



**SEMLA**

**Handbook**



## Aberystwyth University

Ground:	Vicarage Playing Fields, Llanbadarn Fawr, Aberystwyth SY23 1HA
Directions:	<p><b>From the South</b> 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.</p> <p><b>From the East</b> 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.</p>
Club President:	Daniel Cox ddc7@aber.ac.uk
Captain:	Tim Casey 07889 374250 (M) tpc7@aber.ac.uk
Vice-Captain:	Matt Govan mhg7@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:	Dan Weil 07739 107586 (M) Dan.Weil@bathlacrosse.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 Bulls

Ground:	Metchley Park Road, Edgbaston, Birmingham B15
Directions:	<p><b>Note:</b> Astroturf pitch: please bring appropriate footwear</p> <p><b>From the NW or SE along the M6</b> 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 Park Road, then a left onto Vincent Drive after a narrow railway bridge. You need to then turn into the Student Halls Pritchatts Park and park next to Ashcroft. The game will either being played on the astro that is visible, or the pitch just behind it.</p> <p><b>From the M42 North</b> Leave at Jct 8 to join the M6 northbound and follow the instructions above.</p> <p><b>From the SW along M5</b> Leave the M5 at Junction 4 (signposted Birmingham SW) to join the A38. Approx 8 miles from the motorway follow the signs for the University left into Edgbaston Park Road, and follow directions above.</p> <p><b>From the M40</b> 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.</p>
Club Captain:	Jonni Belding 07738 164996 (M) jonnibelding@hotmail.com
Captain:	Sebastian Shead 07545 350198 (M) sebshead@hotmail.com
Vice-Captain:	Johnny Mac-Donald Taylor 07881 825444 (M) jayemmttee@hotmail.co.uk

**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:** Lou Argles lou\_argles@hotmail.co.uk  
**Captain:** Kieran Balmer 077 6656 3060 (M) kieran.balmer@gmail.com  
**BUCS Captain:** Tim Broomfield 077 4922 0706 (M) tim\_broomfield@hotmail.co.uk

**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.

**Captain:** Guy Oldring 07990 570247 (M) goldring@colnlakes.com  
**Vice-Captain:** Michael White 07545 191242 (M) email.m.white@googlemail.com

**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 136595 (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: Duncan Barrigan 07950 681061 (M) dpsb2@cam.ac.uk  
 Captain: Sam Spurrell 07837 260664 (M) samspurrell@gmail.com  
 Vice-Captain: Alex Walker 07733 323488 (M) aw410@cam.ac.ukg

#### 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: Chris Griffiths 07985 729520 (M) ceg21@canterbury.ac.uk  
 Captain: Alex Hustler 07522 982393 (M) agh5@canterbury.ac.uk

#### Cardiff Harlequins

Ground: Cardiff High Sschool 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: Adam Grey 07794 683663 (M) if.you.need.me.im@hotmail.com  
 2nd Team Captain: Dave Elmes 07843 077295 (M) david\_elmes@hotmail.com  
 Secretary: Andy Morgan 07789 684314 (M) andyramorgan@gmail.com

#### Cheltenham Cougars

Ground: Churchdown School, Winston Road, Churchdown, Gloucester GL3 2RB  
 Directions: **From M5** Exit Jct 11 and follow the A40 to Gloucester. At the first roundabout take the last exit onto B4063 (Cheltenham Road East). Follow this road and then take the first right turn onto Pirton Lane. Follow Pirton Lane till you reach a mini roundabout and turn left onto Winston Road. Churchdown school is in front of you. Drive through the gates and turn right, the pitch is in front of you.

**From A40 (Oxford)** Follow the A40 through Cheltenham and towards Gloucester. At the Arle Court Roundabout take the 3rd exit B4063 (Cheltenham Road East). Follow this road till you reach the Hare and Hounds pub on your left. Go straight over this set of cross roads. Then take the 3rd road on the left (Pirton Lane). Follow Pirton Lane till you reach a mini roundabout and turn left onto Winston Road. Churchdown school is in front of you. Drive through the gates and turn right, the pitch is in front of you.

Secretary: Mark Armstrong mark2110@gmail.com

#### Colchester

Ground: King George V Playing Field, Clairmont Road, Lexden, Colchester, Essex CO3 9BE  
 Directions: Take the A12 (M25 Jct 28) towards Chelmsford. After 35 miles exit at jct 26 for the A1124. At the roundabout take the 3rd exit onto A1124/Essex Yeomanry Way. Continue on the A1124 at the next roundabout, and after 0.8 miles turn right at Straight Rd, and then 2nd right onto Clairmont Rd.

Secretary: Eddie Howarth 07717 477978 (M)  
 Captain: Vince Grimes 07825 224260 (M) climbcoach@aol.com  
 Vice-Captain: Ben Parkes 07738 681770 (M)

#### 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.

Fixtures Secretary: Duncan Ross 07715 048207 (M) 01483 579058 (H) duncan.ross@bigfoot.com  
 Captain: Dave Arnot 07984 791967 (M) 01923 263016 (H) djarnot@crowncosts.co.uk  
 Vice-Captain: Duncan Ross 07715 048207 (M) 01483 579058 (H) duncan.ross@bigfoot.com  
 Secretary: Mick Chennell 07757 416816 (M) 020 8658 0523 (H) chennem@ntlworld.com

#### University of East Anglia

Ground: Colney Lane Playing Fields, University of East Anglia, Colney Lane, Norwich, Norfolk NR4 7UE

Directions: From London take the M11/A11; just outside Norwich take the A47 (Southern Bypass) in the direction of Swaffham; 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. Turn off and take the B1108 heading towards Norwich - then turn right on Colney Lane towards the Norfolk and Norwich University Hospital. The pitches are on the left after about 1/4 mile.

Secretary: R. Wasel r.wasel@uea.ac.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  
 Captain: Jonathan Schofield 07980 672217 (M) jschofield17@hotmail.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 487178 (M) mescaptain@eglc.co.uk  
 1st Team Vice-Captain: Neil Robertson 07739 322503 (M) mensvicecaptain@eglc.co.uk  
 2nd Team Captain: Nigel Kingston 07711 983568 (M) 2ndteamcaptain@eglc.co.uk  
 2nd Team Vice-Captain: Kevin Coster 07766 726797 (M) 2ndteamvicecaptain@eglc.co.uk  
 Secretary: Steve Cooper 07786 541621 (M) secretary@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.

Club Captain: Alex Brown 07838 884488 (M) ajb235@ex.ac.uk  
 Secretary: Phil Legrand 07825 501115 (M) pl233@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](http://www.westwaysportscentre.org.uk)

Secretary: Shiraz Habib [laxpax@googlemail.com](mailto:laxpax@googlemail.com)  
 Captain: Payson Bullard [thepayson@gmail.com](mailto:thepayson@gmail.com)  
 Captain: Peter Dunits [peter.dunits2@bbc.com](mailto:peter.dunits2@bbc.com)  
 Captain: James Mitchell [jswmitchell@btinternet.com](mailto:jswmitchell@btinternet.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 and walk a few hundred metres to the traffic lights (passing a church on your left). At the lights, turn left into Tandem Way, walking in front of the Tandem Centre Retail Park. Turn left at the end of Tandem Way at the mini roundabout, heading down Prince George's Road. Walk to the end of the road (past a small industrial estate on right-hand side) and straight through the two cycle barriers. Immediately after the second cycle barrier, turn right into the playing fields (Lavender Park). Walk diagonally across the field to the pavillion  
 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.

Coach: Steve Flint 07843 061 697 (M) [laxman2zero@hotmail.com](mailto:laxman2zero@hotmail.com)  
 Fixtures Secretary: Rob Curtis 07745 092358 (M) 020 7564 6099 (H) [robcurtis16@googlemail.com](mailto:robcurtis16@googlemail.com)  
 1st Team Captain: Giles Cuddy 07540 610 312 (M) [swansea.hawk13@googlemail.com](mailto:swansea.hawk13@googlemail.com)  
 1st Team Captain: Dave Bumby [david.bumby@graduate-fastrack.co.uk](mailto:david.bumby@graduate-fastrack.co.uk)  
 2nd Team Captain: Duncan Trenholme 07771 740 339 (M) [duncan.trenholme@googlemail.com](mailto:duncan.trenholme@googlemail.com)  
 2nd Team Vice-Captain: James McManus 07774 505 943 (M) [jamesmcmanus@aol.com](mailto:jamesmcmanus@aol.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: Steven McDermott 07595 597 202 (M) mens1@hitchinlacrosse.com  
 2nd Team Captain: Giles Gibson mens2@hitchinlacrosse.com  
 Secretary: Marc Jones secretary@hitchinlacrosse.com

#### London University

Ground: Finsbury Park, Seven Sisters Road, London N4 2NQ  
**Note:** Unfortunately we are currently unable to provide showers/changing rooms for games at the present time and we apologise for the inconvenience this may present.  
 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: James Porcas 07780 544654 (M) president.ulmlc@gmail.com  
 Captain: Jieyun Lee 07901 550770 (M) captain.ulmlc@gmail.com

#### Maidstone Red Wolves

Ground: Oakwood Park Grammar School, Oakwood Park, Maidstone, Kent ME16 8AH  
 Directions: **From the M25 East** exit Jct 3 A20/M20 towards Dover/Maidstone, or from the **M25 South** exit Jct 5 onto the M26, which merges with the M20. Leave the M20 at Jct 5, and at the roundabout take the 3rd exit onto the A20. Immediately at the next roundabout take the 1st exit onto the A20 (Maidstone). Continue along the A20 for 1.7 miles, and then turn right onto Bower Mount Road. After just under 1/2 mile turn right onto Oakwood Road, and Oakwood Park is 200 yds on your right.

The pitch is on the mass of fields as you drive in to the complex on the right hand side. Please park on the road adjacent to the field, NOT on the grass. Please note, there are a number of entrances to the site which is very large itself. You will need to enter from the main entrance to the complex which is just off Bower Mount Road.

**Via public transport** the ground is 0.7 miles from Maidstone West station. Walk up Tonbridge Road (A20), turning right into Bower Mount Road. At the crossroads continue straight on into Oakwood Rd. Follow this road until you reach the entrance to the ground on the right.

President: Joe Burnett 07828 380329 (M) joeyb\_101@hotmail.co.uk  
 Captain: James Kilbey 07894 018504 (M) jameskilbey@hotmail.com  
 Vice-Captain: Cam Stewart 07525 827122 (M) crs30@kent.ac.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.

Captain: Tom Melvin 07792 736731 (M)  
Secretary: Mark Jackson 07792 736731 (M)

**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 just before the next set of traffic lights. Continue along Locksway Road and turn left into Furze Lane.

President: Jack Williams 07884 108068 (M) jack\_williams\_14@hotmail.com  
Club Captain: Mike Beatty 07824 902711 (M) mbeatty555@hotmail.com  
1st Team Captain: Liam O'Mahoney 07708 918533 (M) b\_37@hotmail.com  
2nd Team Captain: Richard Moyes 07818 566287 (M) richardmoyes@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.

Captain: Mike Barrett 07756 477805 (M) captain@purleylax.co.uk  
 Vice-Captain: Dave Cluney 07595 528831 (M) vice-captain@purleylax.co.uk  
 Fixtures Secretary: Hamish Dickson 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: Joe Gallagher 07599 719466 (M) 01760 337261 ext 3012 (W)  
 fridge352@hotmail.co.uk

Secretary: Craig Hartley 01760 337261 ext 7278 (W) bike\_jock@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.

1st Team Captain: Paul Milner 07709 121307 (M) milnerpaul@hotmail.com  
 2nd Team Captain: Phil Garthside 07754 524957 (M) phil.garthside@yellgroup.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: Johannes Noeldeke 07551 958 693 (M) j.noeldeke@rhul.ac.uk  
 Secretary: Kirsty Skinner kirsty.skinner@hotmail.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.

1st Team Captain: Harry Segal 079 3303 7535 (M) harry\_segal@hotmail.com  
 Secretary: Ben Gray 077 9288 6779 (M) bg205@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: Mark Cullen 07786 194257 (M) markus\_spartacus@hotmail.com  
 Secretary: Ash Smith ashsmith@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.

- 1st Team Captain:** Conrad Olson 07815 306761 (M) conrad.olson@gmail.com  
**1st Team Vice-Captain:** Chris Jordan 07989 381153 (M) chrisfrommanc@hotmail.com  
**2nd Team Captain:** Phil Ginsberg philipginsberg@yahoo.co.uk  
**2nd Team Vice-Captains:** Louis Villard 07809 765777 (M) louisvillard@yahoo.com  
**3rd Team Vice-Captains:** Colin Byrne & Oscar BT 07768 165862 (M) colinmbyrne@aol.com  
**Secretary:** Glen Gardener 07949 170055 (M) glen.gardener@gmail.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.

- Chairperson:** Nicky Echanis 07792 259836 (M) 01792 518370 (H) t.echanis@hotmail.co.uk  
**Fixtures Secretary:** Chris Webborn 07545 010385 (M) chris\_to\_fari16@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: Matt Bagley 07787 133488 (M) mbagley@tasis.com  
 1st Team Vice-Captain: Ian Wakeford 07814 175466 (M) ianwakeford@hotmail.co.uk  
 2nd Team Captain: Paul Clayton 07949 473759 (M) theothermanfromuncle@hotmail.com  
 2nd Team Vice-Captain: Sam Rowlands 07792 381885 (M) sam.rowland@ursulinehigh.merton.sch.uk  
 3rd Team Captain: John Wigmore 07721 503168 (M) johnwigmore@hotmail.com  
 3rd Team Vice-Captain: Gregg Irwin 07867 525104 (M) gregg@penguinphotography.co.uk  
 Secretary: Claire Kelly 07763 647459 (M) Clairek50@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.

Club President: Jessica Hartley 07789 628619 (M) Jessica.Hartley@warwick.ac.uk  
 Team Captain: Dan Brooks 07833 204998 (M) D.M.T.Brooks@warwick.ac.uk

### Welwyn Warriors

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

**Note:** 1st Team & Women's Team

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.

Ground: King George V Playing Fields, Beehive Lane, Welwyn Garden City, Hertfordshire AL7 4BP

**Note:** 2nd and 3rd Teams' ground

Directions: **From A1(M)**

Leave the A1(M) at Jct 4 taking the A414 exit to Hatfield/Welwyn Garden City/Hertford/A6129/A1001. At the roundabout, take the 2nd exit onto A414/Great N Rd heading to Welwyn Garden City/Hertford continuing to follow the A414. Go through 1 roundabout and then take the exit toward A1000/Chequers and turn left at the T junction onto A1000/Chequers. Turn right at Ascots Lane and follow it all the way to the end. Turn right onto Howlands. Turn left at Beehive Lane. Ground is on left shortly after the Beehive pub.

Chairperson: Dave Farrell 07771 903060 (M) f-designstudio@btclick.com

1st Team Co-Captain: Mike Bartlett 07964 701026 (M) mbartlett2400@hotmail.com

1st Team Co-Captain: Neth Wiedemann 07792 404638 (M) wied81@gmail.com

2nd Team Captain: Steve Groves 07887 898834 (M) 01727 760329 (H) steve.groves1@ntlworld.com

3rd Team Captain: Henning Schmidt 07791 592630 (M) djhschmidt@yahoo.de