straight over into Richmond Hill Road, and the ground is on the right after 0.4 miles just opposite Brook Road, and down a single track drive.

Club Captain : David Abini 07743 220307 (M) d.abini@englishlacrosse.co.uk
Captain: Andrew Hodgkiss 07934 899039 (M) hodgy182@hotmail.com
Vice Captain: Mikey Barlow barlow626@hotmail.com

Bournemouth University

Ground: Chapel Gate, East Parley, Christchurch, Dorset BH23 6BL
Tel: 01202 581933

Directions: **From north/east** From the A31, take a left on to Bournemouth Spur Road (A338) following signs for Bournemouth International Airport at all times. After about 5 miles take the exit for the B3073, and at the T-junction turn right towards the Airport. After about a mile take the 1st exit at the roundabout to stay on the B3073. Continue for about 2 miles, and at the Chapel Gate roundabout take the 2nd exit right into Chapel Gate, and the ground is immediately on the left.

From west From say about Bere Regis (A35), it is less complicated to head for Wimborne on the A31. Take Wimborne bypass (A31) heading for Southampton. At the Canford Bottom Roundabout take the fifth exit onto the B3073 towards Bournemouth International Airport. At the roundabout with the A348 turn left at the first roundabout, and then immediately right at the next, to stay on the B3073. After about 2 miles take the left lane to go straight over the Chapel Gate roundabout, and the ground is immediately on the left.

See Chapel Gate website for details.

Chair/Captain: Ben Piper 07952 926097 (M) b.piper91@hotmail.com
Secretary: Emma Fish i7938534@bournemouth.ac.uk

Brighton Panthers

Ground: Hillbrow Sports Centre, University of Brighton, Denton Road, Eastbourne, Sussex BN20 7SU

Directions: From London (M25) : the A22 (Jet 6) connects London to Eastbourne. As you approach Eastbourne, the A22 intersects the A27. Continue straight over the roundabout onto the A27 towards Brighton. After 2/3 mile keep in the left lane to join the A2270. Continue following this road into Eastbourne, and at Station Roundabout (just before the station) take the 3rd exit into Grove Road, and immediately keep left at the fork. As you approach the church keep in the right hand lane, and turn right. After 1/2 mile turn right into Carlisle Road. After 0.2 miles turn left into Gaudick Rd, and the immediately right into Denton Road. The Sports Centre is immediately on your left.

President: Tom Beechinor 07733 473713 (M) tom.beechinor@yahoo.co.uk
Captain: Matt Chapman 07734 841310 (M) mtc16@uni.brighton.ac.uk
Co-Captain: Scott Flanagan 07740 944500 (M) s.flanagan1@uni.brighton.ac.uk

Bristol Bombers

Ground: Oldbury Court Park, Oldbury Court Road, Fishponds, Bristol BS16 2JH

Directions: **From the M32 Jet 1** take the 1st exit onto the A4174 signposted Kingswood/Yate. At the next roundabout take the 2nd exit signposted Downend. Continue straight over the double mini roundabout and turn right at the T junction onto the A432. After 1/2 mile turn right immediately past the zebra crossing into Oldbury Court Road, and then immediate left to stay on Oldbury Court Road. Follow this all the way to the entrance to the park, with car parking to the right side of the entrance. The changing rooms are at the far end of the park, past the large Children's Play Area.

General Contact: bristolbombers@hotmail.co.uk
Captain: Guy Oldring 07990 570247 (M) goldring@colnlakes.com
Vice-Captain: Michael White 07545 191242 (M) m.white@googlemail.com
2nd Team Captain: Toby Price 07792 867104 (M)

Buckhurst Hill

Ground: Roding Lane, Buckhurst Hill, Essex IG9 6BJ
Tel: 020 8504 5652

Directions: **From M25**
At Jct 26 take the A121 South towards Loughton. After 5 miles turn left down Palmerston Road (B170) that becomes Roding Lane. Go past Buckhurst Hill Central Line station (on right), through traffic lights and continue for approximately 600 yards. The ground is on the left immediately beyond a small bridge and opposite football pitches.

From Buckhurst Hill tube station (Central Line)

Turn right out of the tube station into Victoria Road, and then immediately right into Roding Lane. The ground is on the left at the bottom of the hill.

Captain: Chris Merritt 07984 136595 (M) cmerritt_05@yahoo.co.uk
Secretary: David Mason 07906 066743 (M) dbm502@gmail.com

Cambridge University

Ground: Queens' College Sports Ground, Barton Road, Cambridge CB3 9LL
Directions: By car or bicycle, take the A603 Barton Road out of Cambridge. After passing a major lay-by, the Sports Ground entrance is on the left, preceded by a small deceleration lane.

If approaching from outside Cambridge, take exit 12 from the M11 and approach Cambridge on the A603. The Sports Ground entrance is hidden behind the first large hedge on the right.

Parking is available at the Sports Ground for bona fide users of the facilities there.

Captain: Carl Tilbury 07717 682240 (M) cjt63@cam.ac.uk
Vice-Captain: Josh Findlay 07545 313568 (M) jaf65@cam.ac.uk
Secretary: Sohaib Chaudhry 07411 172221 (M) sohaib12451@hotmail.com

Canterbury Christ Church University

Ground: Stodmarsh Playing Fields, Stodmarsh Road, Canterbury, Kent CT3 4AR

Directions: **Coast Bound From M2**
Leave the M2 at Jct 7 and turn right on to the A2 (signed Dover, [A2] Canterbury, Channel Tunnel) - Take the exit for the A2050 - After 0.8 miles take the 2nd Exit (right) off the St Peters Roundabout into A290 (Rheims Way) - After 466 yards take the 2nd Exit (straight on) off the Wincheap Roundabout into A28 (Pin Hill) - After 779 yards take the 2nd Exit (right) off the St Georges Roundabout into A257 (St Georges Place) - Continue on the A257. After about 1.5 miles (just after the golf course) turn left onto Stodmarsh Road - The ground is about 1 mile up this road.

London Bound From A2

Leave at Canterbury Junction (A2050) - Turn right into A257 - After about 1.5 miles (just after the golf course) turn left onto Stodmarsh Road - the ground is about 1 mile up this road.

President: Steven Riley 077584 076767 (M)
Captain: Tristan Clemence 07917 605800 (M) t.clemence153@canterbury.ac.uk

Cardiff Harlequins

Ground: Cardiff High School Old Boys RFC, Diamond Sports Ground, Forest Farm Road, Whitchurch, Cardiff CF14 7JH
Tel: 029 2069 3552

Directions: From M4 Junction 32, take exit signposted A4054 Whitchurch. Follow road for approx 1 mile, passing hospital on right-hand side. At roundabout, take 4th exit onto Velindre Road (with Barber's on your left). Continue straight over mini roundabout, and follow road past housing estates on both sides and past Whitchurch RFC on left. Road bends to the right and continues onto single track road - Cardiff Harlequins LC is on the right hand side.

1st Team Captain: Rhodri Stanford 07779 120693 (M) rhodristanford@gmail.com
2nd Team Captain: Gareth Willis 07919 262298 (M) garethwillis20@gmail.com
Secretary: Andy Morgan 07789 684314 (M) andyramorgan@gmail.com

Cheltenham Cougars

Ground: The Springbank Community Resource Centre, Springbank Way, Cheltenham, Gloucestershire GL51 0LG

Directions: **From M5 South** Exit Jct 11 and follow the A40 to Cheltenham. At the 2nd roundabout take the 1st exit onto the A4013. At Coronation Square take the 1st exit (signed Hesters Way) into Marsland Rd. After 3/4 mile turn left at the mini roundabout into Hesters Way Lane. As you approach the school turn right into Springbank Way, and the Community Resource Centre is at the end of this road.

From M5 North Exit at Jct 10 and follow the A4019 to Cheltenham. At the roundabout take the 3rd exit onto the A4013. After 3/4 mile turn right into Hester's Way Road, and right at the mini roundabout into Hester's Way Lane. As you approach the school turn right into Springbank Way, and the Community Resource Centre is at the end of this road.

From A40 (Oxford) Follow the A40 through Cheltenham and towards Gloucester. At Benhall Roundabout take the 2nd exit onto the A4013, and follow directions as for From M5 South.

Secretary: Mark Armstrong 07841 651726 (M) mark2110@gmail.com

Chichester Crusaders

Ground: Chichester University, College Lane, Cavendish Road, Chichester PO19 6PE

Directions: **From West:** leave the A27 at Fishbourne Roundabout (this is the first roundabout on the A27). Take first exit into Chichester. At the next roundabout take the 3rd, Via Ravenna. Over the small roundabout by the Westgate Leisure Centre, then 1st exit at the bigger roundabout onto Avenue de Chartres. Straight over the next roundabout (Westgate Roundabout) and follow the road round to a large roundabout with a fire station in the middle (Northgate Roundabout). Take the 3rd exit, which is just past a car park. At the next roundabout take the first exit and turn immediately left, opposite the Hope pub. This is College Lane and the Campus is the first right, a few hundred yards up the road. Turn into the campus and follow the road round to the left, past a small car park until you see a large car park on the left. Park in there and the pitch is to your left.

From the East: leave the A27 at the first roundabout and take the second exit, signposted Chichester. At the next roundabout take the first exit. After a few hundred yards, you will come to two roundabouts. Go straight over the first and right at the second, following signs to the hospital. At the next roundabout go straightover. Past pedestrian traffic lights and past a right turn to the hospital. Shortly after the hospital is right turn,

opposite the Hope pub. Take this right turn up College Lane and follow directions from West.

Captain: Daniel Sawyer 07796 695568 (M) dansawyer66@gmail.com
Secretary: Luke Proudfoot 07525 480062 (M) lproudfoot@hotmail.co.uk

Colchester

Ground: University of Essex Sports Centre, Wivenhoe Park, Colchester, Essex CO4 3SQ
Directions: If approaching from London/the South take the A12 (M25 Jct 28) towards Chelmsford, take the exit marked Colchester (A133). If approaching from Ipswich and the North on the A12, take the exit marked Colchester. From Colchester, the University is off the A133 to Clacton. The University visitors' car park operates on a pay and display basis.

Via public transport

Take the train to Colchester - they run from Liverpool Street every 20-30 minutes. From Colchester station take bus no. 61, 62 or 74, which all go straight to the University Sports Centre.

Captain: Ben Parkes 07738 681770 (M) bparkes1@gmail.com
Vice-Captain: Josh Pearson 07530 173956 (M) josh_p_12345@hotmail.co.uk
Secretary: Sam Clegg 07526 029518 (M) sdiazc@essex.ac.uk

Croydon

Ground: Bromley Cricket Club, 98 Plaistow Lane, Bromley, Kent BR1 3AS
Tel: 020 8460 0281

Directions: **From M25 Jct 3** onto Swanley by-pass, (signposted London) then take the A222 (Perry Street) towards Chislehurst and Bromley. Go through Chislehurst past the War Memorial, down the hill past Chislehurst Station, up the other side and at mini roundabout turn right staying on the A222 towards Bromley. Straight over the next set of traffic lights, over the mini roundabout, down a small hill towards traffic lights where you turn right into Plaistow Lane. The ground is on the left about half a mile down Plaistow Lane.
From M25 Jct 4, take the A21 towards Bromley, turn right in Bromley onto the A222 Widmore Road towards Bickley and Chislehurst and Plaistow Lane is on the left at the first set of traffic lights.

Public Transport Nearest main line station is **Bromley South** then take the 162 bus towards Chislehurst to the Wanstead Road stop. Walk back down Widmore Road for 200 yds, and just before the Tamasha Hotel/Restaurant there is a small track signposted Bromley Cricket Club that brings you to the ground via the back gate. Alternatively the back gate is a 15/20 minute walk from the station via Widmore Road.

Captain: Dominic Adamcyk 07977 409619 (M) poppadom20@hotmail.com
Vice-Captain: Neil Duffy 07915 663830 (M) n.duffy88@googlemail.com
Secretary: Mick Chennell 07757 416816 (M) 020 8658 0523 (H) chennem@ntlworld.com

East Grinstead

Ground: East Grinstead Sports Club, The Pavilion, Saint Hill Road, East Grinstead, West Sussex RH19 4JU

Directions: **Note:** The pitch is rubber crumb astro turf. No studs, but moulded cleats are allowed.
Approaching from the North and West
From Jct 6 (M25) or Jct 10 (M23) follow signs towards East Grinstead. Proceed to two sets of traffic lights at the Felbridge (Ramada Jarvis) Hotel (junction of A22 and A264). At the second set of lights turn right into Imberhorne Lane and following the brown tourist direction signs to East Grinstead Rugby Football Club. At the end of Imberhorne Lane go straight over the staggered crossroads, the Club is approx 500 yards on the right.

Approaching from the South and East

From East Grinstead take the A22 towards London. At the first set of traffic lights (before the Felbridge Hotel) turn left into Imberhorne Lane. At the end of Imberhorne Lane go straight over the staggered crossroads, the Club is approx 500 yards on the right.

1st Team Captain: Neil Robertson 07739 322503 (M) menscaptain@eglc.co.uk
1st Team Vice-Captain: Muz Tuach 07779 088710 (M) mensvicecaptain@eglc.co.uk
2nd Team Captain: Kevin Coster 07766 726797 (M) 2ndteamcaptain@eglc.co.uk
2nd Team Vice-Captain: Steve Cooper 07786 541621 (M) 2ndteamvicecaptain@eglc.co.uk
Secretary: John Pordum 07711 487178 (M) secretary@eglc.co.uk

Epsom

Ground: Epsom Sports Club, Francis Schnadhorst Memorial Ground, Woodcote Road, Epsom, Surrey KT18 7QN
Directions: **From M25** Take Jct 9, Leatherhead exit, and follow the A24 towards London. Continue through Ashted towards Epsom, eventually passing Epsom Hospital on the right. Just after hospital, turn right at traffic lights by BP garage into Woodcote Road. Entrance to ground is 1/4 mile on right.

From London (A3) Come off A3 at Tolworth exit (A24), and follow A24 towards Epsom and Dorking. Follow A24 through Epsom town centre along Epsom High Street. Follow the one way system along Ashley Avenue and follow the A24 towards Leatherhead and Dorking. At traffic lights by BP garage, turn left into Woodcote Road. Entrance to ground is 1/4 mile on right.

General Contact: epsomlax@gmail.com
Club Captain: Jonathan Schofield 07980 672217 (M) jschofield17@hotmail.com
Captain: Dan Funnell djfunnell@ybs.co.uk

Exeter University

Ground: Duckes Meadow Playing Fields, Salmon Pool Lane, off Topsham Road, Exeter, Devon EX2 4SN
Directions: Exit the M5 at Jct 30 and take the A379 to the Countess Wear roundabout, Take the third exit onto the Topsham Road and continue along this road, Turn left into Salmonpool Lane after the traffic lights and opposite the Buckrell Lodge Hotel. As Salmonpool Lane bends to the left slow down and take the sharp left down the narrow road between the two hedges.
Club Captain: Joe Batten 07817 072610 (M) jb415@ex.ac.uk
Secretary: Joe Almond 07795 018349 (M) ja290@ex.ac.uk

Hampstead

Ground: Westway Sports Centre, 1 Crowthorne Road, London W10 6RP
Tel: 0208 969 0992
Note: Please bring moulded cleats as screw-ins are not allowed!
Westway's full size pitch has a brand-new, state-of-the-art Tiger Challenger artificial surface with playing characteristics almost identical to grass (i.e. not sand or water based).
Directions: **By London Underground**
Latimer Road station is on the Hammersmith & City Line. Leave the station and cross the road in front of you, this is Bramley Road. Turn right and walk up Bramley Road, under the Westway flyover, and turn left into Crowthorne Road.

By bus

The number 295, 316 bus stops in Bramley Road and the number 7 bus stops nearby in Cambridge Gardens.

Car parking

The car parking is in the Centre's own underground car park (below the full-size football/lacrosse pitch) and you pay only £1.50 for up to five hours parking, for periods over five hours a daily charge of £5 is made.

From the north or west

Approach along the Westway (A40). Take the exit marked Hammersmith & Shepherds Bush (A3220). The road comes down to Holland Park Roundabout, take the first exit signed Central London.

Immediately turn left into Royal Crescent and immediately left again into St Ann's Villas. Bear slightly right at the junction before the railway bridge, and after you pass under the A40 flyover turn immediately left into Crowthorne Road - the car park entrance ramp is then immediately in front of you.

From the south

Approach on the one-way system that comes past the Earl's Court Exhibition Centre (Warwick Road) - follow the system up Holland Road to the major roundabout (Holland Park Roundabout) with a central glass tower. Take the third exit signed Notting Hill Gate (A402). As you exit the roundabout ensure that you are in the left lane, because you need to turn left almost immediately; turn left into Royal Crescent, and follow directions above from north or west.

www.westwaysportscentre.org.uk

Captain: Payson Bullard thepayson@gmail.com

Captain: Peter Dunits peter.dunits2@bbc.com

Captain: James Mitchell jswmitchell@btinternet.com

Hillcroft

Ground: Haydons Road Recreation Ground, Haydons Road, London SW19 1EZ

Note: There are changing facilities and public toilets available, but no showers.

Directions: **Via Tube** the ground is 10 mins walk from South Wimbledon Station (Northern Line). From the tube, walk up Merton Road towards South Wimbledon. Walk past the first right (Hamilton Road) and take the second right (Quicks Road). Walk down Quicks Road for approximately 100m. The ground is on the left-hand side.

Also walkable from Hadyons Road overland and Wimbledon (overland and tube)

Buses: 57, 131, 219 (buses terminate at bottom of Haydons Road), 200 (passes the ground)

1st Team Captain: Duncan Trenholme 07771 740 339 (M) duncan.trenholme@googlemail.com

1st Team Captain: James McManus 07774 505 943 (M) jamesmcmanusj@aol.com

2nd Team Captain: Lee Christensen 07796 896 444 (M) leecau@gmail.com

2nd Team Captain: Ken Koi 07739 580 572 (M) kjk2085@gmail.com

Hitchin

Ground: Blueharts Hockey Club, Lucas Lane, Hitchin, Hertfordshire SG5 2JA

Directions: **From A1(M)** exit Jct 8 onto A602 into Hitchin. Follow directions for one-way system below.

From M1 North exit Jct 12 (signposted Flitwick and Ampthill). Follow the A5120 for a short distance towards Ampthill; take the second right signposted Harlington and Barton. After about 2 miles you come to a T-junction. Turn left towards Barton le Clay and Hitchin. At Barton village, follow the signs to Hitchin - you have to turn right at the mini-roundabout and then left onto the B655, signposted to Hitchin. Follow directions for one-way system below.

From M1 South exit Jct 10, follow the A1081/A505 all the way round Luton to Hitchin. Follow directions for one-way system below.

From Hitchin one-way system Follow signs for Bedford round the town's main one-way system and when you reach the traffic lights by the large expanse of grass (known as Butts Close) take a left up Oughton Head Way. Take 2nd left up Bedford Street and then follow the road all the way up the hill until you reach iron gates. Go ahead through the gates and over the sleeping policeman to find the clubhouse and car park.

1st Team Captain: Jonathan Mills 07885 976842 (M) mens1@hitchinlacrosse.com
2nd Team Captain: Giles Gibson mens2@hitchinlacrosse.com
Secretary: TBA secretary@hitchinlacrosse.com

London University

Ground: Finsbury Park, Seven Sisters Road, London N4 2NQ
Note: All games start at 1pm in order to allow access to showers/changing rooms.

Directions: The pitch is in the south east of Finsbury Park. The nearest landmark is McKenzie Pavilion, which is shown on most maps on public information boards in the park.

From Finsbury Park Station (Piccadilly and Victoria tube, First Capital Connect to Kings Cross and northbound on lines to Welwyn Garden City, Hertford, Peterborough and Cambridge). Exit the station onto Seven Sisters Road, turning left. Walk approximately 600m north east along Seven Sisters Road and use the entrance to the park opposite to Alexandra Grove (just after the pelican crossing). The ground is the raised pitch 70m into the park from the road.

By car The park is on the A503. Access to pay & display parking within Finsbury Park via the Hornsey Gate entrance, which is on the B150 Upper Tollington Place/Endymion Road. The Park is closed to all vehicles on days when major events take place.

President: Mike Scott 07525 399252 (M) president.ulmlc@gmail.com
Captain: Ali Mackay 07761 990665 (M) captain.ulmlc@gmail.com

Maidstone Red Wolves

Ground: Sutton Valence Village Hall, North Street, Sutton Valence, Kent ME17 3HT

Directions: **From M20** Exit Jct 8 and head East on the A20 towards Lenham, following signs for Leeds Castle. After 1/2 mile take the 2nd exit at the roundabout onto the B2163 towards Leeds and Sutton Valence. At the T-junction turn left onto the A274 towards Sutton Valence, and the ground is on the left after 0.7 miles, just as you enter Sutton Valence.

Captain: Aaron Hatherill-Smith 07787 417235 (M)
Captain: Hugh Mitchison 07840 434277 (M) hughmitchison@hotmail.co.uk
Secretary: Joe Burnett 07828 380329 (M) joeyb_101@hotmail.co.uk

Northampton Town

Ground: Old Scouts Rugby Club, Rushmere Road, Northampton NN1 5RY

Directions: **From North and South**
Exit M1 on junction 15, at the roundabout take 3rd exit onto the A45, follow this road until the second roundabout, branch left then at Bedford Road roundabout take the 2nd exit onto the A5095. Follow the A5095 until you cross the river then the Old Scouts Rugby Club car parks are directly on the right and left.

From East

On A14 take junction 13 to the A45, stay on A45 signposted to Northampton. When Approaching Northampton the A45 will merge into three lanes, stay on the inside lane and take the exit sign posted Town Centre, at the Bedford Road roundabout take 4th exit onto the A4509. Follow the A5095 until you cross the river then the Old Scouts Rugby Club car parks are directly on the right and left.

Chairman: Tom Kreffer 07584 293335 (M) tomkreffer85@hotmail.com
Captain: Matt Storr 07805 078200 (M) matthew.storr@sky.com

Norwich

Ground: Hewitt School, Cecil Rd, Norwich, Norfolk NR1 2PL
Directions: The best entrance to park is off Hall Road, not Cecil Road.
From the West From the A14 exit at Jct 38 onto the A11 for Norwich. As you approach Norwich continue across the A47, 2 1/2 miles after that turn right onto the A140. Go straight at the traffic lights then at the next roundabout turn left and the school entrance will be on your left.
From the South-West Exit the M11 at Jct 9 onto the A11. After a while this merges with the A14. Follow directions as from the West.
From the South Take the A140 and follow signs to Norwich. Go straight ahead at the Harford Park and Ride roundabout, following the A140/Ipswich Road and go through 5 sets of traffic lights, and at the 6th set turn right onto the A146 Lakenham Rd. At the roundabout turn left and the school entrance is on your left.
Captain: Michael Person mrmperson@gmail.com
Secretary: Nicholas Spacey 07425 150633 (M) nick.spacey@yahoo.co.uk

Oxford University

Ground: University Pavilion, University Parks, South Parks Road, Oxford OX1 3RF
Directions: **From M40 South East**
Exit at J8 (A40). Continue for 6 miles until you reach the ring road roundabout, and continue straight on (A420). Continue for 2.3 miles, and at the next roundabout take the 3rd exit onto The Plain. Take the next right into Longwall St, which becomes St Cross Rd. The Parks entrance (South Lodge) is straight on at the 90 degree left turn where the road becomes South Parks Rd.
From M40 North
Exit at J9 and take the 3rd exit (Oxford A34). After 6.3 miles take the exit for the A44, and at the roundabout take the 2nd exit (Oxford A44). At the next roundabout take the 3rd exit (A4144 Woodstock Road), then turn left on to B4495 (Moreton Road), turn right on to A4165 Banbury Road, and after about 1 mile turn left at the traffic light into Parks Rd. Bear right to continue along Parks Rd, and take the next left into South Parks Rd, and the Parks entrance (South Lodge) is on the left at the 90 degree right turn where the road becomes St Cross Rd.

If you cannot park in the small car park at South Lodge you may find it easier to park near one of the other entrances. There are also 2 entrances on the west side of the park: on Parks Road at the junction with Keble Rd, and on Parks Road adjacent to Norham Gardens; and on the north side at the end of Norham Gardens.

The pitch itself is in the centre of the Parks; the Pavilion is visible from most entrances.

For more details see www.parks.ox.ac.uk

Captain: Michael Davis 07824 517983 (M) michael.davis@balliol.ox.ac.uk
Secretary: Stephen Gaw 07795 058303 (M) stephen.gaw@balliol.ox.ac.uk

Penarth

Ground: Penarth Athletic Ground, Lavernock Road, Penarth CF64 3NZ
Directions: From M4 take Jct 33 onto the A4232 (Barry and Penarth). Leave at the third exit, and take the A4055 (Barry and Penarth). Go across large roundabout, through next traffic lights, and bear left at the traffic lights onto B4267 (Sully Rd). Go through 2 sets of

traffic lights, and just ahead you'll see the houses on the left set back from the road with the Post Box on the entrance to the lane into the ground.

Captain: Ceri Hill 07976 826073 (M) cez100@msn.com
Secretary: Michael Vodden mvodden@yahoo.com

Portsmouth University

Ground: Langstone Campus, Furze Lane, off Locksway Road, Portsmouth PO4 8LW
Directions: Take the A2030 Eastern Road into Portsmouth (signed 'Portsmouth East') whether approaching from the east (A3(M)/A27) or the west (M27). NB if approaching from M27 ignore junction signed to M275.

Continue along the A2030 through several sets of traffic lights to the junction by Liningtons Renault Garage. Turn left along Milton Road keeping in the left lane. After the zebra crossing take the fourth road left into Locksway Road and turn left into Furze Lane.

President: Ken Li 07739 072673 (M) phb50579@myport.ac.uk
Club Captain: James Pinkerton 07966 949744 (M) james_pinkerton@hotmail.co.uk
1st Team Captain: Chris Willson 07927 657077 (M) chris.willson@tiscali.co.uk
2nd Team Captain: Chris Starkey 07917 108424 (M) mde70187@port.ac.uk

Purley

Ground: Warlingham RFC, Limpsfield Road, Hamsey Green, Warlingham, Surrey CR6 9RB
Tel: 01883 622825
Directions: **From M25** Jct 6 head north on the A22 towards Caterham. At the first roundabout take the 4th exit into Succomb's Hill (there is a 6' 6" width restriction, so wide loads will need to seek an alternate route). When you reach the top turn right at the T junction into Westhall Road. At the shops round the Green in Warlingham turn left into the B269 towards Croydon, and the ground is after 1/2 mile on the left, 30 yds past the bus stop.

From Croydon

Head south on the A235 Brighton Road towards Purley. At the Red Dear pub bear left onto the B269 towards Sanderstead. At the next roundabout take the 2nd exit to continue on the B269 (Limpsfield Road), signed Hamsey Green. After about 1 1/4 miles you will see The Good Companions Pub on the right, and the ground is on the right after about 400 yds - there's a sign on the left just before the ground.

By Public Transport

Take the train to Sanderstead from London Victoria (every 30 minutes, journey time 21 minutes).

Then take the number 403 bus towards Warlingham Sainsbury's (every 12 minutes, journey time 15 minutes), and get off at the Warlingham, Verdayne Gardens stop. The ground is 100 yards back up the road, on the opposite side.

The 403 runs from West Croydon Bus Station, calling at Fairfield Halls, Swan & Sugar Loaf, Sanderstead Station, Sanderstead Church and Warlingham Green.

Captain: Andy Davies 07530 041429 (M) captain@purleylax.co.uk
Vice-Captain: Hamish Dickson 07817 541139 (M) vice-captain@purleylax.co.uk
Fixtures Secretary: Hamish Dickson 07817 541139 (M) fixtures@purleylax.co.uk
Secretary: Roger (Gus) Govus 01322 862 405 (H) secretary@purleylax.co.uk

RAF Marham

Ground: RAF Marham, King's Lynn, Norfolk PE33 9NP
Tel: 01760 337261
Note: IMPORTANT

Send a list of the players' and visitors' names and their car registrations to the Secretary about a **week in advance to get clearance.**

All visitors must bring either a **passport or photo id**, and are required to go to the main guardroom and ask for them to contact the lacrosse team.

Directions: **From the A10** head East on the A1122 at Downham Market, and from there RAF Marham is signposted. Follow the signs for the guardroom, and ask for them to contact the lacrosse team.

Captain & Secretary: James Hodgson (Hodge) 07515 653520 (M) jameshodgson105@yahoo.com

Reading Wildcats

Ground: Prudential Ibis Sports Club, Scours Lane, Tilehurst, Reading RG30 6AY
Tel: 0118 942 4130

Directions: **From M4**
Exit at Jct 12, and take the A4 towards Reading - Proceed straight over the first two roundabouts - At the traffic lights, turn left towards Tilehurst, up Langley Hill crossing all the roundabouts - Turn Right at the first set of traffic lights into Norcot Road - On reaching the bottom of the hill, take the first exit at the roundabout left towards Oxford and Pangbourne (A329) - Turn immediately right into Scours Lane - Go under the Railway Bridge and turn right - Go between the 2 pillars and up the drive which leads you to the Prudential Ibis Club.

From Reading

Head West out of Reading centre on the A329 Oxford Road towards Pangbourne - Eventually you'll hit a roundabout with a Pizza Hut on it - Go straight on at this roundabout (still towards Pangbourne) - Turn immediately right into Scours Lane - Go under the Railway Bridge and turn right

From Oxford

Proceed towards Reading on the A329. Pass a large Waitrose and just before the Tilehurst roundabout turn left into Scours Lane, under the railway bridge and turn right.

Match Secretary: Trevor Rogers 0118 946 1688 (H) 07892 938139 (M) throgers@hotmail.co.uk
1st Team Captain: Paul Milner 07709 121307 (M) milnerpaul@hotmail.com
2nd Team Captain: Ash Smith 07720 989062 (M) ashsmith@gmail.com
3rd Team Captain: Phil Garthside 07921 487289 (M) phil.garthside@btopenworld.com
Secretary: Dave Maycock 07766 104698 (M) djmaycock@hotmail.com

Royal Holloway

Ground: Royal Holloway Sports Centre, Prune Hill, Egham, Surrey TW20 0EX
Directions: From M25 take J13 and head for Egham A30. Follow signs for Royal Holloway University of London along the A30, passing the Ferrari garage and BP station going up Egham Hill. Ignore the main entrance for the University, and continue to a set of lights. At the lights turn left into Bakeham Lane (University should now be on the left hand side). After about 300 meters the road will fork. Turn left here into Prune Hill, and follow this small road until just at the bottom there is a left turn into the Sports Centre.

Captain: Jonathan Burch jakkburch@hotmail.co.uk
Secretary: Kirsty Skinner kirsty.skinner@hotmail.co.uk

Royal Military Academy, Sandhurst

Ground: The Royal Military Academy Sandhurst, Camberley, Surrey GU15 4PQ
Directions: From M4: Jct 10 to A329M to Basingstoke. Follow A322 through Basingstoke to Bagshot and pick up the A30 to Camberley. At Camberley come to a set of traffic lights with "The Staff" public house on the left. RMAS is on the right immediately after the lights.

From M3: Jct 4 to A3095 Camberley. At roundabout follow A30 Camberley (London Road). This takes you along the southern boundary of RMAS. The entrance is about 1.5 miles along, immediately before the war memorial but it is set back and not easy to spot. (If you reach a set of traffic lights with 'The Staff' pub on your right, you have gone too far. Do not attempt to back track through the town centre, you will get snarled up in the One Way system. Go on to the next lights and turn right at 'The Cambridge' pub. There are plenty of places to turn down this road.)

Security All civilian visitors must be cleared into RMAS and details (Name and vehicle registrations) must be provided at least 48 hours prior to matches either by Fax to 01276 412249 (For the attention of Major A M Hart) or by e-mail to leadership@rmas.mod.uk. Passes and detailed RV directions will be available at the gate on entry.

Southampton Tridents

Ground: Wide Lane Sports Grounds, Wide Lane, Eastleigh, Hampshire SO50 5PE
Note: Please bring moulded cleats as screw-ins are not allowed!!!

Games are played on the rubber crumb pitch. This synthetic surface, unlike Astro turf allows the use of moulded studs. In practice, trainers are perfectly acceptable for play (untested on wet surface) so hopefully this will not cause anyone undue distress.

Allowed: Football boots with moulded studs or moulded 'blades', Lacrosse cleats, Astro turf boots, trainers

Not allowed: Long screw in studs, rugby boots

Directions: From M27 Jct 5 take the A335 towards Eastleigh (signposted Airport). At the roundabout take the first left into Wide Lane. The University Sports Grounds can be found on the left 180 metres from the roundabout, 50 metres past the entrance to the Parkway Railway Station and just beyond the pelican crossing.

1st Team Captain: Andrew Pelly 07801 546831 (M) ap28g10@soton.ac.uk

1st Team Captain: Lewis Anderson 07899 932213 (M) la4g10@soton.ac.uk

Secretary: Sam Hall 07962 181226 (M) srh1v07@soton.ac.uk

Southampton City

Ground: Cantell College, Violet Road, Southampton SO16 3GJ

Note: Pitch is astroturf so bring appropriate footwear

Directions: **From M3** Exit at Jct 14 towards Southampton onto the A33. Continue straight over the roundabout on the A33, then after 0.4 miles turn left into Glen Eyre Road. After 0.4 miles turn left at the mini roundabout into Violet Road, and Cantell College is on your left.

From M27 Exit at Jct 5 towards Southampton City onto the A335 (Stoneham Way). After about half a mile you pass under a footbridge. At the next junction continue straight on as the road becomes the A35 (the A335 filters left here). Continue over the next junction, then get in the right hand lane and filter right at the McDonalds into A35 Burgess Road (signposted University). After just over half a mile turn right at the traffic lights into Violet Road. The Cantell College is on your right after the crossroads.

Do not get off the M27 at any junction except number 5 even if your satnav says so, as it will be a longer journey through bad traffic areas!

Captain: Matt Watson 07739 463884 (M) mattwakes@hotmail.com

Secretary: Mathew Leslie 07841 533752 (M) mat.leslie@gmail.com

Spencer

Ground: The Spencer Sports Club, Fieldview, Wandsworth, London SW18 3HF
Note: Spencer 2nd & 3rd team games will be played at King George's Park.
Directions: The club is 10 minutes walk from Earlsfield Station, which is one stop south of Clapham Junction. Trains are every 10-15 minutes from Waterloo (stopping at Clapham Junction) and take only 12 minutes.
Left out of the station and first left onto Magdalen Road. Take the fifth right onto Fieldview. Clubhouse is approx 500 yds on the right.

Important Those driving, please park on Fieldview alongside the ground and not on the side with houses. Wandsworth Council will tolerate parking on the pavement as long as there is sufficient space left to allow a wheelchair or double buggy past without going on to the road. This is deemed to be 1.2m. If you don't, you may get a parking ticket!

Ground: King George's Park, Burr Road, Earlsfield, London SW18 4LY
Note: Car parking is available at this venue. Changing facilities are available but are primitive. We'll go back to the Spencer Club, 5 mins drive away, for post-game food/drinks.
Directions: The ground is under 10 minutes walk from Earlsfield Station (see above for more details) or Southfields tube (District Line).
From Earlsfield: Right out of the station into Garrett Lane. After about 1/3 mile turn left into Lydden Rd. At the end of the road continue straight across the footbridge over the Wandle River, and the changing rooms are directly in front of you.
From Southfields: Left out of the station and cross road into Pirbright Road, follow to end and cross into Burr Road.

If driving Burr Road can be accessed either directly from the A218 Merton Road, or from the A217 Garratt Lane via Kimber Rd and left into Burr Rd.

Match Secretary: Robert Gooch 01908 214704 (H) 07867 505873 (M) robert.gooch@gmail.com
1st Team Captain: Liam McGreavy 07985 569480 (M) mcgreavy6@hotmail.com
1st Team Vice-Captain: Rob Arnott 07786 414943 (M) rob.arnott@fd.com
2nd Team Captain: Josh Puddle 07900 224714 (M) joshua.puddle@gmail.com
2nd Team Vice-Captain: Nick Flew 07824 391182 (M) nick.flew@hotmail.co.uk
3rd Team Captain: Gavin Park 07955 963174 (M) gavpark7@yahoo.co.uk
3rd Team Vice-Captain: Colin Byrne 07768 165862 (M) colinmbyrne@aol.com
Secretary: Fred Snowball 07791 606035 (M) fredsnowball@hotmail.com

Swansea Hawks

Ground: The Phoenix, Paradise Park, Powys Avenue, Townhill, Swansea SA1 6PJ
Note: Pitch is astroturf so bring appropriate footwear
Directions: From M4 Jct 42, exit onto A483 towards Swansea - Go through 1 roundabout 4.6 mi - Continue on A4067/Quay Parade 0.3 mi - Turn right at B4489/Wind St Continue to follow B4489 0.3 mi - Turn left at College St 233 ft - At the roundabout, take the 2nd exit onto Belle Vue Way 0.1 mi - Turn left at A4118/Grove Pl 243 ft - Turn right at Grove Pl 36 ft - Continue on Mt Pleasant 0.3 mi - Mt Pleasant turns slightly left and becomes Terrace Rd 0.2 mi - Continue on Penygraig Rd 0.3 mi - Turn left at Dyfed Ave 0.3 mi - At the roundabout, take the 4th exit into the Phoenix Centre.

Avoiding central Swansea

From M4 Jct 42, exit onto A483 towards Swansea - Follow the dual carriageway for 4.5 miles - As you approach Swansea you will cross a bridge - Continue straight on to the A4067 signed City Centre West and Gower - after 2 miles you will pass the University on your right hand side - take the next right onto the A4216 towards Carmarthen - keep following this road for 1.5 miles until you reach two adjacent mini roundabouts - At

the first mini roundabout turn left signposted Llanelli (A4216), and at the second take the second exit into Townhill Rd - Continue up the hill, and at the next roundabout take the 3rd exit into Powys Ave - at the next roundabout take the 1st exit into the Phoenix Centre.

Captain: Chris Webborn 07545 010385 (M) chris_to_fari16@hotmail.com
Secretary: Aaron Marenske 07788 247591 (M) acm_marenske@hotmail.co.uk

Walcountian Blues

Ground: Old Walcountians Association, Carshalton Road, Woodmansterne, Surrey SM7 3HU
Tel: 01737 354348

Directions: From M25 exit at Jct 8 onto the A217, heading North towards London. From the A217 traffic lights at Banstead, take the A2022 Winkworth Road towards Purley. Go straight-on at the mini-roundabout, straight on at the proper roundabout and continue along this road (Croydon Lane). Turn right at the next mini-roundabout and the ground is on your left shortly after entering Woodmansterne village.

Alternatively from Purley take the A2022 Foxley Lane towards Banstead. Go straight ahead at the first mini-roundabout, along Little Woodcote Lane and then Woodmansterne Lane. Turn left at the second of two mini-roundabouts onto Carshalton Road and the ground is on your left shortly after entering Woodmansterne village.

1st Team Captain: David Howie 07877 751679 (M) dhowie@gmail.com
1st Team Vice-Captain: Tom Fewson 07904 943538 (M) tfewson@gmail.com
2nd Team Captain: Paul Clayton 07949 473759 (M) theothermanfromuncle@hotmail.com
2nd Team Vice-Captain: Ian Wakeford 07814 175466 (M)
3rd Team Captain: John Wigmore 07721 503168 (M) johnwigmore@hotmail.com
Secretary: Natalie Davis fudgecake1985@hotmail.com

Warwick University

Ground: Cryfield Sports Pitches, Warwick University, Gibbet Hill Road, Coventry CV4 7AL

Directions: **From the North**
From the M69/M6 interchange (M6 Jct 2) take A46 towards Warwick and Coventry S & E. - After approximately 3.5 miles you will reach Tollbar End roundabout (junction with A45). At the roundabout, follow signs for A45 Birmingham. - After approximately 3 miles turn left onto the A429 (Kenilworth Road) - After 1.2 miles turn right at the traffic light onto Gibbet Hill Road - At the first roundabout take the first exit up an access road to the pavilion.

From the South

From M40 Jct 15 take A46 towards Coventry - After approximately 8 miles turn left at junction signposted 'University of Warwick and Stoneleigh' - After a further 1.5 miles you will cross the A429 (Kenilworth Road). At the first roundabout take the first exit up an access road to the pavilion.

From the South East

From M1 Jct 17 take the M45. At Jct 1 take A45 towards Coventry - After approximately 7 miles you will reach Tollbar End roundabout (junction with A46) follow signs for A45 Birmingham - Now follow directions as for arriving from the North

From the West

From M42 Jct 6 take A45 towards Coventry - After approximately 9 miles you will pass a large Sainsbury's store on your left. At the next roundabout (Fire Station on right) take the right-hand exit, signposted 'University and Canley' - Follow signs for University of Warwick (and Warwick Arts Centre) across two roundabouts - At the next roundabout

take the first exit into Gibbet Hill Road - Go across the next roundabout - At the next roundabout take the third exit up an access road to the pavilion.

Captain: Simon Alfred 07584 414516 (M) simonpaulalfred@gmail.com
Secretary: Matt Jones 07707 891740 (M) Matthew.W.Jones@warwick.ac.uk

Welwyn Warriors

Ground: Monk's Walk School, Knightsfield, Welwyn Garden City, Hertfordshire AL8 7NL
Note: Most men's games will be played here, and **start at 1:30pm.**

Directions: **From the South** Exit A1(M) Jct 6, and at roundabout take the 2nd exit onto the A1000 to Welwyn Garden City. At the next roundabout take the 3rd exit to continue on the A1000. Got through the next roundabout, and follow directions as from the North.

From the North Exit A1(M) Jct 6, and at roundabout take the 1st exit for A1000 heading to Welwyn Garden City.

At the next roundabout, take the 2nd exit to continue on the A1000. Take the 2nd right into Knightsfield (signed Monk's Walk School), and the School is on the right in just over 1/3 mile.

Ground: Playing Fields, Ottway Walk, Welwyn, Hertfordshire AL6 9AT

Note: Possibly used for some men's games.

Directions: **From A1(M) South**

Leave the A1(M) at Jct 6 (A1000/ Welwyn). Turn left at the slip road roundabout signposted towards Stanborough. In about 200 yards turn right into London Road just past the BP garage. Ottway Walk is on your left in about 400 yards, opposite The Steamer public house and just before the hill down into the village.

From A1(M) North

Leave the A1(M) at Jct 6 (A1000/ Welwyn) then turn right at the slip road roundabout and go back under the A1(M). Almost immediately filter left, (just under the second bridge), into Welwyn village. Follow the road around the left hand bend to a T-junction. Turn left up the hill and Ottway Walk will be on your right at the top of the hill.

Chairperson: Steve Groves 07725 973753 (M) 01727 760329 (H) steve.groves1@ntlworld.com
1st Team Captain: Dan Reid 07425 178534 (M) danr84@hotmail.com
2nd Team Captain: Steve Groves 07725 973753 (M) 01727 760329 (H) steve.groves1@ntlworld.com
3rd Team Captain: Andrew Abbey 07801 794959 (M) andrew.abbey@scottishwidows.co.uk

FIXTURES

All games start at 2pm unless specified.

1 Oct 2011

Premier

Hampstead	v	Welwyn Warriors
Purley	v	Hillcroft
Reading Wildcats	v	Cardiff Harlequins
Spencer	v	Bristol Bombers
Walcourtian Blues	v	Hitchin

East 1

Buckhurst Hill	v	Croydon
East Grinstead	v	Reading Wildcats 2
Walcourtian Blues 2	v	Colchester
Welwyn Warriors 2	1:30pm	Spencer 2

East 2

East Grinstead A	v	Maidstone Red Wolves
Epsom	v	Oxford Univ.
Northampton Town	v	Hillcroft A
Spencer 3	v	Canterbury

East 3

Hitchin A	v	Reading Wildcats 3
Norwich	v	Walcourtian Blues 3
RAF Marham	v	Chichester Crusaders
Welwyn Warriors 3	1:30pm	Royal Holloway

West 1

Bristol Bombers 2	v	Cardiff Harlequins A
Penarth	v	Bath
Portsmouth Univ.	v	Warwick Univ.

West 2

Bath 2	v	Portsmouth Univ. 2
Cheltenham Cougars	v	Aberystwyth Univ.
Exeter Univ.	v	Southampton Tridents

8 Oct 2011

Premier

Bristol Bombers	v	Reading Wildcats
Cardiff Harlequins	v	Purley
Hillcroft	v	Walcourtian Blues
Hitchin	v	Hampstead
Welwyn Warriors	1:30pm	Spencer

East 1

Colchester	v	Brighton Panthers
Croydon	v	Walcourtian Blues 2
East Grinstead	v	Buckhurst Hill
Reading Wildcats 2	v	Welwyn Warriors 2
Spencer 2	v	Cambridge Univ.

East 2

Canterbury	v	Northampton Town
Hillcroft A	v	London Univ.

Maidstone Red Wolves	v	Spencer 3
Oxford Univ.	v	East Grinstead A

East 3

Royal Holloway	v	Reading Wildcats 3
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West 2

Swansea Hawks	v	Bournemouth Univ.
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15 Oct 2011

Premier

Hillcroft	v	Hitchin
Purley	v	Bristol Bombers
Reading Wildcats	v	Welwyn Warriors
Spencer	v	Hampstead
Walcourtian Blues	v	Cardiff Harlequins

East 1

Brighton Panthers	v	Croydon
Cambridge Univ.	v	Reading Wildcats 2
Spencer 2	v	East Grinstead
Walcourtian Blues 2	v	Buckhurst Hill
Welwyn Warriors 2	1:30pm	Colchester

East 2

East Grinstead A	v	Epsom
London Univ.	1:00pm	Canterbury
Northampton Town	v	Maidstone Red Wolves
Oxford Univ.	v	Spencer 3

East 3

Chichester Crusaders	v	Welwyn Warriors 3
Norwich	v	Hitchin A
Reading Wildcats 3	v	Walcourtian Blues 3
Royal Holloway	v	RAF Marham

West 1

Bath	v	Bristol Bombers 2
Birmingham City	v	Portsmouth Univ.
Cardiff Harlequins A	v	Penarth
Warwick Univ.	v	Southampton City

West 2

Aberystwyth Univ.	v	Bath 2
Bournemouth Univ.	v	Exeter Univ.
Portsmouth Univ. 2	v	Cheltenham Cougars
Southampton Tridents	v	Swansea Hawks

16 Oct 2011

West 2

Portsmouth Univ. 2	v	Swansea Hawks
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22 Oct 2011

East 1

Brighton Panthers	v	Colchester
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Cambridge Univ. v East Grinstead

West 1

Southampton City v Birmingham City

Snr Flags Prelims

Cardiff Harlequins v Bristol Bombers
Welwyn Warriors 1:30pm Hampstead

Int Flags Prelims

Bath v Cardiff Harlequins A
Reading Wildcats 2 v Welwyn Warriors 2

Mnr Flags Prelims

Bath 2 v Maidstone Red Wolves
Canterbury v Aberystwyth Univ.
Epsom v Reading Wildcats 3
Hillcroft A v Chichester Crusaders
Hitchin A v Exeter Univ.
London Univ. 1:00pm Northampton Town
Norwich v Bournemouth Univ.
Oxford Univ. v East Grinstead A
RAF Marham v Walscountian Blues 3
Royal Holloway v Portsmouth Univ. 2
Southampton Tridents v Cheltenham Cougars
Spencer 3 v RMAS
Welwyn Warriors 3 1:30pm Swansea Hawks

29 Oct 2011

Premier

Bristol Bombers v Walscountian Blues
Cardiff Harlequins v Hitchin
Hampstead v Hillcroft
Spencer v Reading Wildcats
Welwyn Warriors 1:30pm Purley

East 1

Buckhurst Hill v Spencer 2
Colchester v Cambridge Univ.
Croydon v Welwyn Warriors 2
Reading Wildcats 2 v East Grinstead
Walscountian Blues 2 v Brighton Panthers

East 2

East Grinstead A v Spencer 3
Epsom v Hillcroft A
Maidstone Red Wolves v London Univ.
Oxford Univ. v Northampton Town

East 3

Hitchin A v Chichester Crusaders
RAF Marham v Norwich
Walscountian Blues 3 v Royal Holloway
Welwyn Warriors 3 1:30pm Reading Wildcats 3

5 Nov 2011

Premier

Hillcroft v Cardiff Harlequins
Hitchin v Bristol Bombers
Purley v Spencer
Reading Wildcats v Hampstead
Walscountian Blues v Welwyn Warriors

East 1

Brighton Panthers v Buckhurst Hill
Cambridge Univ. v Croydon
East Grinstead v Colchester
Spencer 2 v Reading Wildcats 2
Welwyn Warriors 2 1:30pm Walscountian Blues 2

East 2

Epsom v Spencer 3
Hillcroft A v Canterbury
London Univ. 1:00pm Oxford Univ.
Northampton Town v East Grinstead A

East 3

Chichester Crusaders v Walscountian Blues 3
Norwich v Welwyn Warriors 3
Reading Wildcats 3 v RAF Marham
Royal Holloway v Hitchin A

West 1

Bristol Bombers 2 v Warwick Univ.
Penarth v Birmingham City
Portsmouth Univ. v Bath
Southampton City v Cardiff Harlequins A

West 2

Bath 2 v Bournemouth Univ.
Cheltenham Cougars v Southampton Tridents
Exeter Univ. v Portsmouth Univ. 2
Swansea Hawks v Aberystwyth Univ.

12 Nov 2011

Premier

Bristol Bombers v Hillcroft
Hampstead v Cardiff Harlequins
Reading Wildcats v Purley
Spencer v Walscountian Blues
Welwyn Warriors 1:30pm Hitchin

East 1

Brighton Panthers v Welwyn Warriors 2
Buckhurst Hill v Reading Wildcats 2
Colchester v Spencer 2
Croydon v East Grinstead
Walscountian Blues 2 v Cambridge Univ.

East 2

East Grinstead A v London Univ.

Spencer 2 v Brighton Panthers Penarth v Southampton City

East 2

Canterbury v East Grinstead A
Hillcroft A v Spencer 3
London Univ. 1:00pm Epsom
Maidstone Red Wolves v Oxford Univ.

East 3

Chichester Crusaders v Reading Wildcats 3
Norwich v Royal Holloway
RAF Marham v Walcourtian Blues 3
Welwyn Warriors 3 1:30pm Hitchin A

West 1

Bath v Cardiff Harlequins A
Penarth v Bristol Bombers 2
Southampton City v Portsmouth Univ.
Warwick Univ. v Birmingham City

West 2

Bournemouth Univ. v Southampton Tridents
Cheltenham Cougars v Bath 2
Exeter Univ. v Swansea Hawks
Portsmouth Univ. 2 v Aberystwyth Univ.

10 Dec 2011

Premier

Hampstead v Bristol Bombers
Purley v Walcourtian Blues
Reading Wildcats v Hitchin
Spencer v Hillcroft
Welwyn Warriors 1:30pm Cardiff Harlequins

East 1

Brighton Panthers v East Grinstead
Buckhurst Hill v Colchester
Croydon v Reading Wildcats 2
Walcourtian Blues 2 v Spencer 2
Welwyn Warriors 2 1:30pm Cambridge Univ.

East 2

East Grinstead A v Hillcroft A
Epsom v Maidstone Red Wolves
Northampton Town v London Univ.
Oxford Univ. v Canterbury

East 3

Chichester Crusaders v RAF Marham
Reading Wildcats 3 v Hitchin A
Royal Holloway v Welwyn Warriors 3
Walcourtian Blues 3 v Norwich

West 1

Bath v Warwick Univ.
Birmingham City v Cardiff Harlequins A
Bristol Bombers 2 v Portsmouth Univ.

West 2

Aberystwyth Univ. v Bournemouth Univ.
Bath 2 v Swansea Hawks
Cheltenham Cougars v Exeter Univ.
Portsmouth Univ. 2 v Southampton Tridents

7 Jan 2012

East 1

Colchester v Walcourtian Blues 2
Croydon v Buckhurst Hill
East Grinstead v Cambridge Univ.
Reading Wildcats 2 v Brighton Panthers
Spencer 2 v Welwyn Warriors 2

East 2

Canterbury v Spencer 3
Hillcroft A v Northampton Town
Maidstone Red Wolves v East Grinstead A
Oxford Univ. v Epsom

14 Jan 2012

Premier

Bristol Bombers v Spencer
Cardiff Harlequins v Reading Wildcats
Hillcroft v Purley
Hitchin v Walcourtian Blues
Welwyn Warriors 1:30pm Hampstead

East 1

Buckhurst Hill v East Grinstead
Cambridge Univ. v Spencer 2
Walcourtian Blues 2 v Croydon
Welwyn Warriors 2 1:30pm Reading Wildcats 2

East 2

East Grinstead A v Oxford Univ.
London Univ. 1:00pm Hillcroft A
Northampton Town v Canterbury
Spencer 3 v Maidstone Red Wolves

East 3

Hitchin A v Norwich
RAF Marham v Royal Holloway
Walcourtian Blues 3 v Reading Wildcats 3
Welwyn Warriors 3 1:30pm Chichester Crusaders

West 1

Bath v Penarth
Birmingham City v Southampton City
Cardiff Harlequins A v Bristol Bombers 2
Warwick Univ. v Portsmouth Univ.

West 2

Aberystwyth Univ. v Cheltenham Cougars
Bournemouth Univ. v Swansea Hawks

Portsmouth Univ. 2 v Bath 2
 Southampton Tridents v Exeter Univ.

21 Jan 2012

Premier

Hampstead v Hitchin
 Purley v Cardiff Harlequins
 Reading Wildcats v Bristol Bombers
 Spencer v Welwyn Warriors
 Walcourtian Blues v Hillcroft

East 1

Buckhurst Hill v Walcourtian Blues 2
 Colchester v Welwyn Warriors 2
 Croydon v Brighton Panthers
 East Grinstead v Spencer 2
 Reading Wildcats 2 v Cambridge Univ.

East 2

Canterbury v London Univ.
 Epsom v East Grinstead A
 Maidstone Red Wolves v Northampton Town
 Spencer 3 v Oxford Univ.

East 3

Chichester Crusaders v Hitchin A
 Norwich v RAF Marham
 Reading Wildcats 3 v Welwyn Warriors 3
 Royal Holloway v Walcourtian Blues 3

West 1

Bristol Bombers 2 v Bath
 Penarth v Cardiff Harlequins A
 Portsmouth Univ. v Birmingham City
 Southampton City v Warwick Univ.

West 2

Bath 2 v Aberystwyth Univ.
 Cheltenham Cougars v Portsmouth Univ. 2
 Exeter Univ. v Bournemouth Univ.
 Swansea Hawks v Southampton Tridents

28 Jan 2012

East 1

Welwyn Warriors 2 1:30pm Cambridge Univ.

Int Flags R2

Bath v Portsmouth Univ.
 Bristol Bombers 2 v Buckhurst Hill
 East Grinstead v Reading Wildcats 2
 Spencer 2 v Walcourtian Blues 2

Mnr Flags R2

Cheltenham Cougars v Walcourtian Blues 3
 East Grinstead A v Epsom
 Portsmouth Univ. 2 v Exeter Univ.
 Welwyn Warriors 3 1:30pm Hillcroft A

Mnr Plate R2

Canterbury v Swansea Hawks
 Maidstone Red Wolves v Reading Wildcats 3
 Royal Holloway v Hitchin A
 Southampton Tridents v Bournemouth Univ.

4 Feb 2012

Premier

Bristol Bombers v Purley
 Cardiff Harlequins v Walcourtian Blues
 Hampstead v Spencer
 Hitchin v Hillcroft
 Welwyn Warriors 1:30pm Reading Wildcats

East 1

Brighton Panthers v Reading Wildcats 2
 Cambridge Univ. v Walcourtian Blues 2

East 2

London Univ. 1:00pm Northampton Town
 Oxford Univ. v Maidstone Red Wolves

East 3

Welwyn Warriors 3 1:30pm Chichester Crusaders

West 1

Bath v Warwick Univ.

5 Feb 2012

East 1

East Grinstead v Cambridge Univ.

11 Feb 2012

Premier

Hillcroft v Hampstead
 Hitchin v Cardiff Harlequins
 Purley v Welwyn Warriors
 Reading Wildcats v Spencer
 Walcourtian Blues v Bristol Bombers

East 1

Brighton Panthers v Walcourtian Blues 2
 Cambridge Univ. v Colchester
 Spencer 2 v Buckhurst Hill
 Welwyn Warriors 2 1:30pm Croydon

East 2

Hillcroft A v Epsom
 London Univ. 1:00pm Maidstone Red Wolves
 Northampton Town v Oxford Univ.
 Spencer 3 v East Grinstead A

East 3

Hitchin A v Royal Holloway
 RAF Marham v Reading Wildcats 3
 Walcourtian Blues 3 v Chichester Crusaders

Welwyn Warriors 3 1:30pm Norwich

West 1

Bath v Portsmouth Univ.
Birmingham City v Penarth
Cardiff Harlequins A v Southampton City
Warwick Univ. v Bristol Bombers 2

West 2

Aberystwyth Univ. v Swansea Hawks
Bournemouth Univ. v Bath 2
Portsmouth Univ. 2 v Exeter Univ.
Southampton Tridents v Cheltenham Cougars

12 Feb 2012

West 2

Southampton Tridents v Exeter Univ.

18 Feb 2012

Premier

Bristol Bombers v Hitchin
Cardiff Harlequins v Hillcroft
Hampstead v Reading Wildcats
Spencer v Purley
Welwyn Warriors 1:30pm Walcountian Blues

East 1

Buckhurst Hill v Brighton Panthers
Colchester v East Grinstead
Croydon v Cambridge Univ.
Reading Wildcats 2 v Spencer 2
Walcountian Blues 2 v Welwyn Warriors 2

East 2

Canterbury v Hillcroft A
East Grinstead A v Northampton Town
Oxford Univ. v London Univ.
Spencer 3 v Epsom

East 3

Hitchin A v Walcountian Blues 3
Norwich v Reading Wildcats 3
Royal Holloway v Chichester Crusaders
Welwyn Warriors 3 1:30pm RAF Marham

West 1

Bristol Bombers 2 v Birmingham City
Penarth v Warwick Univ.
Portsmouth Univ. v Cardiff Harlequins A
Southampton City v Bath

West 2

Bath 2 v Southampton Tridents
Cheltenham Cougars v Bournemouth Univ.
Exeter Univ. v Aberystwyth Univ.
Swansea Hawks v Portsmouth Univ. 2

25 Feb 2012

Premier

Cardiff Harlequins v Hampstead
Hillcroft v Bristol Bombers
Hitchin v Welwyn Warriors
Purley v Reading Wildcats
Walcountian Blues v Spencer

East 1

East Grinstead v Croydon
Reading Wildcats 2 v Buckhurst Hill
Spencer 2 v Colchester
Welwyn Warriors 2 1:30pm Brighton Panthers

East 2

Canterbury v Epsom
Hillcroft A v Maidstone Red Wolves
London Univ. 1:00pm East Grinstead A
Northampton Town v Spencer 3

East 3

Norwich v Welwyn Warriors 3

West 1

Birmingham City v Warwick Univ.
Bristol Bombers 2 v Penarth
Cardiff Harlequins A v Bath
Portsmouth Univ. v Southampton City

West 2

Aberystwyth Univ. v Portsmouth Univ. 2
Bath 2 v Cheltenham Cougars
Southampton Tridents v Bournemouth Univ.
Swansea Hawks v Exeter Univ.

Varsity

Cambridge Univ. v Oxford Univ.

3 Mar 2012

East 1

Cambridge Univ. v Brighton Panthers

Snr Flags SF

Spencer v Reading Wildcats
Walcountian Blues v Hitchin

Int Flags SF

Bath v
Spencer 2 v East Grinstead

Mnr Flags SF

Cheltenham Cougars v Hillcroft A
Epsom v

Mnr Plate SF

Bournemouth Univ. v Swansea Hawks
Maidstone Red Wolves v

10 Mar 2012

Premier

Bristol Bombers	v	Cardiff Harlequins
Hampstead	v	Purley
Reading Wildcats	v	Walcourtian Blues
Spencer	v	Hitchin
Welwyn Warriors	1:30pm	Hillcroft

East 1

Brighton Panthers	v	Cambridge Univ.
Buckhurst Hill	v	Welwyn Warriors 2
Colchester	v	Reading Wildcats 2
Croydon	v	Spencer 2
Walcourtian Blues 2	v	East Grinstead

East 2

Epsom	v	Northampton Town
Maidstone Red Wolves	v	Canterbury
Oxford Univ.	v	Hillcroft A
Spencer 3	v	London Univ.

East 3

Chichester Crusaders	v	Norwich
RAF Marham	v	Hitchin A
Reading Wildcats 3	v	Royal Holloway
Walcourtian Blues 3	v	Welwyn Warriors 3

West 1

Bath	v	Birmingham City
Penarth	v	Portsmouth Univ.
Southampton City	v	Bristol Bombers 2
Warwick Univ.	v	Cardiff Harlequins A

West 2

Aberystwyth Univ.	v	Southampton Tridents
Cheltenham Cougars	v	Swansea Hawks
Exeter Univ.	v	Bath 2
Portsmouth Univ. 2	v	Bournemouth Univ.

17 Mar 2012

Premier

Bristol Bombers	v	Hampstead
Cardiff Harlequins	v	Welwyn Warriors
Hillcroft	v	Spencer
Hitchin	v	Reading Wildcats
Walcourtian Blues	v	Purley

East 1

Cambridge Univ.	v	Welwyn Warriors 2
Colchester	v	Buckhurst Hill
East Grinstead	v	Brighton Panthers
Reading Wildcats 2	v	Croydon
Spencer 2	v	Walcourtian Blues 2

East 2

Canterbury	v	Oxford Univ.
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Hillcroft A	v	East Grinstead A
Maidstone Red Wolves	v	Epsom

West 1

Cardiff Harlequins A	v	Birmingham City
Portsmouth Univ.	v	Bristol Bombers 2
Southampton City	v	Penarth
Warwick Univ.	v	Bath

West 2

Bournemouth Univ.	v	Aberystwyth Univ.
Exeter Univ.	v	Cheltenham Cougars
Southampton Tridents	v	Portsmouth Univ. 2
Swansea Hawks	v	Bath 2

24 Mar 2012

Premier

Cardiff Harlequins	v	Spencer
Hampstead	v	Walcourtian Blues
Purley	v	Hitchin
Reading Wildcats	v	Hillcroft
Welwyn Warriors	1:30pm	Bristol Bombers

East 1

Brighton Panthers	v	Spencer 2
Buckhurst Hill	v	Cambridge Univ.
Croydon	v	Colchester
Walcourtian Blues 2	v	Reading Wildcats 2
Welwyn Warriors 2	1:30pm	East Grinstead

East 2

East Grinstead A	v	Canterbury
Epsom	v	London Univ.
Spencer 3	v	Hillcroft A

East 3

Hitchin A	v	Welwyn Warriors 3
Reading Wildcats 3	v	Chichester Crusaders
Royal Holloway	v	Norwich
Walcourtian Blues 3	v	RAF Marham

31 Mar 2012

East 1

Colchester	v	Walcourtian Blues 2
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14 Apr 2012

Premier

Welwyn Warriors	1:30pm	Walcourtian Blues
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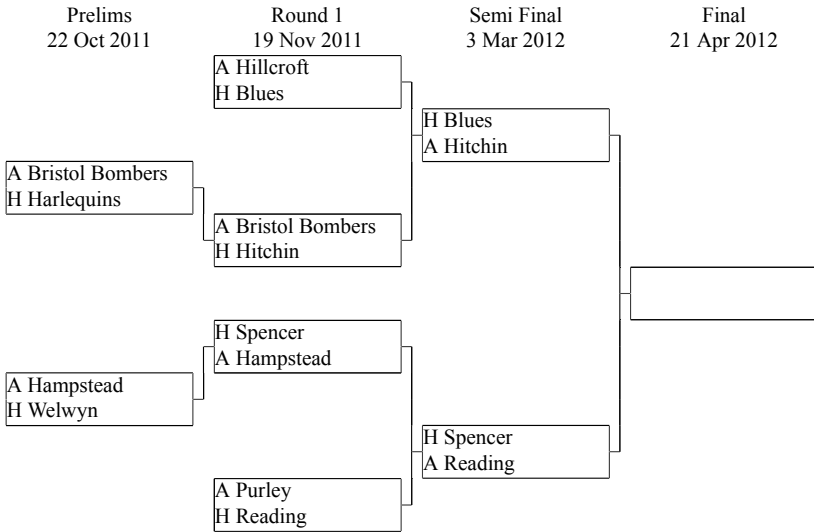
21 Apr 2012

Flags Final

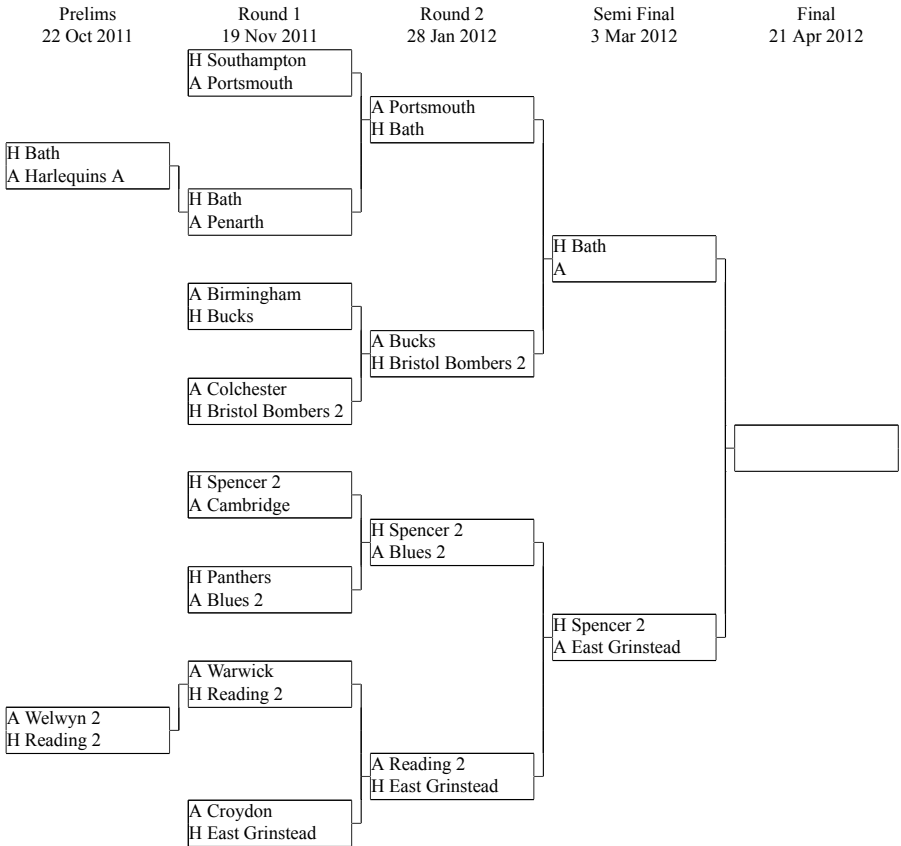
Mnr Plate Final

FLAGS & PLATE

Senior Flags



Intermediate Flags



Minor Flags



Minor Plate

