



SEMLA

Handbook

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:	Owain Slater 07738 247009 (M) ows5@aber.ac.uk
Captain:	Rob Rowe 07979 995993 (M) ror5@aber.ac.uk
Vice-Captain:	Matthew Allan 07786 591613 (M) mja5@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.
Captain:	Sam White 07976 705570 (M) sam.white@bathlacrosse.com
Vice-Captain:	Nik Roberts 01225 769297 (H) 07734 725258 (M) 01980 618 744 (W) nik.roberts@bathlacrosse.com
Secretary:	Jon Harrop jon.harrop@bathlacrosse.com

Bath University

Ground:	University of Bath, Claverton Down, Bath BA2 7AY
Directions:	From M4 exit at Jct 18 and follow the A46 south 8 miles to the Bath exit from the new dual carriageway. Turning right here brings you on to the A4 westbound to Bath. After 1.5 miles turn left at the traffic lights (signposted "City Centre A36"); after 700 yards turn left at the roundabout towards Warminster. In approximately 300 yards turn right into North Road (signposted "Claverton Down"). The Quarry Road entrance to the campus is on the left towards the top of the hill (approximately 1 mile); the lacrosse pitch is at the bottom of the west car park (first car park on your right if entering from Quarry Road).
	From the city centre, the A4 or the A36 eastbound follow signs to "Warminster", "Claverton Down", "American Museum" and "Park & Ride (University)".
	From the A36 (northbound) follow signs to "Claverton Down".
Chairperson:	Tom Fewson 07904 943538 (M) en3tcjf@bath.ac.uk
Captain:	Jack Lewis 07792 712856 (M) jll21@bath.ac.uk

Birmingham Bulls

Ground:	University of Birmingham, Edgbaston, Birmingham B15 2TT
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 - The University is on your right, two and a half miles from the city centre
	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 A38 - The University is approx 8 miles from the motorway

From the M40

It is easier to turn south on the M42 and leave at Jct 1, heading north on the A38 Bristol Road - The University is approx 8 miles from the motorway

Club Captain:

Rob Keogh 07855 749828 (M) stripeyrob@hotmail.com

Captain:

Mike Barlow 07759 457369 (M) barlow626@hotmail.com

Brighton Panthers

Ground:

Eastbourne Sports Park, Cross Levels Way, Eastbourne, Sussex BN21 2UF

Directions:

From London (M25) : the A22 connects London to Eastbourne. Take the first exit signposted A27 to Eastbourne, and Hastings off the new large roundabout. Take the second exit at the next roundabout (signposted Eastbourne), straight across the next roundabout (2nd exit), and continue over the bridge to the following roundabout with Bannatynes Gym on your right. Take the 2nd exit off this roundabout, and 2nd exit at the next. You are now on Cross Levels Way. Go over the bridge, over the first roundabout, and take the first turning on your right in to Sussex Downs College & Eastbourne Sports Park. Turn right at the Mini roundabout in to the car park.

Alternatively from the M25, take the A23 off the M25 and turn off just before you get to Brighton, Signposted Lewes & Newhaven. Continue on the A27 until you get to Polgate, bear left at the traffic lights, and take the third exit off the new large roundabout. Then take directions as above.

President:

Daniel Keeley 07843 673117 (M) dkeeley_7@hotmail.com

Bristol Bombers

Ground:

Netham Park, Avonvale Rd, Redfield, Bristol BS5 9RN

Directions:

From M32

Come off at Jct 3, Take the first exit, towards Easton. At the next roundabout, take the first exit up Lawrence Hill (A420). After 0.7 miles, turn right onto Avonvale Road (there's a church on the corner). This road doubles back towards Netham Park, which is on your left.

From the A4 (heading into Bristol)

After you pass Arnos Vale Cemetery, take the first right over the bridge. Turn immediately left onto Albert Road, and follow this road. Turn right onto Feeder Road, go over a bridge and turn left onto Marsh Lane. Turn right onto Avonvale Road, Netham Park is on your right.

Secretary:

Alex Mabley 07730 399020 (M) aj_99@hotmail.com

Captain:

Dave McColl 07886 899626 (M) dsmccoll@hotmail.com

Bristol Sharks

Ground:

The Red Maids' School, Westbury Road, Westbury-on-Trym, Bristol BS9 3AW

Directions:

From M5 West/North

Exit at Jct 17, take the A4018 to Bristol (W). After 2.5 miles turn left onto the B4055 Henbury Rd. The school is on the left after 0.6 miles.

From M4 East

Exit Jct 19 onto the M32. Exit the M32 at Jct 1, and turn right on to the A4174 towards Filton. At the roundabout with the A38 continue straight over onto the B4056 (Southmead Road). After 1.8 miles take the 2nd exit at the roundabout onto Eastfield Rd. Follow this road until it merges with the B4055 Westbury Rd, and the school is on your left.

See also www.redmaids.bristol.sch.uk

Club Captain: Robert Stewart 079716 18569 (M) rs5648@bristol.ac.uk
 Captain: Tom Pooler 07854 642150 (M) tp6783@bristol.ac.uk
 Vice-Captain: Chris Siswick 07912 557031 (M) chris.siswick.06@bristol.ac.uk

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.

President: Gerry Wilson 020 8508 1334 (H) president@bucks lacrosse.co.uk
 Captain: Chris Merritt 07984 136 595 (M) cmerritt_05@yahoo.co.uk

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.

Secretary: Meng Wang mw323@cam.ac.uk
 Captain: Chris Jones 07906 065132 (M) cj2@cam.ac.uk
 Vice-Captain: Will Hoult will_hoult@yahoo.co.uk

Canterbury Christchurch 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.

Chairperson: Charlie Jakobs 07834 063233 (M)
 Captain: Joe Burnett 07828 380329 (M) jb331@canterbury.ac.uk
 Vice-Captain: Dom Green 07887 803941 (M) dg82@kent.ac.uk

Cardiff Harlequins

Ground: Heath Park Playing Fields, King George V Drive, Heath, Cardiff CF14 4EP

Directions:

From the East

Leave the M4 at J29 onto the A48M signposted Cardiff East - After several miles the speed limit reduces to 50mph then 40mph (watch for speed camera once into 40mph!) - About 300yds after speed camera join slip road to large roundabout (do not the exit immediately after the camera signposted Hospital) - Take 1st exit off roundabout signposted Roath (Whitchurch Road) - Turn left onto Allensbank Road at traffic lights with The Heath pub on the left - After going over the A48 dual carriageway, take the 2nd left onto King George V Drive East - Take 2nd exit at roundabout (going right) and then 1st left - car park and changing rooms will be straight in front.

From the West

Leave the M4 at J32 onto the A470 signposted Cardiff - After a couple of miles through several sets of traffic lights you will approach a large, complicated junction with East bar/restaurant in the middle. The road swings round to the left, follow signs for city centre, do not head onto A469 Caerphilly - Almost immediately the road swings back round right and splits into around 4 lanes, the left two head towards a roundabout - Take the left lane onto this roundabout, and take 2nd exit signposted Roath (Whitchurch Road) - Follow directions as from East (from Whitchurch Road).

Captain:

Will Barrett 07967 632021 (M) laxwill11@yahoo.co.uk

Secretary:

Andy Morgan andyramorgan@gmail.com

Cardiff University

Ground:

Llanrumney Playing Fields, Mendip Road, Llanrumney, Cardiff CF3 4JN

Directions:

From the East

Exit M4 Jct 29 onto A48M - Continue ahead onto A48 - Exit onto A4161 (signposted Docks) - take inside lane down the exit ramp - At the roundabout take first left into B4487 and follow road up hill (watch out for speed cameras) - At the traffic lights in Rumney take the inside lane to go straight across, and after approx 20 yards turn left into Llanrumney Ave - Turn left opposite the Eastern Leisure Centre entrance into Ball Road - at the bottom of the hill turn sharp left into Hartland Road - Where houses stop turn right - car park on the left.

From the West

Exit M4 Jct 30 onto A4232 - At the second roundabout take the second exit onto the A48 - Follow directions above for A48.

Captain:

Mike Peters 07814 934440 (M) petersmj@cf.ac.uk

Vice-Captain:

Nathan Harding 07970 990673 (M) hardingnd@cf.ac.uk

Cheltenham Cougars

Ground:

Christ College (formerly St Benedicts College), Arle Road, Cheltenham, Gloucestershire GL51 8LE

Directions:

From the M5 Heading South

Leave M5 at Jct 10 - Follow A4019 towards Cheltenham - Pass through two sets of traffic lights, keeping in right hand lane - At the roundabout take the last (3rd) exit onto Princess Elizabeth Way - Continue straight until you pass the Mercedes Garage on left - Take next left (Grevil Road) - Continue straight onto Arle Road until you find Christ College on the left.

From the M5 heading North

Leave M5 at Jct 11 and follow A40 towards Cheltenham - At the first roundabout take the third exit - Straight on at lights (GCHQ 'Doughnut' on left) - At the next roundabout take the first exit onto Princess Elizabeth Way - Pass through set of traffic lights (Glos College on left) - At large roundabout (square of green in middle) take second exit - Continue along Princess Elizabeth Way until you pass a modern Catholic Church on your left - Take the next right (Grevil Road) - Continue straight onto Arle Road until you find Christ College on the left.

From Oxford A40 or Swindon

Enter Cheltenham on A40 - Follow sign posts to Tewkesbury (A4019) - Eventually you will pass Matalan on your right-hand side. (Traffic lights) - Straight over the next 2 sets of traffic lights, following signs for A4019, passing through lower High Street (under railway bridge) onto the A4019 - Continue on A4019, through several sets of lights) until you come to a large roundabout with McDonald's on your right at roundabout - Take first exit onto Princess Elizabeth Way - Continue straight until you pass the Mercedes Garage on left - Take next left (Grevil Road) - Continue straight onto Arle Road until you find Christ College on the left.

Chairman: Andrew Dillon 07772 975669 (M) biscuits62@hotmail.com

Croydon

Ground: Old Elthamians Sports Club, Foxbury Avenue (off Perry Street), Chislehurst, Kent BR7 6HA

Directions: From M25 take Jct 3 onto the Swanley by-pass (A20 - signposted London), take A222 (Perry Street) towards Chislehurst and Bromley. Foxbury Avenue is on the right after about 1 mile. The ground is at the far end of Foxbury Avenue along the unmade road.

From Bromley take the A222 all the way to Chislehurst, through the lights at Chislehurst War Memorial. Foxbury Avenue is the 3rd turning on the left off Perry Street, about half a mile past the War Memorial cross roads.

Public Transport

Rail from Charing Cross or London Bridge to Chislehurst Railway Station, then the 269 bus from the up-hill side of the road.

Buses 160, 269 and 683 pass the end of Foxbury Avenue.

Club Captain: Joe Nicol joebird_123@hotmail.com

Vice-Captain: Andy Morris Andy.Morris@umusic.com

Secretary: Joe Johnson joe_31_@hotmail.com

University of East Anglia

Ground: UEA Sportspark, University of East Anglia, Norwich, Norfolk NR4 7TJ

Directions: The Sportspark is located on the University Drive as you enter the campus off Earlham Road. Sportspark has its own car park (free of charge to Sportspark users).

From London take the M11/A11; just outside Norwich take the A47 (Southern Bypass) in the direction of Swafham; the University is signposted off at the next exit. If you are driving from the North or the Midlands, you can use the A47 via King's Lynn, or the new A14 as far as Newmarket and then take the A11 to Norwich. UEA is situated on the outskirts of Norwich, around two and a half miles west of the city centre, just off the Earlham Road (B1108) which is one of the main roads out of the city.

Secretary: Simon Murphy simstar40@hotmail.com

East Coast (Norwich)

Ground: Norwich High School for Girls, 95 Newmarket Road, Norwich NR2 2HU

Directions: The school is on the A11, which is one of the main roads into Norwich.

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 cross the roundabout with the A140, and the school is after about 300 yds on your left.

From the South

Exit the M11 at Jct 9 onto the A11. After a while this merges with the A14. Follow directions as from the West.

Captain: Michael Person 07736 043 083 (M)
 Secretary: Luke Berry 07743 432 693 (M) lukeberry1@googlemail.com

East Grinstead

Ground: EGRFC, The Pavilion, Saint Hill Road, East Grinstead, West Sussex RH19 4JU
 Tel: 01342 322 338

Directions: **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 700 yards on the left.

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 700 yards on the left.

1st Team Captain: John Pordum 07711 487 178 (M) menscaptain@eglc.co.uk
 1st Team Vice-Captain: Ian Croft 07737 081 937 (M) mensvicecaptain@eglc.co.uk
 2nd Team Captain: Mike Goddard 07913 878 499 (M) 2ndteamcaptain@eglc.co.uk
 2nd Team Vice-Captain: Craig Evans 07766 805 577 (M) 2ndteamvicecaptain@eglc.co.uk
 Secretary: Steve Cooper 07786 541 621 (M) secretary@eglc.co.uk
 Women's Captain: womenscaptain@eglc.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.

Chair: Tim Robinson 07745 536022 (M) tsr202@ex.ac.uk
 Captain: Toby Gadd 07796 955553 (M) tg212@ex.ac.uk

University of Gloucestershire

Ground: Park Campus, University of Gloucestershire, The Park, Cheltenham, Gloucestershire GL50 2RH

Directions: From the M5 (North, South or West) exit Jct 11A following the signs to the A417 Cirencester. Take the first exit from the A417 dual carriageway and turn left at the roundabout on to the A46 sign posted Shurdington/ Cheltenham. Follow this road straight through for about 3 miles. At the first set of traffic lights, by the Moored Park Hotel, turn left. At the mini roundabout turn left. The entrance to the Park Campus car park is about 450 yards on the right.

Club Captain: Pip Weberley 07810 428381 (M) pip_weberley@hotmail.com
 Captain: Richard Beattie 07828 417276 (M) beattierp@hotmail.com

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 bus stops in Bramley Road and the number 7 bus stops nearby in Cambridge Gardens.

Important information if driving

The car parking is in the Centre's own underground car park (below the lacrosse pitch), and you pay only £1 for up to seven hours parking - but **you MUST get your car park ticket validated** at the Sports Centre Reception when you leave the Centre.

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.westway.org/sports/wsc/

Secretary: Simon Brown 020 8580 0924 (H) 07786 310369 (M) 020 7592 0790 (W)
Simon.Brown@angeltrains.com
Captain: Giles Davidson 07766 576255 (M) giles.davidson@chancellors.co.uk
Captain: Mike Noonan noonan33@gmail.com
Captain: James Mitchell james.mitchell@ubs.com

Hertfordshire Comets

Ground: Hertfordshire Sports Village, de Havilland Campus, Hatfield Business Park, Hatfield, Hertfordshire AL10 9EU

Directions: **From M25**
From all directions on the M25, take the A1(M) North at Jct 23. Follow directions below for A1(M).

From A1(M)

Exit at Jct 3, and take the A1001 Comey Way (2nd exit if travelling from the south, 3rd if coming from the north). At the next roundabout turn left onto the A1057, cross the next roundabout, and the Sports Village is on your right,

From M1

For those travelling from the North down the M1, exit at Jct 7, which takes you onto the M10. Travel along for about 3 miles to the next roundabout and take the second exit onto the A414. Keep to this road for about 3 miles following signs to Hatfield. When you get to Jct 3 with the A1(M) follow the directions above for A1(M).

Chairperson: Joanna Denyer 07929 375606 (M) jodenyer87@hotmail.com
Captain: Hass Khalil 07738 492163 (M) h.khalil@herts.ac.uk
Vice-Captain: Dan Vickers 07917 824240 (M) d.j.vickers@herts.ac.uk vicka20@hotmail.com

Hillcroft

Ground:	Lavender Park and College Pavillion, Lavender Avenue, Mitcham, Surrey CR4 3HL
Directions:	By foot from Colliers Wood Tube Station - (Northern Line) Turn left out of Colliers Wood tube Walk up to large roundabout turn left down Tandem Way turn left at mini roundabout down Prince George's Road Walk to the end of the road (through a small industrial estate) and straight through the two cycle barriers Immediately after the second cycle barrier, turn right into the playing Lavender Park Walk diagonally across the field to the pavilion. Please note Lavender Park does not actually appear on the A-Z but can be found between Lavender Ave, Veals Mead and Oak Mead Place.
Captain:	Rob Clarke 07770 411628 (M) rc.training@virgin.net
Captain:	Ravi Singh 07952 685754 (M) ravinandansingh@hotmail.com
Secretary:	Rob Curtis 020 7564 6099 (H) rob@curtis16.freemove.co.uk

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:	Steven McDermott 01462 435495 (H) 07768 093 762 (M) mens1@hitchinlacrosse.com
2nd Team Captain:	Elliot Howard mens2@hitchinlacrosse.com
Secretary:	Eddie Howarth secretary@hitchinlacrosse.com
Mixed Captains:	Carol Scott and Eamon Thornton mixed1@hitchinlacrosse.com

Keele University

Ground:	Keele University Leisure Centre, Keele, Staffordshire ST5 5BG
Directions:	From the North Exit M6 at Jct 16, signed A500/Alton Towers. At the motorway roundabout turn right onto the A500 for Crewe and Nantwich. The University is signed from here. At the next roundabout, go straight on A500 (A531) and at the next one turn left onto the A531 (A525) for Keele. After approximately 7 miles, turn right at the roundabout onto campus. From the motorway journey time is about 20-25 minutes. From the South Exit M6 at Jct 15 and follow the signs for the A519 into Newcastle-under-Lyme. The University is signed from the first roundabout, after leaving the motorway follow signs for the University and Science Park. Two miles out of Newcastle, turn left at the roundabout onto campus. From the motorway journey time is about 15-20 minutes. From the East If you are travelling on the A53 follow signs to Newcastle-under-Lyme. If you are using the A50, join the A500 and then turn off on the A53 to Newcastle. Travel from

the M1 is easiest using the new Jct 23A onto the Derby bypass and following signs for the A50.

From the West

Follow signs for the A525.

Directions to the leisure centre Follow the road down the hill and turn right at the roundabout. Then take the next left and then right. This brings you into a car park and the leisure centre is in front of you.

President: Stephen Johns 07725 846837 (M) keelelacrosse@hotmail.co.uk
 Captain: Max van Praag 07772 657118 (M) keelelacrosse@hotmail.co.uk

London University

Ground: University of London Athletic Ground, Motspur Park, New Malden, Surrey KT3 6PT
 Directions: **From M25:** Take A3 towards London. After about 10 miles take the exit signposted Worcester Park A2043 (Malden Junction). At the end of the slip road turn right at the roundabout back over the A3 onto the A2043. After 1/4 mile (just after pedestrian crossing) turn left into Motspur Park. Ground is on your left after 0.3 miles.

By Train: South West Trains from Waterloo/Clapham Junction/Wimbledon to Motspur Park. Turn right out of the station into Station Road, right into W Barnes Lane, which turns into Motspur Park - the ground is on your right after 500 yds.

Ground: Honor Oak Park, Brockley Rise, Lewisham, London SE23 1NW
 Directions: **From M25:** Take A2 (Jct 2) or A20 (Jct 3) towards London. Turn left onto the A205 (South Circular). Turn right into B218 Brockley Rise (1 mile after you pass the A21 in Catford). At the crossroads with the B238 turn right to continue along Brockley Rise, and the ground is on your right.

By Train: London Bridge to Honor Oak Park (every 10 minutes). Turn left out of the station onto Honor Oak Park, walking straight over the crossroad, until you reach the end. Turn left onto Brockley Rise and the grounds are on your right-hand side.

Club-Captain: Nick Taylor 07970 308843 (M) nicholas.2.taylor@kcl.ac.uk
 Captain: James Gillman-Wells 07986 444909 (M) gmanwell116@aol.com

Loughborough University

Ground: Loughborough University, Leicestershire LE11 3TU
 Directions: From M1 (Jct 23) or the A6, follow the signs to the University.
 Captain: Tom Lincoln tomlincoln63@hotmail.com
 Captain: Tom Castle cannonball_tom@hotmail.co.uk

Northampton University

Ground: Pavilion Field, UCN, Park Campus, Boughton Green Rd, Northampton NN2 7AL
 Directions: **From the North**
 Leave M1/M6 at Jct 19 and head east on the A14. Leave the A14 at Jct 2, A508 Market Harborough and Northampton. Follow signs to Northampton. After approximately 8 miles you will enter Northampton. At the first set of traffic lights (cemetery on the left) turn left and follow signs for University College Park Campus. At the first roundabout take the fourth exit onto Boughton Green Road. The entrance to the Visitors Car Park is on the left at the top of the hill.

From the South

Leave the M1 at Jct 15 and turn right onto the A508 Northampton. This leads into the A45 Nene Valley Way. Leave at the Jct A43 Kettering. Turn left onto the A43 Lumbertubs Way and go straight over at the first roundabout. At the second roundabout take the second exit onto Moulton Park and follow signs for University College Park

Campus. At the second roundabout take the second exit onto Boughton Green Road. The entrance to the Visitors Car Park is on the left at the top of the hill.

From the East

From the A14 leave at the junction A43 Northampton and Kettering. Turn left onto the A43 Northampton and follow signs to Moulton. Continue on the A43 and at the large roundabout take the fifth exit onto Moulton Park and follow signs for University Park Campus. At the second roundabout take the second exit onto Moulton Park and follow signs for University College Park Campus. At the second roundabout take the second exit onto Boughton Green Road. The entrance to the Visitors Car Park is on the left at the top of the hill.

Captain: Jon Bowles 07955 817642 (M) jon_ax@hotmail.com
 Vice-Captain: Tom Melvin 07792 736731 (M) meb_man@hotmail.com

Nottingham University

Ground: University of Nottingham Sports Centre, University Park, Nottingham NG7 2RD

Directions: **From North/South**

From M1 Jct 25 take the A52 to Nottingham. After about 4 miles turn right at The Priory roundabout onto the B6464, then left at next roundabout to enter the University's West Entrance. Follow the road round to the left, and continue on this road until you see the sign post for the Sports Centre, which is on the left.

From the West

Take the A50 to join the M1 and follow directions as above.

From the East

Take the A52 from Grantham follow the signs to Nottingham. Take the A52 ringroad, follow signs to Derby, Queens Medical Centre, University of Nottingham. Over the flyover passing the Showcase Cinema complex, keep in the left hand lane, turning left at the roundabout along University Boulevard. For the Sports Centre continue to the island turn right and right at the next island to enter campus via the West Entrance.

Captain: Liam McCreary 07985 569480 (M)

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: James Smith 07973235379 (M) james.smith@comlab.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.
 Secretary: Christine Shumack 029 2070 8966 (H) chrishumack@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 just before the next set of traffic lights. Continue along Locksway Road and turn left into Furze Lane.

President: Jim Hitchman 07739 322585 (M) jimhitchman@hotmail.com
 Captain: Chris Mattison 07863 330588 (M) cjmattison12@hotmail.com
 Fresher Captain: Iain Ballantine 07749 641254 (M) iainballantine@hotmail.com

Purley

Ground: Addiscombe Cricket Club, Sandilands, Croydon, Surrey CR0 5DB
 Tel: 020 8654 5449

Directions: **From M25 East**
 At Jct 4 take the A21, and then A232 towards Croydon. When you reach Shirley there will be a roundabout, followed by a dual carriageway, then another roundabout. The A232 turns left at the second roundabout into Addiscombe Road. Sandilands is the third road on the left, and clubhouse is at the end of this road.

From M25 South

Take the A22 (Jct 6) or A23 (Jct 7) north towards Croydon. At Purley take the A235 towards Croydon, and at Croydon take the A232 towards Shirley/West Wickham. At the second roundabout you will cross the tram tracks, and the A232 turns right into Addiscombe Road. Sandilands is the second on the right. The clubhouse is at the end of the road.

By Public Transport

The journey should take about 35 minutes from London Victoria.

Take the train to East Croydon - they run frequently from London Victoria (every 5-10 minutes) and London Bridge (every 15 minutes). I would recommend you take a fast train (i.e. stopping at Clapham Junction only), which takes 15 minutes - stopping trains take much longer, and usually arrive after the next fast train.

Then take the tram eastwards (that's left out of East Croydon) for 2 stops to Sandilands - they run about every 3 minutes. Take either the No. 1 tram towards Elmers End, No. 2 tram towards Beckenham Junction, or the No. 3 tram towards New Addington.

From the Tram stop continue east along Addiscombe Road, Sandilands is the second on the right. The clubhouse is at the end of this road.

Chairman: Paul Terry 07795 517161 (M) 020 8651 3094 (H) 020 7304 6867 (W)
 chairman@purleylax.co.uk
 Captain: Mike Barrett 07878 238078 (M) captain@purleylax.co.uk
 Vice-Captain: Jamie Tasko vice-captain@purleylax.co.uk

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.

1st Team Captain: Raj Rout 07967 977730 (M) rajrout@gmail.com
 2nd Team Captain: Phil Garthside phil.garthside@yellgroup.com
 Secretary: Barbara Rogers 0118 946 1688 (H) barbara.rogers1@googlemail.com

Royal Holloway

Ground: Royal Holloway Sports Centre, Prune Hill, Egham, Surrey TW20 0EX
 Directions: From M25 Jct 13 follow signs for A30 up Egham Hill, first set of traffic lights turn left down Bakeham Lane, follow road for 500yds then turn left down Prune Hill, turn left into Sports Centre at the bottom of the hill.
 Team Captain: Stephen Bieniek 07743 777071 (M) S.bieniek@rhul.ac.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 1½ 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.

Secretary: Staff Sergeant (SMI) Martyn Peebles 01276 412458 (W)
1st Team Captain: Officer Cadet O E James 01276 412518 (Messages)

Royal Navy, Yeovil

Ground: RNAS Yeovilton, Ilchester, Somerset BA22 8HT
Directions: Opposite the Fleet Air Arm Museum (which is well signed) on the B3151, just off the A303 and A37. It is accessible from the M5 Jct 25 at Taunton.
Chairman: Daniel Weil 07739 107586 (M) daniel@bathexiles.com
Captain: Graham Teal 07843 580187 (M) g7eal@tiscali.co.uk

Southampton Tridents

Ground: Wide Lane Sports Grounds SO18 2HW
Note: Please bring moulded cleats as screw-ins are not allowed!!!

Games are played on the rubber crumb pitch. This synthetic surface, unlike AstroTurf 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, AstroTurf boots, trainers
Not allowed: Long screw in studs, rugby boots

Directions: From the M27, leave the motorway at Jct 5, signposted Airport - Follow the signs off the junction roundabout towards Southampton Airport and Parkway Station - At second roundabout take first exit signposted towards the station (Southampton Airport Parkway) the ground is on the left just after the station which is on the right.

President: Thomas Purchase 07984 385474 (M) tep305@soton.ac.uk
tomwiththehat@hotmail.co.uk

1st Team Captain: Edd Collett 07919 411286 (M) ectrident@hotmail.com
1st Team Vice-Captain: Chris Morgan 07891 794366 (M) cjm405@soton.ac.uk
2nd Team Captain: Charles Adlington 07958 649125 (M) cja306@soton.ac.uk

Spencer

Ground: The Spencer Sports Club, Fieldview, Wandsworth, London SW18 3HF
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!

1st Team Captain: Colin Rutter 07734 952624 (M) colin_rutter@newton.co.uk
1st Team Vice-Captain: Peter Sayia 07789 878228 (M) peter.m.sayia@jpmorgan.com
2nd Team Captain: Cliff Hide 07747 756704 (M) cliff.hide@gmail.com
Secretary: Stephen Greszczyszyn 07957 935937 (M) sgreszcz@yahoo.com

Staffordshire University

Ground: Staffordshire University, Leek Road Campus, Stoke-On-Trent ST4 2DF
Directions: **From M6**
Leave the M6 at Jct 15 and go straight across the roundabout (signposted Stoke-on-Trent) - Follow the dual carriageway, the A500 and at the first roundabout take the third

exit (signposted Fenton/Longton) - Continue under the railway bridge, then take a sharp left at the smaller roundabout - Follow this road to the first set of traffic lights, keeping in the right hand lane for Leek Road - Take the right hand lane to continue straight on through the traffic lights - Travel over a pedestrian crossing until you reach the next set of traffic lights - Turn right onto the campus and then left just past the Security Lodge to park your car.

From Derby/M1 - A50

Travel along the A50 towards Stoke-on-Trent - Just past the Britannia Stadium (on your left) you will to a large roundabout - Turn right, go down the slip road and join the A500 - Follow directions from M6 above

By Train

The University is just over 500 yds from Stoke-on-Trent train station - turn right into Station Road, then left at the traffic lights into Leek Road, and the University is on your right.

Directions for Leek Road Campus are also at: www.staffs.ac.uk/maps/stoke_directions/index.php

Captain: Jamie Armstrong 07765 771430 (M) jammy_arm@hotmail.com
 Vice-Captain: Stuart Bausor stuartbausor_123@hotmail.com
 Secretary: Anthony Barraclough anthonybarraclough@googlemail.com

Swansea Hawks

Ground: The Phoenix, Paradise Park, Powys Avenue, Townhill, Swansea SA1 6PJ

Note: Pitch is astro turf 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.

Club Manager: Ross Davies 07792 259836 (M) darkness_of_13@hotmail.com
 1st Team Captain: Adam Grey 07828 237557 (M) if.you.need.me.im@gmail.com

University of Wales Institute, Cardiff

Ground: Cyncoed Campus, Cyncoed Road, Cardiff CF23 6XD

Directions: Match ground is on the infield of the running track.

From the East: Take Jct 29 off the M4 and travel westward on the A48(M) for approx. 3 miles. Turn off at the Llanederyn junction and take the 3rd exit off the roundabout. At the next roundabout take the first turning on your left up Llanederyn Road, follow this road to the traffic light junction where you join the right hand lane. Turn right onto

Cyncoed Road; travel for approx. half a mile and UWIC will be on your right-hand side.

From the West: Take Jct 32 off the M4 and join the A470 towards the city centre. Continue along this road until you reach the Gabalfa roundabout. Stay in the left hand lane and take the first left onto the A48(M) eastward. Turn off at the Llanederyn junction and take the first left at the roundabout. Follow above directions 'from the east' from point 3.

From North Wales: Follow the A470 towards the city centre. Follow the above directions 'from the west' from point 2.

President: James Eastwood 07969 092736 (M) gloscherrybomb@gmail.com
 Captain: Doug Lee 07834 722787 (M) themaritas@hotmail.com

Walcountian Blues

Ground: Old Walcountians Association, Carshalton Road, Woodmansterne, Surrey SM7 3HU
 Tel: 01737 354348
 Directions: M25 to A217, Reigate turnoff. Go towards London and 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 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: Andy Lowden 07808 271387 (M) andylowden@hotmail.com
 1st Team Vice-Captain: Gregg Irwin 0786 752 5104 (M) gregg@penguinphotography.co.uk
 2nd Team Captain: Steve Cattle 0770 879 1686 (M) steve.cattle@btinternet.com
 2nd Team Vice-Captain: Jack Ballentine 0798 338 5294 (M) jackballantine@hotmail.co.uk
 Secretary: Stephen Fox 0778 477 5406 (M) blues11ax1secretary@yahoo.co.uk

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.

Club president: Aaron Fox 07956 495092 (M) a.g.fox@warwick.ac.uk
 Team Captain: James Aris J.Aris@warwick.ac.uk

Welwyn Warriors

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

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: Dave Farrell 07771 903060 (M) f-designstudio@btclick.com
 1st Team Captain: Hamish Tiley 07880 555311 (M) hamisht@btinternet.com
 1st Team Vice-Captain: Kyle Witt 07814 156947 (M) lax1399@yahoo.com